



OFFICE OF THE SHERIFF

Prince George's County, Maryland

Michael A. Jackson
Sheriff

PRESS RELEASE

Sgt. Mario Ellis
240 508-7638

May 22, 2009
FOR IMMEDIATE RELEASE

Sheriff Leads by Example

After extolling the virtues of physically fit deputies and the value of higher education being the backbone to enhanced service to the public, Prince George's County, MD Sheriff Michael A. Jackson decided the best way to get his point across was to set the example.

"It started with the weight loss and blossomed from there", says Jackson, who has lost about 40 pounds in about the last two years. "I feel better, my focus is sharper and I have energy I haven't had in a long time."

Last summer, Sheriff Jackson polled his employees to find what he could do to enhance morale and one of the issues that kept coming back was the need for a fitness center that was user friendly in spite of ones' fitness level. "I just happen to mention this to Angie Resse-Hawkins, President and CEO of the YMCA of Metropolitan Washington and they came through in a big way. Our newly formed partnership with them has led to them donating strength and cardio equipment to the Office of the Sheriff along with the use of fitness counselors to get us off on the right foot." "A deputy who fits his uniform well represents him and our agency in a positive light and gives the public confidence in our abilities to perform our duties."

However, knowing that physical fitness is only half the equation, Jackson began encouraging all of the members of the Sheriff's Office to further their knowledge. "We have all levels of education working here, from high school diplomas to undergrad studies. Everyone benefits; from the individual to the very people who

call upon us for service”, stated Jackson. “Several people have taken my advice and began going back to school; some to finish where they left off in college, some to begin college, some just to study things that interest them. I’m excited either way, I’m happy that they are motivated enough to do this for themselves. It is so important to keep our minds sharp when we’re needed the most.”

Jackson himself walked across the stage on Thursday, June 21st as he accepted his Masters of Science in Management with a 4.0 grade point average from John Hopkins University in Baltimore.

Box 548, Upper Marlboro, Maryland 20773 (301) 883-7000
FAX (301) 883-7984