# The Prince George's Post



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## "Startup Boot Camp" Preps 90+ Local High School Students to **Launch Socially Conscious Businesses**

By PRESS OFFICER **Junior Achievement of Greater** Washington

The Junior Achievement of Greater Washington (JA) Entrepreneurship Summit (Summit) is an intensive "startup boot camp" where high school students are challenged to design ready-to-launch, socially conscious businesses that address pressing needs in the Greater Washington region.

What: Across five days, students built businesses from scratch by brainstorming and collaborating with peers, accessing skills-based seminars and workshops, and getting feedback and guidance from business leaders and trained volunteer mentors. On the final day, students pitched their concepts to a panel of local business leaders.

Why: 50% of Gen Z aspires to become an entrepreneur or start their own business (CNBC 2023). Doing this successfully requires a specific set of technical and soft skills. The Summit provides students with this type of education in a test-and-learn environment surrounded by leaders and mentors who have been there and can give valuable in-the-moment feedback.

• JA hosted over 90 high school students from across the DC region at the Sum-



PHOTO CREDIT JUNIOR ACHIEVEMENT OF GREATER WASHINGTON

Celebrating success: The winning team, Travel Trash, poses with the judges, including supportive State Farm agents and local entrepreneurs, after their impressive pitch on their final day at the Entrepreneurship Summit.

More than 30 guest speakers, subjectmatter experts, and pitch judges joined from organizations including the Maryland Business Opportunity Center, Navy Federal Credit Union, Freddie Mac, State Farm Insurance, Verizon, and United HealthCare.

#### Where:

• The Summit took place Monday, July 29-Friday, Aug. 2 at Junior Achievement Finance Park® in Landover, MD.

On Tuesday, July 30, students visited the A. James Clark School of Engineering's Terrapin Works Labs at the University of Maryland College Park.

**Junior Achievement of Greater** Washington's Entrepreneurship **Summit 2024: A Week of Innovation** and Business Acumen

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## Park Police in Prince George's County to **Hold Exciting Community Day Event**

By PRESS OFFICER M-NCPPC

Who:

RIVERDALE, Md. (Aug. 1, 2024)—The M-NCPPC Park Police, Prince George's County Division is pleased to announce its highly anticipated Park Police Community Day, a celebration of unity and collaboration between officers and residents. The free event will take place on August 14 from 5–8 p.m. at Watkins Regional Park in Upper Marlboro.

This year's event promises an array of engaging activities and events for all ages. Attendees will have the opportunity to meet and interact with local officers, participate in family-friendly games, and enjoy a variety of entertainment options. Highlights of the day will include:

- · Police demonstrations: See firsthand the horses and equipment used by officers in everyday situations.
- Kid's zone: Featuring pony rides, moon bounce, rock climbing, and backyard games designed to educate and entertain youth
- Live music: Enjoy the Let it Flow band showcasing their talents.
- · Food vendors: Savor delicious food from a diverse selection of local businesses.

Park Police. Attendees will have the chance to engage in meaningful conversations with officers about community safety and collaboration.

Chief of Park Police, Germaine Haywood, expressed his enthusiasm for the event, stating, "The Park Police Community Day is a wonderful opportunity for us to strengthen our bonds with the community. By coming together in a relaxed and enjoyable environment, we can foster mutual understanding and build trust. We look forward to seeing everyone there!'

The Park Police Community Day is free to attend and open to everyone. Families, neighbors, and community members are encouraged to join in the festivities and take part in this special day of celebration and connection. For more information about the Park Police Community

https://www.facebook.com/events/10808 94253671916/?active\_tab=discussion.

The Maryland-National Capital Park Police, Prince George's County Division is committed to serving and protecting its community with integrity, respect, and pro-

In addition to these exciting activities, fessionalism. Through community engagethe Community Day will offer a platform ment and proactive policing, it strives to for open dialogue between residents and create a safe and vibrant environment for all residents. Consisting of 136 authorized sworn personnel, 35 civilian employees, and approximately 40 volunteers—the Division ensures the safety of park patrons and facilities 24 hours a day through crime prevention, apprehension, enforcement of criminal and motor vehicle laws, and enforcement of park rules and regulations. Learn more at pgparks.com/safety-policy/park-police.

> With over 28,000 acres of parkland, trails, athletic fields, playgrounds and more— M-NCPPC, Department of Parks and Recreation in Prince George's County provides an award-winning park system through progressive, quality, innovative leadership and a commitment to its community and environment. The Department delivers first-class recreational activities and programs for people of all ages and ability levels. It strives to improve the quality of life for residents in Prince George's County and the communities in which they live, work, and raise families. The Department's facilities and programming continue to evolve and expand to keep pace with the needs of its vibrant community. For more information, visit pgparks.com.

### **Prince George's County Student** to Receive the First-ever **Lucille Clifton Literary Scholarship**

By PRESS OFFICER **Dialect of Prince George's** 

The first-ever Lucille Clifton Literary Scholarship will be presented to a Prince George's County student during the Fresh Voices Youth Open Mic on Tuesday, August 13, 2024 (12–2 p.m.) at the Spauldings Branch Library.

Lucille Clifton, a prolific and award-winning poet and author, was Maryland's only Black State Poet Laureate. She served as State Poet

Laureate from 1974 until 1985. The community is invited to attend Fresh Voices Youth Open Mic and support County teens who have been developing their literary skills and poetic voices through the leadership and mentorship of Dialect of Prince George's. Prince George's County Poet Laureate Emerita (2018–2023), Sistah Joy, who established the Scholarship, will present the award. Please join us at this free event at 5811 Old Silver Hill Road, District Heights, Maryland 20747.

### **Prince George's County Announces** First Crisis Stabilization Center in Maryland

Renovated facility will expand access to mental health, behavioral health, and substance abuse services

By PRESS OFFICER

Prince George's County Health Department

LARGO, Md. (July 30, 2024)— Prince George's County Executive Angela Alsobrooks was joined by local and State leaders, the County Health Department, Totally Linking Care In Maryland (TLC-MD), and RI International to commemorate the ribbon cutting of the first behavioral crisis stabilization center in the State of Maryland, the Dyer Care Center. This renovated facility will offer expanded access to services for mental, behavioral, and substance abuse crises.

"The Dyer Care Center represents a crucial step forward in our efforts to improve access to emergency behavioral health services for our residents," said County Executive Alsobrooks. "Since the beginning of my administration, we have worked to improve healthcare for all Prince Georgians, and I am so grateful that we are adding this important crisis stabilization center to our community. This center will provide a safe, compassionate place for Prince Georgians during their greatest time of need."

The Dyer Care Center is a 16chair facility that will operate 24/7, providing short-term (up to 23 hours) emergency crisis services for individuals ages 18 and older. Following the Crisis Now model, the center will provide support for individuals experiencing severe anxiety, depression, suicidal thoughts, or psychosis. With a rapid welcome process led by peer support specialists collaborating with appropriate mental health clinicians, the center ensures a compassionate and efficient intake. Reflecting the center's commitment to respect and dignity, individuals are referred to as guests, not patients. The center also offers a hotline (988) and a Mobile Re-

sponse Team (MRT).

The Dyer Care Center is expected to serve up to 3,500 people annually, with a "no wrong door" approach, accepting everyone including those who are uninsured or underinsured. Services will include immediate access to short-term stabilization, psychiatric evaluation, medication management, specialized care, peer engagement and support, discharge planning, and medical treatment. As part of a broader crisis continuum, the center will function as an emergency room specifically for mental health crises, providing personalized crisis care and diverting individuals away from hospital emergency departments and incarceration. In certain cases, law enforcement can transport individuals directly to the center instead of a detention facility.

"The Dyer Care Center is our community's lifeline during critical times of need," says Dr. Matthew Levy, Health Officer for the Prince George's County Health Department. "Our collaboration with local partners ensures seamless transitions for ongoing care. Let's prioritize wellness and prevention together!"

The Dyer Care Center was made possible through funding provided by the Health Services Cost Review Commission (HSCRC) Regional Catalyst Grant through TLC-MD. The County-owned facility will be operated by RI International, the largest Second Chance employer in the nation, and is set to open to the public in the coming weeks. For more information about the Dyer Care Center, available behavioral health services, and announcements on its official opening, visit www.dyercarecenter.org.

## **Habitat for Humanity Metro Maryland Partners** With Schneider Electric for Women Build 2024

Over 600 Women Unite to Raise Awareness, Funds, and Hammers for Affordable Housing

By PRESS OFFICER

**Habitat for Humanity Metro Maryland** 

SILVER SPRING, Md. (Aug. 6, 2024)— Habitat for Humanity Metro Maryland (HFHMM) partnered with Schneider Electric for Women Build 2024, an initiative aimed at addressing the critical

need for safe and affordable housing. With affordable housing becoming increasingly scarce, women-led households are particularly vulnerable, often forced to choose between housing costs and other essentials like utilities and healthcare. Women Build 2024, which ran from April through June, was a multi-month

event where over 600 volunteers came together to help build four homes and raised over \$350,000 for affordable housing in Montgomery and Prince George's Counties. We had over 65 corporate and individual teams participate this year. The top individual team, Hammer Chicks led by Mimi Kress, raised over \$50,000.

As our Premier Sponsor, the support of Schneider Electric was pivotal in exceeding this year's participation and fundraising goals. The Women Build program not only focused on building homes but also on empowering women within the construction industry. It aimed to recruit, train, and nurture women to build and repair homes for their communities.

Jeffrey Dee, President and CEO of HFHMM, stated, "Schneider Electric is the perfect partner to help us break stereotypes and make this year's

Women Build a success. The dedication and financial support of our corporate partners, individual teams, and supporters within the community help build hope and change the lives of Habitat Partner families through affordable housing, today and for generations to come.'

The event received substantial support from numerous corporate sponsors, including Schneider Electric, Freddie

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# TOWNS and NEIGHBORS

### In & Around Morningside-Skyline

### Andrews once again the Front Gate of History

Living a mile from Joint Base Andrews' Suitland Road gate for 66 years, I've often had the feeling that I am also at the front gate of history. That happened again on July 31, 2024.

Shortly before midnight, President Biden and Vice President Harris were among the handful of greeters welcoming Russian American journalist Alsu Kurmasheva who had been released in a prisoner exchange involving Russia and several Western countries, including the United States.

Next morning, The Washington Post had a front page photo of Alsu, 47, hugging members of her family. The President and Vice President were there to greet her.

Meanwhile, sad to say, by then I was asleep. Missed it again.

#### National Senior Citizens Day, August 21

Camp Springs Senior Center invites you to their Center Parking Lot to "go back and fetch your history so that you can progress forward" in the Twi language of Ghana. "Come Step into the county's history and experience people and places that shape the past and present through virtual and augmented reality and facilitated discussion."

The word "Sankofa" means go back and fetch your history. A first of its kind, Sankofa is an interactive mobile museum that travels to schools and festivals from across Prince George's County to introduce individuals to untold stories and unsung individuals from 10,000 years ago today.

So, on National Senior Citizens Day, Wednesday August 21, noon to 2:30 p.m., come experience this interactive and enriching mobile museum on the grounds of the Center.

Sign up early at 6420 Allentown Road, Camp Springs. For more information, 301-449-0490.

#### Town of Morningside

Chief Daniel Franklin is the new head of the Morningside Police Department. Also, Mayor Benn Cann extended thanks to former chief Wesley Stevenson who has officially retired.

Coming up in Morningside: Fall Yard Sale, Sept. 21; Senior Luncheon, Nov. 21; Breakfast with Santa, Dec. 14; Christmas Caroling at dusk, Dec. 15.

At Christmas time, they will also be on the hunt for the Best Decorated Home in Morningside.

There are no Town meetings during August. For Morningside info, call 301-736-2300.

#### **Morningside VFD**

The Morningside Fire Department (MVFD) has purchased a replacement ambulance from the Silver Hill VFD. It should be placed in service in about two weeks.

They are planning a Recruitment Event September 28–29 at the firehouse. More about that in future columns. Meanwhile, the MVFD Service Report for the month of June: Total Volunteer Hours Staffed: 2880. Total Calls for Service: 257.

How fortunate we are to have MVFD so nearby and so prepared!

## St. Mary of the Assumption Church turns 200!

Father Thomas LaHood, pastor of St. Mary of the Assumption in Upper Marlboro, noted how "the parish history has included times of war, slavery and segregation, and the transition from serving a largely farm and small town community to serving a suburban community." He also noted they now have people from all over the world.

On June 4, 1824, the cornerstone was laid, and the parish born.

Over the years, the parish has been served by Jesuit priests, Dominicans, Carmelites, Mill Hill Fathers (Josephites), priests of the Archdiocese of Baltimore, and then by priests of the new Archdiocese of Washington which was established in 1939.

St. Mary of the Assumption School was established in 1925.

A year later they started a separate Catholic school for African American children, reflecting the segregation of the time. When then-Archbishop Patrick O'Boyle was installed as the first resident archbishop of Washington in 1948, he took steps to begin integrating local Catholic parishes and schools. St. Mary of the Assumption School was fully integrated in the early 1960s.

Washington Cardinal Wilton Gregory, the main celebrant of the 200th anniversary Mass, said he was happy to pray with that parish family, "especially as you observe such a momentous moment in our history."

In his homily, Father La Hood noted,

by Mary McHale 301-735-3451

"This parish has lived through civil war, two world wars, recessions, depressions, social unrest, floods and pandemics. We don't know what the future holds, but we should be confident that the Lord who has seen this community through so much already will continue to pour out the grace we need to continue to persevere in His service."

#### Neighbors & other good people

County Council Member Edward Burroughs recently led 100 students from Friendly, Oxon Hill and Crossland to the Can We Talk? Symposium at the Gaylord National Harbor. The event offers students "a unique opportunity to showcase their mental health initiatives."

Father Conor E. Hardy has been assigned as parochial vicar of Saint Mary's of Piscataway Parish, in Clinton.

#### Changing landscape

Bistro64, in District Heights has "Rum punch, tasty wings and chill vibes." It's at 6404 Marlboro Pike. Phone, 301-500-1009.

A home at 1300 Old Drummer Boy Lane in Fort Washington has sold for \$480,000.

## Carolina Alling, longtime teacher in Prince George's

Carolina Domenica Alling, of Fort Belvoir, Va., and formerly of Brandywine, spent her 32-year career teaching in Prince George's County schools. She was 83.

She was the wife, for 60 years, of Francis William Alling, Jr.; mother of Joseph Alling and Mary Elling Anderson; mother-in-law of Brian; grandmother of Linsey, Zachary and Joshua Anderson. Mass of Christian Burial was at St. John's in Clinton, with interment at Resurrection Cemetery.

#### Milestones

Happy Birthday to Carolyn Dade, Aug. 1; Chris Webb, Cornel Gotshall, Dave Williams and Samantha Wade, Aug. 3; Victoria Levanduski, Laura Cook and Sallee Bixler, Aug. 4; Miss Bailey Sparks, GeGe Feeney and my granddaughter Rose Seidman, Aug. 5; Markeyce Herring and Connie Kimbles, Aug. 6; Mary Dean, Aug. 7; Maxmilian "Max" Howard, Ruth Sanford and William Billy Stewart, Aug. 8.

Happy Anniversary to Denis & Donna Wood on August 7.

by Audrey Johnson 301-922-5384

## Register now for "The Woods in Your Backyard" Online Course

Monday, September 9 to November 18, 2024

Registration is now open for the fall 2024 session of "The Woods in Your Backyard" online course from the University of Maryland Extension's Woodland Stewardship Education program. Our self-directed, non-credit course runs 10 weeks from September 9 to November 18, 2024. The course will help landowners convert lawn to natural areas and enhance stewardship of existing natural areas. The course provides strategies to landowners of small parcels of land (1-10 acres) that improve the stewardship of their property for personal enjoyment and environmental quality. It uses a hands-on learning approach to help participants develop and implement a plan for their property. Activities include how to map habitat areas, understand basic ecological principles about woodland and wildlife, choose and implement a few habitat management projects, and how to set a timetable and record your progress. Online discussion groups will allow participants to interact with others taking the course. A certificate of completion is awarded when all assignments are completed.

The course costs \$145.00 per person, which includes the 108-page "Woods in Your Backyard" guide, workbook, and a tree identification guide. The course is limited to 25 participants, so sign up now! Registration closes September 9 or when filled. Registration is through Eventbrite; go to https://go.umd.edu/WIYB Fall2024.

For more information, go to https://go.umd.edu/the\_course, or contact course coordinator Andrew Kling, University of Maryland Extension, akling1@umd.edu, 301-226-7564.

The University of Maryland Extension programs are open to any person and will not discriminate against anyone because of race, age, sex, color, sexual orientation, physical or mental disability, religion, ancestry, national origin, marital status, genetic information, political affiliation, and gender identity or expression.

#### **Social Security Matters**

#### Ask Rusty:

## **Does Congress Pay Into Social Security?**

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've been told that members of Congress do not have Social Security deducted from their pay; Additionally, that their retirement dollars come from the Social Security Administration purse even if they only serve as a member of Congress for a short number of terms. Also, if this is true, are there other individuals that enjoy these advantages?

Thank you in advance for your service as a Social Security Advisor

Signed: Concerned Senior

**Dear Concerned Senior:** I'm afraid this is one of those "urban legend" kind of rumors that just seems to keep popping up, especially when the issues surrounding Social Security's financial problems come up. In addition to being untrue, it often is used to display the public's animosity toward elected officials and the feeling that Congress—and other elected officials—are above the fray, so to speak, and therefore not affected by the implications of Social Security's looming insolvency problem.

Here's the reality. Since January 1, 1984, all members of Congress, the President and Vice President, Federal judges, and most political appointees, are covered under the Social Security program. The rumor that these elected officials do not pay Social Security tax most likely is attributable to the fact that from 1920 to 1983, they were participants in the Civil Service Retirement System – CSRS – the federal retirement plan federal workers used even before the Social Security Act was passed. CSRS provided a pension for federal employees, so they were exempted from contributing to or collecting

from the new Social Security program.

In 1987, then, the federal government officially changed over to FERS – the Federal Employee Retirement System – and all employes hired from that point forward are now covered under FERS. There are multiple parts to FERS, and one of them is mandatory FICA contributions. So, all federal employees—including members of Congress—are subject to the 6.2% FICA tax, are eligible for Social Security retirement benefits, and are governed by the multitude of rules and regulations associated with Social Security. But other than standard SS benefits which they may normally be entitled, no Social Security funds are used to supplement Congressional retirement.

In other words, the rumor that Congress didn't pay into Social Security was actually true prior to 1984, but today it is a misstatement of fact. And the federal employee retirement plans (both the prior CSRS plan and the current FERS plan) are totally independent of Social Security and do not negatively affect program solvency.

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

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.

### **Brandywine-Aquasco**

#### CHRIST UNITED METHODIST CHURCH HISTORY "It has been more than four decades since the uniting of

"It has been more than four decades since the uniting of two churches, John Wesley United Methodist Church, organized in 1867, located in Aquasco, Maryland, and St. Thomas United Methodist Church, organized in 1868, located in Baden, Maryland, to form what is now Christ United Methodist Church. The two churches operated as one charge known as "The Woodville Charge" for a total of 106 years (1867–1973), tying two churches together yet separate of each other until the birth of Christ United Methodist Church in 1973."

"Our history has been one of the major building blocks that have helped to shape us into the strong dedicated Christians we are today. Minutes of the general Conference of the Methodist Episcopal Church and other references show that people of color in the Baden-Aquasco areas worshipped in congregations with whites as far back as 1816 at what was then known as the Smith Meeting House, which was located between Horsehead and Aquasco. However, the issue of Slavery divided the Methodist Church and around 1840, the congregation at Smith Meeting House decided to move. Members living north of the meeting house moved to the Horsehead area becoming what was known as Emory Chapel. This Chapel believed in slavery and went on to become part of the Methodist Episcopal Church South. Other members moved south to the Aquasco area where people of color were welcomed in their congregation."

"In time, the colored (black) worshipers, who had attended the original Smith Meeting House Chapel began to seek a place of worship on their own. White landowners sold and donated land to the black community with the understanding that a house of worship would be erected for members of the Methodist Episcopal Church. In the late 1800s, the first buildings for these churches were erected. Under the supervisor of the Freedmen's Bureau, public schools were opened using the churches' facilities as the schools. Later, additional land was donated to the black community to further the growth and operation of the churches and separate schoolhouses were built for this same purpose. Our present church and fellowship hall were later built in 1961."

"It was soon realized there was a need to house the minister and his family. The churches purchased more land in Aquasco for the building of the parsonage around the turn of the 20th century. In the late 1960s a new parsonage was built in Baden on land donated by the St. Thomas congregation."

"Since the birth of Christ Church in Aquasco, the following pastors with vision and a variety of gifts were sent to lead and

teach us on the journey of kingdom building: Reverends Noel O. Beecham (1974–1979), Pearlena Woolridge (1979–1983), Conrad D. Parker (1983–1986), Norman A. Handy, Sr., PhD (1986–1989), Eddie Smith (1989–1992), Pauline R. Wilkins (1992–1995), Patricia A. Pride (1995–1998), Manuel R. Tay (1998–2001), Carolyn A. Hipkins (2001–2002), Donna A. Smith (2002–2004), Robert E. Walker, PhD (September 2004–June

(2002–2004), Robert E. Walker, PhD (September 2004–June 2011), In mid-2011, Christ became a part of a cooperative parish, New Hope Fellowship, along with Nottingham Myers Church under the leadership of Darryl Williams (2011–2014), Constance C. Smith (2014–2021), Reverend Shemaiah Strickland (2021) to present." From https://servelikechrist.nm-secure.com/

#### CASTING CALL

Casting Call for "Conversations in Faith", a stage play coming fall 2024. Based on the stage play "Conversations in Faith" by Jocelyn B.D. Moore. Talk show hosts interview Cain, Jonah, Queen Jezebel and other Godly and ungodly notable figures from the Bible. Calling men and women ages 21–74. Amateurs, professionals, singers, and musicians are welcome. Audition is cold reading. We are accepting auditions for the roles of Hosts, Adam, Eve, Cain, Jonah, Delilah, Judas, Ruth and Naomi. Audition dates and times are flexible. Call 240-755-9008 to schedule an audition. Please email headshot and resume to jocelyn@jmentertainment.info. Audition location: Surratts-Clinton Branch Library, 9400 Piscataway Road, Clinton, MD 20735

#### CONGRATULATIONS

Congratulations to Brendan Johnson who is headed to Merrimack College. Brendan is the son of James and Vera Johnson, grandson of the late Ernest Johnson, Jr. and Brenda Johnson. Great grandson of late Rev. Ernest Johnson, Sr. and Elizabeth Johnson. Great grandson of late James Garnell and Ruth Turner.

#### NOTTINGHAM MYERS U.M. CHURCH

Mark your calendars. Nottingham Myers United Methodist Church Reverend Shemaiah Strickland, Pastor will celebrate their Annual Homecoming "Love in The House" (Psalm 122:1–9) Sunday, August 18, 2024, at 11 a.m., guest speaker will be Rev. Dr. Evan Young, Retired United Methodist Pastor. The church address is 15601 Brooks Church Road, Upper Marlboro, Maryland 20772. Telephone 301-888-2171. Nottinghammyers@outlook.com.

# COMMUNITY

## NCRTV's Birthday Bash! Join NCRTV in Celebrating its 25th Anniversary!

By PRESS OFFICER **NCRTV** 

When: Saturday August 10, 2024, 12-4 p.m.

Where: 2608 Mitchellville Rd., Bowie, Maryland, 20716

The National Capital Radio & Television Museum (NCRTV) is proud to announce a significant milestone—our 25th anniversary! To celebrate, we will be hosting a Birthday Bash for all to attend. In conjunction with the party, we will also be launching a new exhibit NCRTV's 25th Anniversary, a retrospective look at NCRTV's founding and first quarter-century as a mu-

The Birthday Bash and the exhibit opening will be held on August 10, 2024, from 12 p.m. to 4 p.m. To celebrate, admission to the museum

will be free on August 10, with guided tours of the Museum leaving at the top of each hour. We will also have birthday cake and kids activities (while supplies last).

The Museum is in the 1906 Harmel House located at 2608 Mitchellville Rd., Bowie, Maryland, 20716. For more information, call

us at 301-390-1020, or email info@ncrtv.org.

#### **About NCRTV:**

The National Capital Radio & Television Museum collects, preserves, and interprets artifacts, programming, and publications to educate the public about the development and impact of electronic media.

Explore radio from Marconi's earliest wireless telegraph to the primitive crystal sets of the 1920s, from Depression-era cathedral radios and post-War plastic portables to the development of radio with pictures (a.k.a. television).

In conjunction with the City of Bowie, The National Capital Radio & Television Museum presents the history of broadcasting, a medium which so dramatically shaped our lives from the 1920s to today.



## Get Warmed up for Fall Fun at Inaugural Blue Crab Fun Run 5K at Regency Stadium

By ELYZABETH MARCUSSEN

Hospice of the Chesapeake

WALDORF, Md. (July 31, 2024)—There are so many ways to have a good time at Hospice of the Chesapeake's newest event, "Fun" absolutely needed to be in the title. Register today to be sure you're a part of the inaugural Blue Crab Fun Run 5K, 9 a.m. to 1 p.m. Saturday, Oct. 5, at Regency Furniture Stadium, 11765 St. Linus Drive, Waldorf, Maryland.

This family-friendly 5K welcomes participants of all ages, whether you're a competitive or amateur runner, a casual jogger, a walker or part of a team. There also will be a 1K for Kids for children ages 8 and younger accompanied by their adults.

People can register as individuals or as a team: Let your spirit shine and be creative with fun attire. Participants also can register to run in memory of a loved one. Create and wear a shirt in their honor.

When everyone returns to the stadium, there will be plenty of reasons to stick around with the post-race party that includes music, local food trucks and vendors, and fun activities for the kids.

Taking part in all the fun ensures this local not-for-profit can continue to provide supportive, hospice and grief care for all those who are experiencing serious illness and loss in Charles County. All proceeds will benefit patients and families in Charles County.

The cost is \$40 per participant in advance or \$55 on the day of the event. Entry fees for both the 5K and the 1K include T-shirt, bib, medal, hydration stations and post-race party.

To register, visit https://www.hospicechesapeake.org/blue-crab-run/. For sponsorship and underwriting opportunities, contact the events team at 443-837-1531 or events@hospicechesapeake.org.

Caring for life throughout the journey with illness and loss is the mission of Hospice of the Chesapeake. For more information, please visit www.hospicechesapeake.org.

#### Women Build from A1

Mac, Choice Hotels, DAVIS Construction, Eaton, MGM National Harbor, AGNC, Allan Myers, Avolta, Balfour Beatty, Boland, buildgirls, Cara Pearlman Group of Compass, COMSO, Inc., Constellation, EagleBank, Mindy Aguirre State Farm Agency, Pepco, RLJ Lodging Trust, Truist, and Nauticon. These contributions were crucial in providing safe and affordable homes for lower-income families in the local community.

HFHMM invited all Women Build volunteers and sponsors to a Home Dedication in July. We expect to celebrate with three more HFHMM homeowners before the end of this year.

Habitat for Humanity Metro Maryland, Inc. (HFHMM), an affiliate of Habitat for Humanity International, has been serving Montgomery and Prince George's Counties since 1982. HFHMM collaborates with the community and low-income families living in substandard conditions to provide decent and affordable housing solutions. The organization believes that good, stable housing is fundamental to the well-being of neighborhoods and that improved living conditions lead to stronger citizens and families. Habitat for Humanity is dedicated to changing lives, one home at a time. For more information, visit www.habitatmm.org

## **CSAA Presents Latin Broadway Musical** In The Heights, Fri. Aug. 15 & Sat. Aug. 16 at Bowie Center for the Performing Arts

CenterStage Academy for The Arts (CSAA) Brings Lin Manuel's In The Heights to the Bowie Center for the Performing Arts (Family Friendly Show)

By PRESS OFFICER

CenterStage Academy for The Arts (CSAA)

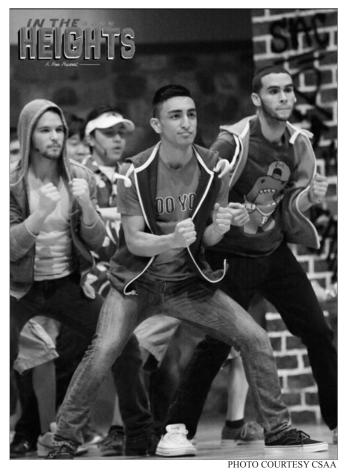
BOWIE, Md. (Aug. 5, 2024)—The CenterStage Academy for The Arts (CSAA) is proud to present the Latin Broadway Musical In The Heights, choreographed and costumed by Shawn Cosby and directed by Sherion Cosby. The show will be held on August 15 and August 16 at the Bowie Center for the Performing Arts, and it promises to be a must-see performance.

In The Heights is a Tony Award-winning musical concept created by Lin-Manuel Miranda and author Quiara Alegría Hudes. The story is set over the course of three days, involving characters in the largely Dominican American neighborhood of Washington Heights in Upper Manhattan, New York City. The show opened on Broadway in March 2008 and won four Tony Awards, including Best Musical. A film adaptation of the musical was released in June 2021.

In Washington Heights, community is everything, and we see how each of these individuals struggles to survive and how they come together as a community to mourn their losses and rejoice in their triumphs. This revolutionary new musical combines Latin rhythms and dance with hip-hop lyrics to tell a captivating story about what it means to chase your dreams while clinging to your roots and celebrating the community from which you grew.

CSAA was founded by Shawn and Sherion Cosby as a training facility for youth and adults who aspire to work professionally in the entertainment industry. They have been featured in magazines such as The Washington Post and Washington Parent, and have made TV appearances on Fox5 and NBC. CSAA has landed lead roles in several feature films, including "A Wesley Christmas," "Wake," "The Christmas Lottery," and "33rd & Memphis." CSAA and its students have also performed with celebrity artists such as Alicia Keys, Black Girls Rock, Missy Elliott, and The Wiz Live.

"We're thrilled to bring Lin Manuel's In The Heights to the Bowie Center for the Performing Arts," says Shawn and Sherion Cosby. "The show is a celebration of community, diversity,



The story involves characters in the largely Dominican American neighborhood of Washington Heights, in New York.

and culture, and we're excited to showcase the talents of our students through this powerful production."

Tickets for In The Heights are available on the Bowie Center for the Performing Arts website. For more information about CSAA and their upcoming events, please visit their website or follow them on social media.

#### **Businesses** from A1

Junior Achievement of Greater Washington successfully concluded its annual Entrepreneurship Summit, held from July 29 to August 2. The week-long event brought together aspiring young entrepreneurs from across the region to engage in an intensive program designed to foster innovation, business skills, and entrepreneurial spirit.

#### Day 1: Design Thinking and Ideation

On Monday, students dove into the world of design thinking, engaging in activities that sparked creativity and innovation. They explored various ideation techniques, setting the stage for the week's entrepreneurial journey.

#### **Day 2: Research and Prototyping**

Tuesday saw the participants transition from ideas to tangible concepts. With the guidance of the University of Maryland's engineering students, our young entrepreneurs conducted extensive research and began developing prototypes of their products and services. This hands-on approach helped students understand the importance of validating their ideas and ensuring feasibility.

#### Day 3: Developing a Lean Business Model

Wednesday was dedicated to building a lean business model. Students learned how to create sustainable and scalable business plans, focusing on essential components like value proposition, customer segments, and revenue streams. This crucial step equipped them with the tools to turn their ideas into viable businesses.

#### Day 4: Building the Business

Thursday's activities centered around the practical aspects of business development. Students worked on refining their business models, developing marketing strategies, and understanding the financial aspects of running a business. Mentors and industry experts provided guidance and feedback, ensuring the students were on the right track.

#### **Day 5: Pitch Competition**

The summit culminated on Friday with the highly anticipated pitch competition. Students finalized their pitches and presented their business ideas to a panel of judges, comprised of successful entrepreneurs and business leaders. The competition was fierce, showcasing the incredible talent and innovation of the participants.

The 2024 Entrepreneurship Summit was a resounding success, providing young innovators with the skills, knowledge, and confidence to pursue their entrepreneurial dreams. Junior Achievement of Greater Washington re-

mains committed to empowering the next generation of leaders and looks forward to seeing the lasting impact of this year's summit on the students and the broader community.

Junior Achievement of Greater Washington is on a mission to prepare students to be future ready. We partner with schools and business to deliver hands-on, practical experiences in financial literacy, work readiness, and entrepreneurship to more than 38,000 students in our region. For more information, contact Angie Crews, Angie.Crews@JA.org



**Students** brainstorm and jot down ideas for their business on Day 1 of the Entrepreneurship Sum-

ALL PHOTOS COURTESY JUNIOR ACHIEVEMENT OF GREATER WASHING-



Engaged and inspired: Students listen intently to a UMD engineering student during Day 2 of the Entrepreneurship Summit.



Collaborative minds at work: Students immerse themselves in building their business on Day 4 of the Entrepreneurship



Hands-on innovation: Students collaborate and construct their prototype using cardboard scraps during Day 3 of the Entrepreneurship Summit.

# COMMUNITY

## First Lady Dawn Moore Launches Partners in Protection **Back-to-School Vaccination Campaign**

By PRESS OFFICER Office of the First Lady

ANNAPOLIS, Md. (Aug. 1, 2024)—

First Lady Dawn Moore today, in partnership with the Maryland Department of Health, launched a back-to-school vaccinations public awareness campaign during Immunization Awareness Month in Maryland. Featuring First Lady Moore, State Superintendent of Schools Dr. Carey Wright, Maryland Department of Health Secretary Dr. Laura Herrera Scott and trusted providers, the Partners in Protection campaign urges parents and caregivers to make sure their children get required back-to-school vaccinations.

"I want to thank Maryland families for keeping our children safe with vaccines. Last year, more than 98 percent of students statewide began the school year vaccinated and ready to learn," said First Lady Dawn Moore. "Our administration will continue to strive to improve health care access and outcomes for all of Maryland's families.'

"As Dawn and I get ready for backto-school season in our own home, we encourage all Maryland families to ensure their children are protected and healthy," said Gov. Moore. "Our direct

message to every Marylander is simple: Make sure your kids are up-to-date on annual vaccinations, so they can stay safe and active this school year."

Partners in Protection highlights the importance of back-to-school vaccinations to protect our kids, our families and our communities. The campaign will run through August across the Maryland Department of Health's digital platforms and serves as the launch of a wider statewide public awareness campaign about vaccinations and respiratory virus protection that will continue through February 2025.

"Vaccines have saved more than 146

million children worldwide in the past 50 years, and have helped cut infant mortality by approximately 40 percent since 1974, according to a recent study by the World Health Organization," said Maryland Department of Health Dr. Laura Herrera Scott. "Vaccinations protect what is most important to us—our children and their future."

The wider vaccination campaign is supported by a \$1.8 million grant from the Centers for Disease Control and Prevention and will focus more broadly on vaccinations for all ages. Partners in Protection will also raise public awareness when the seasonal flu shot and updated COVID-19 vaccine are available this fall, and will continue to highlight RSV treatments and vaccinations available for older adults, pregnant people and infants throughout the height of cold and flu season.

"Now is the time to make sure that children have recommended and required vaccinations. The first step is checking with your child's physician or visiting local health clinics," said State Superintendent of Schools Dr. Carey Wright. "As we prepare for another school year, we want all students to be ready to learn."

Maryland maintains vaccination requirements for participation in child care and public schools. To find a local vaccination clinic near you, contact your local health department or visit health.maryland.gov/vaccines.

## Schindler Lecture Looks to Teach a Humanistic **Approach to Caring for Seriously Ill Patients**

By ELYZABETH MARCUSSEN Hospice of the Chesapeake

PASADENA, Md. (Aug. 1, 2024)— Chesapeake Life Center invites the community to the 19th annual Emily Schindler Memorial Lecture, "Joyful Palliative Care: A Humanistic Approach to Connecting with Your Seriously Ill Patients," presented by Delia Chiaramonte, MD, MS. The lecture will be held from 9:30 a.m. to 12:30 p.m. Friday, Sept. 20, in the Fellowship Hall at Woods Memorial Presbyterian Church, 611 Baltimore Annapolis Blvd., Severna Park, Maryland.

Caring for families facing aging or illness can be both meaningful and

stressful, and holding space for other dent in 2004. people's suffering without actively taking care of your own wellbeing can lead to compassion fatigue and burnout. In this session, you will learn how to develop your healing presence, master heart-centered communication, and actively take care of you, so you can fully show up for both your patients and yourself.

This annual lecture was created in 2005 through a gift to the Schindler family from the Saint Agnes Cancer Center. Emily Schindler was an 18-yearold freshman at Frostburg State University and a member of the SPY swim team in Severna Park, Maryland, when she was tragically killed in a car acci-

Registration begins at 9 a.m. and a light breakfast will be provided. Maryland Board social workers can earn three Category 1 continuing education credits. The cost is \$20. Pre-registration is required and can be completed at https://education.hospicechesapeake.org /item/2024-schindler.

For details, call 888-501-7077 or email griefinfo@chesapeake lifecenter.org.

#### **About the presenter:**

Delia Chiaramonte, MD, MS, is an integrative palliative medicine physician passionate about physician education. She spent a decade as the Associate Di-



HOSPICE OF THE CHESAPEAKE

Delia Chiaramonte, MD, MS

rector and Director of Education for the Center for Integrative Medicine at the University of Maryland medical school, and she is board certified in palliative medicine. Most recently, she ran an integrative palliative medicine program,

serving mostly cancer patients. Seeing the power of this unique model, Dr. Chiaramonte started The Institute for Integrative Palliative Medicine with the goal of training 1,000 physicians to provide "whole person care for people with serious illness using all the tools that work."

Chesapeake Life Center, a program service of Hospice of the Chesapeake, serves hospice family members and the community with bereavement services and activities designed to enhance the quality of life for those grieving the loss of a loved one. Chesapeake Life Center is authorized by the Board of Social Work Examiners in Maryland to sponsor social work continuing education learning activities and maintains full responsibility for this program. This training qualifies for Category 1 continuing education

## MedStar Health Announces MedStar Southern Maryland Hospital Center's National Recognition Award for Delivering High-Quality Stroke Care

By CHERYL RICHARDSON MedStar Health

CLINTON, Md. (Aug. 1, 2024)—MedStar Southern Maryland Hospital Center has received the American Heart Associations' Get With The Guidelines® -Stroke Gold quality award for its commitment to ensuring stroke patients receive the most appropriate and timely treatment according to nationally recognized, research-based guidelines, ultimately leading to more lives saved and reduced disability.

Get With The Guidelines -Stroke is an in-hospital program for improving stroke care by promoting consistent adherence to these guidelines, which can minimize the long-term effects of a stroke and even prevent death. MedStar Southern Maryland qualified for the Get With The Guidelines – Stroke Gold quality award by demonstrating its commitment to providing quality care for stroke patients, following comprehensive treatment guidelines, and educating patients to help them manage their health and recovery at home.

"Access to the highest level of stroke care is critical for patients across our community, and



the Get With The Guidelines -Stroke award demonstrates our hospital's commitment to adhering to the latest treatment guidelines for the best outcomes for stroke patients," said Stephen Michaels, MD, Center and senior vice president, MedStar Health.

One of the busiest stroke centers in the region, MedStar Southern Maryland Hospital Center is a designated primary stroke center by the Maryland Institute of EMS Systems (MIEMSS). Because time is of the essence when treating stroke, the hospital's specially trained emergency stroke team quickly cares for acute stroke patients using the latest in thrombolytics or "clot busting" drugs, emergency

FAAOS, room neurological telehealth as- care needed to stop or reverse the MRI, CT, CT angiography, and CT perfusion studies. The stroke program is also active in the community, providing outreach and education to patients, caregivers, and medical professionals through community events and educational opportunities.

> "When a stroke occurs, access to quality and timely interventions is critical. I am extremely proud of the work being done in our primary stroke center to ensure that every patient that comes through our doors receives the

FACHE, president, MedStar sessments, as well as advanced debilitating effects of stroke," Southern Maryland Hospital neurological imaging such as added Chile Ahaghotu, MD, MBA, MHL, FACS, vice president of medical affairs and chief medical officer at MedStar Southern Maryland.

MedStar Southern Maryland also received the American Heart Association's Target: Type 2 Diabetes™ Honor Roll award. Target: Type 2 Diabetes aims to ensure patients with Type 2 diabetes, who might be at higher risk for complications, receive the most up-to-date, evidencebased care when hospitalized due

#### Governor Moore Announces Appointments to Prince George's County Circuit Court

By PRESS OFFICER

Office of the Governor

ANNAPOLIS, Md. (Aug. 1, 2024)—Governor Wes Moore today announced the appointment of five individuals to Prince George's County Circuit Court.

"Today, I am proud to appoint five exceptional public servants to the Prince George's County Circuit Court, as they continue their service to our state in this new chapter," said Gov. Moore. "Their depth of experience and commitment to the rule of law will make our state more just and more fair for years to come."

Governor Moore's five appointees include:

#### The Honorable LaKeecia Renee Allen

LaKeecia Renee Allen has served as an associate judge for the District Court for Prince George's County since 2020. Previously, Judge Allen worked as an Assistant State's Attorney for the Prince George's County State's Attorney's Office. There, she advised the executive and legislative branches of government on legislative matters, drafted legislation, and issued legal opinions on statutory interpretation and constitutionality. She also served as a legal advisor and attorney at the Prince George's County Office of Law from 2004 to 2018. While in law school, Judge Allen interned for the Honorable Herman C. Dawson, 7th Judicial Circuit, Circuit Court for Prince George's County.

She received her J.D. from the University of Maryland Francis King Carey School of Law.

#### The Honorable Scott Michael Carrington

Scott Carrington has served as a judge for the District Court for Prince George's County since 2017. During his tenure, he acted as the coordinating judge for adult drug court, transforming the court's scope from a treatment-only program to a trauma-informed program. Previously, Judge Carrington worked as a prosecutor with the Prince George's County State's Attorney's office from 2004 to 2017. In this role, he served for three years as a Special Assistant Attorney General, prosecuting crimes such as human trafficking and financial exploitation. He clerked for the Honorable Rodney C. Warren, Circuit Court for Anne Arundel County.

Judge Carrington received his J.D. from the Thomas M. Cooley Law School and is currently a lieutenant colonel in the U.S. Army

#### The Honorable Ada Elizabeth Clark-Edwards

Ada Elizabeth Clark-Edwards has served as an associate judge for the District Court of Maryland for Prince George's County since 2016. Previously, Judge Clark-Edwards served as a prosecutor for the Prince George's County State's Attorney's office. She was chief of the Special Victims and Family Violence Unit, handling felony cases involving stranger sexual assault, child abuse, family violence, and elder physical abuse. She also managed her legal practice specializing in criminal defense, and served as program manager for the Office of Violence Against Women at the Department of Justice.

Judge Clark-Edwards received her J.D. from the Catholic University of America Columbus School of Law.

#### Magistrate Althea Rebecca Stewart-Jones

Althea Rebecca Stewart-Jones is a Family Division Magistrate with the Circuit Court for Prince George's County, a position she has held for the past 17 years. Before the Circuit Court, Magistrate Stewart-Jones worked for 10 years in the Maryland Administrative Office of the Courts where she spent 8 years as the director of the Maryland Foster Care Improvement Project and two years as deputy director of the Department of Family Administration. She started her legal career as a staff attorney for the Maryland Legal Aid

Magistrate Stewart-Jones received her J.D. from the University of Maryland Francis King Carey School of Law.

#### Magistrate Charles Todd Merryman Steuart

Todd Steuart is a Foreclosure Magistrate for the Circuit Court for Prince George's County where he presides over hearings related to the foreclosure process. Magistrate Steuart spent the majority of his legal career as an Assistant State's Attorney for Prince George's

County where he served as chief of Case Management and Quality Control in the Grand Jury Unit and chief of the Gun Unit. He also spent a decade working as a criminal defense attorney with his father, R. Calvert Steuart. He clerked for the Honorable William D. Missouri, Circuit Court for Prince George's County.

Magistrate Steuart received his J.D. from the University of Baltimore, School of Law.

#### The Prince George's Post

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## Get Ready for Back to School



## Simple Recipes that Make School Days a Cinch



#### A Sweet Treat to Make School Days Special

Sometimes a long day in the classroom and tough homework assignments call for a cool treat. Rewarding all that studying can be a cinch with a no bake cheesecake bar that lasts throughout the week.

These No Bake Dragon Fruit Cheesecake Bars allow you to keep things cool in the kitchen without cranking up the oven. Plus, they're made with C&H Sugars that are perfect for adding a little something special to school days.

Find more back-to-school desserts at chsugar.com.

#### No Bake Dragon Fruit Cheesecake Bars

Prep time: 35 minutes Rest time: 6 hours Yield: 16 bars

#### Crust:

- 1 1/2 cups graham cracker crumbs 6 tablespoons unsalted butter,
  - 2 tablespoons C&H Light Brown Sugar
  - 1 pinch salt

1 small fresh dragon fruit, peeled and cubed small

- 1/4 cup C&H Granulated Sugar 12 ounces cream cheese, at room temperature
- 1 1/2 cups C&H Powdered Sugar 2 teaspoons pure vanilla extract 1 cup plain Greek yogurt, full
- fat, at room temperature

1/2 cup heavy whipping cream, cold To make crust: Line 8-by-8-inch baking pan with parchment paper. Leave 2-inch overhang of paper on both sides. In medium bowl, mix graham cracker crumbs, butter, brown sugar and salt until well combined. Pour mixture into prepared pan and press into even layer. Place in freezer.

To make bars: In small saucepan over medium heat, cook dragon fruit and granulated sugar until sugar is completely dissolved, dragon fruit is soft and mixture reduces in size, 10-12 minutes, stirring occasionally. Remove from heat and cool completely.

In large bowl, beat cream cheese until soft. Add powdered sugar and mix until fluffy. Scrape sides of bowl. Add vanilla and yogurt. Beat until combined.

In separate bowl, beat heavy whipping cream until stiff peaks form. Fold cream into cream cheese mixture. Pour half of mixture into prepared crust. Add 5 tablespoons dragon fruit mixture to remaining cream cheese batter. Mix until well combined. Pour over plain cream cheese mixture. Place in refrigerator to set at least 6 hours, or overnight.

Cut into 16 bars.

Visit Culinary.net for more quick dinner solutions. Taco Salad Recipe courtesy of "Cookin' Savvy"

can spice up busy evenings in just half an hour.

and your loved ones to ease tension in the kitchen.

with these No Bake Dragon Fruit Cheesecake Bars.

Make Dinner Happen in 30 Minutes

Total time: 30 minutes Servings: 6

schedules at Culinary.net.

pound ground beef can (15 ounces) black beans

can (15 ounces) corn cans (14 ounces each) diced tomatoes with chilies

esisting the weeknight urge to call for takeout or order delivery starts with an approachable at-home menu with recipes you can prep in an instant. Especially during

back-to-school season when schedules are jam-packed with activities, easy meals and desserts you can rely on allow you

Simplicity is the key to putting dinner on the table in 30 minutes or less, and these Taco Salad and Taco Mac and Cheese recipes offer mealtime solutions that make cooking duty a breeze. Make all that classroom effort worth it with a kid-friendly dessert you can prepare over the weekend and keep refrigerated for weeknight treats

Find more recipe ideas to simplify hectic back-to-school

If you're looking for a go-to meal for your hungry family, search no more. This Taco Salad calls only for pantry staples so you

1/2 cup half-and-half or milk tablespoons onion powder

tablespoons garlic powder 2 tablespoons mesquite seasoning

tablespoon black pepper

salt, to taste lime, juice only

cup chopped cilantro romaine lettuce 2-3 cups shredded cheese

tub (16 ounces) sour cream crushed tortilla chips

In pan over medium heat, brown beef until cooked through; drain. Add black beans and corn. Stir in tomatoes with juices and halfand-half. Add onion powder, garlic powder, mesquite seasoning and pepper. Season with salt, to taste. Bring to simmer.

Add lime juice; stir. Sprinkle with cilantro. Wash and chop lettuce. Place cheese and sour cream in bowls

On plates, top crushed tortilla chips with meat sauce, lettuce, cheese and sour cream, as desired.

#### simple recipes. Taco Mac and Cheese

Spice Up Weeknights

Macaroni and cheese is a beloved

comfort food that's easy to make on

mac and cheese into a filling dinner.

busy weeknights. With just a few extra

ingredients and steps, you can turn boxed

To make this Taco Mac and Cheese,

(Hint: You can even chop vegetables the

night before to make cooking the next day

even easier.) Then add taco seasoning and

combine for a new take on a classic dish.

simply prepare your favorite boxed mac and

cheese according to the package instructions

and stir fry the meat and vegetables together.

Visit Culinary.net to find more quick and

- 1 box macaroni and cheese
- 1/4 cup milk
- 4 tablespoons butter
- pound ground turkey red bell pepper, diced
- yellow bell pepper, diced orange bell pepper, diced
- onion, diced 2 teaspoons taco seasoning

Prepare boxed mac and cheese with milk and butter according to package instructions. In skillet, brown ground turkey over medium heat. Add bell peppers and onion.

Add taco seasoning. Stir turkey mixture with mac and cheese



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Have a Safe Weekend

### **EarthTalk®** Q&A

### Is Local Sea Level Rise a Thing?

By Pravit Kochar August 1, 2024

Dear EarthTalk:

Why is sea level rising more in some regions—like the U.S. Southeast—than others? *Is there a way to reduce sea* level rise in certain specific locales?

—C.T, Tampa, FL

Sea level rise is a pressing global issue, exacerbated by climate change. And its impacts are not uniform across the globe; some regions experience more significant increases than others. Notably, the U.S. Southeast has seen higher rates compared to other areas. Understanding the factors behind these regional differences is crucial for developing targeted strategies to mitigate and adapt to these changes.

One major factor contributing to regional variations in sea level rise is thermal expansion. As ocean water warms, it expands, leading to higher sea levels. However, this expansion does not occur evenly across the globe due to differences in ocean temperatures and circulation patterns. Warm currents can cause more significant sea level rise in certain areas by bringing heat from one region to another. The melting of ice sheets in Greenland and Antarctica contribute to global sea level rise, but its impact is not evenly distributed. Indeed, the

gravitational pull from large ice masses affects sea levels regionally. As ice sheets melt, the gravitational attraction decreases, causing water to move away from these areas and leading to higher sea levels elsewhere. This redistribution of water can result in significant regional differences.

Engineering solutions like seawalls, levees and other physical barriers can provide immediate protection against rising sea levels. These are designed to prevent flooding and protect infrastructure. However, they also present challenges, including high costs and potential ecological impacts. Strategic urban planning and land use can significantly mitigate the impacts of sea level rise. Sustainable development practices, including equitably relocating people, structures and infrastructure away from vulnerable coastal areas as well as the wholesale redesign of coastal communities—are essential. These strategies can help reduce vulnerability and enhance resilience. For example, some coastal cities are redesigning urban spaces to allow for natural water flow and creating buffer zones to absorb floodwaters.

Effective policies at local, state and federal levels are crucial for addressing sea level rise. Governments can implement regulations

that promote sustainable practices, fund infrastructure projects and support community adaptation efforts. To effectively combat sea level rise, it is essential for individuals to engage with local governments and advocate for policy changes. By supporting research and development, communities can better prepare for the impacts of rising seas.

**CONTACTS:** Are sea levels rising the same all over the world, as if we're filling a giant athtub?, https://sealevel.nasa.gov/faq/9/are -sea-levels-rising-the-same-allover-the-world-as-if-were-fillinga-giant-bathtub/; Sea Level 101, Part Two: All Sea Level is ' L o c a l ' https://science.nasa.gov/earth/climate-change/sea-level-101-parttwo-all-sea-level-is-local/; A Surge In Sea Level Rise Threatens Southern States, https://cleantechnica.com/2024/05/08/asurge-in-sea-level-rise-threatens-s outhern-states/.

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