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A Special District Six Election Announced

Board of Elections Set Fall Primary

By PRESS OFFICER
County Executive's Office

UPPER MARLBORO, MD — A Special Primary and Special General Election will be held on Tuesday, September 20, 2011 and Tuesday, October 18, 2011, respectively to fill the vacancy for the office of County Council in the Sixth Council District of Prince George's County, Maryland. The polls will open at 7:00 a.m. and close at 8:00 p.m. for each election.

Individuals may file certificates of candidacy with the Prince George's County Board of Elections at 16201 Trade Zone Avenue, Suite 108, Upper Marlboro, MD 20774 beginning on August 3, 2011. The deadline for individuals in Prince George's County to file for office for the Special Primary Election is Tuesday August 23, 2011, at 9:00 p.m.

The voter registration deadline for residents who live in Council District Six and wish to vote in the Special Primary Election is 9 p.m. on Tuesday, August 30, 2011. In order to register to vote in Prince George's County, individuals must be a U.S. citizen and live in Prince George's County. "All registrants must live in Council District Six and must be a registered Democrat or Republican to vote in the September 20, 2011 Special Primary Election" said Election Administrator, Alisha Alexander. "All registrants in Council District Six can vote in the October 18, 2011 Special General Election."

Voter Registration Applications and Absentee Ballot Applications may be obtained by calling the Board of Elections on 301-430-8020. Applications can also be downloaded at <http://www.princegeorgescountymd.gov/elections>.

For more information on candidate filings, voter registration or absentee ballots, please contact our office at 301-430-8020 or visit our website at <http://www.princegeorgescountymd.gov/elections>



PHOTO COURTESY PGCPs
Council Member Mel Franklin (District 9)



PHOTO COURTESY COUNTY EXECUTIVE'S OFFICE

Prince George's County Executive Rushern L. Baker, III helped break ground for a construction project that will lay broadband fiber across Prince George's County and through the other jurisdictions that make up the Inter-County Broadband Network (ICBN). Groundbreaking Ceremony

Baker Leads Broadband Network Groundbreaking

New technology, Will Provide Access for County Schools, Firehouses, Libraries and Municipalities

By PRESS OFFICER
County Executive's Office

Upper Marlboro, MD — Prince George's County Executive Rushern L. Baker, III helped break ground for a construction project that will lay broadband fiber across Prince George's County and through the other jurisdictions that make up the Inter-County Broadband Network (ICBN). The fiber will span over one hundred miles, connecting 119 new sites within Prince George's County to one another and to the network as a whole. County Executive Baker was joined at the groundbreaking ceremony by United States Senator Barbara Mikulski, Governor Martin O'Malley, Howard County Executive Ken Ulman, Prince George's

County School Board Chair Verjeana Jacobs and Prince George's County Public Schools Superintendent Dr. William R. Hite, Jr.

The ICBN is part of the One Maryland Broadband Network (OMBN), a partnership between public and private agencies across the state that includes the Maryland Department of Information Technology (DoIT) and the Prince George's County Office of Information Technology and Communications (OITC). Last September, the One Maryland Broadband Network won \$115,240,581 in grant funding through the U.S. Department of Commerce's Broadband

See **BROADBAND**, Page A5

Maryland Congressional Team Statements On Credit Limit Bill

COMPILED BY
Prince George's Post Staff

Senator Barbara Mikulski
Mikulski Votes to Avoid Default and Downgrade

WASHINGTON, D.C. — U.S. Senator Barbara Mikulski (D-Md.) issued the following statement on her vote to raise the debt ceiling and avoid default and downgrade:

"Through serious negotiation, leaders from both parties and the President have reached a bipartisan solution that will lift our debt ceiling and prevent a downgrade of our credit.

"Make no mistake. This agreement is stark and stern but necessary. It includes cuts that I would have never voted for under different circumstances. However, if we had failed to take action, the economy of the United States would have been irrevocably fractured.

"While it's far from perfect, the agreement meets my principles for avoiding default and

downgrade. It provides a long-term extension of the debt ceiling, a significant down-payment on cuts, and a path forward to reform tax earmarks and entitlements.

"A default and downgrade would lead to sky-high interest rates that would have created a new tax on every single American. The economy would be further weakened, and it would be a self-inflicted wound. I cannot allow this to happen.

"I took an oath to protect and defend the Constitution. The 14th Amendment says that the validity of America's debt must not be questioned. While the lawyers made the interpretation complicated, the framers made it simple. America pays its debt with no exceptions. Failure to reach an agreement would be a violation of trust to the American people and our creditors. And it would violate my oath to the Constitution.

"America must meet its obligations to its creditors. We must also meet our obligations to each other. Throughout this debate, I

have insisted on no benefit cuts to soldiers, seniors and veterans and will continue to do so. Obligations made must be obligations kept.

"I will also fight to fulfill our obligations to the next generation who will lead us through the 21st Century. We need to rebuild roads, bridges and increase access to broadband to create jobs and rebuild our economy. We need to invest in higher education, science, research and technology that lead to jobs of the future. We can't afford not to make these investments.

"After wrenching analysis, I will vote in favor of this bipartisan agreement because it is an achievable and pragmatic solution to the crisis that would be caused by inaction. It will require tough action and strong medicine down the road, but it is necessary to honor our obligations to our creditors and to ourselves."

See **VOTE**, Page A7

Maryland Wins National Grant to Increase Higher Education Completion

By PRESS OFFICER
Office of the Governor

ANNAPOLIS, MD (August, 2011) — Governor Martin O'Malley announced that Maryland has won a \$1 million award from the Complete College America Completion Innovation Challenge.

A national organization that works with states to boost college completion, Complete College America established the grant competition to support state-level efforts. Governors from all 50 states were invited to submit proposals to win one of only ten \$1 million Complete College America grants. Ultimately, 33 states submitted proposals, and the winners were chosen based on which states proposed the most innovative, high-impact initiatives.

"It is more important than ever to ensure that Marylanders earn their degrees," said Governor O'Malley. "This grant award will go a long way toward helping our State's higher education institutions implement strategies to eliminate barriers to completion and help students get the degrees they need to compete and win in the new economy."

Maryland's winning grant proposal focused on two key projects aimed at increasing the number of Marylanders who complete Associate and Bachelor's degrees. The Developmental Math Course Redesign Project will transform remedial and developmental mathematics courses, particularly at community colleges and Historically Black Institutions (HBIs), so that many more stu-

dents can move onto college-level mathematics in a timely manner. Research shows that remedial mathematics serves as a major roadblock to students completing their degrees. The ADAPTS (Associates Degree Award for Pre-Degree Transfer Students) Project will help students obtain their Associate degree if they transfer to a four-year institution before receiving that degree. Currently, more than 500 Marylanders earn their associate's degree after they transfer from a community college to a four-year college or university.

The grant will be administered by the Maryland Higher Education Commission (MHEC) with a CCA state team that includes representatives from the Governor's Office, the University System of Maryland, Morgan State University, St. Mary's College of Maryland, the Maryland Association of Community Colleges, and the Maryland State Department of Education.

"This grant award will go a long way toward helping our students get the degrees they need" - Governor O'Malley

Governor O'Malley has set a statewide attainment goal that, by 2025, at least 55 percent of the State's residents aged 25-64 will hold at least one degree. In addition, the State has joined a number of national policy initiatives that support Maryland's state-specific goals, and partnerships with Complete College America, the Lumina Foundation, and the National Governors' Association's Complete to Compete Initiative.

Congresswoman Donna F. Edwards' Statement on FAA Shutdown

By PRESS OFFICER
Rep. Donna F. Edwards' Office

Washington, DC — Congresswoman Donna F. Edwards (MD-4) released the following statement on the FAA shutdown. Last week, every Democrat on the House Transportation and Infrastructure Committee introduced H.R. 2644, the Aviation Jobs and Safety Act of 2011, a clean FAA extension bill that would authorize the aviation programs through the end of Fiscal Year 2011. The clean extension has been authorized 20 times previously in lieu of a compromise on a long-term measure and is supported by the U.S. Department of Transportation and a wide variety of organizations. Nationally, the shutdown means a loss of 90,548 jobs and

\$2.5 billion in airport construction funds.

"House Republicans are playing politics with the FAA and vacationing instead of working with House Democrats to pass a clean extension," said Congresswoman Edwards. "Once again, Republican ideology has trumped policy and what is best for the country. For Maryland, the FAA shutdown means a loss of 323 jobs and \$9,100,000 dollars in critical airport construction funding. At a time when we should be growing our economy and creating jobs, this is simply unacceptable. I urge my House Republican colleagues to come back to Congress, pass a clean extension, get people back to work, and join Democrats at the table in an earnest effort to pass a long-term FAA bill."

INSIDE

New Principals Approved

Prince George's County Public Schools has approved the appointment of 44 new principals prior to start of the 2011-2012 school year. "Our new principal selection process helps to ensure that the best possible fit is made when matching new principals with schools," said Dr. William R. Hite, Jr.,
Community, Page A3

The Debt Ceiling Agreement

The recent budget crisis was very harmful to our nation. It put into question our nation's financial stability and threatened the economic security of millions of Americans. We were forced into such a situation by a few Republican lawmakers who held our economy hostage, playing a dangerous game.
Opinion, Page A4

Startup Businesses Creation Jobs

Secretary of Homeland Security Janet Napolitano and U.S. Citizenship and Immigration Services Director Alejandro Mayorkas outlined efforts to fuel the nation's economy and stimulate investment by attracting talent who can create jobs, form startup companies, and invest capital.
Business, Page A5

Movie Review

"Cowboys & Aliens" is a great title. It suggests a scenario wherein Wild West frontiersmen encounter extraterrestrials, which is a great premise. For all I know, the 2006 graphic novel is indeed great. But the movie definitely isn't, though it avoids botching it entirely. The cowboys and aliens are here.
Out on the Town, Page A6

Earth Talk

Dear EarthTalk:

I heard about something called the Green Café Network. What is it and what are they trying to accomplish for the environment?

-- Jane Stevenson,
Los Angeles, CA

Features, Page A7

Towns and NEIGHBORS

In and Around Morningside-Skyline

by Mary McHale 301 735 3451

Morningside Chief advises "Please slow it down"

The Town of Morningside began speed camera enforcement on July 28, using mechanical speed monitoring systems. Chief of Police Eugene C. Mills says the town hopes to slow down drivers traveling Suitland Road and through the area's three school zones.

For the first 30 days, speed warnings will be mailed to violators.

After 30 days, Civil Citations will be mailed, with a fine of \$40. Points will not be assessed to driving records and insurance rates will not be affected.

Carolyn Sowell dies at 66
Carolyn Jean Sowell, 66, a member of several of Morningside's best-known, best-loved families, died at her home in Clinton on July 20.

She was born Dec. 15, 1944, but her father, 2nd Lt. John Robert "Jack" Dyer, never learned he had a new baby daughter. He died in action eleven days after her birth, when his P-47 was shot down over Germany. On Jan. 16, 1945, his wife Jean received a telegram, informing her that her husband was missing in action. It was not until 2004—nearly 60 years later—that the Army contacted the family with the news that Jack's body had been unearthed and identified. He is now buried at Cheltenham Veterans Cemetery.

In 1947 Jean married a soldier back from the war, Robert Lee "Bossy" Davis, a D. C. firefighter, and the only father Carolyn ever knew. They moved to Forest Grove Drive in Morningside where they raised Carolyn and Robert Jr. Bossy was a Morningside Council Member from 1961 to 1970. He died in 2002 and is buried at Cheltenham.

Carolyn graduated in 1962 from Suitland High School, and

in 1964 she married Louis David "Dave" Williams Jr., of Morningside. She worked for the Census Bureau and later for the Department of Defense, retiring after 25 years. She was a member of the VFW Ladies Auxiliary in Morningside and in Clinton.

Survivors include her children, Louis David Williams III and his wife Lori, of Morningside, and Denise Michelle Williams; granddaughters Jessica and Autumn; great-grandchildren Tara, Brayden and Kirra; her mother Elinor Jean Davis; brother Bobby and his wife Sue, and nephew Matt. Father Damien Shadwell led her memorial service at Lee's Funeral Home, in Clinton, on July 30.

Crossland grad killed in motorcycle accident

Alain Gerard Sexton, 56, formerly of Morningside, died July 24 when he lost control of his Harley and struck a guardrail on Popes Creek Road in Charles County. His wife, Brenda Kay Sexton, was injured in the accident. Alain grew up in Morningside and was a 1973 graduate of Crossland High School.

Neighbors

Sarah Colleen Booth, daughter of Wayne and Jill Booth, and Michael Thompson Kane, son of Ronald and Flora Kane, were married July 30 at St. Philip the Apostle Church in Camp Springs. The bride is the granddaughter of the late William Gilmartin, a Morningside Councilman from 1959 to 1964, and Alice Gilmartin.

The Morningside Volunteer Fire Department has signed a contact for a new Rescue Pumper, which will replace their aging 1995 fire engine.

In the coming months, the Morningside Fire Department will lose two of their longtime volunteers, the McKlveen broth-

ers, Carl and Jon. They are being deployed to the Middle East with the National Guard. Both have been with the Fire Department for more than 20 years and have been officers in the department. They'll really be missed.

Father Michael Podhajsky, who has been in residence at St. Philip's Rectory while a student in canon law at Catholic University, has graduated and is returning to the Archdiocese of Dubuque, Iowa, where he'll be pastor of Holy Family Church. A farewell reception was held for him on July 31.

Suitland High Class of 1961 plans a reunion on Oct. 22. E-mail Suitland61@hotmail.com.

1st Annual District 9 Day
Mel Franklin, our County Councilman, is hosting a District 9 Family and Friends Day on Aug. 7, 2 to 6 p.m. at Cosca Park, in Clinton. Come for circus acts, games, clowns, a marching band, step-team, DJ, live entertainment, balloon animals and food.

This is an opportunity to meet with government officials, such as the County Executive, police, fire, sheriff, and representatives from Social Services, Housing, Family Services, Public Works and more. Rain date is August 14.

Milestones

Happy birthday to Laura Cook, Aug. 4; Diane Ruby, Bailey Sparks, GeGe Feeny, Bernie Miller and my granddaughter Rose Seidman, Aug. 5; Markeyce Herring and Connie Kimbles, Aug. 6; Maxmilian "Max" Howard, Ruth Sanford and William Billy Stewart, Aug. 8; in memory of Bob Smith, Aug. 9; and Savannah Foster, Aug. 11.

Happy anniversary to Sharon and Mike Fowler, their 32nd on Aug. 11, and to Denis and Donna Wood on Aug. 7.

Congresswoman Donna F. Edwards' Legislative Update

Congresswoman Edwards' Statement on Passage of the Budget Control Act Passed by the House

Washington, D.C. — Congresswoman Donna F. Edwards (D-MD) released the following statement today on S. 365, the Budget Control Act of 2011, which passed the House 269-161.

"After much consideration, I stood with over half of the Democratic Caucus in opposing this unfair, unbalanced attack on the poor and working families," said Congresswoman Edwards. "Our most vulnerable have been asked to sacrifice time again, while corporations and the wealthy are required to

give little or nothing. Unfortunately, I felt this legislation continues that unacceptable trend. I remain resolved to protect Social Security, Medicare, Medicaid, and programs that benefit millions of Americans.

"I look forward to the work of the Joint Select Committee on Deficit Reduction in hopes that a truly fair and balanced approach can be taken to address our short- and long-term budgetary challenges that includes revenue increases, an end to our costly wars in Iraq and Afghanistan, and an end to tax breaks for the wealthy and corporations that ship jobs overseas.

"The real agenda should be one that creates jobs, rebuilds our roads, bridges, water and



sewer systems, and grows our economy for future generations."

"In addition, it was uplifting to see my friend and colleague Rep. Gabrielle Giffords (D-AZ) on the House floor today. Her unwavering determination is a source of inspiration for us all, and I wish her continued strength in her ongoing rehabilitation."

Brandywine-Aquasco

by Ruth Turner 301 888 2153

NATURE CRAFTS FOR CHILDREN

Children will enjoy hands-on nature craft activities on Wednesday, August 17, 2:00-3:00 PM. The event will be at Watkins Nature Center located at 301 Watkins Park Drive, Upper Marlboro 20774. The cost is Resident \$2.00 and Non-Resident \$3.00. Ages are 2-10. Contact information is 301-218-6702: TTY 301-699-2544.

ST. THOMAS CHURCH FARMERS MARKET

Support local farmers. Saturdays from now until October 1 from 8:00 AM-12:00 noon. The address is St. Thomas Church Farmers Market at 14300 St. Thomas Church Road Upper Marlboro, Maryland 20772. Visit the website <http://stthomasroom.edow.org/bounty.shtm>.

EXPERIENCED RNs

Experienced RNs needed to work per diem in the Southern Maryland area: ER, Telemetry, Med/Surgical, PACU. Take the time to enjoy the simple pleasures. Excellent Weekly Pay, Direct Deposit, 401 (K), work a little or a lot. You set the hours that you can work.

Health Pros Systems, Inc. The Supplemental Staffing Agency for Caring Professionals need experienced RN's to work. Call 301-868-7700 or 800-334-6719 or visit the website at Hpros@com-cast.net.

cast.net.

SPEND TIME WITH A SENIOR

A simple errand for some seniors can be an enormous challenge. You can make their lives easier by shopping for them. Take an elderly friend with you when you go shopping because it can make his or her life so much easier. Spending time with the elderly helps improve their quality of life. To obtain more information visit the website at The Senior Connection at www.seniorconnectionmc.org.

XTREME TEENS

All Teens ages 13-17 learn what it takes to become certified in CPR and First Aid at the informational meeting on Friday, August 19, 7:00 PM - 10:00 PM. The fee is FREE with a valid MNCPPC ID. Location is Patuxent Community Center 4410 Bishopmill Drive, Upper Marlboro 20772. If you need more information call 301-780-7577; TTY 301-203-6030.

BRANDYWINE NORTH KEYS CIVIC ASSOCIATION

The next Civic Association meeting will be on September 21, 2011 in the Media Center at the Brandywine Elementary School. September begins the new year therefore dues (\$30 per household) is due and payable at the meetings. Members may also send a check to the Brandywine-North

Keys Civic Association at P.O. Box 321, Brandywine, MD 20613. All members and residents are encouraged to attend and participate in the monthly meetings. The Civic Association needs your input to better address matters affecting the community.

AUGUST BIRTHDAYS

Congratulation to Christine Avery, Berline Brooks, Milton Holiday, Oliver Myers, Joyce Pinkney, Norrell Pinkney, Melvin E. Thomas, and Monica Washington on the celebration of your birthday this month.

DISTRICT 9 FAMILY & FRIENDS DAY

Please join me and your neighbors on Sunday, August 7th (rain date August 14th) at Cosca Regional park, 11000 Thrift Road, Clinton, MD 20735 for our 1st annual District 9 Family & Friends Day.

We are looking for volunteers so if you are interested in lending a helping hand please contact Brendon Laster at blaster@co.pg.md.us in my office. I thank you in advance for wanting to be a part of our first District 9 Family & Friends Day! Please RSVP so we can prepare for your attendance (RSVPs are recommended, but not required). We look forward to seeing you there on August 7th! This event is free and open to the public.

Prince George's County Continues to Remind Residents to Be Remindful of Heat

UPPER MARLBORO, MD — The National Weather Service is predicting extremely hot and humid weather today for Prince George's County with temperatures exceeding 100 degrees. A heat advisory remains in effect until 9 pm this evening. Prince George's County first responders have been put on alert for an increase in heat-related response calls.

"As we have all summer, we want to remind residents to use caution and common sense during these excessive temperatures, drink plenty of water, and, most importantly, look after family members and neighbors, especially the elderly," said Prince George's County Executive Rushern L. Baker, III. "Additionally, I want to thank all of our County employees and first responders who brave these extreme conditions to serve the citizens of the County."

When the air quality heat index is predicted to be in the CODE ORANGE range, or temperatures are expected to exceed 90 degrees, Prince George's County residents may seek relief from the heat at air-conditioned Maryland-National Capital Park and Planning Commission community centers and senior centers, libraries and local shopping malls. Individuals with health problems and who have no ready access to a cool environment—and particularly those at risk for heat-related illness—should take

advantage of the County's publicly operated facilities.

The following facilities will be available during normal business hours.

Cooling Centers open for Seniors at the following locations:

New Carrollton Nutrition Center, 6016 Princess Garden Parkway, Lanham from 10 a.m. until 2 p.m.

Camp Springs Senior Activity Center, 6420 Allentown Road, Camp Springs from 9 a.m. until 3 p.m.

Cooling Centers open for the General Public at the following locations from 10 a.m. to 9 p.m.:

Fairland Sports and Aquatics Center, 13820 and 13950 Old Gunpowder Road, Laurel, 301-362-6060

Rollingcrest-Chillum Community Center, 6120 Sargent Road, Chillum, 301-853-2005

Palmer Park Community Center, 7720 Barlowe Road, Landover, 301-773-5665

Hillcrest Heights Community Center, 2300 Oxon Run Drive, Hillcrest Heights, 301-505-0896

The Prince George's County Office of Homeland Security continues to recommend the following tips:

Elderly, infants and those with chronic illnesses can dehydrate more easily and are more susceptible to heat-related illnesses. Please check on relatives, friends, and neighbors.

Your best protection is to stay well hydrated. Sweat, or water, allows heat to evaporate from your skin's surface. If you become dehydrated, it is more difficult for your body to maintain an acceptable temperature. The best thing to drink is water. Gatorade or other sports drinks are also good. Avoid drinks containing alcohol or caffeine.

Limit heavy exertion when high levels of heat and humidity are present. High humidity levels make it more difficult for your body to dissipate heat.

Pets can get dehydrated quickly, so give them plenty of fresh, clean water when it's hot outdoors. Make sure your pets have a shady place to get out of the sun, be careful to not over-exercise them, and keep them indoors when it's extremely hot. Increase time spent in an air-conditioned environment.

Wear loose fitting, light colored clothing.

Take frequent rest breaks in the air conditioning or shade.

Eat smaller meals, more often.

Spend time at local pools or take cool baths.

Make sure pets have access to water and shade.

Continue to monitor weather reports for updates and tips.

The Prince George's County Office of Homeland Security will continue to update the public through the County's website at <http://www.princegeorgescountymd.gov>.

Clinton Conversations

by Norma Fazenbaker 301 579 6116

Save the Date:

DISTRICT 9 FAMILY & FRIENDS DAY-

Sunday, Aug. 7th, 2pm-6pm

Please join me and your neighbors on Sunday, August 7th (rain date August 14th) at Cosca Regional park, 11000 Thrift Road, Clinton, MD 20735 for our 1st annual District 9 Family & Friends Day. Please save the date and join us for fun, food, and valuable information. Bring the children and enjoy the afternoon with us.

We are looking for volunteers so if you are interested in lending a helping hand please contact Brendon Laster at blaster@co.pg.md.us in my office. I thank you in advance for wanting to be a part of our first District 9 Family & Friends Day!

Please RSVP so we can prepare for your attendance (RSVPs are recommended, but not

required). We look forward to seeing you there on August 7th! This event is free and open to the public.

County Executive Baker's Statement on Passage of the Budget Control Act

UPPER MARLBORO, MD — Prince George's County Executive, Rushern L. Baker, III, released the following statement following the passage of S. 365, the Budget Control Act of 2011:

"Like all Americans, I am pleased that our leaders in Washington have come to a consensus and compromise to address the looming deadline to expand the debt ceiling. Today's actions demonstrate that when government works together, results can be achieved. I want to applaud President Obama as well as the Prince George's County Congressional delega-

tion for their steadfast leadership on this issue.

However, House Republicans insistence on pushing this compromise to near an unprecedented default deadline jeopardized Prince George's County's 'AAA' bond rating. The time it took to agree to this compromise has created a possibility that the 'AAA' bond ratings the County has worked so hard to achieve and maintain could be downgraded. My administration is dedicated to working with the rating houses to avoid this downgrade.

As the Joint Select Committee on Deficit Reduction looks to find additional spending cuts, I ask for them to have similar priorities as we have in Prince George's County - create jobs, improve our education system, protect our seniors, and provide safety and security to all of our Country's citizens."

COMMUNITY

Practical Money Skills

By Jason Alderman

Should You Put Retirement on Hold?

One indicator our economy is still hurting is that more and more people are postponing retirement. According to the Department of Labor, those over 55 and still working have increased steadily since the recession began — 28.9 million at last count — and some surveys show more than a third of employees expect to work past age 70 or never retire.



Would-be retirees have faced a perfect storm of negative situations:

Having to tap retirement savings early to cover bills or tide them through unemployment.

Plunging home values diminished or erased the equity many had hoped to draw on in retirement.

Unable to afford — or qualify for — health insurance they'll need until Medicare kicks in.

And many boomer parents have put their own savings on hold while helping their kids struggle through the recession.

If you're hoping to retire in the next few years, consider the following:

How much will you need? Financial planners often suggest people may need 70 percent or more of pre-retirement income to maintain their current lifestyle, but it's difficult to generalize. For example, some people downsize housing or retire to less expensive areas and thus need less. Others can expect increased medical, utility and other bills to outpace earnings on their savings.

Start estimating your retirement needs by using online calculators:

The Retirement Estimator at www.ssa.gov/estimator automatically enters your earnings information to estimate your projected Social Security benefits under different scenarios, such as age at retirement, future earnings projections, etc. You can also download a more detailed calculator to make more precise estimates.

Check whether your 401(k) plan administrator's website has a calculator to estimate how much you will accumulate under various contribution and investment scenarios. If not, try the various retirement calculators at www.bankrate.com.

AARP offers a retirement calculator to help determine your current financial status and what you'll need to save to meet your retirement needs.

After you've explored various retirement scenarios, consider paying a financial planner to help work out an investment and savings game plan. If you don't have a personal referral, good resources include www.cfp.net, www.napfa.org and www.fpanet.org.

Social Security issues. To make ends meet, many people begin drawing reduced benefits from Social Security before reaching full retirement (65 for those born before 1938 and gradually increasing to 67 thereafter). This can have several financial consequences:

Your monthly benefit will be reduced by up to 30 percent. (Conversely, if you postpone benefits until after reaching full retirement age, your benefit increases by 7 to 8 percent per year, up to age 70.)

Although many states don't tax Social Security benefits, they are counted as taxable income by the federal government. So, depending on your overall income, you could owe federal tax on a portion of your benefit. IRS Publication 915 at www.irs.gov has full details.

If you begin drawing Social Security while still working, your benefit could be significantly reduced depending on your income. Read "How Work Affects Your Benefits" at www.ssa.gov for details. (Rest assured, however: Those reductions aren't truly lost since your benefit will be recalculated upward at full retirement age.)

One last suggestion: Once you've settled on what you think will be a sufficient retirement budget, try living on it for a few months first before retiring to make sure it actually works.

Jason Alderman directs Visa's financial education programs. To Follow Jason Alderman on Twitter: www.twitter.com/PracticalMoney

New Principals in Place for Upcoming School Year

Prince George's County Public Schools (PGCPS) has recently approved the appointment of 44 new leaders to ensure that all principals are in place prior to the August 22 start of the 2011-2012 school year. "Our new principal selection process helps to ensure that the best possible fit is made when matching new principals with schools," said Dr. William R. Hite, Jr., Superintendent of Schools. "Our goal is to place principals whose professional strengths and experience match the unique needs of each school, and through the new process, we take into account family and community input." PGCPS develops its own pool of highly effective leaders by providing targeted professional development opportunities for principals and specialized training for teachers who are aspiring to be leaders. Currently, there is a pool of more than 200 qualified applicants seeking principal positions in Prince George's County.

Principals for Northview Elementary School, Yorktown Elementary School, James Duckworth Special Center, and Oxon Hill Middle School are expected to be named soon.

Below is the list of principal

assignments recently approved by the Prince George's County Board of Education:

Judy Adams, Accokeek Academy
 Raynah Adams, Friendly High School
 Sonia Beckford, James Ryder Randall Elementary School
 Patricia Belgrave, Lewisdale Elementary School
 Edgar Batenga, Northwestern High School
 Drewanna Bey, Bowie High School
 Ezekiel Bloyce, Fort Washington Forest Elementary School
 Niki Brown, Mary Harris "Mother" Jones Elementary Traci Brown, Hillcrest Heights Elementary School
 Agnes Brown-Jones, Annapolis Road Academy
 Brenda Chapman, Dwight D. Eisenhower Middle School
 Charoscar Coleman, Central High School
 Mark Covington, Samuel Ogle Academy
 Karen DeSouza-Gallman, Phyllis E. Williams Elementary School
 Denise Dunn, Ridgecrest Elementary School
 Marquis Dwart, Imagine Andrews Public Charter

Monica Gaines, Greenbelt Elementary School
 Carolyn George-Remy, Concord Elementary School
 Constance Gibb, Robert Goddard Montessori
 Valerie Gifford, Marlton Elementary School
 Marilyn Goldsmith, Fort Foote Elementary School
 Judith Haughton-Williams, Bladensburg Elementary School
 Rodney Henderson, Kenilworth Elementary School
 Victoria Holmes, Dodge Park Elementary School
 Cheryl Hughes, Riverdale Elementary
 Nicole Jackson, Cherokee Lane Elementary School
 Fletcher James, Thurgood Marshall Middle School
 Sandra Jimenez, High Point High School
 Dwan Jordan, Suitland High
 School Diane Kanu, EXCEL Academy Public Charter
 William Kitchings, Crossland/Northwestern Evening High School
 Teri Lee, Brandywine Elementary School
 Jacqueline Marshall, Glenn Dale Elementary School
 Hope McGuire, Imagine Foundations II Public Charter



PHOTO COURTESY PGCPS
Dr. William R. Hite, Jr., Superintendent of Schools

Danielle Moore (Acting), Gwynn Park Middle School
 Olga Pabon, Seat Pleasant Elementary School
 Veonca Richardson, Andrew Jackson Academy
 Kimberly Seidel, Rockledge Elementary School
 Dana Tutt (Acting), William Beanes Elementary School
 Warren Tweedy, Greenbelt Middle School
 Mary Wall, Deerfield Run Elementary School
 Theresa Ware, J. Frank Dent Elementary School
 Kimberly Washington, Hyattsville Middle School
 Wanda Williams, James H. Harrison Elementary School.

Senator Mikulski Applauds Adoption of IOM Guidelines for Women's Preventative Health

Evidence-based recommendations called for by Mikulski Amendment to Affordable Care Act

BY PRESS OFFICER
 Sen. Barbara Mikulski's Office

Adoption by Secretary Sebelius expands preventative care and screenings available to women at no additional cost

WASHINGTON, D.C. — U.S. Senator Barbara A. Mikulski (D-Md.) applauded U.S. Department of Health and Human Services (HHS) Secretary Kathleen Sebelius' adoption today of recommendations made by the Institute of Medicine (IOM) that will expand the preventative health care available to women with no additional copayments or deductibles.

"Today, we are one step closer to ending the era when simply being a woman is treated as a pre-existing condition," Senator Mikulski said. "I am so proud Secretary Sebelius has agreed to adopt the IOM's recent recommendations for coverage of women's preventative health care called for in my Women's Preventive Health Care Amendment."

Under the Mikulski Women's Preventive Health Care Amendment to the Affordable Care Act, coverage of women's preventative care is determined by guidelines developed by HHS. In order to make informed, evidence-based decisions, Secretary Sebelius requested that a panel of experts convened by the IOM review the science and make recommendations for what women's preventative health services should be covered. These guidelines are the first comprehensive preventative health care guidelines specifically designed for women. They will expand on the limited recommendations of the United States Preventive Services Task Force.

After the IOM released its recommendations, Senator Mikulski was joined by 28 of her Senate colleagues in writing to Secretary Sebelius, urging

their adoption. Click here to read the full text of the Senators' letter.

"Today HHS has heeded the evidence-based advice of the IOM and decided to accept the recommendations, ensuring that American women will be less likely to forgo critical preventative screenings because they're too expensive or not covered by health plans," Senator Mikulski said. "As early as next year, women are going to be able to get the care they need without breaking the bank."

The IOM's recommendations are based on a review of existing guidelines and an assessment of the evidence on the effectiveness of different preventative services. The IOM identified diseases and conditions that are more common or more serious in women than in men or for which women experience different outcomes or benefit from different interventions. The report recommends the following additional services:

- screening for gestational diabetes
 - high risk human papillomavirus (HPV) DNA testing as part of cervical cancer screening for women over 30
 - counseling on sexually transmitted infections
 - counseling and screening for HIV
 - contraceptive methods and counseling to prevent unintended pregnancies
 - lactation counseling and equipment to promote breastfeeding
 - screening and counseling to detect and prevent interpersonal and domestic violence
 - yearly well-woman preventative care visits to obtain recommended preventative services
- Prior to the Mikulski Amendment in the ACA, insurance company bureaucrats decided what preventative services were covered for women. The implementation of

IOM's recommendations could take effect as early as next year.

Senator Mikulski's full statement follows:

"Today, we are one step closer to ensuring that simply being a woman will never again be treated as a pre-existing condition. I am so proud that Secretary Sebelius has adopted the IOM's recent recommendations for coverage of women's preventative health care called for by my Women's Preventive Health Care Amendment. These recommendations will assure that women of all ages will receive, at no cost, an annual women's health exam, and requires all health plans to cover comprehensive women's preventative care and screenings.

"For far too long insurance companies have used every trick in the book to deny coverage to women. Now, we are saying no. We said no to the punitive practices of insurance companies in health care reform. No longer will women pay 40% more than men for the same coverage. No longer will insurance companies be able to deny coverage to women because they've had a medically mandated C-section or been the victim of domestic violence.

"I was not about to let insurance companies -- or anyone else -- say that being a woman was too expensive. I felt we had to do more to enhance and improve women's health, which is why I introduced the Women's Preventive Health Amendment to the Affordable Care Act. My amendment, which was supported by bipartisan men and women of the Senate, guarantees that health insurance plans will cover preventative screenings for the biggest killers of women — heart disease, cancers, and chronic conditions like diabetes — with no copayments and no deductibles. We will invest in the preventative care that keeps women healthy and catches disease early, saving money and

lives.

"After my amendment passed, the Institute of Medicine (IOM) was tasked with making recommendations about which women's preventative health services should be covered by insurance plans. When the IOM released their recommendations on July 19th, I was so pleased to see that screening for gestational diabetes, screening and counseling for domestic violence, birth control, and Well Woman visits were included as services that women should be able to access with no out-of-pocket costs. Therefore, I led 28 of my Senate colleagues in sending a letter to the Secretary of the Department of Health and Human Services (HHS), Kathleen Sebelius, asking that she act promptly to adopt these common-sense recommendations in order to ensure that women can quickly have access to these life-saving services.

"Today, I am so pleased that HHS has heeded the evidence-based advice of the IOM and decided to accept the recommendations, ensuring that American women will be less likely to forgo critical preventative screenings because they're too expensive or not covered by health plans.

"As early as next year, women are going to be able to get the care they need without breaking the bank. If a woman needs a test for cervical cancer, she will be able to get one. If she is the victim of domestic violence and needs counseling, she will be able to get it. If she needs to get tested for a sexually transmitted disease, she will be able to do so. Women will be able to take advantage of preventative tests without deductible and without copayments. Without hesitation, women will be able to get the care they need. Without hesitation, simply being a woman will no longer be treated as a pre-existing condition."



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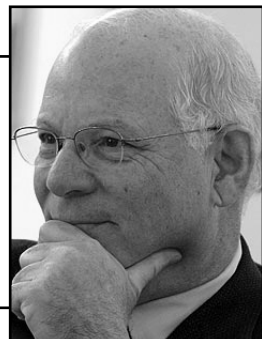
COMMENTARY

THE PRINCE GEORGE'S POST

A Community Newspaper for Prince George's County

Benjamin L. Cardin

United States Senator for Maryland



Debt Ceiling Agreement Avoided Default

The recent budget crisis was very harmful to our nation. It put into question our nation's financial stability and threatened the economic security of millions of Americans. We were forced into such a situation by a few Republican lawmakers who held our economy hostage, playing a dangerous game with the full faith and credit of the United States.

The American people were clearly disgusted by the inability of members of Congress to compromise and come to an agreement. In calls, e-mails, Facebook, tweets and letters to my office, Marylanders urged us to work together to find a bipartisan solution to avoid default. They also made it clear that it was Congress's job to provide certainty to the markets, our creditors, as well as our soldiers fighting overseas, seniors depending on Social Security, small businesses relying on affordable credit, and working families struggling to keep up payments on credit cards.

The result was a budget agreement that was not perfect, but I supported it because it avoided default. I believe this budget compromise agreement is a positive step forward because it raises the debt ceiling through 2013, which provides important stability to the American people and the financial markets. Other, short-term proposals that had been considered by the House would have continued to harm our economy and would have brought about a rerun of the latest partisan episode.

The budget compromise passed by Congress and now signed into law by President Obama provides for nearly \$1 trillion in deficit reduction during the next 10 years. But importantly, it protects domestic priorities by allowing more than \$40 billion in discretionary domestic spending next year than was contained in the Republican budget that passed the House. The agreement also calls for at least an additional \$1.2 trillion in deficit reduction to be proposed by a Joint Congressional Committee and enacted by the end of the year. Automatic, across-the-board cuts are triggered if these additional reductions are not made. The budget deal balances these future cuts equally between defense and domestic programs, and — importantly — it protects Social Security and Medicare beneficiaries.

This agreement is not one I would have crafted. I have concerns that it may not provide appropriate balance to solving our long-term deficit and debt problem and I'm troubled by the lack of additional revenue measures, including closing tax loopholes for millionaires and subsidies for oil companies already making record profits. But we had a responsibility to act. Default on our debt for the first time in our nation's history was not an option.

Our leaders negotiated a bipartisan compromise that has been enacted into law. Now it is time to turn our attention to creating jobs and strengthening our economy.

To Be Equal

Marc Morial, President and CEO

National Urban League



Urban League Urges Refocus on Jobs

We face, therefore, a moral crisis as a country and as a people... It is not enough to pin the blame on others, to say this is a problem of one section of the country or another or deplore the facts that we face. A great change is at hand, and our task, our obligation, is to make that revolution, that change, peaceful and constructive for all."

President John F. Kennedy

The National Urban League concluded the first conference of its second century of service and economic empowerment this past Saturday in Boston. By all accounts, this was one of the most successful gatherings in the organization's 101-year history. Thousands of citizens from across the country came to the birthplace of America to rally support for jobs and to keep the American Dream alive.

This year's conference which was themed, "Jobs Rebuild America," gave voice to the concerns of 14 million unemployed Americans, including urban communities of color that have suffered the most during the great recession. The National Urban League has been a lifeline of support during this crisis, providing job training, foreclosure prevention, education and health services to a record 2.6 million Americans in 2010. But even with that assistance, our communities continue to fall further behind.

In a new National Urban League report released during the conference, "At Risk: The State of the Black Middle Class," we found that the great recession has begun to dismantle the crown jewel achievement of racial advancement in America — a strong black middle class. Our analysis clearly shows that whether one looks at education, income or any other meaningful measure, almost all the economic gains that blacks have made in the last 30 years have been lost in the

Great Recession that started in December 2007 and in the anemic recovery that has followed since June 2009. This means that the size of the black middle class is shrinking, the fruits that come from being in the black middle class are dwindling, and the ladders of opportunity for reaching the black middle class are disappearing. Our conference was also held in the midst of the debt ceiling debate which for weeks has held the American economy hostage to demands for draconian budget cuts that would spare wealthier Americans from tax increases and further imperil Black America along with middle and working class families.

That is why on the first day of the conference we asked the American people to formally enlist in the war on unemployment. In the spirit of the "Shot Heard Round the World" that rang out from Lexington, Massachusetts on April 19, 1775 and began the Revolutionary War, we fired an opening volley in the War on Unemployment by urging everyone at our conference and everyone in America to sign an open letter to the President and Congressional leaders. Our letter urges our political leaders to refocus the national debate from deficit reduction to putting America back to work. It calls for a national jobs summit and a national jobs plan based in part on the National Urban League's 12-point jobs plan.

It is my hope that public pressure will achieve what political leadership has thus far struggled to deliver — a fair, balanced and effective solution to the issue of job creation and ballooning budget deficits.

Our thanks to Boston Mayor, Thomas Menino; Massachusetts Governor Deval Patrick; and Urban League of Eastern Massachusetts CEO, Darnell Williams for making this year's conference such a success.



Astronaut Claude Nicollier, mission specialist from the European Space Agency (ESA), works at a storage enclosure, using one of the Hubble power tools, during the second of three STS-103 extravehicular activities (EVA).

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The hub of all NASA tracking activities, Goddard is also responsible for the development of unmanned sounding rockets, and research in space and earth sciences including NASA's Mission to Planet Earth. Through interactive educational exhibits, visitors explore Goddard Space Flight Center with a focus on 1958 to present. Collections include space flight artifacts and photographs. Model rocket launchings, gift shop and special group tours available. Open 10-4 p.m. Admission is free.

Child Watch

by Marion Wright Edelman



"A National Family Portrait"

In the Children's Defense Fund (CDF)'s new report on The State of America's Children® 2011, we give a comprehensive overview on the well-being of America's children. But just who are America's children and families today? Children make up almost one in four of the people living in the United States today. More than one-quarter of our nation's children are young—infants, toddlers, or preschoolers. They are the poorest age group in America. And the younger they are the poorer they are—cheating them in the years of greatest brain development. In chapters on child population and family structure we take a closer look, and a national child and family portrait begins to emerge.

One of the most striking facts about America's children is the rapidly blurring distinction between who is a "minority" child and who is in the "majority." Today, almost 45 percent of America's young are children of color, and by 2019—just eight years away—they will be the majority of our child population. In fact, the majority of children are already children of color in the District of Columbia and nine states—Hawaii, New Mexico, California, Texas, Arizona, Nevada, Florida, Maryland, and Georgia. Of the 74.5 million children in America, 41.2 million (55.3%) are White, non-Hispanic; 16.8 million (22.5%) are Hispanic; 11.3 million (15.1%) are Black; 3.5 million (4.7%) are Asian/Pacific Islander; and 951,000 (1.3%) are American Indian/Alaska Native. The number of Hispanic children has increased every year since 1980, rising from 5.3 million in 1980 to 17 million in 2009. The number of White children has decreased every year since 1994, and the number of Black children has remained steady over the past two decades.

Behind these numbers and statistics is an urgent call to action. Throughout America's history and still today, children's life chances have always been unequal based on color, although God did not make two classes of children and every child is sacred. But practicality will force what morality has been unable to achieve. We can't afford to keep leaving whole groups of

children of color behind who are becoming our nation's majority without condemning our entire nation to failure. Right now The State of America's Children 2011 tells us children of color are behind on virtually every measure of child well-being. They face multiple risks that put them in grave danger of entering the pipeline to prison rather than the pipeline to college, productive employment, and successful futures. Children of color are at increased risk of being born at low birth weight and with late or no prenatal care, living in poverty and extreme poverty, lacking family stability, facing greater health risks, lacking a quality education, being stuck in foster care without permanent families, ending up in the juvenile justice system, being caught in the college completion gap, being unemployed, and being killed by guns.

The multiple risks facing children of color are cause for great concern from us all who need to raise a next generation that can care not only for themselves and their own families but also our seniors of tomorrow. While today there are almost twice as many children as seniors, the national snapshot shows that by 2040, that gap will close. There will be 94 million children and 81 million seniors. Our children's success in education and in employment will be essential to keep our society function-

ing, businesses running, adults teaching, and health care professionals serving everyone's needs. Today's children will care for all of us tomorrow, and we'll be counting on them as the economic drivers of the future who will be raising their own families, assisting their parents, and investing in the economy and in Social Security to keep us all thriving. We must take extraordinary steps to address the crisis today—so we will have a generation who can succeed in life.

The snapshot of our nation's families tells us a lot about where our next generation is heading, because family structure and stability make an enormous difference in every child's life and impact the availability of resources—both emotional and financial—for children. Single parents often need extra support, and teen parents even more. About 70 percent of all children—but fewer than 40 percent of Black children—live with two parents. Twenty-three percent of all children and half of Black children live with their mother only. Black children are more than twice as likely as White children, almost twice as likely as Hispanic children, and three-and-a-half times as likely as Asian/Pacific Islander children to live with neither parent. Teen parenthood also

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