

The Prince George's Post



A COMMUNITY NEWSPAPER FOR PRINCE GEORGE'S COUNTY SINCE 1932

Vol. 92, No. 32 August 8 — August 14, 2024

Prince George's County, Maryland

Newspaper of Record

Phone: 301-627-0900

25 cents

“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.

Who:

- JA hosted over 90 high school students from across the DC region at the Summit.



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, subject-matter 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.
- 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

See **BUSINESSES** Page A3

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 16-chair 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.dycarecenter.org.

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

By PRESS OFFICER
M-NCPPC

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.

In addition to these exciting activities, the Community Day will offer a platform for open dialogue between residents and Park Police. Attendees will have the chance to engage in meaningful conversations with officers about community safety and collaboration.

Chief of Park Police, Germaine Hayward, 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 Day, visit: https://www.facebook.com/events/1080894253671916/?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-

fessionalism. Through community engagement and proactive policing, it strives to 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.

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

See **WOMEN BUILD** Page A3

INSIDE

In & Around Morningside-Skyline

Brandywine-Aquasco

Register now for “The Woods in Your Backyard” Online Course
Towns and Neighbors, Page A2

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

CSAA Presents Latin Broadway Musical In The Heights, Fri Aug 15 & Sat Aug 16

Community, Page A3

First Lady Dawn Moore Launches Back-to-School Vaccination Campaign

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

Community, Page A4

Simple Recipes That Make School Days a Cinch

Taco Salad
No Bake Dragon Fruit Cheesecake Bars
Taco Mac and Cheese

Get Ready for Back to School, Page A5

COMMUNITY

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

By PRESS OFFICER
NCRTV

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

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 museum.

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

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 Alegria 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,

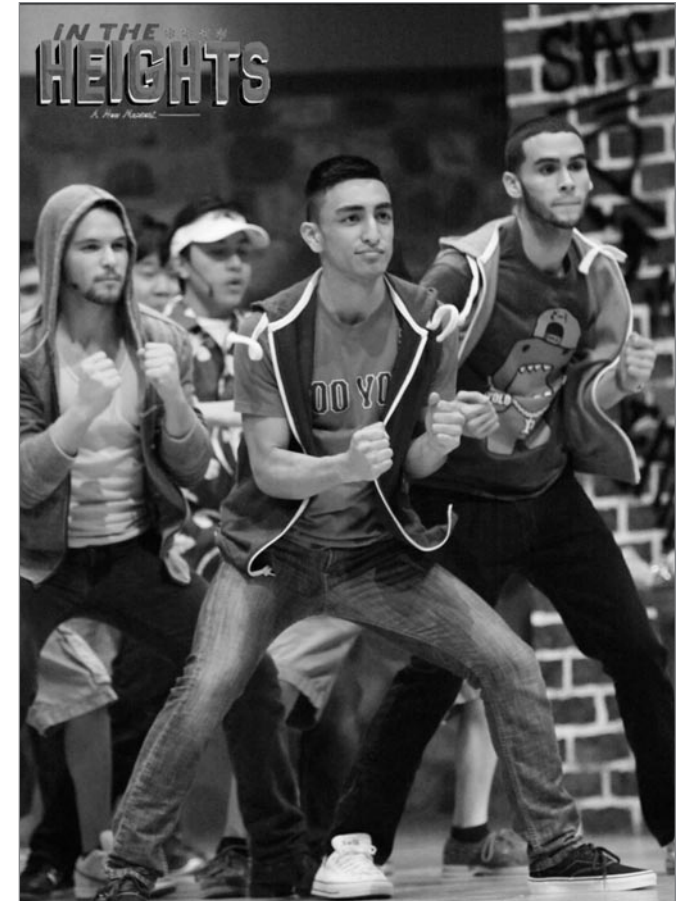


PHOTO COURTESY CSAA

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.

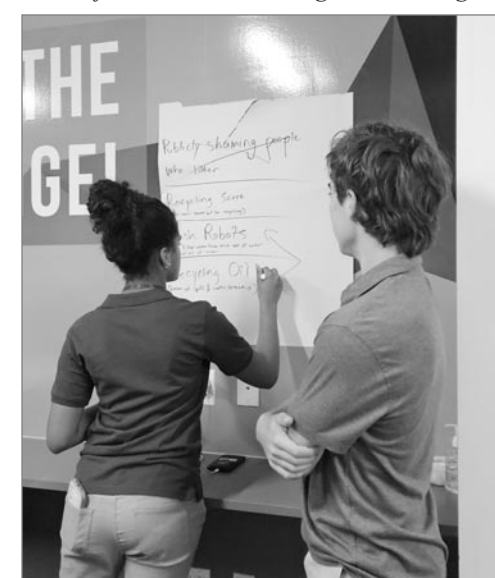
Day 5: Pitch Competition

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 Summit.

ALL PHOTOS COURTESY JUNIOR ACHIEVEMENT OF GREATER WASHINGTON



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 Summit.



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 back-to-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 up-

dated 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 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-year-old 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-

dent in 2004.

Registration begins at 9 a.m. and a light breakfast will be provided. Maryland Board social workers can earn three Category I 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@chesapeakelifecenter.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-



PHOTO COURTESY
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 units.

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 Association's 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, FAAOS, FACHE, president, MedStar Southern Maryland Hospital 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

room neurological telehealth assessments, as well as advanced neurological imaging such as 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

care needed to stop or reverse the debilitating effects of stroke," 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, evidence-based care when hospitalized due to stroke.

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 Reserves.

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 Bureau.

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

The Prince George's Post
P.O. Box 1001 15207 Marlboro Pike
Upper Marlboro, MD 20772-3151
Phone: 301-627-0900 • Legal Fax: 301-627-6260
Email: pgpost@gmail.com
Contents © 2023, The Prince George's Post

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

Prince George's County, Md. Member National Newspaper Publishers Association, and the Maryland, Delaware, District of Columbia Press Association. The Prince George's Post (ISSN 10532226) is published every Thursday by the New Prince George's Post Inc., 15207 Marlboro Pike, Upper Marlboro, Md. 20772-3151. Subscription rate: 25 cents per single copy; \$15 per year; \$7.50 senior citizens and students; out of county add \$1; out of state add \$2. Periodical postage paid at Southern Md. 20790. Postmaster, send address changes to Prince George's Post, P.O. Box 1001, Upper Marlboro, Md. 20773.

Get Ready for Back to School



Taco Salad

Simple Recipes that Make School Days a Cinch



No Bake Dragon Fruit Cheesecake Bars

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, melted
- 2 tablespoons C&H Light Brown Sugar
- 1 pinch salt

Bars:

- 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.

Spice Up Weeknights

Macaroni and cheese is a beloved comfort food that's easy to make on busy weeknights. With just a few extra ingredients and steps, you can turn boxed mac and cheese into a filling dinner.

To make this Taco Mac and Cheese, simply prepare your favorite boxed mac and cheese according to the package instructions and stir fry the meat and vegetables together. (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.

Visit Culinary.net to find more quick and simple recipes.

Taco Mac and Cheese

- 1 box macaroni and cheese
- 1/4 cup milk
- 4 tablespoons butter
- 1 pound ground turkey
- 1 red bell pepper, diced
- 1 yellow bell pepper, diced
- 1 orange bell pepper, diced
- 1 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 to combine.

FAMILY FEATURES

Resisting 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 and your loved ones to ease tension in the kitchen.

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 with these No Bake Dragon Fruit Cheesecake Bars.

Find more recipe ideas to simplify hectic back-to-school schedules at Culinary.net.

Make Dinner Happen in 30 Minutes

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 can spice up busy evenings in just half an hour.

Visit Culinary.net for more quick dinner solutions.

Taco Salad

Recipe courtesy of "Cookin' Savvy"
Total time: 30 minutes
Servings: 6

- 1 pound ground beef
- 1 can (15 ounces) black beans
- 1 can (15 ounces) corn
- 2 cans (14 ounces each) diced tomatoes with chilies
- 1/2 cup half-and-half or milk
- 2 tablespoons onion powder
- 2 tablespoons garlic powder
- 2 tablespoons mesquite seasoning
- 1 tablespoon black pepper
- salt, to taste
- 1 lime, juice only
- 1 cup chopped cilantro
- romaine lettuce
- 2-3 cups shredded cheese
- 1 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 half-and-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 for toppings.

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



Taco Mac and Cheese

COUNTY CHURCH DIRECTORY

UNITED METHODIST

WESTPHALIA
Christian
Community Church
 "A CHURCH ON THE REACH FOR GOD"
 9363 D'Arcy Road
 Upper Marlboro, MD
Worship Service:
9 a.m.
(301) 735-9373
Fax: (301) 735-1844
Rev. Dr. Timothy West,
Pastor
 ALL ARE WELCOME
 Web Site:
www.westphaliaum.org

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

BAPTIST

FIRST BAPTIST CHURCH
OF HIGHLAND PARK
 "A Bible Based, Christ Centered
 & Spirit Led Congregation"
 6801 Sheriff Road Landover, MD
 20785 (301) 773-6655
 Sunday Biblical Institute:
 9:30 a.m.
 Sunday Worship:
 7:30 a.m., 10:45 a.m.
 Saturday Worship:
 6:30 p.m.
 "WONDERFUL WEDNESDAYS
 WITH JESUS":
 12 noon (The Power Hour) and 6:45 pm
 "A Time of Prayer, Praise,
 Worship, & The Word"
Dr. Henry P. Davis III, Pastor
www.fbhp.org

Forest Heights
Baptist Church
 We exist to strengthen your
 relationship with God.
 6371 Oxon Hill Road
 Oxon Hill, Maryland 20745
 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
 Pastor: Rev. Waymond B. Duke

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

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
 Intercessory Prayer: Sundays - 8:30 a.m.
 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

Have a
Safe Weekend

EarthTalk® Q&A

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

Is Local Sea Level Rise a Thing?

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 bathtub? <https://sealevel.nasa.gov/faq/9/are-sea-levels-rising-the-same-all-over-the-world-as-if-were-filling-a-giant-bathtub/>; Sea Level 101, Part Two: All Sea Level is 'Local', <https://science.nasa.gov/earth/climate-change/sea-level-101-part-two-all-sea-level-is-local/>; A Surge In Sea Level Rise Threatens Southern States, <https://cleantechnica.com/2024/05/08/a-surge-in-sea-level-rise-threatens-southern-states/>.

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

CLASSIFIEDS

BUSINESS OPPORTUNITIES

Let the Multimedia Specialists of MDDC Ad Services help you in growing your business and increasing your customer base. CALL TODAY at 855-721-MDDC, Ext. 4 and start seeing results NOW!

BUSINESS SERVICES

Increase the digital presence of your business! Contact MDDC Ad Services to receive a FREE Digital Footprint Consultation for your business from a TOP PERFORMING advertising agency! Call 855-721-MDDC, Ext. 4, www.mddcadservices.com.

FOR SALE

Get DISH Satellite TV + Internet! Free Install, Free HD-DVR Upgrade, 80,000 On-Demand Movies, Plus Limited Time Up To \$600 In Gift Cards. Call Today! 1-855-407-6870

Prepare for power outages today with a GENERAC Home Standby

FOR SALE

Generator. Act now to receive a FREE 5-Year warranty with qualifying purchase. Call 1-855-993-0969 today to schedule a free quote. It's not just a generator. It's a power move.

Get Boost Infinite! Unlimited Talk, Text and Data For Just \$25/mo! The Power Of 3 5G Networks, One Low Price! Call Today and Get The Latest iPhone Every Year On Us! 855-977-5719

SERVICES—MISCELLANEOUS

DENTAL INSURANCE from
Physicians Mutual Insurance
Company. Coverage for 350 plus procedures. Real dental insurance - NOT just a discount plan. Do not wait! Call now! Get your FREE Dental Information Kit with all the details! 1-855-337-5228 [#6258](http://www.dental50plus.com/MDDC)

Let the Multimedia Specialists of MDDC Ad Services help you in growing your business and increasing

SERVICES—MISCELLANEOUS

ing your customer base. Call today at 855-721-MDDC, Ext. 4 and start seeing results NOW.

Save loads of money with your advertising budgets! CONNECT with the Multimedia Specialists of MDDC Ad Services. Expand your brand's reach in our Bulk Advertising Network - CALL TODAY! With one call, one placement, one bill, you'll reach over 1,000,000 readers in the entire Mid-Atlantic region. Call 855-721-MDDC, Ext. 4 or email kberrier@mddcpres.com.

VEHICLES WANTED

DONATE YOUR CAR/
TRUCK/RV - Lutheran Mission
Society of MD Compassion
Place ministries help local families with food, clothing, counseling. Tax deductible. MVA licensed #W1044. 410-228-8437 www.CompassionPlace.org

THIS

COULD BE

YOUR AD!

Call today
 for a quote.
301-627-0900

The Prince George's Post



MARYLAND DELAWARE DISTRICT OF COLUMBIA
MDDCPRESS
MDDCPRESS.COM
FOUNDATION

HELP FUND THE
FUTURE OF JOURNALISM

mddcpres.com/foundation



NO HIDDEN FEES.

NO HIDDEN ANYTHING.

Plans start at just \$20/month.

Consumer Cellular **866-337-1676**

© 2024 Consumer Cellular Inc. Terms and Conditions subject to change.

DENTAL Insurance

Great coverage for retirees.

Get your **FREE** Information Kit
 from Physicians Mutual Insurance Company.

Call **1-855-337-5228**

Dental50Plus.com/MDDC

Products/features not available in all states. Contact us for complete details about this insurance solution. To find a network provider, go to physiciansmutual.com/find-dentist. This specific offer not available in CO, NJ, NY, VA - call 1-800-969-4881 or respond for a similar offer in your state. Certificate: C2548465, C250AB438 (ID: C2548), PK: C254784 (Insurance Policy: P55A0499, P550B439 (GA: P5484), OK: P540X, TN: P5470), 6347

Custom Pull-Out Shelves for your existing cabinets and pantry.



Call for Your **FREE** Design Consultation **ShelfGenie®**
(844) 538-5547
© ShelfGenie®

*\$168 one (one) price per household. Not purchase 1-Cabinet Designer Shelves (\$168/12). Independently owned and operated franchise. ©2022 ShelfGenie, INC. All rights reserved.

LET THE PROS HANDLE IT!



Say "NO" to Cleaning
 Out Your Gutters.

Protect Your Home
 With LeafFilter.

20% OFF + **10% OFF**
 Your Entire Purchase*
*USA, TX, HI, AK, PR Seniors + Military
** We offer financing that fits your budget!

CALL TODAY FOR A FREE INSPECTION! **1-844-566-3227**

*See Representation for full warranty details. **See coverage restrictions. †Installation minimums apply. †† See website for program details. ‡ See website for program details. ††† See website for program details. †††† See website for program details. ††††† See website for program details. †††††† See website for program details. ††††††† See website for program details. †††††††† See website for program details. ††††††††† See website for program details. †††††††††† See website for program details. ††††††††††† See website for program details.

We're looking to install our NEXT GENERATION gutter guard on your home!

DONATE YOUR CAR, TRUCK, RV

Your donation helps provide food, clothing, hope.



LUTHERAN MISSION SOCIETY OF MD
Compassion Place
 MINISTRIES

Tax deductible.
 MVA licensed #1044



410-228-8437
www.CompassionPlace.org

Be prepared before the next power outage.



It's not just a generator. It's a power move.™

Receive a free 5-year warranty
 with qualifying purchase* - valued at \$535.

Call 855-993-0969
 to schedule your free quote!

GENERAC
*Terms and Conditions apply.



You CAN Cancel Your Timeshare

We have helped over 30,000 American families
 save over \$450,000,000 in timeshare debt and
 maintenance fees. We can help you too.

Get your free information kit and see if you qualify:

Call 1.888.984.2917

This is an Advertisement. Wesley Financial Group, LLC ("WFG") and/or its affiliates, successors, or assigns are not lawyers and/or a law firm and does not engage in the practice of law or provide legal advice or legal representation. Actual results depend on each client's distinct case and no specific outcome is guaranteed.