

# The Prince George's Post



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## Sip & Savor Event Celebrates Prince George's, Raises \$16K

By ELYZABETH MARCUSSEN  
Hospice of the Chesapeake

LARGO, Md. (Nov. 13, 2025)—Hospice of the Chesapeake celebrated its inaugural Sip & Savor: A Taste of Prince George's on Nov. 9, a unique culinary event held at the elegant Newton White Mansion in Mitchellville, Maryland. The event provided guests with not only a festive and flavorful afternoon but also an opportunity to support compassionate care for neighbors in need. The organization raised nearly \$16,000 to support vital medical care, emotional and spiritual support, grief counseling and specialized programs for veterans and children in Prince George's County.

The afternoon offered guests a curated selection of savory and sweet dishes from local chefs and caterers including Bennett Caterers, ButterQueen Bakery and Plan it to the T—Planning & Catering. Complemented by refreshing beverages, music and engaging experiences, the event highlighted Hospice of the Chesapeake's mission to provide compassionate care throughout the community.

Becky Miller, President and CEO of Hospice of the Chesapeake, spoke movingly about the significance of the event. "We gather not only to celebrate the flavors and culture of our county, but to honor the heart of our community—the people who care for one another, especially our aging neighbors and their families," Miller said.

Miller told the guests that in 2024, Hospice of the Chesapeake served 742 patients in Prince



**Cherrie Britton stands to be recognized after Joyce Phillip shared how Hospice of the Chesapeake cared for her husband. "Hospice was the best thing that I did for John over his eight years of my caring for him," she told Joyce.**

George's County, providing nearly 45,000 days of care. "That's 45,000 moments of comfort, dignity, and connection," she said. "Our work is made possible by the trust and partnership of local hospitals, skilled nursing facilities, assisted living centers, community organizations and especially our faith-based communities."

Joyce Phillip, a member of the Hospice of the Chesapeake Board of Directors and longtime friend of the nonprofit, shared personal stories of

how hospice care supported two families through challenging times.

"Today is a time to share our stories, reflect, rejoice and recommit to caring for our community," Phillip said. "Let today be more than a gathering. Let it be a beginning—a commitment to care, to educate and to walk with our neighbors through every season of life."

The afternoon concluded with a heartfelt musical performance by Alexander Strachan, a vio-



**Chance Kitt interviews Sarah Wright, who was excited to find Alexander Strachan at the event. Strachan played his violin once a week for her son while he was in the care of Hospice of the Chesapeake.**

PHOTOS CREDIT ELYZABETH MARCUSSEN

linist and Maryland-National Capital Park Police officer. Strachan has performed for many hospice patients and is known for his community performances, including performing the national anthem at Chesapeake Baysox games.

The organization would like to thank its gracious sponsors, including Savory Sponsors K & I

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**Governor and First Lady Moore, along with County Executive Braveboy, served meals to veterans and their families at the Greenbelt American Legion Post 136's annual Veterans Day Luncheon.**  
PHOTO CREDIT PAT SIEBERT, MARYLAND GOVERNOR'S PRESS OFFICE

## Governor Moore Honors Veterans Day and Announces Additional Support for Veterans Impacted by the Federal Government Shutdown

By PRESS OFFICER  
Office of the Governor

ANNAPOLIS, Md. (Nov. 11, 2025)—Governor Wes Moore today visited Greenbelt to commemorate Veterans Day and honor the sacrifices of Maryland's veterans and their families. During his visit, the governor reinforced the Moore-Miller Administration's commitment to supporting veterans and military families across Maryland. "Leave No One Behind is not a talking point for us, it's a governing philosophy," said Gov. Moore. "So at a time when we're seeing attacks against our veterans and military families, today is a reminder: In Maryland, 'thank you for your service' actually means something. As long as I am governor of the state, it always will."

In response to the impacts of the longest shutdown in U.S. history and federal layoffs that disproportionately affect veterans, the governor today announced \$250,000 in funding to be allocated to four initiatives that provide critical aid for rent, groceries, and household stability. The partnerships built through this effort will help

strengthen Maryland's support network for veterans—one in four of whom are federal civilian employees—and their families.

"At a time when we are facing enormous challenges, what gives me hope is that our administration is doing everything in our power to deliver relief for those struggling," said First Lady Dawn Moore. "When I married my husband, I didn't know I was marrying a governor—but I knew I was marrying a soldier. Soldiers are wired to protect, and my husband wakes up every day thinking about how to build a state that lives by the creed he learned in the military: leave no one behind."

The \$250,000 in funding announced today will be distributed among the following initiatives:

Maryland Veterans Trust Fund, which helps cover essential expenses such as rent, mortgage payments, utilities, and vehicle repairs. Funding will significantly reduce the backlog of more than 200 pending applications, ensuring timely financial relief through emergency grants of up to \$10,000 for veterans, military families, Gold Star

parents, spouses, and members of the Maryland National Guard.

Learn more about the Maryland Veterans Trust Fund at [veterans.maryland.gov](https://veterans.maryland.gov).

**Operation Homefront**, which works to build strong, stable, and secure military and veteran families by improving their financial, emotional, and social well-being. Funding will expand an existing emergency food assistance partnership, providing \$500 grocery gift cards to approximately 200 military and veteran families—including veterans with service-connected disabilities within 10 years of separation. Operation Homefront has seen a nearly 100% increase in food assistance requests nationwide since the government shutdown began.

Applications for support are being accepted at [operationhomefront.org](https://operationhomefront.org).

**Blue Star Families Maryland Chapter**, which works to ensure that military families feel connected, supported, and empowered wherever they serve through partnerships with public

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## National Harbor Celebrates Small Businesses on Saturday, November 29

Free parking from 11 a.m. to 4 p.m. on Shop Small Business Saturday

By PRESS OFFICER  
National Harbor

NATIONAL HARBOR, Md. (Nov. 5, 2025)—National Harbor has become known for its unique, boutique shops. It also has a large number of women and minority owned small businesses. On Shop Small Business Saturday, November 29, National Harbor will celebrate these entrepreneurs by offering free parking in the garages and parking lots to the public from 11 a.m. to 4 p.m. "National Harbor has long been known for its great mix of unique boutiques and national brands," said Deborah Topcik, senior director of marketing at National Harbor. "Shop Small Saturday, is a great way to highlight our smaller businesses. They are an intracell part of our retail portfolio and give our visitors a local shopping experience."

The Waterfront District at National Harbor has more than 60 retailers and restaurants. Convenient parking and walkable streets make it an ideal destination for easy access to restaurants and holiday shopping. For a list of retailers, visit [www.nationalharbor.com/shopping/](https://www.nationalharbor.com/shopping/) to see the wide array of shopping options. Here are a few of the small shops:

**Wigenton Candle Company** (164 Waterfront St.) is a recently opened, family-owned business with soy candles and all natural products. In addition to having hand-crafted candles for sale, the company also offers a candle-making and scent bar where individuals, or groups can enjoy the creativity of designing and making their own candles.

**Corinto Gallery** (131 American Way) is an art gallery and boutique in one, featuring unique DMV inspired creations from Artist, Josue Martinez, a multi-media artist who has made his art accessible for all by creating a Corinto Gallery clothing and accessory line as well. You can find clothing for and accessories for the whole family including

the family pets!

**MahoganyBooks** (121 American Way) Opened this year at National Harbor, this is the second location for this bookstore in the D.C. region. The store specializes in books written for, by or about people of the African Diaspora. It was featured last February on the Today Show after being surprised by President Barack Obama during the store's virtual book club meeting.

**ZAAF** (189 Waterfront St.) is a premium lifestyle brand with goods made entirely in Africa. Items include beautiful high-end handbags, scarves, shoes and other accessories. It's a store that is truly unique and is helping artisans across Africa in a demonstration of social responsibility.

Abai Schulze is the Founder and Creative Director of ZAAF. Her life journey has taken her from an orphanage in Addis Ababa to the United States and the rest of the world. Abai is committed to using her academic background in economics and fine arts from her alma mater George Washington University to create unique and practical expressions of beauty.

Those for looking for an experience with their out of town guests, can stop by locally owned Thread & Sole by Kinetics Lab to customize sneakers and apparel or head over to Sip and Develop to develop your own photograph.

These stores join other popular locations including Muse Paintbar, America!, Ben & Jerry's, Build-A-Bear Workshop, Carhartt, Comfort One Shoes, Community Love Hub, Dippin' Dots, House of Jonlei Atelier, It'Sugar, Miguel Wilson, Panda Tea House, Pepper Palace, Savannah's Candy Kitchen, plus another 85 brand names at Tanger Outlets and more boutique shops at MGM National Harbor. And, there are more than 30 restaurants!

For more information on National Harbor, visit [www.nationalharbor.com](https://www.nationalharbor.com).

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# TOWNS *and* NEIGHBORS

## Brandywine-Aquasco by Audrey Johnson 301-922-5384

### UMES SOUTHERN MARYLAND ALUMNI CHAPTER

“To UMES, Southern Maryland Alumni Chapter, Inc. Family. We recognize that many in our community are being directly impacted by the ongoing government shutdown and resulting furloughs. During this difficult time, please know that your UMES Southern Maryland Alumni Chapter, Inc. stands with you.”  
“We have compiled a list of resources and assistance programs that may help you or someone you know navigate this challenging period. These include information on emergency financial assistance, food distribution sites, mental health resources, and community support services.”

“We encourage you to take a moment to review and share these resources with your fellow alumni, family, and neighbors. No one should have to face this season alone, and our Hawk family is stronger together.”

“We are praying for everyone affected and remain hopeful that this shutdown will come to a swift and peaceful end. Until then, please lean on one another, stay informed, and do not hesitate to reach out if we can be of service. In Hawk Pride and Community. University of Maryland Eastern Shore Southern Maryland Alumni Chapter, Inc. “Lifting Each Other as We Rise.”

“Some of the resources listed are: Bank of America: announced assistance available to furloughed Federal employees. Call the priority assistance line 844-219-0690. Chase Bank: Chase announced efforts to help its customers who are U.S. government employees affected by the U.S. government shutdown. Here is the special line they set up 1-888-356-0023. Congressional Federal Credit Union: For more information on our Relief Line of Credit or any of our assistance programs, contact our Member Service Representatives at 800-491-2328 or stop by one of our branch locations. Interior Federal Credit Union: They are offering a special loan for both member and non-member furloughed Federal workers. Net paycheck up to \$15,000, interest free up to 30 days. Members may apply for a limit up to the equivalent of 2 net paychecks. More offers are available on the site or call 800-914-8619”. From the desk of the President Lisa Jackson.

### BIRTHDAY CELEBRATIONS

Happy Birthday to Sonia Douwana, Markell S. Dabney, Dicon Jalloh, Owen Johnson, Jr., Ugo Mbakwe, Shurrell Bell, Ronald Crawford, Jr., Tiffany Knight, Daphne Rojas, Evangeline Crawford, Sheila Holmes, Grace Omoregbe, Pauline Clark, Dorothy Glasgow-Reid and Sinaya Cromartie who are Clinton United Methodist Church Members celebrating birthdays in November.

### BIRTHDAY CELEBRATIONS

Happy Birthday to Jonnetta Dent, Gloria Dotson, George Saunders, Mark Taylor, William Taylor, Jr., Lakeisha Thomas, Mary Contee, Gwendolyn Deville, Stephanie Eugene, Herbert Wilkerson who are members of New Hope Fellowship Parish (Nottingham Myers United Methodist Church and Christ United Methodist Church celebrating birthdays in November.)

## In & Around Morningside-Skyline by Mary McHale 301-735-3451

### Pennies are going away!

The U.S. Mint made the last penny on Wednesday, Nov. 12. “The penny, officially known as the cent, is a coin in the United States representing one-hundredth of a dollar. It has been the lowest face-value physical unit of U.S. currency since the abolition of the half-cent in 1857.” (Wikipedia)  
I asked my visiting daughter Kathleen Shearer to search Bartlett’s Quotations for penny quotes. Here are a few:  
“One a penny, two a penny, hot cross buns...”  
“Penny wise, pound foolish...”  
“...in for a penny, in for a pound.”  
“...put a penny in the old man’s hat; If you haven’t got a penny, a ha’penny will do.”

I also searched my available coins and found two rolls of pennies. Will hang onto them. In 10 years or so—they might be valuable antiques.

One question: Will nickels be next?  
Wait! I have another closing: The Farmer’s Almanac—after more than 200 years. The editor, Peter Geiger, has announced that the 2026 edition will be the last.

### Second Baptist Church turns 100

Second Baptist Church of District Heights is celebrating its 100th anniversary. In May 1925 charter members organized as a mission congregation to form the Friendly Baptist Church. The church was

located at First and H Streets Southwest. Its first permanent location was at Second and N Streets in Southwest. They became known as the Second Baptist Church.

In 2011, the church purchased its current home at 5501 Silver Hill Road, in District Heights. The property added more capacity for mass, administrative offices, ministry space and a food pantry.

### Changing landscape

Here are some fairly new eateries in the Forestville Mall parking lot: Wing Stop, Chipotle, Quick Way, and Japanese Hibachi. They are located where the old Country Buffet was.

New in the Penn Mar parking lot: Raising Cane’s Chicken Fingers.

New in Penn Mar: Urban Crab Boil and BioLife Plasma Service.

A home at 5009 Suitland Road has just sold for \$340,000.

### Annie Bates dies at 102

Annie May Pugh was born October 13, 1922, to the late Deacon Johnnie and Mrs. Bessie Pugh, in Boykins, Virginia. She attended Rising Star School in Branchville, Va. With her first husband, Henry Clayton Kee, she relocated to Washington.

Henry preceded her in death. She married Arthur F. Bates in 1980.

Annie’s career was almost exclusively in sales, which fitted well with her personality. She became a member of the Queens

### ALL SAINTS DAY

Sunday November 2, 2025, was ALL SAINTS DAY: A SERVICE OF LEGACY AND REMEMBRANCE. Pastor Trice Sermon “A EULOGY FOR THE CHURCH” Pianist Avis Balkcom-Williams, Worship Leader June Fauber, CLM, Praise Music Chancel Choir.

Remembering of Saints/Time of Remembrance Prayer of Remembrance. We bless you for the life and love of these saints and rejoice for them that they have entered into the fullness of life in your presence. We also remember those saints who we hold in our hearts who have not been with us for some time, yet whose life and witness continue to form and shape us as your disciples. We honor them now by lifting their names aloud or in our hearts. On the All-Saints Sunday, we also remember that we are living saints, members of the family of GOD with all the saints of the past, present, and the future. And so, we remember.

Clinton United Methodist Church Saints, William “Buddy” King, Georgia Kinard, Family & Friends of Clinton UMC, Daniel (Danny) Chumley, Frances Briggs Kelley, Patsy Sweatmon, Gloria Ama Dziedzorm Tay, William Harris, Barbara Viola, Nick Johnson, Patricia M. Smith, Edith Marie Carter, Benjamin Adolphus Tay, Georgina Allen, Conrad Standclif, Barbara Richards, Vincent Jordan, Victoria Fleet, Emory Pinkney, Virginia Tisdale, Alfreda Pushia, Burma Shipman, Maggaline Phames, Diong Phames, Joseph Bryant, Dallas Peterson, Rosslyn Travers, Marie Greer, AD Bradford.

### RECOGNIZING THE PARISH MEN OF THE YEAR

The Parish Men of the Year celebrated Men’s Day on October 26, 2025. Matthew Montgomery, Man of the Year, who is a member of Nottingham Myers United Methodist Church and Ricky Hawkins, Man of the Year, who is a member of Christ United Methodist Church. Congratulations on your dedication and hard work.

### VETERANS DAY

“Veterans Day is a federal holiday in the United States observed annually on November 11, for honoring military veterans of the United States Armed Forces”. Wikipedia

“Veteran’s Day is celebrated on November 11th to honor the end of World War I. The date commemorates the armistice, or temporary cessation of hostilities, which went into effect at the “eleventh hour of the eleventh day of the eleventh month” in 1918. Originally called Armistice Day, the holiday was renamed Veterans Day in 1954 to honor American veterans of all wars after World War II and the Korean war”. Wikipedia

Remembering my uncles who served in the Military: Bernard Turner, Roland Turner, Roy Turner, Ernest Brooks, Brother-in-Law Ernest Johnson, Jr., Father James Garnell Turner.

“THANKS TO ALL THE VETERANS WHO SERVED IN THE MILITARY”

organization of the Knights of Columbus, St. Pius X Council and served as their Historian in 1993.

She was predeceased by Arthur and step-daughter Lorraine Bates Akins, brothers Robert, Linwood and George; sisters, Rosa May Everett, Fannie Lee Thomas, and Frances Barnes. Survivors include daughter Mary Elizabeth Kee, step-son Arthur Anthony (Tony) Bates, step-daughter Carol Bates-Morris, sisters Ruth Claud-Thomas and Doris Mildred Marshall, niece Earnell Patricia Keels, step-grandchildren Joy Aikins and Arthur Anthony Bates, Jr., nieces and nephews.

Mass of Christian Burial was at Saint Francis Xavier Catholic Church with interment at Resurrection Cemetery. By the way, she was two years older than the church from which she was buried, St. Francis Xavier.

### Milestones

Happy Birthday to Stephanie White, Sharon McKlveen, and Jill Flaherty Kimmel, Nov. 22; Leslie Greene, Nov. 23; Ben Gyskewicz and Mike Waby, Nov. 24; Ray Call, Avanna Williams and Andrew Gyskewicz, Nov. 25; Julie Koch-Michael and Darryl Moss, Nov. 26; Arthur Rose, Nov. 27; Thomas Shipman, Sr., Nov. 28; Devin Kane Blade, Nov. 29.

Happy Anniversary to Paul and Sharon Locke, on Nov. 22.

## Around the County

### Vice Chair Oriadha to Host Thanksgiving Food Giveaway and Free Dinner

To ensure residents in **District 7** have a joyful and stress-free Thanksgiving holiday, Vice Chair Krystal Oriadha is hosting a free food giveaway on Saturday, November 22, and a free Thanksgiving dinner on Tuesday, November 25.

On Saturday, November 22, more than 1,000 families will be able to receive a free turkey and other Thanksgiving staples at a distribution event hosted alongside Wanda Durant and the Durant Family Foundation, The Storehouse, and Bishop McNamara High School. The food giveaway will begin at 9 a.m. at Bishop McNamara High School, 6800 Marlboro Pike, Forestville, MD 20747, and run while supplies last.

On Tuesday, November 25, Vice Chair Oriadha will host a free Thanksgiving dinner for residents alongside School Board Member Dr. Phelton Moss, Pastors JJ and Trina Hairston, and The Gathering Place. Doors open at 5 p.m. and the dinner will run from 5:30 to 7:30 p.m. at Drew Freeman Middle School, 2600 Brooks Drive, Suitland, MD 20746. **Pre-registration is required:** <https://bit.ly/4qGEHEh>.

“While holidays are meant to be a time for joyous celebration, unfortunately, for a lot of our residents who are struggling financially, they can be incredibly stressful,” said Vice Chair Oriadha. “Our goal, by hosting these two events, is to take the stress out of Thanksgiving, and just give our residents a chance to enjoy themselves, without having to worry about how they’ll be able to afford putting a feast on their table.”

### University of Maryland Extension Curates Comprehensive Set of Food Assistance Resources for Marylanders

Food security is under threat with the current debates surrounding SNAP benefits and rising grocery prices. University of Maryland Extension (UME) is dedicated to assisting Maryland’s communities in accessing healthy food close to home, which is why UME has collected a set of state and local resources for organizations and the public to find food relief, including government assistance, pantries, donation information, and tutorials regarding how to use available ingredients in safe meal preparation.

“One of our main priorities in Extension is maintaining a resilient food system that helps Marylanders access safe, nutritious foods for themselves and their families,” said Dr. Jinhee Kim, Associate Dean of UME. “We strive to serve the needs of all of our communities, with faculty and staff available in every county to help keep our people healthy.”

To learn more and access the full list of resources regarding food access in Maryland, go to <https://extension.umd.edu/resource/food-access-resources/>.

University of Maryland Extension (UME) is a statewide, non-formal education system within the College of Agriculture and Natural Resources and the University of Maryland Eastern Shore. UME educational programs and problem-solving assistance are available to citizens and are based on the research and experience of land grant universities such as the University of Maryland, College Park.

### FedChoice Steps Up With Free Meals, Mental Health Support for Federal Employees During Shutdown

LANHAM, Md. (Nov. 12, 2025)—On November 4, 2025, as the federal government shutdown officially surpassed all previous records to become the longest in history, FedChoice Federal Credit Union stepped forward to support affected federal employees at its Lanham, MD location.

The initiative was designed to address the immediate health and financial stress faced by furloughed employees by providing support for the mind, body, and wallet.

### Immediate Relief Provided

FedChoice hosted a free lunch event, bringing in two local food trucks to serve delicious meals. Furloughed federal employees only needed to present their badge or furlough letter to receive a complimentary meal that day.

“FedChoice was built by and for federal employees,” said Brett Noll, President/CEO of FedChoice. “We are here for them during good times and I’m proud to see our credit union step up to help the federal community get through this very challenging situation.”

The Credit Union was moved by the urgent needs expressed by attendees, many of whom shared concerns about relying on food banks or affording basic necessities like gasoline. FedChoice was pleased to offer this respite to both members and non-members alike.

### Holistic and Emotional Support

Beyond immediate financial relief, FedChoice partnered with Transcend Clinical Services to offer on-site Strategic Wellness Check-ins. This provided employees experiencing emotional strain during the record-setting shutdown with immediate access to vital mental health support.

“You may not be able to control the storm,” said Alexis Jones, Founder/CEO of Transcend Clinical Services, “but you can always control how you care for yourself in it.”

The presence of non-member attendees also allowed for new connections to be created within the community. Attendees expressed gratitude for the relief, with one person asking when FedChoice would be hosting the event again, underscoring the deep need for such support during the ongoing funding lapse.

FedChoice Federal Credit Union was originally chartered in 1935 when a group of Bureau of Internal Revenue (aka IRS) employees decided to establish a credit union to meet their financial needs.

## Student News

### McDaniel College Students Perform in Jazz Night

WESTMINSTER, Md. (Nov. 14, 2025)—Adjunct lecturer Brian Frazier directs Jazz Night on **Thursday, Dec. 4**, at 7 p.m., in WMC Alumni Hall at McDaniel College, 2 College Hill, Westminster, Maryland. The concert features diverse styles of jazz, including classic big band swing, bebop, Latin, funk, and rock and roll.

Highlights of the program include “Over the Rainbow” from “The Wizard of Oz,” Earth, Wind & Fire’s “Fantasy,” Booker T. and the M.G.’s “Green Onions,” and Dizzy Gillespie’s “Manteca.”

Community members will join the stu-

dents on stage during the performance.

Students include: **Will Canery** of Laurel (20707), a freshman Environmental Studies major.

**Reese Weaver** of Brandywine (20613), a senior Theatre Arts major.

### Kyree Shingler of Accokeek Recognized at McDaniel College’s Undergraduate Awards Ceremony

WESTMINSTER, Md. (Nov. 17, 2025)—Kyree Shingler of Accokeek (20607) was recognized at the Nov. 16 Undergraduate Awards Ceremony at McDaniel College, Westminster, Maryland. Current seniors, juniors, and sophomores were honored for

academic achievement and leadership. Shingler is a sophomore Business Administration major.

Shingler received The Felix Woodbridge Morley Memorial Award.

The Felix Woodbridge Morley Memorial Award was established in 1952 by Mr. and Mrs. Felix Morley in memory of their son who was a freshman at the college during the 1951–1952 academic year. The award is presented to a first-year student who by their development on the Hill has most happily justified admission to the college community.

For more information about McDaniel College, visit [www.mcdaniel.edu](http://www.mcdaniel.edu).



# COMMUNITY

## Calendar of Events

**Film Discussion: “Four Souls of Coyote” (TV-14)**

Date and time: Tuesday, November 25, 2025, 5:30–7:45 p.m.  
Description: Let’s dive into “Four Souls of Coyote” together! Share your thoughts, favorite moments, and insights as we chat about what makes this film special. Whether you loved it or have some critiques, everyone’s opinions are welcome! “Set in the present day, Native American teenagers confront the crew of an oil pipeline project, just down the hill from the land of their ancestors. The grandfather evokes the ancient tale of their Creation myth, reminding all of us that the challenges facing humanity are universal, and that we need to find our place in the great circle of creatures.” ~IMDb, Rated TV-14, 1 hour and 43 mins (103 mins) in length.  
**Register:** <https://www1.pgcmls.info/event/14698075>  
Cost: Free  
Ages: Teen (13–18 yrs), Adults  
Location: South Bowie Branch Library, Small Meeting Room (209), 15301 Hall Road, Bowie, MD 20721

**STEM Fun: Mayan Math**

Date and time: Tuesday, November 25, 2025, 6–7 p.m.  
Description: Dive into the world of science, technology, engineering, and math with fun, hands-on experiments and activities! Explore Mayan base 20 number system using various items.  
**Register:** <https://www1.pgcmls.info/event/14679158>  
Ages: Elementary (5–12 yrs) |  
Location: Bladensburg Branch Library, BL Activity Room, 4820 Annapolis Rd, Bladensburg, MD 20710

**ARTS’TINATION, EVENTS**

**A Celebration of Alzheimer’s Awareness Month: Interactive Read Along**  
Date and time: Sunday, November 30, 2025, 3–5 p.m.  
Description: Join Dr. Yemonja Smalls for an interactive read-along celebrating Alzheimer’s Awareness Month—stories, insight, and community healing.  
**Register:** On Eventbrite  
Cost: Free  
Location: Arts’tination, 162 Waterfront St., National Harbor, MD 20745

**Rockville Brass Band: A Holiday Celebration by Brass and Choir**  
Date and time: Sunday, December 7, 2025, 2 p.m.  
Description: This holiday season, the Rockville Brass Band joins the Choir of Christ Church in Rockville to present a free concert of sacred and secular music. The works span a millenium. Ubi Caritas wraps choral lyrics from the 8th century A.D. into music composed in 2001. The brass band arrangements sample the 20th century at its start (March of the Toys), its heart (Frosty the Snowman), and its closing years (Christmas Carillon). This is a year of anniversaries for us: the band is in its 50th year, the Parish is in its 300th year. What better way to celebrate than a concert of holiday classics spanning centuries?  
Cost: Free  
Ages: All ages  
Location: Christ Episcopal Church Rockville, 109 S. Washington St, Rockville MD 20850

**Maryland Choral Society Holiday Concert: Season of Light**  
Date and time: Sunday, December 7, 2025, 4 p.m.  
Description: CELEBRATE LIGHT IN A TIME OF DARKNESS. Works include Light of Peace (Celtic Carols for Christmas) arranged by Karen Marroli; “Glory to God in the Highest” in the Yoruba language by acclaimed American composer Rosephanye Powell paired with a traditional Chanukah song from Morocco arranged by Joshua Jacobson, both backed by spirited percussion; Shawn Kirchner’s popular arrangement of “Brightest and Best” with bluegrass-inspired accompaniment; and other contemporary gems by some of today’s leading choral composers, including Elaine Hagenberg, Mark Miller, Jacob Narverud, B.E. Boykin, and others. And bring your singing voice to sing along with some holiday favorites! MCS will be joined by the wonderful TGP Singers of Thomas G. Pullen K–8 Creative & Performing Arts School, Ocie S. Banks, Conductor.  
**Tickets:** General Admission \$25, Students/Seniors \$20, Children Under 10 Free. Use code MCS5OFF for \$5 off online concert tickets. Show your Maryland Independence Card at the door for free admission for you and your family.  
<https://www.ticketleap.events/tickets/maryland-choral-society/season-of-light>  
Ages: All ages  
Location: Mount Calvary Catholic Church, 6700 Marlboro Pike, Forestville, MD 20747

**Celebrate Kwanzaa with Us! Annual Kwanzaa Celebration**  
Date and time: Saturday, December 13, 2025, 10 a.m.–4 p.m.  
Description: Join us for our Annual Kwanzaa Celebration, a day of unity, joy, and community. This vibrant festival honors the *Nguzo Saba* (Seven Principles) while reflecting on Black heritage, resilience, and joy. Enjoy live performances celebrating African diasporic traditions, savor Afrocentric cuisine, and engage in thought-provoking discussions. Explore our Black-owned vendors market for meaningful gifts, and join our Community Workshop and Memory Session to help preserve stories that will inspire generations to come.  
**Register:** <https://lp.constantcontactpages.com/ev/reg/wqyf248>  
Location: Banneker-Douglass-Tubman Museum, 84 Franklin St, Annapolis, MD 21401

**Riversdale by Candlelight**

Date and time: Saturday, December 13, 2025, 5:30–8:30 p.m.  
Description: Walk through history during our annual holiday Open House. During your candlelit tour of the museum, you’ll learn about the stories of those who lived and worked in the mansion. Live music will be provided by the Greater Mt. Nebo AME Church; Music and crafts will fill the halls, and the Riversdale Kitchen Guild will be baking holiday treats in the dependency kitchen. Light holiday refreshments will be served.  
**Register:** On ParksDirect  
Cost: \$5.00  
Location: Riversdale House Museum, 4811 Riverdale Road, Riverdale Park, MD 20737



PHOTO COURTESY BOWIE HIGH SCHOOL NJROTC

On Wednesday, November 5, 2025, the Bowie High School NJROTC Battalion visited the U.S Naval Academy

## BOWIE NJROTC: Yard Patrol Craft

By ASSISTANT PAO  
C/SR RAZIAH HENDERSON  
Bowie High School NJROTC

BOWIE, Md. (Nov. 10, 2025)—On Wednesday, November 5, 2025, the Bowie High School NJROTC Battalion visited the U.S Naval Academy to experience life aboard a YP training vessel

also known as a Yard Patrol Craft). The trip was supervised by Captain Anderson, Senior Naval Science Instructor and Gunnery Sergeant Hinton, Naval Science Instructor of Bowie High School. Cadets had the opportunity to tour the boat and learn about its history. They observed how Naval Academy students train and operate on the water, as well as gained insight

into what it’s like to serve in the United States Navy. The trip gave them a firsthand look at the discipline and responsibility required to operate a Navy vessel. Many cadets described the experience as both educational and inspiring, motivating them to continue pursuing leadership service through Bowie High School’s NJROTC program.

## First Lady Moore Inducted into the University of Maryland Alumni Hall of Fame

By PRESS OFFICER  
Office of the First Lady

ANNAPOLIS, Md. (Nov. 17, 2025)—First Lady Dawn Moore last week was inducted into the University of Maryland Alumni Hall of Fame during the annual Maryland Awards ceremony in College Park. Inducted for her decades of experience and commitment to public service, First Lady Moore became the 69th distinguished alumni to receive the honor. A 1997 graduate, the first lady shared how her years at the university ignited her passion for serving her community.

“The University of Maryland changed my life. It taught me that service is not about stature or status—but it’s about doing the right thing for the good of our communities. This guiding principle has carried me more than two decades of public service,” said First Lady Moore. “As First Lady, my work has focused on building bigger tables and inviting Marylanders to claim their seat around them. I look forward to being part of this distinguished group of alumni members—and supporting



PHOTO COURTESY MARYLAND GOVERNOR’S PRESS OFFICE

First Lady Dawn Moore last week was inducted into the University of Maryland Alumni Hall of Fame during the annual Maryland Awards ceremony in College Park.

the next generation of Marylanders who are bold, fearless, and committed to creating change in their communities.”

The First Lady was joined at the ceremony by Governor Wes Moore and family, university officials, and supporters.

“The First Lady has dedicated her life to public service, connecting communities, creating opportunities for

people to succeed and thrive, and inspiring Marylanders with her commitment to leadership, community and family,” said University of Maryland President Darryll J. Pines. “She embodies what it means to be a Terp, acting fearlessly and leading with purpose, and we are delighted to recognize her with this honor.”

Since 1995, the University of Maryland Alumni Associ-

ation has inducted 68 distinguished alumni into the Alumni Hall of Fame. Each of the Hall of Fame members has given back to society by educating, entertaining, serving, or defending their communities. Notable members include former U.S. Congressman Steny Hoyer, Olympic gold medal gymnast Dominique Dawes, and director and animator Jim Henson.

### Event from A1

Healthcare Services, LLC; NPOC Wellness and Hydration; and Dr. Errol and Joyce Phillip; Artisan Sponsor Mary Frances and Chris Isakov; and Flavor Sponsors Visiting Angels Hyattsville; Tim McDonough and Cary Melnyk; and 100

Black Men of Prince George’s County. To see pictures from the event, visit <https://www.hospicechesapeake.org/sip-savor/#gallery>.

At Hospice of the Chesapeake, we support individuals and families facing progressive, serious illness to reimagine hope—living

each day with intention and peace—while ensuring our nonprofit organization remains a vital resource for future generations. We develop care plans to minimize symptoms and focus on what matters most for patients and families in Anne Arundel, Calvert, Charles and Prince George’s counties.

### Veterans from A1

and private organizations. Funding will support and expand the upcoming Nourish the Service event at Naval Air Station Patuxent River on November 16, providing four-day food packages for approximately 400 military families. The program works to address food insecurity among military families while also building community through volunteerism and shared support.

**Maryland National Guard Food Pantry**, which provides essential food and household supplies to the Guard, active-duty service members, and their families across the state. The pantry, sup-

ported by donations and community partners, has seen a sharp increase in demand during the federal government shutdown as Guard members experience delayed pay and rising household costs. The funding also strengthens the Guard’s existing network of family support programs, helping connect service members to additional state resources.

Governor and First Lady Moore honored Maryland’s veterans and military families this morning during the City of Greenbelt’s Veterans Day celebration, where they observed a wreath-laying ceremony at the Greenbelt War Memorial. The governor and first lady then served meals to veterans and their families at the

Greenbelt American Legion Post 136’s annual Veterans Day Luncheon.

“When Maryland veterans fall on hard times, they shouldn’t have to face it alone,” said Maryland Department of Veterans and Military Families Acting Secretary Ed Rothstein. “Those who have served and sacrificed for our nation deserve our support in return. This funding helps meet the immediate needs of veterans and their families and provides stability during times of financial uncertainty. It’s a reminder that in Maryland, our commitment to those who served is more than words—it’s action.”



# BUSINESS AND FINANCE

## National Immigrant Powerhouse CASA Names George Escobar as Executive Director

Seasoned Leader to Guide CASA into New Era of Immigrant Justice and Community Empowerment

By PRESS OFFICER  
CASA

HYATTSVILLE, Md. (Nov. 13, 2025)—National immigrant powerhouse organization CASA proudly announces the appointment of George Escobar as its new executive director effective on January 1, 2026. A visionary and strategic leader with more than two decades of experience advancing immigrant justice, public health, housing, and workforce development, Escobar brings both deep institutional knowledge and a bold vision for CASA’s future.

Escobar succeeds Gustavo Torres, whose 34 years of transformative leadership built CASA from a small local initiative into a national powerhouse for immigrant rights, with 189,000 members across multiple states.

“To be entrusted with leading CASA at this critical juncture is the greatest honor of my life,” said George Escobar. “Our movement faces unprecedented challenges and unmatched opportunities to grow, protect, and transform. Guided by the wisdom and resilience of our members, I believe we can emerge stronger, more united, and more impactful than ever before.”

A bilingual (English/Spanish) leader, Escobar has served CASA for 14 years most recently as Chief of Programs and Services, where he oversaw a team leading legal assistance, workforce development, education, and public benefits initiatives. Under his leadership, programs have expanded to serve tens of thousands of immigrants annually in Maryland, Virginia, Pennsylvania, and Georgia. During his tenure, CASA has become one of the largest and most successful regional providers of legal, health and workforce services, assisting tens of thousands of working-class CASA members secure employment opportunities, become certified in a trade, apply for health benefits, defend their rights in court and attain citizenship, among many other services. All the while under his leadership, CASA devel-



PHOTO COURTESY CASA

George Escobar

oped a powerful impact litigation arm that has secured a number of landmark victories in the federal courts defending deferred action for childhood arrivals (DACA), temporary protected status (TPS), the U.S. Census, birthright citizenship, and more. He is a nationally recognized spokesperson on immigrant justice, with interviews in MSNBC, CNN, Univision, Telemundo, among others.

Escobar’s deep roots in the immigrant rights movement and the fight for social justice were shaped by the lived experiences of his family which immigrated to the US from México. George’s father first arrived in the US as a bracero, working in the fields of California before continuing on to a union food services job with the Union Local 11 in Los Angeles. Escobar grew up in South Gate, California, in Southeast Los Angeles before arriving in the DC metro area in 2001. Previously, Escobar held leadership roles with the DC Mayor’s Office on Latino Affairs, the National Alliance for Hispanic Health, and the Latino Economic Development Corporation, as well as international service with the U.S. Peace Corps in Tan-

zania. His career reflects a lifelong commitment to racial, social, and economic equity and to building institutions that are accountable to the communities he serves.

Escobar will launch his tenure with a forward-looking agenda that balances immediate defense of immigrant communities with long-term transformation. Key priorities include strengthening our integrated organizing, services, and advocacy model; building a national institute for political education rooted in popular education traditions; and expanding sustainable funding and leadership development.

“Our success will not be measured by our survival alone, but by lasting progressive change in our members’ lives,” Escobar shares. “The future of CASA and of our movement depends on our ability to lead with courage, clarity, and the collective wisdom of our people.”

Gustavo Torres, CASA’s retiring executive director praised the appointment, sharing, “George Escobar is exactly the leader CASA needs at this moment. His deep understanding of our organization, their unwavering commitment to immigrant justice, and their visionary leadership will ensure that CASA continues to be a beacon of hope and power for generations to come.”

Escobar’s leadership marks the organization’s new chapter that is rooted in continuity with its founding values and inspired by the belief that immigrant communities are central architects of America’s progressive future.

With over 189,000 lifetime members across 46 US states, CASA is a national powerhouse organization building power and improving the quality of life in working-class: Black, Latino/a/e, Afro-descendent, Indigenous, and Immigrant communities. CASA creates change with its power-building model blending human services, community organizing, and advocacy in order to serve the full spectrum of the needs, dreams, and aspirations of members.

## Educational Systems Federal Credit Union Promotes Antionette Morton to Senior Vice President/Chief Financial Officer

By PRESS OFFICER  
ESFCU

GREENBELT, Md. (Nov. 14, 2025)—Educational Systems Federal Credit Union is proud to announce that Antionette Morton has been promoted to Senior Vice President/Chief Financial Officer (SVP/CFO). In this role, Morton will lead the Finance and Accounting departments and advance the Credit Union’s financial strategy and member value.

Morton began her career at Educational Systems FCU in 2004 as a part-time accounting intern and progressed through roles of increasing responsibility across accounting and finance leadership. She has guided and supported major initiatives—including accounts payable and general ledger platform upgrades, a core conversion, mergers and the transition to the Current Expected Credit Losses (CECL) accounting model—and has contributed to the organization’s growth from \$194 million to \$1.3 billion in assets during her tenure.

“Antionette is a mission-driven leader whose expertise and integrity strengthen the organization,” said Girado Smith, President/CEO of Educational Systems FCU.



PHOTO COURTESY EDUCATIONAL SYSTEMS FEDERAL CREDIT UNION

Antionette Morton

“Her deep institutional knowledge and collaborative approach will continue to enhance financial stewardship and support strategic priorities.”

Morton holds both Bachelor’s and Master’s degrees, is a Certified Fraud Examiner (CFE), a Certified Credit Union Manager (CCM) and has completed leadership pro-

grams including Leadership Essentials and the Rosemary Brinkley C-Level Leadership Development Program. She is a past MD|DC Credit Union Association Emerging Leader Award recipient and a CUES Top Finalist and served as the inaugural Chairperson of the Credit Union’s Culture Committee.

Reflecting on how that experience shapes her new role, Morton noted three takeaways: “First, establishing and communicating a clear vision from the start is a must. Second is that not every idea is a home run—learn, adjust and be ready to pivot. Third is to recognize that when the right people are in the right seats, momentum follows. Those lessons from the Culture Committee directly contribute to how I’ll lead in the CFO role.”

Educational Systems Federal Credit Union has proudly served the education community since 1955. With \$1.3 billion in assets and 13 branches, the Credit Union serves over 90,000 members of the education community including school employees, students, parents and individuals working for education-related organizations. For more information, visit [esfcu.org](http://esfcu.org).

## Michaels Celebrates New Store in District Heights, MD

The Leading Creative Destination Officially Welcomes District Heights’ Creative Community into New Location

By PRESS OFFICER  
The Michaels Companies Inc.

DISTRICT HEIGHTS, Md. (Nov. 10, 2025)—Michaels, the best place for creating and celebrating, has officially opened its new location in District Heights, MD following a successful Grand Opening on Friday, November 7. The community and Mayor Cynthia Miller joined Team Members to celebrate with a ribbon cutting ceremony, a check presentation to Food 4 Thought group, free crafts, giveaways, local

food favorites, and more.

This new Michaels location will bring numerous full-time and part-time jobs to the District Heights community over the course of the year. Located at Penn Station Shopping Center, the new store is a sleeker, simpler Michaels featuring self-checkout registers, a Michaels Custom Framing center, The Knit & Sew Shop, The Party Shop, and a curated assortment of the most popular décor, supplies and componentry across arts, crafts, framing, floral, kids’ crafts, DIY, yarn, beading, and scrapbooking to inspire

creativity in the surrounding community.

To stay up to date on the latest crafting inspiration and news from Michaels, follow us on social media @michaelsstores.

At The Michaels Companies Inc., our purpose is to fuel the joy of creativity and celebration. As the leading destination for creating and celebrating in North America, we operate over 1,300 stores in 49 states and Canada and online at [Michaels.com](http://Michaels.com) and [Michaels.ca](http://Michaels.ca). For more information, please visit [www.michaels.com](http://www.michaels.com).

### Social Security Matters

Ask Rusty:

## Did the Obama-era Social Security Tax Cuts Hurt the Program?

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 will be retiring early next year but my question to you is: During the Obama administration, payroll taxes that employees pay were cut in half from 6.2% to 3.1%, while the employer’s part stayed the same at 6.2%. This continued for around a year I think. This was an attempt at giving people a tax cut, which I think was a bad idea or maybe the wrong way to have done it. How much damage do you think this may have caused to Social Security? **Signed: Soon to Retire**

**Dear Soon to Retire:** FYI, the Obama-era cut in the employee portion of FICA payroll taxes and SECA (self-employment tax) was a temporary measure, which has long since expired. However, the legislation which enabled that cut in employee FICA/SECA taxes also included a provision to replenish the Social Security Trust Funds from the General US Treasury in an amount equal to the estimated loss of tax revenue to the Trust Funds. So, in effect, there was little or no impact on the Social Security Trust Funds.

FYI, the Trustees of Social Security have been projecting for many years that the Social Security reserves would be fully depleted in the mid-2030s, unless Congress takes action to reform the SS program. Unfortunately, Congress has not yet taken any meaningful action to accomplish that reform, and the current projection from the Trustees is that all Social Security reserves will be depleted in about 2033, necessitating an across the board cut of about 21% in everyone’s benefit. Time is running short, and we see signs that Congress is finally starting to seriously discuss Social Security reform.

At AMAC, we have developed and submitted to various Congressional Representatives a reform plan which would restore Social Security to full solvency. You can see AMAC’s suggested plan at [www.amac.us/social-security-guarantee](http://www.amac.us/social-security-guarantee). And AMAC is working every day in Washington, D.C. to promote Social Security reform to avoid future cuts in benefits. We believe and hope that Congress will eventually reform the Social Security program to avoid future benefit cuts but, unfortunately, not until they can muster sufficient bipartisanship to make the hard choices needed. To this end, contacting your Congressional Representative to demand Social Security reform now would be a good thing to do. The longer Congress delays reform, the harder the choices will be.

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

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

## The Prince George’s Post

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# HEALTH *and* WELLNESS

## HOLIDAY SEASON

### Doctors’ Tips to Stay Healthy and Safe This Holiday Season

(StatePoint) The holiday season is a joyous time to reconnect with family and friends, but it can also throw your wellness routines out of alignment. Doctors advise prioritizing healthy choices now so you can start 2026 feeling your best.

“Amid the hustle and bustle of the holidays, it’s easy to lose sight of our well-being, overindulge in food and drink, and feel stressed. A little awareness and a few healthy habits can go a long way in helping you and loved ones enjoy the season in good health,” says Dr. Bobby Mukkamala, president of the American Medical Association (AMA).

For a healthy and happy holiday season, the AMA recommends the following tips:

- 1. Watch what you eat.** Pay attention to labels and avoid ultra-processed foods, especially those high in added sodium, saturated fats and sugar. Consider having a healthy snack before the big meal or offer to bring a healthier dish for the holiday spread. Drink water instead of sugar-sweetened beverages, and eat nutritious, whole foods such as fresh fruits and vegetables alongside richer holiday dishes.
- 2. Prioritize your mental health.** Factors such as holiday spending and navigating time with extended family can bring on extra seasonal stress. Get sufficient sleep and exercise, and don’t hesitate to talk to a mental health professional when you need help managing stress.
- 3. Prioritize physical activity during this busy time of year.** A good rule of thumb for adults is

at least 150 minutes of moderate-intensity or 75 minutes of vigorous-intensity activity each week. Brisk walks, bike rides, hikes and family-friendly sports like basketball and touch football can provide easy, fun ways to get off the couch and elevate your heart rate. If you’re traveling, don’t forget to pack your sneakers!

- 4. Be prepared when traveling.** Whether you’re flying or taking a road trip, you might be tempted to grab convenient yet unhealthy food for the journey. Consider packing your own snacks, such as fresh fruits and vegetables or small portions of dried fruits and nuts. When flying, pack your medication in your carry-on bag instead of your checked luggage so it’s easily accessible. Keeping medication handy will help you avoid missing a dose on busy travel days, especially amid flight delays. Stay hydrated and drink plenty of water during your flight as air travel can cause dehydration. And keep your body moving in-flight to avoid blood clots.
- 5. Make smart choices and plan ahead if you’re driving.** In December 2023 alone, 1,038 people died in alcohol impaired-driving crashes in the United States. If you plan to drink, always arrange for a sober driver or alternative transportation. And if you are the designated driver, commit to 100% sobriety. Also make sure to get plenty of sleep before you

See TIPS Page A6

### UVA Discovers Why Alzheimer’s Patients Forget Family and Friends

Research Suggests New Treatment Approach to Preserve Cherished Memories

By PRESS OFFICER  
UVA Health

CHARLOTTESVILLE, Va. (Nov. 6, 2025)—One of the most devastating moments for family members of a patient with Alzheimer’s is when their loved one forgets who they are. New University of Virginia School of Medicine research may explain why that happens and could lead to a way to prevent it.

UVA’s Harald Sontheimer, PhD, and graduate student Lata Chaunsali and their colleagues found that the failure to recognize family, friends and caregivers is caused by the breakdown of protective “nets” that surround neurons in the brain. Preventing the loss of these nets in lab mice protected the mice from losing their memories of previous social interactions.

The results offer an exciting target for the development of new treatments to benefit Alzheimer’s patients, the researchers say.

“Finding a structural change that explains a specific memory loss in Alzheimer’s is very exciting,” said Sontheimer, chair of UVA’s Department of Neuroscience and member of the UVA Brain Institute. “It is a completely new target, and we already have suitable drug candidates in hand.”

**Alzheimer’s: A Growing Problem**

Alzheimer’s affects 55 million people around the world, and that number is expected to grow by 35% in the next five years alone. In response, UVA has established the Harrison Family Translational Research Center in Alzheimer’s and Neurodegenerative Diseases as part of its Paul and Diane Manning Institute of Biotechnology. The institute aims to accelerate the development of new treatments and cures for some of the world’s most challenging diseases, including Alzheimer’s.

Sontheimer’s new work sheds important light on the development of the disease. He and his team previously revealed the importance of what are called “perineuronal nets” in the brain. These net-like structures surround nerve cells called neurons and perform a critical barrier function that lets neurons communicate correctly. These communications allow the neurons to form and store new memories.

Based on those results, Sontheimer and his collaborators suspected that disruptions of the nets could be a critical turning point in Alzheimer’s. Their latest work bears that out: The scientists found that lab mice that had faulty nets lost their ability to remember other mice—their “social memory”—even as they could still form new memories of objects in their environment. This mirrors what is seen in people with Alzheimer’s, where social memory often fails before object memory.

Sontheimer and his team then used “MMP inhibitors”—a class of drugs already being investigated for their potential to treat cancer and arthritis—to see if they could prevent the loss of the perineuronal nets. It worked. The approach staved off the degradation of the nets and preserved the mice’s social memory.

“In Alzheimer’s disease, people have trouble remembering their family and friends due to the loss of a memory known as social memory. We found that the net-like coating known as perineuronal nets protects these social memories. In our research with mice, when we kept these brain structures safe early in life, the mice suffering from this disease were better at remembering their social interactions,” Chaunsali said. “Our research will help us get closer to finding a new, non-traditional way to treat or better yet prevent Alzheimer’s disease, something that is much needed today.”

The changes the scientists saw in the mice’s brains align with those seen in human patients with Alzheimer’s, suggesting that the targeting the nets in people could provide similar benefits. Developing a treatment based on the findings will require additional research, but Sontheimer and Chaunsali are hopeful about what the future could hold.

“Although we have drugs that can delay the loss of perineuronal nets, and thereby delay memory loss in disease, more research needs to be done regarding safety and effectiveness of our approach before this can be considered in humans,” Sontheimer said. “One of the most interesting aspect of our research is the fact that the loss of perineuronal nets observed in our studies occurred completely independent of amyloid and plaque pathology, adding to the suspicion that those protein aggregates may not be causal of disease.”

#### Findings Published

The researchers have published their findings in the journal Alzheimer’s & Dementia: The Journal of the Alzheimer’s Association. The article is open access, meaning it is free to read. The research team consisted of Chaunsali, Jiangtao Li, Erik Fleischel, Courtney E. Prim, Izabela Kasprzak, Shan Jiang, Silky Hou, Miguel Escalante, Elise C. Cope, Michelle L. Olsen, Bhanu P. Tewari and Sontheimer. The scientists have no financial interest in the work.

The research was supported by the National Institutes of Health, grants R01AG065836, R01NS036692, and R01NS123069; The Owens Family Foundation; a Wagner fellowship; and a Double Hoo fellowship.

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

## THE HEART-BODY CONNECTION

### : How other organ systems affect heart health :

**FAMILY FEATURES**

Heart health is about more than just the heart itself. It’s a two-way street between the heart and the rest of the body. However, many U.S. adults aren’t aware of the connection between organs.

According to a survey conducted by The Harris Poll on behalf of the American Heart Association, 42% of U.S. adults do not understand how the heart can be impacted by other organ systems.

Health issues in other organ systems, like the kidneys or metabolic system – which includes how the body manages weight and blood glucose – can lead to heart trouble.

The close relationship between heart health, kidney health and metabolic health is known as cardiovascular-kidney-metabolic health, or CKM health, and it is the focus of an American Heart Association initiative to raise awareness of how the systems function together. When one system is affected, it can make the others worse – creating a condition called CKM syndrome.

Close to 9 in 10 U.S. adults have at least one component of CKM syndrome, according to a study in the “Journal of the American Medical Association.” Components include high blood pressure, abnormal cholesterol or other lipids, high blood glucose (sugar), excess weight and reduced kidney function. The interplay of these risk factors



Photo courtesy of Shutterstock

increases the risk for heart attack, stroke and heart failure more than any one of them alone.

The survey also found that while only 12% of U.S. adults have heard of CKM health or CKM syndrome, 72% said they’re interested in learning more and 79% agreed that it is important that they understand more about CKM health.

“What we want people to know is it’s really common

to have heart disease, diabetes or metabolic disease and reduced kidney function at the same time,” said Eduardo Sanchez, M.D., FAHA, the American Heart Association’s chief medical officer for prevention. “It’s reassuring to hear that once the CKM connection was defined around three-quarters of respondents understood that it was important and wanted to learn more.”

Highlighting the two-way street of the heart-body connection, the “2 Truths and No Lie” video offers a simplified visual:

1. The heart pumps blood to the body.
2. The metabolic system turns glucose (sugar) in the blood into energy.
3. The process of metabolism dumps waste back into the blood.
4. The kidneys filter waste from the blood and balance fluids, which helps with blood pressure.
5. Blood pressure affects how the heart pumps blood to the body.

While providing resources to help people understand how heart, kidney and metabolic health are connected, the American Heart Association’s CKM Health Initiative is also working with health care teams across the country to improve collaboration among health care professionals who care for patients living with multiple health conditions. Better awareness and improved screening can help people take action early to prevent a heart attack, heart failure or stroke.

The initiative is made possible by founding sponsors Novo Nordisk and Boehringer Ingelheim, supporting sponsors Novartis Pharmaceuticals Corporation and Bayer, and champion sponsor DaVita.

Learn more about CKM health by visiting [heart.org/myCKMhealth](http://heart.org/myCKMhealth).



EarthTalk®  
Q&A

Could New Water Purification Tech Solve Global Water Woes?

By Angelina Austin | November 6, 2025

Dear EarthTalk:  
As droughts lead to water shortages around the world, are there any promising new technologies to for purifying water for human consumption?

—M. Norman, Raleigh, NC

Daily life for many is changing as droughts intensify across the globe. In recent years they have become more frequent and severe due to climate change. The United Nations claims that over two billion people worldwide don’t have proper access to safe drinking water. At the recent UNCCD COP16 climate conference, innovative water purification technologies were deemed essential to address this issue.

Photocatalytic purification is one promising solution. Titanium dioxide fibers using a combination of soft-chemistry gels and electrospinning allows sunlight to break down pollutants. This solution requires no external power source and provides a cost-effective option. Dr. Youjun Zhang, lead researcher at the Shanghai Institute of Ceramics believes this could rid water of industrial pollutants in developing countries, turning otherwise contaminated rivers and lakes into clean drinking water sources.”

Electrospinning creates nanofiber membranes using high voltage jets of liquid polymer. Nanofibers are increasingly viewed as a sustainable option with enormous potential in wastewater treatment.

Researchers have reported that this technique can remove up to 99 percent of certain heavy metals. Because this technique is portable and efficient, electrospun nanofiber filters represent a significant breakthrough for both large scale wastewater treatment facilities and smaller community systems.

Another promising advancement is solar-powered purification sheets. A team at the University of Cambridge led by Dr. Erwin Reisner engineered lightweight panels to purify water with only sunlight. They absorb UV and then generate clean water by hydrogen splitting. They work without electricity, ideal for rural communities. Also, a team at Princeton University made a major leap with their solar absorber gel. It soaks up dirty water at room temperature and, when exposed to sunlight, rapidly releases clean water. A Princeton spinoff company, AquaPao, is now working to scale the innovation for the real world.

Rodney Prisetley of Princeton University emphasizes that innovations like solar gels are “another step closer towards the goal of having a technology driven by solar energy that can actually produce enough clean water to meet daily demand.” Readers can help by supporting sustainable water startups and advocating for adoption of these filters. The challenge isn’t whether new water purification technologies exist. The main question is whether society will invest in and adopt quick enough to meet global needs.

**CONTACTS:** Solar-powered gel filters enough clean water to meet daily needs,



PHOTO CREDIT: PEXELS.COM.

New technologies in water purification could help solve the world’s shortage of fresh drinking water.

<https://engineering.princeton.edu/news/2023/02/08/solar-powered-gel-filters-enough-clean-water-meet-daily-needs>; Multifunctional electrospun nanofibrous membrane: An effective method for water purification, <https://www.sciencedirect.com/science/article/abs/pii/S1383586623018609>.

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