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Prince George's County Economic Development Corporation President & CEO David Iannucci Honored as Maryland Manufacturing Star

The 2024 Maryland Manufacturing Celebration of Stars is on November 14, 2024, at Martin's West, Baltimore County

By PRESS OFFICER
PGCEDC

LARGO, Md. (Nov. 4, 2024) — Prince George's County Economic Development Corporation (PGCEDC) is thrilled to announce that President & CEO David Iannucci has been bestowed with the esteemed title of Maryland Manufacturing Star. This prestigious accolade, presented by the Regional Manufacturing Institute of Maryland (RMI), is a testament to his exceptional leadership and commitment to advancing the state's manufacturing industry. His significant contributions have not only enhanced Maryland's economic landscape but also inspired future growth, making him a worthy recipient of this honor.

The recognition celebrates Mr. Iannucci's outstanding achievements, innovative vision, and unwavering dedication to supporting and expanding the manufacturing sector in Prince George's County and beyond. Under his leadership, the PGCEDC has implemented strategic initiatives to bolster local manufacturing, enhance workforce development, and facilitate partnerships that reinforce Maryland's standing as a national hub for manufacturing excellence.

"I am honored to receive this award and be part of such an inspiring community of manufacturing leaders," Iannucci said. "Manufacturing is the backbone of our state's economy, and I am proud to contribute to its growth and resilience here in Prince



IMAGE COURTESY PGC ECONOMIC DEVELOPMENT CORPORATION

George's County. I share this recognition with the PGCEDC team and all our industry partners who work tirelessly to make Maryland a leader in innovation and manufacturing."

Mr. Iannucci's unwavering dedication to fostering an ecosystem that supports manufacturing excellence has not only benefited Prince George's County but also significantly strengthened Maryland's manufacturing infrastructure statewide. His work serves as a shining example of the pivotal role that manufacturing plays in bolstering economic vitality, job creation, and community prosperity across the state.

This year's Maryland Manufacturing Celebration of Stars event, hosted by RMI of Mary-

land and the Maryland MEP program, recognizes "Maryland Manufacturing Stars"—people who work in business, education, government, or nonprofits and have made meaningful contributions to our state's manufacturing industry. For further details, please visit the official website of the RMI of Maryland.

Prince George's County Economic Development Corporation (PGCEDC)'s mission is to cultivate and promote a strong local economy that supports the growth and prosperity of entrepreneurs and businesses, dedicated to strengthening communities through business development and job creation. For more information, visit www.pgcdec.com.

Bowie State Hosts Fourth Annual HBCU+ Entrepreneurship Conference

University Collaborated With Tom Joyner Foundation, White House Initiative on HBCUs

By PRESS OFFICER
Bowie State University

BOWIE, Md. (Nov. 6, 2024)—Bowie State University's fourth annual HBCU+ Entrepreneurship Conference welcomed more than 900 virtual participants and highlighted the power of the entrepreneurial mindset as a crucial element for success in starting their businesses.

This year's conference theme, "Igniting Innovation, Building Legacies: Empowering the Next Generation of Entrepreneurs," aimed to inspire participants who have had ideas about using their talents to branch out and start their own small business or develop a service to address an unanswered need.

"It's a call to action," said Johnetta Hardy, executive director of the Entrepreneurship Innovation Center at Bowie State. "The theme reflects Bowie State's commitment to providing resources, mentorship, and real-world opportunities for students to develop their ideas and build lasting legacies in their communities."

The university hosted the conference in collaboration with the White House Initiative on HBCUs.

"We're thrilled to partner with the HBCU+ Entrepreneurship Conference and Bowie State University to amplify the entrepreneurial spirit thriving within our HBCU community," said Dr. Deitra Trent, executive director of the White House Initiative on HBCUs. "This collaboration is about more than just supporting new ventures; it's about empowering the next generation of Black innovators to drive economic growth, create jobs, and build legacies that will transform communities."

The Tom Joyner Foundation sponsored this year's "I Got An Idea: HBCU Pitch Competition," giving six individuals the



PHOTO COURTESY BOWIE STATE UNIVERSITY

BSU student Justice Morant won the pitch competition, receiving \$2,000 for her business, SistersSync.

chance to compete for \$5,000 in cash prizes. BSU student Justice Morant won the pitch competition, receiving \$2,000 for her business, SistersSync. This app empowers young girls through engaging content, expert partnerships, community support, parent involvement, and influencer-driven campaigns. Morant is a sophomore majoring in child and adolescent studies.

"Tom Joyner has always been a champion for HBCUs, recognizing their vital role in empowering future generations," said Sherise Malachi, head of strategic partnerships at the Tom Joyner Foundation. "The 'I Got An Idea: HBCU Pitch Competition' reflects his commitment to providing HBCU students with a platform to showcase their innovative ideas through entrepreneurship."

The conference featured multiple workshops and panel discussions that touched on topics such as fundraising for your ven-

ture, connecting what you learned in the classroom to working in the boardroom, and how the growth of artificial intelligence will influence the future of HBCUs.

Celebrity speakers, such as TV personality Al Reynolds, attorney and mental health advocate Jade Mathis, and Shark Tank casting director Brandon Andrews, appeared and shared wisdom from their journeys as entrepreneurs.

"If you got that idea, put it out there," said Andrews during a sit down with Reynolds and Mathis. "Don't let the perfect get in the way of the good."

Mathis described her fear at the beginning of her transition from practicing law to public speaking. However, she was determined not to let her fear keep her on the sidelines.

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Council to Hold Public Meeting With Fire Chief to Discuss Reallocation Plan

By PRESS OFFICER
Prince George's County Council Media

On Thursday, November 14 at 6:30 p.m., the Prince George's County Council will hold a public meeting with Fire Chief Tiffany Green to discuss fire department staffing and the reallocation plan that has impacted multiple communities.

The meeting will take place in the Council hearing room on the first floor of the Wayne K. Curry Administration building at 1301 McCormick Dr. Largo, MD 20774.

Members of the public can provide comment or sign up to speak at <https://pgccouncil.us/Speak>.

Council Member Wanika Fisher's Statement on Shooting of Chef Tobias Dorzon

By PRESS OFFICER
Prince George's County Council Media

"I am disheartened and saddened by the news that Prince George's County restaurant owner Tobias Dorzon was one of two people shot during an attempted robbery Tuesday (Nov. 5) night in my district.

Chef Dorzon owns two amazing restaurants in Hyattsville, is a valued member of the District 2 community, and my dear friend. Such a horrible act couldn't have happened to a better person. I am sending my deepest sympathies to him and the second victim, as well as their families and friends, and I wish them both a speedy recovery. We have no place for this kind of senseless violence in our district or our county.

Earlier this year, I had the honor of recognizing Chef Dorzon with a proclamation after he was named the 2024 Chef of the Year by the Restaurant Association of Maryland, the first chef from Prince George's County to receive the award. He is an extremely talented chef who has represented our county on the national stage while appearing on several Food Network programs.

I want to see those responsible for this heinous act held accountable to the fullest extent of the law, and I look forward to seeing Chef Dorzon back in the kitchen soon."

New to National Harbor's Holiday Lineup: A Christmas Market and Holiday Craft Show Series

More than 70 different vendors weekly from Nov. 30 through Dec. 22

By PRESS OFFICER
National Harbor

NATIONAL HARBOR, Md. (Nov. 8, 2024)—National Harbor has become a holiday showcase with its two million lights, a 60-foot RGB tree with light

show, fireworks, holiday movies and more. This year, the property adds an exciting new event—the National Harbor Christmas Market and Holiday Craft Show Series starts on Saturday and Sunday, Nov. 30 and Dec. 1 and continues every Sat-

urday and Sunday through Dec. 22 from 11 a.m. to 4 p.m. on American Way.

Each week, more than 70 new crafters and artisans will have their works for sale. Some of the goods being sold include clothing made for children, up-

scale jewelry, dog accessories, candles, maple products, home décor, bath and body, pillows and table runners, dinnerware, cashmere and silk scarves, rugs and carpets, glasswork, alpaca blankets and shawls, crystals, metal art, aprons, towels, resin

art, woodwork, stationery, leather products, photography, kids crafts and a wide array of artworks.

"We're excited to be able to bring this market and crafts show to our holiday lineup this year," said Deborah Topcik, director of marketing, National Harbor. "The many artisans and crafters will enhance the shopping, dining, and entertainment experiences for our visitors." National Harbor has a number of nationally known brands,

boutiques and restaurants in its Waterfront District and it is also the home of the popular Tanger National Harbor with more than 85 designer outlet brands.

"Each weekend the market will rotate through different vendors, offering guests a new experience every week," Topcik explained.

For more information about all of National Harbor's holiday fun and hotel packages, visit www.NationalHarbor.com/hohoho.

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New Report Warns of Escalating Threat to Life From Fossil Fuels, Highlights Lifesaving Benefits of Renewable Energy

Maryland is poised to protect its residents from the worst harms of climate change if we can commit to funding mechanisms for our ambitious goals.

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TOWNS *and* NEIGHBORS

In & Around Morningside-Skyline

Gingerbread House Contest & Show are coming back

For 25 years, Darnall's Chance House Museum has been making holidays special. Look what's coming up:

- Saturday, Nov. 30: Ugly Sweater Day.
- Saturday, Dec. 7: Make your own Holiday Ornament.
- Sunday, Dec. 8: Hot Chocolate & Cider Bar.
- And the biggest and best: Gingerbread House Contest & Show: Friday–Sunday, Nov. 29–30 & Dec. 6–8, Friday–Sunday, Dec. 13–15, noon–5 p.m.

Help Darnall's Chance celebrate 25 years of sweet memories and make this year's Gingerbread Show one to savor! View an amazing display of edible gingerbread houses and vote your favorite entries for the Viewer's Choice Awards.

Darnall's Chance is at 14800 Governor Oden Bowie Drive, Upper Marlboro. Call 301-952-8010 or email darnallschance@pgparks.com.

Town of Morningside

Senior Thanksgiving Luncheon, with Bingo!, is coming up Nov. 21. If you are a Senior, living in the Town, and are interested in attending, call 301-736-2300.

Breakfast with Santa will be held Dec. 14, 9 a.m., at the Morningside Fire House. Cost is \$6 per person, and you must pre-register and prepay for the event. Each child registered and paid will receive a gift from Santa. There'll also be a Santa/Secret Shop where the kids can shop for their loved ones.

On Dec. 15, Christmas Caroling begins 6 p.m. at the Town Hall. The carolers will ride through Town singing carols and end up back at the Town Hall.

Morningside's November meetings include the Town Meeting, Nov. 19, 7 p.m.

Morningside Volunteer Fire Department

The MVFD has provided 29,800 hours of service and responded to 2,800 calls for service year so far this year.

They took delivery of their new Engine to replace the current 2001 Engine. In the

coming months, they'll be working on the necessary requirements to place the new Engine in service.

They are also working to place their recently purchased, used 2020 Ambulance in service. From the Morningside newsletter: "The newly-purchased Engine and 2020 Ambulance will ensure the Morningside Volunteer Fire Department maintains the ability to respond to emergencies in the coming year and provide services to the citizens of Prince George's County."

Congratulations

To Angela Alsobrooks—Prince George's County Executive—who, on Tuesday, Nov. 5, became the first Black person from Maryland elected to the U.S. Senate. She defeated Maryland's popular former two-term Governor Larry Hogan.

Winter Registration at Senior Centers

Registration begins Wednesday, Nov. 13, at the Camp Springs Senior Activity Center, for Residents only. The Computer Lab will also open at 9 a.m. for online registration.

Registration begins on Wed., Nov. 20 for Non-Residents.

Don't wait and then be too late for the popular classes and trips. Among the activities: Book Club, Circuit Club, Ping Pong (new), Crocheting with Ms. Lillie, Knitting with Ms. Emma, Glee Club, Inspirational Hour, Line Dance, Round Dance Square.

For more information, call 301-249-7200 (Maryland Relay 7-1-1) or email program.access@pgparks.com.

The Camp Springs Senior Center is at 6420 Allentown Road. Phone: 301-449-0490.

Changing landscape

Remember Landover Mall? It was an exciting time back 40 or 50 years ago when its opening was big—with four department stores, dozens of great shops, a memorable ice-cream parlor. Now, it will be converted into a vast data center campus, "emphasizing Prince George's pivot towards technology-driven development."

by Mary McHale 301-735-3451

Frankly, I'd like to have the Mall back, and at least one department store.

A home at 13104 Brandywine Road has sold for \$309,000.

Missing Tagalog?

Pastor of St. Philip the Apostle Church, in Camp Springs, is saying Mass in Tagalog every second Sunday at 4 p.m. Tagalog is the national language of the Philippines.

After Mass, attendees can stay on to enjoy some Filipino cuisine. St. Philip's is at 5414 Henderson Way, in Camp Springs. Information: 301-423-4244.

Bernie Quillin, Suitland High '58, dies at 85

Bernard Francis "Bernie" Quillin, of Owings, 40 years with the IBEW Local 26, died November 3. He was 85.

Bernie was born in Capitol Heights, second to youngest of the large family of Edna May (Howard) and Jesse Thomas Quillin, and grew up in Hillside, where—at age 12—he met the girl he later married, Nancy Fellows, at a local teen club.

He graduated from Suitland High, class of 1958. In 1963 he began his electrical apprenticeship with IBEW Local 26 but was drafted by the Army to serve in Korea. After discharge, he finished his apprenticeship, and married Nancy in 1965.

They settled in Forestville until, in 1972, they purchased land in Owings. It was there Bernie built the family home in which he lived the rest of his life. He was dedicated to enhancing the property, from crafting furniture and installing flooring to mastering brick and stonework. He even designed and built a 3-car garage when he was in his 70s.

During his 40+ years with IBEW Local 26 he managed some of the largest construction projects in the area, including the Cove Point Natural Gas Plant, Willard Hotel, and the Ronald Reagan Building and International Trade Center.

Bernie is survived by his wife of 59 years, Nancy; their son Mark (Leslie);

See MORNINGSIDE Page A4

Brandywine-Aquasco

VIOLENCE AWARENESS SUNDAY

Domestic/Intimate Partners Violence Awareness, Sunday, October 27, 2024, was at Clinton United Methodist Church, Rev. Melaina Trice, Pastor. Overview of Domestic Violence was presented by one of the Mental Health Committee members, Carolyn Glee.

Guest Speaker was Rev. Sheila Holmes, Associate Pastor at Liberty Empowerment Baptist Church, Colonial Beach, VA, under the leadership of Rev. Sherman C. Hayes, Pastor. Reverend Sheila Holmes, is a licensed ordained minister of the gospel who gives all Praise to God and acknowledges she would never have made it without the "Fragrance of His Love." Reverend Holmes was born in Baltimore, MD. She has worked in healthcare for the last 20 years as a Healthcare Advocate. Currently employed with ProMedica Hospice as a Lead Bereavement Coordinator, where she facilitates Grief Support Groups, Bereavement Grief Camps, and Memorial Services and provides Workshops and Information sessions in the community, all with the purpose to help aid the process of loss and healing. She is dedicated to reaching out to those who have endured the loss of a loved one and giving them the tools and encouragement to journey toward healing. She teaches Bible study, preaches the word of God, and oversees their community wellness "WE CARE" program. Rev. Holmes will complete the graduate program for her master's degree in clinical Mental Health on December 21, 2024, from Messiah University in Pennsylvania.

Her goal of advocating for empowering wounded souls under the ministry Seeds of Hope she founded in 2021, is to teach, encourage, and counsel others to step out on faith and believe. Believe that when you cry out to the Lord, He will answer and take you by the hand. Believe he will guide you and strengthen you. Most of all, He will reveal the truth about who you are. His beloved Child. LibertyChurch2027@outlook.com Advocating for the Empowerment of Wounded Souls.

BOWIE STATE UNIVERSITY

Bowie State University students gain valuable insights at the PRSSA ICON Conference. Event attracts participants from around the globe. Two Bowie State University students recently networked with public relations professionals from across the globe at the prestigious 2024 PRSSA ICON Conference hosted by the Public Relations Student Society of America (PRSSA) in Anaheim, CA.

Antania Evans and Kianna Ophelia gained insights into emerging trends in the communications field. Evans, vice president of Bowie State's PRSSA chapter described the experience as invaluable. "The conference hosted many PR professionals from all around the world that shared their experiences, as well as tips and tricks to being a successful PR person," said Evans, a senior communications major. "The event featured group sessions throughout the day, providing students with opportunities to network and learn key strategies for advancing their careers in public relations, marketing, and communications. Evans emphasized

by Audrey Johnson 301-922-5384

the value of attending the conference, not only for students with a clear path in PR, but also for those exploring different career options. "Being in the room with so many professionals and like-minded individuals was very fulfilling for me," Evans explained. "I learned a lot of key information that I believe will benefit me in my journey in Public Relations. I am very grateful to have been able to attend." Evans also expressed appreciation for the PR firm Glen Echo Group, LLC, for sponsoring the students' participation in the event. The team of storytellers and coalition builders has partnered with Bowie State over the years to help provide networking and learning experiences for BSU students.

"Bowie State's commitment to providing such opportunities demonstrates its dedication to preparing students for careers in competitive fields like public relations," said communication professor Rochelle Daniel, the university's PRSSA advisor. "Through experiences like the PRSSA ICON Conference, students gain first-hand industry knowledge and build essential professional networks, equipping them to thrive in their future careers." MEDIA CONTACT: Elijah Taylor, TAYLORE0529@students.bowiestate.edu.

CONGRATULATIONS JASON MITCHELL

Jason Mitchell, husband of Felicia Mitchell, son of Larry and Patricia Turner Mitchell, grandson of the late James Garnell and the late Ruth Turner of Brandywine, Maryland. Fourteen years ago, he was at CSU Maritime pursuing his coaching dream. He has now come full circle as an Athletic Director leading numerous programs with dozens of coaches and hundreds of players.

WOMEN'S DAY

Please join us for worship service on Sunday, November 17, 2024, at 10:30 a.m. to celebrate Women's Day with the Clinton United Women in Faith. "Theme: "Embracing Change and Trusting God's Plans." Clinton United Methodist Church, Rev. Melaina Trice, Pastor, 10700 Brandywine Road, Clinton, Maryland 20735. Office: 301-868-1281. Live Stream on Facebook and Telephonic www.facebook.com/CUMCMD Telephonic 978-990-5000 PIN: 180552#.

TROT FOR A TURKEY

Trot for a Turkey presented by M-NCPPC, Department of Parks and Recreation, Prince George's County, November 23, 2024, will be held at Watkins Regional Park, 301 Watkins Park Drive, Upper Marlboro, Maryland 20774. Time is 6 p.m. to 8 p.m. Ticket Price is \$30/person. Visit Website.

Help families in need by running or walking through the beautiful Winter Festival of Lights. For more than 30 years, visitors to the annual Winter Festival of Lights have been dazzled by twinkling light displays as they drove through Watkins Regional Park. This year, register to walk or run through the almost 3-mile course and see the dazzling displays up-close. Your registration fee will provide a family in need with a holiday turkey.

THANKS TO ALL VETERANS

Conference from A1

"Do it afraid, as long as you do it," she said. "Use all of your gifts in different seasons."

"In our session, 'Beyond the Spotlight: Building Legacies Through Entrepreneurship,' we wanted to inspire students and viewers to see that true success goes beyond fame—it's about building something that endures and uplifts others," said Reynolds, co-host of Fox Soul's TEA-G-I-F. "With our celebrity guests who have not only achieved success in the spotlight but have also built thriving business ventures, the conference enabled us to show the next generation how to leverage their talents, build sustainable legacies, and create lasting impact."

Founded in 1865, Bowie State University is the first Historically Black College/University (HBCU) in Maryland and one of the ten oldest in the country. As a leading institution of higher learning, Bowie State offers more than 65 bachelor's, master's, doctoral and certificate programs across arts and sciences, technology, business, education, healthcare and related disciplines. For more information about Bowie State University, visit bowiestate.edu.

Social Security Matters

Ask Rusty:

Working Septuagenarian Asks About Disability Benefits

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 retired at my full retirement age, am now 79 and will be 80 in December. I have been working consistently since. I get a meager Social Security benefit, only about \$800 due to my federal retirement offset. Most jobs I have held since filing and collecting SS have involved very labor-intensive work, to include my current position. This has taken a toll.

My question: is there any provision in Social Security that permits re-evaluation of Social Security benefits for disability after one has collected and paid into the system for some 15 years? I suspect not but thought I would ask, since at my not so tender age, I am faced with having to cease employment that generates needed income. **Signed: Working Still at 79**

Dear Still Working: I'm afraid that Social Security Disability Insurance (SSDI) benefits are no longer available once you reach your SS "full retirement age," or "FRA," which for you was age 66. Indeed, anyone collecting SSDI at full retirement age is automatically converted to their regular SS retirement benefits at the same amount they were previously receiving on SSDI. That's because SSDI benefits are intended to sustain workers up to their SS full retirement age, but SSDI goes away once FRA is attained.

Thus, the provision to apply for SS disability allows only those who have not yet reached their full retirement age to seek disability benefits. Once FRA is reached, SSDI benefits are no longer available. Simply for your awareness, there would be no financial advantage for you to receive SS disability benefits anyway, because the most you can get on SSDI is your full retirement age amount. Thus, since you retired and claimed SS at your full retirement age, no additional disability amount would be available anyway.

FYI, I admire, at your "tender age," that you are still actively working, but I'm afraid you cannot claim more now on Social Security disability because you've already reached your FRA. However, from what you've written, your SS retirement benefit has been affected by the so-called Windfall Elimination Provision (WEP) which affects those with a separate pension earned without contributing to Social Security.

If you've been separately working (and contributing to Social Security) since you left government service, and you now have more than 20 years contributing to SS from other non-government "substantial earnings," it's possible that you can request a reevaluation of your WEP penalty. WEP provides relief for those who have more than 20 years contributing to Social Security. So, if you have more than that over your lifetime, you could ask that your WEP reduction be reevaluated to consider your additional years contributing to Social Security. If that is the case, your monthly amount would be increased to consider those additional years contributing to SS since you first claimed.

I suggest, if you now have more than 20 years of contributions to Social Security from your non-government work over your lifetime, that you call Social Security to request reevaluation of your WEP retirement amount. FYI, you can see exactly how many years of SS-covered work you have by requesting an "Earnings Statement" from Social Security. You can get this Statement by calling 1.800.772.1213, or you can also get it at your personal "my Social Security" online account at www.ssa.gov/myaccount (Social Security will also be able to tell you this directly when you call). In any case, I wish you good fortune, and hope that reevaluating the WEP reduction to your SS benefit may offer some small financial relief as you go forward.

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.

COMMUNITY

Reese Weaver of Brandywine Performs in McDaniel College Theatre's Production of "Measure for Measure" by William Shakespeare

By PRESS OFFICER
McDaniel College

WESTMINSTER, Md. (Nov. 1, 2024)—Reese Weaver, a junior Theatre Arts major from Brandywine (20613), performs in McDaniel College Theatre's production of "Measure for Measure," William Shakespeare's darkest comedy. Weaver portrays Duke Vincentio.

Directed by adjunct lecturer Richard Sautter, "Measure for Measure" explores love, power, criminal justice, and sexual blackmail. Note: the show contains adult material and is intended for mature audiences.

Performances are Thursday, Nov. 21—Saturday, Nov. 23, at 7:30 p.m. in the Mainstage Theatre in WMC Alumni Hall at McDaniel College, 2 College Hill, Westminster, Maryland.

Tickets are \$12 for adults and \$10 for students, seniors (over 60), active military members and veterans, as well as those with a McDaniel College ID. For ticket information, call 410-857-2448.

For more information about McDaniel College, visit www.mcdaniel.edu.



PHOTO COURTESY MCDANIEL COLLEGE

Reese Weaver of Brandywine, Md., as Duke Vincentio, Paul Steinert of Dundalk, Md., as Angelo, Danielle Carter of Rockville, Md., as Isabella, and May Riekenberg of South Orange, N.J., as Escalus, in McDaniel College Theatre's production of "Measure for Measure."

Three Fun, Food-filled, Fashionable Ways to Raise Funds for Essential Care This Spring

By ELYZABETH MARCUSSEN
Hospice of the Chesapeake

PASADENA, Md. (Nov. 6, 2024)—Hospice of the Chesapeake is spicing up the calendar for spring with three uniquely fun ways to raise funds to make moments that matter for its patients, families and the community.

Save the dates for these events coming March, May and June: **Bubbles and Bingo: A Black-Tie Affair—6 to 10 p.m. Saturday, March 29**

Everything about this event is new—the dressiest, most delicious bingo night you'll ever experience. Starting with a new venue—the beautiful Atrium at Soaring Timbers in Annapolis—you will enjoy delicious cocktails and champagne, followed by a gourmet dining experience. Afterward, try your luck with five bingo games called by local celebrities. Lucky winners can score incredible luxury prizes. All proceeds will support the organization's hospice, supportive and grief care programs and services provided to patients and families in Anne Arundel, Calvert, Charles and Prince George's counties.

Boots and Bling: A Culinary Experience—6 to 10 p.m. Friday, May 9

Get ready for an unforgettable night of buzz-worthy fun and style! It all starts on the waterfront at the gorgeous, newly renovated Rod 'N' Reel Resort in Chesapeake Beach. Indulge in hand-crafted cocktails, savory bites and a silent auction packed with local treasures. Soak in stunning Chesapeake Bay views while you dance to live music. Come for the fun, stay for the cause: Every ticket provides hope and healing for patients and families in Calvert County.

Fashion for a Cause—6 to 9:30 p.m. Thursday, June 5

Annapolis's hottest red-carpet fashion event returns to the U. S. Naval Academy's stunning Fluegel Alumni Center in Annapolis. Get a look at what you'll be seeing in the city, on the beach and at parties for summer 2025. Community models wearing designer fashions from local shops take to the runway for this high energy show. The party begins and ends with signature cocktails and delicious savory and sweet bites from popular food trucks and area restaurants. This night of making memories will raise funds to benefit the not-for-profit's Chesapeake Kids, a comprehensive program designed to support children living with life-limiting illnesses and their families, as well as kids and teens living with the grief of losing a loved one due to illness.

For tickets or sponsorship and underwriting opportunities, contact the events team at 443-837-1531 or events@hospicechesapeake.org.

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



Governor Moore Celebrates the Renaming of the Banneker Douglass Tubman Museum on the 160th Anniversary of Maryland's Emancipation Day

By PRESS OFFICER
Office of the Governor

ANNAPOLIS, Md. (Nov. 1, 2024)—Governor Wes Moore today celebrated the renaming of the Banneker Douglass Tubman Museum, honoring the life and legacy of Harriet Tubman on the 160th anniversary of Maryland's Emancipation Day. Joined by First Lady Dawn Moore; the Maryland Commission on African American History and Culture; local elected officials; and esteemed poet and activist Nikki Giovanni, the governor acknowledged the museum's critical role in preserving Maryland's history and the profound impact of Harriet Tubman and her roots on the Eastern Shore.

"Our history is our power—and when you study the tragedies and triumphs of those who came before, you realize there is nothing we cannot achieve," said Gov. Moore. "Today, we celebrate the foundation of American progress, from historic trail blazers like Harriet Tubman to living Maryland heroes who are still raising their hands to serve. Together, we will continue bending the arc of history toward justice."

"Harriet Tubman is the embodiment of leave no one behind, and Maryland is honored to celebrate her extraordinary contributions to our state and to the country," said First Lady Dawn Moore. "Here in Maryland, we honor our history and protect the institutions that work to advance greater equality



PHOTO CREDIT CHRISTIAN SMOOTH
COURTESY BDTM

Nikki Giovanni provided remarks on the importance of institutions such as the Banneker-Douglass-Tubman Museum (BDTM) and libraries that are dear to her.

and justice for all. Today is about carrying that legacy forward."

Operated by the Maryland Commission on African American History and Culture, The Banneker Douglass Tubman Museum is Maryland's official African American history and culture museum. 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.

"This new chapter for the museum is not just symbolic, but it reflects our institution's roots in protest and resilience, and amplifies Black women's dynamic history and con-

tributions to our state, our nation, and our futures," said Maryland Commission on African American History and Culture and Banneker Douglass Tubman Museum Executive Director Chanel Compton. "Thank you to Governor Moore and the entire administration for their support of the museum and our mission to preserve Maryland's history and culture."

During the event, the Maryland Commission on African American History and Culture honored four Marylanders with the Harriet Tubman Lifetime Achievement Awards: Mt. Pleasant Acres Farm co-owners Paulette Greene and Donna Dear from Caroline County; community organizer Carolyn Brooks from Washington County; and Maryland Park Service Director Angela Crenshaw from Anne Arundel County. The commission honored the award recipients for their embodiment of Tubman's spirit of activism, courage, and commitment to justice.

This afternoon's ceremony coincides with the 160th anniversary of Maryland's emancipation. On this date in 1864, Maryland voters ratified the state's third constitution which officially abolished slavery, making Maryland the first state to voluntarily abolish slavery by popular vote.

Maryland's 1851 Constitution had explicitly forbidden "any law abolishing the relation of master or slave" so the only way to abolish slavery was through the ratification of a new Constitution.

Students Encouraged to Enter the 2024 Frederick Douglass Oratorical Contest

By PRESS OFFICER
National Park Service

WASHINGTON (Nov. 5, 2024)—The National Park Service is pleased to announce the 2024 Frederick Douglass Oratorical Contest. Each year, students ages 6–18 years old are invited to perform a part of a Frederick Douglass speech at the Frederick Douglass National Historic Site. The contest celebrates Douglass' activism and the many famed speeches he gave in his efforts to end slavery and promote racial equality and women's rights.

Students from around the country are encouraged to apply and become participants in this contest. The virtual speeches will take place on Dec. 4 and 5 and in-person speeches will occur on Dec. 6 and 7 at the Frederick Douglass National Historic Site Visitor Center located at 1411 W Street SE Washington, DC 20020. Students can choose from four of Douglass' speeches for

their contest presentation. Speeches and other materials to help students prepare for the contest are located at Annual Oratorical Contest—Frederick Douglass National Historic Site (U.S. National Park Service) (nps.gov). Students must memorize the speech to perform it in front of a panel of judges to compete for prizes.

There are four separate award categories: Elementary (grades 1–3), Junior (grades 4–5), Junior High (grades 6–8), and Senior High (grades 9–12). The contest's judges are volunteers from the community and individuals from the Frederick Douglass Memorial and Historical Association (FDMHA).

In February 2025, the contest's winners will be invited to perform their award-winning speeches at a Black History Month event in Washington, DC. At this event, students will receive recognition for their accomplishments.

Frederick Douglass became the most im-

portant leader of the movement for African American civil rights in the 19th century. His journey from an enslaved young man to an internationally renowned activist is a continual inspiration for millions. He is known for his brilliant words and brave actions, and he continues to shape the ways that we think about race, democracy, and the meaning of freedom.

For more information, visit <http://www.nps.gov/frdo> and to sign up for the contest go to Annual Oratorical Contest—Frederick Douglass National Historic Site (U.S. National Park Service) (nps.gov).

More than 20,000 National Park Service employees care for more than 430+ national parks and work with communities across the nation to help preserve local history and create close-to-home recreational opportunities. Learn more at nps.gov, and on Facebook, Instagram, Twitter, and YouTube.

Museum of Historic Annapolis Celebrates 60th Anniversary of the Civil Rights Act With Newest Community Gallery Exhibition

By PRESS OFFICER
Historic Annapolis

ANNAPOLIS, Md. (Nov. 7, 2024)—The Museum of Historic Annapolis celebrated their new exhibition "The Civil Rights Act of 1964 and Annapolis Activism" with an evening reception on Nov. 4, 2024. Local members of the Annapolis community and family and friends of those featured in the exhibition were among those in attendance. Special guests included Anne Arundel County Executive Stuart Pittman, and

City Alderwoman Rhonda Pindell-Charles.

Now open in the Community Gallery at the Museum of Historic Annapolis, "The Civil Rights Act of 1964 and Annapolis Activism" celebrates the 60th anniversary of the Act's passage and its impact on the Annapolis community.

The Civil Rights Act of 1964 was a landmark victory in the United States people's ongoing quest for a more just and inclusive nation. The Act prohibits unequal treatment based on race, color, religion, sex, or national origin. It enforces the constitutional right to

vote, bans discriminatory practices in employment, and ended segregation in schools, businesses, and other public facilities. With the Act's passage, the federal government offered its broad power to advance the nation towards a more perfect union.

The Act paved the way for new debates and legislation to afford the nation's founding promises of equality and justice to all its citizens. As we celebrate the 60th anniversary of the Act's passage, we recognize the struggle

COMMENTARY

Marc Morial

President and CEO, National Urban League



To Be Equal:

Donald Trump and Project 2025: Will the Future of America Be a Return to the Ugly Past?

“With Trump in the White House, social conservatives can use executive action to try to ban abortion; MAGA nationalists can end most forms of immigration, commence mass deportations and leverage civil rights laws against imagined ‘anti-white’ discrimination; and reactionary opponents of social insurance can weaken Medicare, Medicaid and Social Security. And this is to say nothing of Trump’s own plans to rule as an autocrat under a court-sanctioned theory of unitary executive authority.”

—Jamelle Bouie

Project 2025, the sweeping extremist policy

agenda assembled by Donald Trump’s supporters, allies, and veterans of his administration, is deeply unpopular with the American people.

As a candidate, Trump’s response was to feign ignorance. During his Sept. 10 debate with Vice President Kamala Harris, he claimed he hadn’t even read it.

What he didn’t say was whether or not he supported the alarming proposals it contains, or whether he would implement them as President. In fact, at least 270 of the proposals in Project 2025 match Trump’s own past policies, previous actions, or current campaign promises.

Key to the agenda is a drastic overhaul of the federal government, purging it of conscientious civil servants and replacing them with Trump loyalists. Trump began that process late in his last term with Executive Order 13957, also known as Schedule F.

“Schedule F would be the most profound change to the civil service system since its creation in 1883,” Georgetown political scientist Don Moynihan wrote in the New York Times. It would be “a catastrophe for government performance” and for democracy, he said.

Trump’s term ended before he could implement Schedule F, and President Biden quickly rescinded it when he took office. Trump has vowed to reissue the order immediately and wield the power it gives him “very aggressively.” Civil servants deemed disloyal already have been compiled.

With a federal workforce who will place loyalty to Trump over loyalty to the Constitution, Trump will be free to implement a radical, extremist agenda that will obliterate racial justice initiatives and preserve advantages for white Americans.

The next Trump administration will use civil rights laws to counter the imaginary forces of “anti-white racism.” Trump has bragged that his administration banned “critical race theory”—a misnomer he and his allies have slapped on virtually any racial justice initiative—and promised to “finish the job.”

Project 2025 calls for using the Department of

Justice to investigate and prosecute institutions, including private employers, with diversity, equity, and inclusion policies in place.

Trump’s policies also align with Project 2025 on the issue of immigration and the border. Trump has promised to “close the border” on day one of his administration and begin “mass deportations” of the estimated 11 million immigrants living in the United States without authorization. Project 2025 outlines various methods for facilitating those deportations, from requiring the cooperation of local law enforcement to authorizing “tent camps” to detain migrants.

Aside from the devastating human cost of tearing families apart, mass deportations and border closures will wreak havoc on the economy. The American Immigration Council estimates the deportations would result in a 4.2% to 6.8% reduction in GDP. By comparison, GDP fell by 4.3% during the Great Recession of 2007–2009.

Closing the southern border would cost “tens of billions of dollars per day,” the U.S. Chamber of Commerce has estimated.

The Heritage Foundation, which spearheaded Project 2025, also created a “Mandate for Leadership” during Trump’s first term. Within two years, Trump had embraced nearly two-thirds of that agenda. With a hyper-politicized, extreme right-wing cabinet, federal workforce, and judiciary, Trump can go even further in his second term.

—November 8, 2024

Marian Wright Edelman

Founder and President Emerita, Children’s Defense Fund



ChildWatch:

Keep Rising

God of our weary years,
God of our silent tears,
Thou who has brought us thus far on the way ...
Many people will instantly recognize these words: they are lines from “Lift Every Voice and Sing,” the poem and hymn otherwise known as the beloved Black National Anthem. It’s a hymn that speaks of the long, difficult road we have already traveled—and the ongoing determination, through blood, stunted hopes, exhaustion, and tears, to keep hope anyway, keep faith, keep

Marching, and keep rising.
This is a moment when many people are feeling as if the dream they have of what America can and should be has been deferred yet again, while the forces that seem willing to ignore, excuse, or embrace misogyny, racism, bigotry, bullying, and cruelty may appear to be ascendant. But we have come much too far on the way already to believe the road ends here.

There are millions of people in our nation still standing up to say “this is not who we are.” There

are others who understand that phrase with a special emphasis: this is not who we are. At every step since its founding, whenever America has shown it has room for exclusion and hate, there have been people who were painfully aware that may indeed be who America is—but who never stopped believing and insisting America could and must be better. Many of us stand on the shoulders of generations of these people. They include elders and ancestors who knew they deserved dignity and the equality promised in the Constitution even if they lived and died without seeing that come to pass. They are all among the countless Americans who again and again have found ways to push America forward and closer towards its professed ideals. Many of our ancestors also knew far too well that any steps of progress might be followed by backwards retrenchment, yet they were never deterred. They kept going.

Remember what Frederick Douglass said in 1857: “The whole history of the progress of human liberty shows that all concessions yet made to her august claims, have been born of earnest struggle. The conflict has been exciting, agitating, all-absorbing, and for the time being, putting all other

tumults to silence. It must do this or it does nothing. If there is no struggle, there is no progress. Those who profess to favor freedom, and yet depreciate agitation, are men who want crops without plowing up the ground. They want rain without thunder and lightning. They want the ocean without the awful roar of its many waters. This struggle may be a moral one; or it may be a physical one; or it may be both moral and physical; but it must be a struggle. Power concedes nothing without a demand. It never did and it never will. Find out just what any people will quietly submit to, and you have found out the exact amount of injustice and wrong which will be imposed upon them.”

The struggle between power for some and freedom for all will continue, but the struggle is in service of the progress. This is not a time to be silenced into submission by fear or deadly apathy. Like every generation before us, it is time to keep going. Our ancestors may have taken moments to renew and regroup, but then they kept rising. This is who we are. In one more familiar line from “Lift Every Voice and Sing”: let us march on ‘til victory is won.

—November 8, 2024

PGCPS Hosts Second Annual Legislative Day to Highlight 2025 Priorities

By PRESS OFFICER
Prince George’s County Public Schools

UPPER MARLBORO, Md. (Nov. 11, 2024)—Prince George’s County Public Schools (PGCPS) hosted its second annual Legislative Day on November 8 at Ellen Ochoa Middle School. This event provided district leaders, elected officials, and community stakeholders an opportunity to review the accomplishments of the past year and present the district’s 2025 Legislative Platform, which advocates for policies to benefit students, educators, and families across the county.

“Today is about building partnerships with our legislators to strengthen our schools,” said Superintendent Millard House II, emphasizing the importance of collaboration with legislators to address the district’s unique challenges. “Their support is critical to our success, especially when it comes to funding and legislation that align with both their goals and ours.”

Board Chair Lolita E. Walker echoed this sentiment, underscoring the united front between the Board and district administration in advocating for the resources PGCPS students deserve.

“The Board looks forward to partnering with our legislators to educate, advocate, and act together for the necessary funding and continued benefit of our Prince George’s County scholars,” Walker said.

Among the district’s priorities are implementation of the Blueprint for Maryland’s Future, school safety, construction and facility upgrades, and adjusted immunization timelines for new international students.

“The Blueprint offers transformative potential, but its success requires sustained funding. Every district, including ours, is navigating these challenges to meet ambitious goals,” noted House.

2025 Legislative Platform Priorities:

- **Blueprint for Maryland’s Future:** PGCPS seeks enhanced fund-

ing flexibility to implement the Blueprint’s ambitious goals for education reform, while ensuring that all students have access to resources needed for success.

- **School Safety and Security:** Advocating for expanded funding to upgrade security infrastructure and technology, PGCPS is committed to providing safe learning environments for every student.
- **Construction and Facilities Improvements:** With more than half of PGCPS schools aged 40 years or more, securing funds for renovations and new construction remains a top priority to support modern learning environments.
- **Immunization Timeline Adjustments for Newcomer Students:** Supporting policies that extend immunization deadlines for international students will allow them to begin classes promptly with uninterrupted instruction.

Additional areas of focus include maintaining local Board authority over district policies, addressing recruitment and retention needs, and improving special education resources.

Morningside from A2

daughter Angie Sawyer (Ken); grandsons Travis and Nathan Quillin and Austin and Ryan Sawyer; sister Gerlie Sellner and numerous nieces and nephews. He was predeceased by siblings Paul, Raymond, George, John, and Shannon Quillin; Ann Meddings;

Hattie Theil; Edna Mae Simpson; Margaret Briguglio; Evelyn Kelly; Thelma Quillin; and Edith Kline.

Milestones

Happy Birthday to Kendra MacLean and Katie Frostbutter, Nov. 18; Herbert Hanson and Andrew Boone, Nov. 20; former St.

Philip’s School Principal Linda Cullinan and Brea Sandy-Hanson, Nov. 21; Dolores Steinhilber, former president of the Skyline Citizens Assn., Stephanie White, Sharon McKlveen and Jill Flaherty Kimmel, Nov. 22; and Leslie Greene, Nov. 23.

Happy Anniversary to Paul and Sharon Locke on November 22.

Exhibition from A3

for full equality in the United States continues. This exhibit shares about the breaking down of barriers immediately following the passage of the 1964 Civil Rights Act, and includes the stories of local Annapolitans such as Deborah Barber, who participated in local protests for equal rights as a high school student in the 1960s.

A curated Book List accompanies the exhibit, and provides the opportunity for visitors to expand their knowledge further about the Civil Rights Movement, all of which can be found in the Anne Arundel County Public Library! (Editor’s note: If books on the list are not available at the Prince George’s County Memorial Library System, you can use Marina, the free, statewide interlibrary loan system to borrow books from another county.)

Established in 1952, Historic Annapolis is the leading nonprofit preservation and history organization in Annapolis, Maryland. Our mission is to Preserve and Protect the historic places, objects, and stories of Maryland’s capital city, and provide engaging experiences that Connect people to the area’s diverse heritage. Historic Annapolis is one of six Smithsonian Affiliates in Maryland, and is accredited by the American Alliance of Museums. For more information or to get involved, visit annapolis.org.



PHOTO CREDIT: HISTORIC ANNAPOLIS

County Executive Stuart Pittman, Community Activist Deborah Barber, HA Trustee Margaret Davis, and Historian and Community Leader Janice Hayes-Williams at the opening reception of “The Civil Rights Act of 1964 and Annapolis Activism.”

The Prince George’s Post

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HEALTH *and* WELLNESS

Dawn Grace-Jones RN, Esq. Launches Gracefully Healthy

This new and innovative site provides information on self-care, wellness, and more

(Black PR Wire) Miami, FL— Dawn Grace-Jones, RN, Esq., a renowned nurse, lawyer, speaker, author, health advocate and entrepreneur, proudly announces the launch of her health and wellness website, <https://gracefullyhealthy.net/>, a comprehensive online platform dedicated to empowering individuals to prioritize their well-being. With extensive expertise in healthcare and law, Dawn brings a wealth of knowledge to Gracefully Healthy.

Through Gracefully Healthy, Dawn provides expert advice on nutrition, fitness, menstrual health and much more in an effort to empower women and young girls towards wellness, wholeness, and peace of mind. A key feature of the website is the quarterly publication Moments of Grace, a newsletter designed to inspire, educate and support women on their health and wellness journey. It offers practical tips, positive affirmations and quotes. “My goal is to inspire and educate women and young girls to prioritize their well-being,” says Dawn. “Gracefully Healthy is more than a website. It’s a movement toward self-love, self-care, and vibrant health.”

About Gracefully Healthy

Gracefully Healthy is a wellness platform empowering young girls and women to achieve balance, vitality, and self-care. Founded by Dawn Grace-Jones, RN, Esq. Gracefully Healthy is on a mission to provide expert resources, supportive community and personalized guidance for a healthy mind, body and spirit. Join the movement and visit <https://gracefullyhealthy.net/>. Also, share your wellness stories



PHOTO COURTESY BLACK PR WIRE

or suggestions on what you would like to see by contacting Gracefully Healthy at hello@gracefullyhealthy.net. Follow Gracefully Healthy on Instagram and X @GracefullyHlthy, and Facebook @GracefullyHealthy.

About Dawn Grace-Jones, RN, Esq.

Dawn Grace-Jones, RN, Esq. has been an advocate for people in need for over 30 years. After graduating with a Bachelor of Science in Nursing from Florida Agricultural & Mechanical University (FAMU), she went on to become an ICU nurse. Her love for learning and passion to help others did not stop there as she went on to earn her Juris Doctor degree from the University of Miami and soon became a member of the Florida Bar, leading to her work as an assistant city attorney and special magistrate. With extensive experience, she has lectured hundreds of healthcare providers, from students to industry professionals, on the benefits of EHR systems and how to identify and address issues associated with their day-to-day use.

HEALTHY LIVING

Lasers: A Safer Alternative to Weight-Loss Drugs?

(StatePoint) Weight-loss drugs have skyrocketed in popularity because of their quick results and use among celebrities and influencers. J.P. Morgan predicts that by 2030, 30 million Americans will use them.

However, some medical providers say the drugs’ hidden health risks may not be worth their benefits.

“Weight loss is so often prescribed to improve health,” said Dr. Cesar Lara, a board-certified medical bariatric physician. “The irony is that many of today’s weight-loss medications bring forth their own set of serious risk factors.”

Hidden risks

A growing number of weight-loss drug users report side effects including nausea, vomiting, tachycardia, fatigue, depression and suicidal ideation.

And because these drugs are relatively new for weight-loss purposes, questions linger about their long-term impacts.

Lara said patients considering the drugs should know their potential side effects and alternative options.

“I would advise any patient of mine who needs or desires to lose weight to investigate safe options, like low-level lasers, and to understand the risks of taking medications that could potentially compromise their health,” Lara said.

Safer alternatives

Low-level lasers are a non-in-

vasive, pain-free option for people seeking safer weight-loss treatment.

For example, the Emerald Laser, an FDA-cleared low-level laser for fat loss and body contouring, is additionally FDA-cleared for treating obesity, making it a good choice for those with a lot of weight to lose. The Zerona, also an FDA-cleared low-level laser for fat loss and body contouring, has over-the-counter clearance for overall body circumference reduction, providing a way to quickly target stubborn areas of fat.

Both lasers create temporary tiny pores in fatty cells to release fat, which the body’s lymphatic system naturally removes. Ultimately, the lasers shrink fat cells without damaging them.

This controlled approach helps ensure optimal results in target areas such as the waist, chest or back and requires no recovery time.

Unlike many other weight-loss treatments, lasers do not elevate plasma lipids, triglycerides or cholesterol. They also don’t cause bruising or swelling.

Fat-loss laser treatments are often available at doctors’ offices, chiropractors, spas, health centers and fitness centers. To find a location near you or to offer a laser service at your business, visit fatlosslasers.com.

When considering your weight-loss options, prioritize safe, non-invasive treatments with no side effects.

New Report Warns of Escalating Threat to Life From Fossil Fuels, Highlights Lifesaving Benefits of Renewable Energy

By PRESS OFFICER
Maryland Health Professionals for a Healthy Climate

A new report from the internationally renowned medical journal “The Lancet” details the escalating health problems in the U.S. and around the world stemming from climate change and fossil fuel use, prompting Maryland health professionals to call for urgent action to fund climate solutions and invest in addressing climate-induced health risks and inequities.

Key findings from the Lancet Countdown on Health & Climate Change Brief for the United States, which is supported by a diverse group of health experts from more than 80 organizations nationwide, include:

- In 2021, fossil-fuel related air pollution was responsible for about 50,000 deaths in the U.S. Despite known health impacts, the U.S. continues investing in fossil fuel infrastructure and is a major exporter.
 - Adoption of wind and solar led to an estimated 1,200 to 1,600 fewer premature deaths in the U.S. in 2022, and contributed to \$249 billion U.S. dollars (USD) in climate and air quality benefits from 2019 through 2022.
 - Even as overall air pollution decreases, racial and ethnic disparities in air pollution exposure persist, leading to rising health harms.
- To address these impacts, the U.S. Brief includes three main recommendations that are focused on the way we invest in energy and in health. “There are opportunities to reform the existing financing system to support investments that align climate and community health. In 2022, the U.S. had a net-negative carbon revenue, indicating that fossil fuel subsidies were higher than carbon prices. The U.S. allocated \$9 billion USD in fossil fuel subsidies in 2022 alone.” The recommendations are:
- Rapidly reduce fossil fuel production and use while accelerating the transition to clean, non-combustion renewable energy.
 - Build resilient, adaptable communities and support public health to protect people from climate impacts.

- Build U.S. global leadership through scaling up global investments and support for climate and health action.

“Maryland is a small state but mighty when it comes to public health. Our state is home to leading Federal health agencies, trailblazing state and local health departments, the headquarters of many public health nonprofits, and top academic training programs,” said Suparna Navale, Immediate Past President of the Maryland Public Health Association. “Maryland made history by passing the Climate Solutions Now Act, setting out the most ambitious greenhouse gas reduction goals of any state in the nation. But far too many Marylanders suffer illness and premature death based solely on their zip codes and the pollution they experience there. This year’s Lancet Countdown U.S. Brief emphasizes climate and environmental justice as key to achieving health equity, and Maryland lawmakers should keep these principles front and center in the upcoming legislative session.”

“It’s time to focus responsibility on the fossil fuel industry for the direct health harms they cause from pollution, including respiratory, cardiac, neurologic, and cancer related morbidity and mortality, and for their role in the resulting climate crisis which has led to illness, injury and death from heat events, floods, droughts, fire, and increased spread of infectious diseases,” said Gwen DuBois, President of Chesapeake Physicians for Social Responsibility. “This year’s U.S. Brief calls for rapidly phasing out fossil fuel use and shifting fossil fuel subsidies to renewable energy investments. Policy solutions that are guided by public health principles would replace fossil fuels with renewable and clean energy and involve frontline communities in crafting solutions, resulting in significant lives saved and greater health equity.”

This follows the results of a nationwide survey of 16,000 youths aged 16–25 published in “The Lancet: Planetary Health”. Notable findings from the 397 respondents from Maryland, Delaware, and D.C. include:

- 86.6% reported moderate to extreme

worry about climate change and its impacts on people and the planet, with 45% reporting it has impacted their mental health at least moderately.

- 68% believe the US government is betraying them and future generations, 73% believe that the United States government is not taking their concerns seriously, and 77% believe that the United States is not doing enough to avoid a climate catastrophe.

Dr. Elizabeth Ryznar, psychiatrist and Director of Medical Education at Sheppard Pratt, responds: “The effects of climate change have been unavoidable this year: we have witnessed record heat and hurricane activity. These phenomena will continue to worsen if we don’t act now. We know that climate change disproportionately affects the mental health and future livelihood of children and youth, and this study shows that youth are acutely aware of this, with resulting anxiety amid the sense that the government is failing them.”

“This year’s Lancet Countdown U.S. Brief recommends policy action that accelerates our transition to clean and renewable energy sources, which will result in immense health benefits through improved air quality and by limiting climate change,” said Surili Sutaria Patel, Vice President at Metropolitan Group and Maryland LCV Education Fund Board Member. “With the most ambitious short term emissions reduction goals, Marylanders could see \$296 to \$667 million annually in additional health benefits when we reach 60% emissions reductions in 2031, mostly due to improved health outcomes as a result of decreasing harmful air pollution. Maryland is poised to protect its residents from the worst harms of climate change if we can commit to funding mechanisms for our ambitious goals. Investing in a clean energy future is essential for public health and the environment.”

Maryland Health Professionals for a Healthy Climate is a partnership of professionals from a broad range of health and public health fields working together to advance equitable climate solutions.

Even Amidst the Stresses of Racism, Joy is Among the Best Medicines for Brain Health

By HAZEL TRICE EDNEY
Trice Edney Communications

Joy. The Oxford Dictionary describes it as “a feeling of great pleasure and happiness.” Merriam-Webster says it is “the emotion evoked by well-being, success, or good fortune.” Thesaurus.com gives a string of synonyms for joy, including elation, humor, bliss, and cheer.

How ever one chooses to describe or define, “joy”, medical doctors, psychologists, counsellors and preachers say it can be the world’s best medicine—especially for brain health.

“Growing up in the Black church, we used to say, ‘This joy I have; the world didn’t give it, and the world can’t take it away,’” writes New York pastor, author and educator Gabby Cudjoe-Wilkes. “What we were saying was that the conditions of this world didn’t produce joy for us; rather, something within us created the joy that the world continually tried to steal. Time and time again, systems of this world tried to steal our joy, our dignity, our hope and our future.”

In America’s Black community, the “conditions of this world” that Pastor Cudjoe-Wilkes writes about often comes as a result of systemic racism and societal attitudes of White supremacy. These historic racial attitudes toward African-Americans simply because of the color of their skin often cause traumatic assaults to their emotions and their psyche. Those assaults—whether emotional or physical—can result from a number of activities, including race discrimination, racial profiling, and even racial violence.

These deeply personal experiences are often compounded by news accounts of such horrific incidents also happening to other people. Spiritual reinforcement and a lifestyle of faith can heal these mentally stressful and sometimes depressing reactions, authorities say, because lifestyles of faith can inspire joy.

“Joy is unspoken hope that floods your being. It’s that ‘It is well with my soul’ that resonates deeply within your spirit,” writes



PHOTO COURTESY TRICE EDNEY COMMUNICATIONS

Pastor Gabby Cudjoe-Wilkes is one of many authorities who say that joyful activities can help people through difficult circumstances.

Cudjoe-Wilkes, who is co-lead pastor of The Double Love Experience Church in Brooklyn.

Medical doctors agree. A Harvard School of Medicine article reports that joyful laughter can actually stimulate brain chemicals that gives a feeling of happiness and well-being.

“A good belly laugh can do wonders for your state of mind,” as it releases levels of dopamine, a chemical released by the hypothalamus of the brain, which provides an “intense feeling of reward,” the article states.

At the onset of the COVID-19 pandemic as George Floyd was publicly asphyxiated by now imprisoned Minneapolis police officer Derek Chauvin in 2020 and mass protests spread throughout the nation, psychologists began looking closer at brain health and the impact of racial trauma on those who observe it or experience it.

“Living While Black: Using Joy, Beauty, and Connection to Heal Racial Trauma” is a book written by veteran psychologist Guilaïne Kinouani during the height of that

season. Kinouani highly recommends self-care that increases levels of joy.

“Based on her findings, Kinouani has devised tried-and-tested strategies to help protect Black people from the harmful effects of verbal, physical, and structural racism. She empowers Black readers to adopt self-care mechanisms to improve their day-to-day wellness to help them thrive, not just survive, and to find hope and beauty—or even joy—in the face of racial adversity,” states a review of the book by Beacon Press. “With the rise of far-right ideologies and the increase of racist hate crimes, Living While Black is both timely and instrumental in moving conversations from defining racism for non-Black majorities to focusing on healing and nurturing the mental health of those facing prejudice, discrimination, and the lasting effects of the violence of white supremacy.”

An article published by AARP, also during the COVID-19 pandemic, gave a list of ways to bring joy to the mind. The article, titled, “9 Simple Habits to Make You Happier: Easy ways to spark joy today”, in a nutshell, includes the following suggestions:

Watch the dawn, the sunset, enjoy nature or just listen to some birds; Get some ice cream with a friend or treat yourself to a dessert, a delicious meal or your favorite beverage; Play a game with other people during which you can let your guard down; Engage in a hobby like art, dancing or other fun activities; or spend time gazing at a baby, a puppy or something else that causes you to feel happy.

There are hundreds of ways to invoke joy in one’s life, depending on the individual. Even amidst civil rights battles, Dr. Martin Luther King Jr. once said, “The surest way to be happy is to seek happiness for others.”

This article is part of a series powered by AARP for the purpose of brain health education. Here’s more information: <https://www.aarp.org/health/brain-health/>

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EarthTalk® Q&A The Greening of Antarctica

By Pravit Kochar | October 31, 2024

Dear EarthTalk:
Is the so-called "greening" of Antarctica as its ice melts actually helping to prevent climate change given that plant life absorbs and stores carbon?
—W.P. Smith, via email

As Antarctica warms due to climate change, an unexpected phenomenon is occurring: the "greening" of the continent. As ice melts, certain areas once covered in snow and ice are becoming hospitable to algae and other plant life. A key question arises: Does the increased carbon capture from this greening offset or help prevent climate change?

The "greening" of Antarctica primarily refers to the growth of green snow algae, which thrive in the increasingly warmer temperatures of the Antarctic Peninsula. As temperatures rise slightly above freezing, especially in coastal regions, these algae blooms are expanding significantly. These blooms are acting as carbon "sinks," absorbing carbon dioxide (CO₂) through photosynthesis, which reduces greenhouse gases. According to a study by the University of Cambridge, green snow algae

in Antarctica capture approximately 479 tonnes of CO₂ annually, and their growth is expected to increase as the snow melts and more land becomes suitable for these blooms.

While the role of algae as a carbon sink is positive, there are several limitations to its impact on mitigating climate change. First, the scale of the carbon sequestration is relatively small when compared to global CO₂ emissions. The estimated 479 tons of CO₂ captured by Antarctic algae is just a fraction of the billions of tons emitted annually worldwide, rendering its contribution minimal in the grand scheme. As a result, while algae may contribute to reducing atmospheric CO₂, it does not provide a large enough offset to make a significant dent in global warming.

Moreover, the overall ecological and climate impacts of Antarctica's greening are most concerning. The melting of Antarctic ice is leading to rising sea levels, which far outweigh the benefits of carbon sequestration by its algae. And this global sea level rise threatens coastal communities and ecosystems around the world. Additionally, the introduction of plant life into Antarctica's

fragile ecosystem may create new environmental challenges, disrupting existing species and possibly causing further ecological shifts that could have unforeseen consequences.

While Antarctic algae blooms represent an interesting phenomenon, to combat climate change effectively we need to focus on reducing our carbon footprint through renewable energy, supporting reforestation projects, advocating for strong climate policies, and reducing waste.

CONTACTS: Antarctic 'greening' at dramatic rate, <https://www.sciencedaily.com/releases/2024/10/241007115554.htm>; Climate change will turn coastal Antarctica green, say scientists, <https://www.cam.ac.uk/stories/antarctica-turning-green>.

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

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