

The Prince George's Post



A COMMUNITY NEWSPAPER FOR PRINCE GEORGE'S COUNTY Since 1952

Vol. 83, No. 3 January 15 — January 21, 2015

Prince George's County, Maryland

Newspaper of Record

Phone: 301-627-0900

25 cents



PHOTO COURTESY THE PRINCE GEORGE'S COUNTY FIRE/EMS

The awards were presented at the St. Joes Fire/EMS Station in Springdale.

PGFD Firefighter/Medics Awarded for Life-Saving Actions

By PRESS OFFICER
PGFD

Several Prince George's County Firefighter/Medics were recognized today for their role in saving the life of a victim involved in a motor vehicle crash. Fire Chief Marc S. Bashoor was joined by Deputy Fire Chiefs Barks-

dale and McClelland in presenting County Emergency Services Awards and Exemplary Firefighter Awards issued by former Maryland State Delegate Darren Swain.

On the evening of Sunday, June 15, 2014, units from Capitol Heights Fire/EMS Stations 805 and Largo Medic 846 responded to the 7600 block of

Central Avenue for a reported motor vehicle collision. Callers to Public Safety Communications (PSC) described the accident as involving a single vehicle, "with possible injuries." Crews from Station 805 arrived on the scene to find an SUV that had gone off the roadway onto a grassy area. It had struck a large concrete curb and culvert leading

into a parking lot, incurring moderate front-end damage with airbag deployment. Ensuring the scene was safe, crews approached the vehicle and observed its driver standing outside and two victims trapped inside. Immediately, Command was es-

See AWARDS Page A3

CEO's Budget To Expand High Demand Programs; Support Literacy Skills

By PRESS OFFICER
PG County Public Schools

UPPER MARLBORO, MD - Last evening, Dr. Kevin M. Maxwell, Chief Executive Officer for Prince George's County Public Schools, presented his recommendations for the district's Fiscal Year 2016 Proposed Annual Operating Budget to the Board of Education. The 1.839 billion dollar proposal represents a 2.5 percent increase over this year's 1.795 billion dollar budget and focuses on achieving academic excellence, developing a high-performing workforce, increas-

ing organizational effectiveness, deepening the system's engagement with families and communities, and providing a safe and supportive school environment.

"It is critical that we continue the course we set - so our students have the staff, programs, and supports to help them achieve academic excellence," said Dr. Maxwell. "I have presented a proposal that encompasses our goals, while recognizing that certain fiscal uncertainties exist."

See LITERACY Page A6

WSSC Commissioners Approve FY16 Preliminary Proposed Budget

By PRESS OFFICER
WSSC

Laurel - The Commissioners of the Washington Suburban Sanitary Commission (WSSC) voted Wednesday to approve the preliminary FY16 operating and capital budget of \$1.4 billion. A formal budget document will now be prepared for discussion and review in advance of public hearings in February 2015. The proposed budget must be submitted to

both the Prince George's and Montgomery County councils by March 1, 2015.

After preliminary consultations with both counties WSSC is shifting much of the proposed increase to the Account Maintenance Fee (AMF) which has not gone up in 24 years. The AMF reflects what it costs to bring water to every home and business; including meters, meter readers, and billing. In addition,

See BUDGET Page A5

Bowie State Wins Fourth Straight with 85-80 Conference Win

By PRESS OFFICER
Bowie State University

BOWIE, Md. - The Bowie State University Bulldogs won their fourth straight game, defeating the Golden Bulls of Johnson C. Smith University by a score of 85-80. With the win, Bowie State improves to 10-4 overall (2-0 CIAA) while Johnson C. Smith falls to 6-7 overall and 0-2 in the CIAA.

Senior Cameron Knox (Baltimore, Md.) continues to lead the Bulldogs, scoring a game-high 22 points to go along with a season-high six rebounds. Freshman Ahmaad Wilson (Baltimore, Md.) came off the Bowie State bench to score 18 points. Juniors Miles Jackson (Silver Spring, Md.) and Justin Beck (Ellicott City, Md.) chipped in 12 and 10 points respectively in the win. Junior Andre Jackson (Baltimore, Md.) ripped down a team-high 10 rebounds for the Bulldogs.

"Every night in this league it's going to be a war, no matter who you're playing or where you're playing ... You really have to do a good job taking care of home", said Bowie State head coach Darrell Brooks.

Markell Lotharp (Marshville, N.C.) led Johnson C. Smith with a double-double of 17 points and 10 rebounds. Stedmon Lemon (Lithonia, Ga.) tallied 14 points on 6-of-13 shooting from the floor and a team-high four assists. Emilo Parks

(Ashtabula, Ohio) contributed 11 points, five rebounds, two assists and a game-high three blocked shots in the loss. Joshua Linson (San Antonio, Texas) chipped in 11 points and added three assists and one steal for the Golden Bulls.

Bowie State took a 44-39 lead into halftime with Wilson and Miles Jackson accounting for 11 and 10 points respectively. The Bulldogs hit 15-of-33 first half field goals (45.5 percent), which included 7-of-17 behind the 3-point line and knocked down 7-of-9 free throws.

Johnson C. Smith shot the ball just as well in the first 20 minutes, making 16-of-33 field goals (48.5 percent), which included 5-of-10 behind the arc.

The Bulldogs maintained a lead the entire second half, holding their largest lead of nine twice at 55-46 and 57-48.

The Golden Bulls battled all night and managed to close to within two (78-76) with 2:42 left in the game via a Lotharp free throw.

Bowie State closed out the game with an 8-4 run, with Knox personally responsible for six of those points to seal the victory.

The Bulldogs return to the court on Monday (January 5th), hosting the Winston-Salem State Rams in a 7:30 p.m. contest. Winston-Salem State dropped a 76-74 decision at Lincoln on Saturday (1/3) evening.

Defining Food Deserts is a Numbers Game

By DANI SHAE THOMPSON
Capital News Service

Food deserts are a significant issue in Maryland - but just how severe they are depends on whom you ask.

Although the term has been in common use for years, there is no all-encompassing definition of what constitutes a food desert.

Baltimore provides a perfect example of the disagreement.

The United States Department of Agriculture estimates about 15 percent of Baltimore City residents are living in food deserts, while the city's Baltimore Food Policy Initiative says it's more like 20 percent based on a study conducted by Baltimore City Department of Planning and Johns Hopkins Center for a Livable Future. And a national hunger-relief organization, Feeding America, estimates 22 percent of people living Baltimore City are "food insecure."

The reasons for these discrepancies stems from each organization's definition of the term "food desert."

"In general, you'll see that every definition looks at what food is available, and income level," said Laura Flamm, food access coordinator for Baltimarket, an online grocery ordering service for Baltimore residents with low access to food.

"But there is really nothing set in stone."



PHOTO COURTESY OF BALTIMORE CITY HEALTH DEPARTMENT

A woman orders food from Baltimarket's virtual supermarket at the Cherry Hill Library location in Baltimore.

The USDA's definition of a food desert says that for it to be included, a census tract must be defined as both low-income and low-access.

For a census tract to qualify as low-income, either the poverty rate must be at least 20 percent or the median family income of that tract must be at or below 80 percent of the area's median family income.

To qualify as low-access, either 500 or more people, or one-third of a census tract's population, must live at least one mile from a supermarket or grocery store.

Using these parameters, about 15 percent of Baltimore City residents reside in a food desert.

However, using a one-mile radius to identify food deserts may ignore unique hurdles associated with travel in an urban setting.

In their food desert report to Congress, the USDA recognized these concerns:

"Obviously, whether walking to a supermarket is feasible or not depends

See FOOD DESERTS Page A7

INSIDE

EPA Announces New ENERGY STAR Tool for Homeowners to Save Money, Energy This Winter

Over time, users can update their home profiles as they make improvements, see the positive environmental impacts of the changes they've made, get additional recommendations, and update their "to-do" lists for future projects.

Community, Page A3

Prayers for Our Children for the New Year

When so many children lack safety, enough food, shelter, health care, and education and suffer unthinkable losses of parents to disease, violence, and war, I hope this New Year will bring adults closer to our common sense and moral responsibility for children's well being.

Commentary, Page A4

Agricultural Certainty Regulations Adopted; Program Looking to Sign Up Farmers

This program allows interested farm operations to undergo a field evaluation and records review conducted by an MDA-certified verifier to determine compliance with local, state and federal environmental requirements.

Business, Page A5

Movie Review: "Annie (2014)"

Annie and her billionaire benefactor are black in this version of the 1977 Broadway smash and perennial high school favorite, and that detail has gotten the most pre-release attention. But the change is largely cosmetic, unincorporated into the story.

Out on the Town, Page A6

Earth Talk

Dear EarthTalk:

What's the skinny on fat these days? I saw a major magazine cover image recently that was suggesting fat wasn't so bad for us after all?

— Marcy Bellwether,
Taos, NM

Features, Page A7

Towns and NEIGHBORS

In and Around Morningside-Skyline

by Mary McHale 301 735 3451

Andrews' air show flies again in September

The popular air show at Joint Base Andrews will be back on Sept. 19, 2015. Plans include performances by the Air Force Thunderbirds, displays of modern and vintage aircraft and appearances by the U.S. Air Force Band.

The air show was held annually for more than 50 years, the last time in 2012. At that time it was scheduled to perform only every other year. However, in 2014, budget cuts cancelled it.

The 2015 Joint Base Andrews Air Show will commemorate the 68th anniversary of the Air Force and the 100th anniversary of the Naval Reserve.

The news that the air show is returning will delight the many thousands who turn out every year for the event. As for me, the show pretty much goes on right over my house. I generally escape to a quieter venue.

Boys, girls, adult volunteers needed

Corkran Memorial UMC, in Temple Hills, is forming new Boy Scout and Girl Scout troops as part of the church community's youth outreach. The units are open to all boys and girls from kindergarten through age 12. Adult volunteers are also needed. For more information, call John Schlegel, 301-471-2403, or email, JASchlegel@yahoo.com.

Changing landscape

County Exec Rushern Baker, Councilman Derrick Davis, Delegate Carolyn B. Howard, and other officials celebrated "rib cutting" for Famous Daves at The Boulevard at Capital Centre on Dec. 14. The new Famous Daves is located in the space formerly occupied by Lavar Arrington's Sidelines.

Good deals

McDonald's has announced it will serve free coffee on Mondays for the rest of 2015. The offer includes a small iced or hot coffee free of charge. You won't have to buy anything. But McDonald's hopes you will.

Mama Stella's Ristorante Italiano, in Clinton, has a deal for you, if you're hungry for pasta on Monday or Tuesday night. It's the Customer Appreciation Special: your choice of one appetizer (select from four appetizers), two entrees (select from 12), and a bottle of chardonnay or merlot—all for \$32.95 per couple.

Mary Louise Patterson dies at 94

Mary Louise "Sis" Patterson, co-owner of Patterson Glass, died Dec. 22. She was 94.

She was born in Washington, one of the five children of Joe and Mary Ellis. She graduated from Anacostia High School and went to work for GEICO. In June 1943 she married a country boy from Pulaski, Tenn., Thomas L. "Loss" Patterson and three years later they moved to Camp Springs where they stayed put. But every summer they took a two-week vacation, on the farm in Pulaski with Loss's family.

Not only was Mary Louise an insurance correspondent and a homemaker, but she was part owner and bookkeeper for a glazing firm, Patterson Glass Inc., in Washington.

She and Loss were founding members of St. Philip's Church in 1957. And after retiring, she volunteered at St. Philip's, as an aide to Dolores Steinhilber, Director of Religious Education. Also after retiring, she returned to school and earned her AA at Prince George's Community College. She enjoyed traveling the U.S. and the world. And she loved FOX news, Wheel of Fortune, Jeopardy, the daily crossword and the word jumble.

Her husband Loss preceded her in death. She was the mother of Margaret Ann "Peggy" Poole, grandmother of Karen Poole, sister of Robert Ellis and the late James Ellis, June Montgomery and Jacqueline Anderson. Fr. Edward Hegnauer and Fr. Frank Kaminski concelebrated her Mass of Christian Burial at St. Philip's. She is buried at Resurrection Cemetery.

A final note: Mary Louise was a longtime reader of this column and occasionally called me with news. I'll miss those calls.

Morningside memories

Twenty-five years ago, January 1990: Audrey Cook is the new president of the Morningside Senior Citizens. Other officers are: vice president, Jean Davis; secretary, Jo Cunningham; and treasurer, Helen Jurney. Concerned some members are finding it difficult to get out at night, the Senior Citizens' meeting has been moved to 2 o'clock in the afternoon.

May they rest in peace

John Patrick O'Connor, 67, of Huntingtown and a 1965 graduate of Suitland High School, died Jan. 5. He was a member of the Sheet Metal Workers, Local 100, since 1971, and served as Secretary of Labor & Industry for the State of Maryland during the Glendening Administration.

Pauline Louise Rutherford Storey Banks, 100, who taught at Oxon Hill High School and then at John Hanson Junior High until it closed in 1983, died New Year's Day. She was the only one of seven children who graduated from high school; and she also earned several degrees including a master's in counseling from George Washington University. She married twice, to Don Storey who died in 1978, and to Charles Banks, who died in 2000.

Eugene Grimley died recently, so I've been told. I've checked several sources and realize he could be Eugene senior, junior or III. Whichever he is, he lived on Woodland Road. Can any of my readers tell me about him? Email me at muddmm@aol.com.

Milestones

Happy birthday to Dolly Wood, Jan. 16; Nikial M. Boston, Jan. 17; Dennis Seaman and Linda Cullinan, Jan. 19; June Nicholson and Gina (Glagola) Hull, Jan. 20; and my great-grandson Jason Shearer, Jan. 22.

Brandywine-Aquasco

by Audrey Johnson 301 888 2153

JANUARY BIRTHDAY WISHES

Happy Birthday to, Steven Carter, Dr. Sandra Jones, Davion Dorsett, Khadija Hakim-Hinton, Nurbert Hughes, Jr., Walter Joyner, Jermiya Stevenson, Ian Williams, Bernestine Bryan, Nicole Falby, Beatrice Chapman, Abu Davies, Ben Fauber, Brandon Holmes, Lawrence Omoregbe, Jordan Joseph, Roseline Omoregbe, Yanick Bourne, William Terry, Donovan Cain, Florella Wallace.

WEDDING ANNIVERSARIES

Happy Wedding Anniversary to George & Paula Carter, Nurbert & Carol Hughes, Buddy & Betty King, Walter & Theresa Lindsey Joiner, William Jr. & Irena Stammer who are celebrating their Wedding Anniversaries in the month of January.

SPRING HOME SHOW

Mark your calendar February 6, 2015 for the Suburban Maryland Spring Home Show at Show Place Arena, 14900 Pennsylvania Avenue, Upper Marlboro, Maryland, 20772. This is a premier event in household services industry. There will be more information to follow in a later article this month.

LINE DANCING

Come and get your line dance on at St. Phillips Church, 13801 Baden Westwood Road, Brandywine, MD 20613 from 7:00 PM to 9:00 PM on the following Fridays, January 23rd, February 6th & 20th, March 6th & 20th 2015. Points of contact; Hinnant, 301-943-2816, Shirley Cleaves, 302-690-4260, or Michelle Chase, 240-882-3369. A \$2.00 donation is accepted.

COUPLES RETREAT

The Couples Retreat entitled "Marriage: A Sacred Dance" will take place at the Norfolk Waterside Marriott Norfolk, VA from Friday, February 13 through Sunday February 15, 2015. Reserve your room today by calling 757-627-4200 at a discounted rate and pay when you arrive. The retreat cost is \$150.00 per couple due by January 15th. For further information contact the Family Ministry at familyministry@westphaliaum.org

CANCER CARE

New Hope Fellowship Cancer Care Ministry will host their first Cancer Testimony Service March 21, 2015 at their Life Center. There will be testimony giving thru dance,

song, and poem. This ministry is to inspire those who are battling with this disease and to remember those that lost the battle to Cancer.

There will be light hor'derves served following the service. It is absolutely a FREE EVENT!!!! The Life Center is located at 15601 Brooks Church Road, Upper Marlboro, MD 20772. POC Shonnita McCall, nhfcancer-careministry@gmail.com.

SISTERS IN SERENITY FELLOWSHIP (SIS)

Come and fellowship with the women of Union Bethel AME Church, 6801 Floral Park Road, Brandywine, MD 20613 on Saturday, February 7, 2015, 8:00 AM. For further information contact Sister Taryn Lewis at 301-574-8203

CLINTON UNITED METHODIST CHURCH

Body Recall sessions will resume on Tuesday, January 13, 2015, and will meet two days per week on Tuesdays and Thursdays. The church is located at 10700 Brandywine Road, Clinton, MD 20735. If you need more information, call the church office at 301-868-1281.

Neighborhood Events

Prince George's County Library Names Director of Community Engagement

HYATTSVILLE, Md.— Prince George's County Memorial Library System named Robin Jacobsen director of community engagement. In her new role, Jacobsen leads outreach services, including the library's program for homebound customers and digital services, as well as public relations and marketing.

Jacobsen, who has more than 20 years of experience, specializes in information literacy, library management, collection development and community outreach.

Prior to becoming director of community engagement, she was senior administrator for public services as well as a branch manager for Prince George's County Memorial Library. Previously, she was head of community services for Russell Library in Middletown, Connecticut.

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

Keep the Green Going by Recycling your Live Christmas Tree

LARGO, MD — When the holidays are over, why not keep the green going by recycling your live Christmas tree. The Prince George's County Department of the Environment (DoE) provides a free Christmas tree recycling program that offers curbside collection and drop-off services to all County residents starting December 26, 2014 and ending February 1, 2015.

To participate, residents with County-provided yard waste collection should place their undecorated live Christmas trees at the curb before 6:30 a.m. on their regularly scheduled collection day. Residents may also bring their unadorned tree to the Prince George's County Yard Waste Composting Facility located at 6601 Southeast Crain Highway in Upper Marlboro, Monday through Friday from 7:30 a.m. to 3:30 p.m. In addition, residents may also dispose of their undecorated, live trees at the Brown Station Road Public Convenience Center located at 3501 Brown Station Road in Upper Marlboro, Monday through Saturday from 7 a.m. to 6 p.m. There is no charge for drop-off service.

"By recycling your live Christmas tree, you help create a valuable resource that will enhance your garden and our communities," says DoE Director Adam Ortiz. "This free program also benefits the community by reducing the amount of debris sent to our landfill."

Every tree collected through the program will be shredded and cured to produce mulch for DoE's annual spring Mulch Madness giveaway event. Residents are asked to remove all plastic bags before placing trees at the curb for collection.

Department of Parks and Recreation is Searching for Centenarians

M-NCPPC Wants to Celebrate Seniors 90 Years and Older

Landover, MD — The M-NCPPC, Dept. of Parks and Recreation in Prince George's County is looking for County residents who are ages 90 and older to invite them to a special Centenarian Celebration being held in May. Special recognition will be given to Centenarians — residents who are 100 years old and older.

We need your help identifying Prince George's County residents ages 90 & older. If you know someone who resides in the county, and is 90 years old or older (as of January 1, 2015), please share the information with us. Your help is greatly appreciated! Please forward this information to us no later than February 27, 2015 by ONE of the means listed below:

(a) Send an e-mail to Centenarian@pgparks.com (subject: Centenarian); OR

(b) Complete the form (see back of flyer) and mail it to: Laurel-Beltsville Senior Activity Center, 7120 Contee Road, Laurel, MD 20707, Attn: Centenarian Coordinator.

For more on the Department of Parks and Recreation, visit www.pgparks.com and stay connected on facebook.com/pgparks and twitter.com/pgparks. The Maryland National-Capital Park and Planning Commission, Department of Parks and Recreation encourages and supports the participation of individuals with disabilities in all programs and services.

Nine Maryland Properties to Receive Historic Preservation Tax Credits

ELLCOTT CITY, MD — Today, state officials announced \$10 million in state tax credits that will fund nine historic restoration projects across Maryland. The tax credit will infuse positive change and jobs to communities from Cumberland to Cambridge.

By offsetting the costs of historic renovation, the Sustainable Communities Tax Credit Program helps owners of historic structures preserve some of Maryland's best places as well as provides an economic boost to their communities. The awards were announced in the Old Post Office in Ellicott City, near the site of a tax credit project.

"This tax credit is one part of our efforts to innovate, educate, and rebuild Maryland by repurposing empty buildings into active, vibrant sites for new businesses," said Governor O'Malley. "The Sustainable Communities Tax Credit is one of the most effective investment tools for strengthening our green economy, revitalizing critical historical sites, and creating family-supporting

jobs for more Marylanders across our State."

Using figures from the Abell Foundation, Maryland Historical Trust (MHT) estimates that the program has helped create more than 26,000 jobs through construction and new uses of these structures. In 2015, MHT estimates that the tax credit will create 894 jobs.

The Sustainable Communities Tax Credit program, administered by MHT, part of the Maryland Department of Planning (MDP), has invested close to \$360 million since it began in 1996. The investments have helped restore more than 3,995 residential and 616 commercial historic structures, preserving buildings with a sense of place that contribute to the uniqueness and charm of Maryland towns and cities.

Part of the 2010 Sustainable Communities Act, the tax credit program promotes community revitalization and strengthens the mutual goals of the Maryland Departments of Planning and Housing and Community Development.

The \$10 million investment will leverage private investment of about \$76.7 million in the following projects:

1. Footer's Dye Works, Cumberland: Conversion of an industrial factory to commercial restaurant and apartment use. Credit amount: \$1,990,552; Est. project cost: \$7,962,208.

2. Eastern Pumping Station/Baltimore Food Hub, Baltimore: Conversion of former pumping station to a mixed use food center business incubator. Credit amount: \$3 million; Est. project cost: \$15 million.

3. Fells Point Recreation Pier, Baltimore: Conversion of the former municipal pier building for use as a hotel and restaurant facility. Credit amount: \$3 million; Est. project cost: \$39.8 million.

4. Florence Crittenton Home, Baltimore: Conversion of former mill owner's mansion/social services campus for use as rental apartments. Credit amount: \$520,000; Est. project cost: \$2.6 million.

5. Eastwick Motor Company, Baltimore: Conversion of a 1914 Ford dealership for use as an arts organization center and restaurant. Credit amount: \$453,968; Est. project cost: \$6.1 million.

6. Carrollton Hall, Ellicott City: Restoration of the 1832 mansion house for use as community meeting space and museum. Credit amount: \$780,480; Est. project cost: \$3.9 million.

7. Taylor's Furniture Store, Ellicott City: Rehabilitation of a retail and residential building for use as restaurant and office space. Credit amount: \$150,000; Est. project cost: \$750,000.

8. Doughoregan Manor Work House, Ellicott City: Rehabilitation of a 1760s plantation building for use as rental residential housing. Credit amount: \$60,000; Est. project cost: \$300,000.

9. 511 Poplar Street, Cambridge: Rehabilitation of commercial building for retail and rental residential use. Credit amount: \$45,000; Est. project cost: \$225,000.

COMMUNITY

Practical Money Skills

By Jason Alderman

Resetting Your Life for Retirement

The phrase "downsizing for retirement" is popular with Baby Boomers, the youngest of whom turned 50 last year.

It sparks a conversation about transition, which may include buying fewer new things, selling, gifting or donating possessions that are no longer needed and relocating to smaller quarters to create a more comfortable and affordable retirement.



If you've diligently saved and planned for retirement, most experts say you should do this "final approach" three to five years before your planned retirement date. If your retirement finances aren't as stable, it's smarter to start the transition as early as possible while time is on your side.

The Demand Institute, a nonprofit think tank founded by business research giants Nielsen and The Conference Board, reported last October (<http://www.demandinstitute.org>) that if the 2008 crash and its effect on employment, investments and housing prices had not happened, the typical Boomer household would have a net worth roughly 2.5 times what it is today.

This all the more reason for many Americans to review and possibly "reset" their retirement clocks. Here are some suggestions to help you figure out where you are on the pre-retirement spectrum and some changes you might consider:

Get a retirement checkup. Spend some time with a financial, tax and/or estate advisor to evaluate your current strategies and set — or reset — a reasonable retirement savings goal and date. Consult friends and family for reliable experts first and for other qualified professionals and check online with your state CPA society, the Association for Financial Counseling Planning and Education or the Certified Financial Planner Board of Standards.

See if moving makes sense. Great retirement destinations offer more than great weather, inexpensive housing and an affordable tax environment. Consider whether you want to be near family, a thriving arts community or superior health facilities. Where do you start? You've probably seen popular lists of retirement communities in leading magazines, and they supply good food for thought. National agencies like the Council for Community and Economic Research (<https://www.c2er.org>) produces an annual cost of living index for over 300 U.S. urban areas.

Get realistic property valuations. Even in a rising economy and recovering housing market, many homeowners need a reality check about real estate prices. The same likely goes for other valuables like antiques, jewelry and art. For real estate, get a broker valuation and do online backup checks with property transfer listings over the last year or two in your area. As for valuables, check appropriate markets (from professional dealers to eBay) to sell, gift or donate those items and get tax and/or estate advice before all transactions.

Clarify your tax picture. If you make a huge profit on your home, you may owe taxes on the sale. Current IRS rules allow most couples to exclude up to \$500,000 in home sale gains from their taxable income and singles to exclude up to \$250,000. Check with your tax advisor and consult IRS Publication 523 (<http://www.irs.gov/uac/Publication-523,-Selling-Your-Home-1>), "Selling Your Home." Also, keep local property taxes and city and state taxes in mind if you're considering an out-of-state move.

Decide what you plan to do post-retirement. Retirees may have at least 20 to 30 years of lifespan to fill post-retirement. If you're hoping to keep working, start a business or transition permanently into travel or leisure activities, these future goals have to align with your current retirement plan.

Bottom line: Everyone should set a "final approach" for retirement. That means reviewing your investments, lifestyle goals and the possibility of a post-retirement career so you can adjust your money behavior to match.

EPA Announces New ENERGY STAR Tool for Homeowners to Save Money, Energy This Winter

By PRESS OFFICER
EPA

WASHINGTON — Today, the U.S. Environmental Protection Agency (EPA) is launching its ENERGY STAR Home Advisor, an online tool designed to help Americans save money and energy by improving the energy efficiency of their homes through recommended customized and prioritized home-improvement projects.

"As we enter the winter months, homeowners can use our new ENERGY STAR Home Advisor to increase energy efficiency and save money while reducing greenhouse gas emissions that fuel climate change," said EPA Administrator Gina McCarthy. "When homeowners take advantage of this important tool and increase the energy efficiency of their homes, many families will notice savings on energy bills and improvements in the comfort of their homes."

The updated ENERGY STAR Home Advisor guides the homeowner through a "do-it-yourself" energy assessment to create an ENERGY STAR home profile. Based on the newly created profile, the Home Advisor provides customized, prioritized recommendations for improvements. From these recommendations, users can create their own to-do lists of projects such as adding insulation to the attic or replacing an HVAC air filter.

Over time, users can update their home profiles as they make improvements, see the positive environmental impacts of the changes they've made, get additional recommendations, and update their "to-do" lists for future projects. The home profiles can also be printed and used at the time of sale.

The announcement is part of EPA's Energy Efficiency Action Week, during which EPA regional offices across the country will hold events to increase awareness about the energy and cost savings associated with energy efficiency upgrades, especially in the winter months.

More on EPA's ENERGY STAR Home Advisor: www.energystar.gov/homeadvisor

Homeowners can also use the following ENERGY STAR tips to save energy and money at home this winter:

Get a Home Energy Audit - Home energy auditors are trained and certified in how to find energy problems using specialized equipment to pinpoint key areas for improvement and provide customized recommended solutions. In select states, Home Performance with ENERGY STAR offers an energy assessment that focuses on a systematic approach to improving energy efficiency and comfort.

Seal and Insulate - The average home spends \$2,000 on utility bills each year. Heating and cooling costs account for nearly half of that amount. ENERGY STAR estimates that homeowners can save up to 10 percent on heating and cooling costs by sealing air leaks and adding insulation.

Learn more through ENERGY STAR's "Rule Your Attic!" campaign, which encourages homeowners to measure their attic insulation levels as a first step toward making their homes more energy efficient and comfortable. More: www.energystar.gov/ruleyourattic.

Heat Efficiently - ENERGY STAR recommends that homeowners check their HVAC system air filters every month. A dirty filter will slow air flow and make the system work harder — wasting energy and possibly shortening the life of the system. A good rule to follow is change the filter every three months.

ENERGY STAR also recommends that homeowners have HVAC systems serviced annually by a licensed contractor to ensure they're running at optimum efficiency. If the heating system is over 15 years old, consider planning for its replacement with a high efficiency unit. Today's ENERGY STAR certified condensing furnaces operate at over 90 percent efficiency. Depending on where one lives, replacing old heating and cooling equipment with newly certified ENERGY STAR equipment can cut annual energy bills by more than \$115. More: www.energystar.gov/heating.

Use a Programmable Thermostat. Avoid heating the house when not necessary, and save almost \$200 a year. Programming the thermostat to turn the temperature down 8 degrees for 7 hours each night and an additional 7 hours each weekday could result in a seasonal heating savings of approximately 12 percent. More: www.energystar.gov/pts

Make "Bright" Choices For Lighting. To get the energy efficiency and performance expected, look for the ENERGY STAR label. LED bulbs that earn the label are independently certified to ensure they deliver on brightness and color and shine light where it's needed. More: www.energystar.gov/led

Decorate for the Holidays with ENERGY STAR Light Strings. ENERGY STAR certified light strings use 50 percent less electricity than incandescent light strings and are available in a variety of colors, shapes and lengths. They are more durable, shock-resistant and cooler to the touch. Some models deliver features such as dimming or color shifting. More: www.energystar.gov/dls

Choose ENERGY STAR Certified Electronics. A home equipped with TVs, set-top boxes, a Blu-Ray player, and a home theatre in a box that have all earned the ENERGY STAR can save more than \$280 over the life of the products. If streaming movies or videos over the Internet, remember that laptops and tablets use less energy compared to streaming over desktop computers or game consoles. More: www.energystar.gov/holiday

Tips from EPA's WaterSense Program include:

Many Americans know about the importance of saving energy and water. But few know about the drops-to-watts connection — that it takes energy to pump, treat, heat, and deliver the water we use every day for showering, bathing, cooking and cleaning. In fact, homes with electric water heaters spend one-fourth of their total electric bills just to heat water.

Save 2,900 Gallons of Water at Home. One of the easiest ways to save energy and water is to install water-efficient, high-performing WaterSense labeled products such as showerheads. By replacing just one showerhead with a WaterSense labeled model, EPA estimates the average family can save 2,900 gallons of water, or the amount of electricity needed to power an entire home for 13 days.

Install WaterSense Fixtures and ENERGY STAR Appliances. If every home in the United States were equipped with WaterSense labeled fixtures and ENERGY STAR certified appliances, water and wastewater utilities could save 12 billion kilowatt-hours of electricity per year and save \$775 million in electricity costs per year.

Shower Better and Save \$5 Billion in Water and Energy. Simple changes made at home add up across the country. If every home in the United States replaced existing showerheads with WaterSense labeled models, the nation could save more than 260 billion gallons of water and more than \$5 billion in water and energy costs annually.

More on EPA's WaterSense Tips: epa.gov/watersense/our_water/start_saving.html

Learn more about how saving water saves energy: epa.gov/watersense/pubs/waterenergy.html

Awards from A1

established and additional resources were requested. A 50-year-old female front seated passenger was pulseless and not breathing, while a 74-year-old female had been ejected from the rear up into the console area. She was positioned upside down and entangled in the seat belt of the victim seated in the front. As crews were attempting to place a collar on her, they realized she was no longer breathing. Following a rapid extrication, without the use of any heavy-duty equipment, the patient was disentangled and removed through the driver's door. She was then loaded into Ambu-



PHOTO COURTESY THE PRINCE GEORGE'S COUNTY FIRE/EMS
Fire Fighter/Medic Tracy Daily



PHOTO COURTESY THE PRINCE GEORGE'S COUNTY FIRE/EMS
Fire Chief Marc Bashoor, Fire Fighter/Medic Lieutenant Rob Kight, Deputy Fire Chief Ben Barksdale and Deputy Fire Chief Jim McClelland Sr.



PHOTO COURTESY THE PRINCE GEORGE'S COUNTY FIRE/EMS
Fire Fighter Jay Johnston

lance 805 and ventilations were initiated. A primary assessment revealed that while she had stopped breathing she had a strong carotid and radial pulses.

Medic 846 arrived on the scene and took control of the patient. The crew hurriedly boarded Ambulance 805 and began assisting with patient care. The critically injured woman was transported to Prince George's Trauma Center, with Ambulance 805 and Medic 846's crew working intensely to give her the best possible chance for survival.

The patient remained unconscious during the ride to the trauma center but was attempting to breathe on her own. Accord-

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COMMENTARY

Cong. Steny H. Hoyer House Democratic Minority Whip



Statement From Attorney General Steny H. Holder on Yearly Law Enforcement Officer Fatality Statistics

WASHINGTON—The National Law Enforcement Officers Memorial Fund today released preliminary fatality statistics for 2014. The data in the report shows that 126 federal, state, local, tribal and territorial officers were killed in the line of duty this year. The report further showed that in 2014, 50 officers were killed by firearms, 49 officers were killed in traffic-related incidents, and 27 officers died due to other causes including 24 who suffered from job-related illnesses—such as heart attacks—while performing their duties.

Attorney General Eric Holder made the following statement:

"These troubling statistics underscore the very real dangers that America's brave law enforcement officers face every time they put on their uniforms. Each loss is both tragic and unacceptable -- a beloved father, mother, son, or daughter who never came home to their loved ones.

"That's why, over the last six years, my colleagues and I have taken action to support these courageous men and women. As we speak, the Justice Department continues its efforts to empower local, state, tribal, and federal law enforcement personnel to do their jobs as safely and effectively as possible. In 2011, I created an Officer Safety Working Group in response to concerns about violence

directed at law enforcement. The department is currently funding thorough analysis of 2014 officer fatalities, including ambushes of law enforcement and other incidents, so we can mitigate risks in the future. And through groundbreaking initiatives like VALOR, we are providing cutting-edge training to help prevent violence against law enforcement, to improve officer resilience, and to increase survivability during violent encounters.

"Through our Bulletproof Vest Partnership Program, we're helping to provide lifesaving equipment to those who serve on the front lines. And through the Public Safety Officers' Benefits Program, we're offering our strongest support to our brave officers and their loved ones in the toughest of times.

"Going forward, this unshakeable commitment to those who serve will continue to guide our efforts to improve 21st-century policing and build trust between law enforcement and the communities they protect.

"I have always been proud to support these selfless public servants. All Americans owe our courageous law enforcement personnel a tremendous debt of gratitude for their patriotic service, for their often-unheralded sacrifices, and for the dangers they routinely face in the name of public safety."

Marc Morial, President and CEO National Urban League



Remembering Cuomo, Brooke and Scott

"Courage is rightly esteemed the first of human qualities...because it is the quality which guarantees all others."

— Winston Churchill

Just as we welcomed in the New Year with various renditions of Auld Lang Syne and well-wishing cheers, we also met 2015 with solemn reverence as we mourned the loss of three great Americans - former New York Governor Mario Cuomo, former United States Senator Edward Brooke III and ESPN sportscaster Stuart Scott. Each of these men charted a new course and left an indelible mark on America with their passion, pioneering spirit and principled approach to leaving our nation a better place than they found it.

Mario Cuomo, who passed on New Year's Day at 82 years old, was lionized as a great voice for liberalism, the New Deal and the Great Society from the 1970s through the 1990s, particularly during the Reagan years. Governor of New York from 1983 through 1994, Cuomo, the son of immigrants whose deep commitment to values was shaped by his Italian American upbringing in Queens, NY, was widely celebrated for his stirring speeches and oratorical skills. I had the fortune to be in San Francisco at the Moscone Center during the 1984 Democratic National Convention as a young delegate for Jesse Jackson when Mario Cuomo gave his now very famous speech on the haves and the have-nots - a speech that has as much relevance today as it did 30 years ago. At the time, it moved us, and at present, it is required reading for anyone serious about the future of America.

But as his son - current NY Governor Andrew Cuomo - reminded us at his funeral services, Mario Cuomo was above all a man of principle. It is legend that many, including me, wanted him to run for president of the United States in 1988 and 1992, believing that he would bring a sense of principled passion to the office. He obviously declined - citing his unwavering commitment to the voters and people of NY. Mario Cuomo will forever have my deepest admiration and respect for representing something very different than many of today's elected and appointed officials - and that was his steadfast commitment to pragmatism, while at the same time basing his thinking on solid principles rather than the immediate expediency of public polling.

While many people today may not have known Edward Brooke III - the first African-American elected as a state's Attorney General and first African American elected to the U.S. Senate by popular vote - he stands as one of the most pivotal politicians in our nation's history. I grew up knowing about Sen. Brooke from my father because, in addition to being a history-making senator from Massachusetts, Sen. Brooke was also a member of and leader in the Alpha Phi Alpha fraternity. I also recall the first time I had the honor to meet him. I was 14 years old and attended a graduation ceremony at Xavier University where he delivered the commencement address.

What I remember most dearly about Edward Brooke, who passed away on January 3 at 95 years old, is that he ran against the current of the times. He was a republican in an overwhelmingly democratic state. He was an African-American in the U.S. Senate when it was dominated by Dixiecrats and segregationists of the likes of Richard Russell, Strom Thurmond and others. He was also a man who navigated his position as both a historymaker and a senator in a deft and effective way - championing civil rights while at the same time honoring his commitment to the people of Massachusetts. He broke down the barriers and forged a path for many African American elected officials who followed him, including President Barack Obama, who remembered Brooke as being "at the forefront of the battle for civil rights and economic fairness" and who "sought to build consensus and understanding across partisan lines, always working towards practical solutions to our nation's challenges."

Stuart Scott, the ESPN anchor and reporter who brought a new swagger and swerve to sportscasting, was one of my favorite sportscasters because he told it as we talked it. He explained it as we thought it. In short, he made sports very real for people in all communities across the nation. I also believe that Stuart Scott opened the doors for many other African American sportscasters at ESPN and other networks. He demonstrated, much like the late great Howard Cosell, that to be effective you need not be cut from a traditional cloth, but that you

See CUOMO Page A12

Clarice Smith Performing Arts Center



Open to the Public

PHOTO CREDIT: UMD

CLARICE SMITH PERFORMING ARTS CENTER

The Clarice Smith Performing Arts Center is a vibrant community of artists, students and audiences, where great work happens both on- and offstage. We present approximately 1,000 events each year spanning all performing arts disciplines. Transformative performances, workshops, lectures, dialogues and other events featuring visiting artists from around the world, as well as students and faculty from the university's academic departments of music, dance and theatre, allow for unparalleled engagement. The Clarice Smith Performing Arts Center at Maryland is located at the corner of Route 193 (University Blvd.) and Stadium Drive on the campus of the University of Maryland.

Child Watch

by Marion Wright Edelman



Prayers for Our Children for the New Year

In a world rife with war, religious, racial, gender, sectarian, and political strife, when so many children lack safety, enough food, shelter, health care, and education and suffer unthinkable losses of parents to disease, violence, and war, I hope this New Year will bring adults closer to our common sense and moral responsibility for children's well being.

If the child is well all of us are well. So I offer two prayers for the New Year.

O God of the children of Liberia, Sierra Leone, and Guinea,

Of Nigeria and Syria, Afghanistan and Pakistan, Of Iraq and Iran and Israel, Of El Salvador, Honduras, and Guatemala,

Of Darfur, Detroit, and Chicago,

Of Ferguson, Cleveland, and New York City

Help us to love and respect and protect them all.

O God of Black and Brown and White and Albino children and those all mixed together,

Of children who are rich and poor and in between,

Of children who speak English and Russian and Hmong and Spanish

and languages our ears cannot discern,

Help us to love and respect and protect them all.

O God of the child prodigy and the child prostitute,

Of the child of rapture and the child of rape,

Of runaway or thrown away children who struggle every day

without parent or place or friend or future,

Help us to love and respect and protect them all.

O God of children who can walk and talk and hear and see

and sing and dance and

jump and play and of children who wish they could but can't, Of children who are loved and unloved, wanted and unwanted, Help us to love and respect and protect them all.

O God of beggar, beaten, abused, neglected, homeless, and AIDS-, Ebola-, drug-, violence-, and hunger-ravaged children,

Of children who are emotionally and physically and mentally fragile,

and of children who rebel and ridicule, torment and taunt,

Help us to love and respect and protect them all.

O God of children of destiny and of despair, of war and of peace,

Of disfigured, diseased, and dying children,

Of children without hope and of children with hope to spare and to share,

Help us to love and respect and act to protect them all.

Dr. Benjamin E. Mays, the great president of Morehouse College, who shaped so many of my generation including Dr. Martin Luther King, Jr., said: "I am disturbed, I am uneasy about men because we have no guarantee that when we train a man's mind, we will train his heart; no guarantee that when we increase a man's knowledge, we will increase his goodness. There is no necessary correlation between knowledge and goodness." So I share this prayer for 21st century children of privilege.

God, help us not to raise a new generation of children with high intellectual quotients and low caring and compassion quotients;

with sharp competitive edges but dull cooperative instincts;

with highly developed computer skills but poorly developed consciences;

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The Prince George's Post

The Prince George's Post
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Contents © 2015, The Prince George's Post

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Legal Advertising Assistant Robin Boerckel	Editor Michal W. Frangia
	Web Manager Kyler Quesenberry

Prince George's County, Md. Member National Newspaper Publishers Association, and the Maryland, Delaware, District of Columbia Press Association. The Prince George's Post (ISSN 10532226) is published every Thursday by the New Prince George's Post Inc., 15207 Marlboro Pike, Upper Marlboro, Md. 20772-3151. Subscription rate: 25 cents per single copy; \$15 per year; \$7.50 senior citizens and students; out of county add \$1; out of state add \$2. Periodical postage paid at Southern Md. 20790. Postmaster, send address changes to Prince George's Post, P.O. Box 1001, Upper Marlboro, Md. 20772-3151.

BUSINESS

The American Counseling Association's Counseling Corner

The Evening News And Your Waistline

Whether you get your updates from a TV news show, the local paper, the Internet or just conversations with friends, these days the odds are good that what you're hearing is mostly bad news. And even when that news doesn't directly affect you, it can cause reactions that are very real and often fairly negative.

Most people aren't aware that simply hearing about bad things can increase the levels of anxiety and stress they are experiencing.

And, unfortunately, many people react to higher stress levels by turning more to something we all find comforting — food. It's called "stress eating" because it feeds an emotional rather than a physical hunger.

We do it because food, especially sweet things, trigger emotional and chemical reactions in our bodies that do make us feel better, though only for a short time (then it's time for another snack).

Stress eating is a problem because it's one of the most common sources of excessive weight gain, something that can directly impact our self-image and health.

So instead of reaching for that donut the next time the stock market is tumbling, look for alternative ways to handle the stress.

Try analyzing why you're eating — are you snacking because you're physically hungry or simply because you're stressed or bored or unhappy?

If it's emotional eating, try activities besides eating that can help calm you. Exercise, for example, not only burns calories and improves muscle tone, but also boosts the action of feel-good neurotransmitters in your body. And just a walk around the block will do the job.

Other stress busters include reading a book, listening to music, or just calling a friend.

And if you do need to snack, make it a healthy choice, like that piece of fruit instead of a donut or candy bar. Foods high in sugar and calories might quickly elevate good feelings, but they also lead to a sharp emotional crash as sugar levels drop.

Eating in response to stress is a common but fixable problem. Think about why you're eating and what you could do instead to help you feel calmer and more relaxed without resorting to food. Sometimes just being more aware of stress eating can do a great deal to minimize the problem.

If you think you are stress eating and want to get in control, consider seeking the help a professional counselor can offer to overcome the problem.

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

ALERT!

Comptroller Peter Franchot Warns Maryland of Tax Phone Scams

*-Taxpayers Advised Not to Respond to
Scam Calls, Open Email Attachments-*

Annapolis, Md. — As begin the new year, Comptroller Peter Franchot is alerting taxpayers about phone solicitation scams aimed at getting taxpayers' money and personal information.

The Comptroller's Office recently received a call from a concerned couple about a phone call they received from someone claiming to be an IRS agent saying they owed back taxes and demanding immediate payment. The caller said if the couple didn't comply, he would call the police and they would face criminal charges.

"I strongly urge all Maryland taxpayers to be very careful in giving out their personal information over the phone," Comptroller Franchot said. "The Comptroller's Office does not initiate phone calls or emails asking for confidential information or for Personal Identification Numbers (PINs). We never ask for payments to be sent via Western Union. If you get a phone call or email like this, please call 1-800-MD-TAXES or email my office at mdcomptroller@comp.state.md.us and let us know about it as soon as possible."

The Internal Revenue Service (IRS) offers five tell-tale warning signs to tip citizens off if they get such a call from someone claiming to be with the IRS. Scammers often demand money to pay taxes. They try to con people by saying they're due a tax refund so they can gain access to banking or other private financial information. Scam artists can sound convincing when they call and may alter the caller ID to make it look like the IRS is calling. They may use fake names and bogus IRS badge numbers. The IRS respects taxpayer rights when working out payment of taxes.

Here are five things scammers often do but the IRS will NOT do. The IRS DOES NOT:

- Call to demand immediate payment. The IRS will not call without first mailing you a bill.
- Demand that you pay taxes without giving you an opportunity to question or appeal the amount that is owed.
- Require taxpayers to use a certain payment method, such as a prepaid debit card.
- Ask for credit or debit card numbers over the phone.
- Threaten to notify local police or other law enforcement agencies to have a taxpayer arrested for not paying. "

Agricultural Certainty Regulations Adopted; Program Looking to Sign Up Farmers

By PRESS OFFICER
MDA

ANNAPOLIS, MD — Regulations to adopt Maryland's new Agricultural Certainty Program have been finalized and are now in effect, according to the Maryland Department of Agriculture (MDA). The regulations were published in the Maryland Register on October 17, 2014 and open to a 30-day public comment period. The voluntary program gives qualifying Maryland farmers a 10-year exemption from complying with new environmental laws and regulations in return for installing best management practices on their farms that meet local or Chesapeake Bay Total Daily Maximum Load (TMDL) goals ahead of schedule.

"I am extremely proud of our Agricultural Certainty Program. It was developed specifically with conservation farmers in mind. These are the men and women who go the extra mile to protect natural resources on their farms and water quality in the Chesapeake Bay and its tributaries," said Maryland Agriculture Secretary Buddy Hance. "The Certainty Program gives something back to these farmers by allowing them to conduct business in a predictable reg-

ulatory setting while providing certainty that agricultural pollution controls are in place."

Authorized by the 2013 Maryland General Assembly, the Agricultural Certainty Program was developed with input from a diverse oversight committee which included farmers as well as representatives from the Chesapeake Bay Foundation, Chesapeake Bay Commission, University of Maryland Center for Environmental Science, Maryland Grain Producers Association, soil conservation districts, the U.S. Environmental Protection Agency, MDA, and the Maryland Department of the Environment among others.

This program allows interested farm operations to undergo a field evaluation and records review conducted by an MDA-certified verifier to determine compliance with local, state and federal environmental requirements. Once a farm is approved for the Agricultural Certainty Program, an agreement is signed outlining operation and maintenance practices consistent with current site conditions. The operation is then excused for a 10-year period from meeting new regulatory programs or standards that put further restrictions or performance standards



PHOTO COURTESY THE MARYLAND DEPARTMENT OF AGRICULTURE

in place to address nitrogen, phosphorus or sediment runoff. At the end of the 10 year period the operation must be in compliance with all current requirements. Participating farms must undergo inspections by a certainty verifier at least once every three years with oversight provided by MDE.

MDA is currently finalizing administrative policies and procedures for the Agricultural Certainty Program and anticipates accepting applications beginning early spring 2015. Interested farmers can prepare for the application process by making certain that they have an updated Soil and Water Conservation Plan and a current Nutrient Management Plan. In addition, farm-

ers must be in compliance with all MDA nutrient management reporting and record keeping requirements. Ultimately, candidates should be prepared to demonstrate that they have addressed all potential nitrogen, phosphorus and sediment losses from the farming operation.

Interested farmers should contact Colin Jones, MDA's Agricultural Certainty Program Coordinator at 410-841-5868 or their local soil conservation district office for addition information. Information on Maryland's Agricultural Certainty Program is available on the MDA website at http://mda.maryland.gov/resource_conservation/Pages/agricultural_certainty_program.aspx.

2014 Annual Implementation Forms Mailed to Farmers; Now Online

By PRESS OFFICER
MDA

ANNAPOLIS, MD — The Maryland Department of Agriculture (MDA) has announced that 2014 Annual Implementation Reporting forms (AIRs) and instructions have been mailed to about 5,500 Maryland farmers who are regulated under the Nutrient Management Program. These farmers are required to manage their farms using nutrient management plans and submit AIRs to MDA by March 1, 2015 describing how they utilized nutrients during the 2014 calendar year. The forms are also available on MDA's web site at www.mda.maryland.gov.

The reporting content for the 2014 AIR is similar to last year; however, the form has been reformatted to make it easier to read with additional space for reporting total pounds of available nutrients applied. Confined Animal Feeding Operations (CAFOs) covered under a permit from the Maryland Department of the Environment (MDE) submit one combined AIR/CAFO Reporting Form to MDA who will copy the part of the form that it needs and forward the CAFO portion to MDE. CAFOs must also submit a manure analysis with their combined form.

Here are some tips for farmers to keep in mind when completing the 2014 AIR:

- When possible, use the pre-filled form that was mailed to you. Additional forms and instructions are also available at mda.maryland.gov.
- Do not leave any spaces blank. If no nutrients were applied, write "none applied" or place a zero in the box.
- If information requested does not apply to your operation, write N/A in the box.
- Complete all information requested.
- Use the envelope provided to mail the AIR to your regional nutrient management office by the March 1 deadline.
- Failure to submit an AIR may result in fines and/or loss of eligibility to receive MDA cost-share funds.

"The AIR reporting form provides Maryland farmers with an opportunity to document farm management techniques that reduce the movement of nutrients and sediment to local waterways and the Chesapeake Bay," said Maryland Agriculture Secretary Buddy Hance. "I urge all Maryland farmers to complete their AIRs honestly, accurately and on time so that MDA can fully account for everything that agriculture is doing to reduce nutrient loads to the Bay."

Farmers should check their mailboxes for MDA's 2014 AIR. They can also access the reporting forms and instructions by visiting www.mda.maryland.gov and clicking on Hot Topics.

For more information, farmers should contact their regional nutrient management office.

Budget from A1

the AMF will now include an infrastructure component to pay for such needs as repairing and replacing water mains.

The AMF will go from the current \$11 to \$16. The infrastructure component will be phased in; \$6 dollars the first year, and another \$6 the second year, followed by a 5-year freeze on the fee.

The proposed water usage rate increase will be 1% for FY16. Without the proposed fee increase, the water usage rate would rise by 6%. The rate increase combined with the increase in the Ready to Serve Charge would add approximately \$4.20 per month to the bill of a customer who uses 160 gallons of water per day.

"WSSC, like many other water utilities around the country, is facing a financial conundrum. While the number of customers we serve continues to grow, overall water consumption is dropping. Yet, the fixed costs required to run a water distribution and sanitary sewer system continue to rise," said Jerry N. Johnson, WSSC General Manager/CEO. "This budget takes an important step in addressing this issue by shifting certain fixed costs from fluctuating water

usage rates to the predictable and transparent Ready to Serve Charge."

The proposed changes to customers' bills would not bring in additional revenue. The largest portion of a customer's bill would still be based on the volume of water used and within a customer's control. By reducing the reliance on revenues based on water usage, future usage rate increases would be smaller than they are under the current billing methodology.

As is the case nationally, WSSC faces the challenge of balancing increasing costs for infrastructure and operations with affordability to our customers. The Commission is again seeking legislation from the Maryland General Assembly to establish a Customer Affordability Program (CAP). The FY16 budget includes \$1.7 million in revenue offsets to create, implement and begin administering a CAP.

The formal budget document will be available on January 15, 2015. It will be posted on WSSC's website at <http://www.wsscwater.com/home/jsp/content/budget-index.faces>. WSSC will utilize social media to alert the public when the budget is available online.

Business Spotlight

Comptroller Announces Opening of 2015 Tax Filing Season

Individual Tax Returns Will Begin Processing January 20, Business Returns Began Processing January 9

Annapolis, Md. — Comptroller Peter Franchot announced today that Maryland will begin processing personal income tax returns for Tax Year 2014 on January 20, 2015, the same day the Internal Revenue Service (IRS) begins accepting returns. Business tax returns will be accepted and processing will begin January 9, 2015.

"The prompt processing of claims and the immediate return of taxpayer refunds is my absolute top priority as Comptroller," Franchot said. "I'm proud of the agency's reputation as a national leader in efficiently getting refunds back into the hands of taxpayers and my office looks forward to another successful tax season."

The 2015 tax return filing deadline is Wednesday, April 15, the same as the IRS deadline. Taxpayers are encouraged to file their returns electronically for the fastest possible processing of their claims and to ensure they receive all possible refunds. A list of approved vendors for use in filing your electronic return can be found at marylandtaxes.com.

Free state tax assistance is available at all of the agency's 12 taxpayer service offices, Monday through Friday, 8:30 a.m. to 4:30 p.m. A list of office locations can be found at marylandtaxes.com.

For more information on any tax-related matter, please go to the Comptroller's website at www.marylandtaxes.com or call 1-800-MD-TAXES (1-800-638-2937) or 410-260-7980 in Central Maryland.

OUT ON THE TOWN

ERIC D. SNIDER'S
IN THE DARK

Movie Review

“Annie (2014)”

Annie (2014)

Grade: C-

Rated PG, a little mild rude humor and innuendo

1 hr., 58 min

It's a tribute to the talents of 11-year-old Quvenzhané Wallis that the Annie remake in which she stars conveys the earnest optimism of everybody's second favorite orphan (after Batman) despite its many flaws. The film is modernized, prefabricated, poorly staged, clumsily self-referential, and all the new songs are capital-A Awful—but Annie makes you think there's still hope.

There isn't, though. This movie is bad. The sun is never coming up again.

Annie and her billionaire benefactor are black in this version of the 1977 Broadway smash and perennial high school favorite, and that detail has gotten the most pre-release attention. But the change is largely cosmetic, unincorporated into the story. (Yes, shockingly, the family musical being released at Christmastime isn't a treatise on race in America.)

It's the other alterations that are significant. Moving from 1933 to 2014 (which had to happen for the colorblind casting to make sense) necessitated other changes, setting off a domino effect. Updates range from the reasonable—we don't really have “orphanages” anymore, so Annie comes from a foster home—to the ridiculous, as when she's rescued from kidnappers thanks to Twitter, Instagram, and a mobile carrier's unfettered ability to spy on its customers. A new side character is given villainous motives so that Miss Hannigan can be redeemed (ugh). The search for Annie's parents is now part of a larger, needlessly complicated conspiracy.

This, among other reasons, is why we can't have nice things. The Annie we're familiar with (released in 1982) is hardly a masterpiece, and altering it isn't automatically a poor idea, but the execution by writer-director Will Gluck and co-writer Aline Brosh McKenna is badly fumbled. Once a simple story, now it's cluttered with cultural detritus (Miss Hannigan is a failed backup singer for C+C Music Factory), winking references (a



A Broadway classic that has delighted audiences for generations comes to the big screen with a new, contemporary vision in Columbia Pictures' comedy, Annie. Director/Producer/Screenwriter Will Gluck teams with producers James Lassiter, Will Smith & Jada Pinkett Smith, and Shawn "JAY Z" Carter, Laurence "Jay" Brown, and Tyran "Ty Ty" Smith with a modern telling that captures the magic of the classic characters and original show that won seven Tony Awards. Quvenzhané Wallis stars as Annie, a young, happy foster kid who's also tough enough to make her way on the streets of New York in 2014. Originally left by her parents as a baby with the promise that they'd be back for her someday, it's been a hard knock life ever since with her mean foster mom Miss Hannigan. But everything's about to change when the hard-nosed tycoon and New York mayoral candidate Will Stacks - advised by his brilliant VP, Grace and his shrewd and scheming campaign advisor, Guy - makes a thinly-veiled campaign move and takes her in. Stacks believes he's her guardian angel, but Annie's self-assured nature and bright, sun-will-come-out-tomorrow outlook on life just might mean it's the other way around. (c) Sony

club band is named The Leapin' Lizards), and broad, lame comedy (Jamie Foxx does at least three spit takes). For good measure, there's also a Very Special Message about childhood literacy.

But then there's Annie herself, a smiling, indefatigably hopeful cherub. Wallis is well-matched with the smoothly charming Foxx's Daddy Warbucks character, now a cell phone mogul named Will Stacks. Wallis and Foxx are great together, and Rose Byrne often helps as Stacks' assistant Grace. Give me a movie with just those three characters and I'm happy. But here we've got a duplicitous chief of staff (Bobby Cannavale), an extraneous bodega owner (David Zayas), and an outrageously Russian social services employee (Stephanie Kurtzuba), among others, all underwritten and overplayed.

And then there's drunken Miss Hannigan, played by Cameron Diaz. It was a bold choice to fill a role made famous by Carol Burnett with

someone who isn't funny, and it was even bolder to beef up that role, so that now the unfunny actress you've hired to play the comic foil has EVEN MORE screen time in which to cause groans of despair and ennu. The urge to give her character more dimensions (why do we keep doing this to our villains?) dilutes the comedic tension between her and the good guys. Again, something very simple has been made complicated, lessening the effect.

The Charnin & Strouse songs that survived (several didn't) remain tuneful and catchy. They stand in contrast to the new songs, mostly written by Gluck, Greg Kurstin, Sia, and Kid Harpoon, which are uniformly forgettable, packed with lyrics that don't scan or rhyme properly. ("Fingertips" rhymed "wish list"? Get the hell out of my office!) And while Gluck has proven a nimble director of straight comedies (see Easy A and Friends with Benefits), his foray into musicals is almost

disastrous. The numbers are anemically staged, with what little dancing there is virtually ignored by the camera.

At one point, as she's being serenaded, Miss Hannigan says, "Are you singing to me? Is this really happening?" For a musical to acknowledge the inherent strangeness of spontaneous singing is to risk pulling the audience out of it. You break the spell. (It doesn't help that Hannigan says this after she's already sung a few songs of her own.) It suggests a lack of confidence, like the film isn't sure it's cool to be a musical and wants to keep some ironic distance.

For us to buy something as sweet and saccharine as Annie, it needs to take place not in the real world but in a slightly magical version of it, where people do indeed sing on the street and billionaires adopt orphans. This modern version tries too hard to have it both ways, to seem realistic (CHILDHOOD LITERACY!) yet also still be a fairy tale. New Deal? Nah, let's stick with the old one.

To provide opportunities for the community to participate in the budget development process, the Board of Education will host three public budget hearings:

January 20, 2015 - BOE Work Session (5 p.m.), Public Hearing (7 p.m.)

January 27, 2015 - BOE Work Session (5 p.m.), Public Hearing (7 p.m.)

February 10, 2015 - BOE Work Session (5 p.m.), Public Hearing (7 p.m.)

All work sessions and public hearings will be held in the Board Room of the Sasser Administration Building, located at 14201 School Lane, Upper Marlboro, MD 20772.

View more information on the FY2016 Operating Budget at <http://www1.pgcps.org/fy16budget>. - See more at: <http://www1.pgcps.org/communications/press.aspx?id=203098#sthash.LdFAwTdl.dpuf>

The Edge of Sports

by DAVE ZIRIN

The Power of Political Athletes to Puncture Privilege



I have a second cousin by marriage, let's call him Frank. He's a white guy who lives in a middle-class ex-urban enclave and thinks about politics about as often as he thinks about particle physics—never. He's not rich and he's not poor. Like a lot of folks in this country, he works as an independent contractor in a job so boring I can't even describe it without getting drowsy. He's a great dad and he plays fantasy football and that's about it. When the Ferguson protests began after the killing of Michael Brown, he didn't talk about it, post about it, and when I would talk to him, it was clear that he was not thinking about it. It was like asking him for his opinion about life on Mars, something completely beyond anything that he saw as relevant. This is in and of itself a form of both class and race privilege. Frank does not have to worry about how he or his son has to act around a police officer. He does not have to consider how the country where he lives, pays taxes, and votes sees black lives as disposable. Even the death of Eric Garner, in all its video horror, was something that he did not notice. Then athletes started to raise their hands on the football field in a “hands up don't shoot” gesture. Then his son and daughter's heroes, people like LeBron James, Kobe Bryant and many more, wore T-shirts with Eric Garner's last words, “I can't breathe.” Then the sports radio shows that he listens to when driving—he is in his car about four hours a day—started debating whether or not it was “appropriate” for these kinds of political gestures to take place on the court.

All of a sudden, against his will, Frank—sitting in his car—had to mentally engage with why a group of wealthy athletes (some who make more than Frank will see in a lifetime) would stick their necks out and stand with the families of Eric Garner and Michael Brown. He had to reckon with why it was so personal to them. Frank went home and actually watched the video of Eric Garner being killed. To put it mildly, it messed with his head. Now he is angry. He is angry at the police and he is angry at a system that polices black communities with a level of violence he has never had to see or experience. In other words, Frank is waking the fuck up.

This is a deeply underdiscussed aspect of the importance and power of athletes speaking out against police violence, wearing the “I Can't Breathe” shirts and raising their hands high in front of the cameras. It forces people—white people to be specific—who are not on Twitter, who don't engage with politics, and who in our deeply segregated society only actually “see” and acknowledge black and brown people on television, to confront a distinctly different set of life experiences. It also speaks to why black and brown athletes have historically always been policed by the media and sports owners for their political statements. It's not the power of their words as much as the power of their reach.

The great Indian writer Arundhati Roy once said, “... in the midst of putative peace, you could, like me, be unfortunate enough to stumble on a silent war. The trouble is that once you see it, you can't unsee it. And once you've seen it, keeping quiet, saying nothing, becomes as political an act as speaking out. There's no innocence. Either way, you're accountable.” Frank, in his 30s, has lost his innocence and is starting to feel accountable for the state of this world and the kind of existence he is prepared to hand over to his children. He has asked me what he can do, where he can give money and how, as a white person, he can offer the kind of solidarity that would actually make a difference. I tell this story so people who may already be part of the movement can see the power of bringing this movement into athletic spaces. We need to keep offering support and solidarity to any athlete who stands with this struggle and says, in the words of Rams wide receiver Kenny Britt, “My kids' lives matter.” We also need to keep marching and doing die-ins in front of basketball arenas on NBA game day, as has happened in DC, Brooklyn and Portland, among other places. Bring this movement to fans. Force people to reckon with worlds that they do not inhabit. We won't reach everyone. Some will respond with the ugliest possible reaction for daring to invade on their sacred sporting space. But some will also actually “hear” for the first time in their lives. By breaching the walls of the sports world, we can puncture the ultimate privilege in our society: the privilege of blissful ignorance.

Literacy from A1

To support academic excellence, the budget focuses on providing rigorous educational opportunities from elementary through high school by continuing to expand successful programs of choice. These include language immersion, International Baccalaureate, and Montessori, as well as two new International High Schools that will provide a supportive learning environment for students beginning to learn English. Also, all-day prekindergarten will be expanded and Reading Specialists added to help build literacy skills, the foundation for future academic success.

To build a high-performing workforce, the budget honors the district's labor agreements by providing a competitive salary and benefits package for employees. Recruiting, training, and retaining a talented

workforce to help our students succeed remains a top priority for the district.

“Dr. Maxwell has proposed an ambitious budget to move our system forward,” said Dr. Segun C. Eubanks, Board Chair. “The Board is committed to a thorough process of deliberation and public input that will ensure a budget that supports this vision of greatness. We share Dr. Maxwell's goals to attract and retain high-quality personnel through competitive compensation. We also will ensure that all of our students have access to a quality education from pre-K to graduation.”

From the CEO's budget, the Board of Education will create a requested budget for the school system and submit it to the County Executive by March 1.

“It is no secret that the future of continual growth in Prince George's County's economy and quality of life re-

sides with the strength of and confidence in our public school system,” said Prince George's County Executive Rushern L. Baker, III. “When we attracted Dr. Kevin Maxwell, one of the nation's top Superintendents, to become Chief Executive Officer of PGPCS, it was, in part, because he is not only familiar with the structure and organization of the school system but also because he is a masterful manager of budget and administration. The PGPCS FY 16 Budget proposal appears prudent and pragmatic. This budget appears to fund priorities and invests in programs that will attract families to PGPCS. I want to thank Dr. Kevin Maxwell and his staff for their diligence in preparing this budget and look forward to our subsequent review and analysis, and to discussion with the Board of Education.”

ADVERTISE! in The Prince George's Post Call Today 301 627 0900

Calendar of Events

January 15 — January 21, 2015

Peter Pan Club

Date and Time: 2nd & 4th Thursday of Every Month, 10:30 am
Description: Come to the Peter Pan Club for pre-school fun! Ideal for little learners up to five years old, the club includes story-time and hands-on craft activities. To schedule a group larger than 10, please call the museum to make a private group reservation.

Cost: FREE with museum admission

Ages: 5 & under

Location: College Park Aviation Museum

1985 Cpl. Frank Scott Drive, College Park 20740

Contact: 301-864-6029; TTY 301-699-2544

Tiny Tots: Making Music Around the World

Date and Time: Thursday, January 15, 2015 9:30 am & 11:15 am

Description: Students will learn about and play a collection of musical instruments from North America, South America, the Caribbean, Africa, Europe, and Asia. All instruments are provided and the class is taught by instructors from CAFÉ Youth. Space is limited, please reserve a spot early.

Cost: \$5/students or observers

Ages: ages 4-8 (pre-K-Grade 2)

Location: Publick Playhouse

5445 Landover Rd, Cheverly 20784

Contact: 301-277-1710; TTY 301-277-0312

Xtreme Teens: Indoor Field Day

Date and Time: Friday, January 16, 2015 7-10 pm

Description: Get ready to get your game on with relay races, obstacles courses, potato sack races, and tug of war. Who will reign supreme in this friendly yet fierce competition, the boys or the ladies?

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: Fitness Friday

Date and Time: Friday January 16, 2015 7-10 pm

Description: Join fellow teens for an active night of Friday Fitness Fun! 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

The Subdivision and Development Review Committee (SDRC) Meeting

Event date: Friday, January 16, 2015, at 9:30 AM

Description: The Subdivision and Development Review Committee (SDRC) meeting is held every other Friday in the CAB 4th Floor Conference Room at 9:30 a.m. This meeting is open to the public but is not a public hearing. SDRC is a coordination and interagency meeting early in the development review process with the applicant and M-NCPPC staff, where the public can be invited to speak. Meetings held every other Friday (unless otherwise assigned).

Location: Room 4085—4th Floor Boardroom, County Administration Building, 14741 Governor Oden Bowie Drive, Upper Marlboro, MD 20772

Reports/Documentation: SDRC 1-16-15 Agenda (TBA)

Contact: Development Review Division at 301-952-3520, TTY 301-952-4366

Twelfth Night Ball

Date and Time: Saturday, January 17, 2015 7:30 pm

Description: Bring the holiday season to a close at the Twelfth Night Ball and supper. Black tie or period attire is encouraged. Registration required by January 4, 2015.

Cost: Resident \$40; Non-Resident \$48

Ages: Ages 18 & up

Location: Riversdale House Museum

4811 Riverdale Road, Riverdale Park 20737

Contact: 301-864-0420; TTY 301-699-2544

Xtreme Teens: Movie Night - "King"

Date and Time: Saturday January 17, 2015 7-10 pm

Description: Join us as we watch the movie "King" to embark on an educational experience about Dr. Martin Luther King, Jr.

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

Vendor's Row

Date and Time: Saturday, January 17, 24 & 31, 2015 9:30 am- 3:30 pm

Description: The Youth & Community Programs Division is excited to present to you the Fall/Winter "Vendor's Row" dates. Vendor's Row will be the only vending opportunities offered during the events season.

A limited number of spaces are available and exhibitors will be received on a first-come, first-serve basis. Registration is required. Vending Fee includes one (1) 6'x30' linen covered & skirted banquet table and two (2) chairs. Electricity is available upon request.

A special incentive has been added this year-- Pre-purchase three (3) scheduled dates and receive an additional day of your choice for FREE.

Application and payment must be received in advance to qualify for this special offer.

Cost: \$100/per table

Ages: 18 and up

Location: Prince George's Sports & Learning Complex

8001 Sheriff Road, Landover, MD 20785

Contact: 301-5832582; TTY 301-583-2483

EARTH TALK ... The New Skinny on Dietary Fat

Dear EarthTalk:

What's the skinny on fat these days? I saw a major magazine cover image recently that was suggesting fat wasn't so bad for us after all?

— Marcy Bellwether,
Taos, NM

Going "fat-free" might seem like an effective, safe way to lose weight when considering that fat contains nine calories per gram, compared to four calories per gram in carbohydrates and proteins. But if you take into account the fact that approximately 60 percent of human brain matter consists of fats, eating reduced fat or fat-free foods high in sugar and refined carbohydrates no longer seems as appealing for our health.

"The brain thrives on a fat-rich, low carbohydrate diet, which unfortunately is relatively uncommon in human populations today," reports David Perlmutter, author of Grain Brain. "Mayo Clinic researchers showed that individuals favoring carbohydrates in their diets had a remarkable 89 percent increased risk for developing dementia as contrasted to those whose diets contained the most fat. Having the highest levels of fat consumption was actually found to be associated with an incredible 44 percent reduction in risk for developing dementia."

Food Deserts from A1

on more than just distance — it could also depend on whether the individual is capable of walking that distance, whether there are safe sidewalks on which to walk, and controlled intersections, and whether there are other barriers, such as crime, that may make walking to a store dangerous."

Another limitation of the one-mile measurement is that it's calculated using a straight line, which will not represent the real distance when zig-zagging through city blocks or if a major obstacle, such as a river or highway, stands in the way.

Still, the report concludes that, "despite these limitations, (using one mile as a) definition of walkability is grounded in the literature."

The USDA then cites three other reports, which all conclude that distances of more than a half mile are walkable in urban settings.

Awards from A3

ing to hospital staff, she regained consciousness the next day and the breathing tube was removed. The woman was discharged to a rehabilitation facility six days later, at which time she was alert, oriented, and showed no evidence of any residual significant traumatic injuries.

Tragically, the accident did claim the life of one person and seriously injured another. However, the organized teamwork and rapid care provided on this incident prevented what likely would have been multiple fatalities.

While presenting the awards today Fire Chief Bashoor told each of the recipients, "Your performance on the scene of the

Granted, certain types of fats are more beneficial than others. "Good" fats include monounsaturated fats, found abundantly in olive oil, peanut oil, hazelnuts, avocados and pumpkin seeds, and polyunsaturated fats (omega 3 and omega 6), which are found in flaxseed oil, chia seeds, marine algae oil and walnuts.

"In the '70s and early '80s...we were not talking about low-fat diets. We were talking about replacing saturated fat with a healthy fat, polyunsaturated fat," says Walter Willett, professor of epidemiology and nutrition at the Harvard School of Public Health. "But somewhere in the mid-1980s, we lost that message. It's perhaps partly because some nutritionists felt it was too complicated to talk about different types of fat, and developed the notion we should just reduce all types of fat across the board."

With over five million Americans currently living with Alzheimer's disease, researchers are examining which dietary fats may help prevent dementia. Olivia Okereke at Brigham & Women's Hospital tested how different types of fats affect cognition and memory in women. Over the course of four years, she found that women who consumed high amounts of monounsaturated fats had better overall cognitive function and memory. A study by researchers from Laval University in Quebec revealed sim-

ilar findings: Diets high in monounsaturated fats increased the production and release of the neurotransmitter acetylcholine, which is critical for learning and memory. The loss of acetylcholine production in the brain has been associated with Alzheimer's disease.

Unfortunately, canola oil, which is high in monounsaturated fats in its natural form, is often hydrogenated so it can stay fresh longer in processed foods. Partially hydrogenated oils—also known as Trans

But according to the Johns Hopkins Center for a Livable Future, one mile is too far. When they created their "Baltimore City Food Environment Map" in 2012, they defined a food desert using one-quarter of a mile as a reasonable distance to a grocery store or market.

"The USDA was constrained for coming up with a number that worked on a national level — but we know that if you drill down further you can get more accurate," said Amanda Behrens Buczynski, a senior program officer for John Hopkins Center for a Livable Future.

"The boundaries of Baltimore City aren't that large and when we considered distance to the supermarket, we had to consider that you'd be carrying groceries, too."

Behrens Buczynski was a project manager for the mapping project.

While this alternative map was based on the same census



CREDIT: CYCLONEBILL, FLICKR CC

Avocado is one of the superfoods which contain good fat that is crucial for brain health.

data as USDA's, it also considered vehicle access and income as factors to determine food deserts.

In their definition of a food desert, the median household income is at or below 185 percent of the federal poverty level, and 40 percent of households do not own a vehicle.

Using these measurements, about one in five, or 20 percent, of Baltimore City residents live in a food desert.

Although Johns Hopkins and the USDA may disagree on how to define food deserts in Baltimore City, they agree that something can, and maybe should, be done to eradicate them.

Urban farming, community gardens, public markets and farmers markets in Baltimore City offer some healthy food options for food desert areas, but they are not enough to alleviate the problem entirely.

Baltimore, a virtual supermarket program run by

the Baltimore City Health Department, may provide another means for addressing low access to food in some neighborhoods.

Baltimore partners with Shoprite grocery store to deliver food to those living in food deserts in Baltimore City.

"We are the first program in the country to address food access in partnership with a major retailer," said Flamm.

The program is 5 years old, and manages four locations in Baltimore City where locals can come to order groceries online and then pick them up a day or two later from the same location.

Food stamps are accepted through the program and deliveries are made at no additional cost thanks to funding by the United Way of Central Maryland and Kaiser Permanente, Flamm said.

This December, Baltimore will expand their program to two new sites in the city.

the excellent caliber of service the Fire/EMS Department strives to provide to the citizens of Prince George's County."

Personnel receiving awards:
Engine 805
Fire Fighter/Medic Lieutenant Robert C. Kight, Jr.
Fire Fighter Jay W. Johnston
Fire Fighter John A. Princiotta

Ambulance 805
Fire Fighter/Medic Christopher M. DeForest
Fire Fighter Thomas Jacobs

Medic 846
Fire Fighter/Medic Lieutenant Chad W. Smart
Fire Fighter/Medic Tracey J. Daily



PHOTO COURTESY THE PRINCE GEORGE'S COUNTY FIRE/EMS

Fire Fighter/Medic Christopher M. DeForest

awarded a Fire/EMS Department Emergency Service Award. Your actions not only speak well of you personally but also illustrate



PHOTO COURTESY THE PRINCE GEORGE'S COUNTY FIRE/EMS

Fire Fighter Thomas Jacobs



PHOTO COURTESY THE PRINCE GEORGE'S COUNTY FIRE/EMS

Fire Fighter John Princiotta