

# The Prince George's Post



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## Emergency Food Supplies Hurt by Hurricane Irene

*Loss of Power From the Storm Resulted in the Spoilage of Valuable Perishable Food*

By JESSICA TALSON  
*Capital News Service*

ANNAPOLIS - The debris is gone and the power has been restored, but many Marylanders are still hurting from the effects of Hurricane Irene.

Residents and aid organizations statewide lost power from the storm, and had valuable perishable food spoil as a result. Now, food banks and state organizations are scrambling to provide food for families who are struggling after the storm.

The Maryland Food Bank felt the wrath of Hurricane Irene when the food storage building lost power on Sunday, and didn't regain it until Wednesday. After the power loss, Food Bank employees rushed to move food from the refrigerators and freezers to refrigerated trucks.

"Our warehouse did as much as they could," said Kate Sam, communications manager for the Maryland Food Bank. "We did everything we could to save as much as we could."

Unfortunately, without a generator to power the freezers, the Food Bank wasn't able to save everything. Food that was supposed to feed Maryland families spoiled. For the next four days, the Food Bank was unable to accept donations.

The Food Bank is trying to obtain a generator so a future power outage can be avoided.

The Maryland Food Bank is responsible for obtaining, storing and distributing food to 600 shelters and soup kitchens throughout Maryland. Problems faced by the Food Bank have a ripple effect on those shelters and soup kitchens.

"We're the safety net beneath the safety net. Without us, other agencies wouldn't be able to serve those in need," Sam said.

Several organizations in Maryland

See **FOOD**, Page A5

## Hurricane Irene Purges Chesapeake Bay's Dead Zones

By SARAH MEEHAN  
*Capital News Service*

WASHINGTON - Hurricane Irene's high winds breathed a little life into the polluted Chesapeake Bay, bringing some short-term relief to wildlife by temporarily eliminating the estuary's vast dead zone, according to the Maryland Department of Natural Resources.

The bay's dead zone -- a stretch of deep water running from Baltimore to Virginia with dissolved oxygen levels too low to support most aquatic life -- emerges every summer and naturally fades with the fall. But this year's dead zone diminished

earlier than usual after Irene whipped the area, mixing layers of water containing varying levels of oxygen.

The revived waters could provide habitat for marine life in places that were previously not livable, said Jenn Aiosa, Maryland senior scientist for the Chesapeake Bay Foundation.

"It might open up additional habitat that, three weeks ago, wasn't hospitable because the oxygen was low," Aiosa said. "A greater volume of the bay with oxygen is good, primarily for the fish that transit the bay,

See **ZONES**, Page A3



PHOTO BY MARK E. BRADY, CHIEF SPOKESPERSON, PGFD

**The Swift Water Team brings 3 adults and a dog to higher ground after rescuing them from the attic of their flooded home at 15108 Marlboro Pike in Upper Marlboro**

## Swift Water Teams Make Rescues, Provide Assistance

By MARK BRADY  
**PGC/EMS Press Information**

The Prince George's County Fire/Emergency Medical Services Department has responded to hundreds of incident as a result of two days of heavy rains and floods. Preliminary estimates of responses indicate that the Departments Technical Rescue Team, which includes the Swift Water Team, responded on over 60 calls to assist or rescue motorists stranded in stalled water on Wednesday and Thursday. The majority of their responses occurred on Wednesday evening starting at about 10:30 pm and continued throughout the day today. The County opened up the Emergency Operations Center to help coordinate issues creat-

ed by flooded and closed roads.

While operating in Upper Marlboro area this morning the Swift Water Team used inflatable rescue boats to evacuate about 20 people from 11 businesses and 10 homes. The residential evacuations consisted of 12 residents and 2 dogs. Employees and business owners were also assisted out of the area due to flooding. No injuries occurred. The American Red Cross was on location assisting those displaced. Firefighters went door-to-door informing residents of the need to leave their homes. Evacuated residents were taken by boat over to higher grounds. Montgomery County Department of Fire and Rescue Services provided 2 rescue boats with crews to sup-

port operations.

In one instance firefighters had checked and knocked on the doors of all homes in the flood zone. As they were making their way out of the neighborhood they heard a dog barking. They tracked the barking dog to an appliance business with a top floor apartment. Firefighters again banged on the doors and window and announcing themselves by yelling, Fire Department Fire Department." The three adult occupants awoke and were surprised to find floodwaters throughout the structure. They retreated up to the attic where firefighters removed the occupants from the attic out of an old boarded up door. The three adults and 7-month-old "Rusty" were brought to the safety of higher ground.

## Governor O'Malley Tours Md. Transit Administration Police Monitoring Facility

By PRESS OFFICER  
**Office of the Governor**

Annapolis, MD (September, 2011) – Governor Martin O'Malley toured the new state-of-the-art Maryland Transit Administration (MTA) Police Monitoring Facility in Baltimore. In May of this year, the \$2.4 million facility opened utilizing federal transit security funds. With the upcoming Baltimore Grand Prix, the MTA will be sharing 125 cameras with city and state law enforcement agen-

cies to monitor transit stations in downtown Baltimore, and help protect visitors in town for the race.

"Our top priorities are creating jobs and protecting the public's safety," said Governor O'Malley. "Thanks to our federal partners, we have built a better, more connected Police Monitoring Facility that will help us continue to reduce crime. Together, we can build a robust and interconnected closed circuit television system that secures our private and public infrastructure and



PHOTO BY JAY BAKER

**Governor Omalley Joins officials for demonstration of MTA's new, state-of-the-art Closed Circuit Monitoring Facility; Receives briefing on MTA's Grand Prix operational plans.**

provides first responders with the tools they need to protect our people."

The new facility allows the MTA to monitor 529 closed

circuit television (CCTV) cameras that provide real-time

See **TOUR**, Page A3

### INSIDE

**Bowie State University Foundation Elects New Chair Takes Helm of**  
New Board Chair Takes Helm of Bowie State University Foundation. The Bowie State University Foundation has announced the appointment of a new executive committee and named Jacqueline W. Sales chairman of the board of directors.  
**Community,** Page A3

**Ten Year Later**  
September 11, 2001, was a beautiful fall morning. It was on that morning that we suffered an unprecedented attack that forever changed our nation. Congress has designated September 11th as Patriot Day and National Day of Service and Remembrance and there will be a Moment of Silence.  
**Opinion,** Page A4

**AT&T Expands Wireless Capacity**  
Additional Spectrum Expected to Improve Connectivity and Performance Customers are expected to experience improved mobile broadband coverage and voice performance as a result of continued investment and innovation by AT&T. The company announced that it has completed a key initiative.  
**Business,** Page A5

**Movie Review**  
"THE DEBT"  
Rated R for some fairly strong violence, a little mild sexuality, a smattering of F-bombs.  
1 hr., 44 min.  
"Truth is a luxury," says Tom Wilkinson in "The Debt." "Some people have to put other things first -- their country, their family."  
**Out on the Town,** Page A6

**Earth Talk**  
*Dear EarthTalk:*  
*What was the BULB Act pertaining to light bulb energy efficiency that just failed to pass in the House of Representatives?*  
-- Betsy Edgerton, Columbus, OH  
The Better Use of Light Bulbs was a failed attempt in July 2011'  
**Features,** Page A7

# Towns and NEIGHBORS

## THE WHITE HOUSE Office of the Press Secretary

### *Statement on the Employment Situation in August*

WASHINGTON- Katherine Abraham, Member of the Council of Economic Advisors, issued the following statement today on the employment situation in August.

The Employment Situation in August, posted by Katharine Abraham on September 02, 2011

Today's employment report shows that private sector payrolls increased by 17,000 and overall payroll employment was flat in August. The unemployment rate remained unchanged at 9.1 percent, a level that remains unacceptably high. Despite a slowdown in economic growth from substantial headwinds experienced throughout the year, the economy has added private sector jobs for 18 straight months, for a total of 2.4 million jobs over that period.

Clearly, faster growth is needed to replace the jobs lost in the downturn. Today's report underscores the President's call for Congress to pass a clean extension of the transportation bill to keep workers on the job and keep critical highway construction, bridge repair, mass transit and other important projects moving forward. Next week, the President will lay out a series of additional bipartisan steps that Congress can take immediately to put more money in the paychecks of working and middle class families; to make it easier for small businesses to hire workers; to put construction crews to work rebuilding our nation's infrastructure; and other measures that will help the economy grow while still reducing our deficit and getting our fiscal

house in order.

Sectors with employment increases in August included health care and social assistance (+35,500) and professional and business services (+28,000). Sectors with employment declines included information (-48,000, which includes striking Verizon workers), construction (-5,000), and manufacturing (-3,000). Local government lost 20,000 jobs and has shed 398,000 jobs since February 2010. State government added 5,000 jobs as an estimated 22,000 furloughed Minnesota state workers returned to work.

The monthly employment and unemployment numbers are volatile and employment estimates are subject to substantial revision. Therefore, as the Administration always stresses, it is important not to read too much into any one monthly report.

*Katharine Abraham is a Member of the Council of Economic Advisers.*

### **Mikulski Votes to Proceed With America Invention Act** *Patent reform legislation is first step toward passing another jobs bill, Mikulski says* *Reforms would benefit small business applicants and spur innovation*

WASHINGTON – U.S. Senator Barbara A. Mikulski (D-Md.) today voted in favor of proceeding with the America Invents Act. The bipartisan legislation would significantly reform America's patent system for the first time in 60 years. This is an important step forward in Senate consideration of the bill.

"This is about jobs, jobs, jobs," Senator Mikulski said. "Right

now there are 700,000 patent applications waiting to be reviewed. That's three years worth of American innovation and jobs that are on hold. This patent reform legislation is the first step toward passing another jobs bill. It's a good step, but not the only step. We have many pending bills that will help create and save jobs without creating new bureaucracy, new rules or new regulations. Congress should pass bills like this one, reauthorize the FAA and return to regular order in appropriations. These are all jobs bills."

Currently, there are 700,000 patent applications awaiting review. The America Invents Act would give the U.S. Patent and Trademark Office the tools it needs to work through that backlog and lower fees for small business applicants by up to 75 percent.

### **Washington, DC – Maryland Congressman Chris Van Hollen, Ranking Member of the House Budget Committee, released the following statement on today's Department of Labor report indicating that the unemployment rate remained at 9.1 percent:**

"Today's jobs report is a stark reminder that we need to focus on putting America back to work. Millions of people remain unemployed and too many families are struggling to make ends meet every month. There is no question that we must act on a bipartisan basis to advance our recovery. As part of the strategy to reduce the long-term deficit, the Joint Committee should include a plan to immediately boost job growth and the economy. Getting people back to work is the fastest and most effective way to reduce the deficit in the short term."

## Announcing the 11th Annual African American Heritage Day Schedule of Event

Accokeek, Maryland--On September 24th the Accokeek Foundation's 11th annual African American Heritage Day will celebrate the region's history and culture with "Enduring Traditions: Rich Connections to Our Past," at the National Colonial Farm at Piscataway Park. Bring the family for a day full of music, living history demonstrations, children's activities, fascinating panels, and the best soul food this side of the Mason Dixon line.

Arrive early to enjoy the 11 am appearance of Culture Kingdom Kids, who will perform poetry that chronicles the lives of famous Marylanders like Harriet Tubman and Thurgood Marshall, dance to such favorites as "Lift Every Voice and Sing," and finish by engaging the audience in performing the group's "Walk Through Our History" song. Then take a trip through African American musical history, from the stirring voices of the Gospel Soul Seekers to the celebrated Washington Revels Jubilee Voices, to the Sandra Y. Johnson Trio's soulful jazz and blues.

Stroll out to the historic farm house and kitchen (don't be surprised if a few chickens stroll along with you), where costumed interpreters will provide a lively introduction to Maryland's African American past through cooking, quilting,

and conversations about what daily life was like. From the farm's kitchen garden to the authentic tobacco barn to the resident hogs, sheep, and cattle, you will feel as if you have stepped back in time. Children can play games from the past and may be asked to help with the chores. Also on hand at the farm will be Trooper Dick Crawford and members of the Greater Washington DC Chapter 9th & 10th (Horse) Cavalry Association of the famous Buffalo Soldiers, sharing another aspect of the "enduring traditions" of African Americans' contributions to the history of our country.

In the Education Center, two fascinating panel discussions will be moderated by Ted Mack, chair of the Maryland Commission on African American History and Culture. The first panel will explore the topic of food justice and the role of African American farmers in Maryland. The second panel will focus on historic preservation, not only of buildings and cemeteries, but also of historically significant homes. Also in the Education Center, oral historian Wayne Rose will gather stories of visitors' family history and traditions.

Wander down to the fishing pier with its majestic view of George Washington's Mount Vernon across the Potomac

River and visit the Heritage Market. You can buy fresh produce from farmers and a variety of products from area vendors, from quilts and jewelry to luxury soap and glass art. Fabulous soul food will be provided by The Stress Reliever, a newcomer to the area's food truck scene, with a menu that includes fried and baked chicken, collards, okra, mac and cheese, and peach pie. Learn about trapping and fishing from Morris Smalls, a Gullah man originally from South Carolina who will demonstrate his "tools of the trade." Louise Webb and Dorothea Smith of the Charles County African American Heritage Society will demonstrate creative ways African Americans have found to recycle and reuse common household items. Also on hand will be representatives from other cultural organizations in the region with information on upcoming programs, as well as a professional genealogist who will provide advice and guidance on tracing your family's African American ancestors.

Activities will take place from 11:00 am to 4:00 pm. Early arrival is encouraged to see the opening performance at 11 am. Admission is \$5. Accokeek Foundation members and children 2 and under are free. Online advanced admission sales are available.

## Congresswoman Donna F. Edwards' Legislative Update

### **Congresswoman Edwards' Labor Day Statement**

Washington, D.C. – Congresswoman Donna F. Edwards (MD-4) released the following statement to commemorate Labor Day, observed on September 5, 2011.

"Each Labor Day, we celebrate the millions of hard-working Americans who contribute to the success of the United States. Today, the men and women of this nation continue to be the world's best trained, most highly educated, and most efficient workforce in the world. But, we need more workers working.

"This Labor Day is an opportunity to refocus our energy on creating jobs for all Americans. It is imperative that Congress return to Washington and pass a full,

clean, 6-year authorization of the Surface Transportation bill that front-loads significant investments in the first year. This will ensure that Americans can immediately get back to work building roads, repairing bridges, and restoring our water infrastructure. For every \$1 billion we invest in our infrastructure, 35,000 jobs are created.

"At a time when our organized workforce, public and private, is under attack, I stand shoulder-to-shoulder in preserving, protecting, and amplifying the ability of workers to organize and bargain collectively for fair wages, good benefits, and safe working conditions.

"We will not get out of this fix overnight, so we must do more to help the unemployed in this country. Congress



should extend unemployment insurance and should make it illegal to discriminate in hiring based on employment status.

"On this Labor Day, let's stand together to create jobs and help all Americans looking for work to rebuild our great nation to meet the challenges of the 21st Century."

## Brandywine-Aquasco

by Ruth Turner 301 888 2153

### **BRANDYWINE LIONS FALL CRAFT AND FESTIVAL**

People will be displaying, selling and demonstrating original creations. There will be over 200 artisans and crafters at the event. Home improvement vendors will also be included. Come out and enjoy a day of entertainment, lots of games, and good food. The Craft and Festival will be held on Saturday, October 1, 2011 at 10:00 AM. The location is 11503 Cherrytree Crossing Road, Cheltenham, Maryland. Website:

<http://festivalnet.com/cgi-bin/subsdb>.

### **CSS HUGH FLEA MARKET**

Join us on October 15, 2011 from 8:00 AM -2:00 PM for CSS Huge Flee Market. The Flea Market location Lion's Park 11503 Cherry Tree Crossing Road in Cheltenham, Maryland. There will be refreshments on sale. Vendors: \$20.00 per space and reservations are advised. This event is sponsored by the Brandywine Lion's Club to benefit Community Support Systems.

Contacts are 301-627-2556 or 301-290-1332 or [FleaMarketCSS@gmail.com](mailto:FleaMarketCSS@gmail.com).

### **BOOK RELEASE**

Dr. Patricia Turner Mitchell, daughter of Ruth Turner and the late James Turner of Brandywine, Maryland has just had a book released: Ten Stupid Things Women Do To Mess Up Their Careers. Dr. Mitchell is associate professor and former chair of the Organization and Leadership Department at the University of San Francisco. The book can be purchased on Amazon.com or by special order at any bookstore using the ISBN: 978-1-61170-041-1. If you need to obtain more information about this book go to <http://rp-author.com/tenstupidthings/>.

### **NEW HOPE FELLOWSHIP**

Join us every Wednesday Night for Bible Study located at 15601 Brooks Church Road in Upper Marlboro, Maryland. Telephone number is 301-888-2171. Bible Study starts at 7:00 PM. Reverend Daryl L. Williams is the Pastor.

### **HOMECOMING**

You are cordially invited to worship with us in our services on Sunday, September 18, 2011. We will be celebrating our 135th Homecoming Celebration at St. Philip's Episcopal Church Baden Parish. Our address is 13801 Baden Westwood Brandywine, Maryland 20613.

Our Morning Worship and Holy Communion Service will be at 9:30 AM. Rev. Vaughan Booker will be the celebrant and speaker. Rev. Alhassan Macaulay will be our speaker for the 3:00 PM service along with the Male Chorus of Asbury United Methodist church of Brandywine, Maryland. Lunch will be served 11: 00 AM to 2:00 PM.

### **ALL YOU CAN EAT CRAB FEAST**

There will be a Crab Feast at Clinton American Legion on Saturday, September 24th from 1:00 PM- 5:00 PM. The Clinton American Legion is located at 9122 Piscataway Road, Clinton, Maryland. Cost is \$30.00 and \$35 at the door. Call for tickets at 301-868-2550.

## Ten Year Old McKenna Dunbar Graduated from Space Camp

Huntsville, Ala - MCKENNA DUNBAR, age 10 of FORT WASHINGTON, MD, recently graduated from Space Camp® at the U.S. Space and Rocket Center, NASA's official Visitor Information Center for Marshall Space Flight Center. MCKENNA received a real surprise when graduation day rolled around. NASA Administrator and former astronaut Charles Bolden was the guest speaker at MCKENNA's graduation. The weeklong educational program, located at Space Camp in Huntsville, Alabama promotes science, technology, engineering and math (STEM), while training students and adults with hands-on activities and missions based on teamwork, leadership and decision-making.

MCKENNA, was part of the Space Camp Program, which is specifically designed for trainees who have a particular interest in science and aerospace. She spent the week training with a team that flew a simulated Space Shuttle mission to the International Space Station (ISS). Once aboard the ISS, the crew participated in experiments and successfully completed an extra-vehicular activity (EVA), or space walk. MCKENNA and crew returned to Earth in time to

hear the NASA Administrator speak at their graduation.

Space Camp crew trainers who lead each 16-member team must have at least a year of college and 67% of the 2011 staff are college graduates. Space Camp operates year-round in Huntsville, Alabama, and uses astronaut training techniques to engage trainees in real-world applications of STEM subjects. Students sleep in quarters designed to resemble the ISS and train in simulators like those used by NASA. More than 560,000 trainees have graduated from Space Camp since its opening in Huntsville in 1982, including STS-131 astronaut Dottie Metcalf-Lindenburger. Last year, children and teachers from all 50 states and 58 international locations attended Space Camp.

### **Carrollton ES Receives Free Book Bags for Back to School**

NEW CARROLLTON, MD—Carrollton Elementary School received over sixty book bags filled with school supplies from Pastor Everett Pope and members of the United Baptist Church in Riverdale on August 23..

"The community and our business partners play a vital

role in the success of our students and schools," said Dr. William R. Hite, Jr., Superintendent of Schools. "Thank you to the United Baptist Church for your commitment to education and Prince George's County Public Schools."

Alumni Andrew Koch, who graduated from Eleanor Roosevelt High School in 2002 and serves as Youth Pastor at United Baptist Church, joined other members of the congregation to distribute book bags, school supplies, and greet families as students arrived to school.

John Enkiri, principal of Carrollton Elementary School, asked Pastor Pope "Why are you doing such a wonderful thing?" Pastor Pope replied: "We want to help the community. We love Jesus and we want to give." This special undertaking has been in the works since early August, as parishioners of the church began collecting school supplies for students.

Carrollton Elementary students also received Kleenex boxes and hand sanitizers from community partner DonPaul Enterprises.

# COMMUNITY

## Practical Money Skills

By Jason Alderman

### Financial planners not just for the wealthy

It's not uncommon to feel overwhelmed by the sheer number of important decisions we need to make concerning retirement accounts, investments, college savings and other complicated financial issues. That's one reason more and more people turn to professional financial advisors to help them navigate an increasingly complex economic world. And it's not just the wealthy who require these services; many middle-class families are turning to outside financial advice as well.



Some people simply require a one-time, objective opinion about whether their current financial plan will meet their future needs, whether for saving for retirement, buying a home or building a sufficient emergency fund. Others haven't even started a plan and don't know where to begin.

Here are a few suggestions for finding the right financial advisor:

When searching for a financial advisor, look for someone well-qualified in their field, whose ethics and professional behavior are above reproach and with whom you can be comfortable discussing intimate financial details. Seek someone who asks probing questions, listens to your needs and concerns, won't try to sell you unneeded products or services, and can explain in plain English the potential risks and rewards of every recommended action.

Ask for referrals from trusted friends, relatives, coworkers and professionals like accountants and lawyers. Find out what factors they used to choose their financial planners and how satisfied they are with the results.

Interview at least three candidates. Most professionals will provide a free or low-cost initial consultation and may ask you to fill out a detailed questionnaire beforehand to help guide the discussion. And be prepared with your own questions, including:

Work experience — how long practicing, types of clients, areas of specialization, etc.

Qualifications, including education, licenses, credentials and other certifications.

Fee structure — are they paid an hourly rate, a flat fee per task, by commission, or a combination of fees and commissions.

Services and products offered — some people believe it's a conflict of interest for advisors to earn commissions for products they recommend, so ask for full disclosure if they aren't "fee-only."

References from current and past clients.

For additional questions to ask, visit the Securities and Exchange Commission ([www.sec.gov/investor/brokers.htm](http://www.sec.gov/investor/brokers.htm)) and the Certified Financial Planner Board of Standards ([www.cfp.net](http://www.cfp.net)).

Many types of professionals call themselves financial planners, but training and specialization vary widely — some are essentially salespeople. Common designations include: Certified Financial Planner, Certified Financial Consultant, Certified Public Accountant/Personal Financial Specialist and NAPFA-Registered Financial Advisor, but the list goes on.

Most groups that certify financial planners have their own credentialing requirements, regulators and ethical guidelines, but education and experience requirements vary. Good resources for learning more about the different types of financial planners, as well as locating local professionals, include the Financial Planning Association ([www.fpanet.org](http://www.fpanet.org)), the National Association of Personal Financial Advisors ([www.napfa.org](http://www.napfa.org)), and the Certified Financial Planner Board of Standards ([www.cfp.net](http://www.cfp.net)).

Before hiring a financial advisor, investigate his or her background and disciplinary history, as well as that of their firm. The CFP Board of Standards provides links to the appropriate regulatory agencies ([www.cfp.net/learn/knowledgebase.asp?id=7](http://www.cfp.net/learn/knowledgebase.asp?id=7)).

Many considerations come into play when hiring a financial planner, but it's worth the effort. You wouldn't entrust your health to a doctor in whom you don't have complete confidence, and the same should apply to the expert giving advice on handling your hard-earned money.

This article is intended to provide general information and should not be considered legal, tax or financial advice. It's always a good idea to consult a tax or financial advisor for specific information on how certain laws apply to your situation and about your individual financial situation.

## New Board Chair Takes Helm of Bowie State University Foundation

(Bowie, Md.) -- The Bowie State University Foundation has announced the appointment of a new executive committee and named Jacqueline W. Sales chairman of the board of directors.

A member of the BSU Foundation board since 2006, Sales is owner and president of HAZMED, an environmental engineering consulting firm founded in 1988. HAZMED is headquartered in Lanham, Md. with offices and project sites across the country. She succeeds Timothy J. Adams, who served as chair of the 18-member foundation for more than ten years and steward it through tough fiscal times into a solid operational position.

"I am honored to lead the foundation board of directors at such a critical time, and contribute to its goal of generating investment in teaching, learning, and research," said Sales.

Sales has 20 years of professional experience in developing and implementing federal regulations, policies, and strategies for the management of hazardous, radioactive, and medical wastes; and for the cleanup of contaminated sites. She has provided waste management policies and issues guidance to federal, state, and local agencies, Congressional subcommittee staff, and industry.

"We are fortunate to have another proven business and community leader at the helm of the foundation as we seek to build our endowment, increase the number of scholarships available, and successfully

complete the university's first comprehensive fundraising campaign," said Bowie State University President Mickey L. Burnim.

A graduate of Howard University, Sales has received numerous awards and commendations. She was recognized by Congress as an Outstanding Woman in Scientific and Technical Careers and was voted as one of the Top 100 Women in Maryland.

Sales is secretary of the Metropolitan Washington Arthritis Foundation board of directors and is a member of the executive committee. She is also a member of the New York Life Insurance Women's Advisory Board.

Other member of the executive committee are:

Vice Chair: Harmon Monty Cooper, Associate, Wallace King Domike & Reiskin, PLLC

Cooper practices in the areas of complex civil litigation, environmental litigation, and products liability defense, representing corporations in a variety of complex areas ranging from nationwide class actions to individual tort claims.

Treasurer: Keith A. Holmes, Financial Advisor, Morgan Stanley Smith Barney, LLC

Holmes helps individuals define and strive to meet financial goals by delivering an array of resources most appropriate to how they invest and what they want to achieve. He helps preserve and grow wealth, and affords access to some of the most seasoned and respected investment professionals. He

also provides a premier trading and execution platform and a full spectrum of investment choices.

Secretary: A. Toni Lewis, President, The Perfect Plan of Greater Washington (TPP)

Lewis is responsible for marketing, strategic planning, and business development. With 31 years of service, Lewis has held a number of key executive level positions at the U.S. General Services Administration.

Other recent additions to the BSU Foundation board of directors include:

Robert J. Antonetti, Jr., Associate, Shipley, Horne & Hewlett, P.A.

Antonetti is an experienced real estate lawyer; effectively advancing the interests of developers, builders, businesses and individuals in Maryland. He has considerable knowledge and experience in navigating complex and ever-changing laws and regulations related to land use and zoning and other administrative and regulatory areas.

Lillian Holt, Agency Field Executive, State Farm Insurance

Based in the Capital Agency Field Office in Lanham, Md., Holt works with State Farm agents throughout Washington metropolitan region. Formerly, she served as director of multicultural business development for the Mid-Atlantic Zone.

Glenn Mahone, Vice President, Communications & Acting Vice President, Aerojet-DC Office. Mahone leads the Division of Communications



FILE PHOTO

**Bowie State University President Mickey L. Burnim**

and is responsible for formulating and implementing policies and procedures, designed to support the Aerojet brand and mission. As acting Vice President of Washington Operations, he is responsible for overseeing the company's business development, government affairs, and Congressional relations activities in the Washington, D.C., area.

Craig L. Stevenson, President & Chief Executive Officer, CSA Medical & Orthopedic Equipment, Inc.

Founded in June, 1989, CSA provides services and products for orthopedic surgeons, physiatrists, vascular surgeons, neurosurgeons, and physical therapist. CSA helps patients with their complete orthotic and prosthetic needs.

### Tour from A1

coverage at 20 Subway and Light Rail stations. By 2014, the MTA will have hundreds more CCTV cameras to cover 37 transit rail stations.

Recently, the Governor announced that total crime in Maryland is at its lowest level since 1975. Thanks in part to the use of CCTV cameras, MTA has seen a 26.4 percent reduction in violent crimes in 2011 compared to 2010. Real-time information observed at the Facility is provided to field officers, including suspect descriptions, direction of travel of specific trains or buses, and station views. For criminal suspects sought by the MTA, images captured by CCTV cameras are put in Be-on-the-Lookout

### Zones from A1

and you know, if there's more fish available, birds or the wildlife that rely on those fish species would also benefit."

The massive dead zone in the bay is largely responsible for choking out fish, oyster and blue crab populations over the past several decades. Ultimately, similar conditions will return next spring and the hurricane will have likely made little impact on the bay's long-term status, scientists said.

"Usually this time of year we are seeing some of our poorest conditions in terms of oxygen," Aiosa said. "Maybe for a short period of time we've alleviated some of that stress."

After making its way from the Caribbean, Hurricane Irene struck Maryland Aug. 27 as a Category 1 storm that left a trail of flooding, wind damage and power outages in its wake.

notices and shared with law enforcement agencies throughout the state. In 2010, the MTA used video images in 26 criminal investigations. Of those cases, 18 were closed with the assistance of CCTV video.

The O'Malley-Brown Administration continues to make steady progress to enhance the state of Maryland's homeland security and emergency preparedness, including developing a plan for sharing video feeds across agencies and jurisdictions. The State has located and inventoried more than 8,400 state-owned CCTV components, and laid the groundwork for uniting multiple CCTV camera systems into a statewide network. The Administration has also vastly increased the number of video

Hurricane Irene, and Isabel before it, had a positive effect on bay pollution. But past hurricanes, particularly Tropical Storm Agnes in 1972, set the stage for the bay's degradation by flooding it with nutrients from rainwater runoff, according to Don Boesch, president of the University of Maryland Center for Environmental Science.

This year's dead zone would have dissipated by mid-September regardless of the hurricane, DNR Resource Assessment Director Bruce Michael said, but an early flush won't hurt.

"This will certainly help the bay in the short term; it'll make conditions a little better," Michael said. "That is a good thing, probably one of the few benefits that you have."

Twin forces cause dead zones to occur -- water temperature and nutrient (mainly nitro-

feeds available in the Coordinated Highways Action Response Team (CHART) from 45 in 2009 to 341, making live feeds available to traffic and emergency response personnel. The State will upgrade, replace and build additional CCTV cameras to cover MVA Facilities in Maryland. By partnering with the Transportation Security Administration, hundreds of new or upgraded CCTV cameras will be installed at BWI Airport by spring 2013. In July, the Administration launched a region-wide "If You See Something, Say Something" transit ridership security awareness campaign to encourage Maryland residents and visitors to report suspicious activity.

Governor O'Malley was

gen and phosphorus) pollution. The bay's surface warms during summer, separating it from deep, cool, oxygenated water below. Then nutrients run in, feeding algae blooms that also deplete the oxygen. When they finally die, they sink and decay, further robbing the water of oxygen.

Because fall and winter weather brings higher winds that constantly mix the water column, dead zones disappear during colder months.

Weather will largely determine how long Irene's positive effect on the bay will last, scientists said. Because the hurricane also brought nutrients flooding into the bay, the right conditions could cause the dead zone to reform.

"My prediction is that you'll have a small return of low oxygen conditions over the next few weeks," said Boesch, "but it won't be like the extent or sever-

appointed to the nation's first ever Council of Governors by President Obama on January 11, 2010. The Council was established by the President through Executive Order to further strengthen the partnership between the Federal Government and State Governments to protect the nation against all types of hazards, including protecting the nation's transportation and digital infrastructure. The Governor is also co-chair of the National Governors Association Special Committee on Homeland Security and Public Safety and serves on the U.S. Homeland Security Advisory Council where he looks forward to drafting recommendations that will help shape national homeland security policy.

ity that we experienced this summer."

Next year is a different story. Scientists will not be able to assess this year's dead zone impact until they review more data, but if the nutrients Irene brought remain in the water, Boesch said they could help create a strong dead zone next year.

"If you have an intense event that brings a lot of nutrients into the bay late in the summer, early in the fall, it could very well give the whole process of oxygen depletion a head start for next year," Boesch said.

But Michael and Aiosa said they do not expect Hurricane Irene will play a major role in shaping next year's dead zone.

"It's got to be a pretty dramatic storm event to have long-term impacts on the bay," Aiosa said. "I don't think the impacts that we see from this one are (dramatic), or that Irene was that level of storm."

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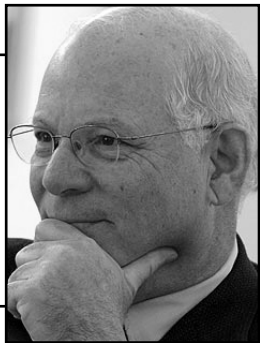
# COMMENTARY

## THE PRINCE GEORGE'S POST

*A Community Newspaper for Prince George's County*

### Benjamin L. Cardin

*United States Senator for Maryland*



## Ten Years Later: September 11, 2001 Forever Changed Our Nation

Tuesday, September 11, 2001, was a stunningly beautiful fall morning that belied the horror and tragedy that would befall our country. It was on that morning that we suffered an unprecedented attack that forever changed our nation.

Congress has designated September 11th as Patriot Day and National Day of Service and Remembrance and there will be a Moment of Remembrance at 1 p.m. in which first responders, houses of worship, towns and others will ring bells and sound sirens.

As we come together as a nation to mark the 10th anniversary of that attack, we remember the more than 3,000 people who perished on 9/11. We also remember and honor the selfless actions of our first responders, including firefighters, police, paramedics and other emergency and medical personnel, who demonstrated extraordinary bravery and courage in our hour of need.

Much has changed in our nation since that day in September. In the immediate aftermath of the attacks, the Federal Aviation Administration focused on securing cockpits to prevent terrorist from gaining access. We now have air marshals on many domestic and international flights and every American knows that al-Qaeda and its supporters want to destroy our way of life. The establishment of the U.S. Department of Homeland Security (DHS) was a result of the

attacks and we have all come to live with increased security at airports, government buildings and other public facilities.

Americans also now have a responsibility to help the government prepare for a disaster, whether it is man-made or through acts of nature. DHS has set up the Ready.Gov website that encourages Americans to prepare a kit, make a plan, and be informed. The Citizenscorp.Gov website also helps Americans volunteer in their communities to make their neighborhoods safer.

Ten years later, we can be grateful that the mastermind of the 9/11 attacks, Osama Bin Laden, has finally been brought to justice. His death is an important milestone in the fight against global terrorism and a relief to the millions of Americans and others around the world who have suffered from the actions of al Qaeda. We still mourn the lives that were lost, but remain united in our resolve to defend our nation and protect it from those who want to do us harm.

As we remember the victims of 9/11 on this 10th anniversary, I also want to take a moment to honor the men and women in our Armed Forces who work every day to protect us from terrorists who want to destroy our way of life. Our nation is truly fortunate for the first responders and soldiers who have dedicated their lives to making us safer so we do not experience another 9/11.

### To Be Equal

#### Marc Morial, President and CEO

*National Urban League*



## Back to School Back to Creating Jobs

*"A world-class education is the single most important factor in determining not just whether our kids can compete for the best jobs but whether America can out-compete countries around the world."*

*President Barack Obama*

Labor Day marks the unofficial end of summer and the start of another school year for more than 60 million public school students

This year, the Labor Day weekend also coincided with the announcement last week that zero jobs were added in August, and African American unemployment has soared to 16.7 percent, the highest rate in 27 years.

It is my hope that with the return of Congress this week and the much-anticipated jobs speech by President Obama on Thursday, Washington is finally ready to make job creation its number one priority.

Education has always been the gateway to good jobs and a better life for the American people.

This has never been more true than today.

According to the U.S. Census Bureau, people who hold bachelor's degrees earn on average \$58,000 a year compared with just \$31,000 for high school graduates and only \$21,000 for those without high school diplomas.

We also know that a growing number of 21st century high-tech jobs require higher skills and more education than ever before.

That is why for more than 50 years, the National Urban League's Education & Youth Development division has worked to improve educational opportunities for African-American and underserved students by developing innovative programs to support their academic achievement, encourage their civic involvement, and contribute to their healthy physical and emotional development. We have also made education a

cornerstone of our 21st century empowerment agenda with a challenge to the nation that every American child will be ready for college, work and life by 2025

The Urban League serves more than 200,000 children and youth each year through Head Start, after-school program and charter schools.

As the nation struggles to find the right balance between fiscal austerity and necessary investments in our future, the education of our children must not be sacrificed in the process.

Doing so would not only shortchange their futures, it would cripple our ability to grow the American economy and remain competitive in the global economy.

We are encouraged by the Obama Administration's commitment to education, including signing into law the largest investment in education in history as part of the President's 2009 stimulus package – some \$115 billion over two years to save education jobs, send young people to college, modernize America's classrooms, and advance education reforms.

We are also pleased that Education Secretary Arne Duncan has set aside this week for an "Education and the Economy" bus tour to urban centers, including Pittsburgh, Cleveland, Milwaukee, Detroit, and Chicago to highlight the important connection between quality education and quality jobs. "No other issue is more critical to our economy and our way of life than education," said Duncan.

So, as our children head back to the classroom, we urge students to do their part by studying hard and making the most of what their schools and teachers have to offer.

We ask parents to do their part by getting involved.

And we urge local school districts and Congress to do their part by ensuring that all our students have the resources and support they need to succeed.

## The Prince George's Sports & Learning

Complex is located at 8001 Sheriff Road, Landover, on 80 acres of land adjacent to FedEx Field.

This exciting complex integrates a learning theme with a state-of-the-art athletic training and competition venue for area athletes, and caters to the recreational needs of area residents.

The centerpiece of the complex is an extensive indoor sports and learning facility. A central atrium, offering a food concession area, common core facilities, and a "Main Street" environment serves as the primary circulation space and links the venues. Facilities in the complex include a field house, fitness center, gymnastics center, aquatic center, and learning center.

The site also includes more than 500 parking



spaces; an additional 1,500 spaces at the FedEx Field are available for use by the Wayne K. Curry Sports & Learning Center when the stadium is not in use. Opportunities are plentiful for participants and spectators alike to enjoy athletic activities and educational programs at this unique facility which offers something for everyone.

## Child Watch

by Marion Wright Edelman



## Stop Political Lions from Attacking Our Children: Join the Rescue Posse

One of the most-watched videos on YouTube a few years ago showed the struggle of a water buffalo family and herd to save a child. It's called the Battle at Kruger Park. It begins with a buffalo mother, father, and child meandering peacefully ahead of the herd unaware that a pride of six lions is stealthily easing up to attack them. Sensing the danger too late, the water buffalo parents and calf immediately turn and run away. The child cannot keep up. The six swift lions lunge and overpower this slowest and most vulnerable family member, tumbling with him into a river. As the lions attempt to pull the buffalo calf from the water, a crocodile grabs one of the child's legs, eager to share the bounty. The tug of war between the lions and crocodiles over the young buffalo prey seems to last a painful eternity. As the lions win and drag the buffalo child onto land and surround him, ready for the kill, you realize, joyfully, that the child is still alive, but are horrified that he now is going to be devoured.

In the middle of this life-and-death drama, you suddenly hear and then see movement as a large herd of water buffalo—a rescue posse—comes storming in to surround the lions, who do not immediately relinquish the child despite being greatly outnumbered. After a moment of herd uncertainty, one angry buffalo—who I just know was the mother—furiously attacks a lion with her horns and hurls him away. Others in the herd follow her lead and confront another lion, but still are unable to extricate the child. Another attempt succeeds as the child struggles to its feet, and the herd swiftly surrounds and whisks him away. A buffalo remains to chase a remaining lion away. Incredulous that the child was saved, I asked myself: Where is our human posse—our community and citizen posse—as powerful human lions and crocodiles eat our children alive across America today? And what lesson should this thrilling rescue of a water buffalo child provide us about our responsibility to protect and save our endangered children?

Protect the most vulnerable first. Powerful animal—and political—predators go after the weakest and the most vulnerable first and so we see far

too many politicians calling for cuts in safety net programs for children at a time when one in five of them is poor and they are getting poorer. They propose to take away food when children and their families are hungry and homeless and cut early childhood and education investments when millions lack the reading and computing skills they need to survive in our economy. The ultimate test of American democracy, historian Taylor Branch says, "is whether we can protect our voteless, most vulnerable group—children—without whom there is no future." So I hope you will join the human posse to rescue our vulnerable children from political predators.

I believe deeply that our unjust neglect of and failure to invest fully in all of our children is the economic and spiritual Achilles' heel that will topple America's leadership in the world in the twenty-first century. I want to yell, "It's the children, stupid!" It's the children—all children—who are the key to a safer, more economically viable and just nation and world order. And for those of us who seek to heed the prophets and Jesus Christ and who believe children are also the key to God's kingdom, why are we so silent in the face of so much child suffering and need?

Parents alone cannot protect children: it takes a community and aroused citizens. There are many lurking dangers that threaten children over which parents have too little control like the massive joblessness and foreclosures and misguided tax cuts for the wealthy that have ravished our economy.

I am encouraged though, by two powerful leaders who get it—that it's the children. Federal Reserve Chairman Ben Bernanke says: "No economy can succeed without a high-quality workforce, particularly in an age of globalization and technical change. Cost-effective K-12 and post-secondary schooling are crucial to building a better workforce, but are only part of the story. Research increasingly has shown the benefits of early childhood education and efforts to promote the lifelong acquisition of skills for both individuals and the economy as a whole. The payoffs of early childhood programs can be especially high." And Nobel Laureate economist James Heckman in a letter to the National Committee on Fiscal Responsibility and Budget Reform wrote: "...it is a natural reaction to cut spending when faced with a budget deficit. Make no mistake, reducing spending in some areas is necessary and warrant-

See WATCH, Page A8

## The Prince George's Post

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# BUSINESS

## Healthy Living

by Robert Folan-Johnson

## Preparing for a Hurricane

If you are under a hurricane watch or warning, here are some basic steps to take to prepare for the storm:

- Learn about your community's emergency plans, warning signals, evacuation routes, and locations of emergency shelters.

- Identify potential home hazards and know how to secure or protect them before the hurricane strikes. Be prepared to turn off electrical power when there is standing water, fallen power lines, or before you evacuate.

- Buy a fire extinguisher and make sure your family knows where to find it and how to use it.

- Locate and secure your important papers, such as insurance policies, wills, licenses, stocks, etc.

- Post emergency phone numbers at every phone.

- Make plans to ensure your pets' safety.

### Emergency Supplies You Will Need

You should stock your home with supplies that may be needed during the emergency period. At a minimum, these supplies should include:

- Several clean containers for water, large enough for a 3-5 day supply of water (about five gallons for each person).
- A 3-5 day supply of non-perishable food.
- A first aid kit and manual.
- A battery-powered radio, flashlights, and extra batteries.
- Sleeping bags or extra blankets.

- Water-purifying supplies, such as chlorine or iodine tablets or unscented, ordinary household chlorine bleach.

- Prescription medicines and special medical needs.

- Baby food and/or prepared formula, diapers, and other baby supplies.

- Disposable cleaning cloths, such as "baby wipes" for the whole family to use in case bathing facilities are not available.

- Personal hygiene supplies, such as soap, toothpaste, sanitary napkins, etc.

- An emergency kit for your car with food, flares, booster cables, maps, tools, a first aid kit, fire extinguisher, sleeping bags, etc.

You can find more information on emergency plans and supply kits at [www.ready.gov](http://www.ready.gov).

### Preparing to Evacuate

Expect the need to evacuate and prepare for it. The National Weather Service will issue a hurricane watch when there is a threat to coastal areas of hurricane conditions within 24-36 hours.

- Fill your automobile's gas tank.

- Fill your clean water containers.

- Review your emergency plans and see if any items are missing.

- Tune in the radio or television

- Listen for disaster sirens and warning signals.

- Prepare an emergency kit for your car with food booster cables, maps, tools, a first aid kit, fire extinguisher, sleeping bags, etc.

- Secure any items outside such as bicycles, grills, propane tanks, etc.

- Cover windows and doors with plywood or boards or place large strips of masking tape or adhesive tape on the windows to reduce the risk of breakage and flying glass

- Put livestock and family pets in a safe area.

- Place vehicles under cover, if at all possible.

- Fill sinks and bathtubs with water as an extra supply for washing.

- Adjust thermostat on refrigerators and freezers to coolest possible temperature.

### If You are Ordered to Evacuate

Because of the destructive power should never ignore an evacuation order. If a hurricane warning is issued for your area or you are directed by authorities to evacuate the area:

- **Take only essential items with you**

- If you have time, turn off the gas, electricity, and water.

- Disconnect appliances to reduce the likelihood of electrical shock when power is restored.

- Make sure your automobile's emergency kit is ready.

- Follow the designated evacuation routes—others may be blocked—and expect heavy traffic.

### If You Are Ordered NOT to Evacuate

The great majority of injuries during a hurricane are cuts caused by flying glass or other debris. To get through the storm in the safest possible manner:

- Monitor the radio or television for weather if possible.

- Stay indoors until the authorities declare the storm is over.

- Do not go outside, even if the weather appears to have calmed—the calm "eye" of the storm can pass quickly, leaving you outside when strong winds resume.

- Stay away from all windows and exterior doors, seek shelter in a bathroom or basement. Bathtubs can provide some shelter if you cover yourself with plywood or other materials.

- Prepare to your home is damaged, or if you are instructed to do so by emergency personnel.

*For more information, visit [www.bt.cdc.gov/hurricanes](http://www.bt.cdc.gov/hurricanes) or call the CDC at 800-CDC-INFO, available in English and Spanish or 888-232-6348 (TTY).*

## AT&T Expands Mobile Broadband Wireless Capacity in Prince George's County

*Additional Spectrum Expected to Improve Connectivity and Performance*

BY DAVID HILL  
*Capital News Service*

NEW CARROLLTON, MD., September, 2011 — Customers in Prince George's County are expected to experience improved mobile broadband coverage and voice performance as a result of continued investment and innovation by AT&T. The company announced today that it has completed a key initiative in its ongoing efforts to enhance the wireless capacity and performance of its mobile broadband network in Prince George's County inside the Beltway.

"The expansion of wireless network capacity is an incredible benefit for the residents of Prince George's County," said Prince George's County Executive Rushern L. Baker, III. "This is great news for the economic development of the County and for our citizens who depend on their wireless devices for conducting business, gathering information and staying connected with family and friends."

The network enhancement adds new layers of frequency, also known as "carriers," to 80 cell sites throughout Prince George's County to more efficiently manage available spectrum and increase mobile broadband capacity. The expansion

helps manage ever-growing demand for mobile broadband services by allocating more network resources for AT&T's mobile broadband network.

"Our goal is for our customers to have an extraordinary experience. As part of the Prince George's County community, we're always looking for new opportunities to provide an enhanced customer experience and our investment in the local wireless network is just one way we're accomplishing that," said J. Michael Schweder, president of AT&T Mid-Atlantic. "In addition, our recently announced agreement to acquire T-Mobile USA will strengthen and expand our network in Prince George's County. If approved, this deal means that we'll be able to expand the next generation of mobile broadband – 4G LTE – from our current plan of 80 percent of the U.S. population to more than 97 percent."

AT&T's mobile broadband network is based on the 3rd Generation Partnership Project (3GPP) family of technologies that includes GSM and UMTS, the most widely used wireless network platforms in the world. AT&T has the best international coverage of any U.S. wireless provider, providing access to voice service in more than 220 countries and data service in



PHOTO BY SPRINT NEXTEL

**The Palm Pre in the Sprint VIP Concierge Lounge #2**  
**Photos provided by Daniel Lim and Vincent Nguyen of Slashgear.**

more than 200 countries.

"We want you to have an extraordinary experience in Prince George's County and across the country, whether you are sharing videos and photos with friends, watching a movie, checking the latest scores or keeping your business mobile on your AT&T device," said Rob Forsyth, vice president and general manager for AT&T in the greater Washington/Baltimore area. "Smartphones, tablets and laptops are continuing to drive unprecedented demand for wireless access everywhere. We're investing in a combination of technologies right here in Prince George's County to meet these needs and ensure an advanced broadband experience for all our

customers."

AT&T also operates the nation's largest Wi-Fi network\*\* with nearly 27,000 hotspots in the U.S. and provides access to nearly 190,000 hotspots globally through roaming agreements. Most AT&T smartphone customers get access to our entire national Wi-Fi network at no additional cost, and Wi-Fi usage doesn't count against customers' monthly wireless data plans.

For more information about AT&T's coverage in Prince George's County or anywhere in the United States, consumers can visit the AT&T Coverage Viewer.

For updates on the AT&T wireless network, please visit the AT&T network news page.

## Prince George's County Minority Business Division:

### September 2011 Outreach Calendar

#### HOW TO BECOME BANKABLE Part II:

Who's Lending Money???

This free financial forum affords small and minority business owners to meet financial lenders, discuss available financing and lending requirements, and find the best lenders for your project. Four different types of lending institutions will all be in the same room to present different loan products and services; the Do's and Don'ts of the application process and available resources for small and minority firms. The Forum will feature a panel discussion and presentations from several lending institutions including the U.S. Small Business Administration,

LARGO, MD –The Prince George's County Minority Business Development Division (MBDD) announces the September Training Schedule. The outreach and educational programs hosted by MBDD are designed to provide information and resources to assist in the growth of the Minority Business Enterprises (MBEs) of Prince George's County. Unless otherwise noted, all MBDD training events are free and participants can register at [www.princegeorgescountymd.gov/minority-business](http://www.princegeorgescountymd.gov/minority-business). For more information, contact Denise Roberts at 301-883-6480.

**September 22: 2 p.m. – 5 p.m.**

#### Food from A1

echoed the problems and concerns voiced by the Maryland Food Bank.

"There was a considerable increase in need after the hurricane," said Rev. Joseph W. Trigg, Rector of Christ's Church, Port Tobacco Parish in La Plata.

The church operates a food pantry every Friday, and usually serves 70-100 people each week. Although specific numbers weren't available, Trigg said the food bank had significantly more people requesting food on the first day the pantry was open after the storm.

Power outages also spoiled food in homes across the state.

The Maryland Department of Human Services reported that approximately 900 people have applied for additional food stamps to replace food they lost during Hurricane Irene.

Additional food stamps are available immediately for families who lost food from the lack of power. However, not all who applied for food stamps are eligible.

Food stamp reimbursements are only available to people who are currently enrolled in the food stamp program, lost power during Hurricane Irene and had food spoil due to lack of refrigeration. Residents requesting food stamp reimbursement must fill out a form at their local department of

Prince George's FSC First, Prince George's Community Federal Credit Union, and SunTrust and Old Line Banks.

Location: Bowie Branch Library Bowie, MD 20715, 15210 Annapolis Road, Glenarden, MD 20706

**September 28: 11 a.m. – 1:30 p.m.**

Prince George's County Minority Business Enterprise "Town Hall Meeting"

MBDD is holding a focus group that will consists of principals/business owners to gain information that will enable the Prince George's County Minority Business Development Division to develop strategies to implement more effective programs that can

assist the local minority business community. During this forum, business owners will be able to:

- ☎ Voice their concerns about their business

- ☎ Share their experiences with Prince George's County Government's procurement process

- ☎ Let us know the challenges they are facing in today's economy

- ☎ Let us know what types of business training is needed, and much more

Location: Glenarden Branch Library

8724 Glenarden Pkwy., Glenarden, MD 20706

Registration for this event is by telephone only 301-883-6480.

scheduled to make or serve food were unable to come into the Light House. The staff stepped into the volunteers' role and made dinner for food shelter residents, using frozen casseroles and other food that had been saved in case of emergencies.

Pam Siemer, director of development and communications, felt that the shelter was well prepared for the storm and received lots of help from community members.

"We were really grateful for people calling us to see if they could help. People were really concerned about the shelter during the storm," Siemer said. "We were really lucky. We were spared."

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# OUT ON THE TOWN

ERIC D. SNIDER'S  
IN THE DARK  
Movie Review

## “The Debt”

"THE DEBT"

B

Rated R for some fairly strong violence, a little mild sexuality, a smattering of F-bombs.

1 hr., 44 min.

"Truth is a luxury," says Tom Wilkinson in "The Debt." "Some people have to put other things first -- their country, their family." As far as justifications for lying go, that's a pretty good one, and Wilkinson delivers it with his usual conviction. Some of us might even take his side with regard to the specific issue being discussed. The movie does not, however. Based on a 2007 Israeli film, "The Debt" doesn't permit much wiggle room on matters of right and wrong, but it's an intelligent, well-crafted, and grown-up espionage thriller.

We are introduced to two timelines. In 1966, a trio of Mossad operatives arrive at an Israeli military airport. One of them, a woman, has a bandage on her cheek. In 1997, a journalist is publishing a book about her mother, Rachel Singer (Helen Mirren), who is evidently famous for some reason and whose facial scar tells us who she is. Other tantalizing details are established: Rachel has had a frosty separation from her husband, Stephan Gold (Tom Wilkinson), who presumably was one of the men she worked with in 1966. He's now in a

wheelchair. A third operative, David Peretz (Ciaran Hinds), has been invited to the book-release luncheon, but has found a way to avoid it. We can see that a lot has happened in the intervening 30 years, and we want to find out what. We're hooked.

I'll let the film fill you in on the details, since that is what the film does best. Smoothly directed by John Madden ("Shakespeare in Love") from a screenplay by Matthew Vaughn and Jane Goldman (the duo behind "Kick-Ass" and "X-Men: First Class") and Peter Straughan ("The Men Who Stare at Goats"), "The Debt" jumps back and forth in time prudently and effectively, providing new information about 1965-66 that sheds light on the situation in 1997.

In general terms, though: The young Rachel (Jessica Chastain), Stephan (Marton Csokas), and David (Sam Worthington), are Mossad agents on an undercover mission in East Berlin. Rachel and David must pose as a married couple, and all three live together in close quarters. The mission, which involves an OB/GYN named Dr. Bernhardt (Jesper Christensen), requires patience and careful planning, and the mechanics of it are provided in scintillating detail.

In the meantime, Rachel adjusts to working with the passionate, hotheaded Stephan and the enigmatic David. She has a



PHOTO COURTESY ROTTENTOMATOES

The espionage thriller begins in 1997, as shocking news reaches retired Mossad secret agents Rachel (Helen Mirren) and Stephan (Tom Wilkinson) about their former colleague David (Ciarán Hinds). All three have been venerated for decades by their country because of the mission that they undertook back in 1966, when the trio (portrayed, respectively, by Jessica Chastain, Marton Csokas, and Sam Worthington) tracked down Nazi war criminal Vogel (Jesper Christensen) in East Berlin.

personal stake in the mission, too (it was inevitable that someone would) and must walk the line between steely Mossad agent and vulnerable human being. Jessica Chastain, already a breakout in "The Tree of Life" and "The Help," conveys Rachel's tension and emotion skillfully, supported by strong performances by Csokas and Worthington. The latter has been criticized (quite rightly) for being wooden and inscrutable, but here those traits

are appropriate.

Mirren, Wilkinson, and Hinds have significantly less screen time than their younger counterparts, but they make the most of it like the seasoned professionals they are. Mirren even gets to deploy some of the old-lady-kicks-butt skills that were underused in last year's "RED" -- always a welcome sight. It may not be the deepest or most resonant action-drama of the year, but it's respectable, solidly constructed entertainment.

## Students Create Symbolic Toy to Raise Money for Sister School in Haiti

### Proceeds to Pay for Education, Books, Food and Clothing

By VICKY WEBSTER  
Mount Airy Christian Academy

Mount Airy, MD (MMD Newswire) September, 2011 -- Like the rest of the world, Thomas Conger was shocked and saddened by the devastating earthquake that killed over 300,000 people in Haiti on January 10, 2010. However, unlike most first-graders, Thomas decided that

emptying his piggybank was not enough. For the past 18 months, Thomas and a group of students, parents and teachers at Mount Airy Christian Academy in Maryland have been developing a stuffed toy that they hope will provide a long-term and sustainable fundraising source for their fellow students in Haiti.

Three months prior to the earthquake, Thomas and his

schoolmates had been matched with Bethel Christian School, an elementary school in Bassainthe, Haiti, (a small village near Gonaives) through an organization called the International Partnership Ministries. "Our students had already started raising money to buy Bethel School some sports equipment, like jump ropes and balls" said Vicky Webster, Principal of Mount Airy Academy. "When we heard about the earthquake, we realized the students would need the money for food, clothing and shelter instead."

Thomas, however, wanted to do more. "I wanted to bring joy to the people of Haiti. They are really good people and have really good music. Sometimes doing good is just not good enough. We have to do great things for people in need," Thomas explained.

Thomas loved stuffed animals and saw a stuffed toy that his mother had just tested for a client's campaign. He asked his parents if he could do a similar project, and create a stuffed animal to raise money for his sister school in Haiti. After discussing his idea with Principal Webster, his art teacher Jenny Farrell, and some of his fellow students at school the Compassionate Youth for Haiti (CYH) was formed with the goal of initiating the "Friendly Fins Helping Haiti" campaign. The team was soon immersed in meetings about mission statements, product development, branding, fabric choices, manufacturing options, distribution, pricing, marketing and sales.

Mary Farrell, who was a middle school student, drew the first rendering of the toy. "I sketched a

manatee that we named 'Janti' and showed it shepherding a smaller fish," Mary explained. "We wanted the toy to symbolize the love of God that we show when we care for those who are suffering, and that the people we help are comforted by compassion."

Thomas' mother, Diana Conger, noted that "This was an incredible opportunity for these young people to create, manufacture, and distribute a real product, with real-world problems and challenges that every small business faces. It was an invaluable learning experience fueled by their determination to help their fellow students, and we are so excited to finally be ready to launch," she concluded.

The group's goal is to raise enough proceeds from Janti to be able to send another check to Bethel Christian School via International Partnership Ministries and their missionaries, Rev. Lucien and Maude Saul, before January 10, 2012, which is the second anniversary of the earthquake. The students of CYH hope that Janti will prove to be as popular as the focus groups indicated so that sales will continue and the group can continue to send checks every year.

"Students who attend the Bethel Christian School receive an education, books, clothes for school and a meal. For many students, this is their only meal for the day and many students stuff their pockets to take food home to their siblings. One hundred dollars is enough to sponsor one child for the whole year at the school" said Principal Vicky Webster. "We are hoping Janti will help support students in Haiti in the long term as they try to rebuild their lives."

## The Edge of Sports

by DAVE ZIRIN

### The NFL will remember 9/11 in all the wrong ways

Ten years ago, on the first Sunday after the 9/11 terrorist attacks, the NFL did something truly heroic and generous: nothing. The league willingly ate millions of dollars and cancelled the games out of respect for the unfolding tragedy. As 9/11 morphed into a decade-long "Global War on Terror", the league has, to put it mildly, failed to show similar restraint. From the now ubiquitous presence of military flyovers and honor guards at every game, to the armed forces recruitment stations set up outside preseason contests, to having war-gourmands like General David Petraeus toss the coin before the Super Bowl, to staging Fox's NFL pregame show from Bagram Airfield in Afghanistan (with Terry, Howie and the gang dressed in fatigues), the league has treated our era of endless war as an odious exercise in corporate branding. This Sunday, the NFL season opens in earnest on the tenth anniversary of the September 11th attacks and the league, like John Boehner finding an abandoned pack of unfiltered smokes, just can't control itself. Teams will be going all out to commemorate that horrific day ten years ago when 3000 people were killed in DC, Pennsylvania, and New York City. If you think this anniversary should be remembered with somber soft voices, and about as far away from a football game as possible, you are going to want to keep your distance from NFL Sunday or you will lose your lunch.

NFL Commissioner Roger Goodell, on ESPN's Mike and Mike in the Morning, said without a hint of humility, that the NFL will aim this Sunday to "help the country heal." How will this healing take place? As the Associated Press reported, "Pregame tributes will be synchronized on CBS and Fox telecasts and shown on video boards in each stadium hosting games. Coaches, players and local first responders will hold field-length American flags for the playing of the national anthem." The AP also reported that players, coaches and the sideline rabble will be compelled to wear a specially customized NFL 9/11 ribbon. The official "NFL 9/11 logo" will also be on the field of every game.

Roger Goodell's office says that this pomp is aimed to "unite fans to recognize those who lost their lives, honor the families who lost loved ones, and salute the American spirit, the early responders on 9/11, and other heroes that contributed to the nation's recovery." If you are one of the 25 million Americans looking for work, or related to one of the hundreds of thousands of troops stationed overseas in three theaters of war, you might wonder what recovery Goodell is referencing.

The last decade has more resembled a sweat-soaked fever-dream than anything resembling a "recovery." The statistics boggle the mind. More than 6,000 US troops have been killed. Over 550,000 soldiers have put in claims for disability. Among those unfortunate enough to have been born in the countries the US has invaded and occupied, the death toll has been estimated to be as much as one million lives lost. The current number of war refugees and displaced persons reaches almost eight million people. The economic cost to the United States has been estimated by Nobel Prize winning economist Joseph Stiglitz to be as high as five trillion dollars. Now everyone in Washington DC is shocked that a decade of tax cuts and war has led to record deficits, and working people are told to "tighten our belts." It's been an awful decade of lies and loss, and its reality will go unacknowledged this Sunday.

In all the scurrying to make sure "9/11 NFL Sunday" is a day to remember, one name is strikingly absent from the press release trumpeting the day's events: Pat Tillman. After 9/11, Tillman took the extraordinary step of leaving the NFL to join the Army Rangers. His experiences in Iraq and Afghanistan pushed him to question the official rational for the Global War on Terror. He read anti-war authors. He told friends that he felt the war in Iraq was "F-in illegal." Then he died at the hands of his fellow Rangers in an instance of what was deemed "friendly fire." The Pentagon and the Bush administration hid this reality from Pat Tillman's family. The NFL, for their part, inaugurated a USO center at Bagram Airfield in Pat Tillman's name without hinting at the complicated realities of either Tillman's service or his betrayal at the hands of those he trusted. The NFL's failure to highlight Tillman in this Sunday's 9/11 tributes is in some ways a relief but it also reads like an act of cowardice. His story is a polarizing one that Roger Goodell wants to avoid on this day of "unity."

But ten years from 9/11, unity is hardly the watchword of the moment. I spoke with Rory Fanning, the former U.S. Army Ranger, turned anti-war activist, who served with Pat and walked across the country in his memory. I asked Rory what he would like to see the NFL do to commemorate the decade anniversary since that fateful day. He said, "I would ask the NFL for an hour of silence for the 100's of thousands killed after 9/11 in recognition of the criminally disproportionate response to that day." If Roger Goodell must do something that sounds pretty dead-on. It certainly feels more right than the queasy mix of war, sport, and choreographed remembrance that Goodell has planned.

[Dave Zirin is the author of "The John Carlos Story" (Haymarket) and just made the new documentary "Not Just a Game." Contact him at [edgeofsports@gmail.com](mailto:edgeofsports@gmail.com).]



mdlottery.com

MARYLAND LOTTERY WINNING NUMBERS  
WEEK ENDING SATURDAY, AUGUST 13, 2011

|          | Midday |        | Evening |        | Daily          |       |  |
|----------|--------|--------|---------|--------|----------------|-------|--|
| Date     | Pick 3 | Pick 4 | Pick 3  | Pick 4 | Bonus Match 5  | Bonus |  |
| 08/07/11 | 172    | 6935   | 489     | 3650   | 03 04 12 29 39 | 20    |  |
| 08/08/11 | 258    | 7427   | 578     | 5575   | 11 13 18 19 24 | 23    |  |
| 08/09/11 | 497    | 5101   | 478     | 6071   | 03 04 08 20 39 | 28    |  |
| 08/10/11 | 337    | 1290   | 981     | 3918   | 02 05 06 10 24 | 31    |  |
| 08/11/11 | 501    | 9664   | 705     | 0995   | 08 19 21 25 26 | 01    |  |
| 08/12/11 | 025    | 7076   | 002     | 1454   | 01 04 24 26 34 | 28    |  |
| 08/13/11 | 558    | 1076   | 376     | 6763   | 01 08 13 14 29 | 03    |  |

| Date     | Mega Millions  | MEGA BALL | Megaplier |
|----------|----------------|-----------|-----------|
| 08/09/11 | 11 19 39 45 54 | 15        | 4         |
| 08/12/11 | 09 43 51 54 55 | 13        | 4         |

| Date     | Powerball      | POWER BALL | POWER PLAY |
|----------|----------------|------------|------------|
| 08/10/11 | 11 18 36 41 46 | 38         | 4          |
| 08/13/11 | 09 12 35 50 58 | 04         | 2          |

| Date     | MULTI-MATCH       |
|----------|-------------------|
| 08/08/11 | 03 04 10 11 22 42 |
| 08/11/11 | 02 10 19 27 30 32 |

For the most current Lottery information, go to [mdlottery.com](http://mdlottery.com)

# Calendar of Events

## September 15 - September 21, 2011

**Montpelier Fall Jazz Series: Chris Vadala Quartet**  
Date and Time: September 16, 8 pm  
Event Description: One of the nation’s premiere woodwind artists, saxophonist Vadala toured for many years with Chuck Mangione and now heads the Jazz Studies program at the University of Maryland.  
Ages: All ages  
Fee: \$20/ticket. Call for information about purchasing a series subscription. Discounts are available for seniors & members.  
Location: Montpelier Arts Center  
9652 Muirkirk Road, Laurel, MD 20708  
Information: 301-377-7800, 410-792-0664; TTY 301-490-2329

**Port Towns Day**  
Date & Time: Saturday, September 17, 12 noon-9 pm  
Description: Come enjoy music, prizes, food, crafts, vendors, a movie and other activities co-sponsored by the towns of Bladensburg, Colmar Manor, Edmonston and Cottage City.  
Cost: FREE  
Ages: All ages  
Location: Bladensburg Waterfront Park  
4601 Annapolis Road, Bladensburg 20710  
Contact: 301-779-0371; TTY 301-699-2544

**Concert: “The Winstons”**  
Date & Time: Saturday, September 17, 8 pm  
Event Description: A Washington, D.C. based soul act led by Richard Spencer, “The Winstons” had a sound that was somewhat similar to the Impressions. Their R&B and pop hit "Color Him Father," earned them a Grammy for “Best R&B Song.” It was both a great tribute number and outstanding lead vocal from Richard Spencer, along with Ray Maritano, Quincy Mattison, Phil Tolotta, Sonny Peckrol, and G.C. Coleman.  
Ages: All ages  
General admission tickets: \$25/person, \$20/seniors ages 60 & up  
Location: *Harmony Hall Regional Center*  
10701 Livingston Road, Fort Washington 20744  
Information: 301-203-6070, TTY 301-3803

**Publick Playhouse Open House**  
Date and Time: Saturday, September 17, 1-4 pm  
Event Description: You’re invited! Help us welcome the new season! Enjoy live entertainment, theatre tours, and fun for the whole family.  
Ages: All ages  
Fee: FREE admission  
Location: *The Publick Playhouse*  
5445 Landover Road, Cheverly 20784  
Information: 301-277-1710; TTY 301-277-0312

**Comic Relief Night**  
Date and Time: Saturday, September 17, 7-10 pm  
Event Description: So you think you are funny? This is your night to show us what you got! Go solo or grab a friend; just remember to keep it clean!  
Ages: 12-17  
Fee: FREE with Xtreme Teen ID  
Location: *Vansville Community Center*  
6813 Ammendale Road, Beltsville 20705  
Information: 301-937-6621; TTY 301-445-4512

**Spoken Word and Rap Free Style**  
Date and Time: Saturday, September 17, 7-10 pm  
Event Description: Do you feel you can flow with the best of them? Then come out tonight and prove it in our spoken word rap show! The person considered to be the ultimate MC will be able to take home the honor of knowing that they are the best at the "Plaza."  
Ages: 12-17  
Fee: FREE with Xtreme Teen ID  
Location: *Prince George's Plaza Community Center*  
660 Adelphi Road, Hyattsville 20782  
Information: 301-864-1611; TTY 301-445-4512  
SMARTlink barcode:

**Montpelier Fall Jazz Series: Wycliffe Gordon Quartet**  
Event date: Friday, September 23, 2011, at 8:00 PM  
Date and Time: September 23, 8 pm  
Event Description: Gordon tours the world performing hard-swinging, straight-ahead jazz and brings his quartet to thecenter for the first time. A former veteran member of the Wynton Marsalis Septet and the Lincoln Center Jazz Orchestra, he has also been a featured guest artist on Billy Taylor’s “Jazz at the Kennedy Center” and has received great acclaim from audiences and critics alike.  
Ages: All ages  
Fee: \$25/ticket. Call for information about purchasing a series subscription. Discounts are available for seniors & members.  
Location: *Montpelier Arts Center*  
9652 Muirkirk Road, Laurel, MD 20708  
Information: 301-377-7800, 410-792-0664; TTY 301-490-2329

**Celebrate Baden Day**  
Date & Time: Saturday, September 24, 12 noon-5 pm  
Description: Enjoy a fun afternoon of live entertainment, exhibits, food, games for the kids, pony rides, demos and more!  
Cost: FREE  
Ages: All ages  
Location: *Baden Community Center*  
13601 Baden-Westwood Road, Brandywine 20613  
Contact: 301-888-1500; TTY 301-203-6030

**19th Annual Bluebird Blues Festival**  
Date & Time: Sunday, September 25, 1-6 pm  
Description: Enjoy foot stompin’ blues music, delicious food, children’s activities, a blues workshop and more!  
Cost: FREE  
Ages: All ages  
Location: *Prince George's Community College*  
301 Largo Road, Largo 20774  
Contact: 301-322-0853, TTY 301-322-0622

# EARTH TALK ... “Improving light bulb energy efficiency”

Dear EarthTalk:

*What was the BULB Act pertaining to light bulb energy efficiency that just failed to pass in the House of Representatives?*

-- Betsy Edgerton,  
Columbus, OH

The Better Use of Light Bulbs (BULB) Act (H.R. 2417) was a failed attempt in July 2011 by some Republicans in the House to repeal a 2007 law mandating increased efficiency for light bulbs sold anywhere in the U.S. Sponsors of the bill cited the 2007 bulb efficiency requirements—whereby light bulbs must be 25 to 30 percent more efficient by 2014 and then as much as 60 percent more efficient by 2020—as a key example of how government overreaches its authority.

“The 2010 elections demonstrated that Americans are fed up with government intrusion,” said Representative Joe Barton, the Texas Republican who proposed the repeal. “The federal government has crept so deep into our lives that federal agencies now determine what kind of light bulbs the American people are allowed to purchase.” It’s ironic that the new standards were put in place by Republican President George W. Bush as part of his Energy Independence and Security Act of 2007, a sweeping update of the country’s energy policy. At the time, the bill, including the provisions about light bulb efficiency, enjoyed widespread bipartisan support.

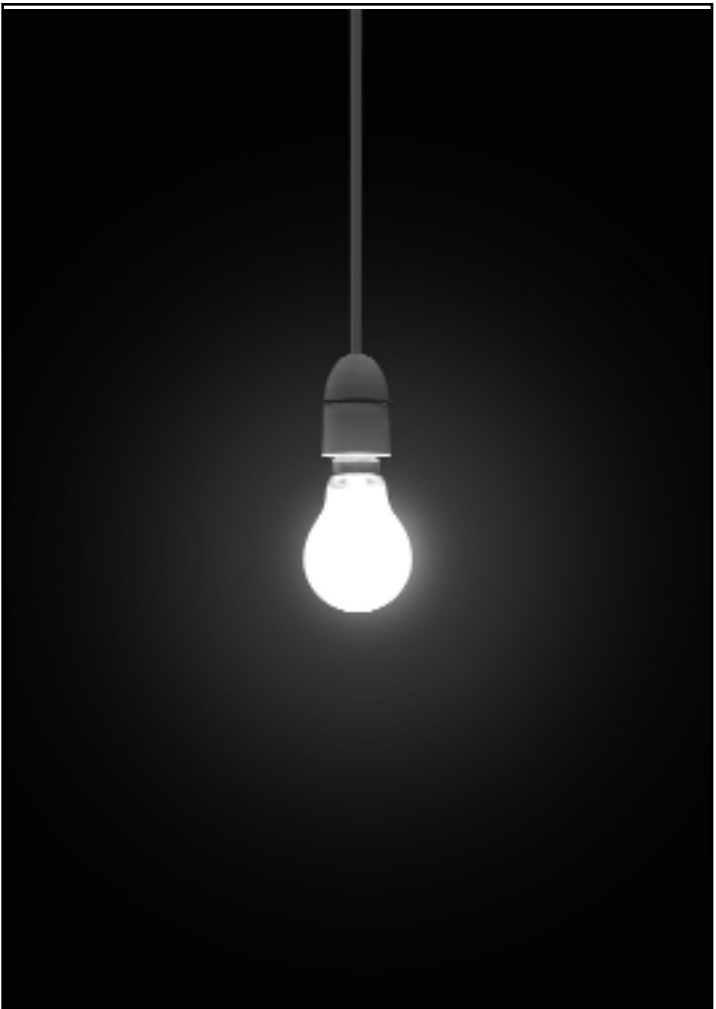
The fact that the BULB Act couldn’t muster enough votes in the Republican-controlled House to pass by the required two-thirds majority shows that even many conservative law-

makers would rather have the country save money and energy than waste it unnecessarily on inefficient lighting. The repeal effort did garner 233 votes, but the 193 opposed were more than enough to override it given House rules.

Maryland’s Steny Hoyer, Democratic Whip in the House, derided the sponsors of the repeal attempt for focusing on the wrong priorities in these dire economic times. “By bringing misguided bills like this one to the floor instead of a comprehensive jobs plan, it is clear that House Republicans are still in the dark.”

Even the National Electrical Manufacturers Association and General Electric came out against repealing the increased efficiency standards, given the strides industry has made in recent years to roll with the punches and design more efficient bulbs, fixtures and electricity distribution methods.

Analysts wonder if the 2007 efficiency requirements will sound the death knell for incandescent bulbs, which have not changed significantly since first invented by Thomas Edison in 1879. While newer, more efficient styles of bulbs—from compact fluorescents (CFLs) to halogens to light-emitting diodes (LEDs)—may be significantly more expensive than their incandescent counterparts (by as much as a factor of 50!), consumers will likely make up the difference and then some over the long term as energy savings accrue. The Department of Energy estimates that the switchover to newer, more efficient bulbs will save American households upwards of \$50 per year by 2015, or some \$6 billion in the aggregate.



CREDIT: HEMERA COLLECTION

**New efficiency requirements for light bulbs may sound the death knell for incandescents, which have not changed significantly since Thomas Edison invented them in 1879. Newer, more efficient styles cost more but could save consumers some \$6 billion in annual energy costs by 2015 -- while also eliminating the equivalent of 30 large power plants' electrical output and 14 million cars worth of carbon emissions.**

Besides saving money, the new standards will save the amount of electricity generated by more than 30 large power plants, according to the non-profit Alliance to Save Energy (ASE). As for global warming, the new standards promise to save carbon emissions equaling the removal of 14 million cars off the road.

CONTACTS: H.R. 2417, [EarthTalk® is written and edited by Roddy Scheer and Doug Moss and is a registered trademark of E - The Environmental Magazine \(\[www.emagazine.com\]\(http://www.emagazine.com\)\). Send questions to: \[earthtalk@emagazine.com\]\(mailto:earthtalk@emagazine.com\). Subscribe: \[www.emagazine.com/subscribe\]\(http://www.emagazine.com/subscribe\). Free Trial Issue: \[www.emagazine.com/trial\]\(http://www.emagazine.com/trial\).](http://thomas.loc.gov/cgi-bin/query/z?c112:H.R.2417::ASE, www.ase.org.</a></p></div><div data-bbox=)

# Top 10 Tips to Keep Moms Healthy When Kids Go Back to School

*Local Moms Learn Strategies To Fight Off Sickneses Kids Bring Home*

BY  
*News Service*

(August, 2011) - As the kids head back to school, moms do everything in their power to keep their families healthy. But moms often ignore themselves, not realizing kids bring home a book bag full of germs that send hundreds of thousands of moms to the doctor each year. That’s why the local Doctors Express, the first nationally franchised urgent care, is offering local moms Top Ten Tips To Keep Moms Healthy - to keep them standing even when the family gets sick.

“Moms are so worried about taking care of their families when school starts, they forget to take care of themselves,” says Doctor Scott Burger, co-founder of Doctors Express. “We definitely see an increase of moms coming into our health centers right after the first few weeks of school and we hear time and time again from these busy moms that they don’t have time to get sick. That’s why we recommend moms follow our Top Ten Tips To Keep Moms Healthy so moms can keep standing when the troops go down.”

Top 5 Sickneses That School Children Bring Home (Source: Mayo Clinic)  
Common Cold (roughly 22 million school days lost each year to the common cold)

Stomach Flu  
Ear Infection  
Pink Eye  
Sore Throat

Doctors Express “Top 10 Tips To Keep Moms Healthy”

1) Get early flu shots – Unlike other medical facilities, Doctors Express offers flu shots for the entire family (children

age 4 and up). Otherwise, mom often has to travel to the pediatrician for child flu shots and to a separate doctor for herself. Everyone gets their shots in one place at one time with no appointment necessary!

2) Bring your own pen – to the bank, the grocery store, even to touch the ATM. Anything a sick person touches can get infested with germs, including money, mail, ATM keypads, elevator buttons, etc.

3) Use paper – replace hand towels in bathrooms with paper towels. While not as “pretty”, paper towels can help get rid of a ton of germs that live in towels.

4) Wash hands – Use soap, warm water and rinse long enough to say the alphabet or sing “Happy Birthday”. Recent studies show plain soap and water works just as well, if not better than antibacterial soaps.

5) Get Your Zzzs – The more you sleep, the better your immune system works to fight off illness. Adults need seven to nine hours a night.

6) Exercise...but not too much - 30 – 75 minutes of moderate activity can boost your ability to fight off germs, but long, hard work outs can tire out your immune system so it becomes less effective. One study found that women who walked for 45 minutes, five days a week suffered half as many sick days as couch potatoes.

7) Use a proper hand sanitizer – (at least 60% alcohol) anytime you touch anything someone else might have touched. Make sure you use sanitizer, even under finger nails where germs hide.

8) Clean everything with a disinfecting cleaner – Viruses and bacteria can live up to two



PHOTO BY INDIGENO314, FLICKR E

**Kids head back to school.**

hours or longer on doorknobs, toys, TV remote controls, keyboards, mouse pads, refrigerator handles, counter tops, railings, faucets, bathroom floors and more.

9) Wash small cuts and scrapes with soap and water – Apply an ointment, put on a bandage and change the bandage every day until the wound heals. Never touch someone else’s wound and wear gloves if you help dress a cut- even if it’s your own child.

10) Use toothbrush sanitizer – Studies show the mouth is the number one place for germs. Sanitize your toothbrush daily to eliminate this often overlooked threat.

TELL THIS STORY with a local Doctors Express physician who is urging moms to use their “Top Ten Tips to Keep Moms Healthy.”

The Doctors Express Difference

All patients are handled in a single visit: initial doctor’s exam, lab work, x-rays, minor surgical procedures and in-house medication dispensing.

Every patient is seen by an experienced physician.

Services are affordable and most insurance, including Medicare, is accepted.

Currently, there are 40 Doctors Express centers up and running throughout the country. A total of 113 franchises have been awarded in 23 states and 56 will be operating by the end of this year. The long term goal is to have 1,000 Doctors Express centers across the nation, so that a recognizable, reliable healthcare option is available wherever you travel in the U.S.

About Doctors Express: Doctors Express was founded in Baltimore in 2005 by an emergency room physician and two business executives in Towson, Maryland, seeking a more efficient, affordable and personable system for urgent care patients. Doctors Express walk-in medical centers are sweeping across the country as America’s first nationally branded urgent care centers. Doctors Express provides state-of-the-art, non-emergency treatment for acute illness, trauma and sports injuries (including minor surgical procedures) and has on-site laboratory and digital x-ray service. Pre-employment physicals, drug screening and treatment of work related injuries are also available to local employers. Visit [DoctorsExpress.com](http://DoctorsExpress.com).

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*Sunday Worship 11a.m.*

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*Wednesday Bible Study 7-8p.m.*  
*Wednesday Prayer Service 8p.m.*

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Office (301) 839-1166

Fax (301) 839-1721

E-mail: Office [FHBC@verizon.net](mailto:FHBC@verizon.net)

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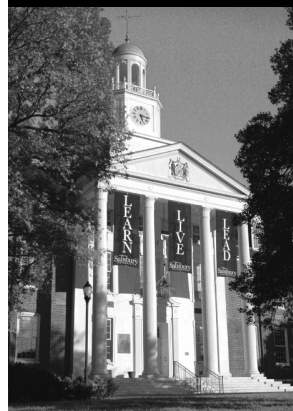
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## Child Watch from A4

ed. However, when one has dug themselves into a hole, the solution is not to stop digging as much as to start digging the hand and toe holds that facilitate climbing out. Investing in early childhood education is that hand and toe hold."

When Dr. King left us in 1968, calling for a Poor People's Campaign, there were 11 million poor children. Today there are 15.5 million poor children and who knows what the new poverty data will show on September 13th. I've no doubt he'd be calling for a poor people's campaign today. I suggest that a loud organized voting citizen posse call on our President and Congressional leaders to begin with a poor children's campaign and commit to protecting rather than cutting children's food, shelter, health, early childhood development, and education they need for a positive future. Dr. King is not coming back. We're it. Let's get going to rescue children from the political lions poised to attack them in the weeks and months ahead.

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