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Governor Moore Unveils Maryland's New Highway Safety Campaign, "Slow the Fast Down"

By PRESS OFFICER
Office of the Governor

ANNAPOLIS Md. (July 7, 2026)—Governor Moore today announced the launch of "Slow the Fast Down," a new safe driving campaign to reduce the number of fatalities associated with speeding.

"The safety of Marylanders is my number one priority," said Gov. Moore. "The 'Slow the Fast Down' campaign is a refusal to accept the status quo on our roadways, inspiring more drivers across Maryland to ease off the gas and put the brakes on aggressive and reckless driving to continue our decline in traffic deaths and injuries for a second straight year."

The message behind this campaign is simple: slowing down saves lives. Whether you're driving through a neighborhood or traveling on a highway, choosing a safe speed gives you more time to react, reduces the severity of crashes, and helps protect everyone who

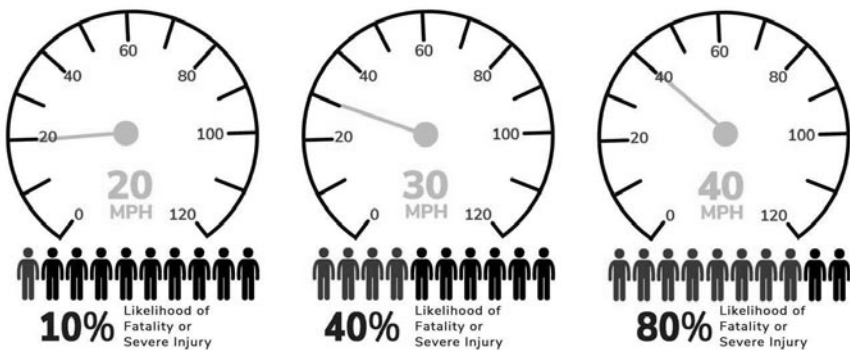


IMAGE COURTESY MARYLAND GOVERNOR'S PRESS OFFICE

Even relatively small increases in speed can have deadly consequences: a pedestrian or bicyclist struck by a vehicle traveling 40 mph is eight times more likely to be killed than one struck by a vehicle traveling 20 mph.

shares the road. No technology, enforcement strategy, or public awareness campaign can replace the decisions drivers make behind the wheel. That's why the Moore-Miller administration is asking every driver to do their part and Slow the Fast Down.

"As a transportation engineer, I've spent my career designing and building safer infrastructure. The most important

safety feature is the choice each of us makes behind the wheel," said Lt. Governor Aruna Miller. "Speeding isn't just breaking the law, it puts families, first responders, road workers, pedestrians, and every person on our roadways at risk. Obeying the posted speed limit can be the difference between life and death. If we want to save lives, every driver has a role to play."



PHOTO COURTESY MARYLAND GOVERNOR'S PRESS OFFICE

"The 'Slow the Fast Down' campaign is a refusal to accept the status quo on our roadways, inspiring more drivers across Maryland to ease off the gas and put the brakes on aggressive and reckless driving to continue our decline in traffic deaths and injuries for a second straight year."...

Campaign materials direct visitors to SlowTheFastDownMD.com, which provides a repository of information about speeding, including visualizations, campaign materials and an opportunity to share the message with friends and family via text or e-mail.

Each year, nearly one-third of all fatal motor vehicle crashes involve excessive speed, and speed is a contribut-

ing factor in many other crashes. When drivers travel faster than road conditions, traffic or roadway design safely allow, the laws of physics take over. Increased speed reduces reaction time, lengthens stopping distances and increases crash severity—making every

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PHOTO CREDIT NASA

At a ceremony on July 7, 2026, U.S. Fish and Wildlife Service Director Brian Nesvik (left) and Jamie Dunn, center director, NASA's Goddard Space Flight Center, Greenbelt, Md., sign certificates that ceremonially transfer a 105-acre parcel of property known as "Area 400" from NASA Goddard to the Service.

NASA Transfers 'Hundred Acre Wood' to Patuxent Research Refuge

By PRESS OFFICER
NASA Goddard News

NASA ceremonially transferred ownership of about 105 acres of wooded land at its Goddard Space Flight Center's Greenbelt, Maryland, campus Tuesday to the adjoining Patuxent Research Refuge, managed by the U.S. Fish and Wildlife Service.

The property, formerly known as NASA Goddard's Area 400, is now part of the largest block of unfragmented forest between Washington and Baltimore. The nearly 13,000-acre woodland is the nation's only refuge specifically established to support wildlife research. The refuge also supports recreational uses, such as walking, biking, horseback riding, fishing, and hunting.

"For over six decades, NASA Goddard has helped shape humanity's understanding of Earth," said Jamie Dunn, center director, NASA Goddard. "We're glad to present this land to our colleagues in the Fish and Wildlife Service, whose conservation and research helps

do the real legwork in preserving our Blue Marble for future generations."

NASA Goddard had used Area 400 for propellant research beginning in the 1960s. That work has largely since shifted to NASA facilities in other states or to commercial providers, and the property had long been a candidate for divestment. NASA and the Service began discussing a potential transfer in 2021.

Prior to the transfer, Area 400 was still almost entirely wooded aside from a two-and-a-half-acre clearing with 11 small structures. The interagency transfer was effective on Feb. 23, and NASA recently completed its final closeout activities at the property, deconstructing the buildings, roadway, and utility service.

"Through working with partners on the best use of land, as exemplified with this land transfer, we can continue to conserve America's natural beauty and expand outdoor recreation opportunities for future generations," said U.S. Fish and Wildlife Service Director Brian Nesvik.

From Clinton, Maryland to Hollywood: Writer and Producer Yvette Sams Sees Film Debut on Amazon Prime Video July 17

"Six Days in Evergreen", Co-Written and Produced by Prince George's County Native, Acquired by Buffalo 8 Distribution for Nationwide Release

By PRESS OFFICER
"Six Days in Evergreen"

CLINTON, Md. / LOS ANGELES (June 2026)—Yvette Sams, a Clinton, Maryland native and graduate of Surrattsville High School in Prince George's County Maryland, is celebrating a major milestone in her film-making career as her feature film "Six Days in Evergreen"—which she co-wrote and produced—is set to debut on Amazon Prime Video, Fandango at Home, and Hoopla on **July 17, 2026**.

Buffalo 8 Distribution, a leading independent film distributor based in Santa Monica, California, has acquired U.S. rights to the film from Artist View Entertainment, marking a significant achievement for the former DMV-area screenwriter and producer who built her career from the ground up while staying rooted in the values of the community that raised her.

"This is a dream that started long before Hollywood," said Sams. "I grew up in Clinton, Maryland with a story to tell and a belief that God would make a way. Seeing this film come to life—and knowing that people right here in Prince George's County will be able to watch it on July 17—is something I will never take for granted."

Pre-orders are live now ahead of the July 17 On Demand release. The film is available for pre-order beginning July 3 on Fandango at Home.

About the Film

Co-written by Sams alongside two-time Emmy Award-winning filmmaker Shane Stanley ("Gridiron Gang", "Night Train", "Double Threat"), "Six Days in Evergreen" is a music-driven drama that follows Farrah, a famous



COURTESY PHOTO

Writer, producer and Clinton native Yvette Sams

but struggling rock star who returns home and unexpectedly reconnects with her first love and former songwriting partner—the man she abandoned years ago. As the two begin collaborating again, old wounds resurface, forcing Farrah to confront the relationships, mistakes, and unfinished past she left behind.

The film stars Dawn Olivieri ("Yellowstone", "1883", "Lioness", "The Madison") in her debut lead singing role—a performance made possible only through months of intensive vocal and guitar training Olivieri undertook specifically for this project. The ensemble cast includes Johnny Whitworth ("Empire Records", "Limitless", "3:10 to Yuma"), Kaitlin Doubleday ("Empire", "Nashville"), Richard Burgi ("Desperate Housewives", "The Morning Show"), Grammy Award-winner Debby Boone, Reggie Austin ("Tyler Perry's Sistas", "Pretty Little Liars"), Kelly Lynn Reiter, A Martinez ("Ambulance", "Longmire"), and

Penelope Ann Miller ("The Artist", "Carlito's Way", "Reagan").

The film features more than 20 original songs by Tommy Fields, NOANNE, Michael McDermott, and others, with music production and score contributions from Grammy-nominated producer and composer Ran Pink.

"Six Days in Evergreen" was produced by Yvette Sams and Shane Stanley for Visual Arts Entertainment. Executive producers are Jeff Pink and Scott Jones, along with Buffalo 8 executive producers Matthew Helderman and Luke Taylor. Artist View Entertainment represented the film for sales.

About Yvette Sams

Yvette Sams is a screenwriter, director, and producer, and is based in Beverly Hills, California. A Prince George's County native, Sams began her creative journey in Clinton, Maryland before building a career in Hollywood. Her debut film was shot on location in Johannesburg, South Africa, and now Six Days in Evergreen is a nationwide streaming release on Amazon Prime Video.

Her previous produced credit includes "A Royal Surprise", currently streaming on BET+ and YouTube. Yvette holds a Bachelor's Degree in Film & TV Production from California State University, Northridge, where she also has an MFA in Entertainment Industry Management. Yvette is actively developing and packaging multiple film and television projects, including the television drama series Edge of the South and the feature film "Where's Margo", a film that brings awareness to early onset Alzheimers in women of color between the ages of 40–60. She is represented by Richard Sindell at SB Management.

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To Be Equal:
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While we applaud the Supreme Court for upholding the rule of law and recognizing the history of Black Americans in this country, we are alarmed at the future dangers posed by such a narrow decision. **Commentary, Page A4**

Saving a Life This Summer

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TOWNS *and* NEIGHBORS

Brandywine-Aquasco by Audrey Johnson 301-922-5384

2026 ALUMNI DAY

Pomonkey High School 2026 Alumni Day celebrating 38 years of PHSA, Inc. “Keeping the Legacy” live will be held Saturday, August 15, 2026, from 1–6 p.m. Doors open: 1 p.m. Food Sales: 1 p.m. until. Program starts: 3 p.m. Roll Call of Classes. BYOB. Donation: \$5.00 at the door. Music provided by DJ Jackie Baker. 50/50 Drawing. Funds raised go toward the restoration of the Old Pomonkey High School Building. Contact Miltstead: 301-643-9834, Vera Merritt: 240-381-2217. The event will be held at Village Green Pavilion, 100 Walter Thomas Road, Indian Head, Maryland 20640.

CONGRATULATIONS

Scholarships 2026 once again proved to be an exciting year for Pomonkey High School Alumni Association scholarship program. Four outstanding students applied for scholarships. While all four were excellent candidates, one did not meet the required criteria. All candidates demonstrated exceptional scholarship, leadership, and community involvement. Meet Madison Bond, granddaughter of Fern Brown, has a weighted GPA of 4.08 and will be attending the University of Maryland, College Park, majoring in Business and Finance. Keiana Gray, granddaughter of Paul Bowman, has a GPA of 4.0 and currently attends Morgan State University, majoring in Architecture and Environmental Design. Jackie Gray, daughter of Paul Bowman, has a GPA of 4.0 and currently attends Loyola University, majoring in Special Education. Congratulations extended to Shamod Neko Hatton, recipient of our scholarship in 2022. After successfully completing college, he pursued further training and is currently employed in government services. Neko is the grandson of Norena Hawkins Toyer. We are proud of you and are always excited to hear how our past recipients are doing.” PHSA Newsletter.

FIND YOUR PLACE FIND YOUR PATH

Hands-On, High-Tech Training for in-Demand Careers. Find your place this fall at the College of Southern Maryland (CSM) go.csm.edu/fall. With more than 100 academic and workforce programs, you can gain the skills and experience to reach your goals. From short-term certifications to associate degrees, CSM offers flexible options to help you prepare for what’s next, whether that’s a new opportunity, career advancement, or transfer to a four-year institution. Visit go.csm.edu/fall to learn more. Fall 15-Week Term: August 24-December 11. Fall 7-Week Term I: August 24-October 12. Fall a7-Week Term II: October 21-December 11. Need Help Registering? Virtual and on-campus Registration Assistance Sessions are available. View dates at go.csm.edu/assistance. Payment due date July 29 (or day of registration after July 29).

CONGRATULATIONS

Nottingham Myers Certified Lay Minister Cary F. Montgomery

was presented an award for ten years of faithful service at Nottingham Myers Church on Sunday, July 5, 2026. Rev. Shemaiah Strickland.

HIGH SCHOOL GRADUATES

Congratulations to Noll Robert Myers St. John’s College High School June 5, 2026. Parents: Rob and Rebecca Myers. Grandparents: John and Pam Stahl. Future Plans: College. Madison Isabell Pinkney Maurice McDonough High School June 2, 2026. Parents: Amanda and Daniel Farrar, Great Grandparent: Alma Pinkney. Future Plans: Savannah College of Art Design, Atlanta, GA. Studying Fashion Design. Tahoni Jada Pinkney Gainesville High School May 29, 2026. Parents: Reda Pinkney, II & Tamisha Garland. Great Grandparent: Alma Pinkney. Future Plans: James Madison University, Harrisonburg, VA. Studying Communications & Public Works. Darion Elton Smalling Gwynn Park High School May 29, 2026. Parents: Janet and Elton Smalling. Future Plans: Morgan State University, Baltimore, MD.

JULY BIRTHDAY GREETINGS

Happy Birthday to Rosalind Pinkney, William Taylor, James Forbes, Kevin Bland who are members of New Hope Fellowship Parish, Nottingham Myers United Methodist Church and Christ United Methodist Church. Wishing everyone many more birthday celebrations.

NO CHILD SHOULD GO UNPROTECTED

No child should go without protection. If your child is eligible, we’ve got you covered. They may qualify for free vaccines through the vaccines for children (VFC) program if: Has Medicaid, is uninsured, is American Indian or Alaska Native, is underinsured (has Insurance that doesn’t cover vaccines).

Vaccines protect your child from serious illnesses and help keep our schools and community healthy. Required for school and child-care enrollment. Safe, tested and recommended by medical experts. Protect your family and those around you. Prevent measles, mumps, whooping cough and more.

Stay on schedule. Stay protected. Recommended childhood vaccines are DTaP, MMR, Tdap Booster, HPV (teens), Polio Varicella (Chickenpox), Hepatitis A & B Meningococcal Flu (annually). Not sure what your child needs? We can help review their records. Are your child’s vaccinations up to date? Beat the rush! Make sure your child is covered for the year ahead. Charles County Department of Health 301-609-6900 Ext. 6018 charlescountyhealth.org 4545 Crain Highway, White Plains, MD.

MEN’S MINISTRY

Picnic: Saturday, July 25, 2026, from 1–5 p.m. Clinton United Methodist Church, 10700 Brandywine Road, Clinton, MD 20735. Menu: Hot Dogs, Hamburgers, Corn on the Cob. Featuring Face Painting, Free Blood Pressure Checks, Moon Bounce for Kids. ALL ARE WELCOME.

Run. Golf. Hula. Savor: There Are 4 Ways to Change Lives This Fall

By ELYZABETH MARCUSSEN
Hospice of the Chesapeake

PASADENA, Md. (July 14, 2026)—Hospice of the Chesapeake Foundation is proud to announce the Brian & Patricia Giese Foundation as the Premier Sponsor of its 2026 Fall Event Series, demonstrating an extraordinary commitment to compassionate care throughout our community.

The Brian & Patricia Giese Foundation’s generous investment will help power four signature fundraising events that bring together supporters, volunteers and community leaders—all united by a shared purpose: ensuring that every patient and family facing serious illness receives expert, compassionate care when they need it most.

Each day, more than 600 patients across our region rely on Hospice of the Chesapeake for comfort, dignity and support. Philanthropic partnerships like the Brian & Patricia Giese Foundation make it possible to provide exceptional care, grief support and community programs that extend far beyond what insurance covers.

This fall, we invite our community to join us at one—or all four—of these inspiring events and help make a lasting difference for the patients and families we are privileged to serve.

St. Charles Running Festival—9 a.m. to 1 p.m. Saturday, Sept. 12

Regency Furniture Stadium, 11765 St Linus Drive, Waldorf, Maryland

Returning for another year in partnership with Corrigan Sports, the St. Charles Running Festival brings the community together for a family-friendly 5K and 10K run and walk in and around Regency Furniture Stadium, Home of the Southern Maryland Blue Crabs, in the heart of Charles County. Participants can register individually or form a team, dress in creative attire and celebrate the spirit of the day together.

For people who have experienced loss, the memorial walk/run offers a meaningful opportunity to register in honor of a loved one and create a personalized tribute shirt in their memory. After crossing the finish line, all registered participants are invited to the

Taste of Southern Maryland post-race party, featuring local vendors, regional food and drink and a celebration of community.

Can’t run or walk? Spectators may pre-purchase Taste of Maryland tickets. Sponsorship opportunities are also available. The event takes place rain or shine.

All proceeds benefit the nearly 85 patients and families served by Hospice of the Chesapeake in Charles County every single day, ensuring compassionate care remains available to everyone in the community, regardless of insurance coverage or complexity of need.

Golf Tournament—All day Thursday, Sept. 24

Queenstown Harbor Golf, 310 Links Lane, Queenstown, Maryland

Set against the stunning waterfront backdrop of Queenstown Harbor Golf, this popular annual tournament brings together golfers, business leaders and community supporters for a day of friendly competition and meaningful giving.

Sponsorship packages include green fees, golf cart, bourbon tasting, cigars, music, swag bag, breakfast, lunch at the turn, dinner, snacks, drinks and bar cart and the camaraderie that has made this event a highlight of the fall season.

Whether you’re a seasoned golfer looking for a great day on the course, a business seeking a premier sponsorship opportunity, or simply someone who wants to make a difference, the Golf Tournament offers something for everyone. Sponsorship packages and individual foursomes are available.

Proceeds support the vital programs that Hospice of the Chesapeake patients and families depend on every day, including expert symptom management, emotional and spiritual support and specialized care for veterans and children.

End of Summer Luau Benefitting Partners in Care Maryland, Inc.,—5:30 p.m. to 8 p.m. Thursday, Oct. 1

Kurtz’s Beach, 2070 Kurtz Ave., Pasadena, Maryland

Aloha! Join us for the inaugural Partners in Care End of Summer Luau, an evening

of island-inspired fun with the purpose of supporting older adults in our community.

This new event benefits Partners In Care, a service of Chesapeake Health Partners that helps older adults age in place with dignity, purpose and the support of a caring community.

The evening features delicious island-inspired cuisine, tropical beverages, lively entertainment and exciting auction items.

Experience the spirit of the islands with a spectacular performance by Meki’s Tamure Polynesian Arts Group, featuring authentic Polynesian dance, vibrant costumes, rhythmic drumming and thrilling fire dancing. Plus, enjoy music, cornhole and plenty of festive fun.

Come for the celebration, stay for the cause and help bring hope and healing to those we serve. Contact media@partnersin-care.org or 410-544-4800.

Sip & Savor: A Taste of Prince George’s—1 to 4 p.m. Sunday, Nov. 15

Newton White Mansion, 2708 Enterprise Road, Mitchellville, Maryland

Join us at Sip & Savor: A Taste of Prince George’s, an elegant afternoon celebration at the historic Newton White Mansion. This one-of-a-kind culinary event showcases the rich flavors, vibrant culture and community spirit that define Prince George’s County.

Guests will enjoy a curated tasting experience featuring savory and sweet dishes from local chefs and caterers, refreshing cocktails and mocktails and music in a picturesque garden setting. Interactive experiences throughout the afternoon will highlight the mission and impact of Hospice of the Chesapeake, connecting guests to the care that is delivered every day in their own community.

Sip & Savor directly supports the more than 200 patients and families cared for each month in Prince George’s County. Donations fund services from expert medical care and grief counseling to specialized programs for veterans and children.

For tickets, sponsorship opportunities, or information about fall events, contact the Hospice of the Chesapeake events team at 443-837-1531 or events@hospicechesapeake.org.

Calendar of Events



PHOTO COURTESY UNIVERSITY OF MARYLAND MEMORIAL CHAPEL

University of Maryland Memorial Chapel

All-Event Open Houses

Date and time: Saturday, July 18, 2026, 12–2 p.m.

Description: The University of Maryland Memorial Chapel invites the College Park community and beyond to attend our upcoming All-Event Open Houses. Whether you are planning a wedding, a memorial service, or a special milestone celebration, our historic Chapel offers a serene and stunning backdrop for your most cherished moments. During these open houses, visitors are welcome to explore our beautiful sacred spaces, speak with our professional staff about event coordination, and envision how our venue can bring their unique visions to life. We are proud to open our doors on the following dates: Saturday, July 18, 2026, 12–2 p.m.

Cost: It is free to attend, and we welcome you to make a tour appointment. We look forward to welcoming you to the Memorial Chapel and helping you begin the journey of planning your next meaningful event. For more information, please visit our website or contact the Chapel main office.

Location: 1101 Memorial Chapel, College Park, MD 20742

Contact: chapel@umd.edu, 301-314-9866, chapel.umd.edu

Thai Culture & Food Event

Date and time: Friday, July 24, 2026, 4–9 p.m.

Description: Get ready to dive into awesome Thai vibes and tasty bites that’ll spice up your day! Hosted by We Will Survive Cancer (WWSC) in partnership with The Agency at National Harbor, Siam Exclusive Gems & Jewelry, and eFocus Media, this elegant cultural event brings together exceptional food, entertainment, community, and philanthropy in one of the Washington area’s most beautiful waterfront destinations. Guests will enjoy an evening filled with authentic Thai cuisine, cultural experiences, networking, and entertainment while helping WWSC continue its mission of providing hope and practical assistance to cancer patients and their families. Every ticket purchased helps support programs that provide financial assistance, transportation, essential supplies, meals, and special experiences for

Cost: \$40. Register on eventbrite

Location: Hyatt Hotel, 123 Waterfront St, Oxon Hill, MD 20745

Senior Ladies Line Dance Social Ages 55+

Date and time: Sunday, July 26, 2026, 2–4 p.m.

Description: This event is designed to bring women together to enjoy light exercise, laughter, and the opportunity to connect with others in a welcoming environment. No dance experience is necessary—just come ready to have fun!

Cost: \$25 (Refreshments Included) Register:

https://momence.com/Rulz-Fitness/Senior-Divas---Line-Dancing-Social/136978018

Ages: 55+

Location: Rulz Fitness, 14324 Old Marlboro Pike, Upper Marlboro, MD

Contact: www.rulzfitness.com

50 Years of “Roots”: Exploring Its Legacy With Chris Haley

Date and time: Saturday, August 15, 2026, 11 a.m.–1 p.m.

Description: Commemorate the 50th anniversary of “Roots” at Riversdale Historic Site & Museum with special guest Chris Haley, a member of the Haley family. Through a moderated conversation and audience Q&A, explore the lasting legacy of this influential work and its impact on how we understand history, family, and identity.

Cost: \$15 per person. Registration: Pre-registration is encouraged but not required on ParksDirect

Ages: 12 & up

Location: Riversdale Historic Site and Museum, 4811 Riverdale Road, Riverdale Park, MD 20737

2026 Price Benowitz Back-to-School Carnival

Date and time: Wednesday, August 19, 2026, 5–8 p.m.

Description: Join us for a free community event for local families. The event will provide free school supplies, family-friendly activities, entertainment, community resources, and opportunities for families to prepare for the upcoming school year.

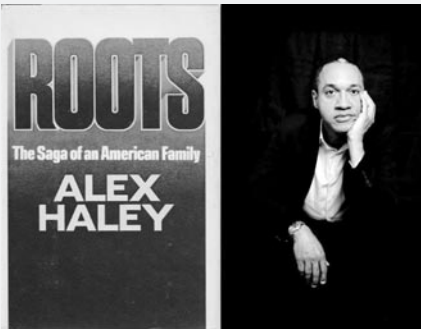
Cost: Free. Register at:

https://pricebenowitz.com/back-to-school-carnival/

Audience: Students, parents, families, educators, and community members

Location: District Heights Recreation Center, 2000 Marbury Drive, District Heights, MD 20747

Contact: https://pricebenowitz.com/back-to-school-carnival/



COMMUNITY

Marietta Historic Site & Museum’s 13th Annual Wine & Jazz at Marietta

By STACEY HAWKINS
Marietta Historic Site & Museum

Please join us on **Saturday, August 1**, 1–5 p.m. (Rain date Aug. 8) for our 13th Annual Wine & Jazz at Marietta. Celebrate African American jazz heritage with local popular musicians at Marietta. In honor of the nation’s 250th anniversary, the event will include a traditional African drum performance to honor the roots of American jazz.

Listen to popular local jazz musicians, Jazzy Blu, and AJQ Plus 1. Visit food and craft vendors and shop at the Farmers Market. Stroll through the booths of local Maryland wineries and sample the delicious wines of Cove Point Winery, Misfit Winery, Imperial 94 Winery, Far Eastern Shore Winery, and Sheree Harvest Wine.

Ages 21 & up. Early Bird tickets are \$10/person online until July 25, 2026. From July 26 through August 1, 2026, \$15/person online and at gate. Cash only at gate. To purchase online use ticket code: MHM-SPEC-GA-20260801

For more information, please call 301-464-5291 or email marietta-house@pgparks.com. Marietta Historic Site & Museum is located at 5626 Bell Station Road, Glenn Dale, MD, and is a property of the Maryland-National Capital Park and Planning Commission.



Register now for “The Woods in Your Backyard” Online Course

August 31–November 9, 2026

By PRESS OFFICER
University of Maryland Extension

Registration is now open for the fall 2026 of “The Woods in Your Backyard” online course from the University of Maryland Extension’s Woodland Stewardship Education program. Our self-directed, non-credit course runs for 10 weeks from **August 31 to November 9, 2026**. The course will help landowners of small parcels of land (1–10 acres) convert lawn to natural areas and enhance the management of existing natural areas. It features a hands-on learning approach to help participants develop and implement a plan for their property, providing strategies that improve the stewardship of their property for personal enjoyment and environmental quality. Activities include how to map habitat areas, understand basic ecological principles about woodland and wildlife, choose and implement a few habitat management projects, and how to set a timetable and record your progress. Online discussion groups allow participants to interact with others taking the course. A certificate of completion is awarded when all assignments are completed.

The course costs \$120.00 per person, which includes the 108-page “Woods in Your Backyard” guide, workbook, and a tree identification guide. The course is limited to 25 participants, so sign up now! Registration closes September 4 or when filled. Registration is through Eventbrite; go to <https://go.umd.edu/Fall-2026>.

For more information, go to https://go.umd.edu/the_course, or contact course coordinator Andrew Kling, University of Maryland Extension, akling1@umd.edu, 301-226-7564.

University programs, activities, and facilities are available to all without regard to race, color, sex, gender identity or expression, sexual orientation, marital status, age, national origin, political affiliation, physical or mental disability, religion, protected veteran status, genetic information, personal appearance, or any other legally protected class.”

McDaniel College Student Rose Lopez of Mitchellville Returns From Studying Abroad During Spring Semester

By PRESS OFFICER
McDaniel College

WESTMINSTER, Md. (July 9, 2026)—Rose Lopez of Mitchellville (20721) studied abroad as a sophomore at McDaniel College’s European campus in Budapest, Hungary during the spring 2026 semester. Lopez is a Psychology and Criminal Justice major at McDaniel College, Westminster, Maryland.

Over one-third of McDaniel students study abroad for academic credit in more than 50 countries.

Visit www.mcdaniel.edu/studyabroad for more information about the study abroad options at McDaniel College.

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

McDaniel College, founded in 1867, is a four-year, independent college of the liberal arts and sciences offering over 100 undergraduate and graduate programs. One of the original “Colleges That Change Lives,” McDaniel emphasizes experiential learning and student-faculty collaboration to develop the unique potential in every student. Represented by the Green Terror, over 20 athletic teams compete in the NCAA Division III Centennial Conference. A student-centered community of 1,600 undergraduates and 1,400 graduate students offers access to both Baltimore and Washington, D.C., plus a European campus in Budapest, Hungary. www.mcdaniel.edu

‘GATHER’ Launches as New Community-Based Healthy Aging Initiative

July 28 program brings together leading community organizations to strengthen connection, learning and well-being for older adults and caregivers

By PRESS OFFICER
Partners In Care, Inc.

PASADENA, Md. (July 6, 2026)—Partners In Care Maryland, Inc., in collaboration with Chesapeake Life Center, proudly announces the launch of “GATHER: Learn. Connect. Thrive.,” a yearlong healthy aging and social learning initiative.

“GATHER” is designed to strengthen social connection, lifelong learning, emotional wellbeing and aging in place through accessible, community-based programming for older adults and caregivers across Maryland.

At its core, the series is built on a simple belief: healthy aging depends not only on healthcare, but also on con-

nection, purpose, learning, resilience and belonging.

A Community-Centered Approach

GATHER offers in-person, virtual and hybrid experiences hosted throughout the county at trusted community locations including senior centers, libraries, faith communities, Chesapeake Life Center and the Center for Hope & Healing.

- Programming includes:
- Community conversations and peer learning
 - Wellness, mindfulness, movement and healing experiences
 - Therapeutic arts and expressive programming
 - Caregiver education and support

- Workshops on aging in place, brain health, safety and resilience
- Sessions on caregiving, grief and emotional well-being

Supplemental microlearning tools—including short videos, tip sheets and caregiver resources—extend learning beyond each session and support ongoing engagement.

The first event will be “Scamademic 2026.” Protect yourself from scams with the tools and information you need to stay safe. Join special guest Andre Lingham of Safe Aging Strategies as we cover how to recognize warning signs, report suspicious activity and prevent fraud be-

See ‘GATHER’ Page A4

‘To Know Ends’: The Death Talk Millennials and Gen Zs Never Got

New podcast series from Chesapeake Health Partners features honest conversations with Millennials and Gen Zs, acknowledging the caregiving, grief and end-of-life questions their generation rarely talks about out loud.

By ELYZABETH MARCUSSEN
Hospice of the Chesapeake

PASADENA, Md. (July 9, 2026)—Chesapeake Health Partners recently launched “To Know Ends,” a new podcast that explores the conversations many people avoid, the care they don’t understand and the people who carry them through it. While the series speaks to listeners of every age, it is especially aimed at Millennials and Gen Zers, many of whom are quietly navigating caregiving, serious illness, grief and loss for the first time, often without the language or community to talk about it.

Younger generations are facing these realities earlier and more often than they expected: caring for aging parents or grandparents while raising young kids of their own, supporting a friend through a serious diagnosis, grieving losses that don’t fit neatly into a single conversation. “To Know Ends” was built to meet them there, with real stories instead of platitudes.

“Millennials and Gen Zers are already living this,” said Chance Kitt, host and producer of “To Know Ends.” “They’re raising families while caring for aging parents, sitting with a friend through a hard diagnosis, grieving losses without a support group of peers. Our generation has few ways to talk about any of it. This podcast is our attempt to change that, one honest conversation at a time.”

“To Know Ends” asks a simple but profound question: What does it mean to live well all the way to the end? Each episode features voices from inside and outside the world of hospice and palliative care, including hospice team members, caregivers, artists and people who have sat beside someone they loved as they died. Guests speak candidly about what aging, decline and dying actually look like and what becomes possible when we stop running from those realities. Like much of the show’s intended audience, many of the guests are part of the Millennial and

Gen Z generations themselves, offering listeners a peer, not just an expert, a story they can relate to.

The podcast’s title carries a double meaning. To know ends is to understand what it’s like when someone looks honestly at decline, loss and death rather than looking away. It is also to know no ends, the discovery that confronting mortality honestly doesn’t shrink a life. It expands it.

The series opens with the story of Victoria Ivceik, an intake coordinator with Hospice of the Chesapeake. Before she ever answered the phone for a family seeking help for a loved one, she was one of them.

When her father was diagnosed with Alzheimer’s disease, Ivceik watched his decline unfold faster than anyone expected. Hospice of the Chesapeake came into their home during those final six months and what she witnessed didn’t look anything like what she’d assumed

hospice would be. There was comfort. There was presence. There was a kind of care that didn’t feel like giving up. It felt, in her words, like the opposite.

That experience led her to the other side of the phone. Today, Victoria is part of the clinical support team at Hospice of the Chesapeake, where she carries her father’s story into every conversation she has with families navigating the same uncertainty she once felt, a story that resonates with a generation only beginning to face these same questions.

Other upcoming episodes are as follows:

Episode 2—Alena Dailey, integrative arts and Chesapeake Life Center manager

Episode 3—Jennifer Ward, Chesapeake Life Center bereavement counselor

Episode 4—Perry Platt, inpatient care center clinical manager

Episode 5—Emily Jacobs, clinical practice specialist for nurses

“To Know Ends” is part of Chesapeake Health Partners’ broader commitment to helping everyone in the community, at every age and every stage, cope

All Photos Courtesy Hospice of the Chesapeake



Victoria Ivceik, Episode 1



Perry Platt, Episode 4



Alena Dailey, Episode 2



Emily Jacobs, Episode 5



Jennifer Ward, Episode 3



Chance Kitt, host and producer

with aging, serious illness, end-of-life issues, grief and loss. Whether the concern is a first conversation about hospice or a difficult diagnosis, the message is the same for listeners of any generation: you are not alone and neither are the guests who share these stories.

“To Know Ends” is available now on <https://toknowendspodcast.buzzsprout.com/2629131> and wherever podcasts are found.

Hospice of the Chesapeake provides expert, compassionate care for individuals and families navigating serious advanced illness and loss. Care is built around a genuine partnership between skilled clinicians, healthcare partners and the patients and families we serve—centered on supporting quality of life at every stage. For more than 45 years, we have had the privilege of caring for more than 65,000 patients and more than 100,000 family members across the communities we serve. Hospice of the Chesapeake is proud to be a part of Chesapeake Health Partners, an organization focused on strengthening community-based care and support services across the region.

COMMENTARY

Marc Morial

President and CEO, National Urban League



To Be Equal:

Citizenship Is a Birthright We’ve Earned and Intend to Keep

“...the Fourteenth Amendment has never been interpreted to extend citizenship universally to everyone born within the United States.”

“The Fourteenth Amendment has always excluded from birthright citizenship persons who were born in the United States but not “subject to the jurisdiction thereof.”

“Among the categories of individuals born in the United States and not subject to the jurisdiction thereof, the privilege of United States citizenship does not automatically extend to persons born in the United States: (1) when that person’s mother was unlawfully present in the United States and the father was not a United States citizen or lawful permanent resident at the time of said person’s birth, or (2) when that person’s mother’s presence

in the United States at the time of said person’s birth was lawful but temporary...”
—Executive Order 14160

That language came directly from a White House Executive Order, signed last January, under the guise of protecting Americans. Its true goal, however, was to fast-track deportations by stripping citizenship from children born to immigrants who contribute to this country while pursuing citizenship themselves.

The administration has not been shy about labeling immigrants criminals, thugs, and rapists. But the most offensive part of this executive order—and of Trump v. Barbara, the case taken before the Supreme Court to challenge it—is its

hypocrisy.

America was founded by immigrants escaping persecution and built by enslaved people brought to this land against their will. The same enslaved people who, in addition to not being considered American citizens until 1868, were also only counted as 3/5ths of a person until the passage of the 14th Amendment.

That Amendment, that constitutional right, is what was at stake in Trump v. Barbara.

While we applaud the Supreme Court for upholding the rule of law and recognizing the history of Black Americans in this country, we are alarmed at the future dangers posed by such a narrow decision. A court where a 5-4 decision is the barrier between who is considered American, days before the nation celebrates its 250th anniversary, is a court that risks everything this country stands for if another extremist judge is ever appointed. In fact, one justice gave this administration a path-way.

In his opinion on the ruling, Brett Kavanaugh wrote that “Congress could—consistent with the Fourteenth Amendment—amend §1401(a) or otherwise enact new legislation establishing exceptions to birthright citizenship for children born to foreign citizens unlawfully or temporarily in the country,” adding, “but Congress has not yet done so.”

While Kavanaugh was part of the 6-3 majority that voted against the executive order, he was not

part of the 5-4 majority that agreed citizenship is guaranteed under the 14th Amendment. The Court split 6-3 to strike down the order itself, but only 5-4 on the narrower and more consequential question of whether birthright citizenship is constitutionally guaranteed to all children born on U.S. soil.

While our movement and the Civil Rights community celebrate this week’s victory, we have been put on notice that another assault may soon be underway.

This precarious moment again underscores the power of the ballot and is another signal as to why extremist groups and elected officials are doing everything in their power to block the ballot box and shrink representation. But we are not willing to stand by and allow them to succeed.

Our movement is coordinating a massive voter turnout in this year’s midterms through our Reclaim Your Vote campaign, and we are partnering with the Civil Rights community to remind Congress of its role in serving all Americans and moving our country forward, not back into the years before the end of slavery.

This decision, and this moment in our history as we celebrate 250 years of the American experiment, is a reminder that we all have a responsibility to this nation: to stand up in the face of tyranny and fight back with our voice and our ballot.

—July 4, 2026

BUSINESS AND FINANCE

WTOP News Names Educational Systems Federal Credit Union a Winner of the Greater Washington-Area Top Workplaces 2026 Award

By PRESS OFFICER
Educational Systems Federal Credit Union

GREENBELT, Md. (July 2, 2026)—Educational Systems Federal Credit Union has been awarded a Top Workplaces 2026 honor by WTOP News. This list is based solely on employee feedback gathered through a third-party survey administered by employee engagement technology partner Energage LLC. The confidential survey uniquely measures the employee experience and its component themes, including employees feeling Respected & Supported, Enabled to Grow and Empowered to Execute, to name a few.

“This award is a reflection of the people who make Educational Systems Federal Credit Union a great place to work,” said Girado

Smith, President/CEO of Educational Systems Federal Credit Union. “Our Ambassadors show up each day with a commitment to helping others, and that spirit shapes both the workplace we are building and the member experience we deliver.”

“Earning a Top Workplaces award is a badge of honor for companies, especially because it comes authentically from their employees,” said Eric Rubino, Energage CEO. “That’s something to be proud of. In today’s market, leaders must ensure they’re allowing employees to have a voice and be heard. That’s paramount. Top Workplaces do this, and it pays dividends.”

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 80,000 members of the education community including school employees, students,

parents and individuals working for education-related organizations. For more information, visit esfcu.org.

Energage is a purpose-driven company that helps organizations turn employee feedback into useful business intelligence and credible employer recognition through Top Workplaces. Built on 20 years of culture research and the results from 30 million employees surveyed across more than 80,000 organizations, Energage delivers the most accurate competitive benchmark available. With access to a unique combination of patented analytic tools and expert guidance, Energage customers lead the competition with an engaged workforce and an opportunity to gain recognition for their people-first approach to culture. For more information or to nominate your organization, visit energage.com or topworkplaces.com.

Social Security Matters

Ask Rusty:

Should I Claim Spouse Benefits Now, or my Own SS Benefit?

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 am writing to get advice on the optimal time to sign up for Social Security benefits. I am a 64-year-old female, and my birthdate is August 1961. My husband is already taking his SS benefits, so I have also wondered if it [would] be advisable to take spousal benefits or full benefits. **Signed: Wondering Spouse**

Dear Wondering: If you take your Social Security benefits at age 64, they will be permanently reduced. And, for information, you cannot take only your spousal benefit; you must take your own SS retirement benefit whenever you claim and, if you are entitled to more as your husband’s spouse, you will also get a “spousal boost” to bring your monthly payment up to what you are entitled to as a spouse. If you claim at any time before your SS full retirement age (FRA) of 67, both your own SS retirement amount and your spousal boost amount will be actuarially reduced for claiming early. All of which means that claiming before your FRA (e.g., at 64) will mean your monthly benefit will be less than 50% of your husband’s monthly FRA amount. Now, for clarity, it’s important to know how spouse benefits are calculated: if your FRA entitlement is less than 50% of your husband’s FRA entitlement, then you will get a “spousal boost” added to your own SS retirement amount. Note that FRA amounts are always used to calculate spousal amounts, regardless of the age at which benefits are claimed. If your husband waited until age 70 to get a higher monthly benefit, or even if he claimed before his

FRA, your spousal amount would still be based on his FRA entitlement. If your FRA benefit is less than half of his FRA entitlement, you will get a spousal boost. If not, you won’t. Assuming you will be entitled to a “spousal boost,” the decision you must make is whether to claim early (e.g., now at 64) or wait until you are 67 to get your maximum amount as your husband’s spouse. The factors to consider are these:

- Are you still working? If so, claiming before FRA means you will be subject to an annual earnings limit until you reach FRA. The earnings limit for early filers in 2026 is \$24,480 and, if that is exceeded, SS will take away benefits of \$1 for every \$2 you are over the limit (the limit increases a bit yearly). If you substantially exceed the earnings limit by working, you may even be temporarily ineligible for SS benefits until you either reach your FRA or stop working full time.
- Do you expect your husband to predecease you? If so, then your benefit as a widow will be 100% of the larger amount he is collecting when he passes (provided when that occurs you’ve reached your FRA and your own SS retirement is less). Depending on timing, that may mean that taking a reduced spouse benefit now, which will be replaced by your larger widow benefit later, is a logical choice.
- What is your own life expectancy? If you have health issues or have other reasons to believe you will not achieve “average” life expectancy (average is about 87 for a woman your current age), then claiming

your Social Security benefits early is likely a prudent choice. So, as you can see, you must evaluate your personal circumstances to make this decision. Although we aren’t able to say exactly when you should claim your SS benefits, I hope this provides the information you need to make an informed decision.

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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.

‘Gather’ from A3

fore it happens. Together with your family and caregivers, you can help stop scams in their tracks.

It will be held from 2 to 3:30 p.m. **Tuesday, July 28**, in the Partners In Care Conference Room, 8151-C Ritchie Highway, Pasadena, MD 21122. To register, visit <https://partnersincaremd.salsalabs.org/gatherscamdemic/index.html>.

Why GATHER Matters

As Maryland’s older adult population grows, so does the need for community-based support that addresses both practical needs and social well-being. Older adults and caregivers are increasingly impacted by isolation, caregiver stress, chronic illness, transportation barriers, digital literacy gaps, financial exploitation and grief.

See ‘GATHER’ Page A6

The Prince George’s Post

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HEALTH *and* WELLNESS

SAVING A LIFE THIS SUMMER

Ways to Step Up Safety Practices

FEATURE IMPACT

The busy summer season can take you almost anywhere – baseball fields, backyard cookouts, long workdays or road trips across the country. Regardless of where you are, summer is a reminder that emergencies like cardiac arrest can happen anywhere.

More than 350,000 out-of-hospital cardiac arrests occur in the United States each year, and 90% of people will not survive, according to the American Heart Association, a nonprofit organization devoted to changing the future for a world of healthier lives for all. Sudden cardiac arrest can happen anytime, anywhere. People often hesitate to step in. In fact, nearly 2 out of 3 adults believe CPR can only be performed by medical professionals. This mistaken belief can cost lives and contributes to the low survival rate.

Ordinary people have extraordinary power. You don’t need to wear scrubs or have a medical background to save a life – you just need the courage to act.

Take the safety of those around you into your own hands this summer with this checklist.

Plan Ahead

Summer is often a time for welcome disruptions, including vacations, camps, sports and parties. Before traveling or attending events, check if your destination has a cardiac emergency response plan, which establishes specific steps to reduce death from cardiac arrest in any setting, from schools and community organizations to workplaces and sports facilities.

Learn CPR

Cardiac arrest can happen anywhere: at home, at work, in schools, at a soccer game or on vacation. When it happens, the first chance for survival often rests with the people nearby.

Anyone can be the difference before professional help arrives. The power to save a life is in your hands. CPR is a human responsibility, not just a medical skill. When friends, family or even strangers step in during cardiac emergencies, survival rates can double or even triple.

Hands-Only CPR for adults consists of two easy steps:

1. Call 9-1-1 or shout for someone else to call.
2. Push hard and fast in the center of the chest to the beat of a familiar song that’s 100-120 beats per minute, such as “Stayin’ Alive” by the Bee Gees.

Share Resources with Your Family and Community

Once you’ve learned simple, two-step Hands-Only CPR, share resources with your community to help expand the American Heart Association’s Nation of Lifesavers. Raising awareness with family, neighbors and colleagues can help people feel confident in the face of an emergency.

Families can watch short instructional videos that demonstrate the life-saving steps for adults as well as techniques for infants and children.

Travelers can also get trained in about 5 minutes with a Hands-Only CPR Kiosk, located in many airports and public spaces across the country.

To find more information about learning CPR, visit [Heart.org/Nation](https://heart.org/nation).

Summer Safety Tips

In addition to learning CPR and sharing valuable resources with your family and community, consider these ways to keep yourself and loved ones safe throughout the summer months.

- **Stay Hydrated:** High temperatures can quickly lead to dehydration and heat-related illness. Drink water regularly throughout the day, especially during outdoor activities, and pack extra water when away from home.
- **Protect Your Skin:** Hats, sunglasses and lightweight clothing can protect skin from sun exposure, but it’s important to use broad-spectrum sunscreen and reapply every 2 hours.
- **Swim with a Buddy:** Hopping in a pool, lake or ocean is a hallmark of summer but can be dangerous without

precautions. Never swim alone and ensure children are always supervised by an adult near water.

- **Identify the Locations of Safety Equipment:** When attending camps, heading to a sporting event or enjoying the pool or beach, identify where lifeguards, AEDs and emergency exits are located. Knowing where to find help can save valuable time when every second counts.
- **Practice Grill Safety:** Some of your most memorable summer moments may happen during a backyard barbecue or cookout, and it’s important to keep those gatherings safe. Use grills away from homes, decks and dry grass. Never leave them unattended while cooking, and be sure kids and pets stay at a safe distance from hot surfaces.

Saving a Life Within 1 Year of Learning CPR

On a chilly Tuesday, dawn was breaking as Matthew Lynch reached his highway exit, but traffic was backed up at a particular intersection. He waited through three cycles before finally getting close enough to see the holdup: a stalled SUV.

While most cars buzzed by, Lynch moved slowly and peered into the vehicle. He saw people inside and parked his sedan, flipped on the hazard lights and ran to the stalled SUV. As he knocked on the driver’s window, there was no response. The doors were locked. Two people – a male driver and female passenger – were unresponsive.

Lynch ran back to his own car and called 9-1-1 before managing to open the driver’s side door. He discovered the driver was not breathing normally, signaling to Lynch he’d need to start CPR – which he’d learned 10 months earlier during a training session he’d helped organize for a work-sponsored men’s group.

Knowing he had to do something, Lynch started pushing hard and fast in the center of the man’s chest. Within a minute, the man gasped for breath.

Just as Lynch leaned over to see if he could help the female passenger, first responders arrived and Lynch backed away, knowing there was nothing more he could do.

“It was just a lot to take in,” said Lynch, a member of the American Heart Association’s 2026 Nation of Lifesavers Class, a small group of volunteers, dedicated to raising awareness of CPR by sharing their own personal stories of survival or rescue. “Mostly I felt an incredible sense of gratitude that I could help someone.”

A strong admirer of the Good Samaritan parable, Lynch is always on the lookout for the opportunity to help others. He learned a lot about himself in that moment and about the importance of learning CPR, along with the confidence that comes from knowing you could be a lifesaver.

“I quickly realized the certification was way less important than the actual CPR training,” he said. “Your ability to help in any capacity is better than doing nothing. If I hadn’t done that training, I probably would not have helped.”



Matthew Lynch



