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OFFICIAL WHITE HOUSE PHOTO BY CHUCK KENNEDY

President Barack Obama delivers remarks during an event with American health care workers fighting Ebola, in the East Room of the White House. October 29, 2014.

President Obama Thanks U.S. Health Care Workers Fighting Ebola

By PRESS OFFICER
Office of the White House

America has never been defined by fear. We are defined by courage and passion and hope and selflessness and sacrifice and a willingness to take on challenges when others can't and others will not, and ordinary Americans who risk their

own safety to help those in need, and who inspire, thereby, the example of others -- all in the constant pursuit of building a better world not just for ourselves but for people in every corner of the Earth.

— President Obama,
October 29, 2014

Captain Calvin Edwards is a father of four from Harrisburg,

PA. On his 29th wedding anniversary, he left home for Liberia with a pillow and the copy of the New Testament he always carries on his deployments. But not before he bought his wife a dozen roses.

Dr. Dan Chertow is also an officer in the U.S. Public Health Service, who took leave from his position at the National Institutes of Health (NIH) to volunteer

with Doctor Without Borders in Liberia, where he cared for more than 200 Ebola patients.

Katie Curren led a "disease detective" team to a village in Sierra Leone that was so remote, they had to take canoes to reach it. The chief who met them wore a Pitts-

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PG County Launches New Marketing and Branding Campaign

By PRESS OFFICER
Prince George's County Gov.

Upper Marlboro, MD – at The Capital Wheel - National Harbor, Prince George's County Executive Rushern L. Baker, III will join Prince George's County Council Chairman Mel Franklin, (D-District 9) Prince George's County Economic Development Corporation CEO Gwen McCall, Prince George's County Conference & Visitors Bureau Executive Director Matthew Neitzey, Peterson Companies Principal Jon Peterson, along with County elected

officials, business leaders, and residents to launch the new Prince George's County marketing and branding campaign - "Prince George's County - Experience. Expand. Explore."

This event will occur during the CoreNet Global Summit of national and international commercial real estate professionals at the Gaylord at National Harbor. This event will consist of a launch ceremony beginning at 5:00 p.m. and a reception from 6:00 p.m. to 8:00 p.m. at the

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Hoyer Attends PG Community College Foundation's Partners for Success Awards Dinner

By PRESS OFFICER
Office of Steny Hoyer

NATIONAL HARBOR, MD – Congressman Steny Hoyer (MD-5) delivered remarks at the Prince George's Community College Foundation's Partners for Success Awards Dinner at the Gaylord National Resort and Convention Center. The college recognized individuals and corporate partners at the dinner who have demonstrated shared responsibility in transforming the lives of students through accessible and affordable learning experiences. Senator

Barbara Mikulski was one of the honorees at the dinner.

"I was honored to celebrate with the Prince George's Community College Foundation as they recognized Senator Mikulski and others who have worked to ensure that our students have access to a quality and affordable higher education," said Congressman Hoyer. "I congratulate all of tonight's honorees and encourage them to continue to work with the Prince George's Community College to de-

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New Initiative to Save on Stormwater Fees

County says new program provides groups with incentives to help them go green

By PRESS OFFICER
Prince George's County Gov.

LARGO, MD – As part of the County's ongoing effort to reduce stormwater runoff and protect water quality, Prince George's County officials and other special guests officially launched the County's Alternative Compliance Program (ACP) at Forestville New Redeemer Baptist Church in Forestville. The ACP is designed to help congregations and nonprofits reduce and treat stormwater runoff by incorporating best management practices such as building rain barrels and gardens, starting a green team or ministry, coordinating tree plantings and directing community cleanups. Forestville New Redeemer Baptist Church is the first faith-based organization selected to participate in the County program.

Prince George's County Deputy Chief Administrative

Officer for Economic Development and Public Infrastructure Victor L. Hoskins remarked that he was excited about the County's introduction of the Program. "Prince George's County is taking a major step in making a change toward our environment," said Hoskins. "This public-faith partnership shows what can happen when like-minded people in government and the private sector come together to make a huge change for the better."

Jon Capacasa, Director of the EPA Water Protection Division Mid-Atlantic Region added that backing programs such as the ACP will put us in a much better position in restoring and protecting water quality for the future. "It's important that we continue to explore clean water initiatives that will assist us in meeting the challenges we face ahead," says

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From Seed to Smoker: The Medical Marijuana Process

By DANIEL KERRY
Capital News Service

ANNAPOLIS, Maryland – After Maryland is given the OK from the federal government, patients will be able to walk into a dispensary, show their card to the retailer and pick up their medical marijuana prescription.

But before medicinal cannabis ever changes hands from retailer to consumer, it has already been through an extensive trek.

There is a complex process between the time a marijuana seed is planted and when the consumer picks up a prescription at the counter.

That whole intermediate process is one of the factors delaying Maryland's implementation of medical marijuana.

Maryland's Medical Marijuana Commission

The crowd at the state's medical marijuana commission meetings in Annapolis on Sept. 9 and Sept. 23 consisted mostly of growers, dispensers and consulting firm representatives who were eager to join the new pro-

gram. Since September 2013, the 15-member commission has held 15 meetings to discuss details about Maryland's future medical cannabis industry.

Dispensers, growers and patients in need of medicinal marijuana are growing more and more restless with each passing commission meeting.

Distribution of medical marijuana in Maryland is not expected to start until early 2016.

"I can see recreational marijuana being legalized before medical marijuana is finalized in Maryland," said Judy Pentz, executive director of the state chapter of NORML (National Organization for the Reform of Marijuana Laws). "The commission seems stuck in the reefer madness era."

Sharon Bloom, executive director of the commission, said the wait is for a valid reason.

"There are no obstacles blocking us, only a regulatory process that needs to be followed and the informal process prior," Bloom said. The commission is still working on the "informal process" of getting Maryland's medical



PHOTO BY SONYA YRUEL/DRUG POLICY ALLIANCE
Medical patients shopping at a cannabis dispensary. (Photo by Sonya Yruel/ Drug Policy Alliance.)

marijuana industry plans and regulations straightened out before they are sent to the federal government.

"If we do a job that the (U.S.) attorney general and the (Drug Enforcement Agency) reject, we're back to ground zero," said Eric Sterling, a member of the commission and a lawyer with over 30 years of experience working on medical marijuana issues.

Maryland is one of 23 states in which medical marijuana is legal.

According to the commission's latest draft of regulations, grower application fees in Maryland are not to exceed \$6,000, but annual license fees for growers are \$125,000. Licensing fees for dispensaries are \$40,000 a year.

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INSIDE

Giving Back to our One Maryland

The Governor's Office on Service and Volunteerism awarded a total of over \$25,000 in matching funds to fourteen different projects throughout Maryland. One recipient of the grants, Zion Development Corporation used the funds to get their project off the ground in the Upton community.

Community, Page A3

The Real Monsters

Ending child poverty in the world's largest economy should be a no brainer. Children cannot afford the burden of poverty. And our nation cannot afford the costly economic and moral burden of child poverty. Child poverty costs our nation half a trillion dollars every year in lost productivity and extra health and criminal justice costs.

Commentary, Page A4

Maryland Community Colleges to Enhance Job Training to Meet Cyber Industry Demand

A grant from the U.S. Department of Labor aims to solve this issue by giving a group of community colleges in Maryland nearly \$15 million to strengthen job training programs for students pursuing information technology.

Business, Page A5

Movie Review: "Gone Girl"

On the occasion of his fifth wedding anniversary, Nick Dunne reports that his beautiful wife, Amy, has gone missing. Under pressure from the police and a growing media frenzy, Nick's portrait of a blissful union begins to crumble. Soon his lies, deceptions and strange behavior have everyone asking the same dark question: Did Nick Dunne kill his wife?

Out on the Town, Page A6

Earth Talk

Dear EarthTalk:

I hear that many school cafeterias have nutrition standards no better—even worse—than those of fast food chains. What can be done about this?

— Betsy Edison,
Nashville, TN

Features, Page A7

Towns and NEIGHBORS

In and Around Morningside-Skyline

by Mary McHale 301 735 3451

Morningside named Heavy Duty Rescue Squad of the Year

The Morningside Rescue Squad was recognized as the 2014 Heavy Duty Rescue Squad of the Year at the annual Prince George's County Volunteer Fire & Rescue Association County Convention Sept. 18 in Brentwood. The handsome trophy was on display at the Morningside Fire Department's Open House on Oct. 18.

The trophy was awarded for the squad's assist in a Jan. 6, 2014, extrication of the driver and a passenger from a commercial vehicle, which crashed in the 6200 block of Marlboro Pike. They utilized almost everything in the tool box—air cart, air chisels, sawzall, circular saws, the Hurst KL32 Spreaders, Hurst MOC II Cutters, Hurst MOC Combi-tool, Hurst Rams and extensions, miscellaneous hand tools and tons of lights. Rescue took about 30 minutes, under extreme weather conditions with temperatures well below freezing.

Morningside's Assistant Chief Michael R. Poetker was awarded the Rodney Lee Gilbert Memorial Trophy, as Fire, Rescue, Emergency Medical Service Individual of the Year.

Neighbors

Will Foreman, owner of Eastover Auto Parts in Forestville, and his wife Eileen are thrilled with the arrival of their first grandchild, Zander Montgomery, born Oct. 29 at Howard County General Hospital to Robyn and Ibrahim Sagato.

Patty Parco Grey, her husband Philip, and their daughter were in town last week from Clarksville, Tenn., for the burial of her father, Bruno Parco, at Arlington National Cemetery. The Parcos used to live on Marianne Drive in Morningside.

David Downing Duvall Sr., of Croom, a teacher, vice principal and personnel officer with the Prince George's Board of Education, died Oct. 19. He was a nephew of the late Cora Lee Burke, my dear next-door neighbor for many years.

Last spring St. Philip's School hosted a reception for their principal, Linda Cullinan, who retired after 17 years at the school and 40 years as an educator. Recently

she emailed photos and a message to the school: "Just wanted you to know that my long awaited trip to Ireland was AWE-SOME! Special thanks to all for your help in making this dream a reality.... You are in my thoughts and prayers daily. Miss you all!!!"

My son Mike McHale and his wife Sandy flew in from El Paso, Texas, to spend last week with me.

Ten years ago this week: Elnora McCall, of Skyline, and David Giroux, of Morningside, were chief judges on Election Day at Skyline School. There was a huge turnout and Elnora said she didn't get home until after 11 p.m.

Community

Morningside holds its monthly Town Meeting on Tuesday, Nov. 18, 7 p.m., at the Town Hall.

The Skyline Citizens Association has an interesting roster of guests dropping by their quarterly meeting, Wednesday, Nov. 19, 7 p.m. at Skyline School.

Changing landscape

A new skate park has opened at Cosca Regional Park in Clinton, attracting enthusiastic skateboarders. And as they skate, they can enjoy 16 mural panels painted by students and graffiti artists, surrounding the skate park.

Construction continues on the new Malcolm Grow Medical Clinics & Surgery Center at Joint Base Andrews. The new facility will be a part of the National Capital Region healthcare network, providing medical services to the nation's wounded warriors and the area's service members, retirees and their families. What I call the old Malcolm Grow Hospital will be torn down when the new Center opens.

Walls Tree Service recently cut down the largest tree in Skyline. The red oak was in my neighbor's yard. I loved it, but it was dying. I asked the foreman some particulars—he said it was 150' tall and about 250 years old.

Flea Market at Skyline School

Want to rent a table for \$15? You can do it Saturday, Nov. 22, on the parking lot at Skyline School (or inside, in case of rain). The event is sponsored by the PTA. Skyline School is 6311 Randolph Road, just off Suitland Road. To reserve a table or for information, call Mrs. Magness, 301-817-0535.

Christmas in Paradise (Pa.)

The Surratt Society, in Clinton, has a holiday trip to the Rainbow Dinner Theater in Paradise, Pa., coming up Dec. 2, 9 a.m. – 5 p.m. Included are a delicious buffet and a matinee showing of a Christmas comedy. For information and availability, call 301-868-1121.

May they rest in peace

Robert Arthur "Bob" Robbins, 72, of New Market, Md., formerly of both Morningside and Skyline, died Oct. 25 in Baltimore. He was born in Sebring, Fla., son of the late Frank and Connie Robbins.

The family lived on Larkspur Road, Reamy Drive and Ridgecrest Drive beginning in the 1950s. Bob graduated from Suitland High in 1960. A year later he joined the Air Force and traveled the world as a flight engineer. He later served in the Reserves and eventually retired after many years with the Federal Government. Survivors include his wife Joyce, brother Bill and sister Lucille "Lucy" Carroll. He will be remembered as The Computer Guru. Thank you to Bill Robbins for letting me know about Bob.

Carol Jane Lancaster, 72, who graduated from Oxon Hill High School in 1960 and Georgetown University in 1964, died Oct. 22 at her home in Washington. She was a former State Department official and dean of the Georgetown University School of Foreign Service.

Lewis E. Wright, 74, of Oxon Hill, a magician who was bar manager at the Game Room & Grill in Fort Washington, died Sept. 16 in Washington. In the 1970s and '80s he and his wife performed in local magic shows and he managed a magic shop in Alexandria. He was also bartender at the Sea Shell Restaurant in Oxon Hill from 1987 until it closed in 1997. His memberships included the International Brotherhood of Magicians and the National Association of Watch and Clock Collectors.

Milestones

Happy birthday to Tyrell Boxley, Nov. 14; Ty Poe, Bob Davis and Carolyn Holland Bennett, Nov. 15; Kendra MacLean and Katie Frostbutter, Nov. 18; Herbert Hanson and Andrew Boone, Nov. 20.

Neighborhood Events

Maryland Police Training Commission Adopts Training Objectives For Community Inclusion

BALTIMORE (October 10, 2014) - On Wednesday, October 8, 2014, members of the Commission for Effective Community Inclusion of Individuals with Intellectual and Developmental Disabilities (Inclusion Commission) appeared before the Maryland Police Training Commission to discuss training objectives for a comprehensive inclusion training program for law enforcement recruits at the academy level. The recommendations were presented by Commission members George P. Failla, Jr., Acting Secretary of the Maryland Department of Disabilities, Charles W. Rapp, Executive Director of the Police and Correctional Training Commissions and Joanna Person, Executive Director of the Arc of Frederick County. The Police Training Commission unanimously adopted the training objectives at the meeting.

"We established the Commission last year to better educate people who interact with individuals with intellectual and developmental disabilities. As part of their work, Chairman Tim Shriver and his fellow commissioners were able to contribute positively to the proposal approved today," said Governor O'Malley. "I applaud today's action by the Police Training Commission, which will help Marylanders receive the protections they deserve. Together, we'll continue to work toward ensuring that we respect the dignity of every individual in our State."

"These new state-wide training guidelines will help our police officers work with the community to ensure that all Marylanders have access to the protection and rights they deserve," said Lt. Governor Anthony Brown. "We will continue to partner with local law enforcement, advocates, and families to support Marylanders with intellectual and developmental disabilities, and help every one of our neighbors feel safe in their homes and in their neighborhoods."

The Inclusion Commission was created through Executive Order by Governor O'Malley on September 17, 2013, in part as a response to the circumstances surrounding the death of Frederick County resident Ethan Saylor, an individual with Down syndrome. The Commission was asked to develop recommendations about the types of training standards that Maryland should adopt to educate law enforcement officers who interact with individuals with intellectual and developmental disabilities (IDD) and the best approaches to ensure that people with IDD are safe, understood and included in the community.

"As Chair of the Inclusion Commission and a Marylander, I am extremely proud that the Maryland Police Training Commission has adopted these training objectives. It is a critical first-step toward achieving a State where people with intellectual and developmental disabilities feel safe, understood, and included in their communities and by the men and women of law enforcement," said Chairman Tim Shriver. "The Commission will continue to work to achieve its vision of creating a more compassionate, knowledgeable and understanding society that respects the life-saving work of our public servants along-side the valuable

contributions of our citizens with intellectual and developmental disabilities."

As part of its mandate, the Inclusion Commission reviewed training programs about people with intellectual and developmental disabilities currently offered to law enforcement personnel throughout Maryland. The Commission also researched national training programs and found that while there were elements of existing programs that may be included in a comprehensive inclusion training plan, no current training curriculum exists that adequately addresses the effective inclusion of individuals with intellectual and developmental disabilities.

"With Governor O'Malley's leadership and the Inclusion Commission's vision, Maryland will lead by example in creating a more inclusive environment for people with intellectual and developmental disabilities" said Acting Secretary Failla. "I was particularly gratified by the Police Training Commission support, lead by Colonel Brown's unwavering commitment, in collaboratively developing the standards and commitment to their implementation, effective as of January 2015."

Over the past thirteen months, the Inclusion Commission's Training Subcommittee, chaired by Joanna Pierson, worked closely with the Police and Correctional Training Commissions' staff to develop pre-service training objectives for Maryland's police academies. Self-advocates, representatives of disability organizations, and family members reviewed the training objectives and several attended the initial pilot of some of the training modules resulting from that work. Representatives from various law enforcement agencies, including training directors, also reviewed these objectives and offered feedback. Additionally, the Maryland State Police and Department of Natural Resources Police participated in the first pilot, implementing the training with current recruits and recent academy graduates.

The Inclusion Commission's proposal to the Police Training Commission includes training objectives that:

- Identify the procedures that an officer should/may employ when encountering an individual with an intellectual/developmental disability.
- Identify the indicators that a person may have an intellectual/developmental disability.
- Identify the procedures an officer should follow to ensure the safety and calmness of an individual that has an intellectual/developmental disability.
- Demonstrate communication techniques required to effectively interact with a person who has an intellectual/developmental disability.
- Explain the resources available to assist an officer encountering a person with an intellectual/developmental disability.
- Describe the procedures an officer uses to ensure compliance with the Americans with Disabilities Act when encountering a person with an Intellectual, Developmental, or Physical disability.

• Demonstrate the procedures that an officer should/may employ when encountering an individual with a physical disability.

• Demonstrate the procedures that an officer should/may employ when encountering an individual with a mental illness.

A statewide training curriculum incorporating the adopted training objectives will be available for use by the end of the calendar year. The Inclusion Commission is also working with disability organizations around the state to identify individuals with intellectual and developmental disabilities who can assist the academies in the delivery of the training program. The Inclusion Commission strongly believes that the participation of self-advocates as trainers and teachers will ensure that the training is both effective and meaningful for the recruits. Adoption of the training objectives is an important first step to address officer safety when interacting with people with intellectual and developmental disabilities and to improve recruits' ability to protect and serve these individuals when they will come in contact with them in communities throughout the State.

"The formation of this Commission will allow public safety personnel to fully comprehend the needs of individuals with IDD and to ensure all emergency responders are fully prepared to respond to situations," said Colonel Marcus Brown, Superintendent of the Maryland State Police. "For decades, thousands of Maryland police officers have supported the efforts of the Law Enforcement Torch Run and Special Olympics Maryland, helping to provide year-round sports training and other opportunities for children and adults with intellectual disabilities. The Commission will be an enhancement to law enforcement's mission to serve and protect all citizens of Maryland."

It's A Great Time to Enjoy

Maryland Apples

ANNAPOLIS, MD — Maryland apple season is in full swing, with 62 percent of the crop harvested. Maryland has 1,897 acres of apples on 171 farms. Those farms produce everything from Golden Delicious and Macintosh to unique varieties such as the Spencerville Red.

"Maryland orchards are among the best in the country," said Maryland Agriculture Secretary Buddy Hance. "It's just hard to beat a local Maryland apple."

Fresh Maryland apples can be found in many grocery stores throughout the state. If your local grocery store does not carry Maryland apples, be sure to ask a produce manager for them. For a fun, family activity, visit a pick-your-own orchard and spend the afternoon gathering apples to make your favorite dishes.

Consumers of all ages can benefit from an apple a day. Not just a delicious and healthy snack, apples are full of complex carbohydrates, vitamin C, potassium, calcium, iron, vitamin A, phosphorus, thiamin and magnesium. Apples do not contain fat, sodium or cholesterol. With only 80 calories per apple, they fit in perfectly with a healthy lifestyle.

Brandywine-Aquasco

by Audrey Johnson 301 888 2153

BIRTHDAY CELEBRATIONS

Happy Birthday to Christian Panda, Darius Paul Kerrick, Dion Jalloh, Ugo Mbakwe, Shurrell Bell, Jack Matthews, Marilyn Panda-Massey, Moyah Panda (Atty), Bertha Lee, Daphne Rojas, Sheila Holmes, Dorothea Belt Stroman (Pastor), Christina Stevenson, Mary Escanilla, Wade Garrett, Beverly Holman, Grace Omogrebe, Pauline Clark and Dorothy Glasgow-Reid Clinton United Methodist Church Members who are celebrating birthdays during the month of November.

WEDDING ANNIVERSARIES

Congratulations to Clinton United Methodist Church Members Frank and Diane Johnson, Barron and Kendra Neal who are celebrating their Wedding Anniversaries during the month of November.

ANNUAL PRAYER BREAKFAST

It's time for their Annual Prayer Breakfast on Saturday, December 6, 2014 8:30 AM at St. Philip's Church, Baden Parish. The address is 13801 Baden Westwood Road Brandywine, Maryland 20613-8426. Spiritual Message will be by Rev. Vaughan P.L. Booker. Theme is "Every

Good Gift and Every Perfect Gift is from above.' Cost for adults is \$10.00. Children pay \$5.00 (12 years and under).

The Prayer Breakfast is sponsored by St. Philip's Church, Baden Parish Episcopal Church Women. Chairpersons are Phyllis Bell, Henrietta Wright and Shirley Cleaves.

GOLDEN CORRAL

Golden Corral Restaurant's Military Appreciation Monday free dinner November 17, 2014 will be available from 5:00-9:00 PM for Military Retirees, Veterans, Active Duty, National Guard, and Reserves.

SENIOR AQUATIC EXERCISE PROGRAM

The classes take place in the indoor heated pool located inside the Colony South Hotel's Fitness and Sports Club. Class times are Tuesday and Thursday at 10:00 AM. The address is 7401 Surratt's Road Clinton, Maryland. Contact number is 301-877-4806.

HAROLD MELVIN'S BLUE NOTES

Harold Melvin's Blue Notes will appear at Show Place Arena Saturday November 29, 2014 at 7:00 PM. Cost is from \$35.00 to \$75.00. Address is 14900 Pennsylvania Avenue Upper Marl-

boro, Maryland 20772. You can buy tickets at Ticketmaster.

CAMP SPRINGS SENIOR PERFORMING ARTS TROUPE SHOW

"The Family Reunion" will be presented by Camp Springs Seniors Wednesday, November 19, 2014. Two show times are available to fit your busy schedule. A M-NCPPC Senior ID Card and registration at the center's front desk is required. The 1ST Show 10:00 AM-12:15 PM and 2nd Show is 1:00 PM-3:15 PM. Cost is free. This show is for ages 50 and Better. Donated canned goods will support local food banks.

Location is Camp Springs Senior Center 6420 Allentown Road, Camp Springs 20748. Contact number is 301-449-0490; TTY 301-446-3402.

ANNUAL GOLF TOURNAMENT

Reserve the date Wednesday June 3, 2015 for the Annual Golf Tournament at the Country Club at Woodmore in Mitchellville, Maryland. Proceeds benefit Prince George's Community College Scholarships. For more information, please call 301-322-0858 or e-mail foundation@pgcc.edu.

COMMUNITY

Practical Money Skills

By Jason Alderman

7 Ways to Cut Your Holiday Expenses

When it comes to holiday spending, waiting in store lines all night and jostling for discounts will mean very little if you don't have a budget that shapes your finances year-round. With the average U.S. household spending \$600-\$700 in 2014 for the holidays, putting that money together shouldn't be a game of chance. Here are some tips to get it right:



1. Before you make a list, plan. How's your debt? Do you have an emergency fund or any savings put aside? Start the holiday season by getting a handle on what you owe and what you're spending day-to-day. Then plan a holiday budget (www.practicalmoneyskills.com/YourHolidayBudget) as early as possible that allows you to spend wisely.

2. See what spending is really necessary. It's tough to cut young kids off a gift list, so turn to the adults. If your finances are limited, it's worth asking adult friends and family members if they'd consider a gift swap or forego gifts altogether. They might actually think it's a good idea.

3. Attack your everyday expenses. Want to afford the holidays? Consider evaluating some expensive habits. Try reducing the amount you are spending on expensive nights out. Cook at home and bring your lunch to work. Use public transportation. Compare and cut your auto and home insurance premiums. Turn down the thermostat, dump magazine subscriptions, gym memberships and any other budget item you're not using. You'll find that savings build quickly.

4. Browse before you buy. Assuming you've made a tight gift list, create a gift budget tracking precisely what you're willing to pay for every item. (www.practicalmoneyskills.com/YourGiftLog) For must-have, non-negotiable gifts, you may have to pounce before Thanksgiving Day and Black Friday and Monday for both price and selection. Also, don't forget to budget for holiday entertainment www.practicalmoneyskills.com/EntertainmentPlanner. It's a potentially huge cost. Plan ahead and don't waver.

5. Create your own Holiday Club. Online savings and money market accounts can allow you to set aside your holiday budget in small amounts throughout the year and they'll pay better rates than the last few banks offering Holiday Club savings accounts.

6. Watch gas and shipping. Smart shoppers weigh the value of store trips versus online shopping. They also keep an eagle eye for advertised online and shipping discounts. Sign up for special deals and coupons, consolidate in-person trips to stores and make sure you review return policies at online and bricks-and-mortar stores before you buy. Paying return fees or missing a window to return a gift entirely can cost big money.

7. Keep good records. Whether you track your finances on paper or on a computer, develop a system that allows you to match your holiday list to what you spend every year. Good recordkeeping not only allows you to track the numbers, but also prevents you from duplicating gifts or overspending year to year. And it's always a good idea to keep a list of what you get from others to make sure you're thanking people appropriately.

Finally, consider whether it's worth making new holiday traditions that go beyond gift giving. Some families consider contributing throughout the year to a joint vacation or reunion fund to bring everyone together. You might also consider the needs of aging or needy relatives who need assistance with chores, transportation or pet care. The holidays are what you make them.

Giving Back to our One Maryland

By PRESS OFFICER
Office of the Governor

Thank you to all of the Marylanders who served throughout Maryland during this year's Day to Serve. Once again, our state joined together in this regional effort with Virginia, West Virginia, and Washington D.C. and achieved a record level of service.

In 2014, 27,000 Marylanders participated in 479 service projects across the State. This year, Maryland volunteers:

- recorded 100,000 hours of community service — a 66% increase in volunteer hours from 2013;
- collected over 395,000 pounds of food to help feed the hungry;
- removed nearly 3,500 pounds of trash from our environment — almost twice as much as last year; and
- planted 3,110 trees — doubling last year's efforts.

During Day to Serve, I joined culinary students to make a healthy lunch for residents of The Light House in Annapolis, which offers transitional housing

for people who are homeless. The generous actions of the culinary students show that each of us can make a difference — sometimes one meal at a time — and all of us must try.

One of the highlights of this year's Day to Serve included expanding the partnership between the Maryland Food Bank's Hunger Action Month, the Maryland State Police, and the Maryland Department of Transportation. Marylanders donated over 33,000 pounds of food this year at barracks, offices, and service shop drop-off locations. Other organizations made a big impact too — for example, the Church of Jesus Christ of Latter Day Saints donated 40,000 pounds of food to the Maryland Food Bank.

In Baltimore, the Baltimore Area Council of Boy Scouts brought together over 1,100 volunteers to clean up trails and streams as well as participate in flag retirement ceremonies. And the Volunteer Center for Anne Arundel County partnered with the United States Naval Academy to bring together over 200 volunteers and midshipmen



CREDIT: THE OFFICE OF THE GOVERNOR
Governor Martin O'Malley working with the culinary students to make lunch for the residents of The Light House in Annapolis

in a park clean up for Project Green: A Day of Service and Remembrance.

As part of our commitment to service, the Governor's Office on Service and Volunteerism awarded a total of over \$25,000 in matching funds to fourteen different projects throughout Maryland. One recipient of the grants, Zion Development Corporation used the funds to get their project off the ground and clean a gazebo in the Upton community.

I'm grateful for the many ways in which volunteers across our One Maryland came together this fall to feed the hungry, clean up our neighborhoods, and improve our communities — giving back to the places that we call home. Thank you to all who volunteered to change our communities for the better and I look forward to seeing the impact that Marylanders make next year for the 2015 Day to Serve.

Stormwater from A1

Capacasa. "I applaud Forestville New Redeemer Baptist Church in stepping out and taking a risk. The EPA is pleased to be here and to be a partner in this effort."

Forestville New Redeemer Baptist Church was selected to receive the County's assistance in retrofitting their property due to the commitment expressed by Pastor Reverend Dr. Nathaniel B. Thomas to be a willing participant in changing attitudes and mindsets about the environment. "We want to do what God wants us to do," said Reverend Thomas. "This is God's property and we must do what we can to not only be

a good church, but a good neighbor and good steward."

Prince George's County Department of the Environment Director Adam Ortiz shared how ACP is a true partnership between government and faith-based and nonprofits groups to help improve water quality in our local waterways. "We didn't want to impose significant financial burdens on these organizations," said Ortiz. "So together, we drafted a blueprint of innovative water pollution solutions that would provide tax bill savings, partnerships and grants." Ortiz added that the project at Forestville New Redeemer will serve as a model so other organizations can see what can be done.

Some of the retrofit projects to be installed at Forestville New Redeemer include tree planters, rain barrels, permeable pavers, cistern and bioretention facilities. The project is expected to start construction later this year and will cost the County approximately \$100,000.

The ACP contains three options that provide qualified organizations with a reduction in their Clean Water Act Fee (CWAFF). One option provides the County a right-of-entry agreement to install stormwater best management practices (BMPs) on property owned by the organization. This option provides groups with a 50 percent reduction on their CWAFF. The second option requires

groups to assist the County with their Rain Check Rebate outreach and education campaign. This initiative raises awareness of water quality issues to the community at large and provides rebates to eligible applicants for installing approved stormwater management practices. In addition, groups agree to create a green ministry to teach the importance of environmental stewardship. Groups that participate in this option can earn a 25 percent reduction in their fee. The third option asks property owners to utilize certified green lawn companies for the proper use and application of fertilizers on their lawns for the protection of water quality. This option also provides a 25 percent reduction.

Ebola from A1

burgh Steelers hat, and welcomed their help. She's completed her mission and is on her way home.

These are just a few of the extraordinary American health workers who are willingly and courageously serving on the frontlines of the Ebola outbreak in West Africa. They signed up to leave their homes and their loved ones to head straight into the heart of the epidemic.

Today in the East Room of the White House, President Obama called on all of us

"We don't react to our fears, but instead, we respond with commonsense and skill and courage. That's the best of our history."

to honor them for what they are: "American heroes" -- a "shining example of what America means to the world, of what is possible when America leads."

When disease or disaster strikes anywhere in the world, the world calls us. And the reason they call us is because of the men and women like the ones who are here today. They respond with skill and professionalism and courage and dedication. And it's because of the determination and skill and dedication and patriotism of folks like this that I'm confident we will contain and ultimately snuff out this outbreak of Ebola -- because that's what we do.

The Ebola outbreak in West Africa is understandably stirring concern at home. But, as the President said, what makes America exceptional is our refusal to hide from the challenges that frighten us most:

We don't react to our fears, but instead, we respond with commonsense and skill and courage. That's the best of our history -- not fear, not hysteria, not misinformation. We react clearly and firmly, even with others are losing

their heads. That's part of the reason why we're effective. That's part of the reason why people look to us. And because of the work that's being done by folks like this and by folks who are right now, as we speak, in the three affected countries, we're already seeing a difference.

Our U.S. military and health personnel have been instrumental in setting up supply lines, laying down the necessary transportation infrastructure for aid to get into countries that need it most, cutting the testing time for Ebola by days, doubling safe burial practices, and imbuing a stronger sense of confidence that this outbreak can and will be controlled and defeated.

The problem has not been solved, there is still a severe and significant outbreak that will take time for countries to battle back. "We've got a long way to go," the President said. But thanks to American leadership, the mood is changing for the better. "That's

"They make huge sacrifices to protect this country that we love. And when they come home, they deserve to be treated properly. They deserve to be treated like the heroes that they are."

what's happening because of American leadership, and it is not abstract: it is people who are willing to go there at significant sacrifice to make a difference. That's American exceptionalism. That's what we should be proud of. That's who we are."

We cannot erase the threat of Ebola until we stop the outbreak in West Africa. That is a fact that these health care workers understand, and the mission America is leading on the international stage. The truth is that we are likely to see possible cases outside of the affected countries -- whether or not we adopt a travel ban or a quarantine. That's the nature of diseases. But here's the good news:

We know how to treat this disease. And now that the West African nations of Senegal and Nigeria have been declared Ebola-free, we know that this disease can be contained and defeated if we stay vigilant and committed, and America continues to lead the fight. We've got hundreds of Americans from across the country -- nurses, doctors, public health workers, soldiers, engineers, mechanics -- who are putting themselves on the front lines of this fight. They represent citizenship, and patriotism, and public service at its best. They make huge sacrifices to protect this country that we love. And when they come home, they deserve to be treated properly. They deserve to be treated like the heroes that they are.

The kind of progress that will win the battle against Ebola is slow, it's steady, and it's defined by grace under pressure and courage in the face of fear. It will take the compassion and painstaking effort that these health care providers readily offer. "So I put those on notice who think that we should hide from these problems," the President said. "That's not who we are. That's not who I am. That's not who these folks are. This is America. We do things differently."

That's what I want to see from us -- the pride of a nation that always steps up and gets the job done. America has never been defined by fear. We are defined by courage and passion and hope and selflessness and sacrifice and a willingness to take on challenges when others can't and others will not, and ordinary Americans who risk their own safety to help those in need, and who inspire, thereby, the example of others -- all in the constant pursuit of building a better world not just for ourselves but for people in every corner of the Earth.

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COMMENTARY

Benjamin L. Cardin United States Senator for Maryland



Cardin, Edwards and Anne Arundel Small Businesses Talk About Support Needed for Regional Growth

U.S. Senator, Representative Discuss Ways To Help Small Businesses Succeed in Increasingly Globalized Marketplace

GAMBRILLS, Md. — U. S. Senator Ben Cardin (D-Md.), a member of the Senate Small Business and Entrepreneurship Committee, and U.S. Representative Donna F. Edwards (Md.-04) today joined a roundtable organized by the West Anne Arundel County Chamber of Commerce on the challenges and opportunities that face local small businesses. Senator Cardin and Representative Edwards shared their perspectives and heard from about 30 area small business owners, as well as representatives from the Small Business Administration, Hispanic Chamber of Commerce, Government Services Administration, NASA Goddard Space Flight Center, Maryland Chamber of Commerce and Laurel Board of Trade, among others. The participants in the roundtable discussed a wide range of issues, including efforts to update the tax code, affordable higher education, infrastructure needs, cybersecurity and the federal budget.

"We have more than a half-million small businesses here in Maryland; they are the backbone of our economy. It's why Congresswoman Edwards and I want to make sure the federal government remains a reliable customer and a partner in their growth and not an obstacle," said Senator Cardin. "We know that small businesses need stability to thrive, and they need their other federal partners — including Congress — to commit to saying no to the irresponsible cycle of temporary budget measures, sequestration and short-sighted spending cuts."

"Small businesses are the engines of economic growth in Maryland and across the country," Representative Edwards said. "That is why Senator Cardin and I are committed to critical investments, fiscal stability, and tax proposals that work for our small businesses and create good, high-paying jobs for all Marylanders."

"With so much of Maryland's small business activity directly connected to the work of federal agencies, we cannot underestimate the importance of passing responsible, long-term budget measures that provide a platform for small businesses to grow," Senator Cardin also said. "We also need to find more ways to support investments in critical infrastructure, including roads, mass transit and water."

"We must also ensure that women- and minority-owned businesses have a fair shot to compete," Representative Edwards added. "That means ensuring that all our small businesses have the ability to compete for contracting opportunities, thereby strengthening economic partnerships across our state and giving a boost to Maryland's economy."

Nationwide, small businesses employ about half of all private sector employees and create more than half of the non-farm private gross domestic product. Since 1995, small businesses have generated 64 percent of new jobs, and paid 44 percent of the total United States private payroll, according to the Small Business Administration.

Marc Morial, President and CEO National Urban League



Survey Finds African American Parents Overwhelmingly Support Equitable Implementation of Common Core State Standards

"We have a powerful potential in our youth, and we must have the courage to change old ideas and practices so that we may direct their power toward good ends."

— Mary McLeod Bethune

This week, the National Urban League released a new survey that shows overwhelming support from one of the most important, but rarely heard voices in the roiling and often distorted debate over Common Core State Standards — African American parents. Our survey of 1,600 African American public school parents found that 60% of respondents have a favorable impression of the new Common Core State Standards in English language arts and math that have now been adopted by 43 states and the District of Columbia. Sixty-eight percent of surveyed parents believe that Common Core will improve student achievement, and 66% believe it will better prepare their children for college or the workforce. The survey also shows that a majority of parents believe what the National Urban League believes as well — that Common Core standards offer great potential for transformative educational excellence, but only if parents are pro-actively engaged, teachers are adequately trained and resources for schools and students are equitably disbursed.

Given the history and current state of unequal education in America, many African American parents are rightly concerned that their children not be short-changed by an inequitable implementation of Common Core. A majority of respondents (58%) agree that the school their child attends lacks the resources and facilities to effectively teach Common Core State Standards, and 54% agree that teachers are not prepared to teach the standards. Those numbers jumped to

64% and 62%, respectively, for parents with children enrolled in predominately African American schools. This underscores the importance of ongoing efforts to ensure that students in all schools have the resources to learn and teachers have the resources to effectively teach the Common Core.

While the National Urban League has taken a leading role in educating parents about this issue via our Put Our Children 1st: Common Core for Common Goals campaign, our survey suggests that efforts will be necessary moving forward as well to dispel the myths and deliberate distortions that have been touted by many of Common Core's politically-motivated opponents. Seventy-six percent of the parents surveyed understood that Common Core State Standards are a state-led effort that establishes a single set of educational standards, but 70% are under the misconception that the federal government was involved in their creation. This demonstrates the importance of continued work to ensure the dissemination of accurate information about the Standards.

Nothing is more important in a child's education than parental involvement. As I said in announcing the survey results earlier this week, "Our survey of African American parents on Common Core State Standards strongly indicates that when parents are fully informed — void of distortion, myth and political agendas, they tend to support Common Core and its potential to transform public education and help ensure that all of our children — regardless of their family income, zip code or ethnicity — are prepared for college or career. When parents are empowered and knowledgeable about the expectations and goals of Common Core, they are able to tune out the political rhetoric — and tune in to the potential for their children."



Riversdale House Museum

Open to the Public

PHOTO CREDIT: PG PARKS & RECREATION

RIVERSDALE HOUSE MUSEUM

Riversdale was one of the most distinctive homes in the region during the early Federal period. Today, the central portion of the house serves as a museum interpreting the lifestyle of an affluent family. The rental areas include a large carpeted ballroom in late 19th century decor as well as a smaller meeting/banquet room and catering kitchen. Riversdale House Museum and the Museum Shop are open to the public Fridays and Sundays from 12 noon - 3:30 pm year round. Riversdale is available for weddings, receptions, and meetings. For fees and availability, and to view contracts, please call 301-864-0420 for more information.

Child Watch by Marion Wright Edelman



The Real Monsters

Each year at Halloween, our neighborhoods are bustling as children go door to door dressed as zombies, vampires, skeletons or something else fantastic and scary. For many children Halloween is the rare occasion to indulge in a fun time of ghost stories and goblins and trick or treats. But at the end of the night they put away their costumes and make-believe in their closets and return to their normal lives.

Sadly, too many children do not have normal or safe or protected lives and their monsters are real. They do not have closets in many homeless shelters or on the streets or church steps where they sometimes live with homeless parents. They are not safe in drug and violence infested neighborhoods and suffer chronic hunger especially on weekends and during long summer months when school is out.

It should not and does not have to be this way! It is shameful that children are the poorest group in America because of unjust political choices and skewed values that help the wealthiest and powerful at the expense of poor and voiceless children. As you decide which candidate will win your vote, consider this:

The latest poverty statistics show 14.7 million poor children in America; 6.5 million in extreme poverty — a slight improvement but far from enough. Our goal must be to end child poverty in America and the misery it breeds now. It is unacceptable that:

- Nearly 1.3 million public school students were identified as homeless during the 2012-2013 school year, 100,000 more than the year before and an 87 percent increase since 2007;

- n 2011, 19,350 children and teens died or were injured by guns — more than 18 classrooms with 20 students every week.

- Nearly 8.6 million children — 1 in 9 — lived in households where children did not always have enough to eat in 2013, a rate 27 percent higher than before the recession.

The monsters these children face are not acts of God but the results of our unjust choices as a nation. We must work together to wrestle the monsters of poverty, homelessness, hunger,

and gun violence to the ground.

Ending child poverty in the world's largest economy should be a no brainer. Children cannot afford the burden of poverty. And our nation cannot afford the costly economic and moral burden of child poverty. Child poverty costs our nation half a trillion dollars every year in lost productivity and extra health and criminal justice costs.

As a country, we cannot hope to build a strong competitive future if we continue to allow millions of children to grow up poor and without the health care and education and other supports those of us who are more privileged enjoy.

Below is a deeply moving poem by my friend Ina Hughs that reflects the angst of poverty for children far better than I can. Please stand with children when you vote next week so together we can defeat the real monsters and end child poverty in America in our lifetime.

A Prayer for Children© (By Ina J. Hughs)

We pray for children
who put chocolate fingers
everywhere,
who like to be tickled,
who stomp in puddles and ruin

their new pants,
who sneak Popsicles before
supper,
who erase holes in math
workbooks,
who can never find their shoes.

And we pray for those
who stare at photographers
from behind barbed wire,
who've never squeaked across
the floor in new sneakers,
who never "counted potatoes,"
who are born in places we
wouldn't be caught dead,
who never go to the circus,
who live in an X-rated world.

We pray for children
who bring us sticky kisses and
fistfuls of dandelions,
who sleep with the dog and
bury goldfish,
who hug us in a hurry and
forget their lunch money,
who cover themselves with
Band-aids and sing off key,
who squeeze toothpaste all
over the sink,
who slurp their soup.

See WATCH, Page A12

The Prince George's Post

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BUSINESS

The American Counseling Association's Counseling Corner

Handling The Stress Of Losing Your Job

Once upon a time most people expected that when they went to work for a company it would be a lifetime experience. But in today's economic climate, businesses no longer offer guaranteed employment, and lay-offs, firings and businesses closing have become much more common.

While losing a job may bring financial problems for most people, it's also important to understand it usually also brings significant mental and emotional stress.

Mental health professionals tell us losing a job brings reactions similar to the pattern experienced in the death of a loved one or the end of a serious relationship. There is usually first shock and denial, of being unable to believe this has really happened.

That's often followed by anger. The cause of that anger may be those who took away your job, but most times the anger is instead taken out on those close to you. You may find yourself tense, more easily upset and quicker to react to family and friends.

You may also go through a stage of "bargaining," a preoccupation with trying to get that old job back, no matter how unrealistic or even undesirable that might be. You may experience sadness and depression as you question your worth and abilities.

Understanding that these are all normal reactions can help you get through those stages quicker, accept the loss and start creating a new work life.

An important step is to avoid adding extra stress to your life. Tell family and friends what's happened and what you're feeling, so they can help. Eat healthy, exercise, get plenty of rest and keep socially involved, rather than withdrawing from those close to you. Avoid sudden, rash, major life decisions and changes.

Instead, carefully evaluate and set future goals. Do you need more education, to look to a new career field or to sharpen up your job skills? Evaluate what will make you feel rewarded and fulfilled in a new job. Are you using your network of family, friends and other contacts to help in your job search? Rather than dwelling on the lost job, view it as an opportunity and focus on a positive future.

If you find you're being overwhelmed by the job loss experience, seek professional help. A professional counselor can provide stress management, career guidance and other services to help you handle this loss and move on to a more positive future.

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

Awards from A1

the way in STEM education and in the field of cybersecurity, through the National Cyberwatch Center headquartered on campus," continued Congressman Hoyer. "Together, we must continue to invest in our students and ensure that they have the skills and experience to be successful and secure a place in our middle class. We owe it to them and to future generations of Prince Georgians who deserve every opportunity to make it in America."

the way in STEM education and in the field of cybersecurity, through the National Cyberwatch Center headquartered on campus," continued Congressman Hoyer. "Together, we must continue to invest in our students and ensure that they have the skills and experience to be successful and secure a place in our middle class. We owe it to them and to future generations of Prince Georgians who deserve every opportunity to make it in America."



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Maryland Community Colleges to Enhance Job Training to Meet Cyber Industry Demand

By STEPHEN WALDRON
Capital News Service

WASHINGTON - Devin Corbett is preparing to graduate, again. After receiving a culinary arts degree and working in the restaurant industry for 12 years, Corbett is completing a cybersecurity degree at Montgomery College.

Corbett, 34, moved to Gaithersburg from Texas in 2012 when his wife received a job offer. He said technology is his second love after food, and he hopes that his new degree will help him break into Maryland's growing cybersecurity industry.

"It's not as easy as you'd think to get a job once you graduate," Corbett said.

A grant from the U.S. Department of Labor aims to solve this issue by giving a group of community colleges in Maryland nearly \$15 million to strengthen job training programs for students pursuing information technology.

The Cyber Technology Pathways Across Maryland consortium consists of 14 community colleges -- including Montgomery College, Howard Community College, Anne Arundel Community College and Balti-

more City Community College -- that plan to revamp their programs by partnering with regional employers.

Many of these employers work in cybersecurity, protecting computers and networks from unauthorized access.

The four-year grant, announced last month, comes from the latest round of the U.S. Department of Labor's funding aimed at helping community colleges train people for jobs in growing industries.

There are more than 130,000 information technology jobs in Maryland, according to the White House, nearly 50 percent more than the national average.

A major goal of the grant is to ensure that each community college in the consortium offers a degree that prepares students for jobs in the cybersecurity industry.

The curriculum is still being developed. Courses will cover topics ranging from information security to computer forensics, the process used to gather evidence from a computer for use in court.

Students will begin taking these revamped courses next fall. In the next three years, nearly 2,000 students around Maryland

are expected to graduate from the programs.

Steve Greenfield, of Montgomery College's Workforce Development and Continuing Education department, led the grant application effort. He emphasized the importance of job training to the new partnership.

"This project is not just about education, but opportunities for internships and jobs," Greenfield said.

Montgomery College will lead the consortium, and will receive \$5.37 million from the grant. Greenfield said the college will focus on connecting residents around Maryland with the initiative.

"Our role will be to make sure this project happens on a statewide basis," Greenfield said.

Community colleges plan on partnering with more than 40 employers in the region, including IBM, Raytheon and Lockheed Martin, with the goal of keeping curricula up to date with the evolving information technology industry.

"Technology and cybersecurity are very dynamic sectors," Greenfield said. "The things we're teaching today might not

be applicable tomorrow."

Philip Schiff is the CEO of the Tech Council of Maryland, a trade association made up of businesses in the technology field. He hopes the consortium can counteract what he sees as a workforce shortage in the state's technology industry.

"Our members are telling us they can't find the people they need," Schiff said.

The federal grant requires that community colleges in the consortium target veterans and the unemployed. Greenfield said that institutions plan on reaching out to this population by working with local employment centers, and offering courses at a reduced cost.

The consortium also plans to provide students with career planning advice and support during their job search.

Silvia Vargas, who teaches cybersecurity at Montgomery College, wants to make sure that funding will also be used to improve existing cybersecurity programs.

"At least one of the things I would like to see is program enhancement," Vargas said. "It can mean anything from hiring new faculty to buying equipment."

Cannabis from A1

In Colorado, the application fees for dispensaries can be as high as \$15,000, depending on what type of distributor it is. Licensing fees can cost up to \$13,200.

In Washington state, marijuana producers must pay an annual fee of \$1,000 and a \$250 application fee. Retailers must pay the same fees.

Though a few members of the commission admitted Maryland's fees seem high, especially for small businesses, Bloom maintained they are not negotiable.

"We need to have the money to support our program," Bloom said. "These fees are in line with other states with a similar number of dispensaries. We were given a rather limited budget and we're doing the best we can."

The commission is working with a \$745,700 budget for the current fiscal year, according to legislative services. This budget does not include any revenue from dispensaries, as none have opened yet.

Maryland plans to implement a sales tax on medical marijuana, but the exact percentage has yet to be determined.

The commission anticipates 44 operating dispensaries in Maryland once the program is up and running.

Cannabis Cultivation

Depending on the state, the marijuana seed or cutting could start out in farm soil or in a greenhouse or a highly secured warehouse.

Cloning is a method of breeding plants by cutting and rooting a healthy shoot. A clone has one parent and is genetically identical to it. The donor plant is known as a "mother plant."

Growers use the cloning method for a variety of reasons, according to Kris Hermes, the media specialist at Americans for Safe Access, a medical marijuana advocacy group based in California and Washington, D.C.

Firstly, it ensures the gender of the plant, which is "immensely important," Hermes said.

Growers prefer unpollinated female plants because they produce the most potent "smokable buds" filled with Tetrahydrocannabinol, or THC, the principal chemical in cannabis that

makes users feel high. Male plants produce no buds and minimal THC, according to Hermes.

Cloning also enables growers to easily produce "large quantities of new plants," Hermes said.

Cuttings or clones usually cost between \$6 and \$15 apiece, according to Ben Holmes, an experienced cannabis cultivator and founder of Centennial Seeds in Denver.

Far fewer cultivators use seeds now than in previous years, with the exception of those who are trying to create hybrid strains, according to Hermes. These hybrids are combinations of different strains, catered to the specific symptoms of patients. Certain strains, such as Charlotte's Web, contain more THC than others and are more effective medicinally, according to Hermes.

Holmes urges growers to buy seeds instead of cuttings, due to what he calls "inherent problems" with indoor growing. He charges about \$5.25 per seed.

"You don't have to worry about mice or mold with seeds," he said. "Cuttings are dirty because they've been re-



PHOTO BY SONYA YRUEL/
DRUG POLICY LLIANCE
Cannabis buds on display at dispensary.

produced over and over again. Seeds also have a long shelf-life and can be preserved by freezing, unlike cuttings."

Holmes said there is an underground community of breeders who were instrumental in bringing seeds to the U.S. In the mid-1990s, these breeders sold these seeds to growers in Amsterdam, Canada, Spain and the United Kingdom. Over time, growers in Europe and Canada then sold those seeds back into the U.S., even though importing seeds has long been banned.



PHOTO BY SONYA YRUEL/
DRUG POLICY LLIANCE
Cannabis buds with potency testing results on display at a dispensary.

"Customs has stepped up their enforcement over the years," Holmes said. "People will often try to import seeds and customs end up (intercepting) and seizing them."

Holmes said he believes the seed industry will take off as marijuana laws loosen up across the country.

The Business of Medical Cannabis

"The economic value of seeds is immense because seeds are both technology and commodity," Holmes said. "If the seed is sterile, it won't reproduce, which makes it a commodity, but when it reproduces itself, it becomes technology. Marijuana seeds will be a billion-dollar industry one day."

Mike Liszewski of Americans for Safe Access noted the medical marijuana industry's potential for profit. "If you want to be involved, now is a good time as far as setting up business," he said. "There's certainly a sizeable investment involved and it takes a certain level of expertise, but there are plenty of consultant firms that help put cultivators in positions to succeed."

Jon Hofer is the founder of Recreational Marijuana Medical Cannabis Consulting, a firm based in Washington state that aims to "bridge the gap between medical cannabis users, recreational marijuana users and business professionals," according to their website.

"There's no gold rush," Hofer said. "It's not easy starting up (in the medical marijuana industry). It requires a lot of dedication."

Starting the initial crop can be a grey area for many growers. The first roadblock for potential growers or distributors is finding

the initial seeds or cuttings to turn into a crop -- and then getting them to the grow site.

"In Washington state, the government turns their back for 15 days, and lets growers import seeds to get started with," Hofer said. "They know that's where a lot of people get their inventory."

Not every state has the same model, however. Some states are more lenient than others regarding the importation of marijuana seeds, according to Hofer.

Bloom did not return calls or provide comments regarding where marijuana growers in Maryland are to get their initial inventory.

Indoor vs. Outdoor Growing

According to the preliminary regulations drafted by Maryland's medical marijuana commission, they are in favor of growing in enclosed, locked spaces as opposed to open space.

The open space method has numerous downsides. The main drawback is its limited timeframe. Outdoor cultivation is typically restricted to one harvest a year, with a growing season from May to October.

However with indoor cultivation, the grower can yield multiple harvests a year.

"Planters can mimic seasons indoors by dimming lights or cutting the lighting period from 12 to eight hours," said Hermes. "You can get three to four harvests a year indoors. Some people think it results in a higher grade of marijuana."

Once the crop is ready, planters can then harvest the buds or extract THC and other cannabinoids from leaves and use

OUT ON THE TOWN

ERIC D. SNIDER'S
IN THE DARK

Movie Review "Gone Girl"

Gone girl
Grade: B-
Rated R, a lot of profanity,
brief strong violence, some
strong sexuality, fleeting nudity
2 hr., 29 min

David Fincher, a sly, calculating filmmaker with a fondness for dark themes and plot twists, was a perfect match for "Gone Girl," a 2012 novel by Gillian Flynn that's full of both. The story was lurid, "trashy" crime fiction, but Flynn also offered insightful, incisive commentary on marriage, gender roles, and the lies we tell the people we love. Surely the man who directed "Seven" and "Fight Club" and "The Social Network" would know what to do with that.

So why does the movie version (which Flynn also wrote) feel overlong and shallow? Though Fincher stages it expertly as always, his keen eye for cinematic composition in full effect, the film is almost as conventionally tawdry and surface-level as the book's naysayers said the book was. Oh, it's entertaining, up to a point: frequently funny, bolstered by interesting performances, full of surprises (well, unless you already know the plot). But it has the form, not to mention the running time, of a much deeper, more nuanced film.

The gone girl is Amy Dunne (Rosamund Pike), who has disappeared from her home in North Carthage, Mo., on the morning of her fifth wedding anniversary. Her husband, Nick (Ben Affleck), an out-of-work writer who brought his New York-raised wife to his hometown when his mother got sick, falls under suspicion thanks to some circumstantial evidence and a lack of other suspects.

We see Amy in flashbacks that accompany the reading of her diary entries. These scenes reveal more of her and Nick's marital history, or at least her perception of it. Some of it



Gone Girl unearths the secrets at the heart of a modern marriage. On the occasion of his fifth wedding anniversary, Nick Dunne reports that his beautiful wife, Amy, has gone missing. Under pressure from the police and a growing media frenzy, Nick's portrait of a blissful union begins to crumble. Soon his lies, deceptions and strange behavior have everyone asking the same dark question: Did Nick Dunne kill his wife? (c) Fox

contradicts the way Nick sees things, or at least the way he tells the cops he sees them. Nick's twin sister, Margo (Carrie Coon), never liked Amy, who "always seems to attract drama" and is the daughter of successful authors who based their series of children's books on her. Amy's worried parents (David Clennon and Lisa Banes) come to Missouri to join Nick in the media circus that accompanies missing women, to go on TV and plead for her safe return, that sort of thing. Everything Nick does publicly is scrutinized by a Nancy Grace-like TV reporter (Missi Pyle) and the rest of America. Is he truly a grieving, worried husband, or is he the villain?

Part of the story's appeal is that we could see it going either way. Affleck is well cast in that regard, playing to his strengths as someone who might be a cool everyday dude but might also be

a complete tool. You're never totally sure of Nick's sincerity, and we do learn of some legitimately scandalous things he's done and is now doing. But come on, would he kill his wife?

Rest assured, there's more to the story than that. It's actually a gleefully ludicrous series of twists and turns, though Fincher's steady, meticulous hand seems to drain it of some of its mad energy. There are engaging performances around every corner: Kim Dickens and Patrick Fugit as the sharp, fair-minded detectives; Tyler Perry as a flashy celebrity lawyer; Neil Patrick Harris as an old boyfriend of Amy's; Missi Pyle as a Nancy Grace-type TV vulture.

Surprisingly, it's movie newcomer Carrie Coon as Margo who really anchors the film. With such a sensationalized plot that involves so much deception and scheming, it helps to have someone down-

to-earth whose mindset is more like a regular person's. Coon's performance gives us that: a pragmatic, rational sister who will tell her brother when he's being an idiot.

So is it all just a big, semi-ironic soap opera? Or does it have layers? On the page, Flynn had plenty to say about the way men and women lie to each other, how they play roles for one another, and also about how public perception shapes crime investigations in the media age. Much of that commentary is missing from the film, though vestiges appear here and there. (One particularly deft moment: Fincher cutting from a flashback of Amy kissing Nick, straight to a cop swabbing Nick's mouth for a DNA sample.) Maybe it's just the classic book-vs-movie problem that makes one pale in comparison to the other, but "Gone Girl" is a good film that should have been great.

The Edge of Sports

by DAVE ZIRIN

Stop Surgical Violence Against Women Athletes—and Let Dutee Run!



Imagine if four female Olympic athletes from extremely poor countries were told that if they wanted to compete, they'd have to undergo a surgical procedure on their genitalia—with lifelong health repercussions—to lower their testosterone levels. Imagine if they were informed by ruling officials that unless they went under the knife, their athletic dreams would go up in smoke. Imagine if the doctors also subjected them to procedures that had nothing to do with their testosterone levels, but were aimed at "feminizing" them, including "a partial clitoridectomy, and gonadectomy, followed by a deferred feminizing vaginoplasty." This is not the plot of a new sports book by Margaret Atwood. This is an all too-true tale from the 2012 London Olympics.

Surgical violence of this kind is perpetrated against women with naturally high levels of testosterone, referred to in the medical world as "hyperandrogenism." In other words, women, because of what their body naturally produces, are deemed to no longer be women. Instead, in the eyes of the ruling international bodies in sports, they are aberrations in need of correction. What's not clear in any of these cases is whether these doctors revealed that this surgery can also lead to sterility, loss of sexual sensation and lifelong risks to their health.

There is one woman, however, who is standing up, going public and saying hell, no to what international athletic officials define as normal. She also comes from a developing country, also was born into poverty and also represents the best hope for her family to deliver them from their one-dollar-a-day jobs as weavers. By refusing surgery, and by fighting to be heard, she is risking a great deal. But this is someone of uncommon courage. Her name should be synonymous with resistance against the idea that there is somehow something wrong with anyone outside the proscribed gender binaries in sports. She is from India, and her name is Dutee Chand. Last month, Dutee Chand went public with her refusal to let hormones or surgical instruments invade her body, saying, "I feel that it's wrong to have to change your body for sport participation. I'm not changing for anyone.... It's like in some societies, they used to cut off the hand of people caught stealing. I feel like this is the same kind of primitive, unethical rule. It goes too far."

Chand's story began at what should have been her ultimate triumph, having just won two gold medals at June's Asian Junior Athletics Championship. An opponent, undoubtedly at the prodding of a coach, demanded that she be tested for "hyperandrogenism." The Sports Authority of India thoroughly examined her naked body, took her blood and had her receive an ultrasound. According to Chand, who was just 18, she was not informed why they were going over her body like it a piece of meat. She was then deemed unfit to compete without surgery and hormone treatment.

This all highlights the profound double standard women face in sports when it comes to how we view their very bodies. I spoke to Nancy Hogshead-Makar, multiple Olympic Gold medal swimmer and civil rights attorney. She said to me, "When men are born with unusual genetic differences that help them become better athletes (think Michael Phelps), we applaud them. When women are born with them, they are scorned and told they're a threat to other women. Dutee Chand is no more of a threat to fair competition than Lisa Leslie or Brittney Griner in the WNBA. I don't have the condition hyperandrogenism, but I am unusually muscular. When I was growing up, I heard on almost a daily basis that I wasn't gender conforming—that my strength was a threat. More testosterone doesn't make a woman male, any more than extra height or large lung capacity does. Elite athletes of all types are important for young girls to see because their very presence breaks down stereotypes that hold women back."

On gender issues, the open, proud cognitive dissonance of the sportsworld is stunning. Sportswriters drool over the genetic marvel that is high school basketball phenom Thon Maker, but Dutee Chand, running in her natural state, has her body scorned and criminalized.

There is now a movement to end these barbaric policies and allow Dutee Chand to compete, without having to undergo surgery or hormone treatment. A petition decrying Chand's "unscientific and discriminatory" treatment and calling for the International Association of Athletics Federations (IAAF) to abolish these policies is now online, under the name "Let Dutee Run!" As written by Katrina Karkazis, it reads in part, "I started this petition because I believe Dutee should be allowed to run without having to prove that she is woman enough to compete with other women. As she has said, 'I'm a woman. I should be allowed to compete as a woman. I do not understand why I am asked to change my natural body simply to participate as a woman.'"

Everyone should sign this petition and stand with Dutee. Not surprisingly, the best answer to all the athletic officials and critics who try to tear her down, comes from Dutee Chand herself. When they ask her, why she is standing up, speaking out, and resisting the surgeon's knife, she says, "Why surgery? I'm not sick!"

Secretary of Agriculture Warns of Poisons in the Home; Tips to Protect Children, Pets

By PRESS OFFICER
Office of the Governor

ANNAPOLIS, MD (April 23, 2014) – Secretary of Agriculture Buddy Hance is warning Maryland residents with small children to be aware of the danger posed by many common household chemicals and to make sure they are kept safely away from children and pets. Although drugs, caustic chemicals such as drain cleaner, and poisons such as insect sprays are commonly of most concern to parents and pet owners, other materials are also dangerous and may be stored in less secure areas.

"Many consumers will soon be stocking up on lawn and garden chemicals for spring," said Secretary Hance. "Outdoor chemicals are sometimes stored in locations that are out of sight of adults, but those locations, such as barns and sheds, may be appealing to curious children. Dangerous substances in those areas should also be secured."

A pesticide is any bait, liquid, powder or spray used to kill a pest. Commonly used pesticides include insecticides, herbicides (weed killers) and rodenticides.

Product labels are the key to safely storing, handling and disposing of chemicals. Consumers are urged to read and follow all label instructions and to adhere to the following general rules:

- Store products out of reach of children and pets. Keep all pesticides and harmful household products locked in a cabinet, a utility area with lots of ventilation or air flow, and/or in a garden shed. Child-proof safety latches may also be installed on cabinets and can be purchased at your local hardware store.

- Store flammable products outside your living area and far away from places where they could catch fire. Keep flammable products away from portable heaters, electric baseboard heaters, around furnaces and outdoor grills.

- Never store pesticides or other household products in cabinets where food is stored, or near food intended for people or animals. Never store pesticides where you keep medicines.

- Always store household products in their original containers so that you can read the label for directions.

- Never transfer pesticides or other household products from their original, labeled containers, especially not to other containers that children may associate with food or drink.

- Teach children that "pesticides are poisons" and something they should not touch.

- Before applying pesticides (indoors or outdoors), always remove children and their toys as well as pets from the area and keep them away until the pesticide has dried or as long as is recommended by the label.

- If your use of a pesticide is interrupted (perhaps by a phone call), always make sure to leave the container out of the reach of children while you are gone.

The National Poison Center hotline is 1-800-222-1222. Call this number any time if you think someone has been exposed to toxic substances. If the person is not breathing, is unconscious, or having seizures, call 911 right away. For general information on poison control, visit www.mdpoison.com.

The National Pesticide Information Center provides objective, science-based information about pesticides and pesticide-related topics to enable people to make informed decisions about pesticides and their use. Call 1-800-858-7378 or visit npic.orst.edu.

Pesticides, to be effective, are toxic to plants or animals and vary in the range of toxicity to humans. The degree of hazard to humans or pets can be reduced if pesticides are applied according to label directions and if the appropriate precautions are followed by the applicator and the customer. Therefore, selecting a pest control service is just as important as selecting any other professional service. To help protect consumers and ensure they are getting the service they paid for, MDA reminds consumers to deal only with a MDA-licensed firm.

For general information on pesticides, contact MDA's Pesticide Regulation Section at 410-841-5710 or visit: http://mda.maryland.gov/plant-s-pests/Pages/pesticide_regulation.aspx

Calendar of Events

November 13 — November 19, 2014

Community Canned Food Drive

Date and Time: Saturday, November 1-22, 9 am-9 pm (daily)
Description: Bring in your canned food and/or non-perishable items to donate to those in need. Collected items for the month will be donated to the Fort Washington Food Pantry for families in need. Please check the expiration date on all items you donate.
Cost: Free
Ages: All ages welcome
Location: Harmony Hall Regional Center
10701 Livingston Road, Fort Washington 20744
Contact: 301-203-6040; TTY 301-203-6030

Xtreme Teens: Fun Fitness Friday

Date and Time: Friday, November 14, 2014 7-10 pm
Description: Join us for an active night of Friday fitness! With access to the gym and the weight room, you can take your fitness workout experience to the next level while having fun.
Cost: Free with M-NCPPC Youth ID
Ages: 10-17
Location: Berwyn Heights Community Center
6200 Pontiac Street, Berwyn Heights 20740
Contact: 301-345-2808; TTY 301-445-4512

Xtreme Teens: Bingo!

Date and Time: Friday, November 14, 2014 7-10 pm
Description: Hey teens, join us for a night of bingo fun with your friends.
Cost: Free with M-NCPPC Youth ID
Ages: 10-17
Location: Bladensburg Community Center
4500 57th Avenue, Bladensburg 20710
Contact: 301-277-2124; TTY 301-445-4512

Xtreme Teens: Tailgate Party

Date and Time: Friday, November 14, 2014 7-10 pm
Description: Come out for a fun tailgate party! Dress in your favorite team gear and join us for fun night that includes corn hole, ladder ball, and great food. Prizes will be awarded to the biggest fan!
Cost: Free with M-NCPPC Youth ID
Ages: 10-17
Location: Good Luck Community Center
8601 Good Luck Road, Lanham 20706
Contact: 301-552-1093; TTY 301-445-4512

Holiday Craft Day at Marietta House

Date and Time: Saturday November 15, 2014 1-4 pm
Description: Bring your own materials and learn to make holiday gift boxes and cards like a pro! Be prepared to enjoy the spirit of the season with pumpkin cookies and warm cider.
Cost: \$2/person
Ages: 5 & up
Location: Marietta House Museum
5626 Bell Station Road, Glenn Dale 20769
Contact: 301-464-5291; 301-699-2544 (Mary Amen)

An Afternoon of Austen Fashion

Date and Time: Saturday, November 15, 2014 1:30 pm
Description: Come dress in your Regency era finery and enjoy two illustrated lectures by well-known costume historians! Then be a model in our "flash" fashion show! End the afternoon with light refreshments by the Kitchen Guild.
Registration required by November 1.
Cost: Resident \$20; Non-Resident \$24
Ages: 18 & up
Location: Riversdale House Museum
4811 Riverdale Road, Riverdale Park 20737
Contact: 301-864-0420; TTY 301-699-2544

Invertebrates Investigations

Date and Time: Saturday, November 15, 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

Xtreme Teens: Ice Cream Social

Date and Time: Saturday, November 15, 2014 7-10 pm
Description: Bring creativity and your appetite! Tonight you will be creating your own ice cream sundae with all the great fixings. How creative can your sundae be?
Cost: Free with M-NCPPC Youth ID
Ages: 10-17
Location: Berwyn Heights Community Center
6200 Pontiac Street, Berwyn Heights 20740
Contact: 301-345-2808; TTY 301-445-4512

Xtreme Teens: Boardwalk and Video Arcade Night

Date and Time: Saturday, November 15, 2014 7-10 pm
Description: Get ready to play some of your favorite arcade games and enjoy a friendly Xbox competition during this fun game night.
Cost: Free with M-NCPPC Youth ID
Ages: 10-17
Location: Good Luck Community Center
8601 Good Luck Road, Lanham 20706
Contact: 301-552-1093; TTY 301-445-4512

Camp Springs Senior Performing Arts Troupe Show

Date & Time: Wednesday, November 19, 2014 10 am-3:15 pm
Description: "The Family Reunion" will be presented by our very own Camp Springs Seniors. Two show times are available to fit your busy schedule. A M-NCPPC Youth ID Card and registration at the center's front desk is required. Donated canned goods will support local food banks. Online registration IS NOT available.
1st Show 10:00 am - 12:15 pm
2nd Show 1:00 pm - 3:15 pm
Cost: Free
Ages: 50 & Better
Location: Camp Springs Senior Center
6420 Allentown Road, Camp Springs 20748
Contact: 301-449-0490; TTY 301-446-3402

EARTH TALK ... Improving School Lunches

Dear EarthTalk:

I hear that many school cafeterias have nutrition standards no better—even worse—than those of fast food chains. What can be done about this?

— Betsy Edison,
Nashville, TN

socioeconomic status, with the National School Lunch Program providing low-cost or free lunches to upwards of 31 million students at 92 percent of U.S. public and private schools.

But that doesn't mean the food has been especially nutritious, and public health experts say it's no wonder our kids are more obese than ever when we feed them trans fats, salts and sodas for lunch. Kids get half their daily calories at school, so what's for lunch there has a big impact on health and lasting eating habits.

A 2008 analysis of school lunches by the Institute of Medicine (IOM) concluded that American kids consume very few fruits and vegetables in their cafeterias—with potatoes accounting for a third of all vegetables consumed. IOM also found that kids were eating many refined grains and too much saturated fat and sodium. A 2009 study by USA Today found that meat used by McDonald's and Burger King was tested for bacteria and unsafe pathogens up to 10 times as much as meat bound for U.S. school cafeterias.

In response to these stark findings, along with vigorous advocacy by First Lady Michelle Obama, things are starting to improve. In 2010, Congress voted to revamp the nation's school lunch program by enacting the

Healthy, Hunger-Free Kids Act (HHFKA). The higher standards in the new law seek to align school meals with the federal 2010 Dietary Guidelines for Americans by upping the availability and portion sizes of fruits, vegetables and whole grains (and requiring students to select a fruit or vegetable), establishing calorie ranges, removing trans fats and limiting sodium levels. The law also incentivizes schools to take part with generous meal reimbursement funds. The new standards went into effect in 2012 and have been working their way through school districts from coast-to-coast and getting rave reviews in the process.

Researchers from the Harvard School of Public Health who collected plate waste data among more than 1,000 students in four schools in urban, low-income school districts both before and after HHFKA took effect found that fruit selection increased 23 percent following implementation: "Average per person fruit consumption was unchanged," said researchers, "but because more students selected fruit overall, more fruit was consumed post-implementation." Also, per student vegetable consumption went up 16.2 percent.

But just because public health researchers think the program is going well doesn't mean Congress will keep it going. The Republican-dominated House of Representatives has included waivers for school lunch nutrition standards in its



CREDIT: U.S. DEPARTMENT OF EDUCATION

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fiscal-year 2015 Agriculture Appropriations bill. "The provision would allow schools with a 6-month net loss of revenue to opt out of providing the healthier meals outlined by the HHFKA," Dr. Jennifer Woo Baidal writes in the New England Journal of Medicine. "A deficit of any amount from any

cause could allow schools to return to the same meals that the IOM found in 2008 to be nutritionally lacking." Consumers interested in protecting the new nutritional standards should weigh in by calling, writing or e-mailing their Congressional representatives and speaking up for healthier kids.

CONTACTS: National School Lunch Program, www.fns.usda.gov/nslp/national-school-lunch-program-nslp; IOM, www.iom.edu; HHFKA, www.fns.usda.gov/initiative/hhfka.

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Branding from A1

and iconic communities and resources for both new and established residents to Explore. From reducing crime to improving schools to building a new hospital, along with a billion dollar destination resort, and potentially being the new home to the FBI, Prince George's County has been, as the Washington Post editorial board noted, "A County on the Move." I believe this eye-catching and creative campaign will truly accelerate our momentum."

This first phase of the Prince George's County marketing and branding campaign is an approximately \$500,000 investment and partnership between the Prince George's County Office of the County Executive, Prince George's County Council, Prince George's County Economic Development Corporation and

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Prince George's County Conference & Visitors Bureau to attract and retain businesses, spur tourism in the County, and create awareness of the amenities, options, and opportunities that are located throughout Prince George's County. This campaign will consist of traditional advertising, social media coordination and promotion, a County-based "My Prince George's" grassroots campaign will solicit and promote testimonials from residents and stakeholders to share their personal stories and their favorite places throughout Prince George's County to be used during the next phase of the marketing and branding effort.

This campaign will be supported online and through social media by utilizing the web portals — ExperiencePrinceGe-

orges.com, ExpandinPrinceGeorges.com, and ExplorePrinceGeorges.com, representing tourist, business, and residential resources and information respectively. The campaign will also consist of the re-branding of the Prince George's County Conference & Visitors Bureau social media as @ExperiencePGC, the Prince George's County Economic Development Corporation as @ExpandPGC, the Prince George's County E-Government social media channels as @ExplorePGC, and unifying all social media under the hashtag #MyPGC. In addition, a new mobile app is being launched that can be downloaded for free on iPhone and Android devices. This mobile app is a one-stop guide to everything Prince George's County.

Cannabis from AS

them to create oils and edibles.

Typically stems and roots are thrown out or composted after the crop is ready.

"Some people crush them up so it is easier to dispose of," said Hermes. "But stems are useless anyway because they contain no THC."

Law Enforcement

Marijuana is still illegal under federal law and frowned upon by local law enforcement. This creates challenges for people trying to transport medical marijuana shipments to dispensaries.

"I've heard numerous stories of people getting pulled over by police while carrying pounds of flowers in their car (to deliver to dispensaries)," Hermes said. "They're not in highly secured trucks, just normal vehicles." Though these drivers were not arrested while delivering to dispensaries, there is still a significant amount of danger in entering in the industry.

The federal government is pursuing producers and manufacturers of marijuana all over the country, according to Hermes. Manufacturers in California, Michigan and Montana, three states in which medical marijuana is legal, have experienced some of the most recent federal stings.

Despite the threat of government intervention, there are still emerging fields within the medical marijuana industry.

One of the newer industries to emerge within the medical marijuana business is lab testing. Scientists test marijuana for contaminants such as pesticides. They also test the product in order to measure the percentage of THC.

Growing Marijuana Seeds as Intellectual Property

— Ben Holmes founded Centennial Seeds in 2009 in order to develop high quality cannabis seeds for Colorado medical marijuana growers.

— Since 2004, he has studied seed breeding and cannabis seed production.



CAPITAL NEWS SERVICE PHOTO BY DANNY KERRY

After a recent Maryland medical marijuana commission meeting, some of the audience members stepped down to the hearing room floor to talk to committee members.

— He has created a private cannabis seed bank with over 300 distinct genetic lines. This bank represents a body of genetic material spanning five continents.

— Holmes method of selling seeds involves an extensive licensing process. The U.S. Department of Agriculture registers his seeds and then he is granted the intellectual prop-

erty for the specific strain. -- Seeds are viewed in a similar fashion to inventions and are patented as such. Certain unique aspects of seeds can be trademarked. Holmes described these traits as "utility and usability."

— Holmes said he is one of the first growers to get intellectual property and patent protection for seeds.

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