

Mural Project Helps Beautiful Corner of West Baltimore



Bon Secours, which plans to celebrate its 100th anniversary in 2019, was treated to a colorful mural that stands out along the corner of Payson and Baltimore streets in West Baltimore by Maryland Institute College of Art (MICA) graduates Whitney Frazier, her partner Crystal Dunn, and other volunteers. Frazier said that the goal of the mural project was to beautify the brutalist, concrete wall that previously greeted the local residents each morning as they step out of their doors.,

(See article on page 8) Courtesy Photo

Fear can be our worst enemy or our best friend

By Charles (Chazz) Scott, Nucleus Team Member, Positively Caviar, Inc.

My foot tapping uncontrollably, while perspiring profusely with goose bumps populating all over my body, as I played Russian Roulette with the thoughts in my own head. Should I pull the trigger, stand up and express my idea or do I continue to let fear dictate my actions?

The more I thought about it, the more afraid I became, and my body responded almost instantaneously. Then, something suddenly happened. I became aware of what my body was unconsciously responding to and as I became conscious of my thoughts, I asked myself why was I scared in the first place?

With my thoughts in check, my body began to respond accordingly. I started to feel strong, mentally and physically, which allowed me to feel less fearful. Positive thoughts began seeping into my consciousness, thus allowing me to stand and ask my question in the massive ballroom at the Baltimore Convention Center.

This is exactly what took place in my mind in a ballroom filled to capacity of cyber security professionals from academia, government agencies and the private sector; and the person to whom I wanted to direct my question just happened to be Admiral Michael Rogers, who at the time was serving as the 17th Director of the National Security

Agency (NSA) and the second commander of the U.S. Cyber Command (USCYBERCOM). As you might have guessed, I think I had every right to be nervous.

Researchers refer to this human process as “analysis paralysis.” You may have heard of it as fight or flight, but whatever you may call it, I guarantee that you have been here before. We all have. Whether you’re afraid to ask a question in the classroom, or have a great idea in a work meeting, or even if you are avoiding having a difficult conversation that you know needs to happen with a significant other, trust me, we’ve all been there.

Fear can hold you back from the job promotion you’ve been wanting and it can keep you stagnant in solving problems in your life that you know you need to fix.

If we know that fear can hold us back from what we really want in our lives, why do we continue to allow it dictate to us?

There are no mistakes in the way humans were designed. Fear was embedded into us since the dawn of our existence to keep the species alive and safe. However, that’s not the type of fear, I am talking about. I am talking about the fear that you know you need to overcome to push your life to the next level. It’s time to grab your life by the reins and take critical action towards the



Charles (Chazz) Scott
Nucleus Team Member
Positively Caviar, Inc.
Courtesy Photo

fear you know you need to overcome.

Over the past couple of years, I started to become more conscious of my thoughts, emotions and the way my body responds to “fearful” moments in my life. I began to try different strategies to overcome these fearful responses. Now, when I notice my foot tapping uncontrollably, I begin to consciously think positive thoughts, which directly slows down the tapping of my foot. When I notice myself sweating, I start to quiet myself while taking slow, deep breaths that eventually slows down my perspiration rate.

This is the reason why after a couple of seconds of noticing what my body was

doing, I knew I had just the right amount of courage to stand up, walk to the microphone and ask my question related to attribution with regards to cyber security attacks. This is exactly what I did at the NSA’s 2017 Information Assurance Symposium (IAS) in front of hundreds of people.

Fear can either be your worst enemy or it can be used to your advantage in a work situation, in your relationships, and in accomplishing your goals. It’s our job to become conscious of how our mind and body operates in moments of fearful or stressful situations and implement the strategies needed to overcome them.

Your life is waiting. Everything that you want in life is on the other side of fear. Build your courage. Become aware of your negative thoughts and push yourself past our primitive nature to become the master of your destiny.

Fear can be your worst enemy or it can be your best friend that pushed you to reach your fullest potential. You choose.

Positively Caviar, Inc. is a nonprofit organization focused on a message of positivity and optimism. Once a month, our Nucleus Team writes a column focused on mental and physical health tips, scientific studies, nutrition facts and stories that are positive in nature to support a purposeful and positive lifestyle. To learn more about our organization, the nucleus team or how you join our positive movement, visit: stay-basedandpositive.com

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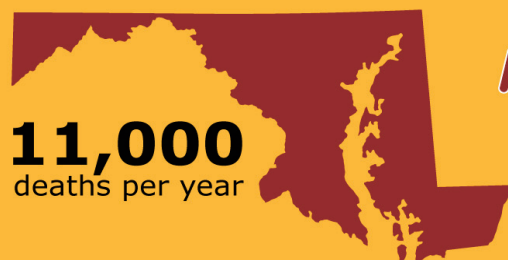
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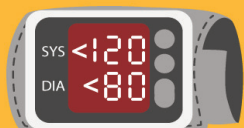
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Saint Agnes Health Institute Improves Access to Fresh Produce



The weekly community produce market aims to serve as community health resource
Photo Credit: ClipArt.com

Baltimore— Every Thursday, starting on August 16, 2018, the new Saint Agnes Health Institute is partnering with Hungry Harvest’s “Produce in a SNAP,” a Supplemental Nutrition Assistance Program that pairs access to healthy foods with patient education.

The offering aims to address community health needs by increasing access to fresh fruit and vegetables to improve the overall wellbeing of the Baltimore community.

Members of the community are invited to purchase a bag of fresh fruits and veggies valued at \$15 for just \$7. The markets also accept SNAP benefits.

The market will be held every Thursday from 10:30 a.m. to 1:30 p.m. on the sidewalk of Saint Agnes Hospital between parking lots B and F, adjacent to the Hackerman-Patz House.

In case of rain, the market will be held in the Wilkens Avenue Parking Garage at 900 Caton Avenue on the first floor.

More information about the market is available at:
<https://www.stagnes.org/community-produce-market/>.

1. Maryland Behavioral Risk Factor Surveillance System, 2013. www.marylandbrfss.org.

Brought to you by Maryland Department of Health’s Office of Oral Health and the Center for Chronic Disease Prevention and Control.



Guest Editorials/Letters

The Cummington Story

By Richie Davis

The little red house in the hilltown of Cummington, Mass. (pop. 800) sits not far along Main Street from the town's historical museum, which marks its 50th anniversary this summer with continuous Saturday showings of a 1945 U.S. government documentary about a proud moment that echoes today.

It was in that house, as depicted in "The Cummington Story," that many of the 44 World War II refugees who found sanctuary in this western Massachusetts community stayed between 1940 and 1944.

The 20-minute U.S. Overseas War Information Bureau film (<https://archive.org/details/gov.archives.arc.46921>), which was translated into 20 languages, dramatizes the temporary haven the Rev. Carl Sangree offered for German and Austrian refugees through the General Council of Congregational Christian Churches.

The Yankee townsfolk, at first suspicious of who these foreigners were and why they had traveled on a Greyhound bus to the picturesque New England village, felt the strangers—many of them artists, craftspeople and literary figures who were political refugees or part of mixed religion couples who fell through the cracks of other assistance programs—couldn't be trusted. But the strangers, who used their stay at the makeshift hostel—a dozen at a time—to retool their skills to find their way to new lives, won over the locals by their hard work.

The film was part of a series the U.S. government used to be shown in recently liberated Europe to counteract enemy propaganda and show the value of democratic institutions, from a New England town meeting to the freedom of religious expression.

Yet "The Cummington Story" also hints at some of the tensions the foreigners experienced, with some villagers—believing they were spies—even threatening to shoot them. They were confined to their rooms during a quarantine imposed after the nation declared war on Japan in 1941.

Tensions seem to melt away by the film's end through a kind of "occupational therapy" of these strangers honing their skills and taking part in village life in a way that helps both groups feel more comfortable with one another.

"I've always felt the strangeness between people breaks down when they live and work and meet together as neighbors," said Sangree, who serves as narrator of the film, and who himself was suspect because he played basketball on Sundays amid the 'Puritan' people of Cummington.

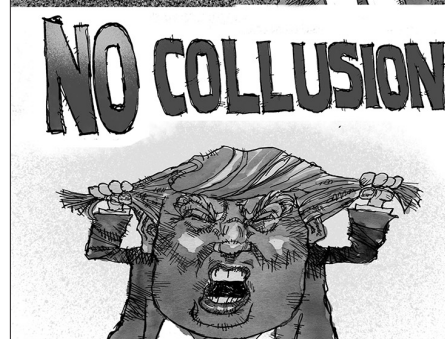
The Cummington story of today is of a small town that still struggles decades after the region's manufacturing base, as well as its dairy farms were lost. Even its elementary school recently shut down.

Yet what remains is a pride in this town, which was home to two U.S. poets laureate over the past 50 years and was also the home of poet and New York Post publisher William Cullen Bryant, a prime supporter of Abraham Lincoln's presidential ambitions. Some of its new residents any of the newer residents may hardly be aware of Sangree and the refugees he helped here, says Rev. Stephen Philbrick, pastor of one of the tiny town's two Congregational churches, whose wife is Sangree's granddaughter.

"People are passionate here about a lot of things," said Philbrick, a standard bearer at the 15-year-old weekly peace vigil in front of the Bryant homestead to champion a variety of causes, including the latest crackdown on immigration.

Pride and a sense of social justice, run deep in Cummington, as the continuous showing of the 1945 film demonstrates, in part because of its role in offering refuge to foreigners who turned to America for help in starting a new life.

Richie Davis, distributed by PeaceVoice, is an award-winning journalist with 45 years experience whose reporting from Kentucky was supported by the Pulitzer Center on Crisis Reporting.



Letters to the Editor:

Editor:

Re: Two Faced President

As a Conservative Independent, I agree with some of Trump's domestic policies, but Trump is two faced concerning foreign trade.

President Trump harassed and threatened Harley Davidson because they are moving their foreign production overseas in response to the imposition of the Trump tariffs. He has railed against other U.S. companies who have moved facilities to foreign countries.

Trump's trade war with China might eventually even out the trade imbalance with China, but it might lead to China establishing trade deals with other countries and the permanent loss of revenue to U.S. companies and farmers.

Trump has businesses all over the world producing his products.

Trump shirts have been made in China, Bangladesh, Honduras and Vietnam. Some of Trump's suits came from Indonesia. His eyeglasses are from China. Some furniture emanates from Turkey. Trump flags and hats are made in China.

Many of the Trump hotel products manufactured overseas, include pens, shampoo, body wash, moisturizers, shower caps, laundry bags, pet products and bath towels from China.

Trump's outsourcing is inconsistent with his attacks on U.S. companies manufacturing products overseas. He is two faced and does not practice what he preaches. I will not vote for him again.

Donald Moskowitz

Londonderry, NH

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The Constitution is a shield for civil and human rights

**By Kay Coles James,
President, The Heritage Foundation**

It's shaping up to be a hot summer in D.C.—and for reasons having nothing to do with the weather.

In a few weeks, the Senate will decide whether a D.C. Circuit Court judge named Brett Kavanaugh should be the nation's next Supreme Court justice. And from my office window, I can already hear the battle cries.

Kavanaugh's opponents describe him as a "threat to our democracy." They shout that, "the future of America is at stake." And they warn his confirmation will "turn the clock back on our rights."

Having been around politics for decades, I tend to ignore a lot of this type of stuff. However, when someone says the clock may be turned back on our rights, it gets my attention.

I've been involved in the battle for civil rights most of my life. As a 12-year-old student back in 1961, I helped integrate a whites-only school in Richmond, Virginia. As a college student at Hampton Institute (now University), I protested

for student rights. As a young mom, I volunteered with Housing Opportunities Made Equal to fight racism and achieve equal access. And as Virginia's Secretary for Health and Human Resources, I fought for empowerment reform that helped low-income men and women achieve the pride and dignity of employment.

So I took the 'rollback of civil rights' line seriously and looked into it and what I found out just might surprise you.

Judge Kavanaugh has been a steadfast

'civil rights.' Before America was born, the world was a very different place. How a person lived depended on where they were born, who their parents and grandparents were, how rich they were, and so on. If you were born poor, you were likely to stay poor and if you were a minority in your country, you were unlikely to ever have equal treatment under their laws.

America was created to be an exception to the global norm that limited

Constitution's 15th Amendment.

That's why it's absolutely crucial that Judge Kavanaugh—like all who do or may serve on the Supreme Court—is faithful to the Constitution.

Simply put, being true to the Constitution is the key to our democracy. It's more important than any single issue, any political party, or any partisan interest. Indeed, there is nothing more important than upholding the document that established and secures our rights.

That's why the Constitution grants judges the power to determine whether a law is constitutional—not the power to make or change it.

Good judges know this. They know they have to fulfill their awesome duty without ever overstepping it. Bad judges don't. They inject their own preferences into the law, they pick favorite issues and sides, and they invent new reasons to rule the way they want.

Bad judges denied blacks equal rights in the Dred Scott v. Sandford case of 1857, I mentioned above. They banned interracial marriage in the 1883 case, Pace v. Alabama; and they institutionalized segregation with the "separate, but equal" doctrine in 1896 with Plessy v. Ferguson.

In each of those cases, bad judges put their own racist views ahead of the Constitution's protections. They were wrong—and that's why, in each case, they were overruled by later Supreme Court justices who were faithful to the Constitution.

And it's because Judge Kavanaugh has proven throughout his career to be 100 percent faithful to the Constitution that he has my total support. Not for his sake, but for ours.

Kay Coles James is the president of The Heritage Foundation. You can follow Kay on Twitter @KayColesJames.

"America was created to be an exception to the global norm that limited freedom, curtailed liberties, denied due process and caused poverty to persist across generations.

We had to overcome huge obstacles, of course, but the extra-ordinary achievements we've realized would not have been possible without our Constitution."

supporter of civil rights, because he has been consistently faithful to the Constitution. For example, during his 2006 Senate confirmation for the D.C. Circuit Court, he said: "...some of the worst moments in the Supreme Court's history have been moments of judicial activism, like the Dred Scott case...where the Court went outside its proper bounds, in my judgment, in interpreting clauses of the Constitution to impose its own policy views."

That means that, when questions have come before him, he hasn't answered them with a "here's what I personally think" type of answer. Instead, he has addressed them with a "here's what the Constitution has to say" ruling.

And that speaks volumes about the type of Justice he will be.

You see, the U.S. Constitution is the very reason we even have a thing called

freedom, curtailed liberties, denied due process and caused poverty to persist across generations. We had to overcome huge obstacles, of course, but the extraordinary achievements we've realized would not have been possible without our Constitution.

Instead of being a sword against freedom and rights, the Constitution has been the shield that has made them possible.

Whenever obstacles stood in the way—including segregation and other evil Jim Crow laws—it was the Constitution that cast them aside. Liberty? The Constitution grants it in its very first sentence. Slavery? It was abolished by the Constitution in its 13th Amendment. Citizenship? You can find that in the Constitution, too—it's right there in the 14th Amendment. So is our right to vote, which is made clear for all to see in the

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Big Mac turns 50 and McDonald's is celebrating!

By Stacy M. Brown

McDonald's is celebrating the 50th anniversary of its iconic Big Mac sandwich by releasing its own currency.

At 14,000 participating McDonald's locations, including locations around Baltimore, MacCoins will be handed out with the purchase of a Big Mac. One MacCoin is good for one free Big Mac.

MacCoins can be redeemed for a free Big Mac starting Friday, [August 3], and running through the end of 2018, according to a McDonald's news release. Charm City residents may want to take notice.

"The legendary taste of the Big Mac has achieved a lasting legacy for the sandwich around the globe," said Mark Furr, who owns and operates a McDonald's in Baltimore. "I'm thrilled we can celebrate the sandwich's 50 years by offering a MacCoin to customers throughout the Baltimore area when they come into our restaurants to enjoy a sandwich."

More than 6.2 million MacCoin's are expected to be handed out globally.

One side of every MacCoin features a design representing a decade between 1970-2010.

The date, August 2, was chosen to start the celebration in honor of the late Jim Delligatti, a Pennsylvania McDonald's owner-operator who is credited with inventing the popular Big Mac.

"When my great-grandfather Jim Delligatti invented the Big Mac at his grill in Uniontown, Pennsylvania, he just wanted to make his local customers happy," said Nick Delligatti, a fourth-generation McDonald's owner-operator and great-grandson of Jim Delligatti, the inventor of the Big Mac. "August 2 would have been his 100th birthday, and I believe he would be very proud knowing his humble sandwich has made such a lasting impression that people all around the world can enjoy it wherever they find a McDonald's."

The commemorative coins feature five unique designs, each representing a decade of the Big Mac.

Each MacCoin design pulls in elements from that time in history, nodding to art, music and pop culture, while the front-



At 14,000 participating McDonald's locations, including locations around Baltimore, MacCoins will be handed out with the purchase of a Big Mac. One MacCoin is good for one free Big Mac and may be redeemed until the end of 2018. More than 6.2 million MacCoins are expected to be handed out globally.

Courtesy Photo/McDonald's

side of the MacCoin celebrates the 50th anniversary of the Big Mac.

The MacCoin highlights the '70s, showcasing the decade's flower power; the '80s alluding to pop art; the '90s defined with bold, abstract shapes; the early '00s specifically focusing on the technology that was at the forefront of the turn of the century; and the '10s MacCoin calling attention to the evolution of communication.

Additionally, the seven languages featured across the various designs represent many of the countries participating: Arabic, English, Indonesian, Mandarin, Portuguese, French and Spanish.

In its 50 years, the legendary taste of the Big Mac has helped it achieve universal recognition and a lasting legacy.

No matter where they live in the world, Big Mac fans recognize the two all-beef patties, special sauce, lettuce, cheese, pickles and onions on a sesame seed bun as the iconic burger with a flavor combination.

The sandwich has become such a global icon that the business news website, The Economist, even used the price of the Big Mac to create the Big Mac Index, an economic tool that compares the purchasing power of different international currencies year after year.

This global connectivity of the Big Mac inspired the creation of the MacCoin, according to McDonald's officials.

"Since it was introduced at a family-owned McDonald's restaurant 50 years ago, the Big Mac has traversed the globe and is enjoyed in cities from Shanghai to Chicago, providing delicious, feel good moments to people all over the world," said McDonald's President and CEO Steve Easterbrook. "So we wanted a global celebration as unique as the burger itself. The MacCoin transcends currencies to commemorate our global iconic burger while giving customers all over the world a chance to enjoy a Big Mac on us."

Author celebrates success with local tour with kid-friendly activities

By Andrea Blackstone

When author Chaundra Scott was growing up in the 1980s, she rarely saw children's books like the ones she penned called "Curly and Coils," "Beautiful Shades," "The All-Star," and "Sweet Dreams."

Decades later the Hanover, Maryland resident embarked on a journey to offer diverse literature to children and their parents. Scott took a leap of faith by founding a company called Curly and Coils.

Through her company, she retails her published books and ethnic merchandise, she hosts special events and initiates community outreach.

In celebration of three years in business, a Curly and Coils tour kicked-off at Ladybugs Kids Glam Spa in Crofton on August 11, 2018 and concludes on August 29 in Launch Trampoline Park in Columbia. The fun-filled tour with various play date type of activities, a touch of glamour, a dash of sports and story time will make stops in Odenton, Annapolis and Baltimore City.

In Baltimore City, the Curly and Coils Tour will stop at the African Griot Book Fair for Children on Sunday, August 19, 2018 in Druid Hill Park at the Lakeside Pavilion from noon to 6 p.m.

Scott's venture to publish "Curly and Coils," began in 2015. Her love of books started when her late mother instilled an interest in reading at home. She often purchased Scott's favorite books to add to her home library.

As a child, Scott wrote short stories, poems and song lyrics for fun. Today her topics of her books are inspired by her seven-year-old daughter, Aubrey Scott; and her 11-year old nephew, Ciandre Smith. Her books are vividly illustrated for both girls and boys who are young readers.

"Once I became a mother, my daughter, Aubrey inspired me to write "Curly and Coils" based on our real-life home experience," Scott said. "One day Aubrey



(Left) Children's book author and entrepreneur Chaundra Scott from Hanover, Maryland is celebrating three years in business with a "Curly and Coils" tour, which kicked-off in Crofton on August 11, 2018 making stops in Odenton, Annapolis and Baltimore City, ending August 29, 2018 in Columbia. (Right) Scott with participants of a mentoring program for girls that she established at Van Bokkelen Elementary School in Severn.



was preparing for school picture day. She was fascinated with the hair from the usual Disney princesses. We had to discuss that everyone is unique in their own way, and that her natural hair can also be styled in beautiful ways."

Additionally, the author feels that self-empowerment and family engagement are important topics that are not always publicized in the African-American community.

"To date, we often hear of and see images of brutality and injustice; while hearted literature such as mine are also necessary positive images for youth to embrace," Scott said. "My book's themes are self-empowerment and positive family engagement. All four stories have a home setting around a family discussion, between a mother and child."

Scott earned a Master of Social Work (MSW) degree from the University of Maryland at Baltimore (UMB), served as a case manager for over 10 years. She has

recently worked as a conditional special education teacher. The author makes time to mentor girls at Van Bokkelen Elementary School in Severn through her program, Little Curly and Coils.

Aubrey has also learned important life lessons from her mother's books. She has even given her mother ideas about products to sell and new books. "Curly and Coils is my favorite book because I'm one of the characters. I like the illustrations too," Aubrey said. "I learned that it's important to love yourself. It's also good to love your own hair and not what is on TV."

Scott says her books have inspired Ciandre and Aubrey to value family more and build their confidence.

"The All-Star has really helped to build Ciandre's confidence. He is overjoyed to know that he is a main character in a published book. The story itself also helped him to be more of a team player when he played football, and currently

as he plays basketball," Scott said.

Scott also sells kid-friendly accessories such as hair bows, teddy bear reading pals, water bottles and drawstring bags. Theresa Morgan-Elam is a customer who agrees that Scott's natural hair inspired merchandise, including t-shirts, bags, and custom earrings for fashionistas of all ages, compliment the Curly and Coils brand.

"I truly believe it's important for children of color to see themselves represented positively across the spectrum of advertising. Coils and Curly products support this mission beautifully. The books not only grow self-esteem, but also self-identify and support the socio-emotional development of youth," Morgan-Elam said. "The clothes are funky and fun but add the right touch to represent the African American culture and complete your outfit."

Complete tour details may be found via www.facebook.com/CurlsCoilsMD.



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Mural Project Helps Beautiful Corner of West Baltimore

By Stacy M. Brown

Bon Secours Family Care Center has a new fun wall thanks to Maryland Institute College of Art (MICA) graduates Whitney Frazier, her partner Crystal Dunn, and other volunteers.

The facility, which plans to celebrate its 100th anniversary in 2019, was treated to a colorful mural that stands out along the corner of Payson and Baltimore streets in West Baltimore.

Frazier, an interdisciplinary artist, educator, arts administrator and activist who lives in the city, says she enlisted the help of Michael Rosenband, who helps organize community projects on behalf of Bon Secours.

“The Bon Secours mural design was inspired by the universal and ephemeral image of a sunrise— celebrating our interconnectedness,” said Frazier, who since relocating to Baltimore in 2002 has developed her community arts practice in neighborhoods throughout the city. “The goal of the mural project was to beautify the brutalist, concrete wall that previously greeted the local residents each morning as they step out of their doors.”

Bon Secours officials say they were seeking an artist and mural design that could engage a group of volunteers from Grace Lutheran Church in the process of painting. Frazier said all turned out as planned.

“But, this was a very tricky wall because of its deep corrugated shape, so the design needed to be flexible and adaptable. My mural designs are not ‘paint by number,’ which allows for some intuitive playfulness and interpretation on the wall while honoring the overall deliverables,” Frazier said. “Sometimes this approach can make volunteers or assistant painters a bit uncomfortable because they would like to be guided with more exactness but I believe that it allows for a richer overall outcome that isn’t contrived or stale.”

All of the painters, including Frazier and Dunn; and organizers, and directors are local artists who enjoy a personal investment in beautifying Baltimore neighborhoods. Each put their “passion



(L-R): Lauren Gilson, assistant artist; Sharon Redmond, photographer; Crystal Dunn, lead artist; Michael Rosenband, volunteer coordinator/community engagement; Marian Simms, assistant artist. Courtesy Photo

and their own sweat into making it look nice,” Frazier said.

“This was the first mural project that I was not on site for the entirety of the painting process. My painting partner, Crystal Dunn, and two assistant artists, Lauren Gilson and Marian Simms, facilitated the 15 to 20 volunteers for three days and then I came in to paint the final layers and logo,” Frazier said. “It was challenging to let go of directly overseeing the painting process but I really enjoyed putting the final touches on the project and seeing my design come to fruition. I had a very talented and dedicated team.”

Whether she is creating murals, videos, performances or paintings, Fra-

zier says she believes that through a collaborative process, art has the ability to create social justice and strengthen communities.

“My mural painting practice is rapidly growing and evolving into a sustainable portion of my overall artistic practice. Crystal Dunn and I are currently designing murals for the Bon Secours urban farm at Fayette and Fulton Avenue, and we will continue to seek opportunities to hire local artists of color to co-design and execute culturally relevant murals in Baltimore neighborhoods and beyond,” said Frazier, who also teaches a freshman foundation studio course at MICA, and social justice programs for youth in the city and county.

She does it all from a unique perspective. “As a white artist, mother, educator and long term resident of Baltimore city with an MFA in Community Arts and a BFA in painting from MICA,” Frazier said. “I acknowledge my privilege and I am grateful for the numerous community partners, Baltimore residents and colleagues that have invited me into their neighborhoods and homes to hear their stories and work towards a more just and equitable city for everyone.

“I deeply love the work that I do in Baltimore and I have always felt welcomed into all of the communities that I have worked with over the past 15 years.”

OOLA Bus Cruises into Baltimore on Friday, August 31

By Ursula V. Battle

Two dudes cruising down the road in a 1970s Volkswagen (VW) Surf Bus with stickers splattered all over and surfboards on top. “This must be a dream,” you think to yourself. No, this is not a dream, but then again...it is.

It's the OOLA Dream Tour bus, and the cool dudes inside are Oola Guys: Troy Amdahl (OolaGuru) and Dave Braun (OolaSeeker) who are on a mission to change the world with a word (#Oola) by collecting 1,000,000 dreams in the form of handwritten stickers on the side of the vintage VW.

The Dream Bus is covered in handwritten dreams collected from people they've met on their journey. They are 43 states in on a mission to go to all 50 states, and have collected approximately 115,000 dreams.

The bus will be making a stop in Baltimore City on Friday August 31, 2018. Starting at 7 p.m., the bus will be at Barnes & Noble located at 601 E. Pratt Street.

“We drive 55 miles-per-hour, slow down, stop, and talk to people about their dreams,” said Amdahl. “To us, the VW Surf Bus is an icon of freedom, and ‘Oola’ is a free way of living. That bus always starts a conversation. People see the bus and immediately start asking questions about the bus. Big, fancy buses don't start conversations. We explain the bus is about us as individuals doing better and inspiring others to do the same. We hand them a sticker, a Sharpie and slap it on the bus to collect more dreams.”

He added, “This is all about meeting people and collecting their dreams. What we're doing takes people out of their busy lives, and reconnects them with their dreams. We all get so busy with life's demands. We want people to think about their big dreams. We also want them to think about what would happen if their dreams came to be and transformed their lives. We have been to 43 states, and it's been amazing.”

Amdahl and Braun are the authors of the international best-seller, *Find Balance in an Unbalanced World*.



“Oola Guys” Troy Amdahl and Dave Braun. The two authors have more than 1 million followers on Social Media. Courtesy Photos



The OOLA Dream Bus pulls into Baltimore on August 31, 2018.

Oola (originating from the word "oo-la-la") is a lifestyle based on the book. It is defined as “That state of awesomeness,” and is achieved when your life is

balanced and growing in the seven key areas of life—the 7 F's of Oola, which are Fitness, Finance, Family, Field, Faith, Friends and Fun.

Other works followed, and include *OOLA for Women: How to Balance the 7 Key Areas of Life to Have Less Stress, More Purpose, and Reveal the Greatness within You*.

“After the success of the first book, we were inspired by the positive changes people made in their lives,” said Amdahl. “People will see the bus and tell us they have given up an addiction. That's powerful. It's also the kind of positive change we are committed to. The success of the book also gave us funding to do this tour.”

Oola for Christians is scheduled to be released Spring 2019.

“We wanted to do Oola for Christians because The Bible has a lot to say about the seven key areas of life,” he said.

The Oola Movement has taken the country by storm. Amdahl and Braun have one million fans on social media. “We want to change the world,” said Braun. “On a personal note, I retired at 42 living these seven principles. Now, I am committed to making a difference in the lives of others. Fifty-five percent of people hate their jobs, and many marriages end in divorce. Statistically, we aren't having fun anymore. People should make money, but not at the expense of their family.”

He added, “By removing the stress from a life out of balance, you will be able to reveal the greatness and purpose that is inside all of us. A better you, makes a better family, a better community, and ultimately a better world.”

Amdahl says he and Braun are excited about their upcoming visit to Baltimore. “Baltimore is an area we have been to personally, but not with the bus,” he said. “We are looking forward to collecting more dreams in Baltimore.”

For more information about the Oola Bus Tour and the Oola Movement, visit: www.oolalife.com.

Baltimore boxing guru releases guide book for kid athletes, parents, coaches

By Timothy Cox

As the founder of Time2Grind Boxing Club, a safe haven for at-risk youth in Baltimore's Northeast section, Mack Allison III has already established himself as one of the city's saviors for young people. Now, he is turning his attention to sharing his knowledge with thousands, if not millions— as a published author.

Allison believes he is more than qualified to write a short-but-sweet memoir about youth boxing and youth sports, overall.

The book titled "Coach Mack's Basic Training Guide: Boxing," is a piece of literature that he believes can benefit boys, girls, their parents and even coaches and youth sports league administrators.

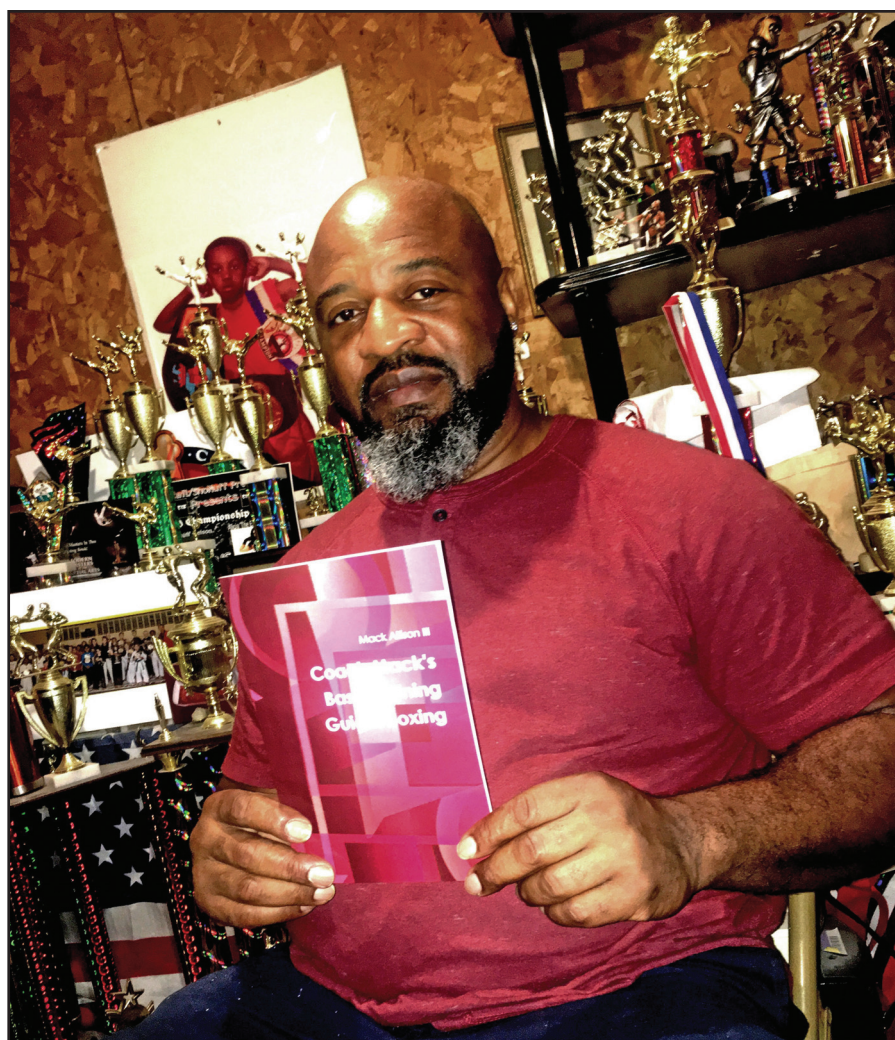
Allison actually wrote the initial draft several years ago, but in the past year felt the need to publish a revised edition reflecting on his memoirs. He says he has special reasons for producing the updated version.

"The book was written to serve as an inspiration to parents, coaches and ultimately to children and upcoming youths attracted to the boxing game," he said.

Coach Mack has continuously watched out not only for the kids but for (young) parents too. He says he tries to train parents to ensure that their children aren't being coached or coerced by adults who don't have their children's best interests in mind.

"I'm talking about sexual predators or pedophiles. You really have to pay close attention to your children these days," said Allison, 48.

"I also wrote the book for boxers and



The founder of Time2Grind Boxing Club, Mack Allison III has written a book "Coach Mack's Basic Training Guide: Boxing," which he believes can benefit boys, girls, their parents, and even coaches and youth sports league administrators. (Above) Allison holding a copy of his book. Courtesy Photo

people who want to box, coach and to basically understand the values and nuances of the 'sweet science,' aka boxing," he said. "Boxing comes with lots of rules to follow in order to be successful in and out of the ring."

Allison says he kept the book small in size on purpose.

"I want people to be able to carry it around— almost like a keepsake so it would be accessible anytime. So people are able to carry the book around with

them in their pockets or their purses," he said. "I have been in the boxing game for a long time. I feel like I can share my experiences with people to help them understand boxing, and to make the right decisions for their children."

Allison grew up in a single-parent household, so he relates well to his young mentees.

"I grew up in South Baltimore in the projects (Summerset, Murphy Homes and Flag House projects). My mother (Gladys Allison) raised nine of us. She was a single mom, but she didn't take [any] stuff. She was a disciplinarian— very tough. They called us 'Gladys Knight & The Pips' because it was so many of us," Allison said with a reflective chuckle.

After studying to work in private security, Allison eventually served in the juvenile corrections arena prior to founding his successful boxing facilities.

As the married parent of two sons and a daughter, Allison and his wife of 22 years, Dawn Allison were committed to seeing to it that their now-adult children also experienced their own levels of personal success.

The couple is very proud of Kendall, Maya and Mack IV.

Speaking of family, Mack Allison III says he received personal editing assistance from sisters Sheila Allison-Brown and Tania Allison.

The book is published by lulu.com and is available for sale for \$12.00.

For more information or to purchase a copy of the book, contact Mack Allison III at 443-631-1663 or email: mallison5020@gmail.com

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Five ways neglecting your teeth can cost you in money and in health

News & Experts— Here is a hard fact to chew on: Adults between the ages of 20 and 64 average losing about seven permanent teeth, according to the National Institute of Dental and Craniofacial Research (NIDCR).

Lost teeth are just one of the many costs that can be incurred by neglecting your oral health. Dental professionals say a lack of preventative care by patients is often at the root of dental problems; only 37 percent of adults participating in the NIDCR survey reported visiting a dentist in the previous year.

“You can eliminate a lot of pain by being proactive about your dental health,” said Dr. Ramón Durán (www.drramonduran.com), a dentist in San Juan, Puerto Rico, and author of *Your Best Smile ... For a Lifetime: Achieving Your Optimal Oral Health*. “Taking preventative measures is vital if you want to save money and, more importantly, save your teeth and stay healthy.”

There are many signs you need to see your dentist, yet often people ignore oral issues until the pain forces them into action.

“By then, the conditions have likely progressed to the point where more involved and expensive treatments are necessary,” Dr. Durán said. “Along with the many dental-related problems, there are serious diseases and health complications that are linked to poor dental health.”

Dr. Durán lists five ways neglecting your oral health can cost you - not just in money but also in medical issues:

•**Implants.** These are the expensive replacements for those teeth you lost. They can run anywhere from \$1,500 to \$6,000 for a single tooth. Durán links



implants with what he calls “opportunity costs” – the choice one relinquishes when making a poor dental health decision. “Deciding not to brush at least twice a day and floss, opting for sugary foods and snacks, not visiting your dentist twice a year – all are opportunity costs,” Durán says. “Your mouth is a breeding ground for harmful bacteria, and if neglected, one the most direct

results is tooth loss.”

•**Jobs.** Yes, yellowed, missing or crooked teeth can cost you a job. An American Dental Association survey found young adults and low-income adults agreed that the appearance of their mouth affected their ability to interview. One reason: They were too embarrassed to smile. “Like it or not, we’re often judged by our appearance,” Durán

says. “We often associate a person’s oral health with some of the social biases we have.”

•**Diabetes.** The National Institute of Health’s report “Oral Health in America” links periodontitis to diabetes. Periodontitis is the inflammation of the tissue around the teeth, often causing shrinkage of the gums and loosening of the teeth. “Reports have suggested it’s a two-way street for these diseases,” Durán says. “Periodontal disease may have a negative impact on glycemic control.”

•**Heart disease and stroke.** “Certain bacteria that thrive in dental infections are being identified as potentially linked to heart disease,” Durán says. “Bacteria or viruses in the mouth can get directly into the bloodstream, with the possibility of causing blood clots and narrowing of the arteries.”

•**COPD.** Chronic obstructive pulmonary disease, caused by chronic bronchitis, recurrent respiratory infection or emphysema, has been associated with periodontal disease. “This can happen due to bacterial pneumonia living in the mouth and making its way to the airway,” Durán says. “The cost of choosing not to take proper care of your teeth and gums is greater than many people imagine,” Durán asks. “It could be the cost of an implant, dentures, your overall health – and even your life.”

*Dr. Ramón Durán, DMD is a dentist based in San Juan, Puerto Rico, with a practice focused on cosmetic and implant dentistry. He is a public speaker and author of *Your Best Smile ... For a Lifetime: Achieving Your Optimal Health*. For more information, visit: www.drramonduran.com*

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Signing for your credit or debit card purchases is going the way of the dinosaurs, due to advances in card technology. Merchants are no longer required by the card networks (Visa, Mastercard, American Express and Discover) to confirm purchases by obtaining a signature.

Here are four things to know about the change:

1. Signatures aren't the best way to spot fraudsters. For years, signatures served as proof that you made a purchase and agreed to pay the amount charged. But you may have noticed that your signature isn't always checked when you make a purchase. "In theory, your signature on a receipt or pen pad and the back of your card should match. If they don't, it could be a tip off that you're not the card owner," said Trevor Buxton, a fraud communications manager and Certified Fraud Examiner with PNC Bank. "There are a few problems here: one is that people typically scribble down a few letters that resemble their name (rather than a full signature), while another is that retailers don't verify the signatures and don't require them for all purchases."

2. Dip (or swipe) your chip. The wide use of chip cards, which you insert or dip into a payment reader rather than swipe, also has helped make signatures obsolete. The chip enhances card secu-

rity because it generates a unique transaction code, which is shared with the merchant. This makes the card difficult to copy and helps to reduce fraud. Mobile wallets [1] – smartphone apps

where you can store your debit and credit card information— also use similar technology to help reduce fraud, and both are generally considered more secure than signing for a purchase, Buxton said.

3. No signing may mean faster lines. Now more than ever, people are on the go and in a hurry. Pausing to sign a receipt may not take long, but when every person ahead of you in line has to do it,

that time can add up. Card issuers expect that removing the signature requirement can help you get in, get out and get on with your day faster.

4. Merchants make the call. While the card networks no longer require merchants to obtain signatures for chip card purchases, some merchants may still require your signature.

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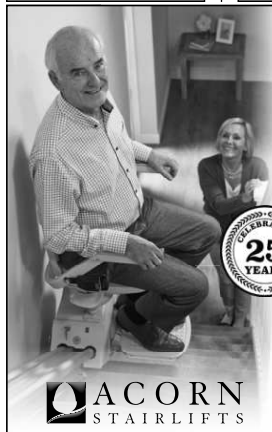


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