

# The Prince George's Post



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## PG Food Equity Forum Focuses on Affordable Healthy Food

By PRESS OFFICER  
PGC Food Equity Council

HYATTSVILLE, MD (September 18, 2014) - High levels of chronic disease and obesity, especially in low-income communities, hamper the quality of life in Prince George's County. Dozens of food and public health experts participated in a first-ever "Food Equity Forum," hosted by Prince George's Food Equity Council (FEC), to discuss strategies to improve the health of county residents and increase access to healthy food for all socio-economic groups.

"Many of our residents have limited access to healthy food options and Prince George's

County residents have the second highest rate of overweight and obesity in Maryland. We need to address these threats to our communities' health together. The Food Equity Council is working collaboratively to propose innovative solutions to increase access to healthy, affordable, locally and sustainably produced, and culturally appropriate foods. The Forum was an important step forward in creating meaningful dialogue about ways to improve our food system," said Dannielle Glaros, M.P.P., chief of staff, County Council Member Eric Olson.

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## Join WSSC on National Drug Take-Back Day

By PRESS OFFICER  
WSSC

Laurel – September 25, 2014: This Saturday, turn in your prescription and over-the-counter drugs at WSSC's headquarters, 14501 Sweitzer Lane, Laurel, MD, as part of the Drug Enforcement Agency's (DEA) 9th Annual National Prescription Drug Take-Back Day. From 10 a.m. to 2 p.m., individuals can drop off their medications at our secure collection site and contribute to preserving our local water sources.

WSSC supports the safe disposal of drugs. Too many people pour expired or unused prescription drugs down the drain or flush them down the toilet, unaware of the potential risks they could pose to drinking water and the environment.

The presence of such drugs in WSSC's drinking water sources is not currently a concern, but the safe disposal of drugs has nationwide benefit, and is crucial to protecting the

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CAPITAL NEWS SERVICE PHOTO BY ASHLEY S. WESTERMAN

Maryland Department of Health and Mental Hygiene Secretary Joshua Sharfstein, flanked by other state health care officials, leads a press conference on the state's preparedness for handling a case of the Ebola virus.

## State Health Officials: Maryland is Prepared to Respond to Ebola

By ASHLEY S. WESTERMAN  
Capital News Service

BALTIMORE -- Maryland is prepared to deal with the possibility of an Ebola infection, said Department of Health and Mental Hygiene Secretary Dr. Joshua Sharfstein at a Thursday press conference, following the news

earlier this week that a man in Texas is the first confirmed case of the deadly disease in the United States.

"The people in Maryland should know there is a lot of preparation going on," Sharfstein said. "We have a health care system that is fully able to identify and respond to a whole range of potential issues, including Ebola virus."

While Maryland has not yet had a diagnosed case of Ebola, health officials say it's "certainly possible."

Dr. Anthony Harris, a University of Maryland professor of epidemiology and public health, said there is a "reasonable possibility" that in the next year a hospital in Maryland will have a patient who has traveled from West Africa and has Ebola.

"Unfortunately, yes," Harris said. "But I think the big difference though is that we are fully prepared to deal with that patient from the minute that they set foot in the door."

Earlier this week, a man in Dallas, who traveled from Liberia and entered the country

See EBOLA Page A3

## Prince George's County Council to Host Town Hall Meeting Addressing the Future of Economic Development in PG County

By MELANIE BALAKIT  
Capital News Service

The Prince George's County Council will host "Economic Development – Preparing for the Economic Opportunities over the Next 10 Years," a town hall meeting focusing on opportunities for economic development in Prince George's County, Tuesday, October 21, 2014, 7:00 – 9:00 p.m. The Town Hall Meeting, the third in a series of offsite, evening, community meetings sponsored by the County Council, will be held at Oxon Hill High School, 6701 Leyte Drive in Oxon Hill, Maryland.

Prince George's County Council Chairman Mel Franklin (D) – District 9, recognizes the importance of community engagement as the County prepares for economic development opportunities over the next decade.

"We are bringing the world to Prince George's County and this must include an approach to economic development that delivers world-class development

opportunities and economic viability to our communities. The Council remains committed to working with residents to examine the issues that impact us as a County, and economic development is an issue that impacts every resident. I encourage our citizens to join us for an informative discussion on how we can move Prince George's County forward in this area."

The Economic Development Town Hall will feature presentations from Deputy Chief Administrative Officer for Economic Development and Public Infrastructure, Victor Hoskins; Prince George's County Office of Central Services Director, Roland Jones; Prince George's County Economic Development Corporation President and CEO, Gwen McCall; and FSC First President and CEO, Shelly Gross-Wade. Additional presenters include Greater Prince George's Business Roundtable President and CEO, M.H. Jim Estep; Prince George's County Chamber of Commerce Presi-



PHOTO COURTESY PRINCE GEORGE'S COUNTY COUNCIL

County Council, Prince George's County, Upper Marlboro, Maryland, January 2012. Standing, left to right: Derrick Leon Davis; William A. (Will) Campos; Ingrid M. Turner; Mary A. Lehman; Karen R. Toles; Jamel R. (Mel) Franklin; Obie Patterson. Seated, left to right: Eric C. Olson; Andrea C. Harrison.

dent and CEO, David Harrington; and Prince George's Community College Vice President for Workforce Development and Continuing Education, Joseph Martinelli. A host of other County officials and agency representatives will also be available to provide information and resources.

Residents will have an opportunity to provide testimony before the County Council.

This event is free and open to the public. Live streaming will be available at <http://town-hall.mypgc.us>

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## Legislation Increasing Minimum Wage in PG County Takes Effect

By PRESS OFFICER  
PG County Government

Prince George's County Council Bill 94-2013, legislation increasing the minimum wage in Prince George's County, went into effect on October 1, 2014. Under the legislation, the County's minimum wage will incrementally increase from \$7.25 per hour to \$8.40 per hour on October 1, 2014, to \$9.55 per hour on October 1, 2015, \$10.75 per hour on October 1, 2016, and \$11.50 per hour on October 1, 2017.

Part of an unprecedented collaboration with Montgomery County and the District of Columbia to establish a "regional minimum wage," Council Bill 94-2013 was successfully adopted by the Council on Tuesday, November 26, 2013.

Council Chairman Mel Franklin (D) – District 9, says today marks the beginning of a minimum wage increase that brings disadvantaged workers one step closer to improving the quality of their lives.

"The Prince George's County Council is committed to improving the quality of life of every resident and today marks a significant step in that direction. The previous minimum wage of \$7.25 had not been raised since 2009 and something needed to be done to secure a living wage for our residents. I want to thank my Council colleague and former Chair Andrea Harrison for leading the charge on this important issue, and working diligently with our counterparts in Montgomery County and the District of Columbia to establish a 'regional minimum wage' that places Prince George's County on a level playing field with our neighboring jurisdictions. We are bringing the world to Prince George's County and through this effort we are improving the quality of life for our residents and building a better local economy."

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### INSIDE

#### New FEMA Flood Maps Could Mean Insurance Rate Adjustments for Coastal Marylanders

Floodplain maps have been redrawn by the Federal Emergency Management Agency in Maryland, Virginia, Pennsylvania and Delaware, a change that could shift properties into or out of a flood risk zone.

Community, Page A3

#### A Champion for Equal Justice for All – Attorney General Eric Holder Bids Farewell

While he is stepping down as head of the Justice Department, we are encouraged by what he said at his resignation announcement, "I will never leave the work. I will continue to serve and try to find ways to make our nation even more true to its founding ideals."

Commentary, Page A4

#### O'Malley and Lt. Governor Brown Announce Harpoon Medical Tapped for InvestMaryland Funds

The technology was developed in the Division of Cardiac Surgery at The University of Maryland School of Medicine. With the Harpoon device, surgeons will be able to access and repair the mitral valve in a beating heart through a small incision between the ribs.

Business, Page A5

#### Movie Review: "Annabelle"

John Form has found the perfect gift for his expectant wife, Mia - a beautiful, rare vintage doll in a pure white wedding dress. But Mia's delight with Annabelle doesn't last long. On one horrific night, their home is invaded by members of a satanic cult, who violently attack the couple.

Out on the Town, Page A6

#### Earth Talk

Dear EarthTalk:

A friend of mine recently stopped using skin and beauty products with parabens in them. What are parabens and should we all be avoiding them?

— Betsy Johnson, Port Chester, NY

Features, Page A7



# Towns and NEIGHBORS

## In and Around Morningside-Skyline

by Mary McHale 301 735 3451

### Halloween Parade & Costume Contest for your pet (and you)

The Animal Services Facility is hosting a Fall Festival on Saturday, Oct. 25, featuring kids' activities, food & games, yard & bake sales, and pumpkin & face painting from 10 a.m. to 3 p.m.

A Halloween Parade will begin at 12 noon with 1st, 2nd and 3rd place prizes for the best-costumed dogs, cats and other pets. Owners may dress up with the animals.

In addition, there'll be: rabies shots, \$5; distemper shots for dogs & cats, \$15; and microchips, \$25. Dogs must be on a leash and cats in a carrier. Dog and cat adoption available, with reduced rates.

The Animal Services Facility is at 3750 Brown Station Road in Upper Marlboro. Call 301-780-7200 for information, or go to [www.princegeorges4us.com](http://www.princegeorges4us.com).

### Neighbors

I had a phone call letting me know that, in recent columns, I wished a happy birthday and a happy anniversary to Bruno Parco, formerly of Morningside and Suitland, but, sad to say, he died in June. I'll tell you more about him in a future column.

Andrew Boone, grandson of David and Kathleen Giroux of Morningside, is owner/photographer of Unique Zoom Photography. You can contact him at 301-467-2791 or [uniquezoom-photography@verizon.net](mailto:uniquezoom-photography@verizon.net).

Tony Covay, of Clinton, with his amp-driven guitar has been a fixture just outside the main gate at Nationals Park this year. He plays oldies, pop, rock and country. When the Nats win, he plays Celebrate and when they lose he does Stand by the Nats (to the tune of Stand by Me).

Maybe you saw him and tossed a coin or two in the Ziploc bag he sets out—or maybe not. But watch for him next season, when we hope there'll be even more and louder Celebrations.

### Changing landscape

Morningside's monthly Town Meeting will be on Oct. 21, 7 p.m. in the Town Hall.

Jeff Lemieux, of Greenbelt, attended a recent public meeting with County Exec Rushern Baker who was seeking citizen input for the state's forthcoming legislative session. Jeff suggested installing more bicycle lanes in busy traffic corridors, such as Suitland Road. I have to admit, I don't know if I've ever seen a bicycle on Suitland Road. Pure suicide!

The John Deeres are busy working the lot that once was Pyles Lumber. A Royal Farms Convenience Store is coming.

A great red oak on my block is being taken down. It is huge, probably the biggest tree in Skyline, and—according to a tree expert—about 200 years old. But it is dying. And may be a danger to my neighbor's house. As I hear the chainsaws working, I can't help remembering Joyce Kilmer's poem: I think that I shall never see A poem lovely as a tree./ A tree whose hungry mouth is prest Against the earth's sweet flowing breast./ A tree that looks at God all day And lifts its leafy arms to pray./ A tree that may in summer wear A nest of robins in her hair./ Upon whose bosom snow has lain; Who intimately lives with rain./ Poems are made by fools like me, But only God can make a tree.

### May they rest in peace

Paul M. Underwood, 90, a carpenter by trade and a Life Member and past chief of the

Allentown Road Volunteer Fire Department, died Sept. 19. He was the husband of the late Kathrina M. Underwood, father of Katrina Geeseman, Frank and George Underwood and the late Paul A. Underwood, and brother of Charles Underwood. Survivors include eight grandchildren and eight great-grands.

Christine A. Davis, 63, a graduate of Suitland High School, died at home in Jacksonsville, Fla., on Oct. 5. Survivors include her daughter Michelle Long, six grandchildren and four siblings.

Donna Michele Ranere, 69, of Chesapeake Beach and formerly of Spaulding Heights, a 1963 graduate of Suitland High, died Oct. 7. She was born in Washington to Michael and Louise (Hardy) DeMarco and on Nov. 28, 1964, married Ronald P. Ranere. She was an Information Specialist for E.P.A., retiring in 2009 after 24 years. Michele—as she was known—loved playing golf, traveling, watching the Nationals, and hand dancing. Survivors include her husband Ronnie, son Michael and his wife Dianna, three grandchildren, and her sister, Janice McGovern.

### Milestones

Happy birthday to Mary Louise Patterson and Frank McCrone, Oct. 17; Paul Long, Andrew Nicholas Smith, Carol Kline DeGraba and Nola Cook, Oct. 18; Betty Oppido, Oct. 20; Clyde Miller, Catherine Alvis, Jody Nyers and Christina Ramsey Eckloff, Oct. 22; Mary Flood Dawes and Jane Wright, Oct. 23

Happy 34th anniversary to Michael and Anita (Fulton) Freeman, on Oct. 18.

## Neighborhood Events

### Edwards to Host 6th Annual College and Career Fair

Washington, D.C. — On Saturday, October 18, 2014, Congresswoman Donna F. Edwards (MD-4) will host her 6th Annual College and Career Fair for high school and middle school students and their parents from Prince George's and Anne Arundel Counties. The fair will offer on-the-spot admissions from some schools and feature representatives from colleges, universities, training centers, and the Department of Education. It will also include hand-on-STEM exhibits and a STEM Forum. Instructional seminars will provide resources in financial aid, trade and technical programs, post-secondary education opportunities, and writing college applications. For more information please visit [http://donnaedwards.house.gov/index.php?option=com\\_content&view=article&id=717&Itemid=11](http://donnaedwards.house.gov/index.php?option=com_content&view=article&id=717&Itemid=11) or call (301) 516-7601.

### Unveiling of New Wellness Trail in Byron Memorial Park in Williamsport, MD

Williamsport, MD — September 18 will be all about health and fitness in Williamsport, as the Town of Williamsport hosts its first ever Wellness Day. The event kicks off at 5:00 p.m. with a ribbon cutting ceremony and inaugural walk along the new Wellness Trail in Byron Memorial Park, and continues with a Wellness Fair at the Springfield Barn at 6:00 p.m.

The Wellness Trail is a 0.6 mile loop that begins and ends in Byron Memorial Park, circling around the Springfield Farm grounds. Along the trail there are five fitness stations with outdoor fitness equipment. During the inaugural walk, there will be a fitness leader who will demonstrate how to properly use each piece of fitness equipment.

Following the walk, all are invited to the Springfield Barn to participate in a Wellness Fair. Activities at the Wellness Fair include: three interactive exercise demonstrations — Yoga class demonstration by an instructor from Open Minds, a Zumba class demonstration and a demonstration of a low-impact aerobics class. Attendees are encouraged to dress in their fitness attire so they can participate in the exercise class demonstrations. There will also be a healthy cooking demonstration and various vendors providing information about local wellness resources and opportunities.

The Town of Williamsport has partnered with HEAL of Washington County to organize this Wellness Day and to jump start a Walking Challenge for the Town of Williamsport. Those wishing to participate in the Walking Challenge can register at the Wellness Fair or later at Town Hall, which is located at 2 N. Conococheague Street. Registrants will receive information packets with walking logs and other tools that encourage walking and wellness.

There will be different incentives awarded to participants who log 10, 25, and 50 miles walked. At the end of the program, there will be two grand prize winners; one prize to the individual logging in the most miles walked and the other selected from a random



Congresswoman  
Donna F. Edwards

drawing of all other participants. The Walking Challenge runs from September 18 through December 6, 2014 when the Town of Williamsport hosts their annual "Santa's 5K Run/Walk for a Claus."

Following in the footsteps of other successful walking programs organized through HEAL of Washington County, the Town of Williamsport will organize two weekly group walks open to the community. There will be walks every Thursday evening at 5:30 p.m. and every Saturday morning at 9:00 a.m. from September 18 through December 6, 2014. The group walks will meet at the pool parking lot in Byron Memorial Park and will be led by local volunteers who have a passion for walking and wellness.

### Savings Stack Up at Giant Food with Price Reductions on Thousands of Items

Landover, Md. — Giant Food of Landover, Md. announced the launch of a low-price initiative that will mean even greater savings for customers on thousands of items across the store. For more than 78 years, Giant has provided the highest levels of quality, value, and service to its shoppers. This tradition continues with the unveiling of a new value phase, which will let customers watch their savings stack up every time they shop.

New Bonus Buy Savings signs highlight those time-limited promotions that offer customers outstanding value, while the new Low Everyday Price signs highlight long-term reductions on many of their favorite everyday products. Customers will now find it even easier to locate great deals across their Giant store. The new value proposition is driven by customer demand for quality products at competitive prices. Along with price investments, Giant is also improving the customer experience with enhanced fresh, upscale, local, and ethnic product lines, as well as new items.

"We are pleased to offer our customers reduced prices on thousands of fresh food and grocery items," said Gordon Reid, president, Giant Food. "We value our customers and recognize that they have numerous options to choose from when shopping for groceries. That is why at Giant we are committed to providing our customers great quality and great prices so they see their savings stack up."

Customers can find the best deals under Low Everyday Prices, Bonus Buy Savings and Gas Rewards promotions in Giant's weekly circular—and, of course, at their local Giant store.

To learn more about Giant's initiatives and how you can "Watch Your Savings Stack Up," visit [www.giant-food.com](http://www.giant-food.com).

### City of Laurel Implements New Red Light Camera Warning Signs To Alert Motorists to Consequences

WASHINGTON, D. C. — The City of Laurel is on the cutting-edge of a new initiative to warn drivers of the consequences of blatant red-light running and to prevent motorists from violating the stop line at signalized intersections and incurring a red-light camera ticket due to late yielding or for making a right turn on red.

Laurel's new "Stop Here On Red" safety initiative was announced today by Richard McLaughlin, the Chief of Police. It is designed to reduce instances of vehicles being ticketed when turning right on red. The concept was recommended to the City of Laurel Police Department by AAA Mid-Atlantic. The city is posting the signage at key intersections. At the auto club's recommendation Chief McLaughlin spent months researching road signage designed to warn drivers "how to make a proper right turn on red."

In fact, as reported, "AAA Mid-Atlantic has called on jurisdictions to consider putting up signs in the road to instruct drivers about right-turn-on-red violations." In some jurisdictions around the country the vast majority of red-light camera tickets are issued to driver making right turns on red (RTOR), explains the auto club.

"We applaud the City of Laurel and Chief McLaughlin for pioneering this practical, pragmatic and common-sense approach to alert the motoring public to the dangers of red-light running and the prospects of being slapped with a ticket for not coming to a complete stop at the intersection. This approach reduces the likelihood of both," said Mahlon G. (Lon) Anderson, AAA Mid-Atlantic's Managing Director of Public and Government Affairs. "We call upon other police chiefs to follow Chief McLaughlin's example and other jurisdictions to follow Laurel's lead."

The new red-light running awareness signs will be going up in Laurel at:

- Van Dusen Road north of Contee (Near Laurel Regional Hospital).
- Bowie Road north of MD 197,
- 7th Street south of Main Street,
- Cherry Lane west of 4th Street, and
- Montgomery Street east of Patuxent Road.

While red-light camera enforcement programs are embraced by many motorists, pedestrians and cyclists, especially in Washington, D.C., most people are totally unaware of the fact that most of the tickets issued by such programs in the region and across the nation aren't issued to flagrant red-light runners. Instead of issuing tickets to vehicles dangerously proceeding through the intersection on a red-light, some jurisdictions are using their red-light photo systems to ticket drivers who actually stopped for the red light.



## Brandywine-Aquasco

by Audrey Johnson 301 888 2153

### BIRTHDAY CELEBRATIONS

Happy Birthday to James Dorsett, III, John Tyree, Camden Seven Brooks, Jefferson Vitale, Madison Rae Stroman, Mark Hayes, Kaylee Davis, Dwayne Wood, Khia Knight, William Stammer, Devin Panda-Wellington, Daniel Samuel, Leslie Slaybaugh, Ulric Thomas, Erica Barron, Denise Bouyer Carter, Barbara Washington, Iheanyi (Junior) Mbakwe and George Taylor who are Clinton United Methodist Church members celebrating their birthdays during the month of October.

### WEDDING ANNIVERSARIES

Happy Wedding Anniversary to Jeffrey and Mia Kerrick, Dwayne and Melva Wood, Lawrence and Roseline Omoregbe, Clarkie and Georgia Kinard who are Clinton United Methodist Church members celebrating their Wedding Anniversaries during the month of October.

### IT'S CASINO TIME

Come join us on our Pre-Veterans' Day Casino Midway-Harrington Casino and Slots in

Harrington Delaware with lots of fun, 50/50 and good old socializing on Sunday, November 9, 2014.

Bus will leave Park-N-Ride, Clinton, Maryland at 10:30 AM and St. Philip's Church at 11:00 AM and return at approximately 7:30 PM. Cars can remain parked at the church if parked at the lower parking level.

There is a \$10.00 rebate plus the full Buffet Meal. Donation is \$40.00. There are absolutely no refunds. All tickets must be paid in full by November 2, 2014. Sponsored by Shirley A. Cleaves. For tickets contact Shirley A. Cleaves (302) 690-4260 or Doretha A. Savoy (301) 233-3136.

### NEW HOPE FELLOWSHIP SPAGHETTI DINNER THEATRE

Come out and enjoy the best spaghetti in Southern Maryland (Croom, Brandywine and Aquasco) on Saturday November 15, 2014 from 4:30 PM-8:30 PM. This Spaghetti Dinner Theatre is sponsored by the Children's Ministry. Pastor is Rev. Constance Smith.

Spend an evening with members of New Hope Fellowship,

family and friends invigorating your taste buds with spaghetti. Main course will be served with salad, garlic bread and tea. Homemade Pound Cake and small-bite cupcakes served with ice cream for desert.

Dinner will be served at the Family Life Center located at 15601 Brooks Church Road, Upper Marlboro, Maryland 20772. Donation is \$12.00. Five years and under is free.

Contact persons are Wanda Contee 301-404-6513, Valerie Pinkney 240-350-5105 and Jina Jackson 301-787-4422.

### A STAGE PLAY

Jocelyn B.D. Moore & JM Entertainment presents A Stage Play "Conversations in Faith" Saturday, November 1, 2014 at 1:00 PM. Conversations in Faith is a stage play based on the book (of the same name) by Jocelyn B. D. Moore. It is a fictional work based on historical facts.

Come out and enjoy an entertaining and inspiring production at Oxon Hill Library Large Meeting Room) located at 6200 Oxon Hill Road Oxon Hill, Maryland 20745. For tickets visit [www.Char.Town.com](http://www.Char.Town.com)



# COMMUNITY

## Practical Money Skills

By Jason Alderman

### Flexible Spending Accounts, Commuter Benefits Cut Your Taxes

For millions of Americans, 2015 open enrollment for employer-provided benefits is right around the corner. While it may be tempting to simply opt for the same coverage you have this year, doing so could cost you hundreds — or thousands — of dollars in tax savings.



#### Have I captured your attention?

Find out if your employer offers flexible spending accounts (FSAs). They let you pay for eligible out-of-pocket healthcare and/or dependent care expenses on a pre-tax basis — that is, before federal, state, local and Social Security taxes have been deducted from your paycheck.

Also look for a commuter benefit plan, where you can pay for certain workplace mass transit and parking expenses with pretax dollars. By contributing to an FSA or commuter plan to cover expenses you would have paid for anyway, you reduce your taxable income by that amount, which in turn lowers your tax bill.

Here's how it can add up: Say you're married, jointly earn \$90,000 a year and contribute 5 percent to a 401(k). If you contribute \$2,000 to a healthcare FSA and \$4,000 for dependent care, your resulting net income, after taxes, would be roughly \$1,700 more than if you had paid for those expenses on an after-tax basis. Use the FSA calculator at [www.dinkytown.net](http://www.dinkytown.net) to evaluate your own situation.

And, with a commuter plan, you can use pretax dollars to pay for up to \$130 a month in transit expenses (bus, train, vanpool, etc.) and \$250 a month in qualified parking expenses and reap the same kind of tax benefit.

You can use a healthcare FSA to pay for any IRS-allowed medical expenses not covered by your medical, dental or vision plans. This includes deductibles, copayments, orthodontia, glasses, prescription drugs, chiropractic, smoking cessation programs and many more. Note: Over-the-counter medications, except for insulin, require a doctor's prescription to be eligible. (See IRS Publication 502.)

Dependent care FSAs let you use pre-tax dollars to pay for eligible expenses related to care for your child, spouse, parent or other dependent incapable of self-care. Eligible expenses include:

- Fees for licensed daycare and adult care facilities.
- Amounts paid for services provided in or outside your home so that you and your spouse can work, look for work, or attend school full-time.
- Before- and after-school programs for dependents under age 13.
- Babysitting by relatives over age 19 who aren't your dependent.

For some lower-income families, the federal income tax dependent care tax credit is more advantageous than an FSA so crunch the numbers or ask a tax expert which alternative is best. Note: You cannot claim the same expenses under both tax breaks.

#### Keep in mind these FSA restrictions:

- The IRS limits employee contributions to healthcare FSAs to \$2,500 a year.
- The dependent care FSA contribution limit is \$5,000 if you're single or married filing jointly.
- Healthcare and dependent care account contributions are not interchangeable.
- Outside of open enrollment, you can only make mid-year FSA changes after a major life or family status change.
- You must re-enroll in FSAs each year.

You'll also need to estimate planned healthcare FSA expenses carefully or risk having to forfeit your unused account balance. Employers may choose to either: offer a grace period of up to 2½ months after the plan year's end to incur expenses; or allow you to carry over up to \$500 to use in the following year.

With commuter plans you can change contribution amounts throughout the year whenever your needs change; you can also carry over unused funds from month to month.

## New FEMA Flood Maps Could Mean Insurance Rate Adjustments for Coastal Marylanders

By Dani Shae Thompson  
Capital News Service

ANNAPOLIS — A long line of anxious property owners snaked through the cafeteria, past a sign-in table and down the hall—each of them waiting to be told whether they were in or out.

Floodplain maps have been redrawn by the Federal Emergency Management Agency in Maryland, Virginia, Pennsylvania and Delaware, a change that could shift properties into or out of a flood risk zone.

The updated maps are used to calculate flood insurance rates, so for homeowners whose properties moved into FEMA's designated flood risk areas, the map change could mean paying more for flood insurance.

Likewise, for properties that are no longer in a flood risk area, flood insurance costs may be lowered or insurance may no longer be required.

Over 200 Anne Arundel County residents attended a FEMA community open house in Edgewater's South River High School on Sept. 9 to find out whether their property was among those affected.

One by one, attendees were directed to a long table of computers, monitors, and printers staffed by FEMA outreach team members.

Vivian and Harry Crispell, a couple from Churchton, were among those waiting in line to hear the news.

"We've lived in our home for 30 years and have always had flood insurance," said Vivian Crispell.

During that time she has seen the price of that insurance slowly climb.

She and her husband lived in their home during Hurricane Isabel in 2003. The water came up to their house, set back about 500 feet from the shoreline of the Chesapeake Bay, but didn't do any damage.

There on the monitor, new digital flood insurance rate maps displayed two images of their property on the screen—before and after snapshots that showed an aerial view of where the floodplain was and where it had been moved in relation to the property.

A series of colorful, shaded regions on the maps denote areas of high risk, moderate risk, low risk and no risk.

"Looks like we're in the clear!" Harry Crispell said.

According to the previous version of the flood insurance rate maps, the Crispells' home was in a low-risk flood area. Now, their property is shown in a no-risk zone.

Anne Arundel County redrew its floodplain maps in 2012, and FEMA followed last year. For

some other counties, the new digital versions are replacing paper floodplain maps that date back 10, 20 or even 30 years. The need for updated and more accurate maps prompted FEMA's coastal flood hazard analyses in Maryland, Virginia, Pennsylvania and Delaware.

The agency's extensive study began in 2009 and made use of more modern digital mapping technologies and storm surge modeling.

FEMA completed its newest versions of the maps in Maryland county by county, starting in 2013. New digital flood insurance rate maps have already gone into effect for Baltimore County, Baltimore and Kent County, and will be effective in 14 other Maryland counties by early 2016.

Garrett, Allegany, Washington, Frederick, Montgomery and Howard counties are not being remapped as part of the study.

Although most of the digital maps are available online, regional FEMA representatives have been touring the coasts of Maryland, Virginia and Delaware to hold open house events like the one in Edgewater.

Open houses have already been held in all affected counties except Talbot, where a meeting will be scheduled for 2015.

The goal is to spread awareness and educate property owners about the changes to the maps—changes that could better identify their risk during flooding events.

Like the Crispells', neighbors Richard Hull and Steve Boccallo also received good news about their homes near the Loch Haven marina in Edgewater.

According to the previous flood zone map, both of their properties were within the low-risk zone, meaning their mortgage lender could require them to get flood insurance.

Now, both have moved out of the risk zone completely, meaning their flood insurance rates could be reduced or no longer necessary — a result that was common for many open house attendees in Edgewater.



CAPITAL NEWS SERVICE PHOTO

**The Federal House, City Dock Coffee, The Pink Crab and Maria's Sicilian Ristorante & Café in downtown Annapolis are no longer in a FEMA flood risk zone.**

Sharfstein, along with a host of other health officials at the press conference, said preparing for Ebola is similar to preparing for other infectious diseases, and assured the public that disease surveillance and rapid testing standards and protocols are in place.

Officials are working to get out guidance to health care providers across the state on what to look for when it comes to Ebola and what to do if they think someone might have the disease, said Dr. Lisa Mara-gakis, director of the Department of Epidemiology and Infection Control at Johns Hopkins Hospital.

Additionally, labs are required to report all suspected cases of Ebola, and the state lab in Baltimore actually has the



CAPITAL NEWS SERVICE PHOTO.

**A FEMA outreach representative (far right) shows property owners a map of the new floodplain on a computer monitor in the cafeteria of South River High School in Edgewater, Maryland.**

About 3,000 properties in Anne Arundel have moved out of flood risk zones, while only 435 are moving in, according to the county's Office of Planning and Zoning.

Among those properties moving from moderate risk to no risk on FEMA's new map is a row of businesses on Market Place Street near the Annapolis Harbor.

For Karen Johnson-Gedney, owner of City Dock Coffee on Market Place Street, moving out of the flood zone doesn't mean she will be opting out of her flood insurance.

"I will likely keep some degree of flood insurance simply because I lived through Hurricane Isabel in 2003 and I remember the devastation. They say that was a 'once in a lifetime' storm, but who knows," she said.

A small plaque on the wall near the register marks where about a foot of water flooded the coffee shop.

While hurricane Isabel was one of the worst storms in recent memory for Marylanders, it was not the only storm that caused significant flood damage.

Hurricane Floyd in 1999 also hit Annapolis hard, flooding the city docks with 11 inches of rain and badly damaging the Liberty Tree, an Annapolis landmark.

"People who were around during Isabel or Floyd know how

bad the damage was and even if they aren't in a high-risk area they want to feel protected," said Greg Clem, customer service representative for Henry M. Murray Agency Inc. in Annapolis.

"It's peace-of-mind coverage." Clem said he has received a large volume of calls from flood insurance customers asking about changes to their coverage.

On average, properties moving into lower-risk flood zones see a one-third reduction in their flood insurance cost, Clem said.

And insurance for those properties now considered at higher risk of flooding could be three times higher.

Reduced insurance rates for those in flood risk zones may be obtained if a community participates in the National Flood Insurance Program, a program that helps residents obtain lower-cost, federally backed flood insurance—so long as that community enforces FEMA flood development regulations.

Maryland has 141 communities participating in the National Flood Insurance Program. The full list can be found at <http://www.fema.gov/cis/MD.html>.

For participating communities, properties changing from low risk to high risk may be able to save money with the program's "grandfather rule," which allows homeowners to lock in their current insurance rate, so that it will not significantly increase right after the new maps go into effect.

Many factors go into determining flood insurance rates, but property owners can contact their mortgage lender and insurance agent to determine whether their rates will change as a result of the new digital maps.

For more information about the National Flood Insurance Program, visit <https://www.floods-mart.gov/>.

To view your property on the Digital Flood Insurance Rate Map, visit <http://riskmap3.com/MD>.

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### Ebola from A1

through Dulles International Airport, was confirmed as the first Ebola case ever in the U.S. The man is being treated in a Dallas area hospital.

Since Ebola is only spread through direct contact with the bodily fluids of someone who is infected, Sharfstein said, "the general population is not at risk for Ebola at this point." If you're not someone who has traveled recently from West Africa, there is really nothing to worry about, he said.

Additionally, health officials said people who were on flights at Dulles at the same time as the now-confirmed Ebola patient are really not at any risk based on current evidence.

ability to test for the Ebola virus, making Maryland only one of 13 states with this capability, officials said.

Officials also assured there are procedures in place among hospitals, health care providers and emergency response agencies for safe removal and isolation of a patient if a case is ever confirmed. For instance, D.H.M.H. and local health departments have a 24-7 system that can investigate a possible Ebola case and deploy, among other things, protocols and treatment recommendations, said Dr. Richard Alcorta, acting co-executive director of the Maryland Institute for Emergency Medical Services Systems.

Officials said they have even taken the additional step of having inter-disciplinary meetings

over the last several months with hospitals and healthcare providers to get their input on the Ebola situation, and to keep them abreast on the screening protocols and procedures.

Finally, officials said, they are working in collaboration with the Centers for Disease Control and Prevention and other states on how to respond if there is an outbreak.

The Ebola outbreak in West Africa has killed more than 3,000 people since it began six months ago, according to the World Health Organization. The epidemic began in Guinea, but has since spread to Liberia, Sierra Leone and Nigeria. The W.H.O. has also reported that Senegal has had a travel-associated case of the Ebola virus.



# COMMENTARY

## Benjamin L. Cardin

United States Senator for Maryland



### At UNGA, Cardin Lauds President Obama's Focus on Resiliency, US Advances in Reducing Carbon Pollution

*"Increasing resiliency to climate change impacts is an environmental issue but also a health issue, economic issue and national security issue. The good news is that we can do something to tackle each of these challenges at the same time."*

NEW YORK — After attending President Barack Obama's speech before the United Nations Climate Summit, U.S. Senator Ben Cardin (D-Md.), a senior member of the Senate Foreign Relations and Environment & Public Works committees, gave the following remarks. Senator Cardin was confirmed last week as a Representative of the United States to the 69th UN General Assembly (UNGA).

"Science tells us climate change is real and it is among the biggest global threats facing us today. I have been proud to witness how President Obama has returned America to a position of environmental leadership in the world. As global citizens we are working to protect and improve the livability and health of our planet

while strengthening our economy. The notion that we must choose between economic growth and environmental protection is a fallacy. As the President outlined at the UN, our nation has taken bold but practical steps to encourage the development and production of innovative and environmentally friendly manufacturing, as well as sustainable and livable communities.

"We need to better prepare our countries for the effects of climate change we already are starting to see today. Adaptation and resiliency to these changes must become a priority as the global community faces a serious climate-change induced, humanitarian crisis. Broad participation in the UN Climate Summit demonstrates the optimism and seriousness that global partners are showing towards working together to reduce proportional shares of carbon from the atmosphere. While here at the UNGA, I look forward to working with the international community to share ideas on how we all can better advance international initiatives to halt the causes of climate change."



Old Maryland Farm

Open to the Public

PHOTO CREDIT: NATIONAL PARK SERVICE

**THE OLD MARYLAND FARM AT WATKINS PARK / OXON HILL FARM**  
Oxon Cove Park is a historical farm with buildings dating back to the early 1800's when the property was a wheat plantation. A variety of daily farm activities and programs are held throughout the park's 512 acres. Open daily 8-4 p.m. Groups require reservation for participation in programs. Located at 6411 Oxon Hill Road Oxon Hill, MD 301-839-1176.

## Child Watch

by Marion Wright Edelman



### Don't Mess with CHIP: Seventeen Years of Success

*"If I could sit down for freedom, you can stand up for children."*

— Mrs. Rosa Parks, honorary co-chair, 1996 Stand for Children rally

On June 1, 1996 the Children's Defense Fund (CDF) convened with over three thousand co-sponsoring organizations, including the NAACP and many others in the civil rights community, the largest rally for children in our nation's history. Over 200,000 parents, grandparents, child advocates, religious leaders, and others of every race, age, faith, and discipline from all walks of life gathered together at the Lincoln Memorial to Stand for Children™. Mrs. Parks, honorary co-chair with Rosie O'Donnell, provided an iconic statement that still holds true today as Black children are sliding backwards and child poverty levels are indefensible in our wealthy nation. In 1997 she and Rosie O'Donnell co-chaired the follow-up local Stand for Healthy Children Day. Over 700 local events took place across the country supporting health coverage for all children including 30,000 people who gathered in New York City's Central Park.

CDF, a range of Black community leaders including the NAACP, and children's advocates have long recognized that health affects every aspect of a child's life—the ability to grow, learn, play, and succeed—and fought hard to expand access to comprehensive, affordable health coverage that is easy to get and to keep in order to help level the playing field for children and close the opportunity gap. In 1997, one in seven children in the United States lacked health coverage. The 1996 and 1997 rallies provided the grassroots push that helped lead to the bipartisan passage of the Children's Health Insurance Program (CHIP). Introduced and championed by Senators Ted Kennedy and Orrin Hatch in a Trent Lott-controlled Republican Senate, President Bill Clinton signed CHIP into law in August 1997.

For 17 years CHIP has been there, giving working families the security of knowing their children had access to quality,

appropriate coverage they could afford. Since CHIP's creation the rate of uninsured children has been cut in half and is now at a record low, while improving health outcomes and access to care. The popular federal-state partnership is now a lifeline for more than 8 million children in low and lower middle income working families. CHIP and Medicaid provide critical health coverage for more than 1 in 3 children in our country and in 2012 covered 54 percent of Black children. Even in the post Affordable Care Act (ACA) world CHIP remains a critical piece in the foundation of health coverage options for children. But despite this great progress and CHIP's success, it faces a very real threat right now: if Congress doesn't take action, there will be no new funding for CHIP after September 30, 2015 and millions of children and families will suffer the consequences.

Next September may seem like a long way off—especially in this "crisis Congress" that's developed a reputation for acting in the 11th hour or not at all. But in this case we're talking about the possibility of chil-

dren actually losing ground. States are already planning their budgets for the 2016 fiscal year and need to know if they can continue providing children coverage. That sort of decision can't wait until next year. So please join us in urging Congress to take action now in 2014 when they return to Washington for the lame duck legislative session. Ask Congress to extend funding now for CHIP for four more years. We must not allow children to lose ground.

#### If funding for CHIP isn't extended:

- Millions of children could become uninsured. The Government Accountability Office (GAO) estimates that as many as 2 million children enrolled in CHIP could become uninsured if CHIP funding is not extended. Unfortunately, many children now covered by CHIP wouldn't be eligible for subsidies to purchase health coverage in the new health insurance marketplaces because of the Department of Treasury's interpretation of "affordability" of coverage, which would leave health coverage financially out of reach for many

See WATCH, Page A5

## Marc Morial, President and CEO

National Urban League



### A Champion for Equal Justice for All — Attorney General Eric Holder Bids Farewell

*"Throughout his long career in public service, Eric has built a powerful legacy of making sure that equal justice under the law actually means something; that it applies to everybody — regardless of race, or gender, or religion, or color, or creed, or disability, or sexual orientation."*

— President Barack Obama at the Congressional Black Caucus Foundation Annual Awards Dinner

Last Thursday, as I stood with a group of civil rights leaders and grieving family members at a press conference in Washington, DC to demand a full federal investigation of the police killings of two unarmed Black men -- Michael Brown of Ferguson, Missouri and Eric Garner of Staten Island, New York -- we learned that Eric Holder, our nation's first African American Attorney General, was resigning as head of the Justice Department. After six years of serving as "the people's lawyer," Holder will also leave as the most ardent and effective Attorney General for civil rights in American history thus far. President Obama praised him as both "a great friend of mine" and "a faithful servant of the American people."

Since 2009, Eric Holder has overseen the Justice Department's large portfolio of responsibilities — from counter-terrorism to government corruption to white collar crime. Under his leadership, the overall crime rate and the overall incarceration rate declined by 10 percent — the first time we have seen such a simultaneous decline in more than 40 years. Among his many accomplishments, we are especially grateful that he honored his pledge to reinvigorate the Justice Department's Civil Rights Division. As my civil rights colleagues and I stood together at the press conference devoted solely to calling for justice for Michael Brown, Eric Garner and their families, we knew that Eric Holder was standing shoulder to shoulder with us and with millions of citizens across the nation who are committed to protecting voting rights, combating human trafficking and hate

crimes, eliminating sentencing disparities, creating alternatives to incarceration, guaranteeing equality for our LGBT brothers and sisters, and ensuring that Americans of all races and walks of life are treated equally and fairly by our criminal justice system.

We have been especially encouraged by Holder's pledge to pursue civil rights investigations in the wake of the recent spate of killings of unarmed Black men by police and other law enforcement officers. His visit to Ferguson to meet with Michael Brown's family and other concerned citizens demonstrated tremendous compassion and courage. When local officials, including Darren Wilson, the police officer who killed Michael Brown, were nowhere to be seen, Eric Holder's presence assured the people of Ferguson and across the nation that their voices were being heard at the highest levels of government.

Attorney General Holder has been disparagingly accused by his critics of being too activist and too partisan. But as the nation's chief law enforcement officer, he had a clear mandate to ensure that our civil rights laws were protected, strengthened and enforced — and he has fulfilled that duty. As the son of working-class parents, Eric Holder had an up-close and personal experience with racial and economic hardship, and these humble beginnings gave him a special insight into and empathy for the challenges facing so many of our citizens in these perilous times. Eric Holder has been an impactful Attorney General and a bold and unapologetic champion for civil rights — and our nation is better for his service and leadership.

While he is stepping down as head of the Justice Department, we are encouraged by what he said at his resignation announcement, "I will never leave the work. I will continue to serve and try to find ways to make our nation even more true to its founding ideals."

We certainly hope to see him on the front lines of civil rights and equal justice for many years to come.

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# BUSINESS

## The American Counseling Association's Counseling Corner

### Learning To Give Yourself A Pat On The Back

The world can be a tough place. People can be critical or unappreciative of the things we do. But we sometimes are our own harshest critics. Rather than realistically seeing the results of tasks undertaken, some people can't accept compliments or believe that he or she really has done well.

In such cases, the person may constantly feel that the goal wasn't quite met and that no matter how many people are complimentary about what was done, the person doesn't accept or believe the compliments.

Facing life with such a critical attitude makes it difficult to find pleasure in our lives and accomplishments. We may always feel we "should" have done better and that if people really knew us they wouldn't say such nice things.

Professional counselors refer to the problem as "minimizing the positive" or "telescopic thinking." The reference is to looking through the wrong end of a telescope, thus making everything look smaller than it is rather than magnifying what's being viewed. This unrealistic view can lead to bigger problems.

It doesn't have to be that way. A professional counselor can provide help for someone who has this negative view of his or her life. While a counselor doesn't have a magic means of improving the way you see yourself and your life, he or she can usually help you find a more realistic way of looking at things.

Sometimes all you need is for someone to help guide you through a realistic evaluation of your activities. What a professional counselor can offer is a way to more honestly evaluate how you are performing, rather than the negative view you may have.

One initial approach may be to get you to focus on things you do well. This can be done by making a list of five things you do well, even if not perfectly. It might be things like, "I really care about other people," or "I work hard to be a good parent."

Once you have such a list, stop yourself whenever someone compliments you and you feel yourself minimizing or discounting what was said. Take out your list, look at it and remind yourself that there are things you do right.

But if you find that you can't feel good about what you are accomplishing, talk to a counseling professional. He or she can help you find that more positive attitude.

*Counseling Corner* is provided by the American Counseling Association. Comments and questions to [ACAcorner@counseling.org](mailto:ACAcorner@counseling.org) or visit the ACA website at [www.counseling.org](http://www.counseling.org)

#### Watch from A4

families. Congress and/or the Administration should act quickly to fix this problem which is sometimes known as the "family glitch."

• Millions more children will pay more but get less comprehensive coverage in the new health insurance marketplaces. CHIP goes further than most commercial health plans to cover the range of services children need to reach important developmental milestones, especially pediatric hearing and vision, mental health, and rehabilitative services and devices. Because states have recognized cost can be a major barrier to accessing needed services, they have made CHIP very affordable for families. Several recent studies have compared health plans available in the marketplaces to CHIP coverage and clearly shown CHIP to be substantially more affordable, with significantly lower premiums and cost sharing, while offering more comprehensive child-appropriate benefits.

• Children may not have access to the child health providers they need. CHIP provider networks were specifically designed to provide access to child-appropriate providers, pediatric facilities, and specialists to ensure children receive medically and developmentally appropriate care. But current federal provider network requirements for health plans in

the marketplaces don't ensure children the same access to the full spectrum of primary and specialty providers they need.

• Without new CHIP funds, states will lose significant federal health care dollars. Estimates suggest the states stand to lose between \$9.6 and \$10.1 billion in fiscal year 2016 alone if CHIP funding is not extended.

Congress must not play politics with the health of millions of our children. In an election year when it sometimes seems as if Congress is doing less legislating than ever, making sure children get access to the health coverage they need to survive and thrive should be something they—and we—can all agree on and get done now. Seventeen years later CHIP has helped put a generation of children on a path to healthy adulthood. Let's put CHIP on the same path.

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

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

## O'Malley and Brown Announce Harpoon Medical Tapped for InvestMaryland Funds

By PRESS OFFICER  
Office of the Governor

ANNAPOLIS, MD — Governor O'Malley and Lt. Governor Brown today announced that the Maryland Venture Fund (MVF), DBED's venture capital arm, has invested \$500,000 in Harpoon Medical Inc., the developer of a minimally invasive device to repair mitral heart valves. With the investment, the Stevensville company aims to replace three to six hours of open-heart surgery with a 60-minute, closed-chest procedure and reduce recovery time from several weeks to a matter of days. The Series A financing was led by Maryland-based Epidarex Capital and will result in up to \$3.75 million in new capital for the company. The State's portion was made with funds raised by InvestMaryland, an initiative of Governor Martin O'Malley's administration that spurs growth and development of small, high-tech companies in Maryland.

"Maryland supports high-tech startup companies that are moving our economy forward, creating jobs, and expanding opportunity," Gov. O'Malley said. "Harpoon Medical is a prime example of the exciting, innovative young companies that are thriving in Maryland's medical device sector, improving patient care and, ultimately, saving lives."

"Our InvestMaryland program helps cutting-edge Maryland businesses grow and stay in our state," added Lt. Governor Anthony Brown. "By investing in entrepreneurs and startups like Harpoon Medical, we're helping create Middle Class jobs while laying the foundation for the next generation of innovative businesses in Maryland."

"We are very happy that the Maryland Venture Fund decided to invest in Harpoon Medical and are extremely grateful for all the support the company has received from the State of Maryland and organizations throughout the state focused on helping early-stage life science companies," said Bill Niland, Harpoon's CEO and a serial healthcare entrepreneur. "There is still a lot of work that needs to be done to secure regulatory approval and transform Harpoon Medical into a commercially viable business but we would not be where we are today without early support from organizations like BioMaryland and TEDCO. By leveraging their support, Maryland Venture Fund's investment and the Biotechnology Investment Incentive Tax Credit program, Harpoon was able to secure the funding that will be necessary to advance this innovative technology into the clinic."

Harpoon Medical is a development-stage medical device

company commercializing a minimally invasive, image-guided surgical tool for beating heart mitral valve repair. The technology was developed in the Division of Cardiac Surgery at The University of Maryland School of Medicine. With the Harpoon device, surgeons will be able to access and repair the mitral valve in a beating heart through a small incision between the ribs without the need for cardiac arrest or cardiopulmonary bypass. The tool is designed to enter the left ventricle transapically and insert "bulky knot" neochords in the valve leaflet to eliminate mitral regurgitation. The investment round, which exceeded the company's original fundraising target, was structured to benefit from Maryland's Biotechnology Investment Incentive Tax Credit. Harpoon Medical was also a finalist in the second InvestMaryland Challenge.

Created by Governor O'Malley and passed by the General Assembly in 2011, InvestMaryland is a public-private partnership between the State and venture capital firms. It raised \$84 million to spur growth in small, high-tech Maryland companies and is the largest venture capital investment initiative in Maryland's history. Two-thirds of the funding — \$56 million — is being managed by carefully screened private venture firms that will in-

vest the funds and, if successful, return 100% of the principal and 80% of the profits to the State's general fund. The remaining third of the InvestMaryland capital is largely allocated to direct investments by the state-run MVF.

The Maryland Venture Fund is a regionally recognized leader in seed and early-stage investing and a national model for state-supported investment programs. With nearly two decades of experience and numerous successful investments, MVF invests in highly innovative technology companies across the full range of industry sectors including software, communications, cybersecurity and life sciences companies in the areas of healthcare IT, medical devices and diagnostics.

#### About DBED

The Maryland Department of Business and Economic Development stimulates private investment and creates jobs by attracting new businesses, encouraging the expansion and retention of existing companies, and providing workforce training and financial assistance to Maryland companies. The Department promotes the State's many economic advantages and markets local products and services at home and abroad to spur economic development and international investment, trade and tourism. For more information, visit [ChooseMaryland.org](http://ChooseMaryland.org).

## Carlos Beato and Alison Hanks-Sloan Appointed Principals for New PGCPS Internationals High Schools

By PRESS OFFICER  
PGCPS

UPPER MARLBORO - Carlos Beato and Alison Hanks-Sloan have been appointed as Design Leaders/Principals for the two new Internationals High Schools in Prince George's County Public Schools (PGCPS).

To better serve the rapidly growing immigrant population in Prince George's County Public School, the Internationals High Schools are being created using an innovative and highly successful model designed to serve English language learners. Students who attend the Internationals Schools, set to open in August 2015, are in the country four years or less and frequently score in the bottom quartiles on English language tests at the time of admission. Many students who fall in this population also have

the highest risks of dropping out of school.

"The data is clear -- if we do more and better now to provide support to our English language learners and recent immigrants, we will reap the rewards as a school district and a community in the future. The new Internationals High Schools are one way to help this population graduate from Prince George's County Public Schools ready for college and careers," said Dr. Segun C. Eubanks, Chair of the Prince George's County Board of Education. "Mr. Beato and Ms. Hanks-Sloan are accomplished educators with the skills, knowledge, and experience to lead these exciting and innovative schools."

The schools will be part of a network of 19 schools in four states across the country and are made possible through a partnership with the Internationals Network for Public Schools, CASA

de Maryland and a generous gift from The Carnegie Corporation of New York. In their inaugural year, the schools will each enroll 100 students and will grow by 100 students per year over a four year span.

Beato and Hanks-Sloan will lead a multi-phased implementation plan starting with the design phase which encompasses instruction methods including blended learning and project based learning. As they begin their work, Administration and Board Members have begun to, and will continue to, visit Internationals Schools in the region and engage with partners in New York to stay up-to-date on the best practices on proper roll-out and implementation.

"Mr. Beato and Ms. Hanks-Sloan are important appointments for the Internationals High Schools as they bring the necessary experience and leadership

needed for a successful launch and implementation," said Dr. Kevin M. Maxwell, Chief Executive Officer of PGCPS. "In a school district where our English Language Learners hail from over 150 countries and speak over 160 languages, there's no question why these new high schools are important and necessary. It's one more way we're strategically shaping PGCPS to ensure all of our students, no matter where they are from, are college and career ready."

Prior to joining PGCPS, Carlos Beato was Director of School Operations at New Vision Charter High School in Bronx, New York. Alison Hanks-Sloan was the Coordinating Supervisor for International Programs at PGCPS. - See more at: <http://www1.pgcp.org/communications/press.aspx?id=200058#sthash.pjCiRKSVDpuf>

## USDA Expands Access to Credit to Help More Beginning and Family Farmers

By PRESS OFFICER  
PGCPS

WASHINGTON, Oct. 7, 2014 — Agriculture Deputy Secretary Krysta Harden today announced that the U.S. Department of Agriculture (USDA) will improve farm loans by expanding eligibility and increasing lending limits to help more beginning and family farmers. As part of this effort, USDA is raising the borrowing limit for the microloan program from \$35,000 to \$50,000; simplify the lending processes; updating required "farming experience" to include other valuable experiences; and expanding eligible business entities to reflect changes in the way family farms are owned and operated. The changes become effective Nov. 7.

"USDA is continuing its commitment to new and existing family farmers and ranchers by expanding access to credit," said

Harden. "These new flexibilities, created by the 2014 Farm Bill, will help more people who are considering farming and ranching, or who want to strengthen their existing family operation."

The microloan changes announced today will allow beginning, small and mid-sized farmers to access an additional \$15,000 in loans using a simplified application process with up to seven years to repay. These efforts are part of USDA's continued commitment to small and midsized farming operations, and new and beginning farmers.

In addition to farm related experience, other types of skills may be considered to meet the direct farming experience required for farm loan eligibility such as operation or management of a non-farm business, leadership positions while serving in the military, or advanced education in an agricultural field. Also,

individuals who own farmland under a different legal entity operating the farm now may be eligible for loans administered by USDA's Farm Service Agency (FSA). Producers will have an opportunity to share suggestions on the microloan process, and the definitions of farming experience and business structures through Dec. 8, 2014, the public open comment period.

FSA is also publishing a Federal Register notice to solicit ideas from the public for pilot projects to help increase the efficiency and effectiveness of farm loan programs. Comments and ideas regarding potential pilot projects will be accepted through Nov. 7, 2014.

Since 2010, USDA has made a record amount of farm loans through FSA — more than 165,000 loans totaling nearly \$23 billion. More than 50 percent of USDA's farm loans now go to beginning farmers. In addition, USDA has in-

creased its lending to socially-disadvantaged producers by nearly 50 percent since 2010.

These programs were made possible by the 2014 Farm Bill, which builds on historic economic gains in rural America over the past five years, while achieving meaningful reform and billions of dollars in savings for taxpayers. Since enactment, USDA has made significant progress to implement each provision of this critical legislation, including providing disaster relief to farmers and ranchers; strengthening risk management tools; expanding access to rural credit; funding critical research; establishing innovative public-private conservation partnerships; developing new markets for rural-made products; and investing in infrastructure, housing and community facilities to help improve quality of life in rural America. For more information, visit [www.usda.gov/farmbill](http://www.usda.gov/farmbill).



# OUT ON THE TOWN

ERIC D. SNIDER'S  
IN THE DARK

## Movie Review "Annabelle"

*Annabelle*  
Grade: B-  
Rated R, for "intense sequences of disturbing violence and terror" (according to the MPAA); it has no profanity, sex, or nudity, and the violence is not graphic. It's a PG-13 movie.  
1 hr., 38 min

Last summer, The Conjuring struck terror in America's hearts and pants, telling a "fact-based" story about famed husband-and-wife paranormal investigators Ed and Lorraine Warren checking out a worried family's haunted house in 1971. Among the be-deviled artifacts the couple collected (one that had no bearing on the main story) was a creepy doll named Annabelle. I don't know how the math works, but somehow this means that there's now a movie called Annabelle, about the doll's origins.

Even more improbably, Annabelle isn't bad like you'd expect a rushed spinoff to be. Though the plot and screenplay (by Gary Dauberman) are strictly by the numbers, it's all executed with goosebumpy skill by director John R. Leonetti, who's usually a cinematographer and has an eye for a well-composed shot. He pulls off a few legitimate scares, all visual in nature, and maintains a passably creepy tone for much of the film. It's not in the same league as The Conjuring, which was more agile in its treatment of familiar plot devices, but it's a worthy entry for a chilly October (offer void in areas not yet chilly).

Devil-faced porcelain nightmare Annabelle comes into our lives in 1970, when a pregnant Southern California newlywed named Mia (Annabelle Wallis), a doll collector, receives it as a gift



John Form has found the perfect gift for his expectant wife, Mia - a beautiful, rare vintage doll in a pure white wedding dress. But Mia's delight with Annabelle doesn't last long. On one horrific night, their home is invaded by members of a satanic cult, who violently attack the couple. Spilled blood and terror are not all they leave behind. The cultists have conjured an entity so malevolent that nothing they did will compare to the sinister conduit to the damned that is now... Annabelle.

from her doting husband, John (Ward Horton), a medical student (who, now that I think about it, looks like a mannequin). So far the doll is hideous looking but not evil.

Then there is An Incident (clumsily telegraphed by TV news reports about the Manson family and references to the neighbors' runaway daughter) that traumatizes Mia and John, and which also seems to render Annabelle haunted. Kind of. This is our conclusion because of the many sinister close-ups of Annabelle's unmoving face, which we watch closely for any sign of malevolence. It's the characters' conclusion because the weird stuff that happens in their house—TV interference, self-operating sewing machines, willful record players—keeps

happening even after they move.

You've seen this situation before, of course, and Annabelle isn't especially deft at hiding its intentions. A scene early in the film establishes that John and Mia are church-going Catholics, which means the story's going to involve the devil and a priest (Tony Amendola) at some point. Two young kids in their apartment building have one unmotivated scene of random eeriness before disappearing from the movie entirely. Alfred Woodard plays a spiritual-minded bookseller who befriends Mia and tells her what she needs to know, when she needs to know it. The Bible verse quoted at the beginning of the movie proves relevant at the end.

Nonetheless, Leonetti and star Annabelle Wallis (yes, it's freaky that she has the same name as the demon doll) travel these well-worn paths with gusto. A dark basement and a malfunctioning elevator are good for a few suspenseful moments in one sequence; elsewhere, the sudden appearance of a ghost (or demon, or whatever the hell) is often used to great unnerving effect. Wallis can scream and cry with the best of them. I wish her character did more documenting and explaining, to avoid the "my husband thinks I'm crazy" sub-thread, but maybe some clichés are unavoidable. This isn't great horror by any means, but it's a solid, respectable effort that can tide us over until something great arrives to REALLY scare our pants off.

## The Edge of Sports

by DAVE ZIRIN

### Are Head Injuries the Bridge Between the NFL Playing Field and Domestic Violence?



There is an unspoken question lurking behind the NFL domestic violence cover-up saga that has emerged over the last month. It is whether the brutality of the game, particularly head injuries, plays a role in the prevalence of players committing acts of violence against women. The NFL has a vested interest in not having this discussion. On head injuries, as the title of the award-winning book said so clearly, it remains "a league of denial." If, in the name of public relations, the owners won't have a discussion about the connection between their sport and horrific post-concussive syndromes like ALS and early-onset dementia, are they really going to talk about links between head injuries and domestic violence? The sports media are largely in denial about this topic as well, as there was not one question in Roger Goodell's instantly infamous Friday press conference about whether the league would investigate whether brain injuries could be the bridge between the violence at work and the violence at home.

Yet many domestic violence advocates are also—understandably—not thrilled with this line of discussion. Partner abuse occurs in all walks of life, all professions and among all income groups, and post-concussive syndromes are almost always not a part of those stories. Additionally, to blame it on concussions seems to be excusing domestic violence and denying the fact that NFL players have agency and choice before becoming abusers. This resistance is very understandable. But attempting to explore and explain the shockingly high rates of domestic violence in the NFL is not the same as excusing it.

So is there a connection? As my friend Ruth, who is a DV counselor, says, "When it comes to domestic violence, it is extremely difficult to generalize across the board, in the NFL or otherwise." In other words, every case is distinct, reflecting the interpersonal relationships of the parties involved. But there are factors that appear to show themselves in the football cases with alarming regularity. Some of these factors are high rates of stress, a culture of entitlement for sports stars that predates their life in the NFL, and an inability to turn off the violence of the game once the pads are off. This is when we see the most toxic part of the sport's hyper-masculinist culture poison the relationships between the men who play the game—as well as the men who own teams—and the women in their lives. But among many players, this question of the role of head injuries still lingers in the background.

Dan Diamond over at Forbes is one of the few journalists I have seen explore these links in detail. In one piece, he cites a "disturbing new report" that shows "3 in 10 NFL players suffer from at least moderate brain disease." Diamond then details many examples of former players who were found in their autopsies to have the repetitive post-concussive syndromes known as CTE, and were also arrested at some point or another for domestic violence. He writes:

The key issue is whether suffering repeated head trauma lowers a person's self-control. And while many pro football players haven't been diagnosed with concussions in the NFL, nearly all of them have been playing football since they were young and suffered repetitive, frequent blows that can add up over time. And researchers know that those concussions can change a person. Even a pillar of the community.

This connects anecdotally with much of my own research. Over the last two months, I have spoken with three different women whose husbands are or were NFL players. All three are domestic violence survivors. In one case, the marriage was mended and endures to this day. In one case, it ended in divorce. In one case it ended with the suicide of the player in question. Yet that is where the differences ended. The similarities were stunning. In all three cases, the violence was precipitated either by migraine headaches or self-medicating—drugs or alcohol—to manage migraines. In all three cases, the survivors spoke about their NFL husbands becoming disoriented or light-sensitive, easily frustrated and quick to anger in ways that did not exist earlier in the relationship. In all three cases, they spoke about bizarre looks on their husbands' faces when they committed the abuse, from a chillingly peaceful calm to quizzical smiles. Whatever the look, they spoke of being in the presence of someone they "did not recognize."

I also spoke with Matt Chaney, a former college football player and author of the book *Spiral of Denial: Muscle Doping in American Football*, about whether he believed there was a causal link between concussions and domestic violence. He e-mailed me back the following: "I can't speak as medical

### Town Hall from A1

#### WHAT:

Prince George's County Council Town Hall Meeting  
"Economic Development – "Preparing for the Economic Opportunities over the Next 10 Years"

#### WHO:

Prince George's County Council Members  
Deputy Chief Administrative Officer for Economic Development and Public Infrastructure, Victor Hoskins  
Assistant Deputy Chief Administrative Officer for Economic Development and Public Infrastructure, David Iannucci  
Assistant Deputy Chief Administrative Officer for Economic Development and Public Infrastructure, Brad Frome  
Prince George's County Office of Central Services Director, Roland Jones  
Prince George's County Economic Development Corporation President and CEO, Gwen McCall  
FSC First President and CEO, Shelly Gross-Wade  
Greater Prince George's Business Roundtable President and CEO, M.H. Jim Estep  
Prince George's County Chamber of Commerce President and CEO, David Harrington  
Prince George's Community College Vice President for Workforce Development, Joseph Martinelli

#### WHEN:

Tuesday, October 21, 2014, 7:00 – 9:00 p.m.

#### WHERE:

Oxon Hill High School  
6701 Leyte Drive  
Oxon Hill, Maryland 20745

### Drugs from A1

quality of drinking water sources. State and federal environmental and health regulatory agencies continuously study the potential environmental and health consequences of drugs in drinking water.

In cities and towns, which have sewer systems connected to a wastewater treatment plant, prescription and over-the-counter drugs poured down the sink or flushed can eventually pass into rivers and lakes. For septic tanks, drugs flushed down the toilet can leach into the ground and seep into groundwater.

If you are unable to turn in your expired or unused drugs this Saturday, follow these steps for easy, responsible disposal (also applicable for liquid medications).

❑ Take unused, un-needed or expired prescription drugs

out of their original prescription bottles;

❑ Crush medication and put it in a container such as an empty can or sealable bag;

❑ Mix with coffee grounds, dirt or kitty litter;

❑ Discard with regular trash.

The Take-Back Initiative is an opportunity to protect families from potential misuse and abuse of prescription and over-the-counter drugs, as well as protect the nation's drinking water. In the eight previous Take-Back events, the DEA and its state, local and tribal law-enforcement and community partners have removed more than 4.1 million pounds (2,123 tons) of medication from circulation.

For additional collection sites in Prince George's County and to locate sites in Montgomery County, visit <http://ow.ly/BSTGj> or contact the call center at 1-800-882-9539.

**ADVERTISE!**  
in  
**The Prince George's Post**  
Call Brenda Boice  
**301 627 0900**



## Calendar of Events

October 16 — October 22, 2014

### Family Movie Night

Date and Time: Friday, October 17, 2014 8:30 pm  
Description: Bring blankets and snacks as well as family and friends for a movie night under the stars!  
Cost: Free  
Ages: All ages welcome  
Location: Mount Rainier Nature and Recreation Center  
4701 31st Place, Mount Rainier 20712  
Contact: 301-927-2163; TTY 301-699-2544

### The Power of She Girls' Empowerment Sessions

Date and Time: Friday, October 17, 2014 6:30-9:30 pm  
Description: Join us for the first Power of She event entitled Ladies Lounge: Poets and Paints. Female poets will perform while artists create self-reflections. Come to hear prose and to meet the well-known local artists.  
Cost: Free  
Ages: 13-21  
Location: Huntington Community Center, 13022 8th Street, Bowie  
Contact: 301-249-4252 ; TTY 301-218-6768

### Masquerade Tea

Date and Time: Saturday, October 18, 2014 1:30 pm  
Description: Come in costume, incognito, your best finery, or just as you are for our Masquerade Tea. Then, enjoy a prix fixe menu of fine finger sandwiches, scrumptious cakes and pastries, buttery scones, and your choice of two quality loose leaf teas. Reservations and advance payment required.  
Cost: \$29/person; \$25/Friends of Montpelier members. (Price includes gratuity and self-guided tour.)  
Ages: 18 & up  
Location: Montpelier Mansion, 9650 Muirkirk Road, Laurel  
Contact: 301-377-7817; TTY 301-699-2544

### Amphibians All Around

Date and Time: Saturday, October 18, 2014 11 am-12 noon  
Description: Experience a live animal show! Your family can observe, touch, and learn about animals through this exciting hands-on program.  
Cost: Resident: \$2; Non-resident: \$3  
Ages: All ages welcome  
Location: Mount Rainier Nature and Recreation Center  
4701 31st Place, Mount Rainier 20712  
Contact: 301-927-2163; TTY 301-699-2544

### CONCERT: The Original Drifters

Date and Time: Saturday, October 18, 2014 8 pm  
Description: "The best act of its genre on the music scene today..." The Bill Pinkney legacy group still reflects the entire Legendary Drifters presence in the music industry. They weave a blend of nostalgic magic with on-stage excitement. With today's informed music lovers rejecting generic imitations, the group remains in demand.  
Cost: General Admission: \$35; Students & Seniors: \$30  
Ages: All ages welcome  
Location: Harmony Hall Regional Arts Center  
10701 Livingston Rd 20744  
Contact: 301-203-6070; TTY: 301-203-3803

### Family Fall Festival

Date and Time: Saturday, October 18, 2014 1-3:30 pm  
Description: Enjoy a fun-filled afternoon of harvest, healthy snacks, games, arts & crafts activities, a moon bounce, live performances, & more! Pre-registration is required. Tickets can be purchased at the Complex Activities Desk.  
Registration Deadline: Monday, October 13.  
Cost: \$3/adult; \$7/child (Children under 2 years FREE)  
\$5/adult; \$9/child (After Deadline)  
Ages: All ages welcome  
Location: Prince George's Sports & Learning Complex  
8001 Sheriff Road, Landover 20785  
Contact: 301-583-2582; TTY 301-583-2483

### American Indian Festival

Date & Time: Saturday, October 18, 2014 10 am-4 pm  
Description: We invite you to celebrate the rich and diverse Native American Indian cultures and heritage! This event will feature live entertainment, storytelling, weaving, food sampling and interactive exhibits. Attend the event for a multitude of other exciting activities. Multiple raffles include a hand-woven "Pendleton" blanket and a Native American style flute. (You must be present to win the raffle)  
Cost: Free  
Ages: All ages welcome  
Location: Patuxent River Park  
16000 Croom Airport Road, Upper Marlboro 20772  
Contact: 301-627-6074; TTY 301-203-6030 or Karen Marshall (301-207-4575)

### Investing During a Volatile Market

Date and Time: Monday, October 20, 2014 7-9 pm  
Description: Get back to the basics and learn about products that are designed with investor safety in mind. This seminar will focus on how to invest in a volatile market with basic investing strategies.  
Cost: Residents \$5; Non-Residents \$6  
Ages: 18 & up  
Location: Harmony Hall Regional Center  
10701 Livingston Road, Fort Washington 20744  
Contact: 301-203-6040; TTY 301-203-6030

### DINE & LEARN: "Skinny Up" Your Fast Food Choices

Date and Time: Wednesday, October 22, 2014 6-8 pm  
Description: Learn how to 'choose this, not that' when eating on-the-go. Call Michelle at 301-736-3518 to RSVP and/or for more information. Program brought to you by PG Parks and Recreation, PG County Health Department, and the NIH Heart Center at Suburban Hospital.  
Cost: Free  
Ages: All ages welcome  
Location: Suitland Community Center  
5600 Regency Lane, Forestville 20447  
Contact: 301-736-3518; TTY 301-203-6030

## EARTH TALK ... Concerns about Parabens in Health, Beauty and Personal Care Products

Dear EarthTalk:

A friend of mine recently stopped using skin and beauty products with parabens in them. What are parabens and should we all be avoiding them?

— Betsy Johnson,  
Port Chester, NY

First commercialized in the 1950s, parabens are a group of synthetic compounds commonly used as preservatives in a wide range of health, beauty and personal care products. If the product you are using contains methylparaben, ethylparaben, propylparaben, butylparaben and isobutylparaben, it has parabens.

These ingredients are added to deodorants, toothpastes, shampoos, conditioners, body lotions and makeups, among other products, to stop the growth of fungus, bacteria and other potentially damaging microbes. Researchers have also found that some 90 percent of typical grocery items contain measurable amounts of parabens, which is why even those who steer clear of potentially harmful personal care products also carry parabens around in their bloodstreams.

What worries public health advocates is that while individual products may contain limited amounts of parabens within safe limits set by the U.S. Food & Drug Administration (FDA), cumulative exposure to the chemicals from several different products could be overloading our bodies and contributing to a

wide range of health problems. "Of greatest concern is that parabens are known to disrupt hormone function, an effect that is linked to increased risk of breast cancer and reproductive toxicity," reports the non-profit Campaign for Safe Cosmetics (CSC). "Parabens mimic estrogen by binding to estrogen receptors on cells." Research has shown that the perceived influx of estrogen beyond normal levels can in some cases trigger reactions such as increasing breast cell division and the growth of tumors.

CSC cites a 2004 British study that detected traces of five parabens in the breast tumors of 19 out of 20 women studied. "This small study does not prove a causal relationship between parabens and breast cancer, but it is important because it detected the presence of intact parabens—unaltered by the body's metabolism—which is an indication of the chemical's ability to penetrate skin and remain in breast tissue." According to the group, a more recent study found higher levels of one paraben, n-propylparaben, in the axilla quadrant of the breast where the highest proportion of breast tumors is found. CSC reports that parabens have also been linked to reproductive, immunological, neurological and skin irritation problems.

Health advocates are pressuring the FDA to ban parabens in products sold in the U.S.—like the European Union did in 2012—but concerned consumers must take matters into their own



CREDIT: RICE AND DANIELLE, COURTESY FLICKR

**Synthetic compounds called parabens are added to toothpastes, deodorants, shampoos and other products to stop the growth of fungus, bacteria and other potentially damaging microbes. Individual products contain limited amounts within safe limits, but cumulative exposure could be overloading our bodies and contributing to a wide range of health problems, including breast cancer and reproductive toxicity.**

hands for now by reading product labels and avoiding products with parabens.

"Many natural and organic cosmetics manufacturers have found effective alternatives to parabens to prevent microbial growth in personal care products," reports CSC. "Some companies have created preservative-free products that have shorter shelf lives than conventional products (six months to a year), but if used daily are likely to be used up before they expire." Readers can check out Breast Cancer Action's list of over 100 cosmetics and personal care product makers committed to avoiding parabens in their products. Also, see if your fa-

vorite products contain parabens or other risky ingredients via Environmental Working Group's free online "Skin Deep" database.

CONTACTS: FDA, [www.fda.gov](http://www.fda.gov); Campaign for Safe Cosmetics, [www.safecosmetics.org](http://www.safecosmetics.org); Breast Cancer Action, [www.bcaction.org](http://www.bcaction.org); EWG's Skin Deep Database, [www.ewg.org/skindEEP](http://www.ewg.org/skindEEP).

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### FOOD from A1

"What's exciting is that stakeholders from all sectors of the food system were present. That's what we need to make the systems-level change necessary to improve public health and communities' access to healthy foods," said Margaret Morgan-Hubbard, CEO and Founder of ECO City Farm and Co-Chair of FEC.

The 22-member Prince George's County Food Equity Council was formed in response to the Institute for Public Health Innovation's (IPHI) work to reduce chronic disease rates via complementary policy, environmental, programmatic, and infrastructure activities in Prince George's County. As part of a grant from the Centers for Disease Control and Prevention, IPHI identified and implemented seven different strategies to improve safety and increase access to recreational opportunities, increase access to and affordability of healthy foods for low-income

families and improve delivery of clinical preventive services through the use of community health workers. Among these was starting FEC, which seeks to increase the number of people with access to affordable and healthy food options, while bridging the vast, but fragmented, cross-sector food system in many communities.

The Forum featured an expert panel and breakout sessions that engaged stakeholders from a variety of sectors of the county's food system—including farmers, University of Maryland extension representatives, food access focused non-profits, grocery stores, elected officials, government agencies, renewable energy companies, and healthcare executives.

Central to the forum discussions were innovations in local food system work and opportunities for systems-level change through policy-based approaches. Healthy mobile food vending, untraditional agricultural ventures, strategies to in-

crease community level access to affordable foods, and promising practices to expand nutrition education programming were popular topics among participants. Stakeholders acknowledged the need for collaboration to address the county's "food deserts and swamps" and their implications on residents' health. According to John Hopkins' Center for a Livable Future, 43 percent of county residents live in "food deserts," or low-income census tracts where residents are more than .5 miles (urban) or 10 miles (rural) from the nearest supermarket. The average for the state of Maryland is only 27 percent, according to the Prince George's County Food Systems Profile. Readily available are "food swamps" through a densely populated network of fast food chain restaurants, which make up 71 percent of the county's restaurants.

Speakers presenting findings and leading discussions included: Sydney Daigle, Food Equity Council coordinator;

Margaret Morgan Hubbard, CEO, ECO City Farms and Food Equity Council co-chair; Pamela Hess, Executive Director, Arcadia Center for Sustainable Food and Agriculture; Nicete Moodie, Nutrition Outreach Coordinator, Share Our Strength; Denise Ann Benoit-Moctezuma, Program Supervisor, Prince George's Expanded Food & Nutrition Program, University of Maryland Extension; Pete Charlerie, Farmer and Wwner, SunSplash Farm; Shelby Watson Hampton, Farmer, Robin Hill Farm & Vineyards; Christie Balch, Executive Director, Crossroads Community Food Network; Susan Thweatt, Program Chief, Prince George's County Health Department; Michael J. Wilson, Executive Director, Maryland Hunger Solutions; Allison Lilly, Sustainability and Wellness Coordinator, University of Maryland Dining Services; and Evelyn Kelly, Senior Program Manager, Institute for Public Health Innovation.

### Wage from A1

Council Member Andrea C. Harrison (D) – District 5, sponsor of the legislation, says Prince George's County is now on its way to a fair and equitable minimum wage.

"This is a great day in Prince George's County because our residents deserve fair compensation for their labor. Working families should

have the opportunity to make ends meet and improve their quality of life."

The County minimum wage requirements do not apply to an employee who is exempt from the minimum wage requirements of the Maryland Wage and Hour Law or the Fair Labor Standards Act, or individuals under the age of 19 years employed no more than twenty hours in a week. The computa-

tion of tipped wages for the minimum wage required under this Section shall be the same as the manner of computation of tipped wages in Section 3-419, Labor and Employment Article, Annotated Code of Maryland (the Maryland Wage and Hour Law).

The Maryland General Assembly also raised the State minimum wage to \$10.10 by 2018. However, employers in

the County must follow the new County law, and minimum wage rate structure.

The Maryland Department of Labor, Licensing and Regulation (DLLR) will enforce the County's minimum wage law. For more information, or to file a complaint alleging a violation of the County minimum wage, contact DLLR at 410.767.2357 or at [ess@dllr.state.md.us](mailto:ess@dllr.state.md.us).

### Violence from A6

authority on any link but as a journalist and academic who's read and filed tens of thousand documents on football hazards from violence to drugs, and one who's interviewed a thousand people, along with being a former college player who has knowledge of countless athletes and their relationships, I believe football brain injuries lead many

players to violence they wouldn't otherwise have committed, ranging from domestic cases to random acts.... I think brain injuries, after studying the topic as we all have in recent years, now explains much about the perplexing cases of violence and other irrational behavior among football players I've known. And while I thought I abhorred street fighting, before college football, I found myself

nearly involved with or nearly instigating such trouble on more than one occasion while I was in full-contact activity, fall and spring practices, banging my head. If I didn't have headache after a college contact session, I didn't think I'd done anything."

This question, of course, has profound implications well beyond the sport. It is about the choice families make whether to let their children play tackle foot-

ball. It is about the health and safety of women in relationships with NFL players, and whether recognizing warning signs of CTE can create opportunities for intervention before abuse takes place. It is about the degree to which the league's very violence bears some complicity in their abuse. This is a difficult question, one Roger Goodell is loathe to discuss. That is exactly why we need to keep asking it.

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