### **Delaware Association for Public Administration**

#### DAPA Public Service Reader



Dec. 2011

# **President's Message**

Dear Fellow Public Administrator:

#### **GIVING THANKS**

Welcome to another edition of the *DAPA Public Service Reader*. I want to start by offering thanks to a few of the DAPA members I've had the privilege of working with this past year. While this publication is a product of the good work of many DAPA members who have contributed articles and ideas, I have to single out the two people who really make it happen every time. **Martha Narvaez**, in addition to her many other large and small contributions to DAPA (and having served as President for a year now, I can assure you that they are definitely numerous!) continues to serve wonderfully as Communications Chair. **Mark Deshon**, in spite of having no official DAPA title, continues to work



tirelessly with Martha not just to produce this newsletter but also to serve as our webmaster, photographer, and all around tireless and totally dependable go-to guy.

While I'm on this topic and still in the season's mood of giving thanks, I want to call out some of our other volunteers who have made the organization work over the past year. **Kathy Wian**, in addition to serving brilliantly as Vice President, has continued to chair the Program Committee. With the help of our DAPA Fellow **Corrinne O'Connor**, **Stephanie Patterson**, and others, she has put together a number of delightful activities over the past year. Most recently, they (especially Corinne) put together a terrific "speed-networking" event for students and young professionals. This first version was on the University of Delaware campus, and we hope to expand this activity and roll it out to other institutions as we go forward. Without duplicating Corinne's article, I'll just note that the buzz in the room was exhilarating, and all the participants seemed thoroughly energized by the evening's activity.

Among the young professionals participating in the speed networking program was our new Second Vice President, **Jonathan Kirch**. Jonathan stepped into that role in January and has contributed enormously to programs and to the leadership of the Council over the past year. His energy and the thoughtfulness of his contributions have been equally valuable to us.

I'm also thankful for the continuing contributions this past year of the continuing members of the DAPA Council. Treasurer **Martin Wollaston** continues steady at the helm not just of our financial resources but also in keeping the organization, and when necessary its President, grounded in DAPA's mission as Delaware's professional association for public administrators. **Gene Dvornick**, **Kim Gomes**, **Kelly Sherretz**, and **Kyle Sonnenberg** round out the 2011 Council. Both individually and collectively, they contribute remarkable energy and intelligence, guiding decisions, organizing activities, securing financial resources, and simply making the organization work.

Working with these folks and the others (too many to list) who have contributed to and participated in DAPA Council meetings and programs over the past year (and previous years) reminds me that this tiny state has a

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huge amount of talent—a "Small Wonder," indeed. So I really am thankful for the opportunity to work with and learn from such a remarkable group of people.

#### HOLIDAY CHEER

As I write this, we are making final preparations for what I expect to be a terrific annual meeting and awards dinner at the Deerfield Golf Club on December 8. We'll be honoring two DAPA public service award recipients for 2011—**Kim Book**, the founder and Executive Director of Victims' Voices Heard, and **Roy Lopata**, the longtime Director of Planning and Development for the City of Newark, Delaware. I'm looking forward to seeing many of you there, but let me wish you Happy Holidays here too!

One other cheerful bit of news is that, thanks to the work of DAPA's Council and members, we have been growing the membership, with a total membership now of at least 82 members.

#### INTO THE NEW YEAR

Looking ahead, we have a full plate for 2012, and welcome any additional ideas and efforts. Besides programs and meetings, some of which I hope will take place below the Canal, and for which I would welcome any ideas or proposals, we have an active agenda of work to consolidate and build upon recent strengthening of our organization. So please let me know (*justice@udel.edu*) if you have suggestions for (or even better, would like to help out with) these continuing projects:

- Membership development
- Program planning
- Website enhancements
- Applying to renew our DAPA, Inc., federal tax exemption

And don't be shy about getting involved in any activities you'd like to be a part of. All DAPA members are welcome at all activities and Council meetings! Council meetings are normally scheduled for the fourth Thursday of every month at 10:30 a.m. in the Delaware Water Resources Agency conference room in the Delaware Geological Survey Annex at 261 Academy Street in Newark, Del. We also have a call-in facility at 302-831-6494.

Finally, whether or not you choose to participate in Council meetings, please feel free to send me any other questions, comments, or suggestions!

Jonathan Justice, PhD President

## **DAPA 2011 Public Service Award Winners**



#### KIM BOOK

On December, DAPA hosted its Annual Awards Dinner to celebrate outstanding individuals who have made a significant impact through their public service in Delaware. One of the *two* Public Service Award Winners this year is an incredible woman who overcame tragedy and is helping hundreds of Delawareans through a nonprofit organization she founded, Victims' Voices Inc., which gives victims of crime the opportunity to meet with their incarcerated offender.

Kim Book's story of public service begins in 1995, when her only child, 17-year-old Nicole, was stabbed to death in her father's Delaware home by a 16-year-old man she knew. This event shaped Kim's life and is the driving force behind her quest to assist other victims/survivors of crime in their need to meet with their offender to hear them express remorse and responsibility for their crime.

Two years after Nicole's death, Kim began volunteering in the correctional system and participating in prison programs, including the victim-sensitivity program. These programs allowed her to have contact with offenders of severe violence and gain a better understanding of why people commit crimes. It also has deepened her respect for the correctional system.

In 1998 Kim began mediating minor offenses. In 2000 she began studying restorative justice and severe violence—dialogue programs in the United States. In 2002, with the help of the nonprofit agency People's Place and a federally funded VOCA (Victims of Crime Act) grant, Kim was able to implement the Victims' Voices Heard/Severe Violence Dialogue Program in Delaware. The program was then funded by the state through the Administrative Office of the Courts until 2010, when Victims' Voices Heard became its own nonprofit agency.

Kim is a trained mediator and facilitator in cases of severe-violence dialogue. She received her training at the University of Minnesota, under Mark Umbreit, Executive Director at the Center for Restorative Justice and Peacemaking. She has had extensive training dealing with sexual assault and sexual predators and is a trained sexual-assault volunteer. Kim also attended STAR (Strategies for Trauma Awareness and Resilience) at Eastern Mennonite University.

Kim has been trained in the Circles Process. Circles are used to solve programs, support one another and connect to one another. The Circle Process is used in a variety of contexts. In neighborhoods they provide support for those harmed by crime. In schools they create a positive classroom climate and resolve behavior problems. In the workplace they help address conflict.

Kim works closely with victim service providers in Delaware in order to help victims close another chapter in the healing process. She is a member of the Delaware Victim's Rights Task Force, the Sex Offender Management Board (SOMB), and active in the victims' services community of Delaware. At the pleasure of Governor Jack Markell, Kim has been appointed to serve on the State Council for Interstate Adult Offender Supervision Board.

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DAPA is honored to have presented Kim with this year's Public Service Award because she has sacrificed so much in her life to serve the people of Delaware in a way that is unique and admirable.

#### ROY LOPATA

DAPA honored a member of the Newark, Del., community who has given almost four decades of his life to serving the city of Newark. Roy H. Lopata has been serving Newark for over 37 years, 35 of which he was the City's Planning and Development Director. Roy also served as Interim City Manager for Newark.

During Roy's tenure as Planning and Development Director, the department was responsible for the physical and economic development of Newark, including drafting and implementing its Comprehensive Development Plan; evaluating all zoning, subdivision, annexation, and related



development proposals; designing and managing the public-transit service; managing on- and off-street parking facilities; administering the city's Housing and Community Development Program; and enforcing the Building Code and property maintenance.

Roy has also assisted the City Manager's Office with labor and personnel relations and provides staff assistance to the city's Planning Commission, the Downtown Newark Partnership, the Community Development and Revenue Sharing Advisory Committee, the Mayor, and City Council.

Roy was born and raised in New York City. He holds a bachelor's degree in History from American University and a master's degree and Doctor of Philosophy in American History from the University of Delaware.

Roy has two married daughters—Wendy, who lives with her husband and two children in Los Angeles, and Rebekah, who lives and works with her husband in Chennai, India. He is also a member of the American Planning Association, which is the organization DAPA partnered with last year for the Annual Awards Dinner.

That Roy Lopata, as Newark Planning Director and in other capacities, has had a rather extraordinary impact on the Newark community made it abundantly clear that he is someone who has in fact made very substantial public service contributions in Delaware. Roy's dedication to the City of Newark and to the public service work he performs as a professional has truly helped make Newark "a wonderful place to live."

DAPA is excited and honored to have presented this year's Public Service Award to someone who is a true role model in municipal government.

—by Corinne O'Connor

photo of Kim Book courtesy of Kim Book, photo of Roy Lopata by Mark Deshon

## 2011 DAPA Annual Awards Dinner



On December 8, 2011, the Deerfied Golf Club (Newark, Del.) provided a sophisticated holiday backdrop for the Delaware Association for Public Administration (DAPA) 2011 Annual Awards Dinner. The evening began at 5:30 p.m. with networking and social time and brought together professionals and students working in the public administration field in Delaware.

DAPA President
Jonathan Justice served
as emcee for the evening
and welcomed the group
on behalf of DAPA.
Jonathan briefly thanked
everyone for attending
the event and thanked the
event organizers—Julia
O'Hanlon, Kim Gomes,



and **Kathy Wian** and University of Delaware School of Public Policy & Administration students **Corrine O'Connor** and **Cimone Philpotts**. Jonathan noted that

DAPA has grown to over 80 members and held a series of exciting events in 2011, including the Blue Rocks social and a speed-networking event. Events tentatively scheduled for 2012 include a downtown Newark development tour (hosted by DAPA Council member **Kyle Sonnenberg**) and student networking opportunities. Jonathan's remarks were followed by a delicious dinner. After dinner, DAPA conducted its organizational business, announced its election results, and proceeded with the awards portion of the evening. The following are the officers elected for the 2012-2013 term:

- **Jonathan Kirch**, 2nd Vice President
- Martin Wollaston, Treasurer
- Kelly Sherretz, Council
- David Bird, Council

After the business portion of the meeting, awardees were introduced and each gave an address before receiving his/her award. Unlike the past, when only one award was given, this year DAPA honored two very deserving public servants for the DAPA Public Service Award—**Roy Lopata** and **Kim Book**. This award is given annually to an individual who displays accomplishments in leadership in public service, shows commitment and dedication to public service, is responsive to current issues, and demonstrates innovation and/or creativity.

Kyle Sonnenberg, DAPA Council member and Newark's City Manager, introduced colleague Roy Lopata. Lopata is the longtime Planning and Development Director for the City of Newark, Delaware. Sonnenberg described the extensive impact Lopata's dedication and commitment to the City has had on residents and employees of the City of Newark.

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Lopata opened his remarks by giving thanks to the hard work and dedication of his fellow City staff and Newark's council members attending the event. Roy admitted that he accidentally fell into his work with the city while looking for a teaching job at the University of Delaware. He described his first assignment—reviewing records for a personnel grievance—and said that it set him up for the rest of his career—conducting research on important issues and



working to serve the needs of the city. He stated that every day for the past 37 years his assignments have reflected the needs of the community and he has enjoyed seeing the fruits of his labor. He remarked he has had an extremely rewarding career, has enjoyed the adventure, and is excited to soon let others "enjoy the ride."

Kathy Wian, DAPA's 1st Vice President, introduced Kim Book. Book is the founder and executive director of Victims' Voices Heard, a nonprofit organization that gives victims of crime the opportunity to meet with their incarcerated offender

Book described the circumstance that drove her to lead the life she lives today. She is a victim of a violent crime; however, rather than choose to be angry or dwell on her misfortune, she has chosen to take action and take control. The murder of Book's daughter awakened her need to help others, and since then she has worked tirelessly to help victims allow their voices to be heard. It is Book's life's mission to help both the victim and the incarcerated. She actively chooses joy and asked the audience not to feel sorry for her but to support her efforts in honoring her daughter by helping her improve our criminal-justice system and end violence in our state.

Both award recipients have devoted themselves to public service and improving the community in which we live. Honoring these efforts, DAPA member **Albert Shields**, who works for Delaware Congressman John Carney, delivered a tribute from the State Senate to each award recipient for their hard work and dedication. The state of Delaware is a better place because of the efforts of Roy Lopata and Kim Book.

The evening concluded with additional social networking.

More event photos can be viewed online at www.dapanet.org/events.html.



Kim Book, Kathy Wian, Jonathan Justice, Roy Lopata, and Kyle Sonnenberg

—by Martha Corrozi Narvaez

photos by Mark Deshon

# **DAPA Speed-Networking Event**

Every fall, DAPA hosts an on-campus event for students to experience DAPA's greatest resource—its professional members. Last October, DAPA held a Brown Bag Lunch Panel at the University of Delaware with its first-year MPA students and five DAPA members who are public administration professionals. The event was a success, but this year, the Program-Planning Committee wanted to try something new and exciting to attract graduate and undergraduate students—a Speed-Networking Event.

On Thursday, November 17, 2011, DAPA members, professionals, and students gathered at Perkins Student Center Gallery on the University of Delaware's Newark campus. Many of the professionals were excited to see one another; several were MPA alumni who hadn't seen former classmates since graduation. The students were enthusiastic but poised and professional, and, after some initial instructions, everyone began speed-networking. The number of students nearly equaled that of the professionals who came, so the students were able to meet and discuss goals with professionals on a one-on-one basis, which was



a truly unique opportunity for the students. Each rotation lasted between six and seven minutes, and many participants said they wish they had had even more time to chat, having benefitted greatly from meeting with everyone else. Students were able to discuss career development with professionals while expanding their own horizons in relation to the breadth of possibilities within the public administration field.



The students were also interested in an additional incentive—two tickets to the DAPA Annual Awards Dinner. Through a generous donation by the University of Delaware's Institute of Public Administration, the students could go after a bigticket raffle item. The tickets were won by DAPA member **Stephanie Patterson**.

The feedback from students and professionals about the event was overwhelmingly positive, and we hope to bring students and professionals together again in the years to come.

The following professionals who participated in the Speed-Networking Event represented the diverse areas of public administration that the MPA students had identified as interests in their internship class, which was led by DAPA member and UD School of Public Policy & Administration Internship Program Coordinator **Doug Tuttle**.

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#### Leah Jones Woodwall

Maternal and Child Health Bureau Chief with the Delaware Health and Social Services' Division of Public Health

#### Dr. Susan K. Haberstroh

Education Associate, Regulation Review and Legislative Liaison for the Delaware Department of Education

#### Jonathan Kirch

Regional Government Relations Director for the American Heart Association & American Stroke Association

#### Martha Corrozi Narvaez

Associate Policy Scientist with the Water Resources Agency of the University of Delaware's Institute for Public Administration and former President of the Delaware chapter of the American Water Resources Association

#### **Nicole Quinn**

Preparedness Director for the Office of Emergency Medical Services and Preparedness Section within the Division of Public Health

#### Jennifer Ranji

Delaware Governor Jack Markell's Policy Advisor on Education and Children's Issues

#### **Courie Foster**

Credit Clinic Director for the Delaware Community Reinvestment Action Council (DCRAC)

#### **Albert Shields**

Delaware Congressman John Carney's Delaware Press & Policy Advisor

#### Carlos Herrera

Housing Clinic Director for DCRAC's fair housing and foreclosure prevention programs

#### **Brian Yin**

Program Associate for the Policy Team at the Rodel Foundation of Delaware and former teacher with Teach for America

#### **Molly Magarik**

Delaware Congressman John Carney's Deputy State Director and former Executive Director of the Delaware Democratic Party

#### **Rony Peralta**

Tax Clinic Director for DCRAC

#### **Kim Gomes**

Lobbyist for The Byrd Group, focusing on state and local issues

#### **Emily Falcon**

Director of Financial Reform Resources for the Delaware Department of Education

—by Corinne O'Connor DAPA Public Service Reader

# Member Spotlight: Brandon Rabidou

DAPA member **Brandon Rabidou** is currently a second-year graduate student in the University of Delaware's Master of Public Administration (MPA) program. This native Californian came to University of Delaware for its proximity to Washington, D.C., and New York City, as well as the strong reputation of the MPA program (Brandon was referred to the MPA program by an alumnus). As a requirement of the MPA program, Brandon was responsible for finding himself an internship in a public or nonprofit agency for the summer of 2011. By the end of his exhaustive search, Brandon landed an internship at the FBI.

Brandon's interest in the federal government led him to apply to the FBI's Honors Internship program. After being selected into the program, Brandon had to go through an extensive background-investigation process that took several months. While Brandon was originally selected for a paid internship, federal budget negotiations froze internship funding, and Brandon elected to continue to serve as an unpaid intern. After clearing his background investigation, Brandon was selected to work at one of the 16 Regional Computer Forensic Laboratories (RCFL) in San Diego, Calif.



Regional Computer Forensic Laboratories are training and examination centers that support investigations of digital evidence in a wide variety of areas. One of the unique aspects of the RCFLs is that they unify the experience and resources of federal, state, and local law enforcement. As an example of the multijurisdictional nature of RCFLs, Brandon was able to work with staff from the FBI, California Highway Patrol, and San Diego Police Department (as well as many others). The San Diego Regional Computer Forensic Laboratory (SDRCFL) has 16 of these partner agencies working together under one roof. San Diego also has the distinct honor of being the first RCFL in the nation and it has served as a model for the expansion of the National Regional Computer Forensics Laboratory program. Brandon was able to work directly with SDRCFL's Director.

While working for the SDRCFL, Brandon was able to get a variety of unique experiences. For most of the summer, he received basic training on using digital forensic tools as well as other hardware that helps the SDRCFL function. Brandon created future expansion plans for the SDRCFL as he has a B.S. in Public Planning (from Northern Arizona University). During the summer, Brandon also was able to go on search warrant–legitimized searches, which are essential tools in fighting cybercrimes. The picture above shows Brandon "verifying the accuracy" of the FBI's gun arsenal at a "shooting range day." Without a doubt, Brandon had a wonderful experience working with the FBI, and he always comments about how impressive the SDRCFL staff members are.

Brandon is currently finishing his MPA and will be graduating in May 2012. Currently, he is job-hunting and is excited at the prospect of beginning a long and rewarding career of public service.

photo courtesy of the FBI www.dapanet.org/reader

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## **Newark Wins Great American Main Street Award for 2011**

The Downtown Newark Partnership (DNP) of Newark, Del., is one of five winners recognized as leaders in downtown revitalization at the National Trust for Historic Preservation's **2011 Great American Main Street Awards**® (GAMSA). The Downtown Newark Partnership was recognized for its exceptional accomplishments in revitalizing downtown Newark by using the proven Main Street Four-Point Approach®. GAMSA winners

demonstrate exemplary achievement in the process of strengthening their downtowns and commercial districts based on the following selection

criteria:

- Active involvement of the public and private sectors
- Broad-based community support for the revitalization effort
- Quality of achievements over time
- Innovative solutions to significant problems
- Commitment to historic preservation
- Evolving track record of successful commercial district revitalization
- Comprehensive revitalization effort: activity in all four points of the Main Street Four-Point Approach® to commercial district revitalization
- Economic impact of the revitalization program
- Successful small business development



The DNP was selected by a national jury comprising former award winners, community development professionals, and governmental agency representatives who are active in community economic development and historic preservation.

Using the Main Street methodology, Newark, Del., has evolved from a sleepy college town with a struggling downtown to a small-business hotbed and regional shopping, dining, and entertainment destination. By bringing together a diverse group of stakeholders, including the University of Delaware, elected officials, business owners, and residents, the Downtown Newark Partnership has

capitalized on Newark's business and tourism opportunities without losing its historic identity or small-city roots.

The Downtown Newark Partnership worked skillfully with public and private partners to find creative solutions to downtown's challenges and to celebrate its assets and opportunities. With 26 new businesses opening and more than \$30 million invested in the past 3.5 years and a popular year-round arts and events calendar that draws from miles around, Newark has emerged as a fun, attractive, and intelligent city for work and play.

—by Dana Johnston, Community Affairs Officer, City of Newark

photo courtesy of the City of Newark

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# NPDES Stormwater Education and Public Outreach Workshop



On September 28th the University of Delaware's Water Resources Agency (WRA), a unit of the School of Public Policy & Administration's Institute for Public Administration, hosted a workshop to discuss stormwater education and public outreach. This workshop specifically involved discussion of tools and methods to meet the stormwater-education requirements of the EPA's National Pollutant Discharge and Elimination System (NPDES) permit. The workshop was funded through an award received from the Delaware Center for Transportation (DCT).

In Delaware there are more than 5,000 miles of roadways to maintain and manage. These roadways are a significant source of stormwater runoff and are thereby regulated by a NPDES permit. The named permitees on the NPDES permit that is the focus of

this grant are New Castle County, DelDOT, and six municipalities (Bellefonte, Elsmere, Middletown, Wilmington, New Castle, and Delaware City). In this permit each of these entities is authorized to discharge stormwater from/through portions of the municipal separate stormwater sewer system (MS4) located in New Castle County, Del. One requirement of this permit is that the permitees must meet specific education and outreach goals related to stormwater runoff.

This workshop was an interactive approach to educate the participants about the tools that are available to help meet the public education and outreach requirements in the NPDES permit. There were 18 participants from a variety of organizations, including DelDOT, New Castle County, the City of Wilmington, Delaware City, the Town of Elsmere, the Town of Middletown, the University of Delaware, and the White Clay Wild and Scenic Management Committee. Eric Eckyl of Water Words That Work, LLC, led the workshop.

The workshop participants learned about several essential components of marketing and educating the public about specific topics that relate directly to the stormwater goals of the permit. Eckyl discussed the importance of creating a focused message and targeting a specific audience or group with this message. Eckyl discussed a multitude of available information sources about the audience one is targeting. For example, he provided statistics on the population of New Castle County, one specific area on which the outreach and education campaign will be focusing. Eckyl noted that according to the U.S. Census, New Castle County's population is 538,479, it is 66 percent white, and the educational attainment of those who are age 25 and older is as follows:

- 32% have earned a 4-year degree or higher.
- 88% have a high school degree or higher.
- 12% did not complete high school.
- The per capita income is \$31,071.
- The home ownership rate is 71%.
- 10% live below the poverty level.

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Each of these factors is critical in developing a campaign that will reach and be meaningful to the residents in New Castle County. This type of information was also provided for the State of Delaware, City of Newark, and Town of Middletown.

In addition to knowing one's target audience, Eckyl discussed the importance of making a real impression and changing behavior based on the message one develops. For example, how many people read the newspaper ad or heard the commercial and then volunteered at the event or signed the pollution-prevention pledge? Moving people to act based on an ad or commercial or some other marketing tool is critical to getting the message out and achieving a successful education and outreach campaign.

Following the project workshop, WRA's **Martha Corrozi Narvaez** and **Andrew Homsey** will draft a report to discuss previous research on stormwater education and outreach campaigns, ideas discussed at the workshop, and a plan forward to meet the NPDES stormwater education and outreach requirements of the permit. This will be completed by early Spring 2012.

—by Martha Corrozi Narvaez

photo by Nicole Minni

# Framing the Message About Seafood for Consumers: A Consensus-Building Conference

On September 20, 2011, stakeholders from across the country who were interested in the risks and benefits of seafood consumption gathered at University of Delaware's John M. Clayton Hall Conference Center for a unique and engaging conference. Their primary purpose was to share ideas, participate in discussions, and work collaboratively to reach consensus on common messages for healthcare providers and consumers.

Representatives and experts from the University of Delaware's Sea Grant College program, Oregon State University, University of Rhode Island, University of Florida,



University of California, and Cornell University joined forces with representatives from the private sector, government, and the advocacy community to discuss the challenges and opportunities of a risk-based approach to seafood safety. The conference focused specifically on making concrete and actionable recommendations for implementation of a new science-based message.

The conference was coordinated by Doris Hicks, a Seafood Technology Specialist with the Delaware Sea Grant College program on the University's Lewes campus. DAPA members **Kathy Wian**, **Ted Patterson**, **B.J. DeCoursey**, and **Corinne O'Connor** assisted Hicks in designing the conference agenda and facilitating small-group discussions. Patterson and DeCoursey are staff members in the University of Delaware's Institute for Public Administration (IPA) who specialize in transportation and local and regional planning. IPA staff member Wian and O'Connor, an IPA undergraduate Public Administration Fellow, specialize in meeting design and facilitation. They all have experience in bringing diverse groups of people together around important issues and assisting them in meaningful dialogue, gaining understanding, building consensus, and establishing long-term sustainable outcomes.

The conference dealt with the question, "What does the public need to know about the benefits and risks of eating seafood?" Participants agreed it was important to promote the many benefits of seafood consumption while clearly stating the risks, largely because there seem to be conflicting messages in the public arena regarding how much and what types of seafood one should eat and the risks associated with seafood-borne toxins. Seafood-consumption limitations recommended specifically for at risk groups—pregnant and nursing women, children, and the elderly—have become the standard for the general public. In recent years, there has been a great deal of information published about the various benefits seafood can contribute to a person's health as well. Seafood is low in sodium, carbohydrates, and calories. It is a good source of protein, omega-3, vitamin

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D, and selenium. It can decrease the risk of depression, suicide, diabetes, stroke, and heart disease while improving cognitive development, one's immune system, and heart health.

As a result of the conference, the group reached consensus on the following recommendation: *Eat at least 8-12 ounces (same as 2-3 meals) of a variety of seafood each week for good health.* Having synthesized information from government agencies and research from leading universities, conference leaders have launched the website *www.seafoodhealthfacts.org* to help consumers 1) weigh the benefits against the likely risks of eating seafood and 2) feel confident about their seafood choices.

—by Corinne O'Connor and Kathy Wian

sldint.com photo