

MARYLAND  
EDITION  
FRIDAY  
JUNE 24, 2005



www.dcxaminer.com

# The Examiner.

WASHINGTON

## WITCH-FUL THINKING

Remake of sitcom 'Bewitched' is 'faithful to the fantasy'

>> SEE REVIEW, PAGE 29, AND INTERVIEW, PAGE 28



## Protests, promises collide

Hundreds decry the president's proposed Social Security reforms



Main photo by Doug Erickson/For The Examiner; Inset photo by Ron Edmonds/AP

>> STORIES BY SARA BLUMBERG AND KARL B. HILLE, PAGE 5

# Court limits land rights

Decision gives cities power to seize homes and businesses in order to generate tax revenue

In a dissenting opinion, Justice Sandra Day O'Connor contends the ruling gives "disproportionate influence and power" to corporate interests. >> See NATION, Page 13

## Police: Suspect killed officer



A Bladensburg man is charged with assault with a deadly weapon and first-degree murder in a shootout that killed a Prince George's officer. Story by PATRICK RUCKER, Page 3

## Maryland jobs jump by 4,900

May growth extends local recovery streak to 15 consecutive months.

See BUSINESS, Page 21

## 'Shoe' back in town

Comic strip to join The Examiner on June 27



**Stohlman**  
Drivers wanted! VOLKSWAGEN



3@This Price Starting at Only \$17,998

THE ALL-NEW JETTA IS HERE.

Tysons Corner, VA StohlmanAuto.com

866-273-7150

MID-ATLANTIC'S #1 VW DEALER!



Photos by Nick Shwaery/Examiner

Left: Ahmed E.L. Bush, of Springfield, admires Iona Rozeal Brown's, "Liberationed," on Wednesday at The Provisions Library in Washington. Right: Kehinde Wiley's oil painting, "Saint Lawrence."

# Hip-hop culture thrives in D.C.

**BY NICK SHWAERY**  
Examiner Staff Writer

Who says D.C. doesn't have a thriving hip-hop scene? Sure, DJ Kool may pale in comparison to such rap icons as Jigga and Nas. And maybe the release of a Rare Essence CD doesn't match up to the

krunkness of Lil' Jon's latest club banger.

But the hip-hop industry is far more complex and cultural than the newest rap video that we see on BET or MTV. Washington now has a great opportunity to embrace the art, dance and poetry that the hip-hop scene has to offer.

Running through Saturday evening, nine free events — most at The Studio Theater on 14th Street NW — are being showcased at The 4th Annual D.C. Hip Hop Theater Festival.

Founded in 1999, the festival aims to share the hip-hop message by embracing the creation of personal expression. The festival reaches out to all cultures and ethnicities from around the world. The

global impact on hip-hop is growing every day, which can be seen in the art and performance at each event.

The point of these activities is "to show how the culture and art form have come out of hip-hop — how it migrates and how people are using it to make social change," says Ayo Ngozi, associated director at the Provisions Library in Washington.

The festival recognizes

that hip-hop is a way of life and is not static, but grows with people's interpretations of what it is.

### 'Flip the script'

Painter Kehinde Wiley took the iconic symbol of St. Lawrence at the Vatican and added his own interpretation of it to his rendition. He clothed St. Lawrence in urban gear and gave him a street persona, which is pre-

cisely what hip-hop does. He took something that he found interesting, changed the meaning and made it his.

Sol y Soul will wrap up the festivities at 9 p.m. Saturday night, during the main stage event at The Studio Theater. Known for their theatrical and literary talent, this group has the reputation to force its audience to think well outside of the typical box, rhyme or reason.

Younger hip-hop artists can gain knowledge from the leadership of Sol y Soul, a group committed to arts for social change.

Although hip-hop reaches people of all ages, the festival is especially trying to inspire the youth with different ways of using art in contemporary culture.

"This work speaks to the younger residents of our city and it provides them with a generation of performers that they can identify with and become inspired by," says Anthony Gittens, executive director of the DC Commission on the Arts and Humanities.

[nshwaery@dceaminer.com](mailto:nshwaery@dceaminer.com)

### IF YOU GO

The 4th Annual D.C. Hip Hop Theater Festival runs through Saturday. All events are free and open to the public. Activities are located at Provisions Library at 1611 Connecticut Ave. NW, Washington and The Studio Theater at 1501 14th St. NW, Washington. For a complete listing of events and locations, please visit [www.conduitproductions.com](http://www.conduitproductions.com).

Featuring Performances by:

**D.K.G.B.**  
and  
**The Image Band**

FESTIVAL  
12pm.-6pm.

**BERRYWINE PLANTATIONS**  
**LINGANORE WINECELLARS**

**MUSIC • Wind Shop, INC.**  
Service • Sales • Accessories • Rentals • Lessons

**ALL WIND INSTRUMENTS**

Bring This Ad.

**35% OFF LIST PRICE**  
**NO RENTAL CREDIT**

301-408-8888

8940 N. Westland Dr., Gaithersburg, MD 20877  
Walnut Hill Shopping Center

# WATERMELONS

*not just for summer picnics*

## Scientists create mini melons for quick snacks

BY DEAN FOSDICK  
Associated Press

Plant scientists are reinventing the watermelon, that most traditional of all summertime fruits. New “mini” varieties fit easily into refrigerators. Seedless melons are easier to eat. Reduced-sugar hybrids a year or so from production will appeal to dieters and diabetics.

“Watermelon is just not for summer picnics anymore,” says Leslie Coleman, director of communications for the National Watermelon Promotion Board in Orlando, Fla. “Because of the year-round availability and the health benefits—not to mention the great taste—it makes sense to have watermelon on the table for breakfast, lunch, dinner, dessert or a snack.”

Watermelons ripen during the sweltering heat of mid-summer—perfect timing for a sweet and hydrating fruit made up of 92 percent water.

“You think of it [when you’re] hosting parties,” Coleman says. “You go into the grocery store and see watermelons splashed all over the place. It conjures

up good memories.”

But times change, people change and what families want from their watermelons is changing, too.

“There’s a movement by the watermelon industry and shippers toward bonding with consumer needs,” Coleman says. “There are more households now with fewer people so they’re well served by the smaller-sized melons.”

Along with requiring less storage space, the smaller melons are portable. They can be carried whole to the lunchroom or job site and sliced there into bite-sized pieces, making for a fresh and refreshing treat.

### Types of melons

There are believed to be more than 100 watermelon varieties at present, ranging from the familiar “Charleston,” which matures at around 25 pounds, to the icebox-sized “Yellow Baby,” a yellow-fleshed variety. Seedless melons like the “Triple Sweet” are popular but require more management in the garden, particularly with pollination.

Watermelons are frost-fragile plants, so plant them in full sun and well after the soil warms. Depending upon size and vari-

ety, melons mature in 70 to 85 days. Mulching with black plastic sheets inhibits weeds, holds moisture and speeds growth.

Watermelons grow large, 5 to 100-plus pounds, so give them plenty of room—as much as 6 feet between plants.

Harvesting can be tricky. Thumping a melon with your knuckles to elicit a soft hollow thud is a popular test for ripeness, but more certain is rolling the melon over for a look at the “ground spot.” If the patch where the melon rested on the ground is light green or white, then the melon isn’t ripe. Wait until it turns a dull yellow or creamy before cutting it from the

vine.

### Storage

Melons should be stored on the warm side when brought into the home. “Compared to most fruits, watermelons need a more ‘tropical’ climate—a thermometer reading of 55 degrees Fahrenheit is ideal,” the National Watermelon Promotion Board says. “However, whole melons will keep seven to 10 days at room temperature. Store them too long and they’ll lose flavor and texture.”

Many of

us prefer eating our watermelons chilled, but watch how low you go. Temperatures too cool will damage the fruit.

“After two days at 32 degrees, watermelons develop an off-flavor, become pitted and lose color,” the Promotion Board says. “Freezing causes rind to break down and produces a mealy, mushy texture. Once a melon is cut, it should be wrapped and stored at 37 to 39 degrees.”



AP

## Ventilate your bathroom

BY ED DEL GRANDE  
DIY Network

**Q:** Our bathroom is beautiful but very small by today’s standards and moisture always has been a problem. My husband and I just replaced the old vent fan with a more powerful new fan but that has not helped and we are very disappointed. The moist air and odors just stay there. Is there anything else we can try that will solve this problem?  
— Betty, Chicago

**A:** The key sentence in your letter comes when you wrote the “moist air and odors just stay there.” This means that you are not getting any air movement even though the fan is running. Since the fan is running properly (I assume it’s running in the right direction)

we now have to look at air intake and/or exhaust problems.

First, this explanation: The fan has to be vented to an outside wall, just like a clothes dryer vent, to work properly. Any bathroom fan that just runs into the attic may not flow properly and may even cause moisture problems in the attic.

Check the fan exhaust to make sure it flows to an outside wall and vents through to the outdoors.

Now for the trickier problem: The air intake for the fan.

Remember that if a vent fan cannot pull air into the bathroom, it has nothing to push out of the bathroom. Think about that one and you’ll start to see the solution to your problem.

Since your bathroom is small, I’m sure it’s “tight”—a term plumbers use

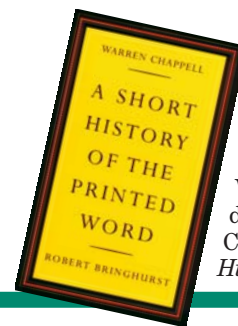
to describe a room with no air intake. You may have to cut the bottom of your bathroom door a half inch or so to pull more air in or install some type of fresh air intake vent for your bathroom.

Before you say I’m just full of hot air, try it! Once that exhaust fan is able to pull in more fresh air to the bathroom, it has the power behind it to push out more moist air. The increased air circulation will bring the winds of change to your bathroom!

**Q:** I recently moved to a new house and I’m having problems with my garbage disposal. The dishwasher drain line ties directly into the disposal and it seems that every time I use my disposal the dirty water runs back into my dishwasher. Please help. I

Please see page 23





## The history of type

Warren Chappell and Robert Bringhurst break down the importance of each era from the 15th Century to the 21st Century in their book, *A Short History of the Printed Word*.



Courtesy of G2 Worldwide

Steven Gilliat, president of G2 Worldwide's North American chapter, has created the rebranding of many huge corporations such as the package design for Aerobed (upper left); environmental display for Kmart's new corporate identity (upper right) and product design for Absolut vodka (below).

## Upcoming design events

### AIGA holds upscale annual competition



Design excellence is the result of a process involving creativity, inspiration, skill, experience, intuition and discipline. The selection criteria include both aesthetic judgments and an evaluation of communication effectiveness. The juries consider each piece within the context of its purpose, content, objective, audience and resources.

365: AIGA Annual Design Competitions make a definitive statement on the quality of communication design in North America this year. The survey of selections is published in AIGA's virtual gallery; published in a substantial book that is distributed internationally as an authoritative chronicle of current design and exhibited in AIGA's New York gallery on Fifth Avenue.

This competition extends a legacy that began more than 85 years ago and is widely recognized as the most selective statement on design excellence today.

### Emmy-winning creative studio to speak at Heritage Center

Trollback and company will be speaking at The Naval Heritage Center, 701 Pennsylvania Ave. NW, on Wednesday, April 10 from 6:30 to 9pm.

With locations on Fifth Avenue and Venice Beach, Trollback + Company is an Emmy-winning creative studio that designs and produces innovative visual and branding solutions.

Rooted in a strong European design sensibility, the Trollback creative team believes good design blends originality, beauty, emotion, provocation and purpose.

The young multi-disciplinary company creates a wide range of projects for TV commercial, print, and environmental advertising clients. The firm also builds entertainment brands for TV networks and programming, as well as for feature film clients.

The client list to name a few are Nike, HBO, TNT, MCI, AMC, Volvo, Jaguar and Sony.

From wire reports

# By any means necessary

## 'Get in the best design agency you possibly can'

BY NICK SHWAERY  
Examiner Staff Writer

Get in the best design agency you possibly can. This is the advice that Steven Gilliat gives to young designers. To get your foot in the door to an established design firm he doesn't "care if you have to sleep on the floor and eat breakfast specials."

Steven Gilliat, president of the North American branch of G2 Worldwide, is in charge of 110 people, about 60 of whom are 2D-3D designers. They have an extended network of 43 international offices.

During his years at the Yale graduate program in graphic design, he studied under such design giants as Paul Rand, Bradbury Thompson and Herbert Matter. Rand told Gilliat that the difference between good designers and great designers is how deep their reference to the craft is.

Gilliat landed his first job — out of grad school — in New York City, at a corporate identity company where they did work for Pepsi-Cola, Citi-

bank and other major names.

**Examiner:** How has design changed since you began your career? What direction is it headed in?

**Gilliat:** I think American businesses are realizing the importance of design in their marketing activities. I think U.S. companies got hurt in the last 10 years as European products and services came into this country in the automotive or home appliance category that was better designed and was sold at a premium price to the American alternative.

Large corporations such as Starbucks and Target have really put design front and center in terms of creating a value ad around the products and services that they have. I think design will only be more important in the future.

**Examiner:** What has been your most successful design campaign?

**Gilliat:** We did work for a major consumer products company that makes inflatable mattresses. They were lackluster in business — going direct to consumers via late-night cable television. By redesigning their brand, from their corporate identity to their product design, their packaging, to their in-store look and feel, we now have been able to move that client into high value retail chains such as Bed, Bath and Beyond. It has been a huge commercial success for them.

We were able to re-image their business, and now they have a whole range of market activity they didn't



have before. They are now selling their product at a premium price over their competitors.

**Examiner:** What was the most challenging thing your company has faced and how did you respond to it?

**Gilliat:** Clients tend to be siloed internally in their own organizational structures. Typically, there is someone who deals directly with agencies, another person who deals with advertising, etc. We feel that all of those things need to be addressed comprehensively around a central design strategy.

One of our challenges is to be hired to bring an integrated design approach to an organization. The

challenge is to overcome some of the internal organizational issues that a client may have where everyone is operating around a common set of objectives.

**Examiner:** What makes a strong portfolio? What things will turn you off?

**Gilliat:** Being able to use standard software and print things out on the computer are simply costs of entry. We look for someone who has a high level of passion and enthusiasm for the craft. We look for something unexpected in portfolios — someone who took a problem and found a different wrinkle of how to solve it. You should stand out as being able to take a risk and execute it beautifully. Be adventurous.

A turnoff is style without substance. A weak portfolio would feel like there is too much in it and some work seems like it is a filler — which can pull down the overall presentation.

I think young designers should research some of the great work by Jan Pischold from the 1910s and 1920s. He was the father of concrete poetry and concrete typographic expression. You will see where all the current design came from.

**Examiner:** Is graduate school necessary?

**Gilliat:** If you are looking to move into larger agencies, having an advanced degree makes some sense. However, it's certainly not a make or break type of thing.

nshwaery@dcexaminer.com

## Rosa wear

A model presents a Rosa Cha creation at Sao Paulo Fashion Week on Sunday in Sao Paulo, Brazil.



AP

**MILAN, Italy** – Giorgio Armani closed this round of Italian menswear with a collection that summed up the good vibes emanating from the Milan catwalk for summer 2006.

The short and snappy show was full of the relaxed, soft styles that have made models look good and customers feel good during the five days of preview presentations which ended with Armani on Thursday afternoon.

“Giorgio set the mood,” said Kal Ruttenstein of Bloomingdale’s after the show in the theater of Armani’s ultramodern Milan headquarters. He noted how the soft tailoring gave a modern thrust to the sporty look which permeated the catwalk during the presentations.

The latest Armani jacket, ranging in fabric from sporty seersucker to a shiny mix of linen and silk, is short and deconstructed, has prominent lapels and is fastened by a single button. A collarless shirt completes the casual — but never haphazard — look.

Suits — not for business only — have made a comeback for next year’s warmer weather. Armani keeps his soft and sensual, with even the pants of a conservative pinstripe suit cut close to the body.

In his show comments, the designer dubbed his well-known obsession for detail “Armania.” This round it comes in the ultra softness of the nappa leather used for feather weight blouson jackets, the craftsmanship of knitted cardigans, as well as the meticulous mixture of fabrics and the attention to the color palette. Armani used less white than other designers this season, concentrating more on shades of gray, with an occasional dabble into burgundy and lilac.

Another Armani fixation is footwear, which this round featured tasseled loafers throughout the show, while concentration on jewelry is a new entry in the ‘Armania’ diary.

For his Emporio collection, Armani offered a pearl charm dangling from a silver chain, to be worn around the neck. The designer upped the ante for his signature collection, introducing pearl necklaces.

Earlier Thursday, Miuccia Prada also toyed with the idea of male jewelry, adorning her preppy models with silver and enamel charms, and necklaces made out of a rolled bandanna, during the presentation of her second line Miu Miu collection.

Antonio Calanni/AP

A model presents a creation as part of the Emporio Armani men’s spring/summer 2005-06 fashion collection on Wednesday in Milan, Italy.

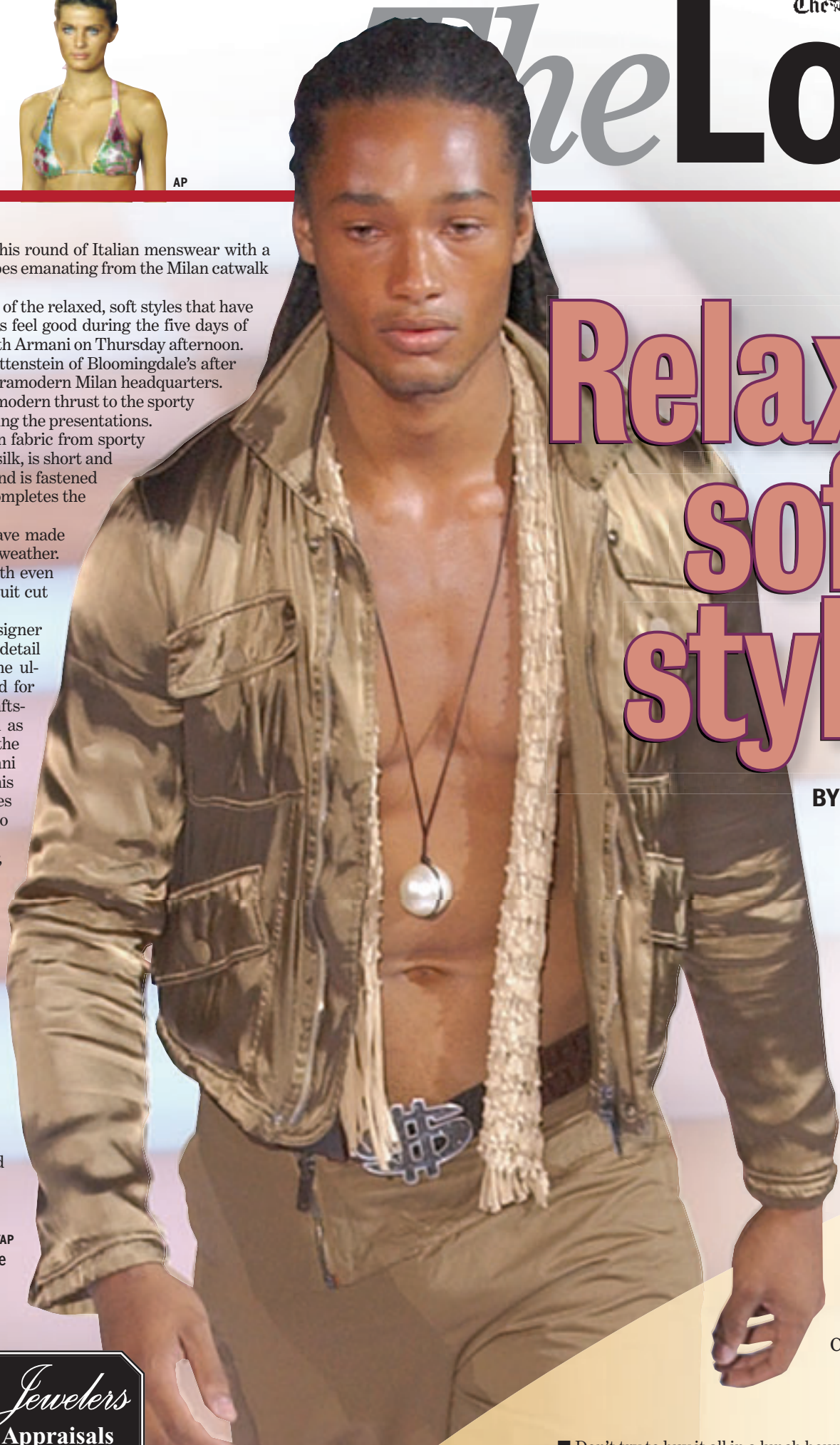
## O'Rourke Ltd. Jewelers

Fine Jewelry ♦ Repairs ♦ Appraisals  
Family Owned and Operated since 1965

- ♦ Cultured Pearl Specialists ♦ Custom Designs
- ♦ Engagement & Bridal Jewelry ♦ Antique & Estate Pieces
- ♦ Repairs and Appraisals Performed on Premises
- ♦ ASA Certified Master Gemologist Appraiser

**10% OFF ANY JEWELRY PURCHASE  
WITH THIS AD**

7950 Norfolk Ave. Bethesda, MD 20814  
Tel: (301) 656-4408 Fax: (301) 656-8638  
Web: www.O'RourkeJewelers.com  
Email: O'RourkeLtd@aol.com



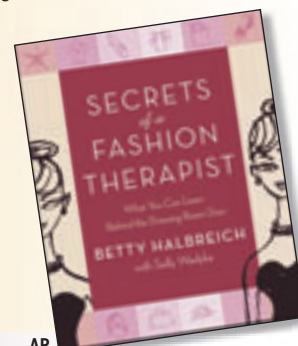
# Relaxed, soft styles

BY DANIELA PETROFF  
*Associated Press*

## Behind the seams

In her book, “Secrets of a Fashion Therapist: What You Can Learn Behind the Dressing Room Door,” Betty Halbreich gives five commandments of building a basic wardrobe:

- Don’t try to buy it all in a lunch hour.
- No matter how “in” a certain weird color is this season, don’t buy an expensive suit that shade and expect no one to notice when you wear it three times a week.
- Shoes, a handbag and accessories are a vital part of even the most basic wardrobe.
- There’s a difference between investment dressing and breaking the bank. Don’t buy anything that will accumulate interest on your credit card for years before you will be able to pay it off.
- Buy the best you can reasonably afford. Think quality. If you can afford either a really good wool sweater or a poorly made cashmere one, get the wool.



AP

# Celebrity

Kevork Djanszian/AP Photo  
Jamie Foxx accepts the award for outstanding performance by a male actor in a leading role for his work in "Ray," at the 11th annual Screen Actors Guild Awards on Saturday, in Los Angeles. See Page 31.



## SAYWHAT?



*"The bigger the star, the bigger the target. ... But truth always prevails."*

— Michael Jackson on why he has been a target during an interview on Fox News's "At Large with Geraldo Rivera."

## THE DAILY DISH

A year after **Jennifer Lopez** and **Ben Affleck** called off their wedding, her engagement ring has been "reacquired" by jeweler **Harry Winston**, said a spokesman on Friday. The ring is for sale, but the price is available only to "serious buyers." ... **Eric Clapton's** wife has given birth to the couple's third child — a girl — in a London hospital Tuesday, according to The Sun newspaper. ... **Bob Dylan** will head back on the road for a spring tour. The singer — and now author — announced dates for "The Bob Dylan Show," to



Lopez



Gandolfini

kickoff in Seattle on March 7. ... **James Gandolfini**, star of HBO's "The Sopranos," and fiancée **Lora Somoza** have split. ... Reigning American Idol **Fantasia Barrino** said one song on her new CD, "Free Yourself," is dedicated to young

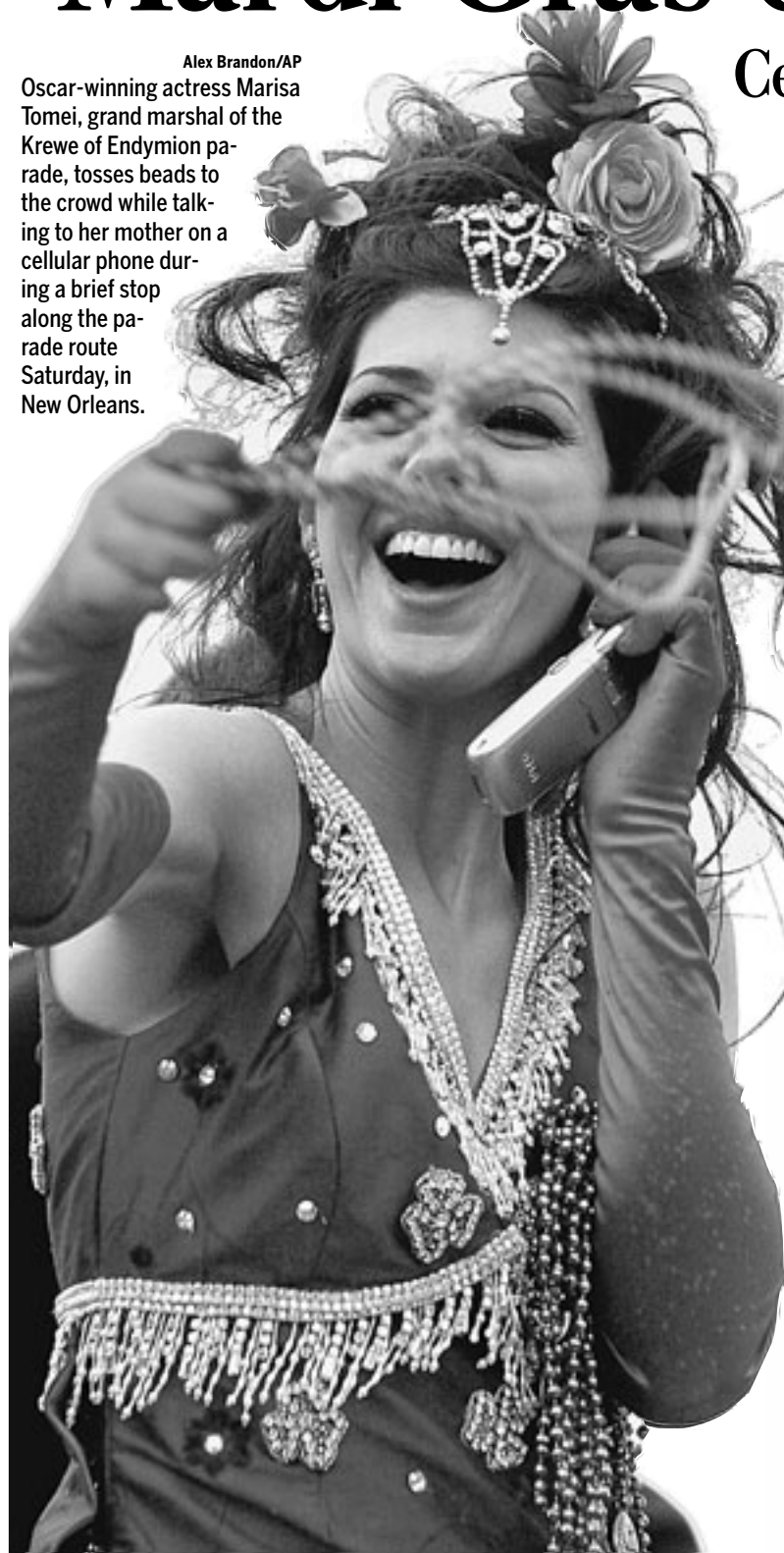
mothers who struggle to support themselves and their children — just as she does ... Thousands of Ethiopians and Rastafarians jam in the heat of the day in the capital's main square as Ethiopia threw a birthday bash for **Bob Marley**, the late reggae master, in what is billed as the country's largest concert.

— Associated Press

## Mardi Gras celebration

### Celebrities join crowd in riding floats, bead-tossing

Alex Brandon/AP  
Oscar-winning actress Marisa Tomei, grand marshal of the Krewe of Endymion parade, tosses beads to the crowd while talking to her mother on a cellular phone during a brief stop along the parade route Saturday, in New Orleans.



Above: Debbie Oxner, back to camera, Pam Cole, center, and Beverly Earnest dance together with other float riders from the "Proud Mary" float before the start of the annual Krewe of Gemini Parade Saturday afternoon in Shreveport, La. — Jim Hudelson/AP

Below: The Krewe of Endymion rolls with a theme of "Mythological Menagerie" in New Orleans on Saturday — Alex Brandon/AP



## U2 concert sells out within minutes in Ireland

### Talks of third show after 150,000 tickets sold

Associated Press

**DUBLIN, Ireland** — Tickets for two concerts by U2 in Dublin were snapped up within minutes Friday in a new Irish box-office record.

Fans of U2, which started in Dublin in 1979, camped out for two nights at some ticket outlets. But the bulk of more than 150,000 tickets, available for \$77 to \$104 (U.S.), were sold online.

Within 50 minutes, the tickets were gone — and speculation immediately mounted about a possible third concert.

"Nothing like it has ever been seen in Ireland before. ... We could have sold a million tickets," said a spokesman for the concert promoters in Ireland.

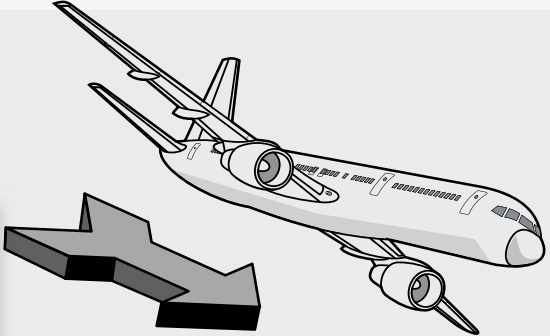
U2 is scheduled to play in Dublin on June 24 and 25, in the

middle of its planned "Vertigo" tour, which starts March 28 in San Diego, Calif., and ends in Lisbon, Portugal, on Aug. 14.

U2 last performed in Ireland in 2001, when it set the nation's previous record for ticket sales. Its initial concert sold out in 45 minutes and, after scheduling a second because of fan demand, those went in 94 minutes.



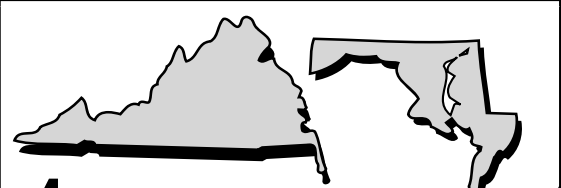
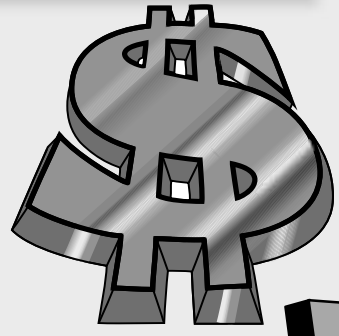
**1.** Absent the stadium, a large share of the money spent at a stadium would be spent at other entertainment venues in the metropolitan area. Only new spending in the area promotes local development.



**2.** Any impact from new funds is offset by the greater leakages out of the area of the sports dollar. The players get roughly 65 percent of the revenue (including the minor leaguers) and very few of the players live in the team's host city. Thus, a significant part of their income is spent elsewhere. Moreover, with short careers and extremely high incomes, players save a very large share of their income. This money enters the world's markets and does not support the local economy.



**3.** Spending hundreds of millions of public dollars on stadiums yields debt service obligations of tens of millions every year. On top of this, the city usually has to spend money on infrastructure, sanitation and security around the stadium and sometimes is also obligated to cover facility maintenance and upgrade expenses. These direct costs generally will exceed any revenue coming from the stadium and therefore engender a budgetary gap. The gap must be filled either with reduced services or higher taxes, both of which put a drag on the local economy.



**4.** A stadium, however, may shift economic activity around locationally within a metropolitan area. By doing so, a sports facility may serve a productive purpose even if it doesn't raise employment or income. That is; a city's planners may consciously seek to relocate activity in order to generate a vibrant urban core, to promote a depressed area or to catalyze development in an area already poised for growth.

**6.** Teams and stadiums produce a variety of unmeasured benefits to consumers. Economists have fancy terms for these: consumer surplus, externalities and public goods. But we can all recognize that sports teams can provide a salutary cultural impact by enhancing community expression, excitement and shared experience.

By Andrew Zimbalist

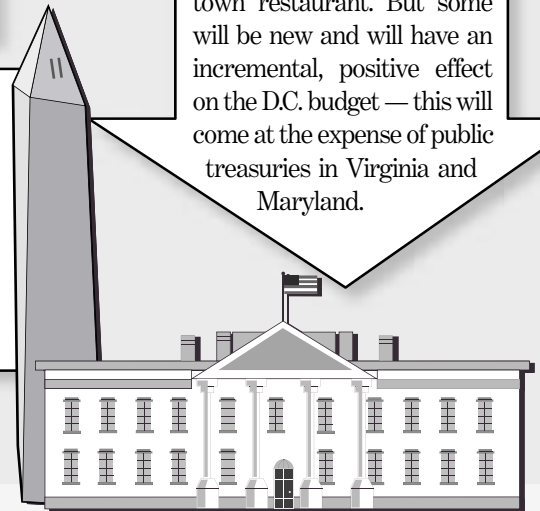


**5.** If the stadium project is accompanied by a commitment to also invest in commercial, residential or other development, it is certainly conceivable that the overall project will have a positive impact. But standalone stadiums are used infrequently over the course of a year and by themselves won't induce significant collateral investment. Additionally, if the goal is strictly economic development, building a stadium should always be compared to the best alternative use of the city's land and resources.

Relocation can also occur across tax jurisdictions. In the case of the proposed D.C. stadium, for instance, it is likely that a significant amount of leisure spending will be transferred from Virginia and Maryland into the District. Of course, not all spending by suburbanites at a D.C. stadium will be new to D.C. — some of it may substitute for spending at the Kennedy Center or a Georgetown restaurant. But some will be new and will have an incremental, positive effect on the D.C. budget — this will come at the expense of public treasuries in Virginia and Maryland.

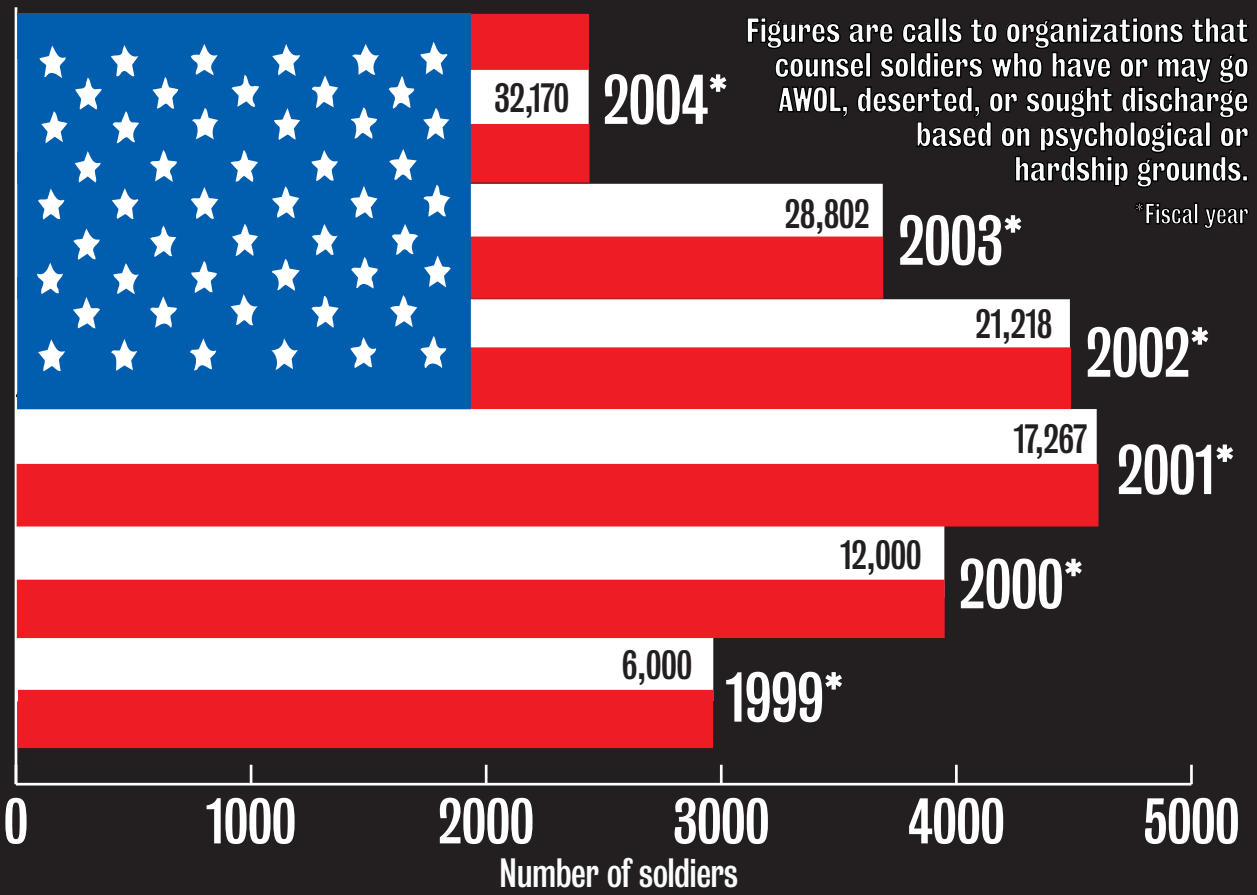
**Conclusion**

From the perspective of efficient resource allocation, these benefits would justify some degree of public support — not the support that comes from leagues or owners threatening to move the team, but the type of support that comes from public coffers to construct a public park or symphony hall. Since some of the benefits from a sports team or stadium are privately appropriated, the issue of stadium lease terms also becomes important. The real point, however, is that citizens and politicians should keep their eye on the ball: While subsidies cannot generally be justified on economic development grounds, more modest subsidies may make sense on quality-of-life grounds.



Andrea Zimbalist is Robert A. Woods Professor of Economics at Smith College and author of "National Pastime: How Americans Play Baseball and the Rest of the World Plays Soccer."

# Decline in soldiers leaving the Army



Source: Steve Morse, Central Committee for Conscientious Objectors



# Accident-prone intersections

## Metro area

Accidents\*

61

### Maryland's worst

Frederick Road and Shady Grove Road

58

### Virginia's worst

Backlick Road and Braddock Road

40

### Washington, D.C.'s worst

Montana Avenue and New York Avenue

## D.C.

40

Montana Avenue and New York Avenue

26

Bladensburg Road and South Dakota Avenue

25

North Capital Street and Massachusetts Avenue

\*Virginia and Washington, D.C. figures have been tallied for 2003. Maryland figures are for 2004.

Source: Department of Transportation and Police



The Health and Human Services and Agriculture departments unveiled new guidelines for healthy living. A brief look at the new guidelines, compared with those presented in 2000:

## IN WITH THE NEW OUT WITH THE OLD

### EXERCISE

Thirty minutes of exercise is the minimum. Exercise for 60 minutes to maintain weight and prevent weight gain. If you've lost weight, exercise for 60 to 90 minutes daily.

Be physically active every day, accumulating about 30 minutes of exercise daily.

### NUTRITION

- Eat a variety of foods that are high in nutrients and low in saturated and trans fat, cholesterol, added sugars and salt.

- Let the pyramid guide your food choices and pick a variety of grains, especially whole grains, and fruits and vegetables.

### FRUITS AND VEGETABLES

- Eat at least 4 1/2 cups of fruits and vegetables a day if you have a 2,000-calorie diet. Eat more or less depending on the calorie level.

- Eat 3-4 servings of vegetables and 2-4 servings of fruit a day.

### CARBOHYDRATES

- Each fiber-rich whole fruits and vegetables and whole grains often. Eat and drink little added sugar or caloric sweeteners.

- Choose a variety of grains, especially whole grains, and a variety of fruits and vegetables daily. Choose food and drinks to moderate sugar intake.

### FAT

- Keep trans fat as low as possible. Get no more than 10 percent of your calories from saturated fat and no more than 300 milligrams of cholesterol daily.

- Keep your diet low in saturated fat and cholesterol and moderate in total fat.

Source: AP

# BLOSSOM SCHEDULE

*The Cherry Blossom Festival began March 26 and runs through April 10. The National Park Service estimates that the cherry blossoms will be in full bloom April 4 through April 9.*



**3,000 of the 3,750 cherry blossom trees today are descended from the original trees shipped from Japan in 1915. There are 12 different varieties of trees, with the Yoshinos and Kwanzan being the most popular.**

Most popular trees are Yoshino. About half of the 3,750 trees are Yoshinos. Their blossoms are pure white.



The Kwanzan cherry trees are mostly white, with bits of pale pink. They bloom about two weeks after the Yoshino trees.



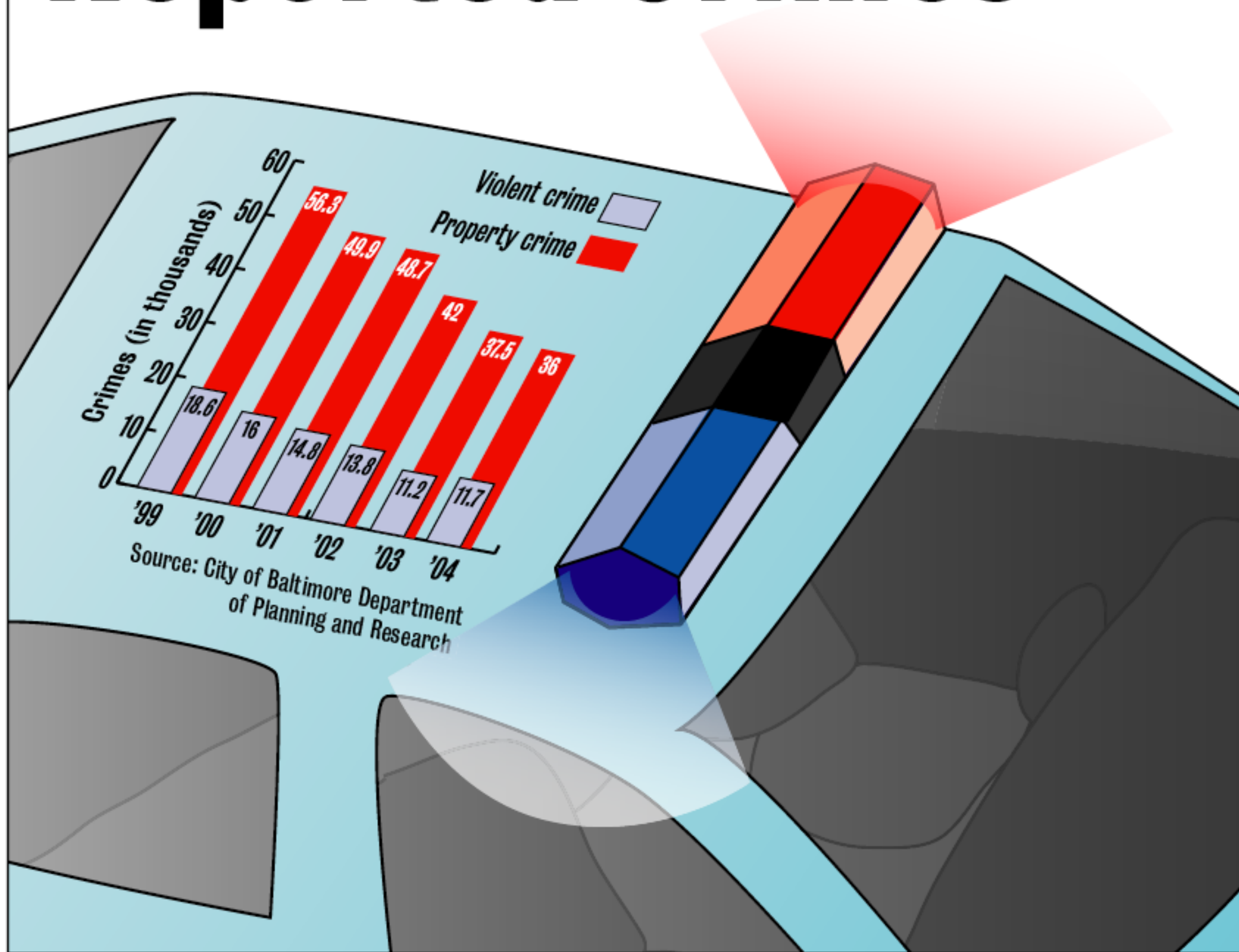
Akebono cherry trees are a breed of Yoshinos that have single pale pink blossoms. They can be found among the Yoshino trees.



Source: The National Cherry Blossom Festival, National Park Service



# Baltimore City Reported Crimes

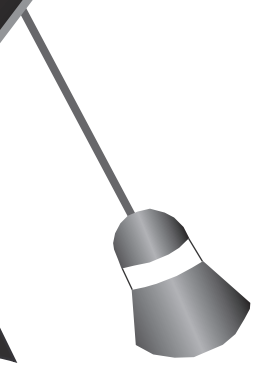


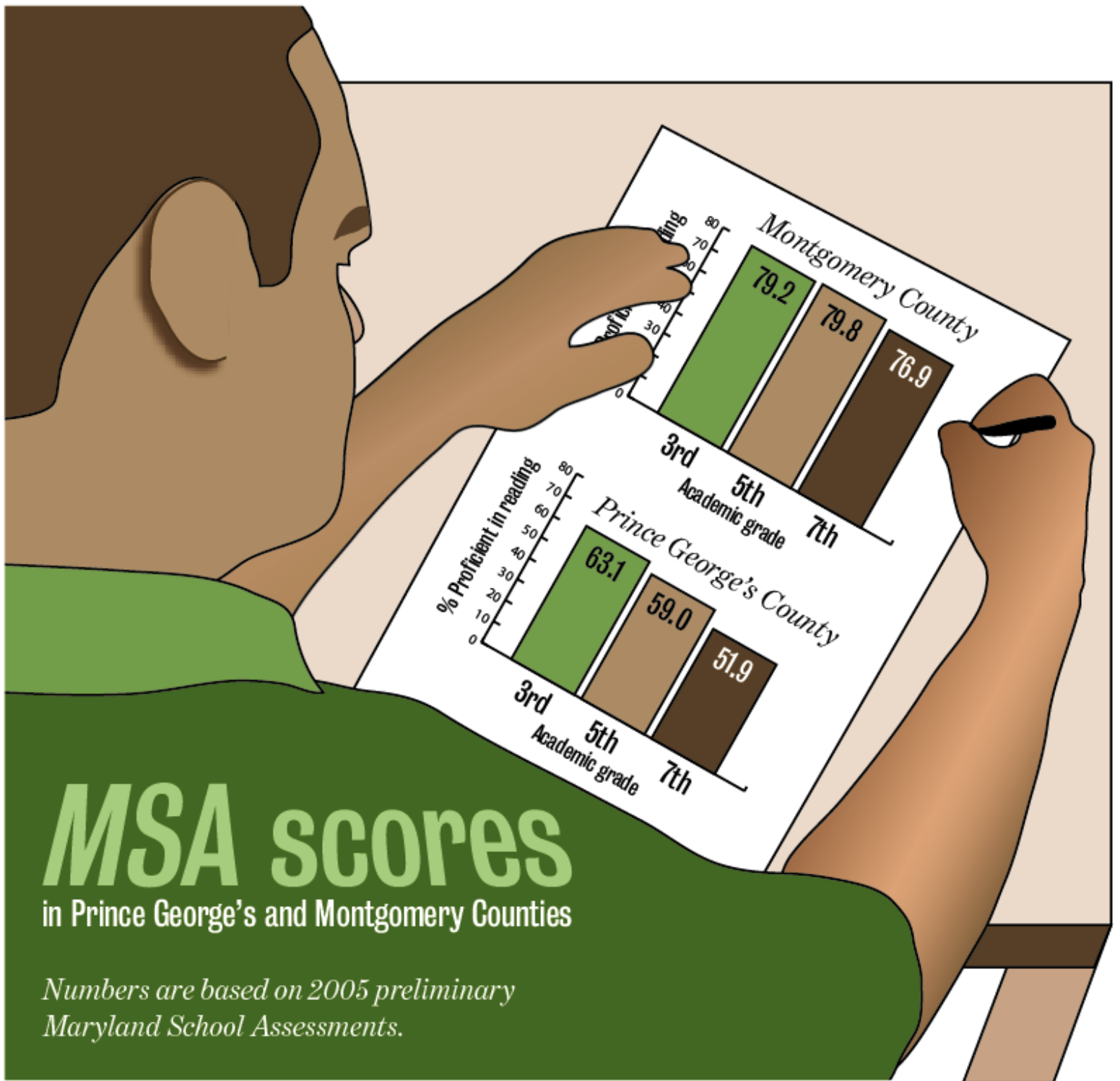
# Teachers' Salaries based on education

Figures are salaries for teachers with a bachelor's degree and teachers with a master's degree and their proposed salaries. Alexandria schools have not provided their salary proposals. Figures in U.S. dollars earned annually.

|                | Current BA | Proposed BA | Current MA | Proposed MA |
|----------------|------------|-------------|------------|-------------|
| Arlington      | 37,000     | 40,000      | 41,600     | 45,000      |
| Alexandria     | 34,800     | —           | 44,000     | —           |
| Fairfax        | 36,800     | 38,600      | 41,500     | 43,500      |
| Prince William | 36,500     | 37,600      | 41,000     | 42,200      |

Source: Area public schools





# MSA scores

in Prince George's and Montgomery Counties

*Numbers are based on 2005 preliminary Maryland School Assessments.*

# Metro Use 2004

Company

New York City Transit

Washington Metro

Metro Atlanta RTA

Major  
incidents\*

104

7

1

Vehicles  
Available

6,333

812

252

Vehicle Miles

344 million

54 million

24 million

Employees

65,000

10,000

4,300

Source: The Federal Transit Administration

\*Incidents include major collisions, derailments and fires.