

The Prince George's Post



A COMMUNITY NEWSPAPER FOR PRINCE GEORGE'S COUNTY Since 1932

Vol. 83, No. 45 November 5 — November 11, 2015 Prince George's County, Maryland Newspaper of Record Phone: 301-627-0900 25 cents

Why Prince George's County Is the Right Choice for the FBI

By STENY HOYER
Office of Steny Hoyer

Recently, the goal of relocating the Federal Bureau of Investigation (FBI) headquarters to Prince George's County moved one step closer to becoming reality. The General Services Administration (GSA) announced that the new FBI headquarters would be fully consolidated. At the federal and local level, Maryland's Congressional delegation and the Prince George's County government—"Team Maryland"—

have consistently advocated to ensure that the FBI gets a fully consolidated, modern headquarters that will allow the agency to fulfill its mission of serving justice and keeping Americans safe.

Two locations—Greenbelt and Landover—in Prince George's County are on GSA's shortlist of three sites to be the home for the new consolidated headquarters. Along with the news about consolidation, GSA also announced last week

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PGCPS Receives Funding to Provide Students With Fresh Fruit and Vegetables

By PRESS OFFICER
PGCPS

UPPER MARLBORO, MD—An award distributed by the Maryland State Department of Education will provide Prince George's County Public Schools (PGCPS) students with access to free fruits and vegetables this school year.

The \$911,200 award is from federal funds and allows 29 elementary schools to participate in the United States Department of Agriculture's Fresh Fruit and Vegetable Program (FFVP). It's a program aimed at increasing

fresh fruit and vegetable consumption in elementary schools, thus improving children's overall health and creating healthier school environments. FFVP is credited with expanding the variety of fruits and vegetables children experience and increasing their consumption of fresh produce.

"In many cases, our students are not exposed to a variety of fresh fruits and vegetables at home," explained Joan Shorter, Director, Department of Food

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Juveniles committed in Department of Juvenile Services' youth centers gathered Monday, Sept. 28, at Simmons Orchard in Cumberland, Maryland, to pick apples that will be donated.

Picking for Purpose: Department of Juvenile Services Youth Maintain Maryland Orchard for a Cause

By ERIN SERPICO
Capital News Service

CUMBERLAND, MD—Amid the fog, mud and rain-drenched hills in Cumberland, Maryland, on a September Monday, 20 teen boys were being trusted to scatter

about an orchard picking ap-

ples—not to eat or sell, but to give away. Wearing ponchos and work boots, the boys—ages 15 to 18—hailed from Maryland's four Department of Juvenile Services secure youth centers for males. They worked all day to load thousands of apples—weighing upwards of 8,000

pounds—into trucks heading back to Baltimore to give away to people in the community.

"They really appreciate it," said Department of Juvenile Services Secretary Sam Abed. "These young men that are working, they know that they're doing something really good. They may not see the people

that benefit, but they know that people are benefiting from it."

The event is a service-learning project for the youth in the centers, Abed said, bringing boys to work from about 8 a.m. to 1:30 p.m. on Sept. 28.

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Prince George's County Says "Ni Hao" to Shanghai Municipal Delegation

By PRESS OFFICER
PGCEDC

LARGO, MD—the Economic Development Corporation joined the Office of County Executive Rushern L. Baker, III in welcoming high level municipal and city government leaders from Shanghai, China who have come to learn about the public administration process, economic development and the relationship between government and the Economic Development Corporation. The 24-member delegation led by Mr. Jing Lu, Deputy Director-General of the Shanghai Municipal Education Commission, brought many questions about Prince George's County's structure, its economic development focus and the County's relationship with China.

Fresh off of a Prince George's County business mission trip to China last month, David Iannucci, Senior Economic Development Advisor to County Executive Baker, Jim Coleman, EDC President and CEO and

Pradeep Ganguly, EDC Executive Vice President delighted the delegation by greeting them with the traditional greeting "Ni Hao," which means "Hello" in Mandarin. Mr. Iannucci gave a brief overview of County government structure and its interaction with Maryland government. He also talked about the County's international agenda and its major projects, including MGM at National Harbor.

"Shanghai is one of the most dynamic cities in the world," said David Iannucci, Senior Advisory to County Executive Baker. "Having the opportunity to host the Shanghai Municipal Delegation is an extraordinary opportunity to build on Prince George's County's growing relationship with China."

Mr. Coleman then talked about how the Economic Development Corporation utilizes the natural assets, as well as the educational and financial incentive tools that are prevalent in Prince George's County to assist in business attraction and expansion, as

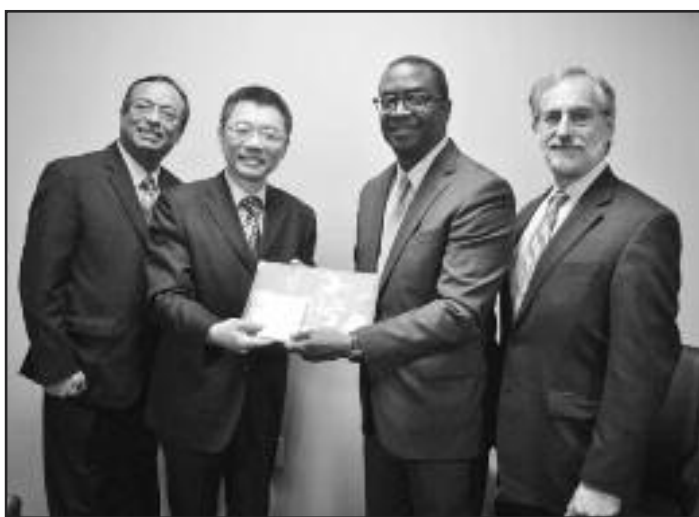


PHOTO COURTESY PGCEDC

L to R: Pradeep Ganguly, EDC Exec. VP, Jing Lu, Shanghai Edu. Comm. Deputy Dir. Gen, Jim Coleman, EDC Pres. & CEO, David Iannucci, CEX Baker Sr. Advisor.

well as provide workforce training and job placement for our residents.

"It was an honor for us to host the Shanghai Municipal Delegation and learn more about how our two jurisdictions can partner to generate more economic involvement for our respective countries," said EDC President Jim Coleman. "From our address right next to the Nation's Capital to

the China Business Center in the EDC Headquarters, we are delighted that our value proposition in this part of the world is generating such a buzz around the world."

For more information on international business development or the China Business Center, contact Pradeep Ganguly (pganguly@co.pg.md.us) or 301-583-4650 or go to our website www.pgcdec.com.

Trevon Bennet and Kerrick Pollock Receive CIAA Weekly Honors

By PRESS OFFICER
Bowie State University

CHARLOTTE, NC—Bowie State University senior quarterback Trevon Bennett and sophomore receiver Kerrick Pollock earned CIAA weekly honors as selected by the conference's head coaches and Sports Information Directors on Tuesday morning.

Making just his second start of the season, Bennett threw for a game-high 274 yards, completing 26-of-41 passes with one interception and one touchdown in Bowie State's thrilling 22-19

victory at Virginia State. Bennett also ranked third on the team in rushing with 19 yards.

Pollock played an outstanding game on Saturday, leading both teams with 115 reception yards on six catches including the game winner on Bowie State's final drive to nip Virginia State 22-19.

Bowie State will entertain the Panthers of Virginia Union University on Saturday (10/24) afternoon in a huge CIAA Northern Division battle. Kick-off will be at 1:00 p.m. at Bulldogs Stadium.



PHOTO: BOWIE STATE UNIVERSITY
Trevon Bennett

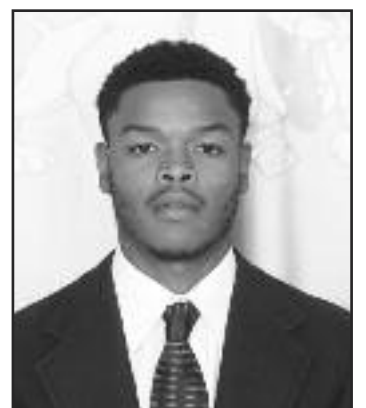


PHOTO: BOWIE STATE UNIVERSITY
Kerrick Pollock

INSIDE

Fact Sheet: Schools Serving, Kids Eating Healthier School Meals Thanks to Healthy, Hunger-Free Kids Act

Now is not the time to backpedal on a healthier future for our kids—that is why Agriculture Secretary Tom Vilsack is encouraging Congress to act quickly to reauthorize a strong Healthy, Hunger-Free Kids Act.

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National Higher Education Summit to Focus on Equity, Affordability

College completion rates for students of color are abysmal: Barely 40 percent of black students and barely half of Hispanic students complete four-year degree programs within six years of enrollment, compared with more than 60 percent of white students.

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Maryland Casinos Generate \$87.5 Million in Revenue During September

In a year-to-year comparison, September 2015 casino revenue increased from September 2014 by \$5,070,939, or 6.2%. Details of September 2015's fund disbursement, fiscal year-to-date totals for the individual casinos and combined state total, visit the website.

Business, Page A5

Movie Review: "Goosebumps"

The movie is only "scary" in the way that a Halloween party is scary: it deals with scary things, but it won't actually frighten anyone other than the very, very young. The focus instead is mild excitement, as Zach, Hannah, their screamie comic-relief friend Champ, and R.L. Stine try to recapture the monsters before they ... kill everyone, I guess.

Out on the Town, Page A6

Earth Talk

Dear EarthTalk:

Do scientists have any idea why so many whales are dying in the Gulf of Alaska lately?

—Michelle DiCostanzo,
New York, NY

Features, Page A7

Towns and NEIGHBORS

In and Around Morningside-Skyline

by Mary McHale 301 735 3451

Organic garden, with chickens, coming up in Morningside

The Town of Morningside is developing a program involving organic gardening and chicken raising. It's designed to teach young people and adults how to grow their own vegetables and fruit organically. (Organic means no chemicals, just using nature to produce nature, in other words, "Nature's Order.") This kind of gardening can be educational, and fun, for all ages.

The garden will be located near the Town Hall and everyone in the community is welcome to participate. There will be "organic volunteers" available to teach new gardeners the fundamentals of creating and maintaining their very own gardens.

The program is projected to begin in mid-March. The planners look forward to having more interested people involved. Call Nicole at 240-716-0874 for details.

Neighbors

The 3rd graders at Skyline School were presented dictionaries on Oct. 27, thanks to the Skyline Citizens Association and Sarah Cavitt, The Dictionary Lady. The books were donated as a legacy of her husband Bill, a community activist who died this past year. With Sarah, SCA President Stan Holmes, his mom Shirley Holmes and I distributed the dictionaries.

Priests from around the country toured Joint Base Andrews on Oct. 7 as a visit, organized by the Archdiocese for the Military Services, for priests who are thinking about becoming military chaplains.

Condolences to Lorraine Wright, of Camp Springs, on the death of her father, Martin Carlo, on Sept. 17, in Yonkers. He was a retired New York City fireman and a veteran of World War II.

Holiday Bazaar

Bells' annual Holiday Bazaar will be on Saturday, Nov. 14, 8 a.m. to 3 p.m., at the church, 6016 Allentown Road. Come and check out handmade gifts, crafts, and

more. It may not be too late to rent a table, call 301-899-7521. The Bazaar is hosted by the United Methodist Women.

Young Artists Concert

Davies Concert Series, now in its 44th season, presents the Young Artists Concert, Sunday, Nov. 22, at 6:30 p.m. The program features rising artists, many of whom are former or current Howard University students, including Victoria Waltz, harp; Shacara Rogers, voice; Colin Chambers, piano, and David Bamber, bass. The repertoire includes jazz, classical and gospel.

Tickets are \$15 for adults and \$5 for 18 year olds and younger. Davies Memorial Unitarian Universalist Church is at 7400 Temple Hill Road in Camp Springs. For information, call 301-627-0284.

Coming up

The Surratt House invites you to a free showing of the classic docudrama, *Andersonville*, on Nov. 7 at 6 p.m. The film recreates the harrowing conditions in Civil War prison camps. The Surratt House is at 9118 Brandywine Road in Clinton. For information, call 301-868-1121

The Hallmark store in Clinton Crossing Shopping Center is hosting its Holiday Open House Nov. 6-15, with 30% off home decor and more.

Mama Stella's Ristorante Italiano, in Clinton, has announced "Our New Lite Lunch Menu of Fresh Made Sandwiches."

Want to go to Ireland?

Father Charles McCann is planning a trip to Ireland next year. If you joined him, you would fly from Dulles to Dublin on April 5 and return on April 11. The total cost for two people: \$3,656.34. The Irish Tourist Board is organizing the trip and the contact person is Deidre Aldridge, 1-800-680-2858, ext. 8738.

Call Fr. McCann at St. John's Church, 301-868-1070 or at 410-610-3516, if you want more information. Father McCann was formerly pastor of St. Philip's Church, Camp Springs.

He is a native of Northern Ireland. I've made two tours (Ireland and Italy) with him; he's a great guide.

Changing landscape

Drive with care! It's deer-mating season. The average cost per insurance claim for colliding with one is \$2,800.

Morningside Memories

Thirty years ago, on Oct. 20, Frank and Liz Harper, longtime Maple Road residents, celebrated their Golden Wedding Anniversary with dinner at the Brass Lantern in Camp Springs. The dinner was a gift of their fellow parishioners at Suitland Road Baptist Church.

May they rest in peace

Alma Edith Broderick, 96, longtime resident of Skyline and founding member of St. Philip's Church, died Oct. 7. She had been a resident at Collington Life Care. Alma was born in Montrose, Neb., the youngest of 12 children. She married James Broderick in 1936. He died in 2005, and all 11 of her siblings are also gone. Survivors include three children and their spouses, James and Glenna Broderick, Karen and Robert Yowler, and Daniel and Sharon Broderick; grand- and great-grandchildren.

James Patrick "Jim" Collins, Sr., 79, a life member of the Oxon Hill Volunteer Fire Department and a U.S. Army veteran, died Sept. 28 in Luray, Va. Survivors include his wife Sandy, sons James and Danny Collins, daughter Katie Mills, and five grandchildren. Mass of Christian Burial was at St. Columba Church in Oxon Hill.

Milestones

Happy birthday to Steve Call and Dennis Waby, Nov. 6; Davey Capps, Jr., Nov. 9; and Cindy Lewis, Nov. 12.

Happy 40th anniversary to John and Dineen Whipple on Nov. 8; and to Becky and Dave Capps, their 52nd on Nov. 9; and Roseann and Franny Rohan, their 52nd on Nov. 9.

A special greeting to St. Mary of the Assumption School in Upper Marlboro on its 90th anniversary.

Brandywine-Aquasco

by Audrey Johnson 301 888 2153

ANNUAL PRAYER BREAKFAST

Everyone is invited to attend St. Philip's Annual Prayer Breakfast Saturday, December 5, 2015 at 9:00 AM at St. Philip's Episcopal Church-Baden Parish. Guest speaker is Sister Faye Johnson. Admission for adults is \$10 and children (6-12) \$5.00. The address is 13801 Baden Westwood Road Brandywine, Maryland 20613. Telephone number is (301) 888-1536.

PATIENT FIRST

Patience First urgent care center opened October 21 in Clinton, Maryland at 9000 Woodyard Road. Hours of operation are 8:00 AM to 10:00 PM, 365 days a year.

The center provides primary care for patients without a regular physician, X-rays, lab test and prescription drugs on-site, urgent care for routine injuries and illnesses. Walk-in, no appointment necessary. The center is staffed by board certified physicians. Most insurance plans accepted and your claims filed for you. The center is less costly than the Emergency Room. If you need additional information visit www.patientfirst.com.

CHURCH ANNIVERSARY

Save the date November 15, 2015 because New Hope Fellowship/Nottingham Myers United Methodist Church is in the process of planning for their 148th church anniversary, Rev. Constance Smith, and Pastor. Telephone number is 301-888-2171. More detail information will be in my next week article. The church anniversary will be held at the Family Life Center 15601 Brooks Church Road, Upper Marlboro, Maryland 20772.

RECOGNITION & CELEBRATION LUNCHEON

Mrs. Delores I. Hawkins a long time resident of Brandywine, Maryland was honored at a recognition luncheon on Tuesday, October 20, 2015 at La Fontaine Bleue in Lanham, Maryland. Mrs. Hawkins volunteered to the 6th Grade students and families of North Forestville Elementary School for fifteen years. She was congratulated for her faithful and dedicated 15 years of volunteer service to children with the Steps to Success Program. (Success, Steadfast, Endeavor, Consequences,

Character, Unique, Strive). Mrs. Hawkins shared her passion for learning with so many students. She taught from her heart and had an unwavering dedication to children.

29TH ANNUAL WINTER FESTIVAL OF LIGHTS

Friday November 27 thru Friday, January 1, 2016 from 5:00 PM-9:30 PM (Daily) come and see the spectacular holiday drive-through event at Watkins Regional Park. This year there will be more than one million lights.

Fee is cash only, \$5 for cars and vans; \$15 mini-buses and limos; \$25 buses; \$10 multi-visit passes for cars and vans. There is no cost December 25. Please bring a canned good to donate to local food banks. Visit www.pg-parks.com/Festivals.htm for details. Telephone number is 301-699-2456; TTY 301-699-2544.

YOUTH @ WORK

Prince George's Community College in partnership with the Prince George's County Government is offering free job readiness training for county residents ages 15-19 in 2016. Visit www.pgcc.edu/go/youthatwork.

Neighborhood Events

Edwards Statement on Another Republican Bill That Repeals the Affordable Care Act and Defunds Planned Parenthood

WASHINGTON, DC—Congresswoman Donna F. Edwards (MD-4) issued the following statement regarding her vote against H.R. 3762, the Restoring Americans' Healthcare Freedom Reconciliation Act. The bill passed the House 240-189.

"Today's vote was the 61st Republican vote to repeal or dismantle the Affordable Care Act (ACA), which has helped more than 16.4 million Americans gain health care coverage. I agree that we need to address our budget deficit, but this bill does the exact opposite. H.R. 3762 undermines the ACA and is another unpaid-for GOP permanent tax cut that would significantly increase the federal deficit over the next ten years, while actually reducing by 14 million the number of Americans with health insurance coverage.

"This Budget Reconciliation bill is not a serious proposal. Instead of voting on another fiscally irresponsible ACA repeal and defunding or restricting access to Planned Parenthood, House Republicans should be addressing issues that impact Maryland families, especially with looming expirations of the Highway Trust Fund next week, the debt limit that directly impacts the full faith and credit of the United States the following week, and government funding and budget agreement that invests in our nation's future in December."

HDR Receives AIA-NJ Merit Award for Design of University of Maryland Physical Sciences Complex

COLLEGE PARK, MD—The New Jersey chapter of the American Institute of Architects (AIA-NJ) has presented the Lawrenceville, N.J. office of HDR with a Merit Award in the Built Open category for its design of the Physical Sciences Complex at the University of Maryland in College Park, MD.

The new complex will serve the school's College of Computer, Mathematical and Natural Sciences. Part of the institution's new campus master plan, the building itself weaves several disciplines together into one environment. One of the largest building projects in the university's history, the complex's central location guarantees its status as a new campus landmark.

HDR provided architecture, engineering and design planning services for the 160,246-square-foot complex, which includes three below-ground stories, and houses more than sixty laboratories, including those devoted to lasers, nanotechnology and physical sciences. Some space is used in collaboration with federal agencies, including the Joint Quantum Institute, a partnership with the National Institute of Science and Technology; the Joint-Space Science Institute, a partnership with the NASA-Goddard Space Flight Center; and a collaboration between the National Institutes of Health and the University's Institute for Physical Science and Technology.

The building's first three levels feature an open atrium, faculty offices, conference facilities and collaborative spaces.



Congresswoman
Donna F. Edwards

In addition, the building includes an accessible roof garden. The focal point of the design is an inverted elliptical glass cone that begins in the atrium and extends to an opening in the roof, providing natural lighting. In addition, floor-to-ceiling glazed windows allow students and faculty to see into the lobby when walking towards the complex.

"We are proud to honor HDR for their creation of this innovative and sustainable science complex," said Kimberly Bunn, AIA, president of AIA-NJ. "The central elliptical cone is an inspired building component that draws the eye upwards while also serving as a source of light. Overall, the building demonstrates an impressive combination of architectural ingenuity and environmental responsibility."

The design creates an atmosphere that encourages scientific interaction; both the wide corridors and a spiral staircase between the first and second floors serve to promote conversation. To further encourage creativity, the walls of public areas and corridors feature whiteboard and chalkboard surfaces on which students and researchers can write down ideas.

Sustainable features of the LEED Gold-certified building include a green roof, innovative wastewater technologies, an energy-efficient HVAC distribution system, and solar shades that reduce sun exposure.

About the AIA-NJ Annual Design Awards program

The AIA-NJ Annual Design Awards program recognizes architectural projects that exhibit design excellence in one of four categories: Open (meant for any building type), Residential, Historic Preservation and Interior Architecture. Projects are further designated as either Built or Un-built. To be eligible, projects must be either located in New Jersey or designed by an AIA-NJ architect. Submitted projects are evaluated during the organization's annual Design Conference by a group of distinguished architects from throughout the country.

WSSC Approves Agreement over Potomac Water Filtration Plant Treatment Process

LAUREL MD—WSSC's full Commission today approved a settlement with two environmental groups and the State of Maryland regarding a lawsuit involving the treatment process at its Potomac Water Filtration Plant. The settlement, in the form of a consent decree, has been approved by the environmental groups (Potomac Riverkeeper, Inc. and Chesapeake Bay Foundation) and by the Maryland Department of the Environment (MDE). MDE regulates the treatment plant's operations. The consent decree is subject to review by the U.S. District Court, which is expected in the coming months to issue an order concerning the agreement.

"It is important that we move forward on upgrades to the Potomac plant, while avoiding the uncertainty and unnecessary costs associated with ongoing litigation," said Jerry Johnson, WSSC's GM & CEO. "We all share a common goal of maintaining the health and vitality of our region's waterways. We must also be financially prudent and I believe this consent decree will allow for improvements at the plant that won't pose a significant burden to our ratepayers."

WSSC draws over 130 million gallons of water from the Potomac River each day, which includes sediment (also referred to as "suspended solids") that must be removed as part of the treatment process. Under normal circumstances, most incoming sediment is treated and then trucked to landfills or made into topsoil. During heavy rain, however, solids entering the plant overwhelm the plant's treatment capacity and some treated solids must be discharged back to the river. (Some solids are also discharged with the plant's filter backwash and due to scheduled and emergency maintenance operations.)

Under the consent decree, WSSC will undertake a number of short- and long-term steps to reduce the amount of sediment discharged to the river, with an ultimate goal of eliminating virtually all discharges by 2026. WSSC has taken steps to retain an expert (referred to as an "auditor" in the proposed consent decree) to recommend plant upgrades that will achieve 50% reduction in discharges by April 1, 2020 at a cost of \$8.5 million. The auditor will also develop a 10-year plan to achieve virtually no-discharge operation by January 2026. By initiating the auditor retention process and submitting deliverables required under the agreement prior to the agreement's full execution, WSSC demonstrated its commitment to the agreement's successful implementation.

The consent decree includes a \$100,000 civil penalty to be paid by WSSC to MDE, as well as an agreement that WSSC will spend \$1 million to fund Supplemental Environmental Projects to improve water quality in the Potomac River.

The Potomac Plant is WSSC's principal water filtration plant, producing approximately 130 gallons of water per day, or roughly 75 per cent of the water for Montgomery and Prince George's Counties. The Patuxent Plant provides the other 30 per cent. In an emergency, the Potomac Plant could provide water for the entire system for several weeks. The Patuxent Plant does not have that capacity. On line since the early 60s, the plant underwent a \$100 million upgrade which was completed in 2010. It is also important to note that WSSC has never had a drinking water violation during its 97 years of operations.

COMMUNITY

Practical Money Skills

By Nathaniel Sillin

Top 5 Money Fears— And How to Tackle Them

Are you worried about your financial situation?

For the eighth consecutive year, the American Psychological Association (APA) identified money as the number one stress trigger, with 72 percent of Americans reporting stress about money and nearly 1 in 5 saying they had skipped or considered skipping going to the doctor due to financial concerns. As for relationships, almost one third of adults with partners reported that money is “a major source of conflict.”



The following are common money stresses, and tips to tackling them.

You're just one paycheck away from financial disaster. The Corporation for Enterprise Development's recent Assets & Opportunity Scorecard reported that over 40 percent of American households are “liquid asset poor,” meaning that they have less than three months of savings to help them absorb a financial shock like a lost job, medical emergency or other unforeseen financial expense.

Tip: Build an emergency fund. After learning how to budget (<http://www.practicalmoneyskills.com/budgeting>), building an emergency fund (<http://www.practicalmoneyskills.com/emergencycalc>) is the next essential step in financial planning. Saving and investing for other goals are equally important, but they should follow the creation and annual review of a healthy emergency fund.

You're lost financially. A 2014 survey by economists from George Washington University and The Wharton School of the University of Pennsylvania states that only 30 percent of Americans could accurately answer three basic personal finance questions dealing with savings and investment returns. Respondents from other major developed countries—including Germany, the Netherlands, Japan and Australia—scored roughly the same. It's a global problem.

Tip: Identify your biggest financial problems. Does every dime you make go toward paying bills? No savings or investments? No emergency fund? Once you've identified your main money blind spots, get help. Reach out to a trusted friend or relative with good money habits or a qualified financial advisor who can help you see where you stand, establish realistic goals and restart your financial education.

You'll never catch up. Bankrate.com's March Financial Security Index said that nearly half of Americans aren't saving enough for emergencies or retirement. Only a quarter of middle-class households earning between \$50,000 and \$75,000 were savings champs, putting away more than 15 percent of their income.

Tip: Forget the past and begin today. Start by figuring out where you stand financially. Then address your expenses and whether there's an opportunity to boost your income so you can make up for lost time.

Your money troubles are putting your closest relationships in jeopardy. Money issues affect all relationships, but couples can be hit the hardest by money secrecy or so-called “financial infidelity.”

Tip: Face the music. Get qualified advice, quantify the extent of the problem, make a plan and share the details face-to-face with loved ones or business partners who need to know. Assume you won't be able to control their response, so focus on solving the problem and vow to end your secretive behavior for good.

You can't face financial paperwork. When you can't face bills, statements and other financial calls or communications, it generally reflects financial uncertainty in some form.

Tip: Get help. Pull the information together and get help if you need to. Put payments and other financial decisions on a paper or digital calendar with reminders to act.

Bottom line: Fear about money issues can affect your health and relationships. Diffuse that stress through education, assistance and positive action to improve your financial future outlook.

Vegetables from A1

and Nutrition Services. “The funds we've received provide our students with a daily vegetable or fruit snack.”

With roughly \$50–\$75 to spend per student, PGCPs will purchase produce to serve to students during the day, at times other than breakfast and lunch. Students will sample fruits and vegetables typically unavailable in their communities, such as squash, mangoes, asparagus, star fruit, and jicama.

This year's participating elementary schools include Lan-

gley Park/McCormick, Ridgecrest, Mary Harris “Mother” Jones, William Beanes, Roger Heights, Edward M. Felegy, Chillum, Rosa L. Parks, Adelphi, Glassmanor, Thomas S. Stone, Riverdale, Mt. Rainier, Cool Spring, Lewisdale, William Paca, Glenridge, Woodridge, Templeton, Beacon Heights, Carole Highlands, Dodge Park, Bladensburg, Port Towns, Andrew Jackson, Carrollton, Cesar Chavez, Lamont, and William W. Hall.

This is the seventh year that PGCPs will be administering the program.

Fact Sheet: Schools Serving, Kids Eating Healthier School Meals Thanks to Healthy, Hunger-Free Kids Act

By PRESS OFFICER
USDA

For the past three years, kids have eaten healthier breakfasts, lunches and snacks at school thanks to the bipartisan Healthy, Hunger-Free Kids Act, which made the first meaningful improvements to the nutrition of foods and beverages served in cafeterias and sold in vending machines in 30 years. Thanks to the Healthy Hunger-Free Kids Act and other strategies, the national obesity trend is slowly reversing, and our children have more energy to learn and grow, greater opportunity to thrive, and better overall health.

As Congress turns its attention to reauthorizing the Act this year, it is important to remember that our children are battling a national obesity epidemic that costs \$190.2 billion per year to treat and, according to retired U.S. generals, threatens our national security by making almost one in three young adults unfit to serve in our nation's military. If we don't continue to invest in our children's health, this generation will be the first to live shorter lives than their parents.

The Act has undoubtedly improved the quality of school meals as well as the health and wellbeing of our children and for those reasons is supported by parents, teachers, doctors and kids themselves. USDA continues to work with schools, listen carefully, and provide time, flexibility, guidance, and resources to help them serve the healthier meals. Now is not the time to backpedal on a healthier future for our kids—that is why Agriculture Secretary Tom Vilsack is encouraging Congress to act quickly to reauthorize a strong Healthy, Hunger-Free Kids Act and support the ongoing success of the healthier meals.

• Kids are eating more healthy food and throwing less food away. Plate waste is not increasing. A study released in March 2015 by the University of Connecticut's Rudd Center for Food Policy & Obesity

shows that students are eating more nutritious foods and discarding less of their lunches under the healthier standards. Kids ate 13 percent more of their entrees and nearly 20 percent more of their vegetables in 2014 than in 2012, which means that less food is ending up in the trash today than before the national standards were updated.

• Americans agree that healthier meals are the right thing for our kids. A poll released in mid-August by the W.K. Kellogg Foundation shows that 9 out of 10 Americans support national nutrition standards for school meals. Nearly 70% believe school meals are excellent or good, compared to just 26% in 2010, before the healthier school meals were implemented in schools.

• Students like the taste of the healthier school meals. A 2015 study from the University of California, Berkeley's School of Public Health found that nearly 90 percent of surveyed students liked at least some school meal options. And according to an August 2014 survey by the Robert Wood Johnson Foundation, 70 percent of elementary school leaders nationwide reported that students liked the new lunches.

• Kids are eating more fruits and vegetables as a result of updated standards. A May 2014 Harvard School of Public Health study shows that, under the updated standards, kids are now eating 16 percent more vegetables and 23 percent more fruit at lunch.

• Parents support the healthier school meals. A September 2014 poll released by The Pew Charitable Trusts, the Robert Wood Johnson Foundation and the American Heart Association shows that 72 percent of parents favor strong nutrition standards for school meals and 91 percent support serving fruits or vegetables with every meal.

• Support for healthier school meals is bipartisan. A September 2014 poll released by The Pew Charitable Trusts, the

Robert Wood Johnson Foundation and the American Heart Association found that 87 percent of Democrats, 70 percent of independents and more than half of registered voters with kids in public schools surveyed were supportive of the new meals.

• Over 95 percent of schools report that they are successfully meeting the updated nutrition standards. Students across the country are experiencing a healthier school environment with more nutritious options. The new meals are providing children more whole grains, fruits and vegetables, lean protein and low-fat dairy, as well as less sugar, fat, and sodium.

• USDA continues to work with schools as they implement the new standards. USDA recently launched an initiative called Team Up for School Nutrition Success that allows the schools who still face challenges to pair up and learn best practices from schools that are already successfully serving healthier meals. The program has provided training for more than 3,500 individuals and has been enthusiastically received by schools and school officials.

• School lunch revenue is up. Despite concerns raised about the impact of new standards on participation and costs, a USDA analysis suggests that last year, schools saw a net nationwide increase in revenue from school lunches of approximately \$450 million. This includes the annual reimbursement rate adjustments, as well as increased revenue from paid meals and the additional 6 cents per meal for schools meeting the new meal standards.

• Participation is increasing substantially in many areas of the country. Total breakfast participation increased by 380,000 students from FY2013 to FY2014 and has increased by more than 3 million students since 2008. USDA has also received reports from many schools indicating a positive response to healthier offerings and increased participation.

The Community Eligibility Provision under the HHFKA has been successfully implemented in over 14,000 schools. As a result, schools in low-income areas are now able to offer free, nutritious school meals to more than 6.8 million kids. Schools participating in CEP report increased revenue, decreased administrative costs, reduced program errors, and substantially higher program participation—on average, a 9 percent increase in school breakfast participation and 5 percent increase in school lunch.

As more kids and schools continue to successfully make the transition to the new standards, USDA expects participation to keep growing.

• Virtually all schools continue to participate. Data from states indicated very few schools (only 0.51 percent of schools nationwide) reported dropping out of the programs due to struggles over providing kids healthy food. State agencies reported that the schools no longer participating in the NSLP were mainly residential child care institutions and smaller schools with very low percentages of children eligible for free and reduced price meals.

• USDA has and will continue to listen to stakeholders and provide guidance and flexibilities, as appropriate, to help schools and students adapt to the updated requirements. Early in the implementation process for school meals, when schools asked for flexibility to serve larger servings of grains and proteins within the overall calorie caps, USDA responded. In January of 2014, that flexibility was made permanent. USDA is also phasing other requirements in over the next several years. And hearing schools concerns on the lack of availability of whole grain products, USDA is allowing schools that have demonstrated difficulty in obtaining adequate whole grain items to submit a request to the States to use some traditional products for an additional two years while industry works to create better whole grain products.

Department of Health and Mental Hygiene Donates 5,926 Pounds of Food, \$5,185 to Maryland Food Bank

By PRESS OFFICER
DHMH

BALTIMORE, MD—In coordination with the State of Maryland's Day of Service—a volunteerism effort designed by Gov. Larry Hogan—Department of Health and Mental Hygiene (DHMH) employees donated food and money to the Maryland Food Bank last month.

According to the Food Bank, DHMH's total food collection was 5,926 pounds, which is equivalent to 4,938 meals for hungry Marylanders. And DHMH raised \$5,185 in a virtual food drive, which equals 15,555 meals, for a total of 21,481 meals.

“The problem of food instability can have a range of serious consequences in our communities,” said DHMH Secretary Van

T. Mitchell. “It is important for people to eat the proper foods as a foundation for health and wellness. We are happy to have been able to help fight food instability as part of our Day of Service.”

DHMH's food drive ran Aug. 12-18. The department also encouraged its employees to use a half-day they were allotted for volunteerism by serving at the Food Bank.

The department's Center for Chronic Disease Prevention and Control works in Maryland communities to increase opportunities for healthy eating and physical activity, to provide education on chronic disease prevention and management, and to build community environments where the healthy choice is the easy choice. For more information, please visit <http://goo.gl/mujl1f8>.

FBI from A1

that the qualified developers have been notified to compete for the headquarters.

Team Maryland has been focused on and will continue to be unified in working together at the federal, state, and local levels to bring this critical economic opportunity to Prince George's County. The new FBI headquarters would bring with it 11,000 jobs and is estimated to be a \$2 billion economic development project. Many factors make Prince George's County the best location for the new headquarters.

First, Maryland is home to a number of key defense, cyber security, intelligence, and law en-

forcement assets located in or near the county. These include Fort Meade, home to the U.S. Cyber Command and National Security Agency; Joint Base Andrews; the National Institute of Standards and Technology; the National Cyber Security Center of Excellence; the Department of Defense Cyber Crime Center; and the Federal Law Enforcement Training Centers.

Second, Prince George's County houses world-class educational and research institutions, such as the University of Maryland College Park, Bowie State University, and Prince George's Community College, where the FBI can benefit from cutting-edge research and a large talent pool.

Third, the County also has efficient transit connections with close access to Interstate 95, the Capital Beltway, U.S. Route 50, Joint Base Andrews, Reagan National Airport, BWI-Marshall Airport, WMATA, MARC, and Amtrak.

Finally, a quarter of the region's federal workforce resides in Prince George's County, yet the County only accounts for 4% of federal leased office space in the National Capital Region. Relocating the FBI to Prince George's County would help to alleviate regional traffic congestion and produce a more equitable allotment of federal office leasing space.

Selecting Prince George's County is the right thing to do,

both for Maryland and for the FBI. It would benefit the men and women who work for the FBI and their families, and it will bring thousands of jobs to Prince George's County, spur economic development in our communities, and generate revenue the county needs to invest in creating opportunities for its people.

In the months ahead, I hope that GSA will stay aligned with its announced timeline and keep Congress up to date on any changes, should they occur. I will continue to work together with my colleagues in Congress and partners in Maryland to bring this important economic development project to Prince George's County.

COMMENTARY

Cong. Chris Van Hollen House Democratic Minority Whip



Van Hollen on House Floor: Vote to Dismantle ACA and Defund Planned Parenthood a Shameful End to Unproductive Week

WASHINGTON, DC—Today Maryland Congressman Chris Van Hollen, Ranking Member of the House Budget Committee, spoke on the House floor against the GOP's 61st attempt to dismantle the Affordable Care Act while defunding women's health programs. Video is available here, and a transcript of his remarks is below:

"This bill and the vote we're going to have today is, I guess, a fitting end to an unproductive and shameful week in the United States Congress.

"Yesterday we just witnessed an incredible abuse of power where a so-called Special Benghazi Committee, funded by taxpayer money, conducted their political witch hunt against Secretary Clinton. The Republican Majority Leader in this body told the nation on television that it was about bringing down Hillary Clinton's polls. That dishonors the memory of the four Americans who were killed in Benghazi.

"Then, earlier this week, this Congress passed legislation that says, you know what? The United States government doesn't have to pay all of its bills. We'll just pay some of our bills. Forget about the full faith and credit of the United States—we'll decide we're going to pay some people and not others.

"It's as if, Mr. Speaker, one of us got up in the morning and said we're just going to make our mortgage payments but forget about the car payments. Or we're going to pay this person, but not that person. When the United States government tries to do that, the economy goes downhill fast. But to add insult to injury, they said when we're going to pay certain people, we're going to pay the big bondholders first. The government of China. Wall Street. They're going to get paid. Our veterans aren't going to get paid. Our soldiers aren't going to get paid. I hope our colleagues are reading what they're passing here in the United States Congress, because that's what they did earlier this week.

"And so what are we doing here today? For the 61st time—61st time—in this House of Representatives, our Republican colleagues are moving forward on legislation to dismantle the Affordable Care Act. Now, the Chairman's entitled to his own opinions. He's not entitled to his own facts. All you have to do is read the report of the nonpartisan Congressional Budget Office that analyzed this bill and here's what they say: that as a result of this legislation, insurance coverage would decline by about 15 million people in most years. Three million of those people would be children. Why in the world are we here on the floor of the House of Representatives passing legislation that's going to take away affordable health care to 15 million Americans, including three million children?

"Look at this chart, Mr. Speaker. This shows the decline in the number of uninsured people in the United States. And as you can see, you see a rapid drop in the number of uninsured Americans as a result of the Affordable Care Act. Our Republican colleagues' bill wants to get rid of that progress, put all those people back in a position where they don't have affordable health care.

"They also want to go after women's health programs, including Planned Parenthood, where the testimony from the Chairman of the Oversight and Government Reform Committee, Mr. Chaffetz, is very clear: they haven't violated any laws. He said it on national television. Here's what he was asked: 'Is there any evidence, in your opinion, that Planned Parenthood has broken any law?' 'No. I'm not suggesting that they broke the law.' Another political witch hunt, just like the Benghazi hearing. And you know what? When the regular committees found there was no wrongdoing by Planned Parenthood,

See VAN HOLLEN Page A7

Marc Morial, President and CEO National Urban League



National Higher Education Summit to Focus on Equity, Affordability

"Education is the most powerful weapon which you can use to change the world."
—Nelson Mandela

Next week, Acting U.S. Secretary of Education John B. King, Atlanta Mayor Kasim Reed and Tennessee Gov. Bill Haslam will join dozens of other elected officials, university presidents and education experts for an unprecedented national summit, presented by the National Urban League and USA Funds, to confront the issues of higher education completion and—most importantly—affordability.

Even as millions of America's young people are desperate to find work, the nation's employers could be scrambling to find qualified candidates to fill millions of jobs in the next five years.

By every measure, the nation's higher education system is failing the nation's poor and minorities, leaving the most vulnerable communities behind. College completion rates for students of color are abysmal: Barely 40 percent of black students and barely half of Hispanic students complete four-year degree programs within six years of enrollment, compared with more than 60 percent of white students.

The summit kicks off with the release of Gallup's first-ever survey of minority student outcomes. We look forward to the nation's most in-depth look at the challenges facing minority students, which will illuminate and expand upon last year's National Urban League Report, "From Access to Completion: A Seamless Path to College Graduation for African American Students."

That report found that a major barrier to college completion is financial: A majority of African American college students, 65%, are balancing their studies with full-time work and family responsibilities. As a consequence of

these responsibilities, African American students whose incomes qualify are likely to receive less financial aid because they are enrolled less-than-fulltime.

African American students' part-time status also leads to reductions in their maximum Pell Grant award and other state and federal financial aid.

Our research found that higher levels of financial support corresponded to higher graduation rates. Coupling financial aid with personalized supports for students has already shown promising results in state higher education systems and individual institutions.

The monetary value of a college degree is well-documented. Study after study has shown college graduates can expect to anywhere from a half-million to a million dollars more over a career than those without a degree. Census data released last month shows the median weekly salary for a college graduate is almost twice that of someone holding only a high school diploma.

But it's not only income that rises along with education. Voting rates, volunteerism, intellectual curiosity and tolerance for other viewpoints also correspond to educational level. More education means better health, and the more educated someone is, the more physically active they are. The unemployment rate for college graduates, 3.5%, is well below the nation's median rate of 5%. For high school graduates, the rate is 6% and among high school dropouts, 9%.

Meanwhile, the potential skills gap our nation faces will have employers scrambling to find qualified candidates with postsecondary credentials required for an estimated 5 million jobs by 2020.

Government leaders must support innovative, results-driven, more affordable ways of delivering postsecondary education and training to at-risk youth so they are prepared for quality employment in jobs that are in-demand in the workforce.



Fort Foote Park

Open to the Public

PHOTO CREDIT: PG PARKS AND RECREATION

FORT FOOTE PARK

Eight miles downriver from the capital, Fort Foote was considered "a powerful enclosed work" by its chief engineer, "and the most elaborate ... of all the defenses of Washington." The long oval earthwork was constructed on Rozier's Bluff from 1863 to 1865 to strengthen the ring of fortifications that encircled Washington, D.C., during the Civil War. Fort Foote was designed to protect the river entrance to the ports of Alexandria, Georgetown, and Washington and replace the aging Fort Washington as the primary river defense. Today the National Park Service has cleared paths around the ruins of what is considered the best preserved Civil War fort in the region. Fort Foote is located on the Potomac River in Prince Georges County. From the Beltway (I-95), take exit 3A, Indian Head Highway south (MD210) and drive for approximately 3.5 miles to Old Fort Road. Turn right for 1 mile to Fort Foote Road S, turn left. Follow the winding road through the residential area to entrance sight on the left for the fort.

Child Watch by Marion Wright Edelman



Recalling a Time When Congressional Bipartisanship Worked for Young Children

Amidst the shameful dysfunctional legislative gridlock of the U.S. House of Representatives, it was a great joy this week to celebrate a time and a leader—former Minnesota Senator and Vice President Walter Mondale—when bipartisanship, common sense and a national moral commitment to children and families almost became the law of the land for young children. What a different country we would be today had millions of children received the carefully conceived high-quality early childhood and family support services in the bipartisan Comprehensive Child Development Act of 1971 which President Nixon vetoed on the eve of his trip to China, capitulating to right wing ideologues like Phyllis Schlafly and Patrick Buchanan.

In addition to mischaracterizations of the legislation's provisions, President Nixon attempted to portray day care and other child care services outside the home as a radical new departure, ignoring the millions of mothers already in the workforce. A plethora of child care legislation has been passed over the past four decades but programs are still available to only a fraction of the children and families who need them. The quality of care provided to our children in their early years through public and private means remains uneven, fragmented and often very inadequate, especially for the poorest children.

While none of the 1971 Act's supporters, I among them, believed it perfect, its approach represented a vast step forward from the child care system then and now in our country. The Act was a model of what bipartisan support can look like. It passed December 2, 1971 by a vote of 63 yeas to 17 nays in the United States Senate with 39 Democrats and 24 Republicans. Republican Senators Schweiker (PA) and Javits (NY) were lead cosponsors. Five days later, thanks to the leadership of Representative John Brademas (IN), the United States House of Representatives voted its approval, 211 to 187 with 180 Democrats and 31 Republicans.

This Act passed because of strong bipartisan leadership and the enthusiastic support and hard work of the most broad-based coalition assembled since enactment of the social legislation of the early 1960s. It included poverty, civil rights, children's and women's groups across the income spectrum, labor unions, faith leaders, educators, community and citizen organizations. During committee hearings, the need for child development legislation was detailed by leading child advocates, developmental psychologists and pediatricians. Outside groups worked hand-in-hand with Senator Mondale's staff in the drafting process. The Washington Post called the bill "as important a breakthrough for the young as Medicare was for the old," and described it as "a vehicle for a new national effort to make childhood livable."

The Act was designed to begin to meet the developmental needs of all children, regardless of family income, by investing major new federal funds to establish high quality comprehensive programs with federal standards under a coordinated delivery system. It guaranteed

parents decision-making roles in the operation and administration of the programs in which their children would be enrolled, building on the successful Head Start experience I had personally witnessed in Mississippi. And it expanded program eligibility by income, age groups and types of services to be offered. Its funding authorization the first year of \$2 billion—equivalent to \$11.3 billion today—is nearly \$3 billion more than the 2014 Head Start funding level of \$8.6 billion.

Although Senator Mondale introduced weaker versions of the 1971 bill soon thereafter, it took the Children's Defense Fund Action Council working tirelessly with a broad coalition of early childhood, faith, civil rights and education groups 19 years to help gain enough momentum for enactment of the less comprehensive Child Care and Development Block Grant in 1990 which President George H.W. Bush signed after feared veto threats. As if yesterday, I remember going to the White House gates to help deliver

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The Prince George's Post

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Contents © 2015, The Prince George's Post

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Prince George's County, Md. Member National Newspaper Publishers Association, and the Maryland, Delaware, District of Columbia Press Association. The Prince George's Post (ISSN 10532226) is published every Thursday by the New Prince George's Post Inc., 15207 Marlboro Pike, Upper Marlboro, Md. 20772-3151. Subscription rate: 25 cents per single copy; \$15 per year; \$7.50 senior citizens and students; out of county add \$1; out of state add \$2. Periodical postage paid at Southern Md. 20790. Postmaster, send address changes to Prince George's Post, P.O. Box 1001, Upper Marlboro, Md. 20772-3151.

BUSINESS

The American Counseling Association's Counseling Corner

The Proper Care and Feeding of Your Boss

If you're in a work situation where you aren't getting along with your supervisor or boss, it can be easy to forget that the person who keeps giving you a hard time is also a human being with feelings and problems you aren't seeing.

And why does that matter to you? Because studies have shown that one of the most important things affecting someone's job performance, stress levels, and overall job satisfaction and happiness is the relationship they have with the person above them.

So what can you do? The only way to improve such situations is for you to take a proactive role in creating a more positive relationship with that person above you.

Start by learning what's important to him or her as a person. Make an effort to find out if there are pet peeves, or things about your department or company that matter greatly to him or her. Does your boss have a difficult boss?

Try to understand what your supervisor expects from you. It isn't always obvious. Ask questions and seek clarification. Is it timely reports, meeting deadlines, and showing initiative? A certain dress code? Or seemingly trivial things that he or she finds important? Understanding what matters to your boss makes it easier to meet such goals, or to discuss alternatives that will still keep him or her happy.

It also helps to be flexible and understanding. While it's frustrating to have meetings rescheduled or interrupted by phone calls, there's often a reason for a supervisor to make such changes. Supervisors appreciate employees who, rather than complaining, understand that bosses face pressures, too. They're also usually more open to hearing from such employees about their own scheduling problems and work demands.

You want to keep communication open and a two-way street, rather than appearing closed off and unapproachable. Good ideas seldom follow a schedule, and emergencies never do. Make it easy for your supervisor to talk to you. And, sometimes, take the initiative. Do a quick check-in with your boss on how things are going, or to discuss an idea or concern of yours.

Make it your job to create a positive relationship with your supervisor. Each of you should feel that you understand the other and can openly talk to each other. With such a relationship, it usually means a more positive, enjoyable work environment where sharing ideas and positive accomplishments can flourish.

Counseling Corner is provided by the American Counseling Association. Comments and questions to ACAcorner@counseling.org or visit the ACA website at www.counseling.org

Watch from A4

boxes of letters collected by thousands of United Methodist Women urging President Bush to sign this much-needed child and family support bill to help working parents.

In 1971, 40 percent of mothers were in the workforce; today 70 percent are, including 64 percent with children under 6. In 2014, although 15.5 million children were poor, Head Start served fewer than half of eligible 3- and 4-year-olds and Early Head Start reached only 4 percent of eligible infants and toddlers. Only 1 in 6 federally-eligible children receives a subsidy through the Child Care and Development Block Grant, and enrollment numbers continue to decline as the cost of care increases. In 2012, the total combined federal and state child care funding under the Child Care Block Grant and the Temporary Assistance for Needy Families (TANF) program fell to its lowest level since 2002. Center-based child care for an infant is more expensive than tuition at a public, 4-year college in 31 states and the District of Columbia. Fewer than half of 3- and 4-year olds are enrolled in any preschool program and even fewer are in high quality programs.

Since the 1971 Nixon veto and ongoing struggles to expand federal and state investments in quality early childhood development systems, we have learned much more about early brain development that makes an urgent case for investment in our youngest children to get them ready for

school. A baby is born with a brain 25 percent of adult size. By age 5 a child's brain has grown dramatically to 90 percent of adult size. During these years of rapid brain development children are learning from their environments and interactions with adults and developing a foundation for their future school and life success. Stresses associated with poverty can disrupt healthy development and leave poor children behind from the very beginning. High quality, comprehensive early childhood programs have been proven to buffer the impacts of poverty and provide lifelong benefits for children and their families.

Research and experience show that quality early childhood programs are one of the best investments the nation can make towards assuring better education and societal outcomes. Nobel prize-winning economist James Heckman estimates the return on investment of such programs at 7-10 percent per year. So why do so many members of Congress keep denying children the basic foundation they need to get ready for and do well in school and why do the parents—especially—and other adults of our nation stand for it? What kind of leaders think tax breaks for billionaires are more important than education gains for the majority of all our children of all races whose life chances will be stunted if they cannot read and compute at grade level. Our dropout rates are nation shaming and threatening.

See WATCH, Page A12

Maryland Casinos Generate \$87.5 Million in Revenue During September

By PRESS OFFICER
MLGCA

BALTIMORE, MD—Lottery and Gaming announced September 2015 revenue numbers for the state's five casinos—Hollywood Casino Perryville in Cecil County, Horseshoe Casino Baltimore in Baltimore City, Casino at Ocean Downs in Worcester County, Maryland Live Casino in Anne Arundel County, and Rocky Gap Casino Resort in Allegany County. September 2015's combined statewide revenue totaled \$87,497,660.

Hollywood Casino Perryville generated \$6,204,696 from both slot machines and table games in September. Gross gaming revenue per unit per day was: \$204.01 for slot machines, \$2,536.73 for banking table games and \$291.17 for non-banking table games. Hollywood Casino's September 2015 revenue increased by \$294,704, or 5%, from September 2014. Hollywood Casino Perryville

operates 850 slot machines and 22 (12 banking and 10 non-banking) table games.

Horseshoe Casino Baltimore generated \$22,147,812 from both slot machines and table games in September. Gross gaming revenue per unit per day was: \$198.22 for slot machines, \$1,821.50 for banking table games and \$918.03 for non-banking table games. Horseshoe Casino's September 2015 revenue decreased by \$242,791, or 1.1%, from September 2014. Horseshoe Casino Baltimore operates 2,200 slot machines and 178 (153 banking and 25 non-banking) table games.

Maryland Live Casino generated \$49,571,257 from both slot machines and table games in September. Gross gaming revenue per unit per day was: \$264.01 for slot machines, \$3,443.43 for banking table games and \$1,212.38 for non-banking table games. Maryland Live's September

2015 revenue increased by \$4,035,221, or 8.9%, from September 2014. Maryland Live Casino operates 4,059 slot machines and 202 (150 banking and 52 non-banking) table games.

Casino at Ocean Downs generated \$5,712,269 from slot machines in September, and its gross gaming revenue per unit per day was \$237.85. Casino at Ocean Downs' September 2015 revenue increased by \$759,993, or 15.4%, from September 2014. The Casino at Ocean Downs operates 800 slot machines, and does not have table games.

Rocky Gap Casino Resort generated \$3,861,627 from both slot machines and table games in September. Gross gaming revenue per unit per day was: \$178.87 for slot machines, \$1,004.08 for banking table games, and \$179 for non-banking table games. Rocky Gap Casino Resort's September 2015 revenue increased by \$223,813, or 6.2%, from September 2014.

Rocky Gap Casino Resort operates 627 slot machines and 18 table games (16 banking and 2 non-banking).

In a year-to-year comparison, September 2015 casino revenue increased from September 2014 by \$5,070,939, or 6.2%. For a detailed breakdown of September 2015's fund disbursement, fiscal year-to-date totals for the individual casinos and combined state total, visit the website.

Maryland Lottery and Gaming (ML&G) is responsible for all matters relating to regulation of the state's casinos. In this regulatory role, the agency oversees all internal controls, auditing, security, surveillance, background investigation, licensing and accounting procedures for the facilities. To keep Marylanders informed and maintain integrity and transparency in its regulation of the state's casinos, ML&G posts monthly financial reports on casino revenue on its website, gaming.mdlottery.com.

Orchard from A1

The group of boys came from Green Ridge, Savage Mountain, Meadow Mountain and Backbone Mountain youth centers, and are all originally from various areas of the state, to work together.

"When you work as a team, you can break down barriers," Abed said. "And when (the boys) get back in their communities, they need to learn how to live together and work together."

By the end of the project that day, the group picked hundreds of bushels of apples of different varieties, such as McIntosh, Red Delicious and Winesaps, in multiple truckloads.

The project

The boys worked on Simmons Orchard, a 36-acre farm that belongs to 89-year-old Lou Simmons—a man who has donated everything he's ever grown.

"I've never sold an apple, or a peach, or a cherry, or anything from that orchard," Simmons said. "I've donated it for all of those years."

Simmons, a Dundalk resident, purchased the farm with Mary Simmons, his wife of 69 years, about 20 years ago. They would pick the 40,000 to 50,000 pounds of fruits every season and maintain the orchard together, but he eventually started looking for help.

"(Simmons) said he was thinking about cutting it down," said Judy Hodel, superintendent of Green Ridge Youth Center. "I said, 'No sir, you can't do that, we need orchards ... I have 40 young men I can put to work.'"

After reaching out to multiple organizations, he came across the Department of Juvenile Services and has welcomed these groups of boys for the past 10 years, he said.

The orchard was becoming a hassle for Simmons—tending to it seven days a week—so he began to look for help to pick the abundance of fruit and give it to people in need.

"I've lived for part of the Depression myself. I know what it's like to go hungry," he said.

It's good for the boys to get outside, engage in activities and to get exercise, Abed said, and

the kids appreciate activities that get them off campus.

Gary, a 17-year-old boy committed in the department's Backbone Mountain Youth Center, got the chance to step off grounds that day for the apple picking. The mission behind the event, he said, touched him personally.

"For me, this is just a great opportunity to give back to the community, to help people in need," said Gary, whose last name has been withheld. "I also knew what that was like—just being out on your own and not really having a lot. You didn't want to go out there and get it on your own."

Gary is one of about 48 males enrolled at Backbone, and he said he feels good to get the new opportunity to help maintain the orchard for a good cause.

"Instead of homeless people having to dig through trashcans or beg people for food, they can just go to a certain place in their community and be supplied with free, healthy food," Gary said.

The Department of Juvenile Services staff gathered Oct. 6 in the Baltimore City Juvenile Justice Center's lobby for an Apple Fest—part of the state's Day to Serve—to distribute the bushels of apples to the community. For more than three hours, the lobby was open to anyone who wanted to stop by and fill bags with free apples.

The department distributed apples to people who stopped by the lobby and loaded fruit into cars behind the building, said Jay Cleary, the secretary's chief of staff for the Department of Juvenile Services. The department gave away about 5,000 pounds



CAPITAL NEWS SERVICE PHOTO BY ERIN SERPICO

Apples are carefully placed in a collection bin.

of apples to about 300 people that day, Cleary said.

The program

The juveniles in these youth centers—all boys—are generally housed for about six to nine months, depending on their behavioral progress, Abed said. Offenses that can place them in the centers can vary, he said, but range from misdemeanors such as burglary and theft to second degree assault, according to the department's Data Resource Guide for fiscal year 2014.

"A lot of our kids ... many of them have made terrible errors in judgment, but they're not bad kids, they're not bad people," Abed said.

As part of the CHALLENGE program, a behavioral management program used in the department's residential facilities, youth who enter start at level one and can progress onto higher levels by gaining points for positive behavior, said William Pickrel, a department

assistant regional director who oversees the youth centers.

The five-level program allows the boys to see which areas they need to work on, as well as provide an incentive to progress.

When the boys get to level three, they earn the right to get off grounds to a project like this one, he said. All of the attendants at this event were in the highest three levels in the program.

"We don't look for perfection, we just look for change," Pickrel said.

The distribution

Portions of the harvest will return to the youth centers for use in culinary activities that incorporate apples into recipes, such as for apple cider, apple butter and apple cheesecake. Those left over from the distribution in Baltimore City and the original collection will go to area shelters.

Some of the boys in the centers might have never been exposed to fresh produce on a farm, or even have the chance to leave their communities or cities. Getting to see this part of Maryland, Abed said, provides a good opportunity to realize where fresh produce comes from while doing something good.

"Given the opportunity, (the boys) really can shine," Abed said. "They're generous, they're nice and they have a lot of talent, and we need to give them opportunities to display those talents and build their confidence."

Note: To protect the identity of the juveniles, no faces or other identifiers will be revealed in any photos.



CAPITAL NEWS SERVICE PHOTO BY ERIN SERPICO

Apples wait to be loaded.

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OUT ON THE TOWN

ERIC D. SNIDER'S
IN THE DARK

Movie Review

“Goosebumps”

Goosebumps
Grade: C+
Rated PG, Halloween-ish
scariness
1 hr., 43 min

If there's one thing I know about the Goosebumps books, it's that they came out in the '90s and I never read them. They are spooky/funny/gross stories for tweens, yes? And there are like a hundred of them (Goosebumps books, not tweens)? OK, then I'm caught up.

Rather than adapt a particular Goosebump into a film, “Goosebumps” takes the meta approach and throws ‘em all into the mix. Teenage Zach (Dylan Minnette) moves with his mom (Amy Ryan) to a boring Delaware town (pardon the redundancy), where their next-door neighbors are a pretty girl named Hannah (Odeya Rush) and her weird, reclusive dad (Jack Black). Dad turns out to be R.L. Stine, author of the Goosebumps series. What's more, when he wrote the books, the creatures he invented actually came to life! They are now quarantined inside special copies of the book manuscripts, but if you open the books, the monsters get out. Someone opens the books. Et cetera.

Writer Darren Lemke (“Turbo”) and director Rob Letterman (“Monsters vs. Aliens”) keep the tone adventurous, not terrifying. Whatever the books may have been like, the movie is only “scary” in the way that a



ROTTENTOMATOES

Upset about moving from a big city to a small town, teenager Zach Cooper (Dylan Minnette) finds a silver lining when he meets the beautiful girl, Hannah (Odeya Rush), living right next door. But every silver lining has a cloud, and Zach's comes when he learns that Hannah has a mysterious dad who is revealed to be R. L. Stine (Jack Black), the author of the bestselling Goosebumps series. It turns out that there is a reason why Stine is so strange ... he is a prisoner of his own imagination—the monsters that his books made famous are real, and Stine protects his readers by keeping them locked up in their books. When Zach unintentionally unleashes the monsters from their manuscripts and they begin to terrorize the town, it's suddenly up to Stine, Zach, and Hannah to get all of them back in the books where they belong. Note: Scholastic has sold over 400 million Goosebumps books worldwide in 32 languages since the series introduction in 1992, earning critical acclaim and dominating global bestseller lists. R.L. Stine has been recognized as one of the bestselling children's authors in history. ©Sony

Halloween party is scary: it deals with scary things, but it won't actually frighten anyone other than the very, very young. The focus instead is mild excitement, as Zach, Hannah, their screamy comic-relief friend Champ (Ryan Lee), and R.L. Stine try to recapture the monsters before they ... kill everyone, I guess. Though nobody ever seems to be in any real danger. (It's a PG film for kids, after all. The crea-

tures cause a lot of property damage but only one injury.)

Jack Black is an off-putting presence, speaking in a clipped, affected dialect that prevents Stine from ever seeming like a real character. The rest of the leads are natural enough, though the mediocre dialogue Lemke wrote for them doesn't allow for much authenticity. Other characters—like a pair of police officers, Zach's unfunny

aunt, and a coach who hits on Zach's mom—are haphazardly dealt with, as if multiple scenes were deleted randomly.

But yes, yes, it's a kids' movie, it doesn't matter if it's any good. I hear you. As far as that goes, it's harmless enough, and probably fairly entertaining for boys and girls ages 8 through 12. As long as they're not expecting, you know, goosebumps.

The Edge of Sports

by DAVE ZIRIN

Insider Trading Hits the Sports World



Last November, NBA commissioner Adam Silver wrote a bombshell New York Times op-ed arguing that pro sports leagues needed to get over their old-school skittishness and embrace the largely underground \$400 billion sports gambling industry. He was compelled to write this after NBA owners bought a massive share in an online-betting fantasy sports site called FanDuel. The sports world, Silver contended, needed to catch up to the reality that “there is an obvious appetite among sports fans for a safe and legal way to wager on professional sporting events.”

This is all well and good.

Yet the title of his editorial should elicit howls of derision after the unseemly news of the last 48 hours. It was, “Legalize and Regulate Sports Betting.” Yet FanDuel, which goes unmentioned in the article, is utterly unregulated and not classified as “betting” because Congress, thanks to a ferocious lobbying effort, has disingenuously classified fantasy sports gambling as a “game of skill.”

The absence of regulation means that FanDuel and its billion-dollar brother-in-arms DraftKings have partnered with the sports leagues to create a constant churning of sports gambling without taxes or government oversight. And sure enough, both companies are now involved in an “insider-trading scandal” after evidence was revealed that their employees, armed with confidential information, competed at one another's sites. One anonymous insider said to me Tuesday afternoon, “This is about to get a hell of a lot worse for everyone involved.” Several hours later, the New York State attorney general pledged to open a full investigation into just how extensive this insider trading was, and how many of the billions of dollars that pass through daily fantasy sports were won with rigged betting.

For those uninitiated into this world of sports fantasy, it is worth explaining how “insider trading” operates in this context. You pay a fee and then draft any players you want to make up your team. When these players ring up statistical accomplishments, you are awarded points. If the players you chose perform better than the thousands of teams performing against you in a given week, you win. Yet these companies aren't becoming multibillion-dollar operations by losing. Thousands of people all pick the players most likely to be productive (in football that means Aaron Rodgers, Julio Jones, and the like). The winners are the people who—by dumb luck—choose the obscure running back or receiver that makes a surprise splash.

“Insider trading” in this unregulated setup must be a constant source of temptation: If you know whom most people are choosing, you just cannily choose the top players being ignored in a given week, and your odds improve dramatically. It's like playing online poker if you can see your opponents' hands. Knowing their cards does not guarantee victory, but it changes the game.

Again, this world is utterly unregulated, and despite the furious—and ridiculous—joint statements issued by DraftKings or FanDuel, it would be profoundly naive to think that this is the first time it has happened. All it would take would be a text from someone who sees the betting to a friend and get them to place their bets. If the winnings are found to have been disproportionately vacuumed out by insiders or their accomplices, the lawsuits alone will bring this industry to its knees.

But this problem is bigger than just one scandal. Professional sports leagues as well as leading sports journalists have partnered with DraftKings and FanDuel to be accomplices in what could be a case of organized theft.

It's clear to anyone who has watched the NFL in the last several months that DraftKings and FanDuel are on a full-court press for our money. DraftKings alone spent an estimated \$18 million wallpapering the opening weekend of the NFL season with screeching ads. This was peanuts for a rapidly rising, multi-billion-dollar industry that has grown out of the ground with the remorseless rapidity of an industrial city in China. Not only were television ads for the sites in constant rotation, but ESPN integrated the companies into their broadcasts, with branded segments and commentaries referring to the size of the pot and suggestions for whom to “draft” for the forthcoming week.

What is so stunning about this scandal is that sports has historically been terrified by gambling and the thought that it could provide even a whiff of illegitimacy about their product. It's why the 1919 Chicago Black Sox were banned for life from baseball and Shoeless Joe Jackson is still not in the baseball Hall of Fame. It's why Pete Rose remains on the outside of Cooperstown, his nose pressed against the glass. It's why there are still no big-league teams in Vegas. The mere proximity to gambling gives commissioners the hee-

Come College Interview Ready!

Kappa Epsilon Lambda Chapter
Eta Zeta Chapter
KEL Education Foundation
Southern Regional Technology & Recreation Complex

Alpha Phi Alpha Fraternity, Inc. Presents
10th Annual “Go to High School, Go to College”
COLLEGE FAIR
Saturday, November 14th, 2015 10am –12:30pm
Southern Regional Technology & Recreation Center
7007 Bock Road Ft. Washington, MD 20744

Alabama A&M University	Georgian Court University	Savannah State University	University of Richmond
American University	Grambling State University	Shaw University	University of the District of Columbia
Auburn University	Hampton University	South Carolina State University	Virginia Commonwealth University
Bethune Cookman University	Hollins University	Southern University	Virginia Military Institute
Bowie State University	Huston-Tillotson University	Spelman College	Virginia Tech
Cedar Crest College	Jackson State University	St. John's University Queens, NY	Virginia University of Lynchburg
Chowan University	Johnson and Wales University	St. Mary's College of Maryland	Washington College
Christopher Newport University	Johnson C. Smith University	St. Vincent College	Wellesley College
Claflin University	Keiser University	Stevenson University	West Virginia State University
Clark Atlanta University	Liberty University	Stratford University Talladega College	Wilberforce University
Culinary Institute of Virginia	Lincoln University (Missouri)	Tennessee State University	Wilson College
Delaware State University	Lincoln University (Pennsylvania)	Towson University	Winston-Salem State University
Dickinson University	Longwood University	Trinity Washington University	Xavier University of Louisiana
Dillard University	Manhattan College Morehouse College	Tuskegee University	AND MANY MORE!
Duke University	Norfolk State University	United States Air Force Academy	(List as of October 10, 2015)
Duquesne University	Paine College	United States Coast Guard Academy	iPad Giveaways,
Eastern University	Pennsylvania College of Technology	United States Military Academy	Internship Opportunities,
Elizabeth City State University	Prince George's Community College	at West Point	Scholarship Giveaway,
Fashion Institute of Design and Merchandising	Princeton University	University of Baltimore	and a Financial Aid Presentation
Fayetteville State University	Queens University of Charlotte	University of Hawaii	
Fisk University	Radford University	University of Maryland Baltimore County	
Florida A&M University	Roanoke College	University of Maryland College Park	
Ft. Valley State University	Roger Williams University	University of Chicago	
	Rutgers University	University of Maryland Eastern Shore	
		University of North Carolina at Charlotte	

Spanish translator will be on-site.
To be eligible for FREE giveaways and/or prizes, attendees MUST register for the College Fair at:
<http://kelcollegefair2015.eventbrite.com>
Registration is FREE and OPEN to all students and parents.
Prince George's County Public Schools is not sponsoring, endorsing, or recommending the activities advertised in this flyer.
Although registration is not required to attend the event, please for both parents and students, please register on and presence at showings.

FREE ADMISSION

Parks & Recreation
M-N-C-P-C

Calendar of Events

November 5 — November 11, 2015

Pirates of the Chesapeake

Date and Time: Thursday, November 5, 2015, 1-2 pm
Description: Trade ships and military were not the only vessels along the Bay. Come hear the lesser known tales of the pirates on the Chesapeake.
Cost: Free
Ages: All ages welcome
Location: Bladensburg Waterfront Park
4601 Annapolis Rd, Bladensburg, MD
Contact: 301-779-0371; TTY 301-699-2544

First Friday Line Dance Social

Date & Time: Friday, November 6, 2015, 6-9:30 pm
Description: First Friday Line Dance Socials are back at South Tech/Rec! Join us for the latest hits and the best instructors. Beginners to advanced dancers are more than welcome to take the floor. Light refreshments included with the price.
Cost: Resident: \$5; Non-Resident: \$6
Ages: 18 & up
Location: Southern Regional Technology and Recreation Complex
7007 Bock Road, Fort Washington, MD
Contact: 301-749-4160; TTY 301-699-2544

Cafe Groove: Maker Space

Date & Time: Friday, November 6, 2015, 7-9:30 pm
Description: Join us for an evening of fun arts-related activities based in STEM! The Future Makers team will lead participants through activities that include the following:

- Light Painting: make an LED "light brush" and paint with light. Send your photos to friends from the inflatable dark room, and take your brush home!
- Conductive Button Sound Station: explore simple circuitry and conductive materials to create a button that controls sounds—by touch!
- Drawing Machines: create a wiggling, drawing machine using markers and a motor! Explore simple electromechanical, and take your personalized invention home.
- Beat Making: become a sound artist—record sound, and create beats and rhythms using sound recording software and hardware.

Cost: Free
Ages: Ages 10-18
Location: Prince George's Ballroom
2411 Pinebrook Avenue, Landover, MD
Contact: 301-446-3232; TTY 301-699-2544

Family Fun & Fitness Day

Date & Time: Saturday, November 7, 2015, 10 am-2 pm
Description: Join Deerfield Run Community Center as we host our 1st family-friendly fitness day, offering activities and games for adults and kids. From health screenings to fitness demonstrations to cooking demos, the whole family will have a Saturday to remember.
Cost: Free
Ages: All ages welcome
Location: Deerfield Run School Community Center
13000 Laurel-Bowie Road, Laurel, MD
Contact: 301-953-7882; TTY 301-699-2544

Concert: Black Violin

Date & Time: Saturday, November 7, 2015, 8-10 pm
Description: Rule No. 1 for a Black Violin show is that this is a party! This inventive, imaginative duo performs a groundbreaking blend of classical, hip-hop, rock, and R&B. Entertaining, intense and spellbinding, Black Violin has created a new genre of music that defies simple categorization and creates a sensation wherever they perform.
Cost: \$30/person (General Admission)\$25/person (Students, Seniors, and Groups of 20 or more)
Ages: All ages welcome
Location: Publick Playhouse Cultural Arts Center
5445 Landover Road, Landover, MD
Contact: 301-277-1710; TTY 301-699-2544

Seasonal Selections: Thanksgiving Feast

Date and Time: Sunday, November 8, 2015, 12 noon-3:30 pm
Description: Stop by to watch the Kitchen Guild demonstrate 19th century foodways using seasonal produce from the gardens and orchard. Looking for new Thanksgiving recipes? Well, today's recipes will feature 19th century fare that can be served at your own bountiful table!
Cost: FREE; regular fee for house tours
Ages: All ages welcome
Location: Riversdale House Museum
4811 Riverdale Road, Riverdale Park, MD
Contact: 301-864-0420; TTY 301-699-2544

Holiday Craft Day

Date and Time: Sunday November 8, 2015, 1-3 pm
Description: At Holiday Craft Day, participants will make gift boxes and bags for the holidays!
Cost: \$5/person
Ages: All ages welcome
Location: Marietta House Museum
5626 Bell Station Road, Glenn Dale, MD
Contact: 301-464-5291; TTY 301-699-2544

Hands-on History Day

Date and Time: Wednesday, November 11, 2015, 10 am
Description: Step back into Riversdale in the 1850s, when Charles Benedict Calvert was master of the home. Spend the day off from school with crafts, activities, cooking, and more!
Cost: Resident: \$18; Non-Resident: \$21
Ages: Ages 8-12
Location: Riversdale House Museum
4811 Riverdale Road, Riverdale Park, MD
Contact: 301-864-0420; TTY 301-699-2544

EARTH TALK ... What's Behind So Many Whales Dying in the Gulf of Alaska?

Dear EarthTalk:

Do scientists have any idea why so many whales are dying in the Gulf of Alaska lately?

— Michelle DiCostanzo,
New York, NY

Over the past four months, 33 large whales have been reported dead in the Western Gulf of Alaska, which encompasses the areas around Kodiak Island, Afognak Island, Chirikof Island, the Semidi Islands and the southern shoreline of the Alaska Peninsula. The significant die-off of whales has been declared an Unusual Mortality Event (UME) by the National Oceanic and Atmospheric Administration (NOAA), marking the first large whale UME ever in Alaska.

The majority of the deceased humpback, fin and gray whales have been found moderately to severely decomposed and scientists have only been able to obtain samples thus far from one fin whale. Alaskan citizens have been instructed to call the Alaska Marine Mammal Stranding Network hotline immediately if a stranded or dead whale is spotted to ensure the fastest response possible by trained experts.

"Large whale UMEs are the most difficult UMEs to deal with, principally because the animals are floating and rarely beached and we have a difficult time getting to the carcasses to actually

examine them," says Dr. Teri Rowles, Coordinator of the NOAA Fisheries Marine Mammal Health and Stranding Program. "The most critical thing for this UME, given it is large whales, is our ability to get to the animals, document them, and if possible perform sample collections either at sea or on the beach if they are stranded. It is critical that the public and mariners report large whale mortalities or animals that they see in distress as soon as possible so that the Network can either document, access or track the carcasses."

Exposure to harmful algae blooms (HAB) is NOAA's leading theory for the cause of the surge in whale deaths. While the organization has collected some disparate samples of phytoplankton in the Gulf of Alaska that they determined could possibly produce biotoxins, there is no conclusive data currently associating the whale deaths to HAB, and the fin whale sample tested negative for HAB biotoxins.

"Even though the one sample we tested was negative, it was not the most appropriate sample to collect and test for biotoxins. We can't rule it out based on the results we have right now," Rowles adds. "It's my understanding that sea surface water and air temperatures in the Gulf of Alaska have been high, and that always concerns us because that means there's probably a change in overall pathogen ex-



CREDIT: GREGORY "SLOBIRD" SMITH, FLICKRCC

Scientists worry that the wondrous spectacle of humpback whales breaching in the Gulf of Alaska might become more infrequent.

posure—possibly HABs and other factors."

Claims that the UME is linked to the Fukushima nuclear reactor meltdown or the Navy-led "Northern Edge" military training exercises conducted in the Gulf of Alaska this past June have been dismissed due to lack of evidence. Muscle tissue from the fin whale sampled was sent to the University of Alaska Fairbanks for cesium analysis, and the preliminary results did not suggest any unusual exposure to manmade radiation. As the investigation continues, NOAA will be publishing updated information pertaining to the UME on their website as it becomes available; however, the investigation could take months or even years to complete.

"It takes a fair amount of time to pull data together even if the event is over, and a lot of deliberation and analyses have to happen in order to determine what's going on," Rowles added. "It could be quite a period of time before we actually have an answer, if indeed we end up with a definitive answer for this UME."

CONTACT: NOAA Fisheries, www.nmfs.noaa.gov.

EarthTalk® is written and edited by Roddy Scheer and Doug Moss and is a registered trademark of E - The Environmental Magazine (www.emagazine.com).
Send questions to: earthtalk@emagazine.com.

Five Ways Homeowners Can Cut Costs on Water Heating

By SAMANTHA LOZANO
MDHCD

With fall weather underway and chilly temperatures ahead, we're going to be using more and more hot water.

The U.S. Department of Energy found that water heating accounts for about 18 percent of an average family's utility bill. This makes water heating the second largest energy expense in your home.

To help Maryland families prepare for the cold months, we've collected five ways to help cut costs on your water heating bill.

Water Heating Tips

1. Adjust the water heater thermostat to 120 degrees Fahrenheit (F) to get comfortable hot water for most household uses. Every 10-degree F reduction in the temperature can lower water heating costs up to 5 percent.

2. Detect and repair leaky faucets right away. Replace old faucets with WaterSense labeled low-flow faucets and shower heads, which can save the average family 700 gallons of water annually.

3. Insulate your water heater. Be careful not to cover the top, bottom, thermostat or burner

compartment of natural gas or oil hot-water storage tanks. In addition, insulate the first 6 feet of hot and cold water pipes connected to the water heater.

4. Invest in a new energy-efficient water heater with the ENERGY STAR label to save energy long-term. ENERGY STAR certified water heaters can use 50 percent less energy than equipment that meets the minimum federal standard.

5. Lastly, a no-cost strategy that we can all do is to use hot water more efficiently. Reduce water consumption by taking shorter showers, using cold water for most laundry loads

or choosing shorter cycles on the dishwasher.

Through DHCD's Be SMART Home Loan program, you can also learn how to get innovative financing for energy efficiency upgrades to your home, which includes hot water system improvements. Be SMART offers flexible financing of up to \$25,000 for eligible homeowners.

For more ways to save energy, visit the U.S. Department of Energy's website.

We hope you apply these simple energy tips to your home. We'll regularly share a new topic so don't forget to subscribe to our blog!

SOURCE REDUCTION TIP:
The Prince George's County Materials Recycling Facility (MRF) does not accept plastic utensils. Please do not put plastic forks, knives or spoons in recycling bins or totes. For more information on materials accepted for recycling at the MRF, visit the County's Recycling Collection information webpage or contact County Click 3-1-1.

WASTE-FREE LUNCH DAY

A waste-free lunch day includes items that are not thrown away, but can be eaten, reused, recycled or composted. Here are a few simple ways to pack a waste-free lunch:

- ▶ Use a reusable carrier such as a cloth bag, lunch box or paper bag;
- ▶ Pack food in reusable containers and avoid using plastic wrap, foil or Styrofoam;
- ▶ Try using a cloth napkin, which can be washed and reused versus paper napkins that are thrown away;
- ▶ If possible, use durable utensils that can be reused and avoid using plastic forks, knives and spoons and;
- ▶ Recycle glass and plastic bottles, and aluminum cans.

Robert L. Blum, III
County Executive

Prince George's County Schools is a member of the Department of the Environment, Policy, and Planning, and Office of Central Services to promote environmental and sustainability in our schools below.

Trading from A6

bie-jeebies. All sports has, compared to other forms of entertainment, is its legitimacy. Without that, the house of cards comes tumbling down.

I am not against sports gambling, but without safeguards, catastrophe always looms. As Adam Silver wrote last November, legal gambling should come with "mandatory monitoring and reporting of unusual betting-line movements; a licensing protocol to ensure betting operators are legitimate; minimum-age

verification measures; geoblocking technology to ensure betting is available only where it is legal; mechanisms to identify and exclude people with gambling problems; and education about responsible gaming."

Let's see if he has the courage to make that argument to his fellow owners as they cash in on fans' playing what could be a rigged game. Let's also see if ESPN covers this scandal going forward, as the congressional committees form to investigate. There is a lot more on the line here than just fantasy sports.

Van Hollen from A4

our Republican colleagues have created a special committee on Planned Parenthood as well.

"So, Mr. Speaker, there's a reason that when the American people have been asked what they think of Congress these days, that this is a chart of the words they come up with first. Ridiculous. Waste of time. Terrible. Frustrating. And you're just making this chart worse by coming here to this floor for the 61st time, repealing the Affordable Care Act, a bill that you know has no

chance of becoming law, because if it gets to the President's desk, he's told this Congress long ago he will veto it. Because the President doesn't want to get rid of affordable health care for 15 million Americans and three million American kids. The President doesn't want to do it. I'm really, really disappointed that our Republican colleagues thought this was a good way to end an unproductive week. It's a sad and shameful statement of the state of affairs in this body.

"I reserve the balance of my time."