

# The Prince George's Post



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## Bowie High School NJROTC: USS Hamner Reunion

By PRESS OFFICER  
Bowie High School  
NJROTC

On Friday, September 13, 2024, Bowie High School NJROTC Battalion members attended the USS Hamner 33rd annual reunion. Cadets in attendance included the Battalion CO C/CDR Daniel Ogunbanwo, XO C/LCDR Madison Kelly, BDO C/ENS Jayla Palacio, ACO C/CPO Jonathan Flores-Hernandez and Assistant PAO C/SR Omowunmi Ogunbanwo along with Naval Science Instructor Gunnery Sergeant George Hinton. The cadets had the opportunity to speak with veterans who had previously served on the USS Hamner in 1945. The USS Hamner was a United States Navy Vessel that was a great destroyer during the Korean and



PHOTO COURTESY BOWIE HIGH SCHOOL NJROTC

**Bowie High School NJROTC Battalion members attended the USS Hamner 33rd annual reunion and had the opportunity to speak with veterans who had previously served on the USS Hamner in 1945.**

Vietnam Wars. The cadets heard firsthand what it was like to work on a military vessel, their

experiences as US sailors, and words of encouragement for future endeavors to the cadets.

Assistant PAO  
C/SR Omowunmi Ogunbanwo  
(Editor's Note: see more p. A4)

## Prince George's County Council Members Celebrate Hispanic and Latino Heritage Month

Residents Encouraged to Attend and Enjoy True Hispanic Culture

By PRESS OFFICER  
Prince George's County Council Media

Prince George's County Council Members are thrilled to invite the community to a celebration in honor of Hispanic and Latino Heritage Month on **Saturday, October 5, 2024**, from 12 p.m. to 2 p.m. at the Langley Park Community Center. The event is hosted by Chair Jolene Ivey (District 5), Council Member Wanika Fisher (District 2) and Council Member Eric Olson (District 3), and will be emceed by Patricia De Lima from El Zol 107.9.

This vibrant celebration will honor Latino and Hispanic leaders who have made lasting contributions to the county in busi-

ness, health, education, and community development.

Attendees can expect an afternoon of free food, live entertainment, helpful resources, and a recognition ceremony. The event will also include T-shirt giveaways and exciting performances highlighting the cultural traditions of the Latino community. This event is free and open to all ages.

WHAT: Hispanic and Latino Heritage Month Celebration  
WHEN: **Saturday, October 5, 2024, 12–2 p.m.**

WHERE: Langley Park Community Center, 1500 Merriam Dr, Adelphi, MD 20783

## PGCPS Ratifies New Union Contract With SEIU Local 400 PG, Including Salary Increases and Retention Bonuses

By PRESS OFFICER  
Prince George's County Public  
Schools

UPPER MARLBORO, Md. (Sept. 27, 2024)—The Prince George's County Board of Education has approved a new two-year contract with Service Employees International Union (SEIU) Local 400 PG which represents Prince George's County Public Schools (PGCPS) support staff, including custodians, bus drivers, and cafeteria workers. The contract, covering fiscal years 2025 and 2026, was negotiated to enhance compensation and employment conditions for union members while also addressing anticipated reductions in operating budget revenue.

"We are pleased to reach an agree-

ment that reflects our commitment to investing in our workforce," said Lolita E. Walker, Board Chair. "This contract not only supports our dedicated employees but also ensures that our schools remain well-maintained and staffed by committed professionals."

Key provisions of the contract include a previously negotiated 4% cost of living adjustment (COLA) for FY 2025 and a 3% COLA for FY 2026. In addition, all eligible employees will receive an annual step increase, along with a 1% differential for employees who are at the top step of their grade. The agreement also outlines conditional one-time retention bonuses of \$800 and \$600 for full-time employees, and \$600 and \$400 for part-time employees in FY 2025 and FY 2026, respectively.

"Ensuring staff have a competitive salary package with ongoing opportunities for professional development is key to maintaining a highly-qualified workforce," said Millard House II, PGCPS Superintendent. "We are committed to ensuring that all negotiated agreements with our unions reflect these priorities."

The contract also addresses improvements in employee evaluation procedures and introduces important, collaborative committees to achieve more clearly defined voluntary and involuntary transfer processes. Enhanced staff development initiatives will now be tailored specifically to the roles of bargaining unit members, further supporting their professional growth.

"SEIU Local 400 PG stood firm in

our mission to address our member's needs during this negotiation," said President Kelvin Pinkey. "In light of the budget constraints put before PGCPS, we negotiated a fair agreement that honors our members and increases compensation avoiding adverse impacts."

The budgetary investments of the contract are estimated at \$4.7 million for FY 2025 and \$3.7 million for FY 2026. These appropriations will be included in the upcoming fiscal operating budgets.

Members of SEIU Local 400 PG ratified the contract in August 2024, following the conclusion of negotiations in June. The agreement marks a significant step toward ensuring competitive wages and benefits for the essential sup-

port staff that help keep PGCPS running smoothly. We will continue to work with our labor partners to provide the best educational experience for our students and improve working conditions for PGCPS employees.

Prince George's County Public Schools (PGCPS), one of the nation's 20th largest school districts, has 201 schools and centers, more than 133,000 students and nearly 20,000 employees. The school system serves a diverse student population from urban, suburban and rural communities located in the Washington, DC suburbs. PGCPS is nationally recognized for college and career-readiness programs that provide students with unique learning opportunities, including dual enrollment and language immersion.

## Black Maryland Medic Honored With Distinguished Service Cross for D-Day Heroism

By KATHARINE WILSON  
Capital News Service

WASHINGTON (Sept. 24, 2024)—Before his landing craft reached Omaha Beach in Normandy on D-Day, 21 year-old Army Cpl. Waverly Woodson Jr., a combat medic, was injured by intense shell fire.

His shrapnel wounds quickly dressed, Woodson worked tirelessly for 30 hours to save the lives of an estimated 200 soldiers as German shots and shellfire raked the crowded sand.

On Tuesday, Woodson received posthumous recognition for his actions on that day in June 1944 after decades of advocacy from his family. The Army honored Woodson, who lived in Clarksburg, Maryland, after the war, with the Distinguished Service Cross, the highest honor the Army can bestow on its own authority, in a ceremony on Capitol Hill.

The medal was laid on Omaha Beach before being presented to his widow, Joann

Woodson, now 95.

His son, Stephen Woodson, 66, said this award has given the family closure.

"All throughout the years, my dad never really complained about never being honored for what he had done, he considered that to be his duty," Stephen Woodson said. "To have him receive an honor of this stature is just absolutely incredible."

The family has fought tirelessly for over 20 years for Woodson to be recognized for his devotion to duty on D-Day. Sen. Chris Van Hollen, D-Maryland, joined the effort in 2015.

"We've been working to right this wrong," Van Hollen said. "This is an example of people coming together to help make our country strong."

But Woodson's bravery, as his family and Van Hollen argue, merits even more. The senator and Woodson's family have campaigned for years to push for the veteran to receive the Congressional Medal of Honor.

Woodson was recommended

for the Medal of Honor after his service in World War II, but the honor was never bestowed. Woodson left the service in 1952, eventually rising to the rank of staff sergeant.

Van Hollen told the packed audience at Tuesday's ceremony that there is only one reason Woodson was denied the honor: the color of his skin.

Woodson was a member of the 320th Barrage Balloon Battalion, the only all-Black battalion to storm the Normandy beaches during Operation Overlord, the massive Allied assault on German defenses along France's Normandy coast.

No Black soldiers who served in World War II were given the Medal of Honor until 1997, when seven servicemen were finally recognized for the honor. By that time, Woodson's crucial military paperwork was destroyed in a 1973 fire at the National Personnel Records Center in Overland, Missouri.

Without that crucial paperwork, the Army determined that

there was not enough evidence to upgrade Woodson's honors.

It wasn't until the work of historian and journalist Linda Hervieux, who wrote the book "Forgotten: The Untold Story of D-Day's Black Heroes, at Home and at War," gained popularity that the Army took notice.

Capt. Kevin Braafladt, First Army Support Command historian, took up where Hervieux left off to uncover enough evidence of Woodson's service to open the door for the Distinguished Service Cross and, as the Woodson family hopes, may eventually allow for Woodson to receive the Medal of Honor.

"Many of us thought this day would never come," Hervieux said. "It's very hard to write history. It's very hard to give the Army the proof that it wants. It's nice to know as a reporter, sometimes you can do something that makes a difference."

Woodson didn't talk about his experiences in the Army until 1994, the 50th anniversary of D-Day. The French government



KATHARINE WILSON/CAPITAL NEWS SERVICE

**WASHINGTON—Joann Woodson, of Clarksburg, Maryland, stands next to the portrait of her late husband, Army Staff Sgt. Waverly Woodson Jr., who on Tuesday was posthumously awarded the Distinguished Service Cross by the Army for his gallantry on D-Day in 1944.**

had sponsored a trip for Woodson and his wife, Joann, to visit Normandy.

"I was wondering how he was going to take it, you know, to be walking right back over the ground where there was so much fighting and everything," Joann Woodson said.

The trip was emotional, she said. Her husband was surprised

to receive such a recognition from the French government who, she remembers him saying, paid more attention than the Americans did.

It was hard for his father to speak about D-Day with anyone, including his own son.

See HONORED Page A4

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# TOWNS and NEIGHBORS

## In & Around Morningside-Skyline

### My Ballot has arrived!

I now receive a mail-in ballot, and it has just arrived. I have to finish studying it, vote, and get it in the mail or Drop Box in plenty of time for the November 5 Presidential General Election.

Usually, I like to go to the polls—it feels right. Years ago, I used to volunteer with the League of Women’s Voters by staying after the polls closed, getting the results, and racing to the nearest phone to call in the numbers. Technology has changed everything.

Anyway, my ballot has arrived. I’ll vote. And I hope all my readers will, too.

### Capital Centre remembered

“Capital Centre: A Retrospective” is a recently-published book with everything you want to know about the Centre. The 280-page hardcover is “a virtual scrapbook” of all things Capital Centre, including insight into the building’s creation, professional sports, concerts and the multiple other events over the course of the Centre’s 29-year history.

The book includes a 60-page appendix featuring a chronological list of every event hosted at the Centre. I attended a lot of them and felt very lucky to have such a remarkable venue so nearby. I miss it!

The book has been published by The Laurel History Boys, honoring the 50-year anniversary of the arena. It’s available exclusively at [laurelhistory.com/shop](http://laurelhistory.com/shop) for \$50 or by mailing a check to The Laurel History Boys, Inc., P.O. Box 759, Laurel, MD 20715. Shipping is free.

### Town of Morningside

It’s getting to be that time! So, put out your pumpkin and dig out a costume. Trunk-or-Treating will be held in Morningside on October 19 at the Town Hall. The time has not been announced, so if you need it, call 301-736-2300.

Upcoming meetings are the Work Session, Tuesday, Oct. 8, and the Town Hall Meeting, Tuesday, Oct 15. Both start at 7.

Morningside business hours are 8:30 a.m. to 5 p.m., Monday through Friday. Information: 301-736-2300.

By the way, a home at 4703 Beauford

Rd., in Morningside, has sold for \$342,000. (Back in 1943, Morningside homes went for \$2,773. When we moved here in 1958, we paid \$21,000. How about you?)

### Neighbors & other good people

Happy 100th Birthday to Emily Tierney on October 3. Before moving, she had been a longtime Camp Springs resident. You can send her a greeting at 1935 Generals Highway, Apt. 23, Annapolis, MD 21401.

Happy 50th anniversary to Phil and Ruth Mudd!

### Grief support

St. Philip’s Parish hosts a Grief Support Group every first Saturday at 10 a.m. in the school. It’s open to all who grieve. For more information call 301-423-4244.

### Father Robert Kosty, priest of the archdiocese for 50 years

Father Robert J. Kosty, 78, Pastor of several local parishes, died August 30 at Saint Ignatius Church in Fort Washington.

He was born in Troy, N.Y., to John and Rita Kosty. His father was a member of the Ukrainian Catholic Byzantine Rite.

Father Kosty was ordained a Roman Catholic priest on May 18, 1974. His first parish was Sacred Heart in La Plata and then, in 1977, Mount Calvary in Forestville. In 1985, he was assigned to Holy Family, Hillcrest Heights; in 1993, St. John the Evangelist, Silver Spring, and later to Pastor at Our Lady’s Church in Medley’s Neck, Md., St. Catherine of Alexandria in Port Tobacco and St. Ignatius, Fort Washington.

Survivors include his brother Michael, of Mechanicville, N.Y. Cardinal William Gregory celebrated his funeral Mass on September 9 at the Shrine of St. Jude, with burial at Gate of Heaven in Silver Spring.

### Academia: Open Houses

Bishop McNamara High School, 6800 Marlboro Pike, is hosting an Open House on Sunday, Oct. 27, beginning at 10 a.m. Info, [www.bmhs.org](http://www.bmhs.org) or 301-735-8401.

St. Mary’s Ryken High School, Open

by Mary McHale 301-735-3451

House, 22600 Camp Calvert Road, Leonardtown. [www.smrhs.org](http://www.smrhs.org) or 301-475-2814.

### Academia: new principals

Mr. Wright is the New Acting Principal at Suitland High School.

Dr. Sarah Bento will be the next principal of Saint John the Evangelist Catholic School, in Clinton.

Michelle Truss is the new principal at St. Philip the Apostle in Camp Springs.

More new principals? Email me at [muddmm@aol.com](mailto:muddmm@aol.com).

### Places to go & things to do

Oxon Hill Farm says, “Why just dream about helping on a farm? Come join the fun. Feel the skin of a cow and the warmth of her fresh milk. Listen to chickens clucking and goats bleating. Smell the sweet aroma of horses and hay.” The farm is open daily 8 a.m. to 4:30 p.m. except Thanksgiving, Christmas Day and January 1. Admission and activities are free.

### Remembering

Suitland Parkway was completed 80 years ago, in 1944. In 1949 Morningside was incorporated. In 1954 water and sewerage was installed. In 1955 Suitland Road was paved and Morningside Elementary School opened. City gas was installed in 1959. In 1960 mailboxes were moved to the door. (From the Morningside Directory, 1963.)

### Milestones

Happy Birthday to Sue Gilmore and Muriel Ireson, Oct. 5; Rory Lohman, Carmen Buffington and George Nixon, Oct. 6; Dr. Alvin Thornton and Kam’Ron Blade, Oct. 7; Greta Chambers, Oct. 9; Mary Deans, Oct. 11; Tj Foster, Oct. 12; DeAndre Sheffield, Oct. 15;

Mildred Peaire and Carolyn Williams, Oct. 16; former Morningside Councilwoman Carol Kline DeGraba, Andrew Nicholas Smith and Nola Cook, Oct. 18.

Happy Anniversary to Elaine and Luke Seidman, their 35th on Oct. 7; Daisy and Ralph Young, their 71st on Oct. 15; and Michael and Anita (Fulton) Freeman, their 44th on Oct. 18.

by Audrey Johnson 301-922-5384

## Brandywine-Aquasco

### JOHNSON FAMILY REUNION

Richard, Benjamin, John Johnson Family Reunion was held Saturday, September 14, 2024, at The Lodge at Marlboro, 2906 Old Largo Road, Upper Marlboro, Maryland, 20772. A Legacy Journey Through Kinship Across Generations. Oral/Written History of The Johnson Family Legacy. As the story goes, Bernard Matthew Johnson came to Nottingham, Prince George’s County, Maryland in the 1840s, as part of the Trans-Atlantic slave trade. The Trans-Atlantic slave trade is a well-known historical event that brought millions of African people to the newly colonized land, now known as the United States. Bernard came from West Africa by boat across the Atlantic Ocean and into Maryland up the Chesapeake Bay. There were many slaves trading posts up and down the Chesapeake Bay and Patuxent River in Maryland. Bernard was eventually offboarded in a small town on the shores of the Patuxent River known as Nottingham (now known as Croom Upper Marlboro). Various accounts tell the story of Bernard either running away from his captors soon after being purchased by a local English land-owning farmer or being given his freedom from the slave owner before the civil war.

Although Maryland was a slave state, there were some areas where free Black people were able to live isolated from the rest of white society. Around the 1860s Bernard was able to settle in one of these areas not far from Nottingham, in Brandywine, Maryland, as the civil war began. Soon after the Civil War ended on April 9, 1865, the thirteenth amendment was ratified in the United States Constitution on December 6, 1865, which abolished slavery and freed all slaves. At this time freed slaves felt secure enough in their ability to live freely, marry and raise families. It is believed that around this time Bernard found and married his wife and started their family in Brandywine.

It is said that Bernard Matthew Johnson had five children. He had his eldest son, Richard, by an unknown mother. He then had four children with his wife Eliza who were John, Benjamin, Frederick and Mary. Richard, John and Benjamin remained in the Nottingham and Brandywine areas, continuing to grow the Johnson family on over 60 areas of land owned by the Johnson brothers throughout the years. DNA analysis done by Ancestry.com on Todd and Robert Owen Johnson, Jr. shows common African ancestry in Mali, Nigeria and Cameroon in West Africa. In my next article I will finalize more information about the history of the Johnson Family Reunion (Richard, Benjamin, Johnson).

### RECOGNITION AND ACHIEVEMENT

Joshua and Charley Johnson, The Family of the Late Roscoe and Gwendolyn Johnson. Praises and honors to Joshua Johnson for successful completion of Elementary School education at Mattaponi Elementary School with a 4.0 grade point average. He will be continuing his education at Walker Mill Middle

School in the 2024–2025 school year.

Praises and honors to Charley Johnson for completing Second Grade at Mattaponi Elementary School with a 4.0 grade point average. Mom and Dad will be supporting her in continuing her success in 3rd grade. Mom (Andrienne) and Dad (Todd) love you and Joshua more than you know. You did it. Congratulations Joshua and Charley.

### O’LIYAH CONTEE

O’Liyah Contee, The family of Lucille and James Contee. O’Liyah is a multi-sport senior athlete at Gwynn Park High School. She is currently enrolled in the CTE Program for Computer Programming, which will certify her in Computer Technology and coding upon graduation in May 2025. O’Liyah is also participating in the Dual Enrollment Program between Prince George’s County Public Schools and Prince George’s Community College.

At the end of her 11th grade year, O’Liyah’s GPA was a 4.5 placing her in the top percentile of her class. Additionally, O’Liyah had the highest SAT score (1360) in the Junior Class and was within the top 10% countywide. Her hard work and dedication have warranted multiple college offers including Louisiana State University, University of Rhode Island, Texas Tech, Baylor University, University of Pittsburg, Temple University, University of Oregon, Stonybrook University, and the Universities of Baltimore, Georgia, Massachusetts, Syracuse, Florida and Oklahoma.

Currently, O’Liyah serves as the Class President for the graduating class of 2025, and intends to run for homecoming queen in the fall. In addition to a stellar academic transcript, O’Liyah is also a high school athlete. She plays point guard, shooting guard, and small forward for the girls’ basketball team and also plays softball in the off season. We are very proud of our scholar and want to wish her the best in her future endeavors.

### LAMART CONTEE, JR.

LaMart Contee, Jr., The Family of Lucille and James Contee. LaMart Contee Jr. attended Gwynn Park HS where he played Varsity Football for the former State Champions. His athleticism and focus landed him a starting spot on both offensive and defensive sides of the ball. In addition to being a model athlete, he participated and became certified in the Auto Mechanics Certification program prior to graduation in June 2022. LaMart is currently in his Junior year at Morgan State University where he majors in Business Administration with a specialty in Sports Management. His future plans include attending law school after graduation and building his brand to represent pro athletes nationwide.

## Social Security Matters

### Ask Rusty:

### Veteran Asks About Special Credits for Military Service

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 just learned that if I served in the military during an active-duty period, I could get extra earnings for Social Security and that these benefits would be automatically added to my record, but I was never asked by the SS employee who calculated my benefits if I was in the military. I took benefits at age 62 (2013) due to health reasons. Should I ask for a recalculation or is it too late? **Signed: Proud Veteran**

**Dear Proud Veteran:** Thank you for your service to our country, for which you have every right to be proud. You likely heard about “Special Extra Credits for military service,” which applies to those who served in the military during certain periods earlier than the year 2001. This rule can add up to \$1,200 per year to your Social Security earnings record for the years you served and, since your SS benefit is based on your lifetime earnings record, your military earnings may have been included when calculating your Social Security benefit. But the rules for getting that “extra earnings credit” are a bit complex, and how much extra earnings credit you receive depends entirely on which years you served. Here’s a quick summary:

- SS taxes have been withheld from military pay since 1957, so your actual military earnings are already included as part of your lifetime SS earnings record.
- If you served between 1957 and 1977, an extra \$300 for each quarter of active-duty service would be added to your military pay, up to \$1,200 per year maximum.
- If you served between 1978 and 2001, an extra \$100 would be added to your military pay for each \$300 of active duty pay received, up to a maximum of \$1,200 per year. FYI, no additional earnings are added to your military pay for service years after 2001.

Those who served on active duty before 1967 should inform SS when applying for benefits about their military service (e.g., provide a copy of DD-214). For those who served after 1967, the “special extra credits” were automatically added to their military earnings record when they applied for SS benefits.

It’s important to note that the “extra credits” are additional earnings added to your military pay record—not an additional benefit amount added to your Social Security payment because of your military service. If, however, your military pay was included in the 35 years used to compute your Social Security benefit when you claimed, then your military pay affected your SS payment amount.

In any case, if you served in the military after 1967, the special extra earnings credits were automatically included in your military pay record and, thus, were automatically included when calculating your Social Security benefit when you applied. If your non-military working career consisted of over 35 years during which you earned more than you did while serving, your years in the military wouldn’t be included when computing your Social Security benefit anyway (only your highest earning 35 years of earnings are included when calculating your SS benefit).

Although it’s never “too late” to request a recalculation, if you served after 1967 your military pay during your service years was automatically increased by SS to account for your military service. If you served before 1967, you could contact Social Security to ensure that the extra credits were included when calculating your SS benefit. FYI, here’s a copy of the Social Security rules on this topic: [www.ssa.gov/pubs/EN-05-10017.pdf](http://www.ssa.gov/pubs/EN-05-10017.pdf).

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

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

### Celebrate the 10th Anniversary of the Green Summit on October 19

Adoption Ready Pets will be Showcased!

Join us as we celebrate the 10th Anniversary of the Green Summit on Saturday, October 19, from 11 a.m. to 4 p.m. at the David C. Driskell Community Park in Hyattsville.

This free, one-day event will feature green exhibitors, eco-friendly vendors, sustainable tips, giveaways, food trucks, music, kid-friendly activities, and fun for the whole family!

The Green Summit will also showcase some pretty special pet friends who are ready for adoption. Don’t miss out on this opportunity!

For more information on exhibitor and vendor opportunities, visit [mypgc.us/greensummit](http://mypgc.us/greensummit).

When: Saturday, October 19, 2024, from 11 a.m.–4 p.m.

Where: David C. Driskell Community Park, 3911 Hamilton Street Hyattsville, MD 20781

—DoE - Animal Chatter News, Sept. 26, 2024

# COMMUNITY

## Blue Crab Fun Run Heads to the Starting Line With Key Charles County Supporters

By ELYZABETH MARCUSSEN  
Hospice of the Chesapeake

WALDORF, Md. (Sept. 24, 2024)—Plans are ramping up for the inaugural Blue Crab Fun Run 5K, an event that Hospice of the Chesapeake hopes will become an annual Charles County tradition. Reuben B. Collins, II, Esq., President of the Charles County Board of Commissioners, will be cheering on the runners and walkers at the starting line as the event's Grand Marshal.

Along with the commitment of esteemed community health partner, the University of Maryland Charles Regional Medical Center, Hospice of the Chesapeake is honored that longtime Charles County supporter Waldorf Toyota has signed on as the Finish Line sponsor. Other sponsors include Cedar Point Federal Credit Union at the Champion level; John and Terri Hussman at the Pace level; Mutual of Omaha at the Stride level; Jan Kleponis at O'Brien Realty ERA Powered at the Training level; and American Radiology Services and Gameday Men's Health Waldorf at the Warm Up level.

Local support also comes from water station underwriter Trollinger Law and event partners Cha' Artistry, LLC; KNC Marketing, Inc.; Kona Ice; Raising Cane's Chicken Fingers; and Waldorf Lions Club.

The family-friendly 5K will take place 9 a.m. to 1 p.m. **Saturday, Oct. 5**, at Regency Furniture Stadium, 11765 St. Linus Drive, Waldorf, Maryland. It 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 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](mailto: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](http://www.hospicechesapeake.org)*

## Calendar of Events

### 2024 Walk to Defeat ALS Washington DC

Date and time: Saturday, October 5, 2024, Walk Check-in: 10 a.m.; Walk Start: 11 a.m.

Description: The ALS Association hosts walk to support people living with ALS. Hundreds of people will rally together at Walk to Defeat ALS® to fuel our mission and support people living with ALS in the region. Register at [www.als.org/WalkDC](http://www.als.org/WalkDC).

Location: Washington Monument Grounds, 1351 Constitution Avenue NW, Washington DC

### Indigenous Peoples' Day:

#### Talk by Chief Donna Abbott, Nause-Waiwash

Date and time: Saturday, October 12, 2024, 1–2 p.m.

Description: Join us for an enlightening conversation with Chief Donna "Wolf Mother" Abbott of the Nause-Waiwash Band of Indians. As the first woman chief of this resilient Native American community, Chief Abbott continues the important work of preserving and sharing the rich heritage of her people. During this upcoming event, Chief Abbott will discuss the history and cultural significance of the Nause-Waiwash, current tribal initiatives and community involvement, and the importance of preserving Native American heritage for future generations. Don't miss this opportunity to learn about an integral part of Maryland's history and the ongoing efforts to maintain and celebrate this vibrant culture.

Cost: FREE ticketed event

Location: Montpelier House Museum, 9650 Muirkirk Road, Laurel, MD 20708

Contact: Register through PARKS DIRECT

### Auditions Open: FAME Jazz Band Program—Fall 2024

Date and time: Application Closes: October 19, 2024; Auditions: October 26, 2024

Description: For all middle and high school music students in the Greater Washington Region (DC, MD & VA) who are eager to grow in their artistic expression and maintain high academic standards. All instruments invited.

Location: University of Maryland School of Music & Dr. Henry Wise High School

Contact: For detailed information and registration requirements, visit [FAMEMusic.org](http://FAMEMusic.org) or email [Auditions@FAMEMusic.org](mailto:Auditions@FAMEMusic.org) or call 240-929-6598.

### A Wedding of Winds: The Rockville Brass Band & Maryland Winds Join Together in a FREE Concert

Date and time: Sunday, October 20, 2024; 3 p.m.

Description: Maryland's oldest British-style Brass Band and one of Maryland's few professional wind ensembles will perform together. The Rockville Brass Band and Maryland Winds will perform works ranging widely in style, from lush tone poems to regal marches

Location: F. Scott Fitzgerald Theatre, 603 Edmonston Drive, in Rockville, MD 20851

## Ft. Washington Native Serves Aboard Navy Warship in Norfolk

By Senior Chief Mass Communication Specialist JOHN OSBORNE  
Navy Office of Community Outreach

NORFOLK, Va. (Sept. 7, 2024)—Petty Officer 1st Class Jamica Ballard, a native of Ft. Washington, Maryland, serves aboard a U.S. Navy warship operating out of Norfolk, Virginia.

Ballard attended Friendly High School and graduated in 2008.

The skills and values needed to succeed in the Navy are similar to those found in Ft. Washington.

"I learned early on to stand out and not just do what everyone else was doing," said Ballard. "Joining the Navy and having that ability to think outside the box has been key to my success."

Ballard joined the Navy 15 years ago.

Today, Ballard serves as a mass communication specialist aboard USS Kearsarge.

"I joined the Navy because my brother was also joining and he asked me to come with him to the recruiter's office," said Ballard. "It turned out my brother didn't join, but I did."

Kearsarge's crew is made up of approximately 1,200 crewmembers and can accommodate up to 1,800 Marines.

Amphibious assault ships transfer Marines, equipment and supplies, and can support helicopters or other aircraft. Kearsarge is the third ship in the Wasp class of multi-purpose amphibious assault ships and is the fourth Navy vessel to bear the name of Mount Kearsarge in New Hampshire.

With 90% of global commerce traveling by sea and access to the internet relying on the security of undersea fiber optic cables, Navy officials continue to emphasize that the prosperity of the United States is directly linked to trained sailors and a strong Navy.

Ballard and the sailors she serves with have many opportunities to achieve accomplishments during their military service.

"I am proudest of being named Sailor of Year on board Kearsarge and getting meritoriously promoted to E-6," said Ballard.

As Ballard and other sailors continue to train and perform missions, they take pride in serving their country in the United States Navy.

"Serving in the Navy means I am adaptable to any situation," added Ballard. "Every ship or landscape you are in can



PHOTO BY MASS COMMUNICATION SPECIALIST SEAMAN SIERRA GARCIA

### Petty Officer 1st Class Jamica Ballard

be different and it requires you to be malleable so you can be your best under whatever circumstance you find yourself."

Ballard is grateful to others for helping make a Navy career possible.

"I want to thank my mom, Shari, for always inspiring me," added Ballard. "She is the kind of woman who can do anything and seeing her made me open my mind to all possibilities and not limit myself to being one type of person. I also want to thank my fiance Corey, who is so supportive of my career. We are getting married in September and I can't wait."

"I am now in a place where I can start planning for my retirement," said Ballard. "I have a goal to launch my own business and I want to start that before I end my Navy career."

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

By PRESS OFFICER  
Maryland Legal Aid

BALTIMORE (Sept. 25, 2024)—Maryland Legal Aid (MLA) is partnering with the Prince George's County Memorial Library System to host two upcoming Tenants' Rights & Housing Clinics. The purpose of these clinics is to assist individuals in understanding and maneuvering through the legal landscape. Participants will be able to receive advice and begin the legal intake process with lawyers, aiding them in resolving their housing concerns.

While the primary focus of these walk-in sessions will be on issues related to housing, evictions, and tenants' rights, Maryland Legal Aid will also be prepared to assist with a range of other civil legal

concerns. This includes criminal record expungement, family law, health, consumer rights, and employment issues, offering advice and legal support to those in need.

Oxon Hill Public Library is hosting attorneys and paralegals from Maryland Legal Aid on October 2 and **October 16** to assist county residents who are eligible for the organization's services as part of a reoccurring series of legal clinics in PGC libraries.

What: Tenants' Rights & Housing Clinic

When: Wednesday, October 2, 2024 3–5 p.m.

Where: Oxon Hill Public Library 6200 Oxon Hill Road, Oxon Hill, MD 20745

What: Tenants' Rights & Housing Clinic

When: **Wednesday, October 16, 2024**, 3–5 p.m.

Where: Oxon Hill Public Library 6200 Oxon Hill Road, Oxon Hill, MD 20745

For general information about the Tenants' Rights & Housing Clinics, visit <https://www.mdlab.org/free-legal-clinics/>.

Maryland Legal Aid (MLA) is a state-wide private, nonprofit law firm that provides free, civil legal services to low-income and vulnerable people to address their most fundamental legal problems. In its advocacy, MLA seeks systemic change through impact litigation, policy advocacy, and by telling our clients' compelling stories.

## National Capital Radio & Television Museum's Annual Gala

By PRESS OFFICER  
National Capital Radio and Television Museum

When: **Saturday November 2, 2024**, 5:30–9:30 p.m.

Where: Comfort Inn Conference Center, 4500 Robert S. Crain Hwy, Bowie, MD 20716

### NCRTV Celebrates 25th Anniversary With November 2, 2024 Gala Event Honors Broadcast Leader Christopher Sterling

The National Capital Radio and Television Museum (NCRTV) is celebrating its 25th Anniversary with the return of its annual Gala on November 2, 2024, at the Bowie Comfort Inn. In addition to celebrating the Museum's opening 25 years ago, NCRTV will honor the late Christopher Sterling, a media historian, educator, and a leader of the local broadcasting community with the Ed Walker Lifetime Achievement Award in Broadcasting. Named for long-time local on-air personality and first NCRTV president Ed Walker, the Lifetime Achievement in Broadcasting award recognizes the impact that local radio and television communicators have had on the local citizens. Walker received the NCRTV Award in 2015.

Proceeds from the event will assist NCRTV in preserving the history of radio and television for future generations. The evening will include dinner, dancing, a silent auction and more and be emceed by retired national broadcast journalist Camille Bohanan. Tickets are \$150.25

per person for members and \$200.25 per person for non-members. Tickets can be purchased at <https://ncrtv.org/about/gala/>.

### About Christopher Sterling

Born in Washington, D.C., Christopher Sterling grew up in Wisconsin. After earning his Ph.D., and teaching at the University of Utah he joined the Temple University faculty, rising to full professor, and served as editor of the research quarterly Journal of Broadcasting. In 1980 he moved back to Washington and held a top policy advisory role at the Federal Communications Commission.

Sterling joined the George Washington University (GWU) faculty in March 1982, first heading the Center for Telecommunication Studies, and, beginning in 1984, directing the graduate program in telecommunication. He was acting chair of what was then the Department of Communication (now the School of Media & Public Affairs/SMPA) from 1989 to 1991. Sterling served for seven years (1994–2001) as associate dean for graduate affairs in the Columbian School of Arts and Sciences. In 2001 he returned to full-time teaching and research, resuming the directorship of the master's program in telecommunication. After retiring from teaching, he rejoined the Columbian School dean's office on a part-time basis. He retired in 2016 after nearly 35 years at GW.

Over the years, Sterling served on the editorial boards of seven media and telecommunication research journals. He lectured, delivered papers, and consulted worldwide and throughout the United

States. In 1992, Sterling received the Distinguished Education Service Award from the Broadcast Education Association and in 2005 he was among the first five people to receive their new Distinguished Scholarship Award. He is also one of the namesakes of the Manheim-Sterling Undergraduate Research Prize, an award that supports and encourages outstanding mentored undergraduate research and creative activity with mentorship from an SMPA faculty member. Christopher Sterling passed away on July 1, 2023.

The National Capital Radio & Television Museum grew from the dream of a group of individuals passionate about old radios who came together in 1984. In June 1999 they realized their vision of a museum dedicated the development of radio and television. Visitors can 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 vintage televisions to some of today's modern communications electronics. It also features displays of well-known programs such as Howdy Dowdy, and local area radio and TV personalities, including Ed Walker (NCRTV's first president), Harden & Weaver, Pick Temple, and others. NCRTV is supported by private and public donations and grants, including from the City of Bowie and Maryland Humanities. The Museum is located at 2608 Mitchellville Rd. Bowie, Maryland, 20716. The museum is open Fridays 9 a.m.–4 p.m., Saturdays and Sundays 12–4 p.m. [info@ncrtv.org](mailto:info@ncrtv.org)

# COMMENTARY

## Marc Morial

President and CEO, National Urban League



### To Be Equal:

## Sybil Haydel Morial, Mother to Five Children, Was Matriarch to an Entire City and the Steel in the Spine of the Civil Rights Movement

*“Though not tall in stature, Sybil Haydel Morial was a tower of grace, kindness, dignity and strength who inspired generations of servant leaders. For the past three decades, she was the matriarch of New Orleans politics ... Sybil was just as tenacious and just as fearless, but in a quiet yet iron-willed way—the epitome of a Steel Magnolia.”*

—Clancy DuBos

New Orleans has lost its matriarch. America has lost one of the last soldiers in that

battle of the 1950s and 1960s that opened doors so we could walk through them.

My family has lost its mother, grandmother, and grandmother, Sybil Haydel Morial. But our grief is tempered by our gratitude, and the knowledge that her wisdom, passions, tenacity and love will live on for generations.

My father, Ernest “Dutch” Morial, was a trailblazer: the first Black graduate of Louisiana State University School of Law, the first in Louisiana to be elected or appointed to his many public of-

fices, including Mayor of New Orleans, and a major force in the Civil Rights Movement.

But he’d have been nothing without Sybil.

One of the enduring memories from my early childhood was a serious car accident in one of the most stringently segregated areas of the Jim Crow South, Columbia, Mississippi. My parents, my sister Julie, and I escaped injury, but the brand-new Cadillac my parents had borrowed from Sybil’s father was totaled.

My parents had to decide whether we would continue our journey to the NAACP meeting in Chicago, where they would continue planning for the March on Washington. It was Sybil who urged my father to forge ahead. It was Sybil who made arrangements for us to ride a Trailways bus to a Greyhound bus to a train that would take us to Chicago.

When my father ran for mayor in 1977, his campaign was planning a huge fundraising concert at the Rivergate Convention Center. But as the date of the concert approached, he found that the people he had entrusted to organize it has sold no ticket, booked no musicians, and failed to lock down the venue. Once again, it was Sybil to the rescue. Headlined by the late jazz legend Lionel Hampton, the concert she organized raised the

then-significant sum of \$25,000, and saved my father’s campaign.

The House of Sybil was a no-nonsense place. In the House of Sybil, you were going to school. You were going to church. You did your chores. She was a diplomatic drill sergeant.

I see my mother’s many attributes in my siblings, our children, and our children’s children: her keen intelligence, her ease of making friends, and her drill-sergeant-like ability to take charge. What I think I inherited was her ability to multitask. She could cook dinner, talk on the phone, and help us with homework, all at the same time, without missing a beat, without a hair out of place.

Now she has gone to join her husband, her parents, her siblings. But she also has gone to join her fellow “sheroes” of the Movement like Mary McLeod Bethune, Rosa Parks, Coretta Scott King and Fanny Lou Hamer. They’ve gathered beyond the Pearly Gates for a strategy session, and they’re going to send a message back down here to the men of the Movement.

That message is this: “You all have been running things, and we’ve been standing by you. You did some great things, and you made some mistakes. Now it’s time for us to lead, and we expect you to stand by us as we stood by you.” —Sept. 27, 2024

## Bowie High School NJROTC Congressional Representative Visit

By PRESS OFFICER  
Bowie High School NJROTC

On Wednesday, September 25, the Battalion received two speakers, Mr. Dwayne B. Hooper Sr, a United States Naval Academy Blue and Gold Officer, and Ms. Stefanie Carey Barone, an aide from Congressman Steny Hoyer’s Office (District

05). NS2, 3 and 4’s received advice on how to go about their application process for the different service academies. Additionally, cadets were given steps on what to do when applying for Congressman Steny Hoyer’s Congressional nomination, Representative for the 5th Congressional District of Maryland. Ms. Stefanie Carey Barone spoke to

cadets about the requirements to apply for nominations. Both advised and gave tips on what would be needed during interviews for their scholarships. Overall, we greatly appreciate these two visitors for sharing such great knowledge to the battalion.

Assistant PAO

C/SR Omowunmi Ogunbanwo



PHOTO COURTESY BOWIE HIGH SCHOOL NJROTC

Mr. Dwayne B. Hooper Sr, a United States Naval Academy Blue and Gold Officer, and Ms. Stefanie Carey Barone, an aide from Congressman Steny Hoyer’s Office (District 05) (third and fourth from left) met with Bowie High School NJROTC cadets and representatives.

## Varonika Ware Graduates From Georgia State University in Summer 2024

ATLANTA, Ga. (Sept. 30, 2024)—Varonika Ware of Bowie (20721) earned a Master of Science degree in Marketing and a Graduate Certificate in Brand & Customer Management from Georgia State University during summer 2024.

More than 2,000 students graduated with certificates and degrees during the semester.

Georgia State University, one of the largest,

most innovative multi-campus public research universities, transforms the lives of students, advances the frontiers of knowledge and strengthens the workforce of the future. With campuses in and around metro Atlanta, Georgia State reads students for professional pursuits, educates future leaders and prepares citizens for lifelong learning.

—Georgia State University

### Honored from A1

In the few instances Waverly Woodson talked about the beaches of Normandy, his son recalled, one story was always repeated more than any acknowledgment of the hundreds of people he saved.

When his father got to shore, Stephen Woodson said, there was one soldier calling out for a doctor. The soldier was dying quickly, his body blown in half.

“My dad could do nothing for him, other than console him,” Stephen Woodson said.

Woodson stayed with the soldier and performed last rites.

“That is the most emotional thing that he talked about in all of D-Day,” Stephen Woodson said.

His father never sought recognition and never talked about how he was overlooked, Stephen Woodson said. Instead, his son said, he was driven to save lives.

After the war, Woodson and his family

moved to Clarksburg from their home state of Pennsylvania.

In the 1950s and 1960s, Stephen Woodson said, there were very few doctors in the area open to serving Black patients. His father stepped in to help once again.

Affectionately called “Doc Woodson,” Waverly Woodson would perform medical checkups for families who lived nearby.

While he was never able to become a licensed physician due to limited medical school options for Black Americans, Woodson with his strong medical experience and training in the Army was able to provide medical care for dozens of families.

Woodson died in 2005 at the age of 83. Although he did not live to see his service properly recognized, his widow said her husband would have loved an event—with family and friends mingling—like the ceremony that was held on Tuesday.

“He was so good to everybody,” Joann Woodson said. “Our house was always open

to all of the family. So if he were here, he’d love this.”

As Army Lt. Gen. Mark Landes looked at a photo of Woodson, propped up next to him at the Capitol Hill ceremony, he said that Woodson embodied “the greatest legacy of our Army and our nation: ordinary Americans who become extraordinary.”

“For the better part of eight decades, his contributions to one of the most iconic operations of modern military history, D-Day, have remained unrecognized and forgotten,” Landes said. “It may have remained unsung for far too long, but a legacy it still is.”

Stephen Woodson said his father is living through him and the rest of the family every day.

“He deserved to know what his country thinks of him,” Stephen Woodson said. “Even 80 years later, he’s smiling down on us right now.”

## Maryland Youth Wins National Award for Heroic Service Activity

By PRESS OFFICER  
Gloria Barron Prize for Young Heroes

BOULDER, Colo. (Sept. 17, 2024)—Esther Bonney, age 17, of La Plata, Maryland, has been named a winner of the 2024 Gloria Barron Prize for Young Heroes. The Barron Prize annually honors 25 outstanding young leaders who have made a significant positive impact on their communities or the environment. Fifteen top winners each receive \$10,000 to support their service work or higher education.

Esther founded Nurture Natives to protect native species and biodiversity while empowering youth. Her nonprofit educates adults and children about the increasing problems non-natives pose to agriculture, pollinators, and homeowners. To promote native plantings, her youth-led group hosts plant giveaways across Maryland where they have distributed more than 47,000 native seedlings and 550 sapling trees and shrubs. Nurture Natives has also planted 2.2 million seeds and distributed \$24,000 worth of native plants to underprivileged communities. Collaborating with horticulture experts, Esther has published Nurture Natives: A Guide to Invasive Species and their Native Look-Alikes. She has distributed hundreds of her guides to nurseries across seven east coast states.

Esther’s program grew out of personal tragedy when as a 13-year-old, she lost her older brother to suicide. She sought solace and refuge in nature, filling her days with walks along the creek near her home. She learned to identify native plants and pollinators, rediscovering herself in the process. She became a 4-H Pollinator Ambassador, leading presentations at schools and li-



PHOTO COURTESY GLORIA BARRON PRIZE FOR YOUNG HEROES

Esther Bonney

braries. After attending the National 4-H Summit on Agriculture, she returned home eager to address a local agricultural problem. Through discussions with local farmers and scientists, she identified a critical concern: the proliferation of invasive plant species threatening local crops and native ecosystems. Nurture Natives is her way to help through education and native plant giveaways. Esther’s team has also helped pass state legislation banning Callery pear trees, a fast-growing non-native used in landscaping, and is working on new legislation that will enforce the integration of native plants into public landscaping. “My experiences have reinforced my belief that a flourishing environment is inseparable from the health of the communities it sustains,” says Esther. “I am committed to advocating for a future in which both our youth and en-

vironment thrive.”

The Barron Prize was founded in 2001 by author T. A. Barron and was named for his mother, Gloria Barron. Since then, the Prize has honored 600 young people who reflect the great diversity of America. All of them demonstrate heroic qualities like courage, compassion, and perseverance as they work to help their communities or protect the planet.

“Nothing is more inspiring than stories about heroic people who have truly made a difference to the world,” says T. A. Barron. “And we need our heroes today more than ever. Not celebrities, but heroes—people whose character can inspire us all. That is the purpose of the Barron Prize: to shine the spotlight on these amazing young people so that their stories will inspire others.”

For more information, visit [www.barronprize.org](http://www.barronprize.org).

## 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](mailto:pgpost@gmail.com)  
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<b>Publisher/Senior Editor</b> Legusta Floyd	<b>Editor</b> Lisa Duan
<b>General Manager/ Legal Advertising Manager</b> Brenda Boice	<b>Administrative Assistant/ Billing</b> Julie Volosin
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# HEALTH *and* WELLNESS

## Online Insomnia Treatment Can Help Caregivers Get Much-Needed Sleep, Research Suggests

Study Assesses SHUTi Intervention Developed at UVA School of Medicine

By PRESS OFFICER  
UVA Health

CHARLOTTESVILLE, Va. (Sept. 24, 2024)—Providing care for a family member with a disabling illness can be a demanding job that leaves many people unable to sleep, but an online insomnia treatment developed at the University of Virginia School of Medicine can help, new research shows.

Not only did the SHUTi (Sleep Healthy Using the Internet) sleep intervention help caregivers get better rest, it most benefited those shouldering the greatest responsibilities in caring for their loved ones, the researchers found.

The results suggest the online format of the program holds great promise for helping people access insomnia treatment who otherwise could not because of their demanding caregiving responsibilities, the investigators say.

“Compared to the general population, caregivers are more likely to experience insomnia but have a harder time getting help for this problem,” said researcher Kelly M. Shaffer, PhD, a clinical psychologist at UVA Health who is part of UVA’s Center for Behavioral Health and Technology. “Effective and accessible Internet-based interventions like SHUTi can give more caregivers meaningful relief.”

### Caregivers and Insomnia

Approximately one in six Americans provides physical, emotional or medical care for a loved one disabled by illness. This can place a huge emotional and physical toll on caregivers. Many end up stressed and sleep-deprived but still struggle to fall asleep even when they have the opportunity.

SHUTi has helped many people overcome sleep difficulties in previous research trials. Shaffer and her fellow researchers wanted to see if this intervention, and the cognitive behavioral therapy it provides, would be helpful for caregivers.

To determine that, the researchers provided SHUTi to 100 “high-intensity” caregivers struggling with insomnia. Of those, 60 completed the program, while 22 started but did not finish it. Of the 18 who didn’t use the program, most said they had not because of concerns about the time it would require and fitting it into their caregiving obligations. Overall, the verdict was very positive, with most participants who used the program finding it user-friendly and seeing benefit in the cognitive-behavioral strategies provided.

Notably, the most engagement and the best outcomes were

largely seen in participants with the most challenging caregiving situations. In particular, caregivers reporting more guilt about taking time for their own well-being at the start of the study tended to show some of the greatest improvements in their sleep quality and number of awakenings through the night. Many of these caregivers appreciated that SHUTi gave them space to focus on their own health goals.

Users also said that they liked that SHUTi helped them manage their feelings of stress, anxiety and overwhelming responsibility. This made it easier for them to stop their minds from racing as they tried to fall asleep, the researchers report.

The results suggest that SHUTi could be a useful tool for helping busy caregivers access insomnia treatment they might not be able to get in person. Further, the research suggests that the program is helpful as is, even without custom tailoring for caregivers, such as content on how to fall asleep more easily after helping a loved one during the night. Still, this tailored information may be helpful for some caregivers, and the researchers hope to study this next.

“Family caregivers fill an irreplaceable role in their loved ones’ healthcare teams,” Shaffer said. “In turn, they deserve care for their own health concerns that is effective, affordable and practical. Our study provides hope that Internet-based interventions like SHUTi can make that a reality.”

### Findings Published

The researchers have published their findings in a pair of papers in the *Annals of Behavioral Medicine*. The research team consisted of Shaffer, Daniel J. Buysse, Heidi Donovan, Jillian V. Glazer, Julie Klinger, Meghan K. Mattos, Kate Perepezko, Lee M. Ritterband and Wen You. The authors’ disclosures are included in the papers.

The research was supported by the National Institutes of Health’s National Center for Advancing Translational Sciences, grant NCATS R21TR003522.

To keep up with the latest medical research news from UVA, subscribe to the Making of Medicine blog at <http://makingofmedicine.virginia.edu>.

UVA Health is an academic health system that recently expanded to include four hospitals across Charlottesville, Culpeper and Northern Virginia, along with the UVA School of Medicine, UVA School of Nursing, UVA Physicians Group and the Claude Moore Health Sciences Library. For more information, visit [uvahealth.com](http://uvahealth.com).

## Senators Grill Novo Nordisk CEO About High Costs of Weight Loss Drugs

By MARIJKE FRIEDMAN  
Capital News Service

WASHINGTON (Sept. 24, 2024)—Senators questioned the head of Novo Nordisk in a hearing Tuesday about the prices of the company’s diabetes and weight-loss medications.

During the Senate Health, Education, Labor and Pensions Committee hearing, the chairman, Sen. Bernie Sanders, I-Vermont, said that Novo Nordisk charges more for Wegovy and Ozempic in the United States than in other countries.

Sanders said he has received commitments from major pharmacy benefit managers that they would be able to expand their coverage of Wegovy and Ozempic if Novo Nordisk substantially reduces the list price of the medications.

Lars Fruergaard Jørgensen, the president and CEO of the Danish pharmaceutical company, fielded questions about the high price of the drugs.

Ozempic, a drug used to treat diabetes, is listed in the U.S. at \$969 per month, according to Sanders. In Germany, it is sold for just \$59, he said. Wegovy, a weight-loss drug, costs \$1,349 per month

in the U.S. and \$137 in Germany, Sanders continued.

“Treat the American people the same way that you treat people all over the world,” Sanders said to Jørgensen. “Stop ripping us off.”

Other committee members echoed Sanders’ probing.

“Why are we so out of align with the rest of the world in terms of the pricing that comes from the industry?” Sen. Mitt Romney, R-Utah, asked.

Jørgensen said the data is not comparable among countries and that 80% of Americans with insurance have access to the medications at \$25 per month. Novo Nordisk also has a patient assistance program to help qualifying low-income patients afford the drugs.

The list price of the drugs is a starting point for negotiations with insurance companies, Jørgensen told the committee.

“It is not our intention that anyone should pay the list price,” he responded to Sanders.

GLP-1 medications, which help regulate blood sugar and appetite, could save thousands of lives each year if they were sold at a more affordable price, Sanders said.



PHOTOS COURTESY OF SENATE HEALTH, EDUCATION, LABOR AND PENSIONS COMMITTEE

WASHINGTON—Sen. Bernie Sanders, I-Vermont, and Lars Fruergaard Jørgensen, the president and CEO of Novo Nordisk, discuss weight-loss drug prices during a Sept. 24, 2024, hearing by the Senate Health, Education, Labor and Pensions Committee.

Ozempic and Wegovy sales have surged in recent years, according to data from Pew Research Center, a Washington-based nonpartisan think tank.

Since 2018, Novo Nordisk has made nearly \$50 billion in sales from the two drugs and is a “cash cow,” Sanders said.

Sen. Maggie Hassan, D-New Hampshire, and Sanders pressed Jørgensen on whether he would commit to lowering the list prices of Ozempic and Wegovy.

Representatives of the country’s top three pharmacy benefits managers—Cigna Health-

care’s Express Scripts, UnitedHealth Group’s OptumRx and CVS Health’s Caremark—told committee members they expect Novo Nordisk lowering list prices would lead to expanded access to the drugs, Hassan said.

Jørgensen said he would work with the committee and pharmacy benefit managers to negotiate lowering costs.

“I’ll be happy to collaborate with them on this, because anything that helps patients to get access and affordability, we are supportive of,” Jørgensen said.

## Maryland Department of Health Partners With Baltimore Ravens for New Campaign Addressing Stigma of Addiction

Ravens tight end Mark Andrews featured in campaign to raise awareness about addiction and the stigma associated with substance use disorder

By PRESS OFFICER  
Maryland Department of Health

BALTIMORE (Sept. 23, 2024)—The Maryland Department of Health today announced the recent launch of a new ad campaign featuring Baltimore Ravens tight end Mark Andrews to increase public awareness about addiction, reduce stigma and provide information on how Marylanders can seek help. (<https://www.youtube.com/watch?v=sXzthFGw0rk&authuser=0>)

In recognition of this campaign, Governor Moore issued a citation honoring the Baltimore Ravens and their partnership with the Maryland Department of Health on behavioral health messaging.

“Marylanders are losing their lives to addiction and overdoses,” said Deputy Secretary for Behavioral Health Alyssa Lord. “In addition to directly reaching out to the people who are struggling, this campaign will also reach their families, their

loved ones, and their communities. This will further reduce stigma by normalizing conversations about drugs and substance use disorders and connecting everyone to available resources and support.”

The campaign aims to raise awareness among Marylanders that addiction is a medical condition and that those struggling with addiction are not alone. Maryland residents can find more information and seek help by calling or texting 988 or by visiting [StopOverdose.maryland.gov](http://StopOverdose.maryland.gov). The campaign will run until October 27.

“We will always embrace meaningful opportunities that help improve Maryland communities through awareness, education and advocacy,” said Ravens Chief Sales Officer Kevin Rochlitz. “This vitally important campaign addresses a serious issue affecting the health and well-being of many people every day. We salute the Maryland Department of Health for its continued commitment to saving lives and driving positive change.”

## Guard Against COPD at Every Stage of Life

(Family Features) Take a deep breath. Now ask yourself: When was the last time you thought about breathing? For people with chronic obstructive pulmonary disease (COPD), breathing is often front of mind because it can be difficult, and it gets worse over time.

There is no cure yet for COPD, but experts from the National Heart, Lung, and Blood Institute (NHLBI) recommend these strategies to protect your lung health at every age.

### Younger Adults: Prevention is Key

COPD is less common in younger adults, but it’s never too early to protect your lungs. The most important way to prevent COPD is to not smoke. According to the Centers for Disease Control and Prevention, about 75% of people with COPD have a history of smoking. Smoking isn’t the only risk factor for COPD. Exposure to secondhand smoke, air pollution, chemical fumes or dust from the environment or workplace can also increase your risk. If you breathe in lung irritants at work, talk to your employer about how to limit exposure.

People with a genetic condition called

AAT (Alpha-1 Antitrypsin) deficiency, sometimes known as Alpha-1, may have COPD-like symptoms as early as age 20. If you have symptoms or a family history of COPD, talk to your health care provider about being tested for AAT deficiency.

“It’s a simple, quick and highly accurate test that could improve the lives of some people with COPD,” said Dr. Mihaela Stefan of the NHLBI.

### Middle-Aged Adults: Know the Symptoms and Seek Help

Most people are 40 or older when COPD symptoms start. Symptoms include shortness of breath, coughing, wheezing, chest tightness and fatigue. These are not just signs of getting older, and they’re not the same as seasonal allergies.

If you have symptoms, ask your health care provider if you should be tested for COPD. Discuss your smoking habits, family history of COPD and long-term exposure to lung irritants. Your health care provider may recommend lung function tests or imaging to diagnose COPD.

If you smoke, get help to quit. You

In the 12 months ending in June, there were 2,030 fatal overdoses in Maryland, according to the Department’s new Overdose Data Dashboard. Based on initial data, fatal overdoses in Maryland have been on the decline in recent years.

The Maryland State Ad Agency, a division of Maryland Public Television, helped develop the campaign. Their previous Baltimore Ravens and 988 Suicide & Crisis Lifeline campaign earned an Impact Communications Award Honorable Mention in the Mental Health category.

To learn more about addiction and stigma, visit [StopOverdose.maryland.gov](http://StopOverdose.maryland.gov).

*The Maryland Department of Health is dedicated to protecting and improving the health and safety of all Marylanders through disease prevention, access to care, quality management, and community engagement. Follow for more updates: Facebook, Instagram, X, YouTube, and LinkedIn.*

don’t have to go it alone. Family, friends, your health care provider and support groups can all lend a hand.

### Older Adults: Take Steps to Manage COPD

Older adults are at greater risk of COPD. If you’ve been diagnosed, follow your treatment plan and take medicines as prescribed.

Lifestyle changes can help people with COPD breathe better. Talk to your health care provider about pulmonary rehabilitation, a personalized treatment program that teaches COPD management strategies. Ask about an eating plan that will meet your nutritional needs and what types of physical activity you can safely do. Stay up to date with vaccinations against flu, pneumonia and COVID-19.

If you smoke, quitting is the best thing you can do to slow the progression of COPD and is an important part of COPD treatment plans. Ask your provider about options for quitting.

At any age, taking care of your lungs is crucial. Learn about COPD from Learn More Breathe Better® at [copd.nhlbi.nih.gov](http://copd.nhlbi.nih.gov).

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