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From Gridiron Champion to the Bulldog Family: Incoming Freshman Nijah Howard Is Already Inspiring a Community

By MICHELLE HUDGINS and KELLY ALEXANDER
Bowie State University

When Nijah Howard steps onto Bowie State University's campus this fall, he'll be doing far more than starting his freshman year. He'll be continuing a journey of resilience, faith and purpose that has already touched thousands of people, and Bowie State intends to walk every step of it with him.

Nijah arrives at Bowie State as a state champion. As a member of Archbishop Curley High School's football team, he helped bring home the 2024 Maryland Interscholastic Athletic Association state title, the culmination of years of dedication on the field. But not long after that victory, Nijah received a life-altering diagnosis, one that brought with it left-side extremity weakness and cognitive challenges that doctors warned could make it difficult to focus in a classroom.

"The doctor had told me I'm not going to remember a lot when I go back to school," Nijah recalled. Some doctors even gave him a grim prognosis. His mother's response has become the family's guiding philosophy: "God has the final say."

Rather than let the diagnosis define him, Nijah redefined himself.



COURTESY BOWIE STATE UNIVERSITY, PHOTOGRAPHER RYAN PELHAM

To celebrate his perseverance and welcome him to the Bulldog family, President Breaux personally presented Nijah with the Goodloe Merit Scholarship, a special award named in honor of Bowie State's first principal, Don Speed Smith Goodloe, Ph.D., worth \$20,000 over four years (\$5,000 annually).

While football had consumed most of his time and energy, Nijah's plan B revealed a gift for storytelling and entrepreneurship that has already reached a national audience:

- "The Hardest Season," Nijah's children's book, which uses football as a metaphor for his own health journey, became a No. 1 Amazon best-seller and held a top five ranking for two months,

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A Summer of Service: Prince George's Community Federal Credit Union Invests in Prince George's County

Through the Lake Arbor Jazz Festival, National Night Out, and its partnership with Tanger Outlets National Harbor, the credit union is supporting students, families, and communities throughout Prince George's County.

By PRESS OFFICER
Prince George's Community Federal Credit Union

PRINCE GEORGE'S COUNTY, Md. (July 16, 2026)—This summer, Prince George's Community Federal Credit Union (PGCFCU) is reaffirming its commitment to the people of Prince George's County by supporting community celebrations, preparing students for a successful school year, and partnering with organizations that make a lasting impact.

Throughout the summer, the credit union is investing in local events and initiatives that bring neighbors together, strengthen families, and create opportunities for future generations. In addition, PGCFCU's 2026 Back-to-School Loan helps ease the financial burden of school-related expenses, offering families added financial flexibility as they prepare for the new school year amid ongoing changes to federal student loan programs. "We believe being a credit union means showing up for our community every day, not just inside our branches, but wherever our members live, work, learn, and celebrate," said Diane Coleman Brown, President & CEO of Prince George's Community Federal Credit Union. "Your Community. Your Credit Union." isn't just a tagline, it's our commitment to serving Prince George's County with purpose, partnership, and pride.

Celebrating Community at the Lake Arbor Jazz Festival

PGCFCU is proud to serve as the exclusive financial sponsor of the 16th Annual Lake Arbor Jazz Festival, [which took



IMAGES COURTESY PGCFCU

place] July 15–19, 2026, at National Harbor. The five-day festival celebrates world-class jazz, culture, and community while supporting scholarships through the Prince George's Cultural Arts Foundation.

Supporting Families Throughout Back-to-School Season

As families prepare for a new school year, PGCFCU is expanding its investment in local students and families through several community partnerships and events. On **Tuesday, August 4**, the credit union will participate in National Night Out, joining law enforcement agencies, neighborhood organizations, and community partners in promoting public safety, strengthening police-community relationships, and fostering neighborhood engagement. The credit union is also proud to be the official sponsor of Tanger Outlets National Harbor's Back-to-School Bash on **Sunday, August 9**, where families can enjoy giveaways, raffle prizes, and informa-

tion about the many benefits of credit union membership. Throughout Maryland's Shop Tax-Free Week (**August 9–15**), the credit union will maintain an on-site presence at the southern region's premier outlet shopping destination, extending its outreach to shoppers and families across southern Prince George's County while sharing financial resources to help them prepare for the new school year.

Rounding out its back-to-school efforts, PGCFCU is sponsoring 300 backpacks filled with school supplies for Jacob's Ladder's Back-to-School Celebration and has donated \$500 worth of school supplies to support the Prince George's County Sheriff's Office Annual Back-to-School Drive, helping students across the county start the school year prepared for success.

By investing in local events, educational initiatives, nonprofit partnerships, and financial empowerment, PGCFCU continues to strengthen the community it proudly calls home.

Established in 1967, Prince George's Community Federal Credit Union was created to offer financial services to Prince George's County employees. Over the years, the organization has expanded its reach to serve more than 19,500 members across the county. With assets exceeding \$300 million, our community-based credit union welcomes individuals who live, work, volunteer, worship, attend school or operate businesses in Prince George's County to open an account. For more information about the organization or to become a member, please visit www.PrinceGeorgesCFCU.org or call 301.627.2666.

Bee Research Lab Closure Raises Concerns for U.S. Food System

By DANIELLE SMITH
Public News Service

A major agricultural research hub in Maryland is set to close as the Trump administration moves to downsize the federal government, raising concerns across the beekeeping and farming industries.

The Beltsville Agricultural Research Center is home to the Beltsville Bee Research Laboratory, the nation's leading bee research and disease diagnosis lab.

David Schultz, president of the Maryland State Beekeepers Association and apiary inspector with the Maryland Department of Agriculture, said the lab has helped beekeepers respond to emerging threats. He argued closing the Beltsville Bee Lab would affect important pollinator research often happening behind the scenes, including work tied to national food security.

"If we lose the pollinators, not only do we lose 35% of what we'd like to eat, but that really translates into starvation, because especially in this country, we feed a lot of other countries," Schultz explained.

Schultz pointed out the closure comes at a particularly fragile time for the industry. Beekeepers are still recovering from steep losses, with some reporting more than 60% losses in their colonies during the 2025 winter

season, far above typical losses, which usually range between 25% and 30%.

Honeybees pollinate about \$15 billion in crops each year, covering more than 130 kinds of fruits, nuts and vegetables, according to the USDA.

Schultz noted the Beltsville Bee Lab has been especially valuable for research in the mid-Atlantic. As an apiary inspector, his work involves monitoring for diseases which can seriously harm honeybee colonies, and inspectors regularly collect samples. The Beltsville lab has consistently analyzed the samples.

"Their expertise in giving us answers quickly really makes a difference in how beekeepers can manage their colonies," Schultz underscored. "Because beekeepers basically are like veterinarians because they have to understand how to diagnose a colony, what might be ailing the colony, and then how do I fix it?"

Schultz added closing the lab would also affect beekeeping education. He regularly works with hundreds of mentees and supports higher-education beekeeping programs relying on volunteer involvement. Such community support would be difficult to replace, Schultz emphasized, and losing key resources could have effects lasting well beyond the immediate closure.

GoPGC Prince George's County Elevates Its Transit System With GoPGC

Formerly TheBus, GoPGC Ushers in a New Era of Transit 35 Years of Service Commemoration and Full Fleet Unveiling—September 2026

By ANGELA ROUSON, MPA
Department of Public Works and Transportation

LARGO, Md. (July 16, 2026)—A Transit Transformation is underway in Prince George's County! The Department of Public Works and Transportation (DPW&T) has announced the launch of GoPGC, a major rebranding of the County's transit system. The transition marks a significant milestone in delivering accessible, innovative, community-focused transportation services for County residents—an achievement over 35 years in the making.

Formerly known as TheBus, GoPGC reflects the County's long-term commitment to improving mobility, improving the rider experience, and building a transportation network that meets the needs of residents, businesses, seniors, students, and visitors.

The new look, from updated logos to streamlined signage, will be implemented across the entire transit fleet and all transit programs beginning summer 2026. The refreshed branding is designed to improve visibility with a contemporary look that fosters a strong connection with riders and the community. The standards of public transit in the County will be elevated through route changes, including added Sunday service in some areas, along with service enhancements, refreshed amenities, and a clean-energy approach.

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For many, the challenge is not motivation but finding habits that fit into real life.

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TOWNS and NEIGHBORS

Brandywine-Aquasco by Audrey Johnson 301-922-5384

THE MIGHTY WONDERS OF AQUASCO

Stepping on Board with the Mighty Wonders of Aquasco, Maryland. The Mighty Wonders included members of Christ United Methodist and Nottingham Myers United Methodist Churches. Members included Harry Bazemore, Ralph Contee, Sidney Contee, Thomas Contee, Grafton Glascoe, Alfred Johnson, Jr., Alfred Johnson, Sr., Ernest Johnson, Jr., Philip Johnson, Dennis Lee, John Stewart, Jim Taylor and Lowell Washington. Contee graciously shared the story of how he joined the band, the recording of the 45 (“Old Ship of Zion” and its flip side. “How Far Am I From Canaan?”) and the names of the remaining members of the group. Contee said he joined the group in 1970, a few years after its formation. As they gained more attention in the local area, they decided to record a 45 and sell it as a fundraiser for the band. That 45 was the “Old Ship/Canaan” pressing, recorded in 1971 or 1972. The group sold the 45 at concerts and to family members, but aside from word of mouth, they made no attempt to get radio play for the songs and relied on “love offerings” from the churches where they performed as payment for their services. Contee said one early goal was to buy matching suits “shirts, suits, ties, the whole thing” for all nine members of the group because they saw it as a way to increase their professional appearance and bring them closer together.

The Mighty Wonders were a close-knit group, according to Contee. They had to be, because from early fall through early summer for years they were performing up to three programs every Sunday in churches around the Baltimore area. None of the members had any formal training in singing or performing. They simply took what they’d seen at their home churches and broadened it into a multi-part vocal group. They took turns singing as lead, with two members, John Stewart and Alfred Johnson doing the honors more often than the others. But Contee said, on some occasions a member would know a song better than the others and sing the songs and he would step up to take the lead for that particular song or performance. All in all, it was a way for the men to sing the songs they liked in the style they liked, and it suited them well. By Eric Ames February 12, 2015.

HOMECOMING AFTER DARK 2026

Get ready for one of the HOTTEST Homecoming events of the year as the Bowie State University National Alumni Association brings the ultimate AFTER PARTY experience to the city Saturday, October 24, 2026, from 7 p.m. to 12 a.m. at the Boswell Hall, 6111 Columbian Way, Bowie, Maryland, 20715. Live entertainment by Scooby DaGodSon 4x2026 GO-GO Winner. Music by DJ Dirty Rico of Majic 102.3 FM 2026 GO-GO Award Winner. Spinning the BEST in Go-Go, Hip-Hop, House, Dancehall, Old School and Party Classics ALL NIGHT LONG! Cash Bar, Vendors, and Food Trucks. Tickets and VIP tables are on sale now. Early Bird Special, only \$40 for the First 100 tickets. Click the link to purchase Ticket/VIP Tables: <https://www.zeffy.com/en-US/ticketing/homecoming-2026-4>. Alumni, Greeks, classmates, DMV friends and supporters this is the reunion vibe you don’t want to miss. Come represent

your class, reconnect with old friends, dance all night and celebrate Bulldog pride in style. Call your friends to make plans now. Share information with fellow Alumni #BSUHomecoming#BowieStateUniversity #bsunaa D J D i r t y R i c o # S c o o b y D a G o d S o n #BulldogPride#BSUAlumni#Homecoming2026.

2026 ALUMNI DAY

Pomonkey High School 2026 Alumni Day celebrating 38 years of PHSAA, 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 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 Milstead: 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.

JOKES & JAM COMEDY SHOW

The Sisters of the East Present: Jokes & Jams Comedy Show Saturday, August 15 from 2–6 p.m. Get ready to laugh out loud and vibe to some great music at this comedy and music event. Groove with DJ Frost spinning the beats while comedians Adaylah Banks and Stacy Carver deliver punchlines that’ll have you cracking up. Cost \$65.87 Get tickets on Eventbrite. Your ticket includes delicious appetizers and entertainment. Reserve a VIP SEAT for an upgraded experience (complimentary bottle and special thank you gift). Vendors: Ticket price includes one seat and one table. Additional vendor staff members are required to have an add-on ticket; they are available for \$60. Come for the jokes and stay for the jams and leave with a smile (and maybe a little fizz!) The show is a charity fundraiser so come support! Location: 4331 St. Barnabas Road, Marlow Heights, MD 20748. This show is 4 hours. Ages 21+, in person, doors open at 1:50 p.m. Refund Policy: Refunds up to one day before event.

LIFELINE SCREENING EVENT

Life Line Screening. The Power of Prevention. You’re invited to a Life Line Screening event at Clinton Baptist Church, 870 Woodyard Road, Clinton, Maryland, Friday, August 7, 2026. Life Line Screening is the nation’s leader in Stroke and Cardiovascular Disease Risk Screenings. Trusted by over 11 million customers. Screenings are simple and painless. Get peace of mind for early detection. Who should attend: Anyone age of 40+.

Special pricing for \$129 includes Carotid Artery Disease Screening, Atrial Fibrillation Screening, Abdominal Aortic Aneurysm Screening, Peripheral Artery Disease Screening. These tests cannot detect all risk factors for all conditions, such as and including the presence of coronary artery disease. Those with abnormal results should discuss possible next steps with their family healthcare provider and ensure they understand the risk and benefits of any additional testing or procedures. Ways to schedule an appointment: Call 800-324-9458 and use promo code HABC001, visit USA.SOCIAL/HABC, Text the word “circle” to 216-279-1607.

Andrews Federal Credit Union Recognizes Scholarship Winners, Elects Board Members During Annual Meeting

By NATALIE TATE
Andrews Federal Credit Union

SUITLAND, Md. (July 20, 2026)—Andrews Federal Credit Union elected new board members and awarded \$55,000 in scholarship and summer camp award funds during its recent annual meeting.

The June 2026 annual meeting was led by Andrews Federal Board Chair Kenneth McKinney and President/CEO Kenneth Orgeron. During the event, the leadership team shared the credit union’s recent successes and emphasized its ongoing commitment to strategically supporting member needs and promoting financial stability.

Three credit union directors were selected to serve three-year terms on the Andrews Federal board.

- **Robert Bowie:** Current Andrews Federal Board Member who has chaired the Budget and Human Resources Committees and serves on the ALCO, Nominating, and Joint Merger Committees. Retired U.S. Air Force Brigadier General. Previously served at the Pentagon as Special Assistant to the Director of the Air National Guard for the Assistant Secretary of the Air Force for Installations, Environment, and Energy.
- **Tim Byers:** Served Andrews Federal as Supervisory Committee Vice Chair. Retired U.S. Air Force Major General and senior executive known for leading complex engineering, infrastructure, and mission driven operations. Current President of Byers Strategy and Solutions.
- **Jenny Kuhlmann:** Served as the Andrews Federal Supervisory Committee Chair. Senior Congressional Affairs Officer at the U.S. Nuclear Regulatory Commission. Brings more than 30 years of experience in research, communications, and leadership to her work sup-



PHOTO COURTESY ANDREWS FEDERAL CREDIT UNION

Andrews Federal also awarded scholarships and summer camp awards to student members. The credit union gave ten \$5,000 scholarships to incoming college freshmen and offered support for working families by providing \$500 in summer camp funds for ten students.

porting the credit union’s financial safety and soundness. “Our Board of Directors comprises volunteers who willingly share their knowledge on behalf of our credit union membership,” said Kenneth Orgeron, President and CEO of Andrews Federal Credit Union. “Their leadership and guidance ensure Andrews Federal has the strategic expertise to provide members exceptional products, services, and support to achieve their financial goals.” Andrews Federal also awarded scholarships and summer camp awards to student members. The credit union gave ten \$5,000 scholarships to incoming college freshmen and offered support for working families by providing \$500 in summer camp funds for ten students.

According to Chief Operating Officer Damita Robinson, the credit union’s scholarship program is designed to support education and greater achievement for young people. “Each college scholarship represents a path and an opportunity for our students,” Robinson said. “Andrews Federal is honored to partner with them as they build a strong foundation for their future.”
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Founded in 1948, Andrews Federal Credit Union has grown to serve more than 155,000 members in the District of Columbia, Maryland, Virginia, New Jersey, and military installations in central Germany, Belgium, and the Netherlands. For more information about Andrews Federal, visit andrewsfcu.org.

Around the County

Prince George’s County Council Member At-Large Wala Blegay Announces Passage of Key Women’s Health and Fibroid Support Legislation

Prince George’s County Council Member At-Large Wala Blegay announces the passage of several key pieces of legislation that strengthen women’s health protections and expand fibroid education and support throughout Prince George’s County. Filed together, these measures advance early screening, workplace protections, and equitable access to care for individuals experiencing uterine fibroids.

Today, the County Council passed CB-36-2026, an Act Concerning Women’s Health Workplace Protections. This legislation ensures that County employees and employees of County contractors experiencing severe menstrual or uterine fibroid-related symptoms have access to reasonable workplace accommodations, including increased remote work days and flexible leave options. Council Member Blegay emphasized that this bill provides critical relief for those facing serious health challenges that often go unaddressed.

In addition to today’s passage of CB-36-2026, two related fibroid measures were approved on June 29, 2026: CR-30-2026, which launches a countywide fibroid education and outreach campaign with the Prince George’s County Health Department, and CR-031-2026, which improves access to insurance resources and specialist care. Together, these resolutions aim to increase awareness of fibroid symptoms, encourage early screening, and help women more easily navigate coverage and treatment options.

Fibroids remain one of the most common and impactful women’s health issues, disproportionately affecting Black women, who often experience more severe symptoms and higher risks of complications. Council Member Blegay, who has personally faced fibroid-related health challenges, shared her experience: “My fibroids grew to the size of a five-month pregnancy, nearly forcing me into surgery. At one point, my life was at risk. No woman should have to navigate that kind of fear without clear information, early screening, and access to the right care. This legislative package ensures that women in our county have the support, education, and protections they deserve.”

These measures demonstrate Prince George’s County’s commitment to improving women’s health, expanding access to care, and ensuring workplaces support individuals managing serious conditions.

For more information, please contact the Office of Prince George’s County Council Member At-Large Wala Blegay at 301-925-2195 or email At-LargeMemberBlegay@co.pg.md.us.

PG Valor Basketball Team Names Lionel R. Coleman as Head Coach

PRINCE GEORGE’S COUNTY, Md. (July 16, 2026)—The PG Valor Basketball Team proudly announces the appointment of Lionel R. Coleman as the organization’s new Head Coach as the team prepares for its landmark 10th Anniversary Season in the American Basketball Association (ABA).

Coach Coleman brings an outstanding combination of playing experience, leadership, and basketball knowledge that spans some of the nation’s most respected basketball programs and international professional competition.

His basketball journey includes competing at DeMatha Catholic High School, Coolidge High School, where he earned 2006 All-Met/All-City West First Team honors, and K.I.M.A. during his high school career. He continued his success at Anne Arundel Community College, earning 2008 All-Region All-American recognition before completing his collegiate career at New Mexico Highlands University from 2010–2013.

Following college, Coleman played professionally in Mexico and Puerto Rico from 2013–2015, further developing the experience and leadership he now brings to the sidelines.

- Among his individual accomplishments are:
- Winner of the National Hershey Slam Dunk Contest
 - Champion of the National Hershey 3-on-3 Tournament (2015)
 - Three-time New Mexico All-Stars Slam Dunk Contest Champion (2009–2012)

Coach Coleman expressed his enthusiasm about joining the organization.

“First and foremost praise God. Secondly I’d like to thank team owner LaDonna Smith for giving me the opportunity to grow with the team, program and the community. Let’s win some basketball games!”

As the team celebrates its 10th Anniversary Season, PG Valor continues its commitment to providing exciting professional basketball while making a positive impact throughout Prince George’s County through community engagement, youth outreach, and family-friendly entertainment.

Fans are encouraged to follow PG Valor throughout the season for roster announcements, schedule releases, ticket information, community events, and special promotions.

Be sure to connect with them by visiting, liking, sharing and commenting on their social media pages on Facebook, Instagram and Twitter: @pgvalorbball as well as their official website at www.THEPGValor.com. For tickets and more information, please visit www.THEPGValor.com.

PG Valor is an American Basketball Association (ABA) team in Prince George’s County, Maryland. In addition to competing in the ABA from November through March for regular season games and from March through April for playoff and championship games, PG Valor competes in charity games against other professional and local teams. PG Valor is minority and woman-owned by LaDonna M. Smith, from Fairmount Heights, Maryland. As of 2022, PG Valor became a registered entity under PG Valor Sports, LLC—a Maryland based company.

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.



Inspiring from A1

- Nijah Strong, his own clothing line named for Isaiah 41:10, one of his favorite scriptures, reflects the faith that has carried him through, and
 - The Journey, a future restaurant concept Nijah dreamed up during his hospital stay, blends his love of food with the story of his own path.
- His story caught the attention of local media, and from there, it reached Bowie State University President Aminta Breaux, who heard about his story and immediately reached out to invite him to campus.
- For Nijah, the choice came down to something simple but powerful: energy. “It was just straight positive energy, love, laughter,” he said of his first visit to campus for Admitted Students Day. Though he had other offers on the table, the warmth of the Bulldog community, from the scholars who welcomed him to campus to the family feel of a Historically Black College and University (HBCU) campus, made the decision clear. Being close to home in Essex, Maryland, and to his mother’s work, only confirmed it further: “God makes no mistakes.”

He’ll be joined by several friends and former teammates from Archbishop Curley, giving him a built-in support system from day one.

Since the spring, Bowie State’s Disability Support Services team, including staff member Renata Sikorski, has worked hand-in-hand with Nijah’s family to ensure a smooth and supported transition to campus life. That support includes first-floor housing accommodations tailored to his mobility needs, academic accommodations such as extended time on coursework, continued physical therapy access to support his ongoing recovery and ongoing communication with his family to ensure every detail is in place before move-in day.

To celebrate his perseverance and welcome him to the Bulldog family, President Breaux personally presented Nijah with the Goodloe Merit Scholarship, a special award named in honor of Bowie State’s first principal, Don Speed Smith Goodloe, Ph.D., worth \$20,000 over four years (\$5,000 annually).

As a business major with entrepreneurial dreams of his own, Nijah will also have access to Bowie State’s Entrepreneurship Innovation Center, where students can access 3D printing and other technology, receive coaching from industry experts and compete in a campus pitch competition for prizes up to \$10,000. The center’s programs also provide Nijah and the other students with opportunities to be connected with campus mentors and entrepreneurial leaders, like the CEO of Saxbys, whose campus cafe model gives students hands-on experience running a business for pay and course credit.

Nijah plans to study business, hoping to one day manage a healthcare facility like his mother before launching a business of his own, following in the footsteps of a mother whose career and family foundation have been devoted to service.

When asked what inspires him, Nijah didn’t hesitate: his mother. “She’s a strong woman. She kept going, stayed strong and that’s what’s moving me to be so strong.”

Bowie State is proud to welcome Nijah Howard, his mother and younger sister, who, at 11, already knows she wants to go to Bowie “like her brother,” to the Bulldog family. His story is a testament to the power of faith, family and community and a reminder of exactly what it means to be Bowie Bold.

‘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 connection, 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 before 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.salalabs.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.

Research consistently shows that strong social connections, lifelong learning and community engagement improve cognitive health, resilience and overall quality of life. GATHER responds with a relationship-centered model that integrates education, wellness and human connection into one coordinated experience.

A Shared Vision for the Future

Our vision is to create a vibrant and connected community where older adults remain engaged, informed, resilient and supported throughout the aging journey.

Partners In Care Maryland, Inc. *is a volunteer-based 501(c)(3) nonprofit organization dedicated to helping older adults age 60+ remain independent and age in place with dignity and respect. Through its unique Service Exchange/Time Banking model, members support one another with transportation, handyman services, social engagement and other neighborly assistance—neighbors helping neighbors. Partners In Care is proud to be a part of Chesapeake Health Partners, a organization focused on strengthening community-based care and support services across the region.*

UCAP’s 2nd Housing Resource Fair Connects More Than 400 Prince George’s County Residents to Critical Housing and Economic Resources

Steady community turnout highlights continued demand for housing stability, employment opportunities, and family support services across the County

By PRESS OFFICER
UCAP

CAPITOL HEIGHTS, Md. (July 16, 2026)—United Communities Against Poverty, Inc. (UCAP), Prince George’s County’s designated Community Action Agency, welcomed more than 400 Prince George’s County residents to its 2nd Housing Resource Fair on Wednesday, July 15, 2026, bringing together 38 organizations that provided direct access to housing counseling, mortgage assistance, employment resources, financial coaching, legal guidance, parenting support, and other essential services. The free community event connected residents with trusted experts and community partners committed to helping families achieve greater housing and financial stability.

Throughout the four-hour event, residents met one-on-one with housing counselors, mortgage professionals, employment specialists, financial coaches, legal advisors, and community organizations to explore practical solutions for their immediate and long-term needs. Families seeking to purchase their first home, homeowners navigating mortgage challenges, renters searching for housing assistance, and job seekers pursuing new employment

opportunities all found resources tailored to their circumstances. The strong turnout underscored the continued need for accessible, community-based services that help families build economic security and long-term stability.

“The turnout today speaks to the challenges many families in Prince George’s County continue to face every day,” said Rasheeda Jamison, President and CEO of UCAP. “People are looking for trusted guidance, practical solutions, and organizations that will walk alongside them. Whether someone is purchasing their first home, working to prevent foreclosure or eviction, improving their financial health, or searching for employment, UCAP is committed to helping families move toward long-term stability.”

Participating organizations provided information and direct access to rental and mortgage assistance, foreclosure prevention, first-time homebuyer programs, HUD-certified housing counseling, credit counseling and financial coaching, employment resources, parenting support, legal and estate planning, and other programs designed to strengthen financial well-being. Attendees also participated in educational discussions with industry experts and connected with UCAP staff to learn more about the organization’s

comprehensive year-round services.

“While today’s fair has concluded, our commitment to serving the community continues every day,” Jamison added. “Our door remains open to anyone seeking housing counseling, financial coaching, workforce development, or other supportive services. We want every resident to know they do not have to navigate these challenges alone.”

Residents who were unable to attend can still access UCAP’s HUD-certified housing counseling, mortgage assistance, credit coaching, first-time homebuyer education, employment services, emergency food assistance, weatherization services, senior services, and family stabilization programs throughout the year. For more information, call 301-322-5700 or visit www.ucappgc.org.

United Communities Against Poverty, Inc. (UCAP) *is one of Prince George’s County’s leading nonprofit organizations dedicated to alleviating poverty, promoting self-sufficiency, and creating pathways to economic opportunity. Since 1964, UCAP has empowered individuals and families through housing, economic development, education, workforce development, and supportive services that strengthen communities and transform lives.*

KJ West Selected to Compete in HBCU All-Star Dream Classic at Historic Rucker Park

By PRESS OFFICER
Bowie State University Athletics

BOWIE, Md. (July 13, 2026)—Bowie State men’s basketball stand-out KJ West will represent the Bulldogs on one of basketball’s most iconic stages after accepting an invitation to compete in the 2026 HBCU All-Star Dream Classic on **Saturday, August 8** at the legendary Rucker Park in Harlem, N.Y.

The fifth annual HBCU All-Star Dream Classic will feature some of the top men’s and women’s basketball players from Historically Black Colleges and Universities (HBCUs) across the country. The event will showcase 44 elite HBCU basketball players representing conferences including the Central Intercollegiate Athletic Association (CIAA), Mid-Eastern Athletic Conference (MEAC), Southern Intercollegiate Athletic Conference (SIAC), Southwestern Athletic Conference (SWAC), and NAIA programs.

The women’s game is scheduled to tip off at 6 p.m. ET, followed by the men’s game at 8:30 p.m. ET.

Adding to the significance of the moment, former Bowie State

men’s basketball head coach Darrell Brooks will also represent the Bulldogs as one of the coaches selected for the showcase. The opportunity allows West and Brooks to share the national spotlight while representing the continued tradition and success of Bowie State basketball.

For West, the invitation represents the culmination of a season defined by growth, leadership and consistency.

“I’m just very grateful for this opportunity to play in this All-Star Game,” West said. “It represents my hard work and dedication that I put in this season. I get to represent my university, my family and friends who supported me throughout my journey, and I want to thank the whole Bowie community for the support they’ve shown me this season.”

The Waldorf, Md., native put together one of his strongest seasons during the 2025–26 campaign, establishing himself as one of the Bulldogs’ top offensive contributors. West averaged 15.2 points, 6.0 rebounds and 3.3 assists per game, while shooting 42.2 percent from the field and 76.3 percent from the free-throw line.

West appeared in 24 games, making 22 starts, and finished the

season with 365 points, 144 rebounds, 79 assists and 35 steals.

The senior guard consistently delivered when the Bulldogs needed him most, recording a season-high 30 points against Lincoln (Pa.) on Feb. 21 while playing all 44 minutes. West also produced back-to-back 20-point performances during the CIAA Tournament, scoring 24 points against Livingstone and 24 points against Fayetteville State, while adding 10 rebounds and seven assists, respectively.

Beyond the statistics, West’s selection carries personal significance. The chance to play at Rucker Park has been a longtime dream for the BSU standout.

“It’s always been a dream to play at Rucker Park or Dyckman in New York and experience that streetball atmosphere,” West said. “It means a lot. I just appreciate everyone involved.”

Rucker Park has long been considered one of basketball’s most historic venues, serving as a stage for generations of basketball legends and showcasing some of the game’s most talented players. For West, stepping onto that court will represent another milestone in a journey built on perseverance and dedication.

From A.C. Jordan Arena to Rucker Park, West will carry the pride of Bulldog Nation as he represents Bowie State University, his family and the entire HBCU basketball community on one of the sport’s most recognizable stages.

For the latest news and updates on Bowie State Athletics and its 14 varsity sports programs, visit BSUBulldogs.com.

BUSINESS AND FINANCE

Luminis Health Appoints Erica Moncrief as Senior Vice President and Chief Information Officer

By PRESS OFFICER
Luminis Health

ANNAPOLIS, Md. (July 14, 2026)—Following an extensive nationwide search, Luminis Health has appointed Erica Moncrief as Senior Vice President and Chief Information Officer. In this role, Moncrief will provide strategic leadership for information systems across the health system, advancing technology initiatives that support high-quality patient care, organizational performance, and long-term growth.

Moncrief brings more than 24 years of healthcare leadership experience and a proven track record leading information technology, digital trans-

formation, and enterprise growth initiatives. Throughout her career, she has led complex technology initiatives that enhanced clinical operations, improved patient experiences, strengthened cybersecurity, and increased organizational efficiency.

“Erica’s extensive experience leading technology transformation in healthcare, combined with her ability to align digital strategy with organizational goals, makes her the ideal leader for Luminis Health,” said Catherine Maloney, Chief Operating Officer of Luminis Health. “As healthcare continues to evolve, Erica will play a critical role in advancing our evaluation and adoption of ar-



PHOTO COURTESY LUMINIS HEALTH
Erica Moncrief

tificial intelligence and ensuring these capabilities are implemented in ways to enhance clinical care, improve opera-

tional efficiency, and support our caregivers, physicians, staff and patients.”

As Senior Vice President and Chief Information Officer, Moncrief will lead enterprise technology strategies that support Luminis Health’s strategic priorities and future growth. Her priorities will include strengthening the organization’s cybersecurity program, aligning technology investments with strategic goals, optimizing existing systems to improve efficiency and care delivery, accelerating the adoption of artificial intelligence capabilities, and enhancing key platforms, including the electronic health record, HR and revenue cycle systems.

“I am honored to join Luminis Health and contribute to its mission of enhancing the health of the people and communities it serves,” said Moncrief. “Technology plays a critical role in transforming healthcare, and I look forward to partnering with leaders, clinicians, and team members across the organization to improve experiences, strengthen operations, and support high-quality patient care.”

Most recently, she served as Vice President of Information Technology (IT) at Adena Health System, where she provided leadership across all IT functions supporting more than 5,000 employees, 500 physicians, four hospitals, and six regional clinics.

In her new role, she will help strengthen the technology foundation that enables Luminis Health’s 6,800 team members

to deliver patient-centered care to more than 1.8 million people throughout the communities it serves.

Luminis Health is a non-profit regional health system headquartered in Annapolis, Maryland. Comprised of Anne Arundel Medical Center, Doctors Community Medical Center (DCMC), J. Kent McNew Family Medical Center, Pathways, DCMC Rehab, and Luminis Health Clinical Enterprise, the system serves a population of 1.5 million people. As one of the area’s largest charitable organizations—with 880 licensed beds, 100+ sites of care, and 8,700 team members—Luminis Health contributes more than \$120 million in community benefit annually. Learn more at LuminisHealth.org and connect with us on LinkedIn, Facebook, Twitter, and Instagram.

Social Security Matters

Ask Rusty:

Can my Spouse File at 63 and Then Get Half of Mine When I Later Claim?

By RUSSELL GLOOR,
National Social Security Advisor at the AMAC Foundation,
the non-profit arm of the Association of Mature American Citizens

Dear Rusty: My spouse is 63 and I am 65. I am planning to take my Social Security benefits at age 70. Can my lower earning spouse take his own benefits now, and then—when I take my full benefits at age 70, can he then file for 50% of mine instead of the lower benefit he is getting because he claimed at age 63? **Signed: Higher Earning Spouse**

Dear Higher Earning Spouse: Yes, your lower-earning spouse can take his benefits based on his personal lifetime earnings record at any time (i.e., age 63) and, when you later claim your own SS at 70, your spouse will be evaluated to determine whether he is eligible for a “spousal boost” based on your Social Security record. But to be sure you are clear, if you claim at age 70, your spouse will not get 50% of your age 70 benefit amount.

Spousal benefits are always determined by comparing each partners’ full retirement age (FRA) entitlement and, if your spouse’s FRA entitlement is less than half of your FRA entitlement, your spouse will get a “spousal boost” to bring his monthly SS retirement payment up to what he is entitled to as your spouse. The amount of the “spousal boost” would be the difference between his FRA entitlement and 50% of your FRA entitlement, which would be added to his own (age 63) SS retirement amount. And that means that his total benefit amount would be less than half of your age 70 amount (less also than 50% of your FRA amount, because he claimed at age 63).

One caution for your spouse to be aware of: if he is still working and claims at age 63, he will be subject to Social Security’s Annual Earnings Test (AET), which limits how much he can earn before SS takes away some benefits. The earnings limit for 2026 is \$24,480 (changes annually) and if that is exceeded, SS will take back \$1 of benefits for every \$2 he is over the limit. FYI, Social Security will “take back” by withholding future benefit payments, so he will not get his benefits for some months if he exceeds the annual earnings limit. And if the annual earnings limit is significantly exceeded, your spouse could even be temporarily ineligible to receive SS benefits (until he either earns less or reaches his full retirement age (the earnings limit goes away when FRA is reached)).

The only way your spouse can avoid both a reduced personal benefit and the annual earnings test limitation is to wait until his own full retirement age to claim Social Security. However, if he’s not working full time and needs the Social Security money sooner, then claiming at age 63 may be a good choice. In any case, he won’t get half of your age 70 amount.

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.

Prince George’s Community College Foundation Announces Four new Members to the Board of Directors

By PRESS OFFICER
Prince George’s Community College

LARGO, Md. (July 13, 2026)—The Prince George’s Community College (PGCC) Foundation has elected four new members to its Board of Directors: Jonathan Butler, Karen Wyche, Brandon Northington, and Enrique Young.

The new members bring leadership experience in health care, legal affairs, financial stewardship, government relations, workforce development, operational excellence, and community engagement. Their expertise supports the Foundation’s mission to promote student success and institutional excellence at Prince George’s Community College.

“The strength of the Foundation is rooted in the dedication and leadership of those who serve,” Dena Wilson, executive director of Institutional Advancement and the Prince George’s Community College Foundation, said. “These accomplished professionals bring diverse expertise, strong community relationships, and strategic insight that will strengthen our philanthropic efforts and advance the Foundation’s long-term vision in support of student success.”

The PGCC Foundation Board of Directors consists of 29 members who provide governance, strategic guidance, and philanthropic leadership in support of the College. The Board oversees fundraising, endowment stewardship, scholarship support, community engagement, and other initiatives that advance the Foundation’s mission and the College’s long-term growth and sustainability. Through strategic partnerships and philanthropic investment, the Board strengthens the College’s institutional priorities and expands opportunities for students.

“We are pleased to welcome these exceptional leaders to the Prince George’s

Community College Foundation Board of Directors,” said Prince George’s Community College President Falecia D. Williams, Ed.D. “Great institutions are cultivated through strong partnerships and bold philanthropy. These accomplished leaders will help grow the Foundation’s impact, inspire new investment, and create more opportunities for our students to learn, lead, and thrive.”

Jonathan Butler is director of the Prince George’s County Department of Housing and Community Development. He brings expertise in public administration, financial management, and capital project oversight, having led billion-dollar budgets and major infrastructure initiatives. His leadership in organizational increase and community development reinforces the Foundation’s long-term goals and increases opportunities for students at Prince George’s Community College.

Karen Wyche, DNP, RN, NEA-BC, CENP, FAONL, is vice president and chief nursing officer at MedStar Southern Maryland Hospital Center. She brings expertise in nursing leadership, health care administration, and workforce development. Her commitment to health equity and collaboration between health care and higher education furthers initiatives that prepare students for successful careers in the health care industry.

Brandon Northington is vice president of global government affairs at Astra Global Solutions. He brings expertise in government relations, public policy, and legal advocacy, with experience in public service and strategic engagement. His background expands community and industry connections that support the College’s strategic priorities.

Enrique Young is president of FEBA Inc. He brings expertise in security services, operational leadership, and enterprise management, drawing on nearly three

decades of military and corporate experience. A Prince George’s Community College alum, he offers valuable insight that strengthens philanthropic efforts and enhances community engagement.

The Prince George’s Community College Foundation welcomes its newest Board members as it continues to build philanthropic partnerships that create opportunities for students. To learn more about the Foundation’s work and opportunities to get involved, including the Partners for Success Gala, visit: <https://www.pgcc.edu/foundation/>.

Named a National Center of Academic Excellence in Information Assurance, designated by the National Security Agency and Department of Homeland Security (2022–2027), Prince George’s Community College (PGCC) provides high-quality education and training for the progressive and career-oriented residents of Prince George’s County. From new high school graduates and career seekers to more seasoned professionals and senior citizens looking to enhance their skill sets, PGCC comprises students who represent a wide range of ages, backgrounds, and goals. Serving nearly 25,000 individuals annually, the College is the first choice for higher education for residents of Prince George’s County. Collaborative partnerships, responsive degree and training programs, and a commitment to student success enable PGCC to address diverse education and workforce development demands. Visit the College’s website at www.pgcc.edu. Prince George’s Community College is accredited by the Middle States Commission on Higher Education, 3624 Market Street, Philadelphia, PA 19104; (267-284-5000); www.msche.org/. The Middle States Commission on Higher Education is an institutional accrediting agency recognized by the U.S. Secretary of Education and the Council on Higher Education.

Maryland Small Business Development Center

Is AI Safe for My Business?
A Guide to Using AI Without the Risk

July 29, 2026 • 1–2 p.m.
Location: Online Meeting (Live)
Cost: No Fee -Registration Required:
<https://mdsbdc.eccenterdirect.com/events/18560>

You’ve started using AI, or you’re thinking about it, but one question keeps coming up: is this safe for my business? What happens to your data when you type it into ChatGPT or your AI platform of choice? Can your team use these tools without putting customer information at risk? In this session, you’ll get clear, practical answers without the tech jargon. You’ll learn what actually happens to your data when you use free AI tools, the five most common mistakes small businesses make with AI and how to avoid them, and how to set simple guardrails your team can follow, even if your “team” is just you. You’ll walk away with a guide to what data is safe to use with AI and a one-page AI use policy template you can put to work immediately. If you want help going further, SkyeStaq works with small and mid-sized business owners to deploy secure, business-grade AI connected to your operations. Presenter, Greg Chait; SkyeStaq Managing Partner, Strategy & Technology

The Prince George’s Post

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HEALTH *and* WELLNESS



Photos courtesy of Shutterstock

Why *Simple Daily Habits* Matter More Than BIG HEALTH RESOLUTIONS

FEATURE IMPACT

Most people don’t set out to ignore their health. It usually slips down the list somewhere between the morning alarm and the last email of the day. Breakfast gets rushed or skipped. Exercise is postponed until tomorrow. Sleep is cut short to catch up on everything else. By the end of the week, healthy intentions are still there, but the follow-through feels harder than expected.

For many, the challenge is not motivation but finding habits that fit into real life. Small, repeatable choices around sleep, exercise, nutrition, mental well-being and social connection can support how the body and mind function over time.

Sleep Well

Sleep is essential for physical recovery, mental focus and emotional balance, but it’s often the first habit to slip when schedules get busy. Establishing a regular bedtime routine helps signal when it’s time to rest. Limiting screen exposure in the evening, keeping sleep and wake times consistent and creating a dark, quiet sleep environment can support more restorative sleep. Over time, better sleep contributes to improved mood, focus and overall heart health.

Exercise in Manageable Ways

Exercise often falls into the same trap as sleep. When schedules get full, it becomes something to get back to rather than something that fits into the day as it unfolds. A missed workout can quickly turn into a missed week, even for people who value staying active.

Regular movement supports heart health, muscle strength and overall energy, but it doesn’t need to be all-or-nothing. Short periods of activity spread throughout the day can still make a difference, especially when long stretches of sitting are the default.

Walking between meetings, stretching in the morning or adding light strength exercises at home are simple ways to stay active without blocking out extra time.

Eat Nutritiously

Food decisions often happen on autopilot as meals are squeezed into busy schedules and long days, making nutrition one of the most influential daily habits.

Meals do more than provide fuel. When built around nutrient-rich foods, they support muscle health, brain health and heart health. An overall healthy eating pattern includes a variety of whole foods like fruits, vegetables, whole grains and lean proteins, helping the body keep up with everyday demands.

Protein plays an important role in maintaining muscle and supporting daily movement, especially as people age. High-quality protein from foods, along with a balanced diet and regular exercise, can help support all the muscles in the body. Choosing protein sources that are easy to prepare and repeat supports consistency when schedules are full.

As part of a balanced approach to healthy habits, nutrition guidance from the American Heart Association’s Healthy for Good initiative, nationally sponsored by the Egg Nutrition Center, highlights how everyday food choices can support the body and brain over time. Eggs are an example of a high-quality protein and they fit easily into meals throughout the day.

Eggs also deliver choline, a nutrient many Americans don’t get enough of. Choline is a critical nutrient, among others, for supporting brain development, memory and mood. Along with protein, choline helps support brain health, making it an important consideration across life stages.

According to the American Heart Association, healthy people can include one egg daily, up to seven eggs per week, as part of a heart-healthy diet. For healthy older adults with normal cholesterol, two eggs per day can be included as part of a heart-healthy dietary pattern.

Mind Your Mental Well-Being

The way people eat, sleep and move does not just affect the body. It also shapes how the brain responds to stress and daily demands. When routines feel rushed or inconsistent, mental well-being is often one of the first areas to feel the strain.

Ongoing stress can interfere with focus, sleep and eating habits, making it harder to



maintain healthy routines. Simple practices like deep breathing, mindfulness or stepping away from screens for a few minutes can help reduce tension and restore attention.

Making time for rest and reflection, and setting realistic expectations, can also support emotional balance. What supports the brain often supports the heart as well, reinforcing the value of caring for mental and physical health together.

Socialize and Stay Connected

Mental well-being is shaped by both daily routines and relationships. When life feels busy or stressful, social connection is often the first thing to get pushed aside, even though it plays an important role in emotional health.

Staying connected doesn’t require packed calendars or constant interaction. Shared meals,

short conversations or a quick check-in with a friend or family member can help maintain a sense of connection.

Build Habits That Fit Real Life

Healthy routines are more likely to last when they fit into the rhythm of everyday life rather than compete with it. Big changes can feel motivating at first, but it is often the small, repeatable choices that quietly shape how people feel over time.

Choosing foods that are easy to prepare, finding enjoyable ways to exercise and protecting time for sleep can make healthy habits feel more realistic. When routines are built around what is already happening during a typical day, they are easier to return to even when schedules get busy.

For more information and educational resources on nutrition and healthy living, visit [Heart.org](https://www.heart.org).

EarthTalk®
Q&A

Is Fashion Getting More Sustainable?

By Audrey Li | July 8, 2026

Dear EarthTalk:
What are some ways that fashion is getting more sustainable?
—H.M., Via email

When we think of the main sources of carbon (CO2), three main things come to mind: industry, transportation, electricity. But what many people miss is that a major contributor to global CO2 emissions is on their very body: clothes. According to the Ellen MacArthur Foundation, fashion accounts for 10 percent of global CO2 emis-sions. While clothing remains an essential part of daily life, a grow-ing number of innovations and initiatives are helping make the fash-ion industry more sustainable.

Sustainability in fashion starts from the source by implementing sustainable practices during textile production. In regular textile production, hazardous chemicals like polyfluoroalkyl substances (PFAs) are used extensively—chemicals that can bioaccumulate in the environment and contaminate water and soil. To combat this, researchers like Professor Julia Eastoe at Bristol’s School of Chem-istry have developed sustainable alternatives, replacing fluorine groups with those containing only carbon and hydrogen while still maintaining its original stain-resistance and oil-repellence qualities. Another step for sustainability within the fashion sector is re-defining the idea of a “circular economy.” At the frontlines of this

movement include companies like FabScrap, which diverts textile waste from landfills by reusing and recycling fabric scraps collected from partnered clothing brands. These collected scraps are then re-purposed into products like insulation and carpet padding, giving “waste” fabric a second life. Companies aren’t alone championing a more sustainable, circular economy. As Accenture finds, 83 percent of U.S. shoppers reported increased sustainable shopping behaviors in the last 12 months, in-cluding buying from secondhand sellers like Thredup and Poshmark. Also, with clothing rental companies like Girl Meets Dress, cus-tomers can rent garments for one-time, special occasions instead of purchasing items to only gather dust in the closet. Moreover, calls to mandate microplastic filters in new washing machines are in-creasingly championed by organizations like A Plastic Planet and Planet Care. Together, these innovations redefine what sustainability means in fashion, from chemicals used in textile processes to large-scale adoptions of sustainable shopping habits. Achieving total sustain-ability is far from over. As Elisa Tonda, Chief of the Resources and Markets Branch of the United Nations Environmental Programme, states, “We need everyone pulling together if we’re going to make the systemic change necessary to transform the fashion industry into a force for environmental good.”

CONTACTS: Five ways to reduce waste in the fashion industry,



PHOTO CREDIT: PEXELS.COM.

A growing number of innovations and initiatives are helping make the fashion industry more sustainable.

unep.org/news-and-stories/story/five-ways-reduce-waste-fashion-in-dustry; Nonprofit cuts the climate impact of fashion, one scrap at a time, yaleclimateconnections.org/2026/01/nonprofit-cuts-the-climate-impact-of-fashion-one-scrap-at-a-time/;

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

Transit from A1

“I am excited to witness the elevation of our County’s transit system,” said Prince George’s County Executive Aisha N. Braveboy. “This re-branding embodies our forward-looking vision for transit and highlights the County’s growth. As we introduce this new service, I invite residents to ex-perience GoPGC, share their feedback and help us shape its success.”

New transit programs to include:
• GoPGC (formerly TheBus): fixed-route transit, operating along a prescribed path according to

a fixed time schedule, with designated vehicle stops for picking up and dropping off passen-gers. GoPGC, which is fare-free, will offer Sun-day service on select routes beginning June 14, 2026.
• PGC Link, with a new look and feel, is a tech-nology-enabled, on-demand public transpor-tation service that uses smaller vehicles to provide flexible, shared routing based on real-time rider demand rather than fixed schedules.
• Plus (formerly Call-A-Bus), demand-response paratransit is a specialized, non-fixed-route pub-lic transportation service that provides shared, curb-to-curb rides for individuals with disabili-

ties and senior residents who are unable to use traditional fixed-route transit.
• Express (anticipated new service), a limited-stop/BRT service, often described as a “subway on wheels” that travels faster than a standard bus by stopping only at major hubs and using dedicated lanes or traffic signal priority to by-pass congestion.
DPW&T Acting Director Oluseyi Olugbenle said the rebranding, developed as a part of the Prince George’s County Transit Vision Plan (TVP), marks a defining milestone for the County’s transit system and reflects a renewed commitment to the future of mobility.

“The Prince George’s County transit system has served residents for over 35 years, and this re-brand represents more than a visual refresh,” said Acting Director Olugbenle. “It honors our history, recognizes the progress we have made, and reflects the lessons, partnerships, and achievements that shape our service. The rebranding signals a bold new era of transit—one focused on innovation, accessibility, and a stronger transit experience for the residents we proudly serve.”
Implementation will advance over the next 90 days, culminating with a 35 Years of Service Com-memoration and Full Fleet Unveiling Ceremony during Transit Month on September 2.

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