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Olympic Competitors to Shine at 66th Annual Washington International Horse Show, Presented by MARS Equestrian™



PHOTO CREDIT: BY SHAWN MCMILLEN PHOTOGRAPHY

U.S. Olympic team gold medalist Laura Kraut on Calgary Tame at the 2022 WIHS.

By PRESS OFFICER
WIHS

UPPER MARLBORO, Md. (Oct. 16, 2024)—The 66th annual Washington International Horse Show (WIHS), presented by MARS Equestrian™, return(s) October 21 through October 27, 2024 at The Show Place Arena, 14900 Pennsylvania Ave in Upper Marlboro, Maryland. This year's event promises to be thrilling as it features an impressive lineup of esteemed Olympic competitors riding alongside highly ranked international horses and riders from around the world, showcasing the best of equestrian sport. WIHS has long been recognized for its rich history of world-class

show jumping and will welcome a stellar cast of riders representing 13 countries. This year, top riders will compete throughout the week and gain valuable points in the Longines FEI Jumping World Cup™ Washington CSI5*-W presented by Experience Prince George's toward qualifying for the Longines FEI Jumping World Cup™ Finals in Basel, Switzerland, in April 2025.

Expected athletes include U.S. Olympic gold medalists McLain Ward and Laura Kraut, and U.S. Olympic silver medalist Kent Farrington. Additional international competitors include athletes who

See HORSE SHOW Page A3

Maryland Building More Electric Vehicle Charging Stations With Boost From Federal, State Funds

By MARIJKE FRIEDMAN
Capital News Service

WASHINGTON (Oct. 17, 2024)—An influx of federal and state dollars is helping fund additional electric vehicle charging stations in Maryland.

In August, the Biden-Harris administration announced the winners of \$521 million in grants to help build electric vehicle charging infrastructure across the United States. The Maryland Equitable Charging Infrastructure Partnership will receive more than \$33 million of this funding to install electric vehicle charging stations at 29 sites along highways in the state.

The Maryland Clean Energy Center—an organization created by the state in 2008 to advance clean energy sources—is leading the partnership, which includes local governments, a local electrical workers union and other organizations. The center applied for the federal grant on behalf of the partnership and coordinated closely with the Maryland Department of Transportation.

"In order for us to achieve our greenhouse gas reduction targets and help us mitigate the impacts of climate change, we are facilitating a transition to cleaner

See CHARGING Page A5



PHOTO CREDIT: JAMES R. CARROLL/CAPITAL NEWS SERVICE

RIVERDALE, Md.—Maryland is using state and federal money to expand the network of electric vehicle charging stations in the state. This is an electric charging station in the parking lot of the Whole Foods Market here.

Prince George's County Announces New Permanent Rent Stabilization and Protection Act of 2024

New Law Caps Rent Increases and Provides Permanent Protections for Renters

By PRESS OFFICER
Housing & Redevelopment

LARGO, Md. (Oct. 17, 2024)—Prince George's County today announced the enactment of the Permanent Rent Stabilization and Protection Act of 2024, a landmark law designed to safeguard renters from excessive rent increases. The new law, which takes effect on October 17, 2024, sets strict limits on how much landlords can raise rents each year, bringing stability to thousands of residents across the county.

"The Permanent Rent Stabilization and Protection Act is an important step in addressing the housing affordability challenges our residents face," said County Executive Angela Alsobrooks. "This law will provide renters with the security they need, ensuring they are not burdened by steep rent hikes while landlords can continue to maintain their properties."

Under the new law, rent increases for most rental units in Prince George's County

are capped at 6 percent annually or CPI-U (Consumer Price Index) plus 3 percent, whichever is lower. For residents living in age-restricted senior housing, rent increases are limited to 4.5 percent annually or CPI-U, whichever is lower. For this year, October 17, 2024 to June 30, 2025, the rent cap is 6% for non-senior units and 3.3% for senior units.

Exemptions: While the Act provides broad protections for renters, there are specific exemptions for certain types of properties. Units not subject to the new law include:

- Newly constructed units completed on or after January 1, 2000
- Units in medical, religious, and nonprofit facilities
- Owner-occupied group houses, Accessory Dwelling Units, and certain condominiums
- Hotels, motels, dormitories, and licensed assisted living facilities

Residents are encouraged to review the full list of exemptions to confirm if their

rental unit qualifies under the law.

"This law strikes a balance between protecting renters and allowing landlords to make necessary investments in their properties," added Aspasia Xypolia, Director of the Department of Housing and Community Development. "It also includes provisions for fair rent returns and capital improvements, ensuring that the quality of rental properties across the county remains high."

The Department of Permitting, Inspections, and Enforcement (DPIE) will oversee enforcement of the new law and will issue notices regarding allowable rent increases each year. Beginning May 1 of each year, DPIE will notify landlords and tenants of the upcoming year's rent increase limits, which will be effective from July 1 through June 30.

For more information about the Permanent Rent Stabilization and Protection Act of 2024, visit mypgc.us/rentprotection or residents can call PGC311 or (301) 883-4748 for questions about the law.

M-NCPPC, Museum Receives National Recognition and Selection for Social Impact Study

By PRESS OFFICER
M-NCPPC

RIVERDALE, Md. (Oct. 15, 2024)—M-NCPPC, Department of Parks and Recreation, Prince George's County is pleased to announce its College Park Aviation Museum was selected for the Museum Social Impact in Practice (MSIIP) cohort by the American Alliance of Museum. Additionally, the museum has been recognized by the Maryland Two Fifty Commission as having a "Maryland First" for the oldest continuously operating airport in the nation. These honors highlight the museum's commitment to advancing social impact and preserving local history.

As part of the MSIIP cohort, the College Park Aviation Museum will join 40 museums from across the country in a multi-year study to measure and analyze their social and community impact. This includes training on implementing a validated museum social impact survey and analyzing resulting data, joining monthly Community of Practice meetings, and utilizing and testing new advocacy tools to help the field better use social impact data.

The museum already makes a substantial impact on the community through its educational programs, community events, and partnerships with local schools and organizations. For instance, the museum offers hands-on educational experiences for students and families, hosts aviation-themed festivals, and air shows, and preserves the history of College Park Airport, ensuring that local heritage is kept alive. By participating in the MSIIP cohort, the museum aims to deepen these connections by better understanding how its program influences community well-being and how it can further support diverse groups.

"Participation in this nationwide cohort shows the commitment of M-NCPPC, Department of Parks and Recreation and the College Park Aviation Museum to excellence and accountability," said Dr. Nadine Boksmati, Director at the College Park Aviation Museum. "As we continue to engage purposefully and meaningfully with our visitors and local communities, the co-

See RECOGNITION Page A2

Free Halloween Weekend LYFT Rides Offered Throughout Greater Washington to Prevent Drunk Driving

More than one-third of U.S. traffic deaths on Halloween involve drunk drivers

By PRESS OFFICER

Washington Regional Alcohol Program (WRAP)

TYSONS, Va. (Oct. 15, 2024)—Preparing to combat that time of year when, according to the National Traffic Safety Administration, more than one-third (39%) of U.S. traffic deaths involve drunk drivers, * a local nonprofit organization announced today that free safe rides will be offered to would-be drunk drivers throughout the Washington-metropolitan area during this month's Halloween celebration.

Offered by the nonprofit Washington Regional Alcohol Program (WRAP), the 2024 Halloween SoberRide® program will be in operation beginning at 4 p.m. on Saturday, October 26 and operate until 4 a.m. on Sunday, October 27 as a way to keep local roads safe from impaired drivers during this traditionally high-risk period.

During this twelve-hour period, area residents age 21 and older celebrating with alcohol may download the Lyft app to their phones then enter the SoberRide® code in the app's 'Payment' tab (under the 'Add Lyft Pass' option) to receive their no-cost (up to \$15) safe transportation home. WRAP's 2024 Halloween SoberRide® promo code will be posted at 3 p.m. on Saturday, October 26 on www.SoberRide.com.

"Well over a third of U.S. traffic fatalities during Halloween involve drunk drivers according to the National Highway Traffic Safety Administration," said Kurt Erickson, WRAP's President. "Halloween is of particular concern for younger drivers as NHTSA data shows that 54-percent of drunk driving crashes on U.S. roadways during the holiday period involved drivers ages 21 to 34."

Last October, a record 1,321 persons in the Washington-metro-

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Free Community Roundtable on Hospice and Palliative Care Health and Wellness, Page A6-7

TOWNS *and* NEIGHBORS

In & Around Morningside-Skyline

by Mary McHale 301-735-3451

Celebrating Halloween? Try one of these

Spooktacular Palooza: A free community Halloween event featuring games and activities for a spooktacular night of frights and delights for all ages. Suitland Community Center, Sat., Oct 26, 5-7 p.m. For all ages. Free.

Mad Scientist Monster Mash: Dress up in your favorite costume. Enjoy music, various games and STEAM activities. Temple Hills Community Center, Fri., Nov. 1, 4:30–6:30 p.m. All ages. Free.

“Scream!” For a night of horror and suspense, pay tribute to the iconic film series, “Scream” at the Tucker Road Community Center. Participants will dive into terror with a walk thru Ghostface’s Labyrinth. Skate to classic ’90s tunes, view a Scream-themed short, compete in a Woodsboro trivia contest, and take on some horror movie challenges—including best scream. Refreshments and candy available while supplies last. Rain Date, 11/2/24. \$10.

Town of Morningside

Morningside will host a Senior Luncheon at the Town Hall, November 21, 11:30 a.m.

Morningside’s November meetings: Working session, Nov. 8; Town Meeting, Nov. 15. Both begin at 7 p.m. For information on these and future events, visit www.morningsidemd.gov. To contact the Morningside Rec Committee: Morningsiderec@morningsidemd.gov or call 301-736-2301.

Neighbors & other good people

My County Council Member, Edward Burroughs III, has sponsored more than \$300,000 in scholarships for the “dedicated students of District 8” (my district). This was made possible through his partnerships

with Joan’s House Inc, and Kappa Epsilon Lambda Education Fund.

Happy Birthday to the Prince George’s Chamber of Commerce which turns 100 this year. The occasion was celebrated Oct. 5 at the Gaylord Hotel in National Harbor. The chamber is a nonprofit organization representing businesses in Prince George’s County.

Changing Landscape

Giant pandas Bao Li and Qing Bao have arrived from China and are settling in at their new residence, the Smithsonian’s National Zoo. According to The Washington Post, they are resting up after their 8,250-mile trip. You’ll have to wait a few months before you can visit them at the Zoo. Right now, they are acclimating to their new home. They’ll make their public debut on Jan. 24.

The bulk of the 290-year-old Mount Vernon is due to close for about eight months as it undergoes the next phase of its largest-scale rehab in more than 150 years. Mount Vernon, as I’m sure you know, is the famous home of George Washington. I remember fondly my one wonderful visit there.

The historic Uptown Theater, which closed in 2020, is being revived under new management. I remember, back in 1968 when I took my son Brian to see—or better, to experience—“2001: A Space Odyssey.” A home at 6715 Pine Grove Drive has sold for \$300,000.

Academia: numbers

Prince George’s County has seen an increase of almost 1,500 pupils this fall, recording a total of 132,854 students, a trend expected to continue. More of the student body will likely be Hispanic/Latino.

Places to go & things to do

The Prince George’s County Animal Services (ASD) is looking for volunteers to help walk and socialize dogs, play with cats, assist with feeding animals, cleaning, office work, off-site events, and more. If you are 18 years or older and interested in helping with animals at the Animal Services Facility and Adoption Center (ASFAC), call 301-780-7200 for more information.

You must find time to visit the new World War I Memorial! It is a monumental bronze panel sculpture, 58 feet long, the largest free-standing bronze in the Western Hemisphere. It’s located in Pershing Park on Pennsylvania Avenue between 14th and 15th Streets, across from the Willard Hotel. The Washington Post says, “A Soldier’s Story is the last part of the Memorial to be completed. It depicts a doughboy—as American soldiers in World War I were called—“on an archetypal hero’s journey from leaving home through the horror of battle and back to his family.” Our family visited it this past weekend. Memorable!

Also, the recently-restored Peace Cross in Bladensburg has turned 100. It is a memorial to our county’s servicemen during WWI.

Milestones

Happy Birthday to Linda Ferguson Sandoval, Juanita Starke and Christopher Flaherty, Oct. 27; Diane Cvitko, Oct. 28; my grandson Isaac Gallegos, Oct. 29; Denise Williams, Kim Miller and my daughter Kathleen Shearer, Oct. 30; Don Eisenberg, Oct. 31 (1947); Carolyn Follin and Morningside Councilman Jim Ealey, Nov. 1; Pearl McNamara and Carl McKlveen, Nov. 2.

Happy 22nd Anniversary to Michael and Maria (Blankenship) Jinks, on Nov. 1.

Brandywine-Aquasco

by Audrey Johnson 301-922-5384

HALLELUJAH NIGHT

St. Philip’s Baden Parish invites you to Hallelujah Night on Thursday, October 31, 2024, from 6–8 p.m. Fellowship, food, games and fun. Come dressed in your costume. Car participants please call Chrystal 240-602-1238. The church address is 13801 Baden Westwood Road, Brandywine, Maryland 20613.

HARVEST FESTIVAL

You are invited to attend our 2nd Harvest Festival on October 26, 2024, from 9:30 a.m.–1:30 p.m. at Nottingham Myers United Methodist Church, 15601 Brooks Church Road, Upper Marlboro, Maryland, 20772. Rev. Shemaiah Strickland, Pastor. This is a family event with lots of activities for the kids. Games, Trunk A Treat, Moon Bounce. Our wonderful Hospitality Team will run the concession stand, chicken, fish, fries and more. You can support a small business, do some shopping with local vendors. We will also have some informational resource tables.

If you would like to be a vendor or know of a vendor, please use the link Harvest Festival 2024 <https://subspia.sh3r4r3tq> to register for the vendor spots. The Vendor Registration fee is \$45. All funds go to support the mission and ministry of the church. We do have a limited number of tables, first come first serve, or you can bring your own table. This is an outdoor event. Feel free to bring your tent. Please invite your family and friends to join us. We look forward to seeing you at our 2nd Harvest Festival. Trunk A Treat will start at noon.

JOHNSON FAMILY REUNION (PART 4)

The Family of Lucille & James Contee, Lenai Alexis Wilkerson, sister to Kester A. Wilkerson III and Dijon Kirkland, hails from Washington, D.C. She grew up dancing behind her older sister’s footsteps. She eventually attended the Baltimore School for the Arts and went on to graduate from the Inaugural class at the University of Southern California as a Gloriosa Kaufman scholar with a BFA in Dance and a minor in Political Science.

Upon graduation, Lenai moved to NYC to become a professional ballerina with Ballet Hispanico, where she toured internationally for three seasons. With the company, she delved deeper into community engagement opportunities and has taught youth at institutions around the world. For the last two seasons, she was a corps de ballet dancer with Cincinnati Ballet expanding her community engagement in organizations such as Black Art Speaks. Lenai has performed famous works by choreographers all over the world.

Lenai also is an emerging choreographer and in 2022 was awarded the JarriTODOS dance artist grant for her choreographic ability. She was one of the seven 2016–17 dance scholars to be awarded a scholarship from Nigel Lythgoe’s Dizzy Feet Founda-

tion, infamous judge on the hit TV show So You Think You Can Dance. With aspirations to achieve more in life, she currently is in graduate school at the George Washington University to receive her Master of Arts degree in Organizational Leadership. She moves by the grace of God and is grateful for the blessings placed on her life. I hereby command you: Be strong and courageous, do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go. Joshua 1:9.

The Family of Lucille & James Contee, Dijon Kirkland currently lives in Milwaukee, Wisconsin. She is a high school dance and performing arts teacher for the Parker Arts Program at Parker High School. Dijon was featured a large article in the GazetteExtra Local Newspaper (Edition: February 2024) entitled “More than Movement: Black Parker dance teacher aims to build community across cultures”. She just finished her MFA in Dance at University of Wisconsin. She was recently cast in a musical, “A Chorus Line”.

A few of Dijon’s accomplishments: being a graduate of Duke Ellington School of the Arts and attending The Ailey School, Princeton Ballet School, Maryland Youth Ballet, and Alonzo King’s Lines Ballet. Dijon holds a B.A. in Dance from Point Park University. Upon graduation, she danced with the Dayton Contemporary Dance Company 2nd company (DCDC2) for two seasons. She then became a member of the Cleveland Cavalier Girl NBA dance team in 2015 and is part of the 2015–16 NBA Championship team.

She’s been a part of various projects such as Mojuba Dance Collective, Soursop Storie. Blakk Jakk Dance Company, and some independent projects. In November 2020, Dijon was part of the supporting cast of an independent film, “Lovely Jacket.” For the past several years she has served as a dance teacher teaching art at Karamu House in Cleveland, Ohio. Recently she was invited to guest teach at Northern Kentucky University and the American College Dance Association held in Milwaukee, Wisconsin. In 2022, Dijon founded DMK Dance Project which is a project-based dance company.

The Family of John Johnson. Belinda Barber (2014 Alum) Graduate of University of Maryland with a master’s degree in social work. Amir Johnson just turned 6 years old and has been playing flag football for 2 years. This fall, he has also started softball. Malia Johnson has been playing volleyball for 2 years. While maintaining honor roll every year at Mattawoman Middle School. Kimora Montgomery first year playing basketball and scoring three 3-pointers her 1ST game. Chloe Montgomery won her first basketball championship in 2024. Conclusion of Johnson Family Reunion (Part 5) will be in my next Article October 31, 2024.

cohort, the College Park Aviation Museum is featured in the Maryland Mosaic, a digital collection curated by the Maryland Two Fifty Commission to commemorate Maryland’s unique history as part of the 250th anniversary of the United States. The museum’s inclusion celebrates its status as a “Maryland First”, recognizing College Park Airport’s pivotal role in aviation history.

To learn more about the College Park Airport and Aviation Museum visit pgparks.com.

The College Park Aviation Museum is owned

and operated by The Maryland-National Capital Park and Planning Commission, Department of Parks and Recreation, Prince George’s County. Situated on the College Park Aviation Campus, the museum overlooks the active runway of the historic College Park Airport, the world’s oldest continuously operating airport and the site of numerous significant aviation firsts. Dedicated to preserving, interpreting, and promoting the rich aviation history of College Park Airport and Prince George’s County, the museum fosters curiosity, learning, and community engagement.

November Events at Marietta House Museum

By STACEY HAWKINS
Marietta House Museum

Marietta House Museum Presents a Lunchtime Book Talk With Maryland Food Historian Joyce White

Please join Marietta House Museum on **Wednesday, November 6**, noon –1 p.m. for a Lunchtime Book Talk with Maryland Food Historian Joyce White. Joyce White will present her hot-off-the-press book, “Cooking Maryland’s Way: Voices of a Diverse Cuisine”. She has assembled a wide-ranging collection of Maryland family recipes from contributors statewide, as well as food history articles and photographs.

Books will be available for purchase and Joyce White will autograph copies. Registration is recommended, but not required. Walk-ins are welcome. Guests may bring their bag lunch. Cornbread, Sally Lund Cake, and cider will be served!

Recommended for ages 8 & up. Children must be accompanied by an adult. Free. Please register at this direct link: <https://tinyurl.com/4d7dc3da> Call 301-464-5291 or email mariettahouse@pgparks.com for more information.

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

Resilience and Resistance Through Food With Historian Marvin-Alonzo Greer

In honor of Emancipation Day, Marietta House Museum will present a food history program called “Resilience and Resistance through Food” with historian Marvin-Alonzo Greer on **Sunday, November 10**, 1–3 p.m.

This dynamic in-person discussion about the power of food and resistance in the 1800s will be presented by historian Marvin Alonzo-Greer who will discuss diet, menus, gardening, hunting, gathering, and other nutrition strategies that were developed by enslaved families to persevere.

A tour of the historic 1816 kitchen at Marietta House Museum will be given at the conclusion of the presentation and light refreshments will be served.

Recommended for ages 12 & up (ages under 18 must be accompanied by an adult). \$5/person. Reservations are requested, but not required. Walk-ins welcome. Register at this direct link: <https://tinyurl.com/yvzw2jc3>

Please call 301-464-5291 or email mariettahouse@pgparks.com for more information.

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

Prevent Drunk Driving from A1

politan area used WRAP’s Halloween SoberRide® program as opposed to possibly driving home drunk. The most ever for the holiday since the free safe ride service began in 1991.

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

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

SoberRide® is offered throughout Lyft’s Washington D.C. coverage area which includes all or parts of: the District of Columbia; the Maryland counties of Montgomery and Prince George’s and towns therein plus the cities of Bowie, College Park, District Heights, Gaithersburg, Glenarden, Greenbelt, Hyattsville, Laurel, Mount Ranier, New Carrollton, Rockville, Seat Pleasant and Takoma Park; and the Northern Virginia counties of Arlington, Fairfax, Loudoun and Prince William and towns therein plus the cities of Alexandria, Fairfax, Falls Church, Manassas and Manassas Park.

Sponsors of WRAP’s 2024 Halloween SoberRide® campaign include 395 Express Lanes, Anheuser-Busch, Beer Institute, Brown-Forman, Constellation Brands, Diageo, District of Columbia Association of Beverage Alcohol Wholesalers, Enterprise Rent-A-Car, Foundation for Advancing Alcohol Responsibility, Giant Food, Glory Days Grill, Lyft, Molson Coors Beverage Company, New Belgium Brewing, Restaurant Association Metropolitan Washington and the Washington Area New Automobile Dealers Association. WRAP’s 2024 Public Partner SoberRide® Sponsors include the District of Columbia Highway Safety Office, Maryland Highway Safety Office/Maryland Motor Vehicle Administration and Virginia Department of Motor Vehicles.

Since 1991, WRAP’s SoberRide® program has provided 90,769 free safe rides home to would-be drunk drivers in the Greater Washington area.

Founded in 1982, the nonprofit [501(c)(3)] Washington Regional Program (WRAP) is an award-winning public-private partnership working to prevent drunk driving and underage drinking in the Washington-metropolitan area. Through public education, innovative health education programs and advocacy, WRAP is credited with helping to keep the annual percentage of metro-Washington traffic deaths involving alcohol-impaired driving historically lower than the national average. WRAP, however, may best be known to area residents via the organization’s popular free safe ride service to prevent drunk driving, SoberRide®. More information about WRAP’s SoberRide® initiative can be found at www.SoberRide.com.

* National Highway Traffic Safety Administration (NHTSA), <https://www.trafficsafetymarketing.gov/safety-topics/drunken-driving/buzzed-driving-drunken-driving/halloween>

Recognition from A1

hort will provide us with resources and professional guidance from the best in the field to assess the true impact of our work and further enhance our practice.”

Through this program, the College Park Aviation Museum hopes to measure and enhance its social impact, design more inclusive programming, and advocate more effectively for the role of museums as agents of social change.

In addition to being selected for MSIP

COMMUNITY

Remembering “Cal” Stuart

By PRESS OFFICER
Prince George's Soil Conservation District

HUNTINGTOWN, Md. (Oct. 16, 2024)—A memorial service for Richard Calvert “Cal” Stuart was held on September 28 at Huntingtown United Methodist Church in Huntingtown, Maryland.

Cal was born on September 11, 1938, in Baltimore Maryland, and grew up in Baltimore County Maryland. After graduating from Parkville High School, he earned a Bachelor of Science degree in botany from the University of Maryland College Park. While an undergraduate, he became a member of the national agricultural fraternity Alpha Gamma Rho and served as Noble Ruler. Cal went on to earn a master's degree in Extension Education and a doctorate in Adult Education from the University of Wisconsin.

Shortly after marrying his wife Cynthia in 1962, the Stuarts moved to Prince George's County Maryland where Cal worked for the University of Maryland Cooperative Extension Service and then with the Westinghouse Learning Corporation. He then attended Georgetown University School of Law at night where he received his Juris Doctorate in 1974. Cal began practicing law in 1974 and went on to have a successful law practice as the principle of Stuart Law, LLC and Atlantic Coast Title, Inc.

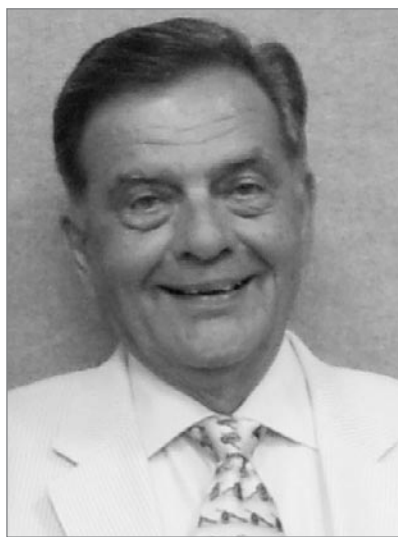
Cal had a passion to serve and to be involved with multiple organizations throughout his life. He was a member of the Lion's Club, Elk's Club, Masonic Lodge, Maryland Terrapin Club, Calvert County Republican Central Committee and his local United Methodist Church.

Cal loved the land and worked tirelessly to promote sound stewardship of soil and water resources. He joined the Prince George's Soil Conservation District's Board of Supervisors in 1978, serving over 46 consecutive years until his death. He also served as Chairman for more than 30 years. During his tenure with the Soil Conservation District, he served in leadership roles for the Maryland Association of Soil Conservation Districts, the State Soil Conservation Committee and the Prince George's County Beatification Committee. He served on the Executive Board for the National Association of Conservation Districts and as the North East Regional Representative for many years, traveling the Country promoting the benefits of conservation.

Cal was well respected in the field of soil and water conservation and was a mentor to many young aspiring conservationists. His level of energy and commitment set a high standard for all to follow.

Contributions may be made, in memory of Cal Stuart, to: MASCD Endowment Fund

MASCD
c/o Marguerite Guare
573 Quaker Ridge Court
Arnold, MD 21012



COURTESY PHOTO
Richard Calvert “Cal” Stuart

Horse Show from A1

competed at this year's Olympic Games in Paris, France, such as Richard Vogel of Germany, Daniel Bluman of Israel, Shane Sweetnam, Darragh Kenny, and Daniel Coyle of Ireland, Erynn Ballard and Mario Deslauriers of Canada, Rodrigo Pessoa of Brazil, and Thaisa Erwin of Australia. Past Olympic participants slated to compete include Abdel Said of Belgium and crowd-favorite Margie Goldstein-Engle of the United States.

In addition to top-tier competition, WIHS offers an engaging atmosphere for equestrian fans and the local community. Attendees are invited to join in beloved traditions such as WIHS Barn Night presented by MARS Equestrian™, WIHS Military Night presented by Nissan, World Cup Night, and WIHS Kids' Day presented by Delta Air Lines!

International Jumping Schedule

Fans of top international show jumping can attend WIHS on three nights to see the best riders compete.

Thursday, October 24, MARS Barn Night, presented by MARS Equestrian™

\$63,000 International Jumper Welcome and \$32,000 Accumulator Costume class—don't miss the chance to see your favorite riders in costume!

Friday, October 25, Military Night, presented by Nissan

\$32,000 Power and Speed and \$63,000 Speed Final

Saturday, October 26, World Cup Night

\$340,000 Longines FEI Jumping World Cup™ Washington for the President's Cup, presented by Experience Prince George's

WIHS Tickets and Hospitality

WIHS tickets are available for purchase at wihs.org/tickets. WIHS daytime sessions are FREE admission, and WIHS Kids' Day (Saturday, October 26) is FREE! Buy your tickets now (<https://wihs.org/tickets/>) for an unforgettable week of equestrian excellence and community spirit at the Washington International Horse Show!

Washington International Horse Show, a 501(c)(3) nonprofit charitable organization: Established in 1958, the Washington International Horse Show is one of North America's most prestigious, competitive, and entertaining equestrian events with competition for international, professional, amateur, junior and child riders. Highlights include the Longines FEI Jumping World Cup™ Washington CSI5*-W for the President's Cup, the WIHS Equitation Finals and Children's and Adult Hunter and Jumper Championships, top national hunters and jumpers, plus popular community and charity events. WIHS is an official USEF Heritage Competition. For more information, visit wihs.org.

Banneker-Douglass-Tubman Museum Celebrates Name Change Honoring Harriet Tubman With Keynote by Nikki Giovanni on November 1

Presented by BGE, BDTM renaming ceremony set for 160th anniversary of Maryland's Emancipation Day recognizing abolitionist Tubman; Tubman Lifetime Achievement Award Recipients to be recognized

By PRESS OFFICER
Maryland Commission on African American History and Culture

ANNAPOLIS, Md. (Oct. 11, 2024)—The Maryland Commission on African American History and Culture (MCAAHC) and the Banneker-Douglass Museum is proud to announce the historic unveiling of its new name—the Banneker-Douglass-Tubman Museum (BDTM)—during the renaming celebration in honor of Harriet Tubman.

Honoring Our Legacy: A New Chapter - Banneker-Douglass-Tubman Museum Renaming Ceremony & Maryland 160th Emancipation Day Reception featuring Keynote Speaker Nikki Giovanni will take place on Friday, November 1, 2024 at 12 p.m.

The public is invited to celebrate this momentous occasion via live stream on the BDTM Facebook and Youtube channels on Friday, November 1, 2024, at Noon.

This event will be an afternoon of reflection, celebration, and inspiration as the new Banneker-Douglass-Tubman Museum name is unveiled with the powerful words of the esteemed poet, author, and activist Nikki Giovanni. A distinguished figure of the Black Arts Movement and a graduate of Fisk University ('67), Giovanni's work has inspired generations, earning her numerous accolades including seven NAACP Image Awards, the first Rosa Parks Woman of Courage Award, and the Langston Hughes Medal for Poetry.

This historic event coincides with Maryland's 160th Emancipation Day, a significant occasion that commemorates the 1864 outlawing of slavery within the state. The addition of Harriet Tubman's name to the museum acknowledges her profound impact on history and her roots on Maryland's Eastern Shore, where she liberated herself and others from enslavement.

During this event, the MCAAHC,

Event Details

Honoring Our Legacy: A New Chapter Banneker-Douglass-Tubman Museum Renaming Ceremony & Maryland 160th Emancipation Day Reception Featuring Keynote Speaker Nikki Giovanni

Date: Friday, November 1, 2024
Time: 12 p.m.

We will celebrate this event with the public via livestream on the BDTM Facebook and Youtube.

which operates the BDTM, will honor the recipients of the Harriet Tubman Lifetime Achievement Awards: Paulette Greene & Donna Dear (Caroline Co.), Carolyn Brooks (Washington Co.), and Angela Crenshaw (Anne Arundel Co.). These outstanding individuals will be recognized for their embodiment of Tubman's spirit of activism, courage, and unwavering commitment to justice.

“We are profoundly honored to embrace the legacy of Harriet Tubman in renaming our museum. This change is not merely symbolic; it embodies Tubman's unwavering spirit of leadership, service, and her relentless fight for freedom and justice. It reflects our institution's roots in protest, resilience, and the extraordinary contributions of Black women, including pioneers like Tubman, Charity Folks, and Senator Verda Freeman Welcome. This event will celebrate the labor and love of Black women, illuminating their vital impact on the future of the Banneker-Douglass-Tubman Museum and the broader African American community in Maryland,” said Chanel Compton-Johnson, Executive Director of MCAAHC and the BDTM.

Starting Saturday, November 2, the public can view the newly restored monumental sculpture Araminta with Rifle and Vève (2017) by

MacArthur “Genius” Fellow Dr. Joyce J. Scott. The repaired and redesigned vève, or staff, will be returned to Araminta's left hand. Standing 10 feet tall at the museum entrance, this striking Harriet Tubman monument, crafted from painted milled foam, found objects, blown glass, and mixed media appliques, is a powerful symbol of the renaming celebration.

Thank you to BGE for supporting this event as the presenting sponsor.

For more information, contact Director of Communications Jan Lee at jan.lee@maryland.gov or (410) 216-6185.

The Banneker-Douglass-Tubman Museum is the State of Maryland's official museum of African American heritage and culture. It is operated by the Maryland Commission on African American History and Culture. It serves to document, interpret, and promote African American history and culture through exhibitions, programs, and projects in order to improve the understanding and appreciation of America's rich cultural diversity for all. The museum is open to the public Tuesday through Saturday from 10 a.m.–4 p.m. Admission is free, and docent tours are available for a nominal fee. To learn more, visit <http://bdtmuseum.maryland.gov>. Follow us on social media: Facebook, Instagram, LinkedIn and YouTube.

The Maryland Commission on African American History and Culture (MCAAHC) is committed to discovering, documenting, preserving, collecting, and promoting Maryland's African American heritage. The Commission also provides technical assistance to institutions and groups with similar objectives. Through the accomplishment of this mission, the MCAAHC seeks to educate Maryland citizens and visitors to our state about the significance of the African American experience in Maryland. Visit <https://africanamerican.maryland.gov>.

Fun Run Participants Honor Loved Ones While Raising Funds for Hospice Care

By ELYZABETH MARCUSSEN
Hospice of the Chesapeake

WALDORF, Md. (Oct. 14, 2024)—Wearing commemorative T-shirts, flouncy tutus and colorful socks, the runners and walkers in Hospice of the Chesapeake's Blue Crab Fun Run came to have fun while supporting an essential Charles County not-for-profit organization.

They were cheered on by Reuben B. Collins, II, Esq., President of the Charles County Board of Commissioners, who served as Grand Marshal for the inaugural event. Collins said he was grateful for the support and guidance he received while his father was cared for by Hospice of the Chesapeake in 2022. “I am thinking of my father today and I know he is smiling down on us this morning,” Collins said. He encouraged participants to dedicate each of their steps to the memory of a loved one.

Many of the participants had come to do just that. From Papa's Pack to Team Harvey, there were miles of smiles from toddlers to retired folk as they carried signs and shared memories while taking laps around Regency Furniture Stadium on Oct. 5.

The event raised nearly \$30,000, with all proceeds benefitting patients and families in Charles County, ensuring they have access to expert and compassionate supportive, hospice and grief care.

Along with the commitment of esteemed community health partner, the



PHOTO CREDIT: BY ELYZABETH MARCUSSEN, HOSPICE OF THE CHESAPEAKE

Photo taken Oct. 5, 2024, at Regency Furniture Stadium, Waldorf, Maryland. Reuben B. Collins, II, Esq., President of the Charles County Board of Commissioners, stands with Hospice of the Chesapeake volunteers Elton and Sibyl Wright of Upper Marlboro before the start of the race. Collins was the event's Grand Marshal.

University of Maryland Charles Regional Medical Center, Hospice of the Chesapeake wishes to thank Waldorf Toyota as the Finish Line sponsor, Cedar Point Federal Credit Union as the Champion sponsor; John and Terri Hussman as Pace sponsors; Mutual of Omaha as Stride sponsor; Jan Kleponis at O'Brien Realty ERA Powered as the Training sponsor; and

American Radiology Services, Game-day Men's Health Waldorf and Rucci's Italian Kitchen and Grille as Warm Up sponsors.

Local support also came 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.

COMMENTARY

Marian Wright Edelman Founder and President Emerita, Children's Defense Fund



ChildWatch:

Voting for the Future

The Peacemaker taught us about the Seven Generations. He said, when you sit in council for the welfare of the people, you must not think of yourself or of your family, not even of your generation. He said, make your decisions on behalf of the seven generations coming, so that they may enjoy what you have today.

—Oren Lyons, Seneca Faithkeeper, Onondaga Nation

Every third weekend of October congregations across the nation join Children's Defense Fund (CDF) in participating in the annual multifaith National Observance of Children's Sabbaths® Celebration. The 2024 inspiration is Unleashing Joy, and its grounding passage is Jeremiah 29:11: "For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you, plans to

give you hope and a future." (NIV)

Once again this is a critical message in an election year, as people of faith consider how their votes will affect the next generation, and help assure today's youngest generation hope, a future, and joy right now. In each state the election presents choices voters must make up and down the ballot that will make a profound difference in children's and young people's lives. Children and young people under 18 can't vote, so adults can and must vote with their needs as a top priority. Our nation desperately needs leaders whose judgment and behavior are worthy of our children.

In advance of Children's Sabbaths, CDF asked a group of children and young people what each of them would do if they could be the leader of everything. These were a few of the answers they shared:

"I would help everybody in need and give them money if they needed it." —Nakhil, age 9

"I would try to find a way to reduce the plastic use." —Gillian, age 10

"I would stop racism and stop racist name calling." —MaKenzie, age 11

"I would encourage and help people to never give up, even if times get hard." —Nalaiah, age 15

These are strong platforms! These young people have a clear vision of the future they want and deserve. They need elected leaders who will listen to their voices and share their vision. November 5 is now just days away, and in many states early voting is happening now. If you are eligible to vote and do not yet have a plan, make one today! Use a trusted resource like vote.gov to learn about the registration deadlines and voting options in your state, including the most up-to-date information in states affected by Hurricanes Helene and Milton. Review the candidates and issues on your ballot. Ask the young people in your lives what problems they hope elected leaders will act on. We are making decisions right now for generations to come. Please don't let them down.

—October 18, 2024

Marc Morial

President and CEO, National Urban League



To Be Equal:

A Message to My Fellow Black Men on Voting

"The history of the United States is a story about the disenfranchisement of millions based on their Blackness. More than a hundred years of violent voter suppression, poll taxes, literacy tests, and gerrymandering have created a climate that is nothing shy of hostile towards Black men that choose to stand up and be a part of the electoral process."

—The Black Male Voter Project

In a presidential campaign that has been overwhelmingly centered on the issues of women's reproductive rights, immigration, and taxation of the ultra-wealthy, it would be understandable if we—especially the younger ones among

us—didn't feel the same sense of urgency about voting as other groups.

Former President Barack Obama last week drew criticism for pointing out, "we have not yet seen the same kinds of energy and turnout in all quarters of our neighborhoods and communities as we saw when I was running." But a poll released this week backed him up: only 64% of Black voters and 49% of voters under 34 are enthusiastic about the election. Compare that with 93% of Black voters and 83% of young voters who said they were enthusiastic when Obama first ran for the office in 2008.

But apathy is not what I'm seeing among the young Black men

I've met as I travel the nation as part of the National Urban League's Reclaim Your Vote initiative. I see thoughtfulness. I see concern. I see pride. And I do see some skepticism.

It's not only fair, but imperative to wonder whether the candidates will live up to their promises. It's fair to weigh their past actions against their words. That's what it means to be a responsible citizen.

What's neither fair nor responsible is to fall for misinformation or divisive rhetoric and to let your voice be silenced.

Vice President Kamala Harris this week unveiled an economic agenda aimed at creating opportunity for Black men. It includes for-

givable small business loans to boost entrepreneurship, job training and mentorship, and the legalization of marijuana with a focus on opportunities to succeed in the recreational marijuana industry.

Donald Trump has not issued a policy proposal aimed specifically at Black men. He has claimed that immigrants are taking Black jobs, and that his criminal indictments have boosted his appeal to Black men victimized by an unjust legal system.

The Vice President told the National Association of Black Journalists in September, "It's very important to not operate from the assumption that Black men are in anybody's pocket. Black men are like any other voting group: You gotta earn their vote."

Speaking to the same group in July, Trump touted his support for opportunity zones and funding for HBCUs while suggesting the Vice President is not authentically Black.

As my fellow New Orleanian Wendell Pierce said in his own message to Black men, "Vote for what you want. Declare what your values are then go out and make the choice on that."

—October 18, 2024

Ben Jealous

Executive Director,
Sierra Club



Attacks on People's Stories are Attacks on People. Just Ask a Librarian.

Your traditions and place in the American storyline are not real or valid. The history of your people is fiction.

That is the message a Houston, Texas suburb is sending to Native American kids. Just three days after Indigenous People's Day, October 17 was the deadline to move the book *Colonization and the Wampanoag Story* by Linda Coombs to the "Fiction" section in Montgomery County's public libraries. The problem is the book is not fiction.

My white ancestors on my dad's side of the family arrived at the Plymouth Colony in Massachusetts 400 years ago this year. When they arrived, the Wampanoag people had already been there for 12,000 years.

The Wampanoag were the first tribe the Pilgrims encountered when they arrived on the Mayflower. According to the book's publisher, *Colonization and the Wampanoag Story* tells, from an Indigenous perspective, "the true story of the Indigenous Nations of the American Northeast, including the Wampanoag nation and others, and their history up to present day."

The book's author is a Wampanoag Tribe historian with 50 years of experience in her field. *Colonization and the Wampanoag Story* has been classified as a work of nonfiction by the Library of Congress and major library systems across Texas. How-

ever, back in March, Montgomery County adopted a library materials policy that gives an unelected, uncredentialed Citizens Review Committee "sole authority" to review any challenges to children's, young adult, and parenting books in public libraries, basing their assessment on undefined "standards and values" of the County.

Virtually anyone can file a complaint about a book. There is not even a requirement for proof of local residency. The Committee then has the power to reassign the book to "a more restrictive portion of the library" or remove it altogether. And its determination cannot be appealed. Librarians can be involved in "an advisory capacity" at the discretion of the committee chairperson.

Terese Kenny, who owns *Village Books* in Montgomery County, told *Lonestar Live* in March, "A tsunami of complaints from one individual outside of our state or even our country could deplete the parenting, children's and young adult shelves of books based on one person's biases alone."

American Library Association (ALA) president Cindy Hohl is a member of Santee Sioux Nation. She is the ALA's second Indigenous president and a former head of the American Indian Library Association. She notes that Indigenous Americans—the first Americans—are still here by the millions

and she laments the message this reclassification sends to Native kids.

Hohl told me, "This action by the citizen committee tells Indigenous kids that their ancestors are merely fictional characters, not actual human beings, and that their people's experiences and history are simply false, or even fantasy."

The harmful reclassification of books is an extension of the recent wave of book bans and other authoritarian attacks on the freedom to learn across the country. PEN America has tracked close to 10,000 book bans from July 2021 through the end of the 2023 school year. Among the banned books, 37 percent "had characters of color or themes of race and racism. 36 percent had LGBTQ+ characters or themes." According to PEN's count, the bans have happened in 41 states and at least 247 school districts. In addition to burying Black, Indigenous, and LGBTQ+ perspectives and history, the censorship brigade is also targeting texts that tell the truth about climate change. Even children's classics, like *Where the Wild Things Are* and *The Lorax*, are not safe.

Last year, Illinois became the first state in the nation to ban book banning. Maryland and Minnesota have since followed suit. More states should. And they should also include protections against the kind of book reclassification happening now in Texas.

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BUSINESS AND FINANCE

Social Security Matters

Ask Rusty:

About Signing up for Social Security and Medicare Part B at 70

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 turned 69 years old in August 2024 and am still working full time. I signed up for Medicare Part A but, it is my secondary insurance because I have great health insurance through where I work. My wife is retired and has Medicare Part A but, is on my insurance also, and she is taking Social Security. Our plan is for me to work until August 2026 when I'll be 71. I'll file for Social Security when I turn 70, and bank all of it for a year until I retire. That is money we plan to use for travel and fun things. I have three questions: when should I file for my Social Security so it starts in September; when do my wife and I file for Medicare Part B (with a supplement) so it starts in September; and are there negative tax implications to this plan that I haven't thought of? **Signed: Needing Info**

Dear Needing Info: Sounds like you have a great strategy planned for your personal Social Security benefits and your Medicare Part B enrollment for both of you. To your questions:

If you will be 70 in August 2025, you can apply for Social Security about 3 months prior (e.g., in May 2025). Just be sure to specify that you wish your SS benefits to start effective with the month of your 70th birthday. Signing up a few months early is perfectly okay—you will indicate your desired benefit start date on your application, and that is when SS will start your benefits. Remember, SS pays benefits in the month following the month earned, so your first payment will be received in September 2025 (on the 2nd Wednesday if you were born before the 11th of the month).

As for Medicare Part B coverage for you and your wife, both of you can enroll in Medicare Part B a couple of months prior to you leaving work, but request that Medicare Part B coverage starts in the month your work coverage ends. In other words, you can enroll in Medicare before you retire from work but request that your Part B coverage starts in the first month your employer coverage ends (to avoid any gap in healthcare coverage). Obviously, you should begin your private supplemental healthcare coverage to coincide with the start of your Medicare Part B coverage.

Regarding the tax implications, just be aware that a portion of your received Social Security benefits become taxable income if your Modified Adjusted Gross Income (MAGI) as a married couple exceeds certain thresholds. FYI, "MAGI" is your Adjusted Gross Income (AGI) on your tax return, plus 50% of your received SS benefits, plus any non-taxable interest you may have had. If you file your taxes as "married/jointly" and your MAGI is more than \$32,000, then 50% of the SS benefits you receive during the tax year becomes taxable income, or if your MAGI as a married couple is over \$44,000 then up to 85% of the SS benefits received during the tax year becomes taxable income (at your normal IRS tax rate). Income tax on SS benefits occurs when your MAGI is over the thresholds for your tax filing status, so you should plan accordingly. If your MAGI will be consistently over these thresholds after you retire from working, you may choose to have income tax withheld from your SS benefits, which is easy to do by submitting IRS FORM W-4V to your local Social Security office.

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

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

Upper Marlboro Resident Honored by University of Maryland Global Campus With Alumni Achiever Award

By PRESS OFFICER University of Maryland Global Campus

ADELPHI, Md. (Oct. 17, 2024)—Samantha Howard, the Latino Affairs Liaison for Prince George's County, was honored by University of Maryland Global Campus with the Alumni Achiever Award. She earned a Bachelor of Arts in Communication and Media Studies in 2022.

In her role as Latino Affairs Liaison, she is committed to helping others succeed. Over the past year, Ms. Howard participated as a leading volunteer and panelist at six university activities supporting her UMGC community. As a non-traditional, first-generation college student, she started her educational journey at a community college in her late twenties. Although it took Ms. Howard an additional 11 years to earn her bachelor's

degree, she never wavered on her goal, regardless of the challenges faced along the way, including working full-time, raising three children and studying.

Today, in her role in Prince George's County in Maryland, Ms. Howard serves as a crucial link between the government and the vibrant Latino community in the county. She is the bridge between cultures, a champion for equity and a catalyst for positive change.



COURTESY PHOTO
Samantha Howard, the Latino Affairs Liaison for Prince George's County

Maryland Department of Health Helps Businesses Comply With the Updated Clean Indoor Air Act

Using electronic smoking devices now prohibited in indoor spaces

By PRESS OFFICER Maryland Department of Health

BALTIMORE (Oct. 17, 2024)—The Maryland Department of Health has released new resources to help businesses comply with the updated Clean Indoor Air Act. As of July 1, 2024, the act prohibits electronic smoking devices, such as vapes and e-cigarettes, in all indoor areas open to the public.

"When the original Clean Indoor Air Act passed in 2007, electronic smoking devices were not widely available or defined as a tobacco product," said Deputy Secretary for Public Health Services Dr. Nilesh Kalyanaraman. "Since then, electronic smoking devices have ballooned in popularity among youth, making the role of businesses in protecting minors and the general public even more crucial."

Adverse health impacts from electronic smoking devices have been well documented. Youth and young adults who use e-cigarettes or vape produces are four times more likely to begin smoking regular cigarettes within 18 months compared to those who do not use e-cigarettes. E-cigarettes produce a chemical-filled aerosol, not 'harmless' water vapor and the chem-



IMAGES COURTESY MARYLAND DEPARTMENT OF HEALTH

Maryland Clean Indoor Air Act No Smoking Signage in English and Spanish

icals in e-cigarette aerosol include nicotine, acetone and ultrafine particles that should not be inhaled into the lungs. The chemicals detected in many e-cigarettes can cause severe lung disease when inhaled. And much like traditional tobacco/cigarette smoking, the impact of second-hand smoke from these devices to non-smokers is a health concern.

The act mandates that businesses with indoor areas accessible to the public display "no smoking or vaping" signs where they are easily visible. The Maryland Department of Health has distributed informational and promotional materials to more than 10,000 businesses across the state. To ensure compliance with the law,

downloadable files for these signs are available in English and Spanish and are accessible on the Department's Clean Indoor Air Action page.

To learn more about the Clean Indoor Air Act, visit health.maryland.gov/phpa/OEHFP/EH/Pages/clean-indoor-act.aspx.

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.

WSSC Water Medals in Environmental and Wastewater Excellence

All Six Water Resource Recovery Facilities Earn Peak Performance Awards From National Association of Clean Water Agencies

By PRESS OFFICER WSSC Water

LAUREL, Md. (Oct. 17, 2024)—The nation's leading clean water organization recognized all six of WSSC Water's water resource recovery facilities (WRRF) for outstanding performance in complying with federal permit limits and Clean Water Act standards. The National Association of Clean Water Agencies (NACWA) presented its Peak Performance Awards to the high-performing facilities at WSSC Water's monthly Commission meeting.

There are three categories of awards:

- Platinum:**
 - Facilities that have consistently achieved perfect compliance for five or more years.
- Gold: Facilities that achieved**
 - 100 percent compliance for an entire calendar year.
- Silver: Facilities that received**
 - no more than five permit violations in a calendar year.

WSSC Water's Peak Performance Awards:

- Platinum**
 - Damascus, 24th consecutive year
 - Parkway, 18th consecutive year
 - Seneca, 18th consecutive year
- Gold**
 - Piscataway, 2nd consecutive year
 - Hyattstown, 1st year
- Silver**
 - Western Branch, 1st year

There are approximately 15,000 WRRFs nationwide. Only 181 received platinum status, 176 earned gold and 153 achieved silver.

"Helping protect the Chesapeake Bay through superior wastewater treatment is a priority and deeply rooted in our values and our commitment to clean water," said WSSC Water General Manager and CEO Kishia L. Powell. "Thank you to our committed employees—Team H2O—at our water resource recovery facilities for their unwavering dedication to environmental

stewardship and NACWA for recognizing our relentless efforts."

"The people who work at water and wastewater utilities are like water doctors, providing critical treatment to ensure clean water for their customers and the environment," said NACWA CEO Adam Krantz. "We proudly present these Peak Performance Awards to WSSC Water's WRRF workforce, underscoring their vital and unyielding role in delivering essential services to their customers in Montgomery and Prince George's counties."

For 50 years, the National Association of Clean Water Agencies (NACWA) has been the nation's recognized leader in legislative, regulatory and legal advocacy on the full spectrum of clean water issues and a top technical resource for water management, sustainability and ecosystem protection interests. NACWA represents public wastewater and stormwater agencies of all sizes nationwide.

Charging from AI

transportation solutions," Katherine Magruder, the executive director of the center, told Capital News Service.

There are currently 118,682 electric vehicles registered in Maryland, according to the Maryland Department of Transportation.

The more than \$33 million will help to increase electric vehicle charging access in "rural, urban, and underserved communities," according to the center.

"We're very conscientious about equitable access to clean energy technologies and solutions," Magruder said.

Workforce development and job creation are also crucial parts of the project, Magruder said. Apprentices and electricians with IBEW Local 24 will be trained to build and maintain the new charging stations.

Earlier this year, the Maryland Clean Energy Center received \$15 million to build 58 electric ve-

hicle community charging stations from an earlier round of federal transportation grants.

The funds come from a grant program set up by the Bipartisan Infrastructure Law, which was passed by Congress and signed into law by President Joe Biden in 2021, and money set aside in the National Electric Vehicle Infrastructure (NEVI) Formula Program, which was created by that law.

Under the formula program, states may access funding for obtaining and installing charging equipment. The program requires funds be used first on alternative fuel corridors, a network of highway systems with alternative charging and fueling stations, and then in communities.

Deron Lovaas, the chief of environment and sustainable transportation at the Maryland Department of Transportation, emphasized the importance of building out highway charging so that other funds can go toward community charging.

Maryland also received \$12.1 million in federal funding from the NEVI program in July to expand charging sites, according to Gov. Wes Moore's office.

It has been an unprecedented decade for funding for electric vehicle charging, Lovaas said. The Bipartisan Infrastructure Law and the Inflation Reduction Act have funneled large amounts of money to local governments, he explained.

In 2015, there were just 419 electric vehicle charging stations in Maryland. As of June 30, there were more than 1,600, according to data from the state Department of Transportation.

Maryland will continue to seek federal funding to expand its electric vehicle infrastructure, Lovaas said. He also noted that Moore has put millions of Maryland's dollars into climate investments, including \$23 million for building charging stations in historically underserved communities.

"A future where the (state's) fleet is electric is within sight, thanks to these federal investments and thanks to partners that are competing for them as effectively as possible here in Maryland," Lovaas said.

The state is also focusing on increasing the number of electric vehicles on the road and expanding

charging infrastructure for trucks, Lovaas said.

A rule adopted in Maryland in 2023, called Advanced Clean Cars II, is requiring auto dealers in the state to increase the percentage of electric vehicles they are selling, he said.

Maryland is also collaborating with other states to expand charging stations. The Clean Corridor Coalition, which includes Maryland, Connecticut, Delaware, New Jersey and New York, is receiving nearly \$250 million from the U.S. Environmental Protection Agency to build out electric vehicle charging facilities for trucks along the I-95 corridor.

These investments are crucial to protect the climate, clean the air and transition away from fossil fuels, Lindsey Mendelson, the senior clean transportation representative with the Maryland Sierra Club, told CNS.

"We're really excited about more federal dollars flowing in to support EV charging," she said. "It's important that we continue to take advantage of every opportunity that we can."

HEALTH *and* WELLNESS

MHA Releases 2024 Mind the Workplace Report, GenZ and Millennials Report the Poorest Work Health Scores

By PRESS OFFICER
Mental Health America

ALEXANDRIA, Va. (Oct. 10, 2024)—Three-quarters of U.S. employees report high rates of work stress negatively impacting sleep, with three in five reporting an impact on relationships, according to new data released today by Mental Health America (MHA) in its seventh Annual Mind the Workplace report. Generation Z employees and Millennials report poorer overall work health scores than other generations, with 71% of Generation Z employees and 59% of Millennials having unhealthy work health scores—compared with 52% of Generation X employees and 42% of Baby Boomers.

The report is based on an analysis of survey responses from nearly 4,000 U.S. employees across 21 industries. Employees were asked about experiences of trust, appreciation, psychological safety, and support at work and its impact on their well-being.

“After seven years of MHA gathering and analyzing 75,000 work health surveys, building a culture of trust continues to be non-negotiable. The findings from this year’s Mind the Workplace report confirm, once again, that employers achieve positive health outcomes when they invest in the organizational-wide strategies that live outside of benefits and compliance,” said Suzi Craig, VP of MHA’s Workplace Mental Health program. “Investing in mental health in the workplace means going beyond a programmatic approach and understanding how your specific worker population needs support by leadership, managers, and each other every day.”

Indeed, a psychologically safe working environment can act as a protective factor for an employee’s mental health, the report shows. Transparent communication and supportive people management specifically are strongly associated with trust, appreciation, and psychological safety. However, in 2024, less than half of employees agreed that their

employer encourages clear and transparent communication (47%) and invests in developing fair and supportive people managers (45%).

Compared to other generations, 63% of Generation Z employees reported not feeling confident expressing their opinions, and 60% disagreed that they could be themselves at work. Evidence shows that a lack of psychological safety in the workplace can result in poorer workplace relationships and increase an employee’s intent to leave an organization.

The report’s release coincides with World Mental Health Day, which this year has a theme of “mental health at work” to highlight the vital connection between well-being and a healthy workplace. MHA will host a webinar, “World Mental Health Day: Leveraging Research to Champion Workplace Mental Health,” featuring two Platinum level Bell Seal for Workplace Mental Health employers, General Dynamics Internet Technology (GDIT) and MHA of South Central Kansas, an affiliate of Mental Health America.

“Most of us spend most of our waking hours in the workplace, and those environments and experiences can vary dramatically. There are common threads, however—the importance of reducing stress, promoting psychological safety, and creating open and supportive organizational cultures—that impact all employees,” MHA President and CEO Schroeder Stribling said. “We hope business leaders will review this year’s findings with an eye toward prioritizing employee well-being for their teams, which ultimately benefits the health of the organization.”

Ninety-seven percent of employees who work in a mentally healthy workplace agree that they feel a sense of belonging, compared with just nine percent of workers in unhealthy workplaces. Among employees who felt a sense of belonging, 95% strongly agreed that their employer invests in developing fair and supportive managers.

Other significant findings from survey respondents include:

- Employers who value productivity over micromanagement understand the importance of transparent communications. Of employees who agreed that their employer values productivity over micromanagement, 94% strongly agreed that they encourage transparent communication at all levels.
- Employers who understand their workforce’s needs can provide the most appropriate and effective benefits. Of employees who agreed that their employer ensures benefits meet their needs, 81% strongly agreed that their employer makes changes based on employees’ feedback.
- People management training and flexible work options promote autonomy and support employees’ work-life balance. Seventy-four percent of employees could structure their schedules or workload to meet their needs in workplaces that provided training for people managers and flexible work options.
- Employees understand their value at work but often go unrecognized for their efforts. Seventy-eight percent of employees reported knowing how their efforts contribute to their organization’s success, but only 59% felt appreciated by their employer.

Read the full 2024 Mind the Workplace report: <https://mhanational.org/2024-workplace-wellness-research#download-form>.

Mental Health America is the nation’s leading community-driven nonprofit dedicated to promoting mental health and well-being, resilience, recovery, and closing the mental health equity gap. Mental Health America’s work is driven by its commitment to promote mental health as a critical part of whole person health, including prevention services for all; early identification and intervention for those at risk; and integrated care, services and supports for those who need them. Learn more at MhAnational.org.

2025 Medicare Star Ratings: Kaiser Permanente Mid-Atlantic Tied for Highest in the Region

High rating reflects the expert medicine, seamless care, and outstanding service the organization offers to its Medicare Advantage members.

By PRESS OFFICER
Kaiser Permanente

ROCKVILLE, Md. (Oct. 14, 2024)—Kaiser Permanente continues to be a leader in providing high-quality, coordinated care for Medicare members. Kaiser Permanente’s Medicare Advantage Health Plan in the Mid-Atlantic states (Maryland, Virginia, and Washington, D.C.) is tied for the highest rated plan in the region, according to the Centers for Medicare & Medicaid Services 2025 Star Ratings.

Kaiser Permanente Mid-Atlantic states earned 4.5 stars out of 5 stars. This high rating is a reflection of the expert medicine, seamless care and outstanding service Kaiser Permanente provides to its Medicare members in Maryland, Virginia and Washington, D.C.

Ratings reflect high-quality care and service

Every year, CMS publishes Medicare Advantage (Part C) and Medicare drug coverage (Part D) ratings. The ratings offer consumers a way to compare the quality of Medicare plans.

To develop the ratings, CMS considers many areas of care and service. For example, CMS looks at how well health plans keep members healthy and manage their chronic conditions. CMS also considers patient experiences, customer service, patient access, and pharmacy services.

Kaiser Permanente’s Star Ratings demonstrate the value of our integrated healthcare organization, which brings these services seamlessly together—in many cases all under one roof—and places our patients at the center of care. Kaiser Permanente provides care to more than 109,726 Medicare members in the Mid-Atlantic region.

Kaiser Permanente’s Mid-Atlantic region also received 4.5 out of 5 stars for its Medicaid (available in Maryland) and Medicare plans (available in Maryland, Virginia and Washington, DC) from the National Committee for Quality Assurance (NCQA) 2024 Health Plan Ratings. Additionally, Kaiser Permanente’s commercial health plan in Maryland, Virginia and Washington, DC received 5 out of 5 stars for the sixth consecutive year. You can see NCQA’s full report card here: <https://reportcards.ncqa.org/health-plans?pg=1>.

Enrolling in a Kaiser Permanente Medicare Health Plan

Medicare’s annual enrollment period for all 2025 Medicare health plans begins on October 15 and runs through December 7, 2024.

Medicare beneficiaries can learn more about the CMS’ Star Ratings and Kaiser Permanente’s Medicare health plans by visiting kp.org/medicarestars.

Essential Tips to Support Your Immune System

FAMILY FEATURES

The immune system – made up of organs, tissues, cells and proteins – is your body’s personal defense system against bacteria and viruses, helping ward off illness and infection. Because of the vital role it plays in keeping you healthy, it’s important to take steps to keep your immune system strong.

Consider these healthy habits that can go a long way toward supporting your immune system and maintaining your health.

Practice Proper Hygiene

Good hygiene – and avoiding close contact with people who are sick – is a key component of maintaining a healthy immune system. Practices such as washing your hands frequently with soap and water for at least 20 seconds; covering your nose and mouth with a tissue or your elbow when coughing or sneezing; and disinfecting oft-touched objects and surfaces like doorknobs, light switches, counters and remote controls can help remove germs and reduce their spread.

Consider a Nutrient-Rich Supplement

The body requires many essential nutrients to form the foundation of a healthy immune system. Consider adding a nutrient-rich supplement like Airborne, which has been reformulated with seven key essential nutrients – vitamins A, C, D and E; zinc; manganese; and selenium. Available in effervescent tablets and chewable gummies, with flavors varying from Zesty Orange to Very Berry and Citrus, the addition of vitamin D and increased levels of zinc mean the improved formula provides the most essential nutrients of any Airborne immune-supporting supplement.

Maintain a Healthy Diet

Because a poor diet can weaken the immune system, according to research published in “Science Direct,” giving your body the nutrients it needs is key to helping your immune system thrive. Including a variety of fruits and vegetables, which are rich in antioxidants and vitamins, as well as whole grains, lean proteins and healthy fats as part of your meals can help strengthen your immune system. Also remember to drink plenty of water to stay hydrated and



Photos courtesy of Shutterstock



limit processed foods, sugary snacks and beverages high in added sugars that can weaken your immune system and have a negative impact on your health.

Engage in Regular Physical Activity

Not only can maintaining a regular exercise routine help build muscle and improve endurance, it helps improve circulation, too, which allows immune cells to move more freely through the body. Aim for at least 150 minutes of moderate or 75 minutes of vigorous exercise per week, such as brisk walking, cycling, swimming or dancing. This activity also promotes the production of endorphins and can help reduce stress, further benefitting to your immune system, according to the Mayo Clinic. Just be sure not to push yourself too hard, as excessive exercise can have the opposite effect and put your body under more physical stress.

Get an Appropriate Amount of Sleep

Sleep and immune health are intertwined. In fact, inadequate or poor-quality sleep can lead to a higher susceptibility to illness, according to research by the Sleep Foundation. During sleep, your body

repairs and rejuvenates itself, so aim for the expert-recommended 7-9 hours of quality sleep each night. Establish a regular sleep schedule by going to bed and waking at the same time each day, even on weekends, and create a relaxing routine to signal to your body it’s time to wind down. This may include limiting screen time an hour before bed, reading or practicing relaxation techniques. A comfortable, cool and dark sleep environment can also improve the quality of your sleep.

Manage Stress Levels

Stress, both physical and mental, can weaken your immune system and lead to a higher risk of infection, particularly if it leads to sleep disturbances, reduced water intake, less frequent exercise or unhealthy eating habits. To effectively manage stress, practice relaxation techniques such as meditation, yoga or deep breathing and prioritize self-care through activities you find relaxing like reading, listening to music, journaling, exercising or spending time outdoors.

Find solutions to help support your immune system at schiffvitamins.com.

HEALTH *and* WELLNESS

Free Community Roundtable on Hospice and Palliative Care Returns to Prince George's County

By PRESS OFFICER
Hospice of the Chesapeake

LARGO, Md. (Oct. 14, 2024)— There are numerous myths and misconceptions about hospice and palliative care. The community has an opportunity to learn more and receive answers from experts during the "Hospice and Palliative Care Community Roundtable," hosted by Hospice of the Chesapeake. The event will take place from 6 to 8 p.m. on Nov. 13 at Tree of Life Christian Ministries Center, 9109 Piscataway Road, Clinton, Maryland.

This is the second time Dr. Rachel Jordan, Director of Advocacy and Legislative Affairs, has organized this community panel and will once again be its moderator. Jordan is passionate about the importance of access to community health, especially in the



COURTESY PHOTO

Dr. Tom-meka Archinard, MD, MBA, FACEP, Senior Vice President and Chief Medical Officer for University of Maryland Capital Region Health

county she calls home. "I've spent my entire career advocating for health equity in Prince George's County," she said. "Along the way, I have made connections with many of the region's health and civic leaders and organiza-



COURTESY PHOTO

Dr. Rachel Jordan, DNP, APRN, FNP-BC, ACHPN Director of Advocacy and Legislative Affairs

tions. We have found that together we can better educate our community about the importance and availability of advanced illness and end-of-life care."

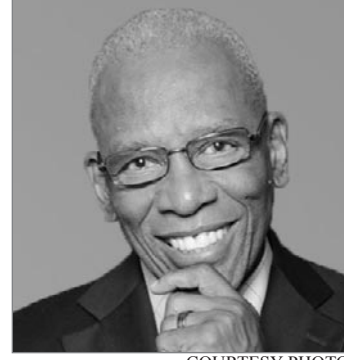
The panel will feature Hospice of the Chesapeake experts includ-



COURTESY PHOTO

Dr. Sonja Richmond, MD, HMDC, RYT, Vice President of Medical Affairs and Hospice Medical Director, Hospice of the Chesapeake

ing Dr. Sonja Richmond, Vice President of Medical Affairs and Hospice Medical Director and Jennifer Ward, Bereavement Counselor, as well as Dr. Tom-meka Archinard, Senior Vice President and Chief Medical Of-



COURTESY PHOTO

The Rev. James Robinson, Pastor, Tree of Life Christian Ministries

ficer for University of Maryland Capital Region Health; Prince George's County Council Vice Chair and District 9 Council Member Sydney Harrison; and the Rev. James Robinson, Pastor, Tree of Life Christian Ministries.



COURTESY PHOTO

Jennifer Ward, LMSW, Bereavement Counselor, Hospice of the Chesapeake

The roundtable is free and open to anyone who wishes to attend, but people are asked to reserve a space at <https://www.eventbrite.com/e/community-roundtable-discussion-on-hospice-palliative-care-tickets-1034888217517>.

New Online Portal Provides Tools and Trainings for Public Health Outreach

By PRESS OFFICER
University of Maryland Extension

Many Maryland communities struggle with a variety of health problems like substance abuse, mental health crises, and other chronic health issues that require both prevention and intervention efforts. One of the ways to develop solutions to these growing problems is by streamlining efforts in public health education and outreach.

A new multi-institutional Prevention Learning Portal aims to provide the latest training in science-based public health education for people who work directly with their communities, focusing on evidence-based programming and how to implement those programs successfully. University of Maryland Extension edu-

cators Dr. Ali Hurtado, associate professor in the School of Public Health and Dr. Alex Chan, Extension mental health specialist, partnered with Penn State University to develop this comprehensive set of free, online trainings to help align outreach efforts in substance use prevention and other public health crises.

The portal offers practical tools that assist with follow through from planning stages into actual implementation. "This is not theoretical, it's very practical," said Chan. "The people who will use this system are interested in building community change. They might see there is a lack of unity in how their community addresses substance abuse or other health crises, so the portal provides some basic science behind community outreach so that peo-



COURTESY PHOTO

Dr. Alex Chan, University of Maryland Extension mental health specialist

ple can be more unified in how they address those problems."

The eLearning Portal tackles a variety of topics to provide basic information on engaging state and local government, how to create evidence-based programs, implementation science, and how to work with youth groups. Each course provides a self-paced module with video assets and interactive components to create an engaging experience, and is designed to provide deeper insight for users on how early prevention efforts can help keep health problems from becoming community crises.

"Our goal is to help keep people from reinventing the wheel and starting from scratch when they face these issues in their communities," Chan said. "We al-

ready have a lot of good science, like how to reach people and how to create good community programs related to health—not just substance use, but health in general."

The Prevention Learning Portal is a free resource available to anyone interested in creating community health programs; simply sign up for login credentials and choose courses that match the outreach goals. The Prevention Learning Portal is supported by a grant from the Substance Abuse and Mental Health Services Administration (SAMHSA).

To learn more about the portal, or to sign up for a free account to access the trainings, go to <https://go.umd.edu/PreventionLearningPortal>.

What Older Adults Need to Know About Flu and COVID-19 Vaccines

FAMILY FEATURES

Colder weather brings a change in seasons and often an uptick in flu and COVID-19 cases. The viruses that cause COVID-19 and flu keep changing and infecting thousands of people each year, with older adults being most at risk. The vaccines are updated to provide protection against the viruses currently circulating in communities.

"Vaccines are the best way to prevent serious illness from flu and COVID-19," said Dr. Nirav D. Shah, principal deputy director of the U.S. Centers for Disease Control and Prevention (CDC). "People who get flu or COVID-19 after getting vaccinated are much less likely than those who did not get a vaccine to get very sick or go to the hospital."

Here are answers to commonly asked questions about flu and COVID-19 vaccines from the U.S. Department of Health and Human Services *Risk Less. Do More.* public education campaign.



Photos courtesy of Shutterstock

Which older adults should get vaccinated?

The CDC says all people ages 6 months and older should get updated 2024-2025 COVID-19 and flu vaccines. Adults ages 65 and older have the greatest risk of sickness or having to go to the hospital from infection. Getting these vaccines is important for older people who live in nursing homes or other places where a lot of people live together and viruses can spread easily.

When should older adults get vaccinated?

The best time to get the flu and COVID-19 vaccines is in September and October. If that's not possible, then getting vaccinated later in the fall and winter can still help limit serious symptoms. Getting these vaccines early is not recommended given that immunity may start to wane just as respiratory viruses usually peak.

Can older adults get the flu and COVID-19 vaccines together?

It is safe for older adults to get both the flu and COVID-19 vaccines at the same time. For most people, it's also simpler to get them during the same visit. Getting the vaccines in different arms is recommended.

Why should older adults get vaccinated?

Vaccines are the best way to protect yourself from serious sickness and death. Older adults have a higher risk of serious illness. As people grow older, their immune systems tend to weaken, and older adults are more likely to have pre-existing health issues that may put them at higher risk. Most people who end up in the hospital for flu or COVID-19 are older adults — especially older adults who have not been vaccinated. More than 95% of adults who went to the hospital for COVID-19 last year had not gotten the updated vaccine.

What should people who support older adults with their health care decisions know?

Flu and COVID-19 vaccines help people *risk less* severe illness and *do more* of what they enjoy. Yet many people are unaware of the benefits of these vaccines. That's why it's important that people talk with their older family members about getting flu and COVID-19 vaccines this season.

Talk to your doctor about the updated flu and COVID-19 vaccines as well as treatment options. You can also learn more at cdc.gov/RiskLessDoMore.



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EarthTalk® Q&A

Gastrointestinal Distress and Global Warming

By Pravit Kochar | October 16, 2024

Dear EarthTalk:
How is climate change causing increased gastrointestinal distress?
—P.L., via email

Gastrointestinal (GI) distress, including diarrhea, vomiting and foodborne illness, is on the rise globally, coinciding with increasing concerns over climate change, which is known to impact human health in many ways. Emerging evidence suggests that climate change significantly contributes to the rise in GI distress by altering ecological conditions that promote the spread of pathogens and other health hazards.

One of the main ways climate changes contribute to rising GI distress is by contaminating water. Extreme weather events like flooding and hurricanes contaminate water, spreading pathogens like E. coli, Vibrio and Giardia, major causes of GI infections. Furthermore, rising temperatures encourage the growth of harmful algae and bacteria in water sources, further increasing the risk of waterborne diseases.

Food safety and security are also impacted. Higher temperatures and changing agricultural conditions can lead to food contamination, raising the risk of GI infections. As the climate shifts,

the stability and safety of food supplies are more threatened, leading to higher rates of foodborne illnesses. Also, inadequate food storage contributes to the proliferation of harmful bacteria, exacerbating the spread of GI diseases.

Moreover, climate change expands the habitat of disease vectors like mosquitoes, which spread GI-impacting diseases such as cholera. Warmer temperatures allow these vectors to survive in new regions, introducing diseases where populations may not have immunity or the medical ability to manage them. Also, heat stress directly affects digestive health, worsening conditions like irritable bowel syndrome.

Epidemiological and case studies from regions affected by climate-related disasters show the clear connection between climate events and increased GI diseases. Areas experiencing severe flooding often see a surge in waterborne GI infections due to compromised sanitation. Research also confirms that higher temperatures and humidity enhance the survival and transmission of pathogens that cause GI distress.

Given the impact of climate change on GI health, it's crucial that public health systems adapt.

Improving water and food safety, raising awareness and strengthening healthcare systems are essential strategies. Addressing these challenges will be vital to reduce the burden of GI illnesses in a warming world. That said, time and money are big issues: "Mitigation plans...often cost hundreds of millions to billions of dollars and take many years to implement," Boston University's Beth Haley, lead author of a recent study linking GI issues to increased warming-related sewer overflows, tells "Yale Climate Connections".

C O N T A C T S :
Climate change is making us sick, literally, [yaleclimateconnections.org/2024/08/climate-change-is-making-us-sick-literally/](https://www.yaleclimateconnections.org/2024/08/climate-change-is-making-us-sick-literally/); The Impact of Climate Change, Pollution, and Biodiversity Loss on Digestive Health and Disease, <https://www.sciencedirect.com/science/article/pii/S27275232400027X>.

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