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34 Years of Minor League Baseball and The Suns Are Going Down in Hagerstown

By TAMIEKA BRISCOE
Capital News Service

HAGERSTOWN - Down to their last out, the Hagerstown Suns needed a little magic to get their second win of the year. Trailing at home, 1-0, to the Rome Braves in their season-opening series at Municipal Stadium, their prayers were answered with a two-run double to right field that won the game.

It was a celebratory moment - but there weren't many witnesses.

There was an announced crowd of 350 at the recent Friday night matchup, and by the ninth inning, the actual number of fans present was much lower.

Baseball in Hagerstown itself seems to be down to its last out - soon, there might not be any fans at all inside Municipal Stadium to cheer on the Suns. The Single-A minor league affiliate of the Washington Nationals appears to be all set to relocate to Fredericksburg, Va., as soon as a new stadium is ready for them there.

Season-ticket holders Brenda Hawbaker and Janette Spedden,

See **BASEBALL** Page A3



OFFICE OF THE WHITE HOUSE PHOTO BY PETE SOUZA.

President Barack Obama honors Sean McComb, National Teacher of the Year, and finalists in the East Room of the White House, May 1, 2014.

Take a Moment to Thank a Teacher

PRESS OFFICER
Office of the Governor

By Lillian M. Lowery, Ed.D.
State Superintendent of Schools

I am never more proud of our state than when I visit a school and witness the teaching that is taking place in classrooms across Maryland. Students are learning at high levels and the energy, commitment

and passion displayed by our teachers is inspiring.

Our state has many great teachers including Sean McComb, Maryland's Teacher of the Year, who last week was named the 2014 National Teacher of the Year. An English teacher at Baltimore County's Patapsco High School and Center for the Arts, he is part of the school's Advancement via Individual Determination (AVID) pro-

gram, which helps students strengthen their work habits and skills to graduate ready for college or career. Sean is the third Maryland teacher to receive that honor since 2005, a run of success in that program unequalled by any other State during that time.

Sean is a shining representative of our State's outstanding teacher workforce, but he would be the first to tell you that he's just one of thousands of Mary-

land educators committed to student success.

As Sean told the Baltimore Sun after receiving his award, "I feel incredibly honored, but I take it understanding that there are so many educators who ... do this every day, so tirelessly."

That is spot on. I have visited classrooms in every county in our State where world class

See **TEACHERS** Page A3

Defense Companies Target Maryland Members of Congress

By ANTONIO FRANQUIZ
Capital News Service

WASHINGTON - Defense companies and their employees have donated a total of \$602,200 to members of Maryland's overwhelmingly-Democratic congressional delegation during the 2014 election cycle, which runs through November's midterm elections, according to the most recent figures available from the Center for Responsive Politics.

These companies gave more than \$913,000 to Maryland lawmakers during the 2012 election cycle.

Defense companies tend to give more to Maryland's congressional delegation than to those from other states. So far, in the 2014 election cycle, Maryland senators have received an average of \$184,000 -- versus the national average of \$26,969. Members of the House have received an average of \$29,275 -- versus the national average of \$20,816.

The defense industry contributes generously to the state's congressional delegation because Maryland is a leading re-

See **DEFENSE** Page A5

Olympic Champion Devotes Herself to Concussion Awareness

By RACHEL WALTHER
Capital News Service

COLLEGE PARK - Briana Scurry, the 42-year-old two-time Olympic goalkeeper and Women's World Cup champion, has found a new life focus. Following a debilitating concussion four years ago that took her permanently off the professional playing field, and then a surgery last fall that helped ease her pain, she's attracting attention for her work to increase traumatic brain injury awareness.

During the last five months, Scurry has worked with Concussion Connection, an online athlete concussion support group, spoken with dozens of news outlets and appeared before the National Soccer Association, Congress, the Brain Injury Association of Maryland and the U.S. Soccer Foundation about the dangers of concussions and traumatic brain injuries.

"What she shared with us [in terms of time and her story] is far beyond what we expected,"

said Concussion Connection Co-founder Samantha Sanderson. "The way she opened up and has been willing to be there for people has been invaluable," Sanderson said.

Scurry said she is trying to press for brain injury awareness as quickly as she can. "I keep encountering these kids with three, four, five concussions a year -- and that's way too many and too young," she said.

A two-year study of 20 high school sports in the U.S. showed girls' soccer had the second-highest percentage of concussion injuries, behind boys' football, according to a study published in January 2012 by The American Journal of Sports Medicine. It's a fact Scurry is quick to point out at speaking events.

The concussion that knocked Scurry out of professional soccer came April 25, 2010, in a game that pitted her Washington Freedom team against Philadelphia Independence players.

A Philadelphia player surged toward the goal post, and the



CAPITAL NEWS SERVICE PHOTO BY JOHN TODDS

Briana Scurry dedicates her time to concussion awareness and support since recovering from her own head injuries.

two women collided. Scurry said she was struck hard in the neck and went down hard.

She didn't know then that the impact snapped her neck so hard it damaged her occipital nerves, giving her a massive concussion that would be misdiagnosed and mistreated for years. She didn't know the in-

jury would end her career as a professional soccer player.

But she did know something was wrong.

Her balance was off and her vision was foggy, but she

See **CONCUSSION** Page A7

66-Year-Old PG County Grandmother Graduates

By PRESS OFFICER
Fortis College

LANDOVER, Md. - (May 1, 2014) - Beverly Privott, 66, of Bladensburg, Md., has many reasons to celebrate Mother's Day this year. The mother of three sons, grandmother of nine, and great-grandmother of one - with another great-grandchild due in June - Privott just completed her Medical Assisting studies at Fortis College in Landover. She will formally graduate June 12 ... about the same time she'll become a great-grandmother for the second time!

At an age when many people might be thinking about retirement, Privott went back to school to get a higher education. She studied Medical Assisting at Fortis College so she would be better able to care for her mother, whose health is beginning to fail.

"Because I have to care for my mother, I wanted to study Medical Assisting in order to learn more about anatomy and physiology so I could monitor

changes in her health and I'd be able to administer injections if necessary," Privott says. "My classes were very instructional and I learned a lot. In addition to caring for my Mom, I'm now looking to start a new career where I can help others as well."

Privott says Fortis career placement representatives are working with her to arrange several job interviews and she's hopeful she'll be employed in her new field soon. A new career as a medical assistant would be Privott's next "grand" achievement.

Already she's adding a higher-education diploma in Medical Assisting to her Mother's Day celebration of her children, grandchildren and great-grandchildren. And, after she formally "graduates" during Fortis College's commencement exercises at the Bowie Center for the Performing Arts (6 p.m.) on June 12, Privott says her whole family will gather for a big party to celebrate the accomplishment. Who knows? A second great-grandchild might be in attendance!

INSIDE

Judge John P. Morrissey Named Maryland District Court Chief Judge

Judge Morrissey, 49, was appointed as an associate judge for the District Court in 2005. He succeeds District Court Chief Judge Ben C. Clyburn, who will retire May 31 after nearly two decades of Judiciary service.

Community, Page A3

From Freedom Summer to Freedom Schools

The Mississippi Freedom Summer Project engaged college students from around the country to work together with local Black community members to open up Mississippi's closed society and demand basic human and civil rights for all Mississippians.

Commentary, Page A4

Agriculture Secretary Announces New Report on Scientific Breakthroughs from USDA in 2013

Helping drive these innovations, USDA has 259 active Cooperative Research and Development Agreements with outside investigators, which includes Universities and other organizations, including 117 with small businesses

Business, Page A5

Movie Review: "Chef"

Chef Carl Casper suddenly quits his job at a prominent Los Angeles restaurant after refusing to compromise his creative integrity for its controlling owner, he is left to figure out what's next. Finding himself in Miami, he teams up with his ex-wife, his friend and his son to launch a food truck.

Out on the Town, Page A6

Earth Talk

Dear EarthTalk:

A recent study showed that Bisphenol A (BPA) was hardly the human health risk researchers once believed it to be. Should I still try to avoid products that may contain it?

— Carolyn Danes,
Waukesha, WI

Features, Page A7

Towns and NEIGHBORS

In and Around Morningside-Skyline

by Mary McHale 301 735 3451

Capital Wheel opens, features one VIP glass-bottom gondola

During our brutal winter—despite parts of the Chesapeake Bay being frozen—the steel framework for the new Ferris wheel traveled the bay from Baltimore. On May 23 the Capital Wheel opened, standing proudly 180 feet above the Potomac shore, lit by 1.6 million LED lights.

It boasts 42 gondolas, 41 of which hold eight people. The air-conditioned gondolas have glass exteriors so riders can enjoy views of the National Mall, the White House and Capitol, and beyond.

In addition, it has one VIP gondola, named National Harbor One. It has a glass floor, wine chillers, a retraction monitor/DVD player and leather bucket seats. You can luxuriate in it for \$50.

Otherwise, rides are \$15 for adults, \$11.25 for children ages three to 11, free for two and younger. Military with IDs and seniors pay \$13.50. (I have to admit this senior will not be riding it, discount or no discount.)

The rides last 15 to 20 minutes. Summer hours are 10 a.m. to 11 p.m., seven days a week. It is expected to operate year-long, weather permitting.

Neighbors

Congratulations to Laura Shelton, a science teacher at Benjamin D. Foullois Creative and Performing Arts Academy in Morningside, who has been named Teacher of the Year for Prince George's County.

Jackson Everett Lucht, grandson of Sarah Yates, of Auth Village, was baptized May 3 in Fort Myers, Fla. He is the son of Danielle and Graham Lucht.

Oxon Hill High Class of 1959 has a reunion coming up July 18/19. Call Sandy Fletcher-Hanbury, 202-741-1691

As I wrote this column, I had a phone call with the sad news that Deacon Dwight Holloway died at home, at age 94. He has been the heart of our Skyline

community and of Emmanuel Baptist Church in S.E. Washington. I'll pay tribute to him in a future column.

1 LYFE Memorial Basketball Tournament

The 7th Annual Skyline Day will be held at Patterson Park, in Morningside, on Aug. 9, noon to 8 p.m., and will include a basketball tournament. Ed Kittrell founded this community outreach event in memory of a Skyline friend who took his own life. He wants to call attention to the tragedy of depression and suicide, particularly among young adults.

Basketball teams, performers, speakers, vendors, sponsors and volunteers are needed. Call Ed at 240-640-3387.

Shop for bargains at two yard sales

The United Methodist Women of Clinton UMC, 10700 Brandywine Road, are hosting a yard sale Saturday, June 14, 8 a.m. to 2 p.m. Tables, or space for your own table, are \$15.00. Sandwiches, cold drinks and desserts will be available for purchase (no outside food vendors permitted). To reserve or for info, call Carol Hughes, 301-780-3633; Barbara Marsh, 301-782-7228; Mia Kerick, 240-681-6834; or the Church Office, 301-868-1281, 9 a.m. to 1 p.m. weekdays.

The Skyline Citizens Association is hosting a Yard Sale at the Morningside Firehouse on Saturday, June 7, from 7:30 a.m. to 2 p.m. Tables will be available for \$15. Fish & chips, hotdogs and sodas will be for sale. For information or reservations, call 240-838-6412 or 301-967-1320. June 14 is the rain date.

Low-cost rabies shots

The County Health Department will hold low-cost rabies vaccination clinics for your pets on June 7, 10 a.m. to 1 p.m., at the Animal Services Facility, 3720 Brown Station Road in Upper Marlboro. There is a \$10 charge per vaccination.

Rabies is a fatal disease. Maryland State law requires all cats, dogs and ferrets be vaccinated against rabies by four months of age, and at certain intervals throughout their lives. They encourage all residents to review their pet vaccination records to be sure rabies immunizations are up-to-date.

Changing landscape

The bank where my children had their first accounts has been demolished. I don't recall the name of the bank, but it was on Suitland Road near Silver Hill Road. I remember when it was built, back in the mid-1960s.

Royal Farms is starting construction on a gas and grocery facility on the Pyles Lumber site.

A new auditorium is opening at Crossland High School.

May they rest in peace

Kathleen Frances "Kay" Smith, 92, formerly of Ft. Washington and a 30-year member of Clinton American Legion Post #259, died May 16 in Leonardtown. She was the wife of the late Jack Smith; mother of Michael Smith, Maureen Horne, Kathy Matsunami and Karen Hughes, 301-780-3633; Barbara Marsh, 301-782-7228; Mia Kerick, 240-681-6834; or the Church Office, 301-868-1281, 9 a.m. to 1 p.m. weekdays.

Milestones

Happy birthday to Teddy Burke and Kevin Nichols, May 30; Ruth Garner, Aiyana Poe, my granddaughter Sarah McHale and John Tierney, May 31; Benny Nagro and Kathleen Stahl, June 1; Paul Elborne and Jacob Cook, June 2.

Happy anniversary to Tyonda Simms-Taylor and Michael Taylor, their 19th on June 1; former Morningside Councilwoman Carol (Kline) and Dr. Tom DeGraba, their 20th anniversary on June 4; and Bucky and Debbie Tretler, their 38th on June 5.

Brandywine-Aquasco

by Ruth Turner 301 888 2153

FASHION EXTRAVAGANZA

Models are needed for the Fashion Extravaganza being sponsored by the New Hope Fellowship Women, June 28th at 1:00 PM in the Family Life Center. They are looking for models of all ages. This is not just for the ladies. Gentlemen are invited to participate. If you would like to be a part of the Fashion Show please call the church office at 301-888-2171 and leave your name and contact phone number. Fashion Extravaganza tickets are available for purchase at the cost of \$30.00.

2014 KIDS SUMMER CAMP

Upper Marlboro Martial Arts Center will offer Karate, Hai Dong Gum Do (sword) and Tai Chi *June 9-July 11, 2014 (* contingent upon Prince George's County schools' closing date). Before care opens at 7:00 AM. The Martial Arts Center is located at 6417 S Crain Highway, Upper Marlboro. Telephone number is 301-574-4515.

GOLF TOURNAMENT

Immanuel United Methodist Church in Baden Maryland will sponsor a Golf Tournament Monday, June 16, 2014 at the Wicomico Shores Gold Course 35794 Aviation Yacht Club Road Mechanicsville, Maryland 20659. The Golf Tournament is Co-Chaired by Dave Cross and Sharon Roberts. For more information contact Dave Cross at 240-304-6286 or Sharon Roberts at 301-520-3332. Entry deadline is June 3, 2014.

CLINTON UNITED METHODIST CHURCH

Vacation Bible School is scheduled for June 16 through June 20. The Vacation Bible School closing program will be held on Thursday, June 19 at 6:30 PM. Our address is 10700 Brandywine Road Clinton, Maryland 20735. Office telephone number is 301-868-1281 and our email address is cumcmd@verizon.net.

2014 LIFE TIME MEMBER

Gwendolyn V. Johnson-Deville a resident of Brandywine,

Maryland received a Life Time Member Plaque, Gold Card and a Pen at the Morgan State University National Alumni Association Alumni Awards and Class Reunion 74th Luncheon May 16, 2014. The Luncheon was held at the University Student Center * Calvin and Tina Tyler Ballroom in Baltimore.

YELLOW JACKETS BASKETBALL CAMP

Five weeks of Summer Camp with Coach Mike Glick. 2014 Camp dates are Week 1- June 16-20, Week 2- June 23-27, Week 3- July 7-11, Week 4- July 14-18 and week 5- July 21-25. All weeks are held at Gwynn Park High School in Brandywine, Maryland. Contact Camp Office 301-570-5730 for additional information or Camp Email: www.msrw06@starpower.net.

Gwynn Park High School is located on Brandywine Road between Route 301 and Route 5. The school number is 301-372-0140. The address for Gwynn Park High School is 13800 Brandywine Road Brandywine, Maryland 20613.

Neighborhood Events

New Student Member Elected to Prince George's County Board of Education

UPPER MARLBORO, MD — Members of the Prince George's Regional Association of Student Governments (PGRASG), representing more than 30 Prince George's County public secondary schools, elected Jeffrey Taylor as the 2014-2015 Student Member of the Board of Education.

"The Student Member of the Board plays a key role on the Board of Education by representing the student voice when voting on issues and policies," said Dr. Segun C. Eubanks, Board Chair. "Mr. Taylor brings a wealth of experience and leadership skills to the position, and we look forward to working with him during the upcoming school year."

Taylor is currently a junior at Dr. Henry A. Wise Jr. High School and served PGRASG as Treasurer during the 2013-2014 school year. A leader in his school since ninth grade, he has acted as manager of the volleyball team, president of the sophomore class, and is currently captain of the swim team and president of the school's Student Government Association.

"I am ecstatic to serve the students of Prince George's County as the new Student Member of the Board," said Taylor. "I am experienced, motivated and dedicated to student success, and look forward to working with students, Board Members, and the community for the betterment of the school system."

During the General Assembly, PGRASG also elected its new governing team, which includes Angela Chin, Charles Herbert Flowers High School, President; Jovan Morgan, Crossland High School, Vice President; Marc Conn, Benjamin Tasker Middle School, 2nd Vice President; Awura Osei, Parkdale High School, Secretary; and Ava Perry, Oxon Hill High School, Treasurer.

Campaign for Tobacco-Free Kids Honors Devan Ogburn of Upper Marlboro, Md.

As Eastern Region Youth Advocate of the Year *Leadership in Fight Against Tobacco Recognized Nationally*

WASHINGTON, D.C. — Devan Ogburn, 16, of Upper Marlboro, Md., has been named the Eastern Region Youth Advocate of the Year by the Campaign for Tobacco-Free Kids for her leadership in the fight against tobacco. Devan will be honored at a gala in the nation's capital on Thursday (May 15) along with a national winner, three other U.S. regional winners and a group winner.

Devan is a junior at Leonardtown High School. She is passionate about tobacco control because many of her relatives are tobacco users. For the past two years, she has served as President of the Maryland Association of Student Councils and has used that position to be a leader in fighting tobacco use. She has led efforts in support of the Healthy Maryland Initiative, a campaign to increase the state tobacco tax by \$1 per pack and fund tobacco prevention and health care initiatives. She has conducted workshops and presentations to her peers and, as a result, gained the endorsement and support of all local Student Council Associations in the state.

Devan has spoken before the Maryland State Board of Education about the need for youth involvement in tobacco policy change. She has participated in press conferences and testified before the Senate Taxation and Budget Committee.

More than 400 public health, political, civic and business leaders will attend the Campaign for Tobacco-Free Kids' 18th annual gala in Washington, D.C., to recognize these young leaders. The winners will receive educational scholarships and grants to continue their prevention efforts. They also serve as ambassadors for Tobacco-Free Kids.

"We are thrilled to honor Devan as our Eastern Region Youth Advocate of the Year," said Matthew L. Myers, President of the Campaign for Tobacco-Free Kids. "Young leaders like her are crucial in the fight to make tobacco history and end this epidemic for good. With their help, we can create the first tobacco-free generation."

Without urgent action to reduce smoking, 5.6 million U.S. children alive today will die prematurely from smoking-caused disease, according to the latest Surgeon General's report on tobacco and health. That includes 92,000 children in Maryland alone.

In Maryland, tobacco use claims 6,400 lives and costs \$2.7 billion in health care bills each year. Currently, 12.5 percent of the state's high school students smoke. Nationally, tobacco use kills more than 480,000 people and costs the nation at least \$289 billion in health care bills and other economic losses each year.

Prince George's County Library Mails Books to Homebound Customers

HYATTSVILLE, Md.— Prince George's County Memorial Library System began mailing borrowed books, audio books and other library materials to homebound customers in Prince George's County in April. The mailing service replaced library volunteers who delivered materials by hand in the past.

Instructions will be provided for mailing materials back to the library free of charge. To apply to this free service for qualifying customers, call Senior and Homebound Services, located at the Largo-Kettering Branch, at 301-336-4253 or email at homebound@pgcmls.info.

Prince George's County Memorial Library System provides materials and information for study and personal enrichment, offering strategies for lifelong learning through access to varied media and professional guidance. The library system consists of branches in 19 communities including Accokeek, Baden, Beltsville, Bladensburg, Bowie, Fairmount Heights, Glenarden, Greenbelt, Hillcrest Heights, Hyattsville, Largo-Kettering, Laurel, Mount Rainier, New Carrollton, Oxon Hill, South Bowie, Spaldings, Surratts-Clinton and Upper Marlboro. (www.pgcmls.info)

Prince George's County Council Members Host "Student Shadow Day"

Students Study Legislative Process
The Prince George's County Council hosted 19 select Prince George's County students from

high schools across the County during "Student Shadow Day" on Tuesday, May 6, 2014. The event was held in recognition of the annual celebration of county governments by the National Association of Counties, which has encouraged counties across the country to actively promote county government programs and services.

"Student Shadow Day" participants received commendations from their Council representatives during Tuesday's Council session, and accompanied their respective Council Members throughout the legislative day to better understand the daily responsibilities of elected officials.

Prince George's County Council Chair Mel Franklin (D) — District 9, says Council Members look forward to "Shadow Day" as an important mentoring opportunity for Prince George's County students.

"Each year we welcome some of our County's best and brightest students to 'shadow' their Council Member and they never disappoint, presenting thoughtful questions and demonstrating keen insight. Many of the students with us today are already leaders in the classroom and the community, and have expressed an interest in public service. We want them to be firsthand witnesses to how local government works behind the scenes."

The following is a list of participating students, including their schools and Council Districts:

District 1

Alexis Ojeda - Laurel High
Daniel Diasgrandados - High Point High

District 2

Amuche Nwafor - Northwestern High
Kyle Najarian - DeMatha High

District 3

Jisella Urquilla - Parkdale High

District 4

Tracy Oghenetega Okoroh - Eleanor Roosevelt High
Justina Esuola - DuVal High
Jeremiah Hughes - Bowie High

District 5

Stacy Villibord - Bladensburg High
Lyric Moodie - Charles Flowers High

District 6

Nikeyah Valentine - Tall Oaks High
Mia Smith - Central High
Jeffery Taylor - Dr. Henry A. Wise, Jr. High
Hamidah Famuditi - Largo High

District 7

Charles Butler - Suitland High

District 8

Dion M. Engadahi - Friendly High

District 9

Chinew Nwokoro - Frederick Douglass High
Alexis Wilkerson - Friendly High
Atiba McGil I - Surrattsville High

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COMMUNITY

Practical Money Skills

By Jason Alderman

Explore Medicare Before You Turn 65

Each day, approximately 10,000 Baby Boomers turn 65 — and thereby become eligible for Medicare.

But becoming eligible for and actually enrolling in Medicare are two very different things. In fact, if you miss the initial window to sign up for certain parts of Medicare and later decide to enroll, you could wind up paying significantly higher premiums for the rest of your life.



If you're approaching 65, get familiar with these Medicare basics now:

Medicare provides benefits to people age 65 and older (and those under 65 with certain disabilities or end-stage renal disease). For most people, the initial enrollment period is the seven-month period that begins three months before the month they turn 65. If you miss that window, you may enroll between January 1 and March 31 each year, although your coverage won't begin until July 1.

Medicare offers several plans and coverage options, including:

Medicare Part A helps cover inpatient hospital, skilled nursing facility and hospice services, as well as home health care. Most people pay no monthly premium for Part A, provided they or their spouse have paid FICA taxes for at least 40 calendar quarters.

Medicare Part B helps cover medically necessary doctor's services, outpatient care, durable medical equipment and many preventive services. It's optional and has a monthly premium. For most people there's a \$147 yearly deductible; after that's met, you'll be responsible for 20 percent of the Medicare-approved amount of the service, provided the doctor or other provider accepts Medicare.

Medicare Part C (Advantage) plans are offered by Medicare-approved private insurers as alternatives to Original Medicare Parts A and B. Most cover prescription drugs and some include additional benefits such as dental and vision coverage for an extra cost. You're usually required to use the plan's doctor, hospital and pharmacy provider network, which may be more restrictive than providers you can access through Parts A and B.

Medicare Part D helps cover the cost of prescription drugs. It's optional and carries a monthly premium. These privately run plans vary widely in terms of cost, copayments and deductibles and medications covered. If you're enrolled in a Part C plan that includes drug coverage, you don't need Part D.

Many people purchase additional Medigap (or Medicare Supplemental) insurance, which is offered by private insurers and helps pay for many items not covered by Medicare. Medigap plans can vary widely in terms of cost, covered benefits and states participating so compare your options carefully.

Keep in mind:

- ❑ For all Medicare plans, deductibles, copayments and coinsurance may apply, depending on the service provided.
- ❑ With Parts B and D, you'll often face sizeable penalties if you don't enroll when first becoming eligible — Part B premiums could increase 10 percent for each 12-month period you were eligible but didn't sign up (the Part D penalty is more complicated); however, if you're currently covered by an employer's plan you can enroll later without penalty.
- ❑ Terms of Advantage and Part D plans such as premiums, copayments and covered medications can change from year to year, so carefully review enrollment materials from your current plans to make sure they still match your needs.

Understanding and choosing the right Medicare options for your individual situation can be a complicated and time-consuming process. For assistance, call 1-800-633-4227 or visit www.medicare.gov, where you'll find "Medicare & You 2014," a detailed guide that explains Medicare in easy-to-understand language, and tools to compare prescription plans, hospitals, nursing homes, home health agencies and Medigap plans in your area.

Judge John P. Morrissey Named Maryland District Court Chief Judge

By PRESS OFFICER Maryland Judiciary

(ANNAPOLIS, Md. — April 15, 2014) Maryland Court of Appeals Chief Judge Mary Ellen Barbera has named Prince George's County District Court Judge John P. Morrissey as Chief Judge of the District Court of Maryland, effective June 1.

Judge Morrissey, 49, was appointed as an associate judge for the District Court in 2005. He succeeds District Court Chief Judge Ben C. Clyburn, who will retire May 31 after nearly two decades of Judiciary service. Chief Judge Clyburn was appointed to the bench in 1995 and named District Court Chief Judge in 2004.

"It is a great honor to be selected for this key leadership position, and I look forward to supporting the mission and vision for this branch of government," Judge Morrissey said. "I, too, share Chief Judge Barbera's dedication to advancing the District Court as a model for fairness and efficiency, and I look forward to continuing the work that has made Maryland a model for others to follow. I thank Chief Judge Clyburn for his tremendous

leadership and I look forward to working with him to ensure a seamless transition."

As the administrative head of the statewide court, Judge Morrissey will oversee the operations of 34 locations and nearly 2,000 employees, including 116 state judges. The District Court of Maryland has an annual budget of \$165 million and processes more than 1.7 million cases a year. District Court is typically the first point of contact for members of the public who interact with the court system. Judge Morrissey will also manage the launch the Maryland Electronic Courts (MDEC) initiative, which includes e-filing and other online capabilities, within the District Court system.

"I am pleased to welcome Judge Morrissey as a member of my leadership team. He is a seasoned jurist with an exceptional background in complex administrative and civil litigation who can provide an invaluable perspective on many



PHOTO COURTESY MARYLAND JUDICIARY
Judge John P. Morrissey

policy and fiscal matters facing our state courts," Chief Judge Barbera said.

"Chief Judge Clyburn has established a tremendous legacy of fiscal responsibility and accountability, enhanced access to justice, and the integration of technology to streamline court processes," Chief Judge Barbera added. "I want to thank him for his dedicated service. He will be greatly missed."

Judge Morrissey will serve as a member of the Judicial Cabinet and the Judicial Council to advise Chief Judge Barbera on policies affecting the judicial system and to assist in the superintendence of the state courts. He will also serve on the Judiciary's Legislative Committee and the Maryland Access to Justice Commission to ensure greater access to the state's civil justice system.

"I believe Judge Morrissey is a great selection," said Chief Judge Clyburn. "He has a wealth of knowledge and experience. He is a person of great integrity

and is a staunch advocate for judicial professionalism."

Since his appointment to the District Court in 2006, Judge Morrissey has presided over domestic violence, criminal, motor vehicle, civil, landlord-tenant, and bail review cases. He is a member of the Maryland Judicial Ethics Committee, the Maryland State Commission on Criminal Sentencing Policy, and chairs the Guidelines Committee. Judge Morrissey also serves on several technology committees created to integrate advanced technologies into the courts. He was named Judge of the Year in 2013-2014 by the Maryland State Bar Association Litigation Section.

Born in Washington, D.C., Judge Morrissey has been a resident of Prince George's County for more than 40 years. He is a cum laude graduate of the University of Baltimore School of Law, serving as Editor-in-Chief of the University of Baltimore Law Review. He also holds a bachelor's degree in business administration, magna cum laude, from James Madison University. He is a member of the Maryland State Bar Association and the Prince George's County Bar Association, among other legal and civic organizations.

Baseball from A1

who have attended every Suns home game for 20 years, said they are devastated.

"We love baseball, but it's more than just that," Hawbaker said. "It's the pride in our community. The average city doesn't have a minor league team, so I would be sad if we lost that identity we have."

Hagerstown has been the home of professional teams on and off since 1915, and prides itself on being a "baseball town." Hall of Famer and Orioles legend Jim Palmer pitched here while recovering from tendinitis in 1983. Current pitching phenom Stephen Strasburg rehabbed from Tommy John surgery at Municipal Stadium just three years ago. And Nationals wonder boy Bryce Harper began his ascent to the major leagues here, too.

All three could draw capacity crowds to the aging stadium, one that no longer fits Major League Baseball standards.

Hastily built on top of a shale deposit over a six-week period in 1930, Municipal Stadium lacks adequate drainage systems, floods very easily and has an incline that left fielders have to climb when chasing fly balls near the warning track.

Assistant General Manager Bob Bruchey, also the mayor of Hagerstown from 2006 to 2012, fought to build a \$37 million sta-

dium in an effort to revitalize the city's downtown area. He encountered fierce opposition, though, and his plans never got off the ground.

"I grew up here - I would like to see them stay. In reality, I don't know if that's going to happen or not," Bruchey said. "Things are still progressing in Fredericksburg, maybe a little bit behind schedule, but it hasn't come to a halt by any way, shape or means."

"My guess is we'll be here next season, probably. 2016 is really up in the air," he said.

The Suns' current lease on Municipal Stadium went into effect in 2008 and initially ended in 2009. Since then, they have exercised three, one-year options to renew the lease and then got a two-year extension in November 2012.

The team is now seeking to extend the lease for two more years through the 2016 season, which would allow for more time to construct the new stadium in Fredericksburg.

"It's going to be a modern sports facility that will go beyond just baseball," said Matthew Kelly, a Fredericksburg City Council member who has been involved in the effort to bring the first professional sports team to the area. "We're looking to have concerts, other sporting events, corporate events - a lot of different things in this facility."

Meanwhile, in Hagerstown, the Suns are having trouble bringing anyone out to the ballpark. Although Municipal Stadium has a seating capacity of 4,600, with an additional 1,500 for standing room, they only averaged 1,058 fans through the turnstiles in the 2013 season.

Out of 14 teams in the South Atlantic League, the Suns were last, by far, in attendance. The second-worst drawing team, the Kannapolis Intimidators, drew an average of 1,906 fans a game.

And after six home games this year, it looks like more of the same for the Suns - a paltry average of 439 per night so far.

Diehards like Hawbaker and Spedden make up most of the attendance on April nights, when the players wear long-sleeves under their jerseys and the school year is still in session. Season ticket holders total just more than 100 people.

"Everybody says nobody cares about it because 'look at the stands, they're empty,'" said Spedden, who hosts Suns players in her home during the baseball season. "But you know what - there would be more people here if this looked like a permanent thing, not like a year-to-year thing."

Chad Beadle, another season ticket holder, worries about the future of his city without a baseball team.

"Hagerstown is more like a bedroom community - you go to

work, you come home, you feed your kids, you go to bed and then you do it all over," he said. "There's no real nightlife activity here...and now it will probably be more of a ghost town than it already is."

Not everyone thinks the move is a done deal, though. One of those skeptics is "Big Tony," the stadium vendor well recognized by the locals. Born and raised in Baltimore, Anthony Holmes started out working his way through the crowds at old Memorial Stadium before moving to Hagerstown in 1990.

Since then, he's been a regular at Municipal Stadium - on the field for every promotion you could think of, and in the seats handing out peanuts, beers and leading chants of "charge!" at the bottom of every inning.

"He's a character," said Adam Knight, handing Big Tony \$3 to get cotton candy for his son. "He's always here for every game, making kids happy."

Of course, if the Suns relocate, his job may be in jeopardy. But he can't afford to think that way.

"They ain't going nowhere," he said. "Hagerstown is a baseball town, and it's been that way since the '30s and '40s. I believe Fredericksburg is blowing smoke up their skirt, but they're gonna get it blown back. Because they're gonna end up with nothing," he said.

Teachers from A1

teaching is taking place. Our teachers' instruction prepares students to graduate from high school with the skills needed by local employers and for careers in a global marketplace. Our students have bright futures and many choices ahead of them.

None of this happens by accident. Governor O'Malley and the State legislature continue to make historic investments in our schools. Just this spring, Maryland expanded pre-kindergarten services to 1,600 more children across Maryland and laid the groundwork for a further statewide expansion in coming years.

This year's budget includes a record \$6.1 billion for preK-12 education overall, including \$1.4 million for the Early College Innovation Fund to support creating

and expanding early college access programs that provide accelerated pathways for students; \$3.5 million for the Digital Learning Innovation Fund to help local schools accelerate the transition to digital learning; and \$275 million for school construction.

Since taking office, the O'Malley-Brown administration has invested nearly \$2.7 billion in building, maintaining and "greening" our schools — 34% higher than the Kopp Commission's recommendation of \$250 million per year. Governor O'Malley also just issued an Executive Order for additional school construction funding at a time when many states are cutting education expenditures.

Maryland continues to build an even better public education system and teachers are front-line implementers of major new initiatives. They are teaching to

the Maryland College and Career-Ready Standards, developed from the Common Core State Standards. It was local educators who used the state framework to develop curriculum and lesson plans that meet the needs of their students.

Teachers also are preparing for a total reset in the way the state assesses student learning. The new online state assessments — developed by the Partnership for Assessment of Readiness for College and Careers (PARCC) — will replace the Maryland School Assessment (MSA) in grades 3-8 and the High School Assessment (HSA) in algebra/data analysis and English 10 for students entering grade 9 in the fall.

The PARCC assessments are advanced computer-based assessments that are more engaging for students and will deliver

information to teachers more quickly over time, enabling teachers to more accurately assess the critical-thinking, problem-solving and communication skills of their students. The PARCC assessments, which are aligned to Maryland's new standards, are being field-tested this spring and will be fully operational next school year.

The work of building and maintaining the nation's finest educational system is far from easy. The real work is accomplished by local educators who are providing all students with the skills they need to be successful.

If you believe this — and I sincerely hope you do — join me in thanking a teacher. Teacher Appreciation Week is only scheduled once a year, but we should be thanking our educators year round for the work they do with our children every day.

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COMMENTARY

Barbara A. Mikulski

United States Senator for Maryland



Mikulski, Cardin, Sarbanes Announce \$15 Million in Federal Grant Funding for BWI Improvements

WASHINGTON — U.S. Senators Barbara A. Mikulski and Ben Cardin, along with Congressman John Sarbanes (all D-Md.), today announced the Maryland Department of Transportation (DOT) and Maryland Aviation Administration have been awarded a \$15,000,000 grant from the U.S. DOT to increase aircraft traffic flow at Baltimore/Washington International Thurgood Marshall Airport.

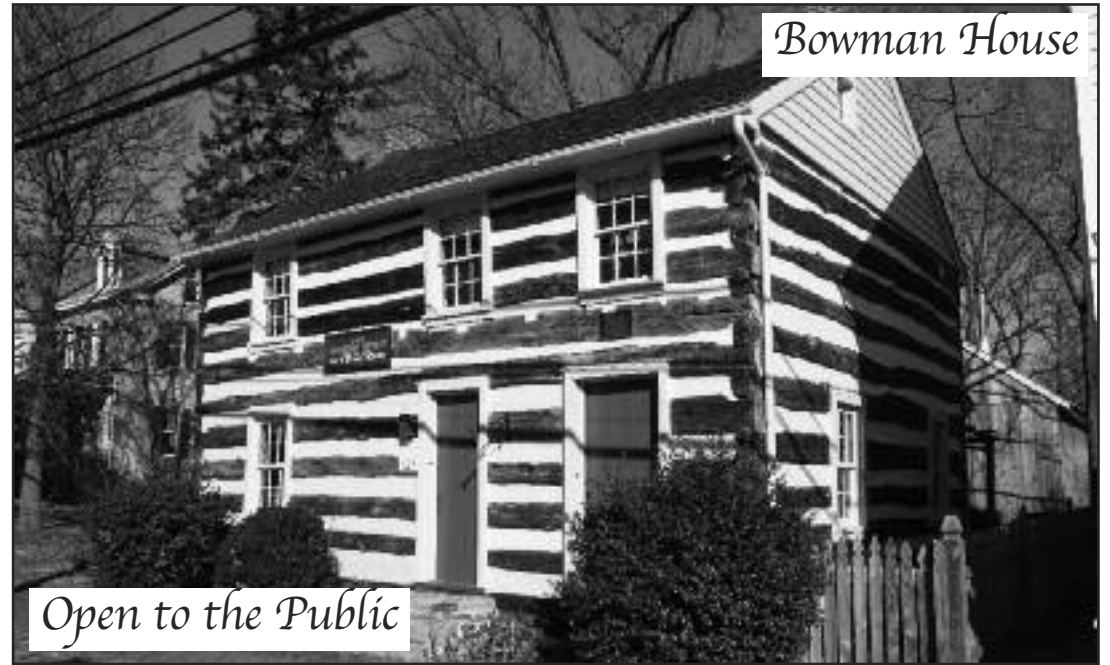
"This federal funding is great news for BWI and for Maryland," said Senator Mikulski, Chairwoman of the Senate Appropriations Committee which funds DOT. "It means jobs today to construct the improvements to BWI's runway infrastructure. And it means jobs tomorrow by ensuring that BWI remains a safe, efficient travel center and an economic engine for Maryland."

"Maryland jobs and billions in revenue for our state depend on maintaining BWI Marshall as a safe, dependable and efficient hub for domestic and international travel. Continued federal investment in BWI Marshall reflects our commitment to maintaining safety and the health of our regional economy," said Senator Cardin, a member of the Senate Environment and Public Works Transportation and

Infrastructure Subcommittee.

"Each year, millions of passengers pass through BWI as they travel around the country, making the airport one of Maryland's most important economic engines," said Congressman Sarbanes. "This grant will make critical upgrades to BWI's infrastructure that will increase capacity while keeping travelers safe. I will continue working hard to support federal investments that create jobs and grow our economy."

These federal funds, administered through the Airport Improvement Program, are the second phase of a \$44 million taxiway system improvement project to increase traffic flow at BWI. BWI received \$5.7 million for the first phase of the project. The funds will be used to relocate Taxiway D in accordance with FAA safety and design standards. Taxiway D will be moved to the proper runway separation to enhance airport capacity and allow increased operations during low visibility times. The improvements will complement the safety improvements being made to Runway 15R-33L, a \$350 million project also partially funded through the Airport Improvement Program.



Bowman House

Open to the Public

WIKIMEDIA COMMONS PHOTO BY: ACROTHERION

BOWMAN HOUSE

The Bowman House, built by Jacob Powles during the first half of the 19th century, is typical of log houses built in Western Maryland. In 1868, John E. Bowman purchased the log house and established the Boonsboro Pottery. His kiln was about 75 feet to the rear of the building. The pottery closed in 1908, succumbing to mass-produced materials. The building is now the office of the Boonsboro Historical Society. Located at 323 North Main Street. Open May to October on the fourth Sundays, 1 PM to 4 PM. Call 301-432-8410.

Child Watch

by Marion Wright Edelman



From Freedom Summer to Freedom Schools

As a brand new law school graduate in 1963 I was fortunate enough to receive one of the NAACP Legal Defense Fund (LDF)'s first two fellowships to help young attorneys seeking to practice in the South. After a year of intensive preparation at LDF's New York City headquarters under the tutelage of an extraordinarily gifted and committed band of attorneys, I opened a law office in Jackson, Mississippi. God was headed south to Mississippi and Alabama and Georgia and I went along for the scariest, most exhilarating, most rewarding, and most challenging years any human being could hope for. I moved to Mississippi at an extraordinary moment—just in time to witness firsthand and assist the unfolding of the 1964 Mississippi Freedom Summer Project.

The Mississippi Freedom Summer Project engaged college students from around the country to work together with local Black community members to open up Mississippi's closed society and demand basic human and civil rights for all Mississippians. Hundreds of White middle-class students brought visibility to the too long invisible and incredibly courageous struggles of Mississippi's Black citizens for simple justice and the right to vote. While attending one of the training sessions at Western College for Women in Oxford, Ohio designed to prepare the White students for Mississippi's harsh realities the horrible news of the disappearance of James Chaney, Andrew Goodman, and Michael Schwerner after the three had left the Ohio training to return to Mississippi to investigate the burning of Mount Zion Methodist Church in Neshoba County reached us. Mount Zion Methodist Church was a planned Freedom School site in that county. A huge pall and fear swept over all of us after hearing about their disappearance. Bob Moses urged everyone to think hard about the grave dangers involved in the summer project and whether they still wanted to participate. A very few went home. Most determined to continue in the

movement that over the next few months laid the groundwork for transforming Mississippi and ultimately our nation.

The Freedom Schools were designed to keep Black children and youths out of harm's way and give them a richer education experience than Mississippi public schools offered them. Some of the student Freedom Summer volunteers were trained to teach in these "schools," held in church basements, on back porches, in parks, and even under trees. I remember visiting a Freedom School under a tall old oak tree in Greenwood, Mississippi and hearing Pete Seeger sing. They provided reading instruction, a humanities curriculum including creative writing, a general mathematics and science curriculum, and even French. They also taught subjects the public schools did not, including Black history and constitutional rights, and covered the freedom movement in detail—encouraging students to be independent thinkers and problem solvers and become agents of social change in their own communities. More than 3,000 children, teens, and some adults attended the Freedom Schools that summer.

Over twenty years ago the Children's Defense Fund began proudly drawing on the 1964 Freedom Schools tradition, and this summer's CDF Freedom Schools® theme is "Freedom Summer to Freedom Schools: Changing the Odds for Children," honoring the 50th anniversary of the historic Mississippi Freedom Summer.

The CDF Freedom Schools program seeks to build strong, literate, and empowered children prepared to make a difference in themselves, their families, communities, nation, and world today. By providing summer and after-school reading enrichment for children who might otherwise not have access to books, Freedom Schools play a much needed role in helping curb summer learning loss and close achievement gaps. The CDF Freedom Schools program also gives children safe spaces and they are taught by college student mentors from the communities where they live and who look like them. It's hard to be what you can't see. The program provides an exciting integrated reading curriculum in-

See WATCH, Page A6

Marc Morial, President and CEO

National Urban League



Bring Back Our Girls: Why We Should Care

"Injustice anywhere is a threat to justice everywhere. We are caught in an inescapable network of mutuality, tied in a single garment of destiny. Whatever affects one directly, affects all indirectly."
— Dr. Martin Luther King, Jr.

A real war on women, marked by murder, rape and slavery is raging in too many parts of the world. In fact and unfortunately, human trafficking is now thought to be among the fastest-growing illegal enterprises globally. The latest and most grotesque example is the April 14 kidnapping of more than 200 girls from their Nigerian school by a terrorist group known as Boko Haram. The group violently opposes any activity associated with Western society and for the past several years has been waging a bloody campaign to prevent the education of Nigeria's girls. Yet, I have been asked by several people in the past few weeks why we should continue to care about events happening so far from our borders. The answer is simple: we cannot ignore the fact that attitudes that deny, question or compromise the value of women anywhere are harmful to women everywhere — no matter where they occur.

In many parts of the world and some cultures, outdated, patriarchal and inhumane ideas such as forced marriages, sanctioned wife beatings and even female genital mutilations continue to keep women subservient and from contributing to society and achieving their full potential. Preventing girls from getting an education is also another unacceptable tactic used to continually oppress women around the world. As First Lady Michelle Obama pointed out in the White House weekly address in honor of Mother's Day, "more than 65 million girls worldwide are not in school."

In his Sunday New York Times column on May 11, Nicholas Kristof asked, "What's So Scary About Smart Girls?" Simply put, nothing threatens oppressive, male-dominated societies more than educated girls who are likely to have fewer children, become

productive workers and boost their economies. As Kristof puts it, "The greatest threat to extremism isn't drones firing missiles, but girls reading books."

In addition to the issue of education for girls, this latest tragedy in Nigeria also highlights the deplorable crime of human trafficking — not just around the world, but also here at home. The National Human Trafficking Resource Center (NHTRC) reports that from 2008-2012, it received more than 65,000 calls to its hotline and received reports of more than 9,000 unique cases of human trafficking. Of these, 41 percent of sex trafficking cases referenced U.S. citizens as victims, and women were referenced as victims in 85 percent of sex trafficking cases. As distressing as these numbers are, they still do not represent the entirety of the problem because this data is based on reported incidents only. According to NHTRC, with an estimated 100,000 children in the sex trade in the United States each year, the total number of human trafficking victims in the U.S. reaches hundreds of thousands when estimates of both adults and minors and sex trafficking and labor trafficking are combined.

The awful drama unfolding in Nigeria has touched the heart of the world, and it has also raised the consciousness of an international community about the continuing fight for the rights of girls and women. As the father of two daughters, I cannot imagine the pain that the parents of the missing girls must be feeling. As a civil rights leader, it fuels my commitment to do what is within my power and influence to ensure that we #BringBackOurGirls everywhere. While there is no scale or moral equivalence between what is happening in Nigeria and the treatment of girls and women in America today, we cannot ignore our own responsibility to fully educate and empower girls in this country, to champion equal pay, to end violence against women, and to stop the human trafficking of hundreds of thousands of children, girls and women each year.

Goal for Marylanders: A No-Burn Summer

BALTIMORE - The upcoming Memorial Day weekend is the unofficial start to summer. But the sun safety campaign is already underway, with Skin Cancer Awareness Month in May. Dr. Lawrence Mark, an associate professor of clinical dermatology at Indiana University, says prevention is key, along with early detection.

He cautions that people with fair skin and lighter colored hair and eyes are typically more prone to skin cancer, but that doesn't preclude it in those with darker complexions.

About 1,300 Marylanders are diagnosed with melanoma each year. Mark adds that the sun should not be considered an enemy, as it helps us produce vitamin D. But it doesn't take much time outdoors to get enough.

"Even if you are wearing sunscreen, you're actually not blocking 100 percent of the sun's rays when you do that," he says. "And so, if someone is out with sunscreen on, they're still producing vitamin D nonetheless."

Melanoma is the most dangerous form of skin cancer.

Mark says while it accounts for less than 5 percent of all skin cancer cases, it also results in the most deaths.

His advice is to check carefully for changes in your skin.

Mark says wear a hat and long sleeves outdoors, and use sunscreen with a skin protection factor or SPF of 30 or higher.

Also, avoid time in the sun between 10 a.m. and 2 p.m.

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BUSINESS

The American Counseling Association's Counseling Corner

Is It Time For A Change In Your Work Situation?

Do you look forward to going to work each day? Do you find that most days your job gets better, more interesting and challenging, and that you leave at night feeling satisfied about what you've accomplished?

Or are you like many people who find their work situations don't bring such satisfaction, but rather boredom and frustration? It's often not the kind of work, or the job title, but rather work-related stress that's causing the problem.

Experts call it "job burnout" and it's fairly common. It happens when your job seems to offer no hope or future, and most workdays leave you feeling frustrated, discouraged, and fatigued.

Such a work environment can affect not simply your job performance but your entire life. And because it can cause serious problems, job burnout needs to be recognized and dealt with early. Some signs include:

- Once-challenging work activities now seem common drudgery.
- Co-workers, bosses or the overall company make you feel bitter or easily annoyed.
- Your job seems more boring every day.
- You care less about doing a good job.
- You dread going to work and find Sundays depressing because the next day means work.
- You lack energy at work and are easily tired.
- Your work frustrations are starting to affect parts of your life, like your marriage and relationships with your children or friends.

While recognizing the signs of job burnout is important, dealing with the problem can be difficult. While a new job seems the obvious answer, issues such as your age, education, work experience or the current economy can all make even considering new employment very challenging.

However, a new job isn't always the answer. Sometimes simply identifying the causes of your problems can offer solutions. Maybe it means talking to a supervisor, or taking on new responsibilities. Your company's human resources department may be able to help with the issue. Job burnout needn't mean changing careers, but does require identifying the source of your current burnout.

Professional help is available through a career counselor. They specialize in helping people gain control over their working lives, as well as in identifying interests and skills related to work and career planning. You can find career counselors listed online, in your local yellow pages, or at the National Career Development Association's website at www.ncda.org. Don't ignore job burnout until it's a serious problem.

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

Business Spotlight

New Interactive Book Helps Employees Overcome an Imperfect Boss

Catonsville, Md.- Bosses. Most adults have one, even those who are themselves bosses. Whatever their management style—from Don Draper to Michael Scott to Cruella De Vil—they're the object of scrutiny, respect (sometimes) and misunderstanding (often).

The employee-supervisor relationship is the top predictor of employee engagement and satisfaction. But most of us follow the traditional protocol when it comes to our boss: say little, don't rock the boat, and stay out of the way.

Investing the time and energy in building a healthy relationship with the boss—flaws and all—can bring great professional and even personal rewards, says leadership expert Karin Hurt, whose book "Overcoming an Imperfect Boss: A Practical Guide to Building a Better Relationship with Your Boss" is now available on Amazon.com.

The book includes Hurt's informed advice on building a great employee-supervisor relationship along with challenging situations (delivering bad news, making a persuasive case) and behaviors (moodiness, disengagement). Other chapters deal with such topics as healthy boundaries, and dealing with an abusive boss.

Both the idea and the content are grounded in Hurt's experience as a Fortune 15 executive and her work with leadership topics. She blogs and oversees a thriving community at letsgrowleaders.com, and has been named a 2014 Thought Leader in Trustworthy Business and the 2013 Multiplier of the Year. Hurt has degrees in communication from Wake Forest University and Towson University.

"Overcoming an Imperfect Boss" is drawing high praise from other top names in the leadership field. "Hurt's book is chock full of specific and useful tips, that could only have come from someone deeply versed in the fickle realities of leadership," says Bill Treasurer, bestselling author and founder of Giant Leap Consulting. "A quick read that lasts a lifetime," adds Dan Rockwell, author of "Leadership Freak."

Agriculture Secretary Announces New Report on Scientific Breakthroughs from USDA in 2013

By PRESS OFFICER
Maryland Judiciary

WASHINGTON - Agriculture Secretary Tom Vilsack today announced a new report on scientific breakthroughs discovered by USDA researchers that led to new patents and inventions with the potential for commercial application and potential economic growth. Innovations included in the report range from flour made out of chardonnay grape seeds that prevents weight gain to antimicrobial packets that keep food from spoiling, efforts to protect U.S. troops in Iraq from diseases carried by sand flies, new processes for turning grass clippings and raked leaves into bioenergy, and many more.

"Studies have shown that every dollar invested in agricultural research returns \$20 to the economy. We have accelerated commercialization of federal research and government researchers are working closely with the private sector to develop new technology and transfer it to the marketplace," said Secretary Vilsack. "USDA has a proven track record of performing research that benefits the public."

USDA reports receiving 51 patents, filing 147 patent appli-

cations, and disclosing 180 new inventions in the last fiscal year, which are detailed in the Department's 2013 Annual Report on Technology Transfer. Helping drive these innovations, USDA has 259 active Cooperative Research and Development Agreements with outside investigators, which includes Universities and other organizations, including 117 with small businesses. The USDA's technology transfer program is administered by the Agricultural Research Service (ARS), USDA's principal intramural scientific research agency.

Discoveries from USDA's 2013 Technology Transfer Report include:

- A new kind of flour made from chardonnay grape seeds that can prevent increases in cholesterol and weight-gain (the Mayo Clinic is currently conducting human clinical trials on the product);
- New ways to turn lawn clippings and tree leaves from cities into bioenergy;
- An enzyme compound that can be used to develop insecticides to combat sand flies, a disease spreading insect that poses a major problem for U.S. military in Iraq and is responsible

for hundreds of thousands of childhood deaths in Africa;

- A computer-based model of the fluid milk process to lower greenhouse gas emissions (the model has been distributed to more than 100 processors in the United States and should help the dairy industry realize its goal of reducing greenhouse gas emissions by 25 percent per gallon of milk by 2020);
- Oat concentrates, a digestible, functional food from oats licensed for the production of Calorie-Trim and Nutrim;
- A new process for turning old tires into zinc fertilizer;
- A handheld device that uses gold nanoparticles to detect West Nile virus (and potentially other diseases) in blood samples;
- Window cleaners that use a biodegradable solution of nanoparticles that prevent water-beading that are superior to current cleaners;
- A small packet that when inserted in small fruit containers releases an antimicrobial vapor that helps keep fresh fruit from rotting on the shelf.

Over the years, USDA innovations have created all sorts of products Americans use every day, from cosmetics, to insect controls, leathers, shampoos, and

of course food products. Here are just a few examples of things USDA research is responsible for:

- Frozen orange juice concentrate;
- "Permanent press" cotton clothing;
- Mass production of penicillin in World War II;
- Almost all breeds of blueberries and cranberries currently in production, and 80% of all varieties of citrus fruits grown in the U.S.;
- "TifSport", a turf used on NFL, collegiate, and other sports fields across the country, specifically designed to withstand the stress and demands of major team sports. TifSport is also used on PGA and other golf course fairways, while its sister turf, "Tifeagle", specially designed to be mowed to one-tenth of an inch daily, is used on PGA putting greens.

The 2014 Farm Bill will help to build on these accomplishments by establishing a new Foundation for Food and Agriculture Research that leverages \$200 million in public funding and another \$200 million from the private sector to support groundbreaking agricultural research.

More information is available at www.ars.usda.gov.

Defense from A1

recipient of federal defense contracts and houses more than a dozen defense contractors with operations in the state. It also shares a border with Washington and is home to more than 64,000 Defense Department employees and active military personnel.

Rep. C.A. Dutch Ruppersberger, D-Cockeysville, and the ranking Democrat on the House Permanent Select Committee on Intelligence, has received \$113,400 in contributions, making him the second highest grossing recipient of defense dollars from Maryland's congressional delegation so far in this election cycle. He is the sixth highest grossing recipient in the entire House of Representatives.

"This is to be expected considering the size of the industry in our state," said Ruppersberger spokeswoman Jaime Lennon. "Maryland, and our district in particular (2nd district), is home to many government contractors due to our proximity to Washington and major agencies like the NSA and U.S. Cyber Command."

Sen. Barbara Mikulski has received \$291,900 in campaign contributions this election cycle — more than 10 times the national average for a senator — making her the highest grossing recipient from Maryland and the 11th highest in the entire Senate.

Neither she nor Maryland Sen. Ben Cardin are up for reelection this year.

Companies specializing in aerospace defense, cybersecurity and miscellaneous defense have given more than \$12 million in total campaign contributions so far this election cycle, according to the Center for Responsive Politics. Almost 60 percent of that has benefited Republicans.

Aerospace, defense and cybersecurity giant Lockheed Martin is the state's top defense contractor, having earned more than \$700 million in contracts this year, according to the Office of Management and Budget.

The company is headquartered in Bethesda and its political action committee and individual employees combined have contributed at least \$10,000 to Ruppersberger and Mikulski each this election cycle, according to the Center for Responsive Politics.

Lockheed Martin is also the top contributor to congressional

campaigns in the entire defense industry, followed closely by competitors Northrop Grumman and Boeing. Its political action committee, the Lockheed Martin Employees' Political Action Committee or LMEPAC, gave more than \$3 million to congressional candidates last election cycle.

"The LMEPAC is funded exclusively through voluntary contributions from eligible employees and directors," said Gordon Johndroe, vice president of Lockheed Martin Worldwide Media Relations. "The LMEPAC supports federal and state political candidates who support national defense and other business issues of interest to the corporation."

A Defense State

Maryland has a disproportionately large bite of the Department of Defense budget, making its members of Congress attractive targets for defense companies' contributions.

In 2013, Maryland was awarded more than \$11 billion in defense contracts, making it the fourth largest recipient of federal defense contracts in the country, behind California, Virginia and Texas, respectively. The state has been awarded more than \$2.6 billion in contracts so far in 2014, according to the Office of Management and Budget.

Last year, 3.77 percent of federal defense contract money went to Maryland. The state is on a similar track this year.

According to Maryland's Department of Business and Economic Development, the Defense Department spends \$3,235 per Maryland resident, making the state the fifth highest ranking in per capita defense expenditures.

This money is awarded to companies like Lockheed Martin, Boeing, General Dynamics and others to help fund research and development, pay civilian employees' salaries, manufacture weaponry and defense systems and maintain Maryland's network of military bases and facilities.

"Lawmakers from both Maryland and Virginia have a lot of constituents who either work for the military directly or for defense contractors," said Viveca Novak, editorial and communications director at the Center for Responsive Politics. "It makes sense that they have a strong interest in defense spending."

According to the most recent Census data available, the state houses and employs nearly 30,000 active military personnel and more than 34,000 civilian employees. It has the fifth highest concentration of Defense Department employees in the country.

"Maryland's aerospace and defense industry includes 12 major military installations, 16 of America's top 25 aerospace companies and 70 of the top 100 defense contractors," according to the state's Department of Business and Economic Development.

These military installations include Fort Meade and the U.S. Naval Academy in Annapolis. "Historically, the pattern is that the defense industry is going to be much more concerned with government because that's where the business comes from," said Doug Weber, senior researcher at the Center for Responsive Politics. "Another factor is that a lot of individuals who lobby for defense contractors in the government live in the D.C. area."

Defense Industry Spending

The defense industry contributes less money to congressional elections annually than other interest groups like the financial sector, labor and even transportation.

According to the Center for Responsive Politics, total defense industry expenditures for the 2014 election cycle so far are about \$12 million, as opposed to the financial, insurance and real estate industry, which has spent more than \$148 million in the same time period.

During presidential election years, this gap widens significantly. In the 2012 election cycle, the finance industry gave more than \$669.8 million to federal candidates, versus the defense industry's comparatively small \$27.6 million in contributions.

But defense programs gobble up 19 percent of the federal budget last year — more than any other programs except healthcare and Social Security, according to the Center on Budget and Policy Priorities. "As an industry, defense doesn't rank nearly as highly in campaign giving as, for instance, finance — which is perennially No. 1," said Novak.

"That's partly because defense isn't as large an industry, but also these military contractors may be somewhat inoculated from the

pressure to contribute by the fact that defense spending, in the minds of some, is about protecting our nation, and proposals for cuts thus become very controversial," she said.

PACs

Campaign money can come from individuals, whose contributions are limited to \$2,600 per federal candidate per election, or PACs — organizations representing business, labor or ideological interests that raise money to elect or defeat certain candidates.

According to the Center for Responsive Politics, 85 percent of all campaign contributions to federal candidates, parties and outside groups nationwide have come from PACs this election cycle. In 2012, it was 65 percent.

Lockheed Martin's LMEPAC was the highest contributing defense sector PAC in the country last election cycle, giving more than \$2.2 million.

This election cycle, Mikulski is the leading beneficiary of defense PACs' contributions to Maryland's congressional delegation, having earned \$201,400 throughout the course of her term.

Ruppersberger's seat on the House Intelligence Committee makes him a key player in decisions regarding the Intelligence Community, whose agencies include the NSA, CIA and FBI. He has received more than \$106,000 from defense PACs during this election cycle, which is more than three times the average for a Maryland member.

"While we are proud to have the support of the business community and major employers in our district, political contributions have never and will never influence policy," said Lennon.

Individuals

The majority of campaign contributions in the defense industry tend to come from PACs, but individuals at companies also have the option of contributing personally to the campaign or candidate of their choice.

This election cycle, 15 percent of all defense sector contributions have come from individuals, for a total of more than \$1.7 million. Maryland's Congressional delegation has received \$125,200 of these individual contributions, more than \$90,000 of which has gone to Mikulski's reelection campaign.

OUT ON THE TOWN

ERIC D. SNIDER'S
IN THE DARK
Movie Review

“Chef”

Chef
Grade: B
Rated R, lots of F-bombs
1 hr., 55 min

It's not exactly a deep insight to note that Jon Favreau's sunny, small-scale *Chef* feels like a response to the giant studio projects he's either written or directed in the last several years, which have been full of spectacle (and *Iron Men* and cowboys and aliens and couples retreats) but not much heart. He's the writer, director, and star of *Chef* — it's only the second time he's pulled triple-duty — and his personal enthusiasm shines through. To paraphrase someone in the film, it seems like Favreau is cooking for himself again.

Favreau plays Carl Casper, a once-promising Miami chef who in recent years has moved to L.A. and, like many people who move to L.A., sold out. He creates good but unimaginative dishes for a popular high-end restaurant whose owner (Dustin Hoffman) insists that he stifle his creative menu impulses and “play the hits.” (You can picture a studio head telling Favreau that something needs more explosions.)

Still, Carl enjoys his work and takes it seriously — too seriously, perhaps, as he neglects his 10-year-old son, Percy (Emjay Anthony), and disappoints his ex-wife (Sofia Vergara), who's still friendly since the divorce. His life revolves around the restaurant, where he flirts with and cooks for the hostess, Molly (Scarlett Johansson), and has a loyal kitchen staff that includes his sous chef, Martin (John Leguizamo).

It takes an influential online food critic (Oliver Platt) to awaken Carl from his reverie, with a scathing review



Chef Carl Casper (Jon Favreau) suddenly quits his job at a prominent Los Angeles restaurant after refusing to compromise his creative integrity for its controlling owner (Dustin Hoffman), he is left to figure out what's next. Finding himself in Miami, he teams up with his ex-wife (Sofia Vergara), his friend (John Leguizamo) and his son to launch a food truck. Taking to the road, Chef Carl goes back to his roots to reignite his passion for the kitchen — and zest for life and love. (c) Open Road

that calls him out on his complacency and throws in some insults about his weight to boot. (Critics. Is there anything they can't do?) This leads to an amusing Twitter fight and an in-person confrontation that winds up on YouTube. But more importantly, it makes Carl realize he needs to get his culinary groove back. His ex-wife has been suggesting he open a food truck. You know what that means. Road trip!

Wait, what? Yes, it doesn't exactly make sense, but Carl, Martin, and young Percy drive across the country in the food truck, stopping in places like New Orleans and Austin to sell food and hone their craft. Percy, thrilled to bond with his

dad and learn how to work in a kitchen, uses his social media expertise to spread the word. The Internet disrupted Carl's life; now it saves it. (The Internet. Is there anything it can't do?)

Favreau and Leguizamo have what feels like a natural rapport — is it possible that Favreau has rapport with everyone? — and this Emjay Anthony kid seems sharp. (Bonus: he actually looks like he could plausibly be the offspring of Sofia Vergara and Jon Favreau.) The father-son stuff is a nice touch, sweet without being sappy, but the emphasis is on Carl's own personal improvements, his rediscovery of the joy of cooking.

In the process, of course,

we're seeing Favreau pour his heart and soul into a project he cares about, one that lets him be funny — and *Chef* is frequently hilarious — and also lets him indulge his gustatory impulses. *Chef* is brimming with food porn sure to excite the salivary glands of even the most casual gourmand. More attention is lavished on how to make a proper Cuban sandwich, for example, than on several of the film's characters (Johansson totally disappears in the second half) or on the story, which comes from a box rather than being made from scratch. This is the Favreau we used to know and love: a sardonic motormouth with a soft center who's just a lot of fun to hang out with.

PG County Correctional Officers Win First Place in Honor Guard Competition

UPPER MARLBORO, MD — The Honor Guard team representing Prince George's County Department of Corrections received the top honor Saturday, May 3, 2014 at the Regional Wreath Laying and Honor Guard Competition in Washington, DC. The Prince George's County Department of Corrections Honor Guard team had five participating officers: Master

Sergeant E. Miller, Sergeant L. Brunson, Master Corporal G. Smith, Corporal S. Yankuba, and Corporal M. Pena.

The Honor Guard Competition judges inspect each routine for precision, uniformity, presentation of colors, and overall appearance. The five member team representing Prince George's County received the highest score among the six competing agencies; earn-

ing Prince George's the first place award. This is not the first time Prince George's brought home the highest honor but it is the first for some of the team members who participated in the 2014 event.

The Honor Guard Competition is held annually during National Correctional Employees Week (May 3-9, 2014). This event also includes a wreath laying ceremony honoring officers

(across the country) who have lost their lives in the line of duty. Teams throughout the Washington Metropolitan area including Montgomery County, Fairfax County, Arlington County, Alexandria, and the District of Columbia participated in the annual event which is sponsored by the Metropolitan Washington Council of Governments Correctional Chiefs Committee.

Watch from A4

cluding carefully chosen developmentally appropriate and culturally relevant books. One child characterized them as “being about our lives and giving us hope.” Children receive two meals and a snack every day in the summer program. Parents are engaged through weekly workshops and child “scholars” are taught nonviolent conflict resolution and critical thinking skills and required to engage in community service and social action projects. They learn that they are not citizens in waiting but can make a difference right now.

For a week every June college age servant leader interns and Freedom Schools site coordinators attend the Ella Baker Child Policy Training Institute at CDF's Haley Farm in Clinton, Tennessee (near Knoxville) to prepare to teach and lead at Freedom Schools sites. Approximately

1,450 college age servant leaders and site coordinators will participate this year. The Freedom Schools program is a servant leadership incubator for two generations—the children served and the college servant leaders who teach and serve them. I am proud that many of our college age servant leaders have gone on to become committed teachers and school administrators. We are eager to help prepare a pipeline of desperately needed Black and Latino male teachers for our nation's public schools.

The CDF Freedom Schools program helps children fall in love with reading, increases their self-esteem, and generates more positive attitudes toward learning—and is a key part of CDF's work to ensure a level playing field for all children. In partnership with local congregations, schools, colleges and universities, community organizations, and

secure juvenile justice facilities (nine this summer), more than 113,000 children have already had the Freedom Schools experience. This summer community CDF Freedom Schools partners will serve 12,500 children in 87 cities and 28 states and the District of Columbia. All CDF Freedom Schools “scholars” will be encouraged to dream big, set high expectations for themselves, and determine what they can do to help make their communities, nation, and world better just as children and poor adults in Mississippi did in 1964 with courageous young Black and White leaders. Young children need to know about the quiet leadership of Bob Moses and Dave Dennis and the courageous sacrifice of the murdered Chaney, Goodman, and Schwerner. Next year I am determined to make sure that there is a CDF Freedom Schools site established for the chil-

dren of Neshoba County at the site of the rebuilt Mount Zion Methodist Church honoring the three young men who gave their lives. All children and adults must know and share what they did and the legacy they are bound to uphold. Learn more about the CDF Freedom Schools program and how you can help keep the hope and promise of Freedom Summer alive for a new generation of children.

Marian Wright Edelman is President of the Children's Defense Fund whose Leave No Child Behind® mission is to ensure every child a Healthy Start, a Head Start, a Fair Start, a Safe Start and a Moral Start in life and successful passage to adulthood with the help of caring families and communities. For more information go to www.childrens-defense.org.

Mrs. Edelman's Child Watch Column also appears each week on The Huffington Post

The Edge of Sports

by DAVE ZIRIN

No Sympathy for Shelly Sterling



I couldn't understand why Rochelle Sterling, the wife of deposed racist owner of the Los Angeles Clippers Donald Sterling, was sitting courtside for the Clippers dramatic game 7 victory over the Golden State Warriors. After all, Donald Sterling, as NBA Commissioner Adam Silver said, wasn't just being banned for one set of recorded comments, however offensive, but for a “pattern of behavior.” Silver did not spell it out, but it was assumed by everyone with a working cerebrum that by “pattern of behavior,” the commissioner was referring Sterling's years as a slumlord. After all, he had been cited repeatedly by the Justice Department for violating the Fair Housing Act and, according to court testimony, spoke about black, Latino and Asian people in a manner that would make Archie Bunker blush.

If this “pattern of behavior” cemented Silver's resolve to ban Donald Sterling, then why is Rochelle aka “Shelly” still courtside? After all, she was also named in these lawsuits and accused of similarly abusive racist language as her husband.

Ms. Sterling denies ever trafficking in racial slurs, but far more damningly, has also been captured on video illegally entering the homes of people in the Sterling tenements by impersonating a health inspector. As “health inspector,” she asked for and recorded the ethnicities of their tenants. (The Sterlings were big on racial quotas for their housing projects.) Even if she was an actual health inspector, and not just playing one on the Internet, this is illegal.

Given Donald Sterling's demonstrable misogyny, I'm sure these sixty years of marriage have not been easy for Ms. Sterling. But these personal travails don't excuse business practices that are racist and beyond the pale.

So, once again, why was Shelley Sterling courtside? Why was she leading cheers, embracing players and playing the role of embattled but brave cuckqueen: a veritable “Good Wife” of the hardwood? It turns out that this was the doing of Clippers coach Doc Rivers.

Following their victory over the Warriors, Rivers said:

It's a tough one for Shelly, really. She didn't do anything wrong. You have compassion for her. I kept hearing about the girlfriend, and Shelly's the wife. You know what I mean? I talked to her today, and she's been through as much as anyone as well. She asked if she could come, which I thought was a very nice gesture, and she just wanted the players to know that she loved them, and she told me to tell them. I thought, why not?

Rivers has been praised effusively throughout this whole process for his class and grace under pressure, keeping his team together amidst the swirl of distractions. Yet if this embrace of Rochelle Sterling is a mistake, painting her as a tragic figure is obscene. It is not as if Doc Rivers, at this point, is unaware of the Sterlings' history. He said earlier this week that he “probably should have” researched more into Donald Sterling's past. He should also know more about Shelly Sterling's hands-on tenement management techniques, as they've received extensive coverage this week in the local LA media. By coddling Ms. Sterling, Doc Rivers sends a message that the hounding of thousands of the poorest residents in Los Angeles is a lesser crime than being caught on audio being a racist jackass.

Rivers should read and reread the section of the 2006 justice department lawsuit that reads, “Defendants Donald Sterling, Rochelle Sterling, and their agents and/or employees have engaged in a pattern or practice of discrimination on the basis of race, national origin, and familial status in connection with the rental of dwellings owned by the Korean Land Company, the Sterling Family Trust, and Donald and Rochelle Sterling, in violation of the Fair Housing Act.”

It is still possible that Rochelle Sterling will end up as owner of this team. Adam Silver left that loophole open in his press conference by not guaranteeing that the team would leave the clutches of the Sterling family. One wonders if the highly litigious Donald Sterling would dangle a transfer of the team from himself to Shelley as a compromise to keep thirty years of NBA dirty laundry out of open court. But in the short term, her presence courtside is like a looming reminder that when the smoke has cleared, one Sterling has been merely replaced with another.

Ironically after the Game 7 victory, Doc Rivers gave a passionate speech in which he said, “We needed that. The adversity is good for us.” If adversity is what they want, then coddling Rochelle Sterling guarantees more of the same.

Calendar of Events

May 29 — June 4, 2014

Free First Fridays!

Date and Time: First Friday of the Month, April – October
Description: Get free admission to Montpelier Mansion with:
 Self-guided tours from 11 am-6 pm
 Tavern Games from 3-6 pm
Cost: Free!
Ages: All ages welcome
Location: Montpelier Mansion
 9650 Muirkirk Road, Laurel 20708
Contact: 301-377-7817; TTY 301-699-2544

First Fridays Wine Sampling

Date & Time: First Friday of the Month, May-October
 (Except July) 6:30-8 pm
Description: Join us for our continuing series of Fine Wine Fridays! In this series, enjoy wine sampling from local vineyards, live entertainment and light refreshments. Don't miss it, it happens the first Friday of each month, May-October (with the exception of July)
Cost: Resident: \$25; Non-Resident: \$25
Ages: 21 & up
Location: Snow Hill Manor Historic Site
 13301 Laurel-Bowie Road, Laurel 20708
Contact: 301-249-2004; TTY 301-446-6802

Senior Days

Date and Time: Mondays, Wednesdays & Fridays, 8 am-12 noon
Description: Seniors (Prince George's County residents only) are allowed FREE use of both the fitness center and pool during these times.
Cost: FREE
Ages: 60 & up
Location: Prince George's Sports & Learning Complex
 8001 Sheriff Road
 Landover, MD 20785
Contact: 301-583-2400; TTY 301-583-2483

Xtreme Teens: Music Mix Basketball

Date and Time: Friday, May 30, 2014 7-10 pm
Description: Basketball and music –it's the perfect match! Come shoot hoops in a classic 5-on-5 style to your favorite beats.
Cost: Free with M-NCPPC Youth ID
Ages: 10-17
Location: Rollingcrest-Chillum Community Center
 6120 Sargent Road, Chillum 20782
Contact: 301-853-2005; TTY: 301-445-4512

Xtreme Teens: Go-Kart Racing

Date and Time: Friday, May 30, 2014 7-10 pm
Description: Come join the excitement as you zoom around the tracks go-karting! Make sure you bring a friend to double the fun.
Cost: \$10
Ages: 10-17
Location: Mount Rainier Nature Center
 4701 31st Place, Mount Rainier 20712
Contact: 301-927-2163; TTY: 301-445-4512

Xtreme Teens: Computer Training

Date and Time: Friday, May 30, 2014 7-10 pm
Description: Spend Friday learning the intricacies of computers! We'll explore different computer programs and play games.
Cost: Free with M-NCPPC Youth ID
Ages: 10-17
Location: Langley Park Community Center
 1500 Merrimac Drive, Hyattsville 20783
Contact: 301-445-4508; TTY 301-445-4512

On Exhibit: Riversdale in Bloom!

Date and Time: Friday, May 2-Sunday,
 June 8, 2014 12:15-3:15 pm
Description: In conjunction with the Brentwood Arts Exchange, we present this juried exhibit showcasing views of the picturesque Riversdale gardens by talented local artists! Deadline for submissions is April 23. Please call the Museum for additional details.
Cost: \$3/adult; \$2/senior; \$1/student;
 FREE/children 4 & under
Ages: All ages welcome
Location: Riversdale House Museum
 4811 Riverdale Road, Riverdale Park 20737
Contact: 301-864-0420; TTY 301-699-2544

Boys & Girls Golf Club Program

Date & Time: Sundays, April 27-June 1, 2014 2 pm
Description: RED LEVEL (Level 1) All juniors have to pass this level to advance.
 Boys and Girls Golf Club was designed to give youth, ages 7-17, an on-going program that will help them develop their golf game and progress as a competitive athlete through a series of skill levels. Taught in a club atmosphere, the emphasis is to provide a safe place to learn, play and to be healthy.
 Fee includes set of clubs with bag, 6 week intro program, shirt, hat and membership.
Cost: Resident: \$250; Non-Resident: \$250
Ages: 7-17
Location: Paint Branch Golf Complex
 4690 University Boulevard, College Park 20740
Contact: 301-935-2600; TTY 301-446-6802

Line Dance

Date and Time: Tuesdays, April 29-June 4, 2014 7-8:30 pm
Description: Learn the latest nightclub line dances in this course that teaches the fundamentals and leads you to more complex dance patterns.
Cost: Resident: \$30 (drop-in fee: \$5/class)
 Non-Resident: \$36 (drop-in fee: \$6/class)
Ages: 16 & up
Location: Oakcrest Community Center
 1300 Capitol Heights Blvd., Capitol Heights 20743
Contact: 301-736-5355; TTY: 301-218-6768

EARTH TALK ... Is BPA as dangerous as we thought?

Dear EarthTalk:

Dear EarthTalk: A recent study showed that Bisphenol A (BPA) was hardly the human health risk researchers once believed it to be. Should I still try to avoid products that may contain it?

— Carolyn Danes,
 Waukesha, WI

Some 93 percent of us carry traces of the synthetic compound Bisphenol A (BPA) in our bloodstreams, so it's no wonder that public health advocates are concerned about its potential effects. Developed in the 1950s to strengthen plastics and epoxy resins, BPA is today used in a wide range of products, including many plastic food and drink containers, the lining of most cans, some paper products, and dental sealants.

But with widespread use of BPA has come increased scrutiny regarding its potential impact on human health. When ingested, BPA mimics naturally occurring human hormones and thus can potentially interfere with the body's endocrine and reproductive workings. According to the nonprofit Breast Cancer Fund, previous research has linked BPA exposure to with increased risk for cardiovascular disease, miscarriages, decreased birth weight at term, breast and prostate cancer, reproductive and sexual dysfunctions, altered immune system activity, metabolic problems and diabetes in adults, and cognitive and behavioral de-

velopment in young children. These concerns have led the European Union, Canada—and more recently the U.S.—to ban the use of BPA in baby bottles and other items geared toward babies and children.

Meanwhile, the U.S. Food & Drug Administration (FDA) maintains that typical low-level BPA exposure does not pose any health risk. A February 2014 study by FDA researchers found that low doses of the compound did not affect the health of rats over a 90-day study period. While study rats exposed to higher doses of BPA had lower body weights, abnormal female reproductive development and altered hormone levels, there were no such effects in rats exposed to lower doses more akin to what humans experience.

But critics point out some flaws in that study which call its conclusions into question. For one, a control group of rats that was supposed to remain unexposed to BPA somehow had levels of the compound in their blood equivalent to the lowest-dose study population. FDA researchers maintain that this contamination of the control group did not affect their results because neither group of rats showed any effects given their low-dose exposure. Another issue is that the researchers did not look at neurological effects such as changes in learning, memory and behavior.

"What needs to follow is whether these exposures are causing neurobehavioral



CREDIT: CORALIE MERCIER, COURTESY FLICKR

BPA exposure has been linked to a host of human health issues, including cognitive and behavioral development in young children. These concerns have led the European Union, Canada—and more recently the U.S.—to ban the use of BPA in baby bottles and other items geared toward babies and children.

changes," Harvard epidemiologist Joe Braun told Environmental Health News, adding that previous research has shown that estrogen receptors in the brains of rats were triggered by low doses of BPA. "Hopefully [the FDA] will address that down the road."

More research is underway still. The February 2014 FDA study is part of an ongoing two-year assessment of the toxicity

of BPA. Dozens of university studies are also in progress to shed more light on just how risky our use of BPA may be. Consumers should continue to take precautions to limit their intake of BPA by avoiding polycarbonate plastic food and drink containers and metal cans, and by refraining from putting plastic items in the microwave—a process that can expedite the leaching of BPA into food.

CONTACTS: Breast Cancer Fund, www.breastcancerfund.org; U.S. Food & Drug Administration, www.fda.gov; Environmental Health News, www.environmentalhealthnews.org.

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Concussion from A1

continued playing. It wasn't until half-time when she met with the team's athletic trainer and was barely able to stand up that Scurry was taken out of the game.

She would spend the next three years on the couch, binging on TV and taking naps to cope with debilitating headaches and depression brought on by her injury. She survived on worker's compensation after being declared legally disabled.

Her life finally changed for the better in October 2013. Following surgery with Dr. Ivica Ducic, she lay on a gurney at MedStar Georgetown University Hospital missing a chunk of nerve tissue from her neck and, for the first time in years, an aching pain in her head.

Ducic had made a small incision on the back of Scurry's neck and used a scalpel to scrape away scar tissue and part of the nerves. Removing the tissue relieved the pressure on the nerves, alleviating the headaches and other symptoms.

The difference was immediate. Scurry opened her eyes pain-free. Within months she began improving her stamina and balance through rehab.

Scurry wants to address the concussion problem in soccer the same way the scalpel had scraped away built-up scar tissue and nerves. Directly.

The soccer champion said she is determined that no athlete should deal with concussions alone or play in ignorance of health risks. As a concussion survivor, Scurry speaks to Congress, sports and safety associations, coaches, parents, and most importantly, young sports players.

"My new mission is to provide a new face and voice to those who have and may suffer the long and difficult recovery of a devastating traumatic brain injury," she told Congress in March.

Scurry said she is not compensated for the bulk of her speaking engagements. She continues to live off worker's compensation.

"I want to get out there and see if I can turn these rough four years into a good thing, and that's what really started it," she said of her decision to speak out.

Friends remember watching Scurry morph into a different person following her injury and agree the soccer culture — which can encourage athletes to play through pain — needs to change. Her concentration — legendary on the soccer field — became nonexistent following her head injury, they said, and anxiety became prevalent.

"To me, she really withdrew into herself," said Kerri Reifel, a long-time friend of Scurry's. "Her symptoms just kept dragging on. It was a really hard process to watch."

As Scurry's recovery continues, so will her activities.

The athlete continues rehab in Baltimore for her balance and is slowly working up time on a stationary bike. As her strength increases she can dedicate more time to speaking events and providing lessons for aspiring goalies, soccer coaches and club teams.

Her schedule is set around her recovery, however. Short trips to New York from her Washington, D.C., home require a full recovery day.

Scurry plans on a national speaking tour aimed at parents, coaches, young players and various sports associations to change soccer safety and attitudes among parents, coaches and young players.

A major part of her speaking events is encouraging young athletes not to give up on treatment and to be open about injuries.

"Be honest about how you're feeling," she implores young athletes. "I know that's hard. ... Sitting out watching your teammates isn't fun, but you're doing the best thing for yourself and your team if you're honest about how you're feeling."

The trouble with brain injuries, the athlete said, is that the damage is inside and out of sight.

Scurry remembers a 15-year-old girl approaching her at a speaking event and telling her about the five concussions she had sustained that year.

"I'm here now, and I know I look fine," Scurry remembers the girl telling her. "But I know I'm not okay."

Adults must help to keep young athletes safe and healthy, she said.

"There's a responsibility of coaches and parents," she said. "Literally take the decision [to not continue playing] out of the hands of athletes and communicate that in a way that doesn't make the kid feel bad at the time."

Her passion is a part of Scurry's success as a speaker, but her personality and background as an athlete endear her to audiences as well.

"She talks to us like a normal person," said Sanderson, who also sustained a crippling concussion playing soccer. "She knows what we're going through and what we're dealing with. It's much more personal than just someone on our expert panel."

Scurry understands the need for a support system for recovering athletes and tries to encourage them not to give up.

"I try to give hope," she said. "In my speeches I always say, 'I hope I touch at least one of you in this room and inspire you to have a little bit of hope and seek treatment,'" Scurry said. "It's easy to get bogged down in what you no longer have. I know, because I was lost in it myself."

It's Time to Enjoy "Maryland's Best" Produce

Strawberries Mark the Beginning of Maryland's Growing Season

By PRESS OFFICER
 Maryland Dept. of Agriculture

ANNAPOLIS — Despite cool temperatures this spring, Maryland farmers are beginning to harvest their earliest crops: asparagus, rhubarb, greens and sweet Maryland strawberries.

"Strawberries, asparagus, and the other early crops are starting to get into full swing," said Agriculture Secretary Buddy Hance. "Our surveys show that most Marylanders want local produce. Now is the time of year they'll start having a chance to buy local fruits and vegetables." When selecting sweet

Maryland strawberries, consumers should be sure to look for a full, red color, bright luster and firm, plump flesh. Strawberries do not ripen after being picked, so consumers should be sure to choose fully ripe berries. The caps should be bright green, fresh looking and fully attached.

According to the just released U.S. Department of Agriculture's 2012 Agricultural Census, Maryland farms harvested approximately 220 acres of strawberries on 187 farms. Harvest has been delayed this spring, due to cool weather. As of May 5, Maryland strawberries were 61 percent bloomed. According to the National Agricultural Sta-

tistics Service, 73 percent were blooming by the same time last year. Consumers can expect Maryland strawberries to soon be widely available. To find a location with Maryland strawberries near you, visit www.marylandsbest.net.

Strawberry Facts and Tips

- Select plump, firm, fully red berries. The small berries are often most flavorful.

- Strawberries measurements: 1 quart = 2 pints = 4 cups and is about the same as 1 liter and weighs 1.25 lbs to 1.5 lbs (or 600 to 700 g). The weight varies on variety and weather conditions. 1 quart is normally enough for 4 servings

- One cup of strawberries contains around 43 calories.

- Unripe berries will not ripen once picked.

- U-pick strawberry farms typically sell berries by the pound. A quart equals 1 and 1/2 pounds of fresh berries.

- It takes about 10 to 15 minutes to pick a quart, if the berries are reasonably plentiful.

- You can easily freeze berries that you cannot use right away - just wash, cut the hulls off and pop them into a Ziplock bag, removing as much air as possible. Vacuum food sealers do a good job of this. The berries will keep for many months frozen without air.