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Older Drivers Restrict Their Driving to respond to Side-Effects of Medicine

By PRESS OFFICER
AAA Mid Atlantic

WASHINGTON, D. C. (Thursday, May 8, 2014) – Rx is the universal symbol for a doctor's medical prescription or for a pharmacy, as older drivers are especially well aware. But they may not be aware that "rx" in lower case letters or fonts is an abbreviation for a chemical reaction. Today nine-out-of-ten drivers age 65 and older take prescription drugs or medications on a regular basis. However, only a few drivers (18 percent) in that age group had ever received a warning from their physician about the possible dangerous side-effects their medications, including information regarding the impact of the chemical reactions of prescription drugs in the brain, could have on their driving skill set.

Despite this, three out of four drivers ages 65 and older with a medical condition demonstrate an almost innate, or uncanny, if you will, in-

stinct for self-regulating their daily driving. It is a one of the major findings in a new eye-opening report from the AAA Foundation for Traffic Safety. That is to say, in layman's terms: the vast majority of older drivers are reducing or restricting their driving to respond to the side-effects of medication. This is real progress in ensuring the safety of older drivers, underscores the AAA Foundation, especially in light of the fact that older Americans are extending their time behind the wheel compared to previous generations.

"This level of medication use does raise concerns, yet evidence indicates seniors are fairly cautious," said Peter Kissinger, President and CEO, the AAA Foundation for Traffic Safety. "In fact, these findings show that older drivers using medications are more likely to regulate their driving

See DRIVERS Page A7

Wayne K. Curry 1951 – 2014

Curry was born in Brooklyn, New York on January 6, 1951, and grew up in Cheverly, Maryland, a community in the north-western portion of Prince George's County. His family was the among the first non-white families to integrate into this community in the 1950s. His father was a school teacher, and his mother was a homemaker and later an office secretary. He and his older brother were the first blacks to attend Cheverly-Tuxedo Elementary School in 1959. Curry earned his high school diploma from Bladensburg High School in 1968.

In 1972, Curry earned his Bachelors of Arts in Psychology from Western Maryland College, where he was president of the freshman class. Following graduation, he worked as a teacher and director of the Child Daycare Center of Prince George's County. In 1974, Curry took a hiatus from the professional area, and traveled across America. He earned money working at truck stops

and slept at campsites throughout the country.

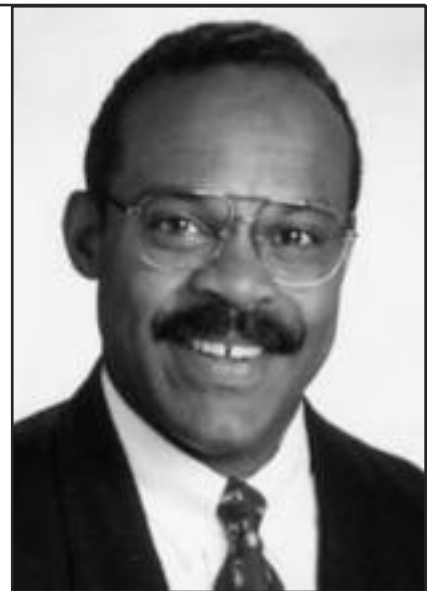
From 1975 until 1978, Curry worked in the administration of Prince George's County Executive Winfield Kelly. Kelly was the executive for Prince George's County from 1974 until 1978. Curry's career began as a staffer responsible for writing constituent reply mail. He later went on to serve as community affairs assistant, administrative assistant to the county's Chief Administrative Officer and senior assistant to the executive. While working for Kelly, he also attended law school at night, earning his law degree from the University of Maryland School of Law in 1980, graduating with honors.

From 1980 until 1983, Curry worked as a real estate and development lawyer for the "Michael Companies". In 1984, Curry started his own law practice and became a well-known, successful corporate attorney.

From 1984 to 1992, Curry was General Counsel for "Di-

mensions Health Corporation", a major healthcare business that operates Prince George's General Hospital Center, the Greater Laurel-Beltsville Hospital, and the Bowie Health Center. Mr. Curry has served as Chairman of the United Way Campaign of Prince Georges County, President of the Prince George's County Chamber of Commerce, Chairman of the "School Superintendent's Advisory Committee on Black Male Achievement", Chairman of the "Prince George's County Substance Abuse Advisory Board", a member of the "Board of Directors of the Prince George's County Christmas in April", Director of "United Communities Against Poverty", and Director of the "Bonnie Johns Children's Fund."

In 1994, Curry returned to the county executive's office and made history when he became the first African American to serve in the County's



highest elected office. He served two consecutive terms from 1994 to 2002.

Curry served on Governor Robert Ehrlich's 2002 transition team into the Governor's Mansion. Curry was appointed Commissioner to the Maryland Port Commission in 2003 by Gov. Ehrlich, a Republican. He was prominently mentioned in the news media as a speculative candidate for Lieutenant Governor when Ehrlich ran (unsuccessfully) for re-election in 2006, although Kristen Cox was eventually chosen as Ehrlich's running mate.



PHOTO COURTESY WIKIMEDIA; BY FIR002

Honeybee (*Apis mellifera*) landing on a milk thistle flower (*Silybum marianum*).

The Economic Challenge Posed by Declining Pollinator Populations

By PRESS OFFICER
Office of The White House

Pollinators contribute substantially to the economy of the United States and are vital to keeping fruits, nuts, and vegetables in our diets. Over the past few decades, there has been a significant loss of pollinators—including

honey bees, native bees, birds, bats, and butterflies—from the environment. The problem is serious and poses a significant challenge that needs to be addressed to ensure the sustainability of our food production systems, avoid additional economic impacts on the agricultural sector, and protect the health of the environment.

Economic Importance of Pollinators:

- Insect pollination is integral to food security in the United States. Honey bees enable the production of at least 90 commercially grown crops in North America. Globally, 87 of the leading 115 food crops evaluated are dependent on animal pollinators, contributing 35% of global food production.

- Pollinators contribute more than 24 billion dollars to the United States economy, of which honey bees account for more than 15 billion dollars through their vital role in keeping fruits, nuts, and vegetables in our diets.

See POLLINATOR Page A5

Athletic Trainers Absent in Many Md. High Schools

By ASHLEY S. WESTERMAN
Capital News Service

COLLEGE PARK - Just four of Maryland's 24 public school districts have athletic trainers working full-time with student athletes in all high schools, recent calls conducted by Capital News Service reveal.

That means thousands of student athletes throughout the state are participating in practices and games without a licensed healthcare professional on hand for emergency medical situations. The Maryland Public Secondary Schools Athletic Association es-

timates there are almost 114,000 student-athletes from 199 public schools participating in roughly 24 sports every year.

It's a case of the "haves and have nots," said Gina Palermo, Howard County athletic trainer and chairwoman of the Secondary Schools Athletic Trainer Committee of the Maryland Athletic Trainers Association. "You're saying that this group is okay [for public school districts to spend money on], but this group isn't," she said.

See TRAINERS Page A3

Supreme Court Changes How Campaigns Are Financed

By ANTONIO FRANQUIZ
Capital News Service

WASHINGTON - Campaign finance law prohibits corporations, labor unions and other similar organizations from making direct contributions to candidates or political parties in federal elections. Instead, these groups use PACs to pool members' donations and contribute them to campaigns and candidates of their choice.

The Federal Election Commission (FEC) classifies a PAC as "any organization which is not a political committee but which directly or indirectly establishes, administers, or financially supports a political committee."

This language allows organizations affiliated with private companies – including those in the defense sector – to give money to federal candidates and the organizations that finance their campaigns.

A series of Supreme Court rulings have significantly expanded the ways corporations can donate to federal elections.

The Supreme Court ruled in the 2010 case of Citizens United v. Federal Election Commission that independent political expenditures by corporations and labor unions are protected under the First Amendment as free speech.

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INSIDE

O'Malley Appoints Taneytown Veterinarian to Maryland Horse Industry Board

Governor Martin O'Malley has appointed Dr. Michael Odian from Taneytown (Carroll County) to serve as the licensed veterinarian representative on the Maryland Horse Industry Board (MHIB), a program within the Maryland Department of Agriculture Community, Page A3

Progress and Unfinished Business: 50 Years After the Civil Rights Act of 1964

It was only 50 years ago that it was legal in some states to deny Blacks the right to eat in the same restaurants as whites, to sit in the same movie theaters or even to apply for the same jobs. Thankfully, that is no longer true anywhere in America. Commentary, Page A4

Westport Looks To Funds From Baltimore's New Casino To Lift Neighborhood

The residents of Westport, a worn-down Baltimore neighborhood dwarfed by the elevated highways that run over it, say they've always felt ignored. Industry and jobs have moved out. People moved away. And blocks have been crumbling for decades Business, Page A5

Movie Review: "Snowpiercer"

In this sci-fi epic from director Bong Joon Ho, a failed global-warming experiment kills off most life on the planet. The final survivors board the SNOWPIERCER, a train that travels around the globe via a perpetual-motion engine. When cryptic messages incite the passengers to revolt, the train thrusts full-throttle towards disaster. Out on the Town, Page A6

Earth Talk

Dear EarthTalk:

I've heard that, above and beyond our bad eating and lifestyle habits, some chemicals in everyday products are contributing to the obesity problem. Can you explain?

— Alyssa Israel, Fairfield, CT

Features, Page A7

Towns and NEIGHBORS

In and Around Morningside-Skyline

by Mary McHale 301 735 3451

Crossland '74 Alumna Fatally Struck by D.C. Commuter Bus

Beverly Williams died June 24 in a tragic accident. She was heading home to La Plata when she ran to catch her bus on K Street and fell under the back wheels of the bus. She had just left work as a legal secretary at an international law firm, for the 90-minute commute she'd made every day for the past 27 years.

Beverly Ann Bridgett was born in Washington, the daughter of Francis Eugene and Louella Lennis Bridgett. She grew up in Prince George's and graduated from Crossland in 1974. She received her bachelor's from George Mason University, and for 33 years worked as a legal secretary, beginning with Dewey Ballantine law firm and finally at McKenna, Aldridge & Long.

She and David Lee Williams married and moved to Dentsville in Charles County where they lived at Hilltop Farm, which has been in the family since 1879. Bev enjoyed horseback riding with her daughter Megan, antiquing with her husband, and gardening.

Bev was preceded in death by her father. She is survived by her husband David, her mother Louella, daughter Megan, stepdaughters Jenna and Jaime, and many other relatives and friend, all grieving the untimely death of this lovely woman.

She was a member of Trinity Episcopal Church in Newport where her funeral was held. She is buried in the church cemetery.

Neighbors

The Morningside 4th of July Parade was, as always, a lot of fun. At our watching post, members of Suitland Road Baptist handed out water, often running into the street to take a bottle to a parader. Morningside Mayor Ken Wade led off, riding a putt-putt car, followed by lots of elected officials in cars, newly-elected Clerk of the Circuit Court, Sydney Harrison on foot, a truck from Tommy's Auto Service & Body Shop, a pick-up "float" from Skyline, a sedan bearing VFW Auxiliary members, County Police cyclists doing figure 8s, a long line of handsome vintage cars, and more. Two of the Sisters from Eritrea, in the convent behind me, showed up waving American flags. And a woman from South Africa was there with her dog. I always wish for Morningside Majorettes and the Drum & Bugle Corps. But those days are gone forever.

Rose Hoffman, who used to live in Morningside, drove up from Prince Frederick and took me to lunch at Texas Ribs. Always good to see her!

I had a call from my former neighbor, Virginia Stine, who now lives in Wingate on the Eastern Shore. She's 93, still drives, still quilts, and is active in several organizations. Her big sister, Rachel Hunniford, out in Illinois, turned 104 in January and still lives alone.

She asked about Jean Glaubitz and Ruth Sellner. I had to tell her the sad news that both have passed away.

Mattie Stepanek, formerly of District Heights, suffered from a rare form of muscular dystrophy. Nevertheless, he became a best-selling poet and peace advocate, and died just short of his 14th birthday in 2004. On June 22, the 10th anniversary of his death, his mother Jeni Stepanek, other family and friends gathered at the Franciscan Monastery in Washington for a memorial Mass. Among those attending were a number of priests who'd known Mattie, and Raymond Arroyo, the lead anchor on EWTN's news program, "The World Over."

Applause

Suitland High School can brag about Donald Richardson. After Suitland, he went on to the University of Maryland Baltimore County, majored in math, was president of the school's math honor society and crew team, graduated in May, and is heading to the University of Michigan to work on a doctorate in industrial engineering.

Can You Beat This?

We moved here in 1958, and by the '60s realized we had to do something about the basement—mildew and mold were mounting. So, I headed to Montgomery Ward in Iverson Mall and bought a dehumidifier, Model UAN-3188, the only one we've ever had. It is still running, about 50 years later. I just emptied the bucket.

Changing Landscape

The N.Y. Chicken, Fish & Grill restaurant in Andrews Manor opened in mid-2013. Business just never took off, but I finally tried it and had a really delicious meal of catfish, greens and mac-and-cheese. I vowed to return. Then two days after Thanksgiving, it burned. And has sat charred and sad ever since. On July 8 it was

demolished. No eatery at that location has ever been successful. I suspect it will become parking lot.

Strayer University will soon be able to move into its brand new building on Auth Way in Camp Springs.

One side of Silver Hill Road is finally paved, but the other side is grooved and waiting to be paved. St. Barnabas Road—where it meets up with Silver Hill Road—is still in rough shape.

Gertrude Duckett Dies at 102

"Gertrude's life was one of humble and joyful service," Father Isidore Dixon eulogized at her funeral at Holy Rosary Parish in Rosaryville, "She was a midwife, care-giver, live-in nanny and day care provider for many children. Though unmarried and never having borne any children, Gertrude was called 'Mother' by many."

Gertrude Charity Duckett was born Aug. 12, 1922 to Richard Duckett and Charity Jameson. She was one of 22 children—10 brothers and 11 sisters. She is buried at Resurrection Cemetery.

May They Rest in Peace

Kevin Anthony McManus, 56, a 1975 graduate of Crossland, died Jan. 25. He grew up in Camp Springs and had a career as a news videographer and editor. Among the coverage he handled was the crash of Swissair Flight 111 off the eastern coast of Canada in 1998 and the Quecreek mine rescue in Pennsylvania in 2002. Survivors include three sisters.

Francis Wesley Carver, 79, of Shadyside and formerly of Hillside, died June 23 in Harwood. He was a 1953 graduate of Suitland High, served in the Navy and became a firefighter in Arlington where he retired. He was a life member of the Hillside VFD.

Milestones

Happy birthday to Russell Butler, July 18; Mike Fowler Sr. and Eddie Hall, July 19; Donna Buchin, Dorothy Gessner and Tina Nichols, July 20; Mary Hay and Jeff Frederick, July 21; Ryan Simms and David Cook, July 22; and Virginia Price, July 23.

Happy anniversary to my daughter Sheila and John Mudd, their 24th on July 20;

Percy and Barbara Crawford, their 42nd on July 22; and Steve and Tessie Johnson, their 14th on July 22.

Brandywine-Aquasco

by Ruth Turner 301 888 2153

BIRTHDAY GREETINGS

Happy Birthday to Timothy Edwards, Robert Miley, Joe Thatcher, Melva Wood, Charlene Hudson, Barbara Burdette, Elizabeth King, Alma Pinkney, Trevor Abouth, Osama Omoregbe, Edward Howard, Anston Williams, Wayne Baker, Shirley Young, Sally Davies, Etinosa Omoregbe and George Carter who are Clinton United Methodist Members celebrating birthdays during the month of July.

WEDDING ANNIVERSARIES

Congratulations to Clinton United Methodist Church members Susan and Jack Matthews, Romonia and Karl Pinkney, Safiya Terry and Kenya Joseph, Veronica and Ulric Thomas who are celebrating their Wedding Anniversaries during the month of July.

CASINO TIME

It's Casino time to Delaware Park Raceway and Casino Wilmington Delaware Sunday, August 10, 2014. Bus will leave Park-N-Ride, Clinton Maryland at 10:30 AM and St. Philip's Church at 11:00 AM and returns at approximately 7:30 PM.

Fun package includes a \$30.00 rebate, 50/50, music and a bagged lunch. All tickets must be purchased by August 3, 2014. Donation is \$40.00 and absolutely no refunds. Benefit: Peter A. Gross Sr., Scholarship/Memorial Fund Inc. For tickets contact Shirley A. Cleaves (302) 690-4260, Ruby E. Hinnant (301) 627-1235 and Michele K. Chase (301) 888-2510.

PASTORAL 10TH ANNIVERSARY

Pastor Dorothea Belt Stroman of Clinton United Methodist Church in Clinton, Maryland Pastoral 10th Anniversary Celebration was held at Camelot 13905 Central Avenue Upper Marlboro, Maryland Sunday, June 29, 2014. Pastor Stroman celebrated with her family members, church members and their families from Clinton United Methodist Church, other Ministers and their families from different churches, friends and people from the community. This was a very special joyous occasion.

BLUE STAR MEMORIAL PROGRAM

Darnall's Chance honors active duty military members and

their families by participating in the Blue Star Memorial Program. All ages are welcome and the cost is free. All active duty U.S. service members and their families showing appropriate ID can receive free admission to the museum. The dates and times are Friday and Sundays, July 11- August 31, 12:00 Noon-4:00 PM.

The address is Darnall's Chance House Museum 14800 Governor Oden Bowie Drive, Upper Marlboro, Maryland 20772. The contact number if you need free additional information is 301-952-8010 and TTY 301-699-2544.

BADEN COMMUNITY CENTER

Hand Dance for Adults beginning is offered from August 1, 2014-Friday, October 3, 2014 at Baden Community Center. You will learn basic steps to dances with styles, including swing, contemporary and R&B. Smartlink number is #1449367. The address is 13601 Baden-Westwood Road Brandywine, Maryland 20613. Telephone number is 301-888-1500; TTY 301-203-6030.

Neighborhood Events

Prince George's County Library Opens Lending Library at Langley Park

HYATTSVILLE, Md.—As part of its efforts to engage the community, the Prince George's County Memorial Library System is offering a small lending library at Langley Park Community Center in Hyattsville, Md. The lending library offers books for children and young adults.

"We want to reach the youth of Langley Park with a powerful resource for growth and education," said Library Director Kathleen Teaze. "The new lending library offers hand-picked books and makes a welcome addition to the resources we've established in communities throughout the county."

In opening the lending library, the library system joins Prince George's County and County Executive Rushern L. Baker III in the Transforming Neighborhoods Initiative. Launched in 2012, the Transforming Neighborhoods Initiative seeks to uplift six neighborhoods in the county, including Langley Park, facing significant economic, health, public safety and educational challenges.

The renovated Langley Park Community Center occupies a portion of a former elementary school at 1500 Merrimac Drive. In addition to the lending library, the center features a multipurpose room with a stage, two meeting rooms, a multipurpose preschool room, fitness room, kitchen, game room, offices and a senior lounge. Outdoor amenities include play equipment and a field on the adjacent school property.

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, Spauldings, Surratts-Clinton and Upper Marlboro. (www.pgcmli.info)

Runner Up Wins DHCD 2014 House Lottery

Largo, MD --- As a pre-qualified applicant for the 2014 House Lottery, Catherine Gantt did not hear her name called when Prince George's County Russem L. Baker, III pulled the winning name on Saturday, June 14th. Gantt and her family and friends left the Sports and Learning Center disappointed. However, three days later she received a call informing her that the winner of the House Lottery had put a bid on another house that was accepted and would not be purchasing the House Lottery house. As the alternate for the House Lottery home, Ms. Gantt was the winner! "I was just so excited. Tears just came down," Gantt said. "Words can't express how I feel. I'm just so glad."

This is the 3rd House Lottery hosted by the Prince George's County Department of Housing and Community Development. The House Lottery is a major component of the annual Housing Fair that took place on Saturday, June 14th at the Sports and Learning Center in Landover, MD. The Housing Fair hosted a wide variety of housing industry pro-

fessionals and attendees were able to get questions answered, obtain information and attend workshops on a wide variety of topics geared to purchasing a home and keeping it. Exhibitors included banks, housing counselors, realtors, mortgage lenders, non-profit organizations, home security companies and more.

Ms. Gantt, a 36 year-old DC resident, will close on her house in the following weeks and move in shortly after closing. "I'm happy to be able to share my home with the rest of my family," Gantt said. "It's not just a win for me, but a win for us." "It always exciting and heart-warming when our agency can fulfill its mission and provide quality, affordable housing to area residents," said Eric C. Brown, Director of the Prince George's County Department of Housing and Community Development.

The House Lottery home, located in District Heights, MD, is a spacious 4 bedrooms/3 baths home on a cul-de-sac and situated on over a 1/4 acre lot landscaped with flowers and fruit trees with a large fenced yard. It features granite countertops and new Energy-Star stainless steel kitchen appliances, new chocolate kitchen cabinetry, custom ceramic tile design in the master bath, a rear deck and off-street parking.

Local Teacher to Participate in National Education Program

Vernestine Strickland, an educator at Oxon Hill Middle School in Fort Washington, has been selected from a pool of more than 400 applicants to participate in the Library of Congress Teaching with Primary Sources Summer Teacher Institute for the week of July 7-11, 2014.

Each year, the Library of Congress provides the opportunity for a carefully chosen group of K-12 educators to attend one of its five teacher institutes in Washington, D.C.

During the five-day program, participants work with Library education specialists and subject-matter experts to learn effective practices for using primary sources in the classroom, while exploring some of the millions of digitized historical artifacts and documents available on the Library's website.

Educators attending the teacher institutes develop primary-source-based teaching strategies that they can take back to their school districts, apply in the classroom and share with colleagues. Teaching with primary sources is a powerful way to help students ask engaged, probing questions, develop critical-thinking skills, and gain knowledge. All educators can access classroom materials, teaching tools and strategies for teaching with primary sources from the Library's site for teachers at www.loc.gov/teachers/.

Applicants to the Teaching with Primary Sources Summer Teacher Institutes reflect the diversity of the world of K-12 education. Participants in a teacher institute session typically include school library media specialists and school administrators, in addition to classroom teachers. Those selected come from many different states, representing large metropolitan school districts and smaller, rural school dis-

tricts. The expertise provided by the Library of Congress during the institutes can benefit every level of K-12 education.

Primary sources are the raw materials of history — original documents and objects that were created at the time under study. They are different from secondary sources—accounts or interpretations of events created by someone without firsthand experience. Students working with primary sources become engaged learners while building critical-thinking skills and constructing new knowledge. Teachers working in the Library's collections will explore the largest online collection of historical artifacts with access to millions of unique primary sources for use in instruction.

The Library of Congress, the nation's oldest federal cultural institution, is the world's preeminent reservoir of knowledge, providing unparalleled integrated resources to Congress and the American people. The Library serves the public, scholars, Members of Congress and their staffs—all of whom seek information, understanding and inspiration.

MPT Announces Second Season of Maryland Farm & Harvest Weekly series

OWINGS MILLS, MD — After a successful initial 13-episode run, Maryland Public Television's popular original series Maryland Farm & Harvest has been renewed for a second season starting in November 2014. The series puts a human face on Maryland's agriculture industry, telling the stories of the people who grow the state's food and fiber.

The series chronicles the successes and the challenges that local farmers face working in the state's number one industry. Last season, Maryland Farm & Harvest featured farms across Maryland, from a soy farm in Garrett County to a horse breeding farm in Baltimore to a 10th-generation vegetable and wheat farm in Talbot County. Joanne Clendinning, a veteran actress and the owner of a family farm, returns as the host for season 2.

The series airs on Tuesdays at 7 p.m. on MPT-HD and is rebroadcast on Thursdays at 11:30 p.m. and Sundays at 6 a.m. Each show will also air on MPT's secondary channel, MPT2, on Fridays at 6 p.m.

The Maryland Department of Agriculture is MPT's co-production partner for Maryland Farm & Harvest. Major funding is provided by the Maryland Grain Producers Utilization Board.

Additional funding provided by Maryland's Best; the Maryland Soybean Board; Mid-Atlantic Farm Credit; the Maryland Agricultural and Resource-Based Industry Development Corporation; the Maryland Agricultural Education Foundation; and the Maryland Association of Soil Conservation Districts. Other support comes from the Arthur W. Perdue Foundation; the Maryland Nursery & Landscape Association; the Mid-Atlantic Dairy Association; the Delmarva Poultry Industry, Inc.; Willard Agri-Service Company; the Maryland Farm Bureau Service Company, the Maryland Horse Industry Board; Harford County, Maryland, Division of Agriculture; and the Mar-Del Watermelon Association.

COMMUNITY

Practical Money Skills

By Jason Alderman

Read Contracts Carefully Before Signing

If you always stop to read the fine print before signing anything, congratulations — your parents trained you well. If you don't, beware: Your signature could commit you to a long-term gym membership you don't really want, an apartment you can't afford or worst of all, paying off someone else's loan you cosigned.

Broadly defined, contracts are mutually binding agreements between two or more parties to do — or not do — something. It could be as simple as buying coffee (you pay \$3 and the restaurant agrees to serve you a drinkable beverage), or as complex as signing a 30-year mortgage.

Once a contract is in force it generally cannot be altered unless all parties agree. And, with very few exceptions (e.g., if deception or fraud took place), contracts cannot easily be broken.

Before you enter a contractual agreement, try to anticipate everything that might possibly go wrong. For example:

- After you've leased an apartment you decide you can't afford the rent or don't like the neighborhood.
- Your roommate moves out, leaving you responsible for the rest of the lease.
- You finance a car you can't afford, but when you try to sell, it's worth less than your outstanding loan balance.
- You buy a car and only later notice that the sales agreement includes an extended warranty or other features you didn't verbally authorize.
- You sign a payday loan without fully understanding the terms and end up owing many times the original loan amount.
- You buy something on sale and don't notice the store's "No returns on sale items" policy.
- You click "I agree" to a website's privacy policy and later realize you've given permission to share your personal information.
- You buy a two-year cellphone plan, but after the grace period ends, discover that you have spotty reception and it will cost hundreds of dollars to buy your way out.

Cosigning a loan can be particularly risky. If the other person stops making payments, you're responsible for the full amount, including late fees or collection costs. Not only will your credit rating suffer, but the creditor can use the same collection methods against you as against the primary borrower, including suing you or garnishing your wages.

Still, there may be times you want to cosign a loan to help out a relative or friend. The Federal Trade Commission's handy guide, "Co-signing a Loan," shows precautions to take before entering such agreements (www.consumer.ftc.gov).

A few additional reminders:

- Ensure that everything you were promised verbally appears in writing.
- Make sure all blank spaces are filled in or crossed out before signing any documents —including the tip line on restaurant and hotel bills.
- Don't be afraid to ask to take a contract home for more careful analysis or to get a second opinion. A lawyer or financial advisor can help.
- Don't be pressured into signing anything. If salespeople try that tactic, walk away. (Be particularly wary at timeshare rental meetings.)
- Keep copies of every document you sign. This will be especially important for contested rental deposits, damaged merchandise, insurance claims, extended warranties, etc.
- Take along a "wingman" if you're making an important decision like renting an apartment or buying a car to help ask questions and protect your interests.
- Be wary of "free trial" offers. Read all terms and conditions and pay particular attention to pre-checked boxes in online offers.

Bottom line: Contracts protect both parties. Just make sure you fully understand all details before signing on the dotted line.



Governor O'Malley Appoints Taneytown Veterinarian to Maryland Horse Industry Board

By PRESS OFFICER
MD Department of Agriculture

ANNAPOLIS, MD — Governor Martin O'Malley has appointed Dr. Michael Odian from Taneytown (Carroll County) to serve as the licensed veterinarian representative on the Maryland Horse Industry Board (MHIB), a program within the Maryland Department of Agriculture. Dr. Odian, 45, succeeds Dr. John Lee, who had been an MHIB member for 10 years.

"We applaud Dr. Lee for his exemplary service to Maryland's equine industry, and we are delighted to welcome Dr. Odian, who is also an outstanding equine veterinarian, to succeed him," said MHIB Chairman Jim Steele.

Dr. Odian, who has been practicing veterinary medicine for 19 years, operates a general equine practice focusing on sport horse medicine. His clients include many of the top

competition horses in the state, from Grand Prix jumpers and A Circuit show hunters to World Champion Western reining horses. He also breeds and raises Clydesdale and Percheron draft horses and is president of the Maryland Draft Horse and Mule Association.

Dr. Odian received his B.S. at Cornell University in Ithaca, N.Y. and his veterinary degree at the Atlantic Veterinary College at the University of Prince Edward Island. He formerly served as the track veterinarian for the Thistledown Thoroughbred track and the Northfields Park Standardbred track in Ohio before moving to Maryland in 2003. Dr. Odian is a member of the American Association of Equine Practitioners, the American Veterinary Medical Association and the International Society of Equine Locomotive Pathology. He and his wife, Maureen, have two children. Their daughter, Michaela, competes in Dressage competitions.



PHOTO COURTESY THE SENATOR'S OFFICE
On Wednesday, July 2, U.S. Senator Barbara A. Mikulski (D-Md.) met with U.S. Attorney Rod Rosenstein and his staff.

The MHIB, established 1998, is a commodities board that represents the state's equine industry. Its main functions are to license the state's commercial lesson, boarding, rental and rescue stables and to

promote, market and help grow the industry. For more information about MHIB, contact Executive Director Ross Peddicord at 410-841-5798 or ross.peddicord@maryland.gov. Or visit the website .

Court from A1

A subsequent Supreme Court ruling on *Speechnow.org v. FEC* that same year allowed for the creation of independent expenditure-only committees — also known as Super PACs — capable of raising and spending unlimited sums of money to influence elections, but prohibited from contributing directly to candidates or parties.

Trainers from A1

Anne Arundel, Caroline, Somerset and Worcester counties have full-time athletic trainers in all high schools for the 2013-2014 school year.

At the other end of the spectrum, Baltimore City Public Schools and the public school districts of Prince George's, Calvert, Dorchester, Allegany and Washington counties do not employ any athletic trainers in any high schools.

In between are another 14 counties in Maryland that employ part-time athletic trainers in the public high schools, or full-time trainers in some of the high schools.

Tom Hearn, the Bethesda father of a Walt Whitman High School student who sustained a concussion during the 2012 football season, is concerned.

"As the experts say, 'If you can't afford to have athletic trainers, you can't afford to have an athletic program,'" said Hearn, who has pressed Montgomery County officials to have athletic trainers in all public high schools.

Montgomery County Public Schools placed part-time athletic trainers in some of its 25 public high schools this school year. While Hearn applauds this effort, he notes those athletic trainers were donated by area medical vendors for just this academic year. Their future in the school system is uncertain.

Overall, about 61 percent of Maryland's high schools employ athletic trainers, the National Athletic Trainers Association estimates. That number is low compared to surrounding states such as Delaware (96 percent), Pennsylvania (96 percent), Virginia (87 percent) and West Virginia (85 percent).

THE HAVE NOTS

School jurisdictions without any athletic trainers cite lack of money as one of the reasons.

Prince George's County Public Schools Athletic Supervisor O'Shay Watson said the county hires emergency medical technicians for some events, but budget

constraints make it difficult to hire full-time athletic trainers.

"We really do value the safety of the students, which comes first," he said. "But [you've] got to think about health benefits and things like that come with full-time employees, and it's costly."

George C. Hall, president of the booster club at Eleanor Roosevelt High School in Greenbelt and the father of two lacrosse players for the school, said the fact that Prince George's County has no athletic trainers is upsetting.

"I'm really disappointed in that," said Hall, who is also an assistant coach for the lacrosse team. There are "very few games, if any, that we go without some kind of injury. ... It's quite dangerous to not have someone out there if something happens."

Certified and licensed athletic trainers are taught to properly respond to a wide range of injuries, from sprained ankles and muscle spasms to more serious ones, such as concussions and spinal injuries.

Hall said if something does happen on the field, "it's left up to the coaching staff and the parents to assess the injury."

Charlie Strite, father of a student athlete at Williamsport High School in Washington County, said, "obviously an athletic trainer would enhance or protect" the children more. But, he said, "it does come down to budgets."

Washington County has budgeted for seven athletic trainers next school year, one for each of its public high schools, according to school officials. Strite said it's a good move that will not only protect the kids but "also help the coach, who is probably unnecessarily burdened with making decisions that he or she's not qualified to make when it relates to an injury."

Another nine counties — Carroll, Cecil, Charles, Frederick, Garrett, Harford, Howard, Kent and St. Mary's — have part-time athletic trainers covering most practices and games in each of their public high schools.

Queen Anne's County has one part-time athletic trainer shared between the two high schools in that county for practices and games, and another athletic trainer who only covers games.

Three counties — Baltimore, Montgomery and Talbot — have part-time athletic trainers in some public high schools.

THE HAVES

School districts with athletic trainers in all or most of their schools cite safety as a primary concern.

"The reason we got full-time athletic trainers was to make sure our students were in athletics and doing so safely," said Bryan Ashby,

supervisor of athletics in Wicomico County. "There is no way the parents would even let us go back to a contractual model. Those people [the athletic trainers] are like members of the community now."

Wicomico County has had full-time athletic trainers in three of its four high schools for at least 15 years, said supervisor of athletics Bryan Ashby. He said there is a part-time athletic trainer in one of the high schools only because that school doesn't have as many sports as the others.

Ashby said Wicomico County's athletic trainers are paid on the same scale as teachers, with annual starting salaries of about \$43,000. That's right in the middle of the national average salary for full-time high school athletic trainers of \$38,000 to \$48,000, according to the National Athletic Training Association.

This school year is Caroline County's first year to have full-time athletic trainers in both of its public high schools, said Athletic Director Brett Ireland. They made the change for safety reasons, Ireland said, because "with the amount of sports at both schools, we need a trainer at each school."

It is Anne Arundel County's second year to have full-time athletic trainers in all of its 12 public high schools, said Greg LeGrand, the system's coordinator of athletics.

Somerset and Worcester counties have been fully staffed with athletic trainers for many years, according to school system officials.

Another nine counties — Carroll, Cecil, Charles, Frederick, Garrett, Harford, Howard, Kent and St. Mary's — have part-time athletic trainers covering most practices and games in each of their public high schools.

Queen Anne's County has one part-time athletic trainer shared between the two high schools in that county for practices and games, and another athletic trainer who only covers games.

Three counties — Baltimore, Montgomery and Talbot — have part-time athletic trainers in some public high schools.

While the rulings in *Citizens United* and *Speechnow* ignited a firestorm of controversy regarding the campaign finance system, traditional PACs are still subject to per-election limits on campaign spending and per-year limits on contributions from individual members.

aggregate contributions — or contributions from one individual to multiple candidates and party committees.

Prior to the 5-4 ruling in the *McCutcheon* case, aggregate donations given to candidates could not exceed a total of \$48,600 — with a limit of \$2,600 per individual candidate per election cycle — and those given to PACs and political parties could not exceed \$74,600. Together, these limitations prohibited any indi-

vidual from contributing more than \$123,200 in aggregate contributions to candidates, PACs and parties combined.

Now, the Supreme Court has declared the aggregate limit to be unconstitutional, allowing individuals to give the maximum legal contributions to as many candidates and parties as they like. The per-candidate and per-party limits still exist, but the aggregate limit has been struck down.

"Part-time" is the most-used business model throughout Maryland. This typically means the athletic trainer is also either a teacher, or is contracted through a local healthcare vendor. For example, both Charles County and St. Mary's County public schools contract part-time athletic trainers through the Rehabilitation Center of Southern Maryland.

But these part-time arrangements can be strenuous. Michelle Priddy, a part-time athletic trainer covering the approximately 900 athletes of Queen Anne's County's two high schools, said sometimes it's hard keeping straight which students are at which school.

"That is mentally hard," Priddy said. "And there's times when, I do — I'm human — I forget who I saw, and three days later I'm like, 'I forgot to check on this student to see how they're doing.'"

And although nothing serious has ever happened, Priddy said sometimes athletes get injured when she's not there and "sometimes the coaches don't tell me when an athlete is injured."

"So, it can be hard communication-wise," she said.

COACHES: NOT ATHLETIC TRAINERS

Howard County's Palermo said the lack of athletic trainers in some schools can hinder injury reporting and ensuring return-to-play protocol is followed correctly for athletes who have been hurt. She said the Maryland Athletic Trainers Association's goal is to get athletic trainers in every high school in Maryland.

"That would be our ultimate goal, say, within 10 years," Palermo said. "But, truthfully, if they don't mandate it in the state, I don't ever see it happening."

She said it's hard to mandate something when school jurisdictions keep saying there's not enough money. But having a coach present on the field does not replace an athletic trainer —

See **TRAINERS** Page A6

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COMMENTARY

Barbara A. Mikulski United States Senator for Maryland



Mikulski Joins Maryland and Prince George's County in Honoring the Life & Legacy of Wayne K. Curry

UPPER MARLBORO — U.S. Senator Barbara A. Mikulski (D-Md.) this week joined with Governor Martin O'Malley and Prince George's County Executive Rushern L. Baker, III along with community leaders, friends and family at a homegoing service to honor the life and legacy of former Prince George's County Executive Wayne K. Curry.

Senator Mikulski's remarks as delivered during the Celebration of Life service follow:

"I'm honored to be here today to celebrate and praise Wayne Curry. He had a compelling personal narrative and an amazing set of credentials. But deep down in his heart he was an activist and a man of action. We all admired his verve, his vitality, his audaciousness and his bodaciousness.

"We all know that Wayne had a keen mind, an eye for opportunity for helping the community, and a deep skepticism for the hollow promises of politicians. He said, 'If you're going to say it, do it. And if you're not going to say it, don't come by me.' He had a unique voice and a unique way. He was a man who grew up in the civil rights movement and helped advance the civil rights cause.

"My meetings with him first began in 1994, when he became county executive. I call it a meeting, but you didn't have a meeting with Wayne, you had an encounter with Wayne. You had to engage with Wayne. If you didn't have an encounter, it just didn't count. If you didn't have the outcome, you would be out, and you wouldn't be invited to come again.

"So I walked into the meeting with County Executive Curry the same as I walk into meetings with other county executives. He said, 'What are you carrying?' I said, 'I've got my black book that tells me about Prince George's. It tells me about projects I began with Parris Glendening that I want to help you continue.' He said, 'Can I count on you?'

"I said, 'You bet,' and turned to page one. I said, 'Look at this number,' and it said 'Barbara Mikulski just got 80 percent of the vote in Prince George's County.' And I said '180,129.' He said, 'Girl, you've got an eye

for numbers.' And I said, 'It's not only the 80 percent you can count on, you can count on me 100 percent.'

"Together we worked on better houses for Manchester apartments, transportation and mass transit. Then came the meeting where I had heard the General Services Administration (GSA) was going to do something to Prince George's that just wasn't going to fly. In that meeting with the Chamber, I announced that I had heard the government and GSA wanted to put up a barbed wire fence around Suitland. A barbed wire fence complete with a Checkpoint Charlie. Now I said at that meeting, 'Can you believe that? GSA must stand for God Save Us All!'

"When Wayne was sitting there, listening attentively - and you know when Wayne listens attentively, that's pretty good. I said, 'There is no other barbed wire fence around any other federal facility in Maryland, including the federal prison in Cumberland. I will not allow it, and if they try to do it I will chain myself to the fence.' Wayne jumped up and said, 'I've got your back and I'll hold the ladder!'

"The Delegation wouldn't put up with it either. Sen. Paul Sarbanes, Rep. Steny Hoyer, we wouldn't stand for that fence. When union representatives invited us into the Census building, we saw it was a dump. Today, we've got a new building with new work and new opportunities for the Federal workforce.

"You and I know that Wayne Curry is in heaven. You and I also know that our dear Lord did not sit him next to Mother Teresa. There are many people the Lord would want Wayne to meet. Meet Frederick Douglass, a brother of Maryland. Meet Dr. King, you two admired each other. Then there's Nelson Mandela.

"I know right this minute, while they were shaking hands and meeting with those guys, Wayne would be quietly planning that the GSA will announce in the next couple of days that Prince George's County will be the new home to the Federal Bureau of Investigation (FBI) headquarters. So there won't ever be a fence around hope, dreams and opportunity in Prince George's County.

"God Bless you all and God Bless Wayne Curry."

Marc Morial, President and CEO National Urban League



Progress and Unfinished Business: 50 Years After the Civil Rights Act of 1964

"The purpose of the law is simple...those who are equal before God shall now also be equal in the polling booths, in the classrooms, in the factories, and in hotels, restaurants, movie theaters, and other places that provide service to the public."

— President Lyndon B. Johnson, July 2, 1964

July 2 marks the 50th anniversary of President Lyndon Johnson's signing of the landmark Civil Rights Act of 1964 that outlawed discrimination and segregation based on race, color, religion, sex or national origin. First introduced by President John F. Kennedy shortly before his 1963 assassination, the Civil Rights Act also offered greater protections for the right to vote and paved the way for another historic achievement one year later — the Voting Rights Act of 1965.

Momentum for the legislation picked up following the 1963 March on Washington where Dr. Martin Luther King, Jr. and the National Urban League's Whitney M. Young, along with 250,000 activists and citizens, gathered to demand "Jobs and Freedom" for people of all races who were locked out, left out, and disenfranchised. President Kennedy, a Massachusetts liberal, introduced the bill in June of 1963, just five months before his assassination. It was up to his appointed successor, Vice President Lyndon Johnson, a former United States Senator from Texas with deep southern roots, to carry it over the finish line. Despite extreme opposition, especially from his former southern Congressional allies, President Johnson successfully navigated the bill's passage. He signed it into law on July 2, 1964, surrounded by Dr. King, Whitney Young and a multi-racial group of civil rights activists.

It was only 50 years ago that it was legal in some states to deny Blacks the right to eat in the same restaurants as whites, to sit in the same movie theaters or even to apply for the same jobs. Thankfully, that is

no longer true anywhere in America. We have also seen other gains, including a rising Black middle class and an increase in African American high school graduation rates. However, there is still a wide opportunity gap in America.

According to a recent USA Today article, "In almost every economic category, blacks have been gaining, but not by enough. Median family income (in inflation-adjusted dollars) is up from \$22,000 in 1963 to more than \$40,000 today, still just two-thirds of the median for all Americans. Black unemployment remains twice the level of white unemployment, similar to where it was in 1972. The black poverty rate has dropped from more than 40% in the 1960s to about 27% today; child poverty similarly has dipped from 67% to about 40%. Those numbers still are glaring, however. And the gap in overall wealth is more than 5-to-1 between whites and blacks..."

Perhaps the most visible demonstration of the progress we have made over the past 50 years is the 2008 election and the 2012 reelection of Barack Obama as America's first Black President. But even that achievement has been met with a backlash, as right wing voter suppression efforts have risen since President Obama first took office and the United States Supreme Court essentially gutted the Voting Rights Act of 1965 last year. Obviously, 50 years after the passage of the Civil Rights Act, our work is not yet done. As we noted last week in our statement in support of the Voting Rights Amendment Act now before Congress, "The National Urban League believes there is no better and fitting tribute to the men and women who 50 years ago fought for and died to secure a Civil Rights Act and a Voting Rights Act than to pass the VRAA this year before the November mid-term elections. We cannot focus only on a celebration of progress. We must also ensure there is a continuation of the very equality and opportunity that are at the core of this country's democratic values."

Maryland State House



WIKIMEDIA COMMONS PHOTO BY: MARTIN FALBISONER

MARYLAND STATE HOUSE?

Completed in 1779, it was the site of nationally important events during the American Revolution, including George Washington's resignation as commander in chief of the Continental Army from the army, and the ratification of the Treaty of Paris. The rich architecture and history of the building was recognized in 1960 when the State House was designated as a National Historic Landmark. The State House is open to the public every day from 9:00 a.m. - 5:00 p.m., except Christmas and New Years Day. To help make your visit to the Maryland State House more enjoyable, and to provide you with an understanding of its rich and historic past, self-guided tour information is available in the Office of Interpretation on the first floor.

Child Watch by Marion Wright Edelman



Breaking the Code of Silence

"I found my voice long before I became a writer in community organizing. That's where I found my voice, where I was able to take all that pain and transform it into something useful in the world, and I never looked back." Michael Patrick MacDonald is a storyteller. Michael recently encouraged the crowd of young leaders at the Children's Defense Fund Freedom Schools® National Training to understand the power of storytelling to create change.

His first book, *All Souls: A Family Story from Southie*, became a national bestseller and won an American Book Award, and *All Souls* and its follow-up *Easter Rising: A Memoir of Roots and Rebellion* have captivated readers with their accounts of his childhood in South Boston's Old Colony housing project and the poverty, crime, and addiction that devastated his Irish Catholic neighborhood and killed four of his siblings.

He said *All Souls* begins with a description of an event he organized in his own community: "I organized an All Souls Day vigil to get the neighborhood to start to come out and to tell the truth about all the deaths in the neighborhood, from murders, overdoses, all of the things that we didn't talk about, all of the things that we pretended didn't exist. South Boston held the highest concentration of White poverty in America, and I grew up in the housing projects there in a family of 11 kids. Of the 11 kids, we lost four, plus a sister who was crippled in a fight over pills and was pushed off a roof in the projects. But the others all died from poverty and violence as well. My mother was shot as well, and all the years you would go through that stuff, and all of our neighbors were going through that stuff, we were strangled by this code of silence where you were never able to talk about it. You weren't allowed to talk about this stuff because our neighborhood was controlled by organized crime, but also because the neighborhood was in a state of denial, choosing to believe what the media says—that this stuff doesn't happen here, this stuff happens 'over there,' to 'those people.' That's Black and Latino people,

in particular. [South Boston] is very well known for the race riots of the 1970s, when the neighborhood broke into racist riots over desegregation in the city of Boston, but had an awful lot in common with those neighborhoods that we were trying to keep out—an awful lot in common in terms of class."

Michael knew the code of silence in his neighborhood very well because it was the way he was brought up. In his own family he was "the quiet one" of the 11 children, and as each of his four brothers died he initially felt "kind of stunned speechless." But when he started working "over there" in some of Boston's other neighborhoods he realized he wasn't the only one holding a story inside—and learned how much more power people had when they started letting their stories out and sharing them with each other. "I decided to write a memoir after years of doing community organizing, especially with a lot of mothers of murdered children, from around the city of Boston—from Roxbury, Dorchester, Mattapan, the Black and Latino neighborhoods, as well as eventu-

ally South Boston and Charlestown, the poorer White neighborhoods ... and I would organize these press conferences or rallies, and I'd push them to the microphone to get them to tell their stories. I saw what happened to them when they told their stories in whatever amount that they wanted to and were capable of telling—how it changed them, and it was also changing the world."

Michael could see the impact these mothers were having on their communities, especially by speaking out against gun violence. He could also see that sharing their stories was helping reduce their own risks of suicide, alcoholism, drug addiction, and need for revenge against the people who had taken their family members' lives, and breaking their silences was even changing them in other ways: "They had a really powerful strength, and they completely changed from 'high-risk' people to really powerful people ... I saw what it did for them ... and then they started to push me out to the front to the microphone, and I

See WATCH, Page A12

The Prince George's Post

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BUSINESS

The American Counseling Association's Counseling Corner

How To Make Curfew Rules For Your Teen Work Without Arguing

With summer here, most teens will be pushing to have the freedom to stay out later. That issue can lead to major disagreements, but there are ways to eliminate the conflict and get yourself more sleep at the same time. And all it takes is an alarm clock and a few simple agreed-upon rules.

Teens' desire for more responsibility and freedom is a natural part of the maturing process. So start by allowing your teen the responsibility of deciding a reasonable time to be back home. You can set an outside limit, one based on your teen's age and proven record of responsibility.

Next come the rules. Make it clear that exceptions to curfew times need to be cleared with you first. Special late events, or places requiring extra travel, do occur. In such cases, that extra time request requires details about what's happening, where it is, who's involved, who's driving, a phone number you can call and similar information.

You and your teen must also decide on the consequences for returning home after the curfew time. Your teen should realize that the time chosen represents a commitment and is a way of showing an adult level of responsibility. Violating that commitment should carry consequences that mean something.

Another rule is that only serious emergencies, ones requiring you to come to the rescue (an auto breakdown, an intoxicated driver), are acceptable curfew-breaking excuses. A call reporting losing track of time or just forgetting isn't acceptable. If your teenager has set an 11:30 curfew time, an 11:31 return is too late and the consequences should kick in.

And that alarm clock? That's so you can get a decent night's sleep. Set it to the time your teen said he or she would be home. Then put it outside your bedroom door and go to bed without worrying. When your teen comes home before the curfew time, he or she shuts off the alarm and you just continue sleeping.

But if it's a late return, that alarm goes off. That ends any arguments about what time your teenager "really" returned. It's a late return and agreed-upon consequences happen. Don't make a big deal of it, and give your teen another chance, using the same rules, to improve upon his or her curfew performance.

You'll soon find that curfews without arguing really can work.

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

Maryland Casinos Generate \$72 Million in Revenue During June

(Baltimore) — The Maryland Lottery and Gaming Control Agency today announced June 2014 revenue numbers for the state's four casinos -- Hollywood Casino Perryville in Cecil County, Casino at Ocean Downs in Worcester County, Maryland Live Casino in Anne Arundel County, and Rocky Gap Casino Resort in Allegany County. June 2014's combined statewide revenue totaled \$72,054,032.

Hollywood Casino Perryville generated \$7,012,958 from both slot machines and table games in June. Gross gaming revenue per unit per day was: \$172.77 for slot machines, \$2,429.79 for banking table games and \$453.49 for non-banking table games. Hollywood Casino's June 2014 revenue decreased by \$771,856, or 9.9%, from June 2013. Hollywood Casino Perryville operates 1,158 slot machines and 22 (12 banking and 10 non-banking) table games.

Casino at Ocean Downs generated \$4,804,844 in June, and its gross gaming revenue per unit per day was \$200.20. Casino at Ocean Downs' June 2014 revenue decreased by \$5,829, or .1%, from June 2013. The Casino at Ocean Downs operates 800 slot machines.

Maryland Live Casino generated \$56,501,201 from both slot machines and table games in June. Gross gaming revenue per unit per day was: \$285.01 for slot machines, \$4,457.37 for banking table games and \$1,334.31 for non-banking table games. Maryland Live's June 2014 revenue increased by \$5,085,442, or 9.9%, from June 2013. Maryland Live Casino operates 4,222 slot machines and 189 (137 banking and 52 non-banking) table games.

Rocky Gap Casino Resort generated \$3,735,029 from both slot machines and table games in June. Gross gaming revenue per unit per day was: \$186.13 for slot machines, \$1,172.97 for banking table games and \$340.72 for non-banking table games. Rocky Gap's June 2014 revenue increased by \$1,248,969, or 50.24%, from June 2013. Rocky Gap Casino Resort operates 577 slot machines and 16 table games (14 banking and 2 non-banking).

In a year-to-year comparison, June 2014 casino revenue increased from June 2013 by \$5,556,727, or 8.4%. See attached document (or click [HERE](#)) for a detailed breakdown of June 2014's fund disbursement, fiscal year-to-date totals for the individual casinos and combined state total.

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

Westport Looks To Funds From Baltimore's New Casino To Lift Neighborhood

By IDREES ALI AND
JACE EVANS
Capital News Service

BALTIMORE — The residents of Westport, a worn-down Baltimore neighborhood dwarfed by the elevated highways that run over it, say they've always felt ignored. Industry and jobs have moved out. People moved away. And blocks have been crumbling for decades.

Now, the sleek stone-and-glass Horseshoe Casino is rising at the edge of Westport, just south of Baltimore's stadiums. And Westport, like other neighborhoods that surround the casino, will share in millions of dollars every year for community improvements -- a part of the state's cut of gambling revenues.

That's good news, Westport residents say. But gambling, they caution, hasn't saved other cities.

"Look at Atlantic City," said Richard Bryant, a longtime Westport resident who had just bought several lottery tickets at the Westport Liquor & Grocery Store. "The area around the casinos? Slums."

Still, many neighborhood residents see the casino funds as a chance to fix streets, improve housing, and even create jobs -- all things that they say the city has not provided enough help with.

"This neighborhood has so much potential," said Rebecca Carver, who lives in Westport.

A share of casino revenues

The communities near the Horseshoe Casino will receive about \$10 million in "local impact grants" beginning July 1, the first fiscal year in which Baltimore's casino will be open. The grants are based in state law, which requires 5.5 percent of slots revenue be returned to surrounding neighborhoods.

The grants are meant to compensate for the added trash, traf-

fic and wear that casino visitors will create. The Baltimore Casino Local Development Council, made up of neighborhood representatives, elected officials and a Horseshoe delegate, set priorities for how to spend the money, projects that must be approved by the mayor.

In the first year, the casino money will pay for a variety of requests, including more police officers in the area, widening of streets, an employment program and tree planting.

But the neighborhoods that will benefit range from affluent to poor. And their priorities for spending the money sometimes differ. Ranking the requests has been "a challenge," said state Sen. Bill Ferguson, D-46th District, who chairs the council.

Residents of Federal Hill, with its elegant brick townhouses, and other well-off South Baltimore neighborhoods are concerned about increased traffic and trash.

"Most of the people who work in the city don't live in the city," said Debby Steplock, a resident of Riverside. "And us who live in the city have to put up with all of the trash and the wear and tear on all the roads. It comes out of our pockets," she said.

"Jobs, jobs, jobs"

Westport wants extra money for trash and traffic too. But now that the community is getting some attention -- after years of "just being ignored," the neighborhood association president says -- Westport has a longer list of needs.

Keisha Allen, president of the Westport Neighborhood Association, calls her community "a poor black neighborhood" that has been "isolated from resources that other city neighborhoods know exist or been able to tap into."

Allen wants some of the casino funds to help rehabilitate vacant housing, fix roads, and create jobs.

While the median price of homes sold in Baltimore was \$135,000 in 2012, Westport lagged behind at \$52,900. The neighborhood's crime rate and unemployment rate exceed those for the city as a whole.

She said the neighborhood, already in decline, suffered more after the Carr Lowrey Glass Co., a 114-year-old glass-making factory that employed about 250 people, closed in 2003.

"Westport's priority has been jobs, jobs, jobs," said Del. Luke Clippinger, D-46th District, community and economic development chair for the casino development council.

Westport's desire to recover some jobs is reflected in the council's first-year plan for spending the impact money. The plan includes funding for an employment center -- with computer training, coaching for interviews and connections with employers -- and for a study that will examine the skills and education level of residents in the casino area, to plan for future job training.

Zane Kolnik, a Westport resident, said he doesn't think the casino can fill many jobs with neighborhood people because the population has dwindled so much.

But he hopes people who get casino jobs will move into the neighborhood to be close to work and help fill some of Westport's vacant housing.

Worries about the future

Some Westport businesses worry that the casino will cost them money. Eric Jhang, a 10-year employee of Westport Liquor & Grocery Store, predicts a decrease in the store's lottery sales.

Residents, he said, might prefer spending hours at the

casino -- with its air conditioning in the heat of the summer and other amenities -- to visiting the corner store.

Crime is a continuing concern. In December, a sedan service driver was shot dead as he picked up a customer there, and some taxi companies now won't take fares to Westport at night.

Casino money in the first year will provide 10 more police officers, three police sergeants and three new patrol cars to deal with the influx of gambling customers. But Allen says she and her neighbors have long needed help in combatting crime.

"I'm more concerned about the safety of us [residents]," she said. "We need to be protected, not the visitors."

In fact, she added, the neighborhood might have to deal with an increase in crime that the casino may generate. "Maybe crack won't increase," she said. "Maybe cocaine will be a new market.... It could be prostitution."

And some residents worry that the attention they are finally receiving will boost rents.

A few years ago, a developer proposed a massive project on the Westport waterfront that would have included thousands of homes, hotels and retail space. City officials hailed the plan, which would have remade an old industrial area -- but the \$1.4 billion project went into bankruptcy before it was begun.

Still, Allen said, some residents worry that Westport could become "the new Canton," with soaring real estate values, "and push out the current residents."

"I'm terrified, you know," Rebecca Carver said. "I like living here. I'm concerned that people are going to come in and buy up the houses and jack up the prices. I don't like to see people priced out of neighborhoods that they've lived in for a long time."

Pollinator from A1

- Native wild pollinators, such as bumble bees and alfalfa leafcutter bees, also contribute substantially to the domestic economy. In 2009, the crop benefits from native insect pollination in the United States were valued at more than 9 billion dollars.

The Challenge of Pollinator Declines:

- The number of managed honey bee colonies in the United States has declined steadily over the past 60 years, from 6 million colonies (beehives) in 1947 to 4 million in 1970, 3 million in 1990, and just 2.5 million today. Given the heavy dependence of certain crops on commercial pollination, reduced honey bee populations pose a real threat to domestic agriculture.

- Some crops, such as almonds, are almost exclusively pollinated by honey bees, and many crops rely on honey bees for more than 90% of their pollination. California's almond industry alone requires the pollination services of approximately 1.4 million beehives annually—60% of all U.S. beehives—yielding 80% of the worldwide almond production worth 4.8 billion dollars each year.

- Since 2006, commercial beekeepers in the United States have seen honey bee colony loss rates increase to an average of 30% each winter, compared to historical loss rates of 10 to 15%. In 2013–14, the overwintering loss rate was 23.2%, down from 30.5% the previous year but still greater than historical averages

and the self-reported acceptable winter mortality rate.

- The recent increased loss of honey bee colonies is thought to be caused by a combination of stressors, including loss of natural forage and inadequate diets, mite infestations and diseases, loss of genetic diversity, and exposure to certain pesticides. Contributing to these high loss rates is a phenomenon called colony collapse disorder (CCD), in which there is a rapid, unexpected, and catastrophic loss of bees in a hive.

- Beekeepers in the United States have collectively lost an estimated 10 million beehives at an approximate current value of \$200 each. These high colony loss rates require beekeepers to rapidly, and at substantial expense, rebuild their colonies, placing commercial beekeeping in jeopardy as a viable industry and threatening the crops dependent on honey bee pollination. The loss rates have driven up the cost of commercial pollination: for instance, the cost of renting honey bee hives for almond pollination rose from about \$50 in 2003 to \$150-\$175 per hive in 2009.

- Some of the viral agents that are impacting honey bee colonies are also now reported to be adversely affecting native pollinators, such as bumble bees, and the pollination services they provide.

- Population declines have also been observed for other contributing pollinator species, such as Monarch butterflies, which migrate from Mexico across the United States to Canada each year, returning to overwinter in

the same few forests in Mexico. The Monarch butterfly migration, an iconic natural phenomenon that has an estimated economic value in the billions of dollars, sank to the lowest recorded levels this winter, with an imminent risk of failure.

Administration Actions:

In response to the challenges to commercial bee-keeping, the President's 2015 Budget recommends approximately \$50 million across multiple agencies within USDA to: enhance research at USDA and through public-private grants, strengthen pollinator habitat in core areas, double the number of acres in the Conservation Reserve Program that are dedicated to pollinator health, and increase funding for surveys to determine the impacts on pollinator losses.

Building on this budget initiative, President Obama today issued a Presidential Memorandum on Creating a Federal Strategy to Promote the Health of Honey Bees and Other Pollinators that takes a number of important steps to tackle the problem of pollinator declines, including:

- ✓ Directing the Federal Government to use its research, land management, education, and public/private partnership capacities to broadly advance honey bee and other pollinator health and habitat;

- ✓ Establishing a new Pollinator Health Task Force, co-chaired by United States Department of Agriculture and the Environmental Protection Agency, to develop a National Pollinator Health Strategy. The Strategy will include: a coordi-

nated research action plan to understand, prevent, and recover from pollinator losses, including determining the relative impacts of habitat loss, pesticide exposure, and other stressors; a public education plan to help individuals, businesses, and other organizations address pollinator losses; and recommendations for increasing public-private partnerships to build on Federal efforts to protect pollinators;

- ✓ Directing Task Force agencies to develop plans to enhance pollinator habitat on federal lands and facilities in order to lead by example to significantly expand the acreage and quality of pollinator habitat, consistent with agency missions and public safety; and

- ✓ Directing Task Force agencies to partner with state, tribal, and local governments; farmers and ranchers; corporations and small businesses; and non-governmental organizations to protect pollinators and increase the quality and amount of available habitat and forage.

In line with these efforts, the Federal Government will also work to restore the Monarch butterfly migration using research and habitat improvements that will benefit Monarchs as well as other native pollinators and honey bees. These actions support the February 2014 Joint Statement by President Obama, Prime Minister Harper of Canada, and President Peña Nieto of Mexico to renew and expand collaboration between North American nations to conserve the Monarch butterfly.

OUT ON THE TOWN

ERIC D. SNIDER'S
IN THE DARK

Movie Review

"Snowpiercer"

Snowpiercer
Grade: B+
Rated R, Rated R, some
strong violence, some profanity
2 hr., 6 min

By a quirk of fate, *Snowpiercer* opened in American theaters on the same day as *Transformers: Age of Extinction*. A viewer with no outside knowledge of the two movies would assume they were on equal footing, both sci-fi spectacles with stories centered around awesome machines, and both featuring recognizable American stars with bankable faces. You can picture them playing side-by-side at your local multiplex.

Yet that isn't the case. *Transformers*, distributed by Paramount, is playing in more than 4,200 theaters in the U.S.; *Snowpiercer*, from The Weinstein Company, is in eight, expanding soon to a couple hundred, with a Video-on-Demand release also planned. In other words, *Snowpiercer* is being handled like a low-budget art-house film even though it's hardly discernible from a typical Hollywood summer blockbuster (except that it's smart, but we get those too sometimes). From a business standpoint, the only difference between the two movies is that one is playing everywhere with a huge marketing push and will make several hundred million dollars, while the other is in limited release with minimal promotion and will be at best a minor hit Stateside.

I say this not to slam the new *Transformers* film, which I haven't seen (The Weinstein Company made sure critics had access to *Snowpiercer*; Paramount generally did the opposite for *Transformers*). Nor is this a rant about how dumb audiences ignore good films while rewarding bad ones. (They don't have much choice in this case.) I bring it up because it highlights the vagaries of the movie business, where a film that could be a blockbuster if it were given the blockbuster treatment is instead relegated to secondary status simply because it was made outside the Hollywood system and picked up for U.S. release by an indie distributor. Ah, capricious fate!



In this sci-fi epic from director Bong Joon Ho (*The Host*, *Mother*), a failed global-warming experiment kills off most life on the planet. The final survivors board the SNOWPIERCER, a train that travels around the globe via a perpetual-motion engine. When cryptic messages incite the passengers to revolt, the train thrusts full-throttle towards disaster. (c) TWC-Radius

Based on a French graphic novel and directed (in English) by South Korea's Bong Joon-ho (*The Host*, *Mother*), *Snowpiercer* is set in 2031, when a new Ice Age has exterminated all of humanity except for a group of survivors who have been living on a high-speed train for 18 years. This train, a self-sustaining marvel of technology created by a billionaire industrialist named Wilford, runs on a giant continuous loop around the world and never stops moving. Indeed, if it ever did stop, or lose power, all aboard would freeze to death.

Perhaps inevitably, a class system has evolved on the *Snowpiercer*. Those at the front of the train eat steak and have plenty of space (relatively speaking; it is still a train), while those at the back are crammed together like worms in a bait bucket and forced to subsist on gelatinous protein blocks. A strong military presence keeps the lower classes in check, though there is some question about how many bullets their guns still have after 18 years. The benevolent Wilford (peace be unto him) is still at the front of the train keeping the whole ecosystem running, but is

seldom seen. His representative, a prim, heavily guarded Australian fussy named Mason (Tilda Swinton), visits the rear cars to give orders.

Over the years there have been occasional rebellions that Wilford's goons have always quashed, but now there is hope in the form of rugged working-class hero Curtis (Chris Evans). Together with Gilliam (John Hurt), an elder statesman in the resistance movement, and Nam (Song Kang-ho), a drug-addicted prisoner, Curtis executes a plan to get to the front of the train and win justice and equality for all.

Co-writing with Kelly Master-son (*Before the Devil Knows You're Dead*) and aided by an atmospheric production design that conveys cramped quarters without feeling claustrophobic, Bong Joon-ho expertly paints a picture of a post-apocalyptic society with parallels to our current condition. It's sci-fi as social commentary -- train as microcosm -- but it's free from blunt pronouncements or labored point-making.

Bong's top priority is to deliver a meaty, satisfying action adventure, and he succeeds there

like the world-class filmmaker he is. (If you haven't seen his 2007 monster movie *The Host*, you must. If it had been in English and released on 3,000 screens, it would have been *Godzilla*.) Fight scenes zip along smoothly, the dialogue is strong, and there are intriguing minor characters who flesh out the peculiarities of this society. (Especially good: Alison Pill as a pregnant schoolteacher indoctrinating the train's young people about "the sacred engine" that propels them forward.)

Not that the *Captain America* films left much doubt, but Chris Evans is a bona fide action star now, with sufficient acting chops to give a flashy hero some gravity as he struggles with the weightier aspects of this daring mission. Tilda Swinton's performance as Mason is next-level insane, eminently quotable and unforgettable, while Ed Harris' few scenes as Wilford help the film end on a classy note. By turns thrilling, horrific, satirical, and bloody, *Snowpiercer* is science-fiction for a wide audience that has been mistakenly confined to a narrow one. Seek it out! It's more than meets the eye.

Trainers from A3

even if that coach has taken courses on care and prevention, Palermo said.

"I know that some other counties have stated that that's sufficient enough, which I think is a little ridiculous," she said. "I mean, most athletic trainers, as you know, have a master's degree ... and to say that a 15-hour course is going to cover something you learn in six years is just ridiculous."

Michael Higgins, director of Towson University's Athletic Training Program, said he wouldn't want a coach performing medicine on an athlete if he or she didn't know what they were doing.

"If an athlete goes down who has a spinal cord injury and if you don't treat that spinal cord injury correctly and that athlete becomes paralyzed for the rest of their life, who's at fault?" said Higgins.

The Centers for Disease Control and Prevention in Atlanta reports that U.S. high school athletes account for 2 million injuries a year, 500,000 doctor visits and 30,000 hospitalizations.

There have been few studies done on the impact of athletic trainers at high schools. How-

ever, one study published in 2012 by the American Academy of Pediatrics looked at national sports injury data on girls' high school soccer and basketball programs. It found that high schools with athletic trainers had more diagnosed concussions, but fewer overall injuries.

Dr. Ray Kiddy, supervisor of athletics for Allegany County, said the priorities of the school's budget as a whole must be taken into account.

"I'm not saying that teachers' salaries are taking [the money]. But it really comes down to priority," he said.

Kiddy said he has tried to budget for athletic trainers for years but every time he does, his proposal has been cut. For the upcoming 2014-'15 school year, he again proposed a budget for one full-time athletic trainer for the county's three schools.

"Five or six years ago hiring an athletic trainer wasn't a priority, and now it's at the forefront," he said. "But I also know we're short \$1.2 million, so I hope that's not on the chopping block."

CONCERNS ARE REAL

Greg Penczek, an athletic trainer at Towson University and president of the Maryland Ath-

letic Trainers Association, likened an athletic trainer to an insurance policy: something rarely used but when needed, it's there for you.

Student athletes aren't "planning to get sick, they're not planning to get hurt, they're not planning to have all these things happen to them," he said. "But when they do, you want to know that something's going to be in place for them to get the adequate care they're going to need."

That care, he said, extends from the athletic field back into the classroom.

George Panor's son, Greg, plays lacrosse for Queen Anne's High School, which shares a part-time athletic trainer with the other high school in the county, Kent Island. Panor said even though his son has never been injured badly enough to need attention, it's important for athletic trainers to be on the sidelines.

"Lacrosse is a rough sport," he said. "There's a lot of hitting and checking, and if something happens, there's somebody there to help them right away."

CHANGE MOVING FORWARD

Spokesmen for most public school districts in Maryland said they plan to maintain their

athletic trainer staffing for fiscal year 2014-'15, but there will be some notable changes.

Allegany County Public Schools, which has no athletic trainers, will budget next year for one full-time trainer to share among its three high schools, said Kiddy, the supervisor of athletics. He said the superintendent sees athletic trainers as a priority, and the school system hopes to have full-time trainers in each of the high schools in the near future.

Washington County Public Schools, which also has no athletic trainers, has set a goal to have one staffed either part-time or full-time in each of its seven high schools by next year. Eric Michael, the school's supervisor of athletics, said safety is the reason for the change.

"With more and more emphasis being put on injuries and trying to train coaches to deal with them, if you hire an athletic trainer, they are trained to deal with all those things," he said. "We just feel that if we have the money to put in the budget to make sure our students are safe, that's what we're going to do."

The Edge of Sports

by DAVE ZIRIN

A Historic Goal for Palestine



WHEN WE speak of the great "droughts" in sports, our minds drift toward baseball's Chicago Cubs, the NFL's Cleveland Browns and hockey's star-crossed Toronto Maple Leafs. Yet there has never been a more harrowing athletic drought--rife with pain, pathos and perseverance--quite like that of the Palestinian national soccer team. This is a national team without a recognized nation to call home; a national team that has never qualified for a major international tournament; a national team that, like its people, struggles to be seen. That drought, 86 years in the making, is now over.

Founded in 1928, the Palestinian national soccer team has for the first time won the Asian Football Confederation Challenge Cup [2]. Following its 1-0 victory over the Philippines, the Palestinian team will now play in the Asian Cup 2015, qualifying for a major international tournament for the first time in its history.

The Palestinian footballers have accomplished this despite unfathomable roadblocks, the likes of which tower over anything faced by the Cubs, Browns or even the Sacramento Kings. The Palestinian team has had to confront a lack of resources, poverty and isolation--but above all else, obstacle after obstacle imposed on their development by the state of Israel.

The national team has been crippled for decades by the violent targeting of soccer players [3] on both the Olympic and national teams by the Israel Defense Force. In addition, the restriction of movement, the checkpoints and the inability to practice because players are detained have made being a part of the Palestinian national team, as one player said to me, "a risk, a burden and a blessing."

In the face of all of these restrictions, any success achieved by the national team is more than just an inspiration for Palestinians living in the West Bank and Gaza Strip. It is sustenance.

WHEN THE Philippines fell to Palestine, it was watched by thousands of people in Gaza City, who gathered together to see the match. Movie screens were erected on the beach, and drums were beaten in rhythm with the contest. When Palestinian striker Ashraf Al Fawaghra scored the winning goal on a free kick, it was fireworks, not bombs, that lit the night sky. The Reuters news service, as published in the Israeli newspaper Haaretz, quoted Adel Waleed [4], a 45-year-old teacher who watched the game with his children. "It is not the World Cup, but our happiness feels like we won the World Cup," said Waleed.

Coach Jamal Mahmoud, who by all counts was masterful throughout the Asian Football Confederation Challenge Cup, understood that this was more than a milestone sports victory: it was an advance in the project to make the Palestinian people visible to the world.

Mahmoud described the ascension to the Asian Cup [5] as "a platform for the country." He also said [6], "This is very important to all Palestine. We want to send a message to the world that we want sports and peace in Palestine. We can do more things if we have peace in Palestine. It is very important for us to go to the Asian Cup."

The New York Times, in a stirring article by James Montague [7], quoted Mahmoud saying, "All the people in Palestine will watch and will be happy if we win...the world will see the Palestinian people. This is very important."

We are seeing right now in Brazil the ways in which the glories of soccer are being used as a cover to displace people from their homes and crush popular resistance. In Gaza and the West Bank, we are seeing the opposite: The ways in which the hypnotic flair of the beautiful game can make an oppressed people ready to face another day.

But let the last word go to my friend Sami, who lives in Gaza. He said to me, "It's like those words of your poet who just died, Maya Angelou, her words that we see written on the walls that surround us: 'And still we rise.'"

Calendar of Events

July 17 — July 23, 2014

Prince George's Summer Shakespeare Festival's "A Midsummer Night's Dream"

Date & Time: Thursday, July 17, 7:30 pm

Description: Please join us for edge-of-your-seat storytelling with an incredible cast of characters. A Midsummer Night's Dream has young lovers, fairies, clowns and a talking wall, guaranteed to entertain the whole family! Be transported by live music, magical movement and Shakespeare's enchanting poetry...all under the stars. Bring your lawn chair or blanket and enjoy a FREE performance in your favorite park! For more information, please call 301-446-3232; TTY 301-446-6802. In case of inclement weather, please visit www.pgparcs.com for up-to-date information.

Cost: FREE

Ages: All ages

Location: Watkins Regional Park

301 Watkins Park Drive, Upper Marlboro 20774

Rain location: Largo/Kettering/Perrywood Community Center
431 Watkins Park Drive, Upper Marlboro 20774

Xtreme Teens: XBOX Tournament

Date and Time: Friday, July 18, 2014 7-10 pm

Description: Ready for an XBOX tournament? Join us for a video game competition with your friends featuring the hottest XBOX games!

Cost: Free

Ages: 13-17

Location: Huntington Community Center

13022 8th Street, Bowie 20720

Contact: 301-464-3725; TTY 301-218-6768

Grand Finale: Project America's Next Top Master Artist

Date and Time: Saturday July 19, 2014 5-8 pm

Description: It all ends July 19 inside the Brentwood Arts Exchange. Your vote counts. Don't miss this grand finale as we crown the winner of America's Next Top Master Artist! Bring flowers and bask in their victory; or, tell people you knew them before they were on top. Because after this night, America's Next Top Master Artist will be a star. Their prize? \$500 and a solo exhibition!

Cost: Free

Ages: All ages welcome

Location: Brentwood Arts Exchange at Gateway Arts Center

3901 Rhode Island Ave., Brentwood 20722

Contact: 301-277-2863; TTY 301-446-6802

Paddle Sport Tour

Date and Time: Saturday, July 19, 2014 10 am-2 pm

Description: Join a naturalist for a paddling excursion! You'll kayak or canoe to Kenilworth Gardens with a group. Please note: Children 16 & under must be accompanied by an adult.

Cost: Residents \$10; Non-residents \$12

Ages: 11 & up

Location: Bladensburg Waterfront Park

4601 Annapolis Road, Bladensburg 20710

Contact: 301-779-0371; TTY 301-699-2544

Arts on the Waterfront

Date and Time: Sunday, July 20, 2014 6 pm-7:30 pm

Description: Join us at the Waterfront with a great day of arts on the waterfront! There will be plenty of music and entertainment from jazz to rock—even a puppet show. Refreshments will be available for sale.

Cost: FREE

Ages: All ages welcome

Location: Bladensburg Waterfront Park

4601 Annapolis Road, Bladensburg 20710

Contact: 301-779-0371; TTY 301-699-2544

Club 300 Group Walk (Woodrow Wilson Bridge)

Date & Time: Monday, July 21, 2014 9:30-11 am

Description: Hey seniors, join Club 300 for our Summer Walking Program! Walking is an easy way to stay in shape. And, we'll do so walking the Woodrow Wilson Bridge together!

Please arrive on time and meet us at the Oxon Hill Manor parking lot.

Cost: FREE

Ages: 50 & better

Location: Oxon Hill Manor Historic Site

6907 Oxon Hill Road, Oxon Hill 20745

Contact: 301-446-3400; TTY 301-446-3402

Senior Dance Party

Date and Time: Wednesday, July 23, 2014 9:30 am-12:30 pm

Description: Do you love to dance? Calling all seniors 60 & better to come and celebrate the National Day of Dance.

This is a dance party you don't want to miss! Enjoy an American Fare breakfast while being entertained by a variety of dance demonstrations.

Then, get on the floor dancing to whichever style you please.

Cost: Resident \$20; Non-Resident \$24

Ages: 60 & Better

Location: Martin's Crosswinds

7400 Greenway Center Drive, Greenbelt 20770

Contact: 301-446-3400; TTY 301-446-3302

SMARTlink #: 1429517

Concerts in the Park! Anthony "Swamp Dog" Clark & The Blues Allstars

Date & Time: Thursday, July 24, 2014, 7-8:30 pm

Description: Blues with a Funk Edge!

Celebrate 17 years of music at Watkins Regional Park! Enjoy 7 weeks of cool tunes at twilight. Family and friends can enjoy a variety of FREE music under the setting sun. Bring a blanket and delight in the harmony on these jivin' Thursdays. Please note: This is a non-smoking venue!

Cost: FREE

Ages: All ages

Location: On the Green at Watkins Regional Park

301 Watkins Park Drive, Upper Marlboro 20774

Contact: 301-218-6700; TTY 301-218-6768

EARTH TALK ... Chemicals and Obesity

Dear EarthTalk:

I've heard that, above and beyond our bad eating and lifestyle habits, some chemicals in everyday products are contributing to the obesity problem. Can you explain?

— Alyssa Israel,
Fairfield, CT

Obesity is a huge problem in the U.S. and other industrialized countries. According to the U.S. Centers for Disease Control and Prevention, obesity rates have doubled for American adults and tripled for kids and teenagers aged six through 19 since 1980. Today, 31 percent of American adults and 15 percent of youngsters are classified as overweight.

The rise in obesity and related health problems like diabetes is usually attributed to an abundance of high-calorie food coupled with the trend toward a more sedentary lifestyle, but there is more to the story. A growing number of researchers believe that certain chemicals collectively known as "obesogens" may be a contributing factor to the growing obesity epidemic. Exposure to these chemicals has been shown to interfere with the way we metabolize fat, leading to obesity despite otherwise normal diet and exercise.

Bruce Blumberg, a biology professor at the University of California at Irvine, first coined the term "obesogen" in 2006 after discovering that certain tin-based

compounds known as organotins predisposed lab mice to weight gain. In the intervening years, hundreds of research studies have found similar connections between weight gain in humans and exposure to organotins as well as several other common chemicals found in everyday consumer products, agricultural pesticides and even some drinking water.

The National Institute of Environmental Health Sciences (NIEHS) reports that as many as 20 synthetic chemicals—from the BPA in plastic food storage containers and the lining of cans to phthalates used in the manufacture of non-stick coatings to the parabens in many personal care products—have been shown to cause weight gain in humans, mostly from exposure in utero or as infants. These early effects can last a lifetime, permanently altering one's metabolic "set points" for gaining weight. "If you have more fat cells and propensity to make more fat cells, and if you eat the typical high-carbohydrate, high-fat diet we eat [in the U.S.], you probably will get fat," Blumberg tells the journal *Environmental Health Perspectives*.

Adult exposure to obesogens has also been shown to trigger weight gain and other endocrine issues while exacerbating the effects of earlier exposure. Certain pharmaceuticals (including some of the most commonly prescribed antidepressants) have been found to be particularly egregious in this regard. Meanwhile, nicotine, air fresheners and many household



CREDIT: TYLOR LONG

Exposure to certain chemicals collectively known as "obesogens" may be contributing to the growing obesity epidemic, because exposure has been shown to interfere with the way we metabolize fat. Culprits include some pharmaceuticals, including antidepressants, as well as nicotine, many household cleaning products and air fresheners.

cleaning products also contain obesogens. Also, soybeans (consumed by both humans and the livestock we eat) contain a naturally occurring obesogen.

There may not be much we can do about the damage already done, but avoiding obesogens, whether from natural or synthetic, might be the best thing we can do to prevent making our obesity, hypertension, diabetes and other health

problems that much worse. Says Blumberg: "Eat organic, filter water, minimize plastic in your life... If there's no benefit and some degree of risk, why expose yourself and your family?"

Of course, avoiding obesogens alone won't keep people from getting fat. Eating a nutritious diet and getting regular exercise are as important as ever to keep one's weight and overall health in check.

CONTACTS: NIEHS, www.niehs.nih.gov; "Obesogens: An Environmental Link to Obesity," *Environmental Health Perspectives*, www.ncbi.nlm.nih.gov/pmc/articles/PMC3279464/.

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Drivers from A1

— reducing daily travel, avoiding driving at night or driving fewer days per week."

For example, the new report from the AAA Foundation for Traffic Safety found that 84 percent of Americans 65 and older held a driver's license in 2010 compared to barely half in the early 1970s. Today, one in six drivers on U.S. roads are ages 65 and older and this new research shows an increased mobility of older drivers with travel patterns indicating about a 20 percent increase in trips and a 33 increase in miles travelled between 1990 and 2009.

While upward trends indicate greater mobility for the silver tsunami, the Understanding Older Drivers: An Examination of Medical Conditions, Medication Use and Travel Behaviors report reveals that 90 percent of older drivers also use prescription medications with two-thirds taking multiple medications. Previous Foundation

research has shown that combinations of medications, both prescription and over-the-counter, can result in an impairment in safe driving ability.

"Because they have been driving longer, and are prone to carefully reflect upon their past mistakes, older drivers using medications drive fewer days each week to protect themselves and to safeguard others on the road, this study shows," commented John B. Townsend II, AAA Mid-Atlantic's Manager of Public and Government Affairs. "What's more, older drivers using medications avoid night driving at double the rate of those 24-64; and roughly one in five male and one in three female drivers 65 and over who take medications report avoiding night driving."

The report also reveals gender differences when it comes to medication-use behind the wheel. Older women that use medications are more likely to regulate their driving compared to men and,

even without a medical condition, female drivers drive less than their male counterparts with a medical condition. Additional key highlights from the report include:

- 25 percent of men and 18 percent of women remain in the workforce after age 65, resulting in more than double the work-related commutes for drivers 65 and older compared to 20 years ago.

- 68 percent drivers age 85 or older report driving five or more days per week.

- Three-quarters of drivers ages 65 and older with a medical condition report reduced daily driving.

- Self-regulatory behavior, among those taking multiple medications or having a medical condition, declines with increasing income. Female drivers ages 65-69 with an annual income under \$13,000 were 62 percent more likely to restrict nighttime driving than women with incomes over \$70,000.

Knowing that medication use is very high among senior drivers, the AAA Foundation and AAA developed confidential, educational tools such as Roadwise Rx to help seniors and their families understand common side-effects of prescription and over-the-counter medications, herbal supplements and foods.

"AAA's Roadwise Rx is an online tool that generates personalized feedback about how these interactions between prescription and over-the-counter medicines and herbal supplements can impact safety behind the wheel," said AAA's Director of Traffic Safety Advocacy, Jake Nelson. "Drivers are encouraged to discuss the confidential results with their doctor or pharmacist to learn how to mitigate possible crash risks."

To access all the free resources AAA offers to senior drivers, visit SeniorDriving.AAA.com.

Mikulski Announces Measures To Combat Heroin Crisis in Nation and Baltimore

By PRESS OFFICER
Office of Barbara Mikulski

BALTIMORE — U.S. Senator Barbara A. Mikulski (D-Md.), Chairwoman of the of the Senate Appropriations Committee and the Commerce, Justice, Science (CJS) Appropriations Subcommittee, today following a meeting with U.S. Attorney Rod Rosenstein in Baltimore, announced measures she's leading to combat the heroin crisis across the nation and in Baltimore.

"The crisis of increased heroin use in Baltimore and across America is destroying families and ravaging communities. It cuts across classes, races and ages," Senator Mikulski said. "Today I met with U.S. Attorney Rosenstein to discuss the on-the-ground impact of heroin addiction and my continued fight against drug use and abuse. I've introduced legislation to help address the cause of this crisis and get communities and law enforcement the tools they need to combat heroin use. I'm fighting to address the heroin problem head on. We must crack down on dealers, help users stay clean and prevent those

at greatest risk from using in the first place."

Heroin has become a cheap and easy alternative to prescription pain medication. According to the U.S. Department of Health and Human Services, heroin use rose 79 percent nationwide between 2007-2012. In Maryland, deaths from heroin use rose 88 percent between 2011-2013. Baltimore has the highest rate of heroin addiction in the country with an estimated 60,000 addicts — one in ten residents.

Senator Mikulski's fiscal year (FY) 2015 CJS funding bill helps crack down on the crisis of heroin use and abuse. The legislation provides \$10 million to create new state anti-heroin task forces. This federal grant funding would be used by states for drug enforcement, including investigations and activities related to the distribution of heroin or the unlawful diversion and illegal distribution of prescription medication.

Recognizing we can't simply enforce our way out of this crisis, Senator Mikulski's legislation provides \$12 million in federal funds for residential drug treatment. This



PHOTO COURTESY THE SENATOR'S OFFICE

On Wednesday, July 2, U.S. Senator Barbara A. Mikulski (D-Md.) met with U.S. Attorney Rod Rosenstein and his staff.

will provide a continuum of care from treatment programs in correctional and detention facilities to aftercare services that prevent relapse. The bill also improves data sharing by including \$7 million for prescription drug monitoring. Heroin addiction often starts with powerful prescription pain medications. These funds will allow police to share prescription drug data across jurisdictions and funds collaborative efforts between public health and criminal justice to identify areas at greatest risk for abuse and overdoses.

Additionally, Senator Mikulski fought to include a provision to establish a federal multi-agency task force to convene experts from law enforcement, medical care, public health, and educational fields. The task force will work to develop a coordinated national response to turn the best practices into action in our communities and neighborhoods.

The legislation has passed the Senate Appropriations Committee and is pending a vote by the full Senate.