

## Baltimore hero honored during National Recovery Month



*Terrie Alexander (second from left) was honored this month by the nonprofit, Institutes for Behavior Resources, Inc. not only as an individual in long-term recovery but as manager of the REACH Intensive Outpatient Program for Addiction Recovery, which the organization has named in her honor. (Left to right) Congressman John Sarbanes; Terrie A. Alexander; Dr. Barbara Bazron, Executive Director of State of Maryland's Behavioral Health Administration; Dr. Leana Wen, Commissioner, Baltimore City Health Department. The officials spoke to laud Terrie's accomplishments during a September 10, 2018 event in Terrie's honor. (See article on page 11)*

Courtesy Photo

## Chickie & Co. Boutique's 4th Thursdays' event features Brandi Lewis pop-up shop

Baltimore— Chickie & Co., one of Baltimore's newest fashion boutiques will host its second 4th Thursdays' event on Thursday, September 27, 2018 from 5 p.m. to 8 p.m. at 801 N. Howard on Antique Row in the Mt. Vernon neighborhood in Baltimore City.

Brandi Lewis of the House of Seyko will be featured with a pop-up shop showcasing her dynamic embellished clothing designs at the event, as well as shopping discounts, complimentary light refreshments and other surprises.

Chickie & Co. was featured in the "Savvy Shopping" section of the September issue of Baltimore Style magazine. The fashion-forward boutique for women offers original, industry separates from local and national emerging designers offering sizes from small to curvy— up to 3X.

"I am thrilled to continue with the second event in my 4th Thursdays' series. I'm enjoying the opportunity to showcase my boutique, as well as to provide a space for local fashion design-

ers like Brandi Lewis," said Tracy McCullom, Baltimore native and owner of Chickie & Co. Boutique.

The 2,000 square foot store features all things chic, hot, cool and sexy with an artistic design aesthetic offering a curated selection of apparel, jewelry and handbags for women from a wide range of labels. The store also showcases recognizable contemporary brands in apparel, denim and accessories at a reasonable price point.

Chickie & Co. offers a concise shopping experience for women who like to be distinguished and who enjoy a comfortable and unique shopping venue.

The next 4th Thursday is scheduled for October 25, 2018, where a "Halloween Celebration Party" with tricks and treats, light fare and drink is planned. Attendees will have the opportunity to meet local jewelry artisan Lobe Dangle Leather Accessories who will be available to customize eclectic pieces for customers on demand.

For more information about the Chickie



(Left) Brandi Lewis' dynamic embellished clothing designs will be available at the 4th Thursdays event on Thursday, September 27, 2018 at Chickie & Co. Boutique located at 801 N. Howard Street in Mount Vernon neighborhood in Baltimore City. Courtesy Photos/Chickie & Co.

& Co. boutique or their 4th Thursdays

events, visit: [www.chickieandco.com](http://www.chickieandco.com).



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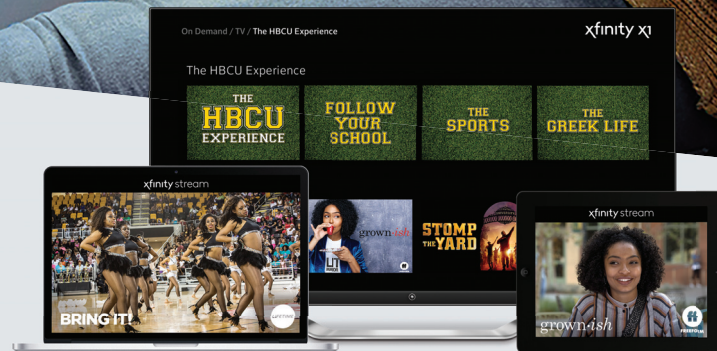
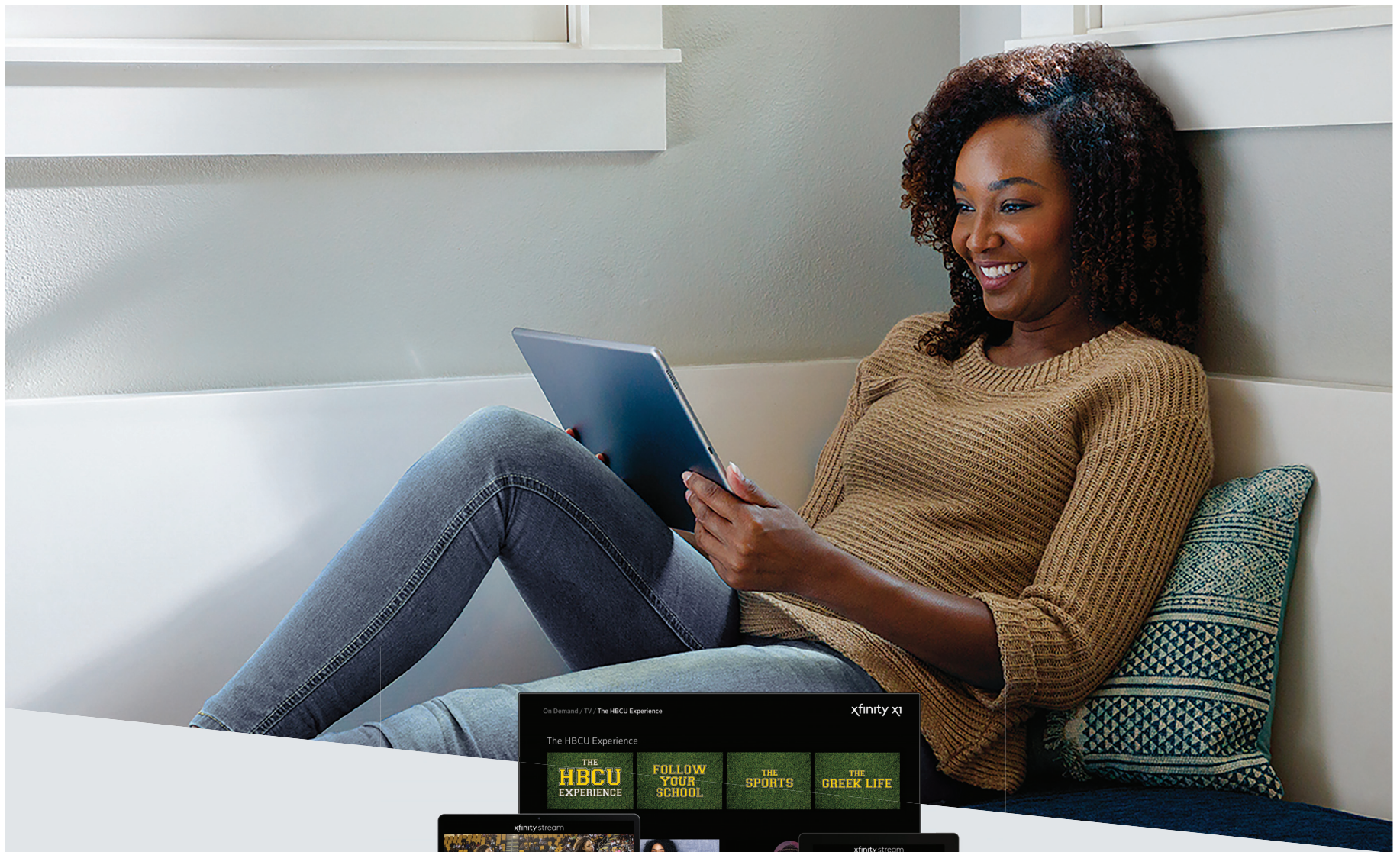
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# Guest Editorials/Letters

## Cure for American Doctor Shortage Lies Abroad

By G. Richard Olds, M.D

Waiting at the doctor's office could soon become a national pastime. One-third of America's doctors are on the verge of retirement. Yet the number of students graduating from U.S. medical schools is growing at an anemic rate— less than 1.5 percent a year, on average, over the last five years.

The U.S. population will reach nearly 360 million by 2030. The number of elderly Americans, who require twice as much medical care as young people, will surge 50 percent. As a result, America could be facing a shortage of 121,000 doctors by 2030, according to a new report from the Association of American Medical Colleges.

To narrow that gap, the United States must look beyond its borders, to graduates of international medical schools. Many are U.S. citizens eager to return home to begin their careers. It's time to welcome them.

For many, the doctor shortage has already arrived. Over 84 million Americans live in federally designated Health Care Professional Shortage Areas, where there's less than one primary care physician for every 3,000 people. We'd need almost 14,000 extra primary care doctors right now to resolve this shortage.

Things are projected to grow worse over the next decade. By 2030, the AAMC estimates, we may need an additional 49,000 primary care physicians to meet the needs of our patient population.

Even if they enroll more students, U.S. medical schools won't plug this gap on their own. Most graduates of U.S. schools pursue careers as specialists. Last year, only 38 percent chose residencies in primary care.

U.S. medical school graduates also tend to cluster in relatively affluent cities and suburbs. Only one in four practices in a medically underserved region. And just one in ten doctors practices in a rural area, even though 20 percent of Americans live in one.

Graduates of international medical schools have proven more than willing to fill these gaps. Last year, nearly 70 percent of international medical graduates chose residencies in primary care. IMGs are twice as likely as their U.S.-trained counterparts to practice in rural America.

Many of these international graduates are U.S. citizens who chose to pursue their medical studies abroad. For example, 74 percent of the students at the medical school I lead, St. George's University in Grenada, are Americans.

It's imperative that America's leaders ensure that graduates like these can return home to complete their training.

At the national level, Congress could pass the bipartisan Resident Physician Shortage Reduction Act, which is currently stalled in the House of Representatives. The bill would fund 15,000 additional residencies— at least half of which would be in specialties experiencing shortages.

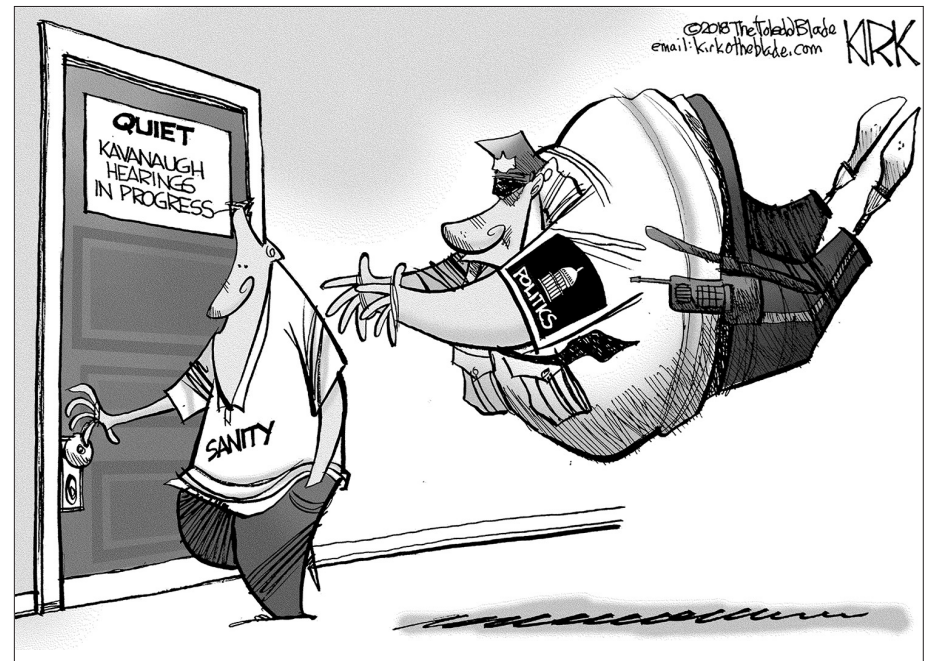
States can ease their doctor shortages by actively recruiting international medical graduates.

Consider one California initiative offered through the UCLA School of Medicine. Created in 2007, the International Medical Graduate Program offers financial support and tailored test-prep classes to doctors trained abroad as they prepare for the U.S. Medical License Examination and the residency match progress. In return, program enrollees must pledge to complete a family medicine residency in California and then practice for at least three years in an underserved community.

Private-sector organizations and charities should also consider funding residencies, especially in underserved areas.

America's physician shortage is set to worsen as the population grows and ages. International medical graduates could be the cure for this looming shortfall.

G. Richard Olds, M.D., is president of St. George's University ([www.sgu.edu](http://www.sgu.edu)).



## Letters to the Editor:

**Editor:**

### **Re: Navy In Dire Straits**

As a former Navy enlisted and Naval officer who served on 13 ships, including destroyers, radar pickets, aircraft carriers and auxiliary ships, I am concerned with the lack of readiness of the Fleet.

Former Secretary of the Navy, John Lehman, under President Reagan, surged U.S. Naval power into Soviet Union ocean domains, and this helped to end the Cold War. A similar situation currently exists with China in the South China Sea, but we have too few ships available to patrol the area.

The July 8, 2018 issue of USA Today— The Arizona Republic points out the dire condition of the Pacific 7th Fleet ships. It stated, "From 2015 to

2016 the pace of operations for 7th Fleet cruisers and destroyers increased 40 percent, from 116 days underway to 162 days." This is without any increase in ships and personnel, and it continues today.

Starting in 1990 our Navy went from 600 to 283 ships today, and the missions have significantly increased during this time. A minimum of 300 ships are needed to project U.S. Naval power around the world, complete missions, and conduct safe operations.

Probably an additional 50,000 Naval personnel are needed. Our Navy is in dire straits.

**Donald Moskowitz**  
Londonderry, NH

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## *What is Our Legacy, Part I*

By Sean C. Bowers

Is it the successes and triumphs versus the losses, measured in a wins-and-losses format? Is it the total distance traveled past the life obstacles one has overcome? Or is it the amount of people one has connected with and inspired to help them maximize themselves and their potential?

To me, it is a combination of all three. A legacy is a type of personal achievement record, like being “on the record.” It is what we each do with the time given us—how we use or abuse that time and the “God given” gifts and talents we are each bestowed. Birth then becomes our starting line. From then on, each of us is granted the same amount of time in a day: 24 hours.

Prioritizing our lives is done on many levels, both conscientious and some sub-consciously. Early in life, I was consumed with the sole mission of earning a full college basketball scholarship and becoming our family’s first college graduate.

At the time, I was doing it for me and my Mom. Yet even then, I knew that as the oldest grandchild, I was creating a “blueprint” for all my younger relatives to fol-

low to their own personal successes.

This prioritization at a young age was more egocentric. It served me well at the time, but it wasn’t until a low point later in life that I came to understand and embrace my true legacy’s calling. One is often tested in life to see just how committed and focused we are.

When we begin to understand our own

able to be a part of helping many young men become champions both on and off the court. The same as someone else had done for me years before by my seven role model coaches.

That success opened up an inner door within me that had been sealed in a self-preservation-driven attempt to move past a painful childhood littered with

and redressing matters of importance that affect all of us: racism, sexism, classism and religious persecution. The more I worked towards those ideals, the more complete I became.

In life, crossroads can become self-imposed crosshairs if we are not careful and thoughtful. Self-awareness is not only being aware of one’s self, it is also becoming aware of manifested selflessness, including the true power to help transform the previously unfathomable and inconceivable into their tangible realities. In these manifestations of our highest calling lies our glory. That is the legacy and history of our life’s story. My story is not unique. It is an old cautionary tale of not being consumed by consumerism or capitalism strictly for personal profitability and gain.

The song, “Satisfied Mind” asks, “How many times have you heard someone say, if I had his money I’d do things my way. How little they know, it’s so hard to find, one rich man in a hundred, with a satisfied mind.” I’m richer by far with a satisfied mind. My joy comes from those to whom I am kind. My personal conclusion is that my most joyful legacy comes from those to whom I’ve been of service to. That is our rarest find and, in the end, promotes the most satisfied mind. Look at Prince’s song lyric: “Did you take more than you gave?” Our legacy then is not really about us; it is about how many others we’ve helped to become the owners and drivers of their own (life) bus.

*Sean C. Bowers is a progressive youth development coach, author and poet, who has written for the nation’s third oldest black newspaper, The New Journal and Guide of Norfolk, VA for the last nineteen years. His book of over 120 NJ&G articles detailing issues is available at VIZUALIZE@aol.com.*

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***“Self-awareness is not only being aware of one’s self, it is also becoming aware of manifested selflessness, including the true power to help transform the previously unfathomable and inconceivable into their tangible realities.”***

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mortality, we become more “self-aware” of exactly what we will leave behind as a representation that we were here. My awakening came when I returned home to Virginia in 1997, after a championship-level High School and College basketball career. It came after a record-setting career in the broadcast radio and television equipment manufacturers industry.

The simple questions I asked were: “What brings you the most joy and fulfillment in your life? What do you want your mark on the world to be? What things have you been blessed with and how do you pass these blessings on to future generations that they too may find their “most-positive-purposeful way?”

The answers to these questions were separated into two categories. First, what I had to do to earn a living and support myself and, secondly, what can and should I do that will fill me and my soul with the most joy? We all face this quandary.

During our championship season of coaching in 1989 at Chief Sealth High School in Seattle, Washington, I was

disappoint-mental debris. Those revelations became my writings and spoken word poetry, a kind of “therapy” that gave me comfort and purpose.

It became my choice in this life to use my voice. To rejoice. Writing for the New Journal & Guide allowed me to reach a mature, thirty-year-old (and above) audience.

My VIZUALIZE youth development coaching work reached the six to twenty year-old-crowd and the spoken word poetry circles reached the twenty to thirty-year old population with overlapped at both ends of the age ranges. My calling: Delivering three different platforms and formats, enabling simultaneous personal observation, reflection, spiritual detection and empowerment information dissemination.

Each of the three platforms had rough beginnings as I strove to change the focus of my aperture from “about Me,” to “about We.” When I was young, I played with games and toys but as I matured, I gave up those childhood games and I toyed no more. I began addressing

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# STEM Day Extravaganza at MSU an immense success

By Demetrius Dillard

The seventh annual Baltimore STEM Day Extravaganza at Morgan State University (MSU) on Saturday, September 8, 2018, turned out favorably— attracting hundreds from Baltimore City and the surrounding areas to participate in a fun-filled day of interactive and educational STEM-related activities.

The event, started to encourage school-aged children— particularly black inner-city youth— to pursue careers in STEM (science, technology, engineering and math) related fields has emerged as one of the most anticipated educational gatherings in Baltimore City.

Jonathan Wilson, an associate professor of biology at Morgan State, one of main originators is the coordinator of the STEM event, which has been held on the campus of Morgan State since 2012.

“We started it because we wanted to open the experience up to more people who were not available or privileged to come to the Saturday Academy,” said Wilson, also the director of the Baltimore MUREP (Minority University Research Education Program) Aerospace Academy. “We were asked to do more for the community people, other than those who come to the Saturday Academy or the summer program. So we decided to do what is called a STEM Day.”

The parents, students and other attendees got a taste for an activity-filled day of hands-on sessions while learning the quality and essence of STEM.

There is an apparent shortage of black professionals in STEM-related careers, and one of the primary objectives of the extravaganza is to encourage black students to think bigger of themselves than what they perhaps might have in the past.

The yearly extravaganzas, according to Wilson, also aims to enable black students and other minorities to aspire to become scientists, engineers and mathematicians, and to leverage their knowledge to empower and impact their communities. He added that the STEM extravaganza has made substantial progress over the years and has yielded a great deal of positive feedback from the community.

Dozens of exhibitors and presenters from various national, regional and local STEM organizations and



*Miquel Moe, an electrical engineer from the NASA Goddard Space Flight Center in Greenbelt, Maryland, an exhibitor at the STEM Extravaganza presented the hands-on exhibit, “Ready, Set, Go to Space.” Scores of interested children came to the NASA table to make satellites with wooden sticks, styrofoam and aluminum foil as they learned of the importance of their involvement in science and engineering.*

Photo by Demetrius Dillard

agencies were present, some of which included: American Nuclear Society; Army Research Lab; Baltimore MAA; Carnegie Institute-Bio Eyes; Exelon; It’s a Noisy Planet; Maryland Science Center; NASA Goddard Space Flight Center; and the U.S. Coast Guard.

The aforementioned exhibitors had representatives that provided hands-on interactive activities and various mind-intriguing science experiments, all with the common goal of providing parents and families with educational materials and techniques to keep their chil-

dren interested in academics— specifically in the STEM field.

Miquel Moe, an electrical engineer from the NASA Goddard Space Flight Center in Greenbelt, Maryland, an exhibitor at the STEM event presented the hands-on exhibit “Ready, Set, Go to Space.”

Scores of interested children came to the NASA table to make satellites with wooden sticks, styrofoam and aluminum foil as they learned the importance of their involvement in science and engineering.

“It’s wonderful,” said Moe, a Baltimore native and Morgan State alum in characterizing the STEM extravaganza. “To see all of these different organizations out here doing hands-on activities with the kids, inspiring kids to do STEM, it’s like invaluable. It’s just so important, especially for this community, to do things like this.”

Baltimore City Mayor Catherine Pugh expressed her gratitude for the concerted efforts of Wilson, NASA, Morgan State and the other partner institutions and sponsors that made the STEM extravaganza a success.

Pugh, who is a Morgan State graduate, also presented a proclamation to Wilson and his colleagues and partners recognizing September 8, 2018, as “SEEMA Day STEM Extravaganza” in the City of the Baltimore, urging “all citizens to join in this celebration of educational choices in the STEM field.”

Morgan State President David Wilson also spoke to the crowd gathered in Hill Field House before the festivities began. He said 70 percent of Baltimore City students involved in STEM go on to college.

Michael Canady, one of the many parents who attended the event said that STEM had a profound influence on him during his academic career. He played basketball while attending Morgan and now teaches fifth grade science at Moravia Park Elementary.

“I feel it’s important for our children, at a young age, to [be] introduced to this kind of stuff,” said Canady, who brought his four-year-old daughter, Lauren experience some of the activities.

In years to come, the STEM Day Extravaganza is expected to grow in influence and impact on the Baltimore community.



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# Young Baltimore girl combats bullying by writing popular book

By Andrea Blackstone

After a stint of summer fun and blazing hot weather, school is finally back in session in Maryland. Rianna Facey, a nine-year-old Baltimore native is among students who have settled back into a school routine just after Labor Day.

Rianna's summer was full of memorable opportunities that could easily last a lifetime. She spent her time away from schoolbooks raising her voice as a young writer who appeared at Enoch Pratt Free Library's Forest Park Branch in Baltimore City for an author talk. She also traveled to Chicago and Nashville to promote her book, "The Cat That Wouldn't Go Away."

Since becoming an author, Rianna has been circulating near and far to discuss and sell her book that is based on a cat that showed up out of nowhere and befriended her, during some rough times in her life. The fourth grader is headed to Toronto, Canada later this month. Her next local stop will be at the Baltimore Book

Festival on Friday, September 28, 2018, at the Inner Harbor in Baltimore City.

"The most exciting thing that happened to me was the trip to Chicago," Rianna said. "I wrote the "Cat That Wouldn't Go Away" because a cat showed up on my porch one day. I faced bullying at school. Classmates and older students talked about my hair."

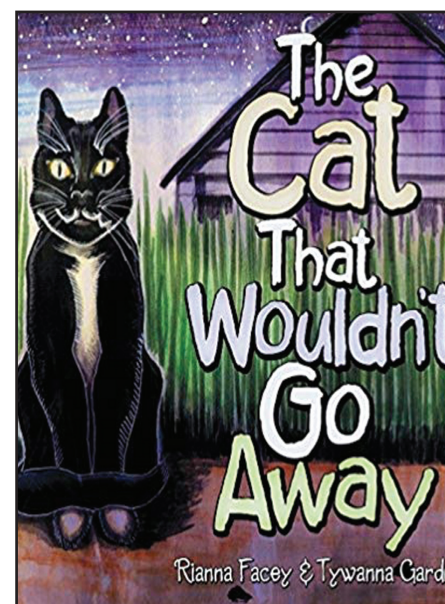
Rianna's mother Tywana Gardner explained that Rianna began to experience bullying in the spring of 2017, a few months before she started writing the book. Gardner said that other girls who opted to wear hair weaves reportedly teased her daughter about her natural hairstyles. Boys would tell Rianna to get her hair done and her shoes and clothes were also additional topics of conversation.

When Rianna told adults at school about what was happening to her, the other students accused her of being a tattletale. Even though she knows that informing teachers was the right thing to do, episodes of bullying worsened.

"The most difficult part of Rianna's



Rianna Facey, author



While experiencing bullying in school, Rianna Facey once felt like no one wanted to be her friend. When a cat showed up on her porch one day, the student from Baltimore was inspired to write *The Cat That Wouldn't Go Away*. The nine-year-old Baltimorean spent the summer travelling to promote her book and will appear at *The Baltimore Book Festival* on September 28, 2018. So far, Rianna has sold approximately 700 books. In addition to Baltimore, "The Cat That Won't Go Away has been selling in California, Portland, Oregon, New York, and the United Kingdom, just to name a few places.

journey was to overcome bullying in school. She felt like no one wanted to be her friend. Every day she would talk about how children at school would treat her. She complained that they didn't want to talk to her or play with her."

And then a cat showed up at their door — perfect timing—Rianna finally felt as though she had a friend. Although Rianna noticed that her classmates seemed to like her better when her hair was straightened, she decided not to resolve the situation by changing her hairstyle. Rianna began to write stories regularly and share them with her mother, who then encouraged her to pen a tale about the cat that would not go away. Rianna took action and went a step further. While doing a homework assignment, she stumbled upon a publisher online. After a while things were set in motion and Rianna became the author of *The Cat that Wouldn't Go Away* and her mother became the co-author. It turns out that the cat and Rianna had much in common. The cat needed a friend because he had also experienced bullying by other cats who would fight him and eat his food.

"I have observed personal growth in Rianna since she became an author. She feels a lot more confident now that she knows that people are interested in what she has to say. She has grown into a confident young lady that no longer com-

plains about children not wanting to be her friend. She loves to talk about her book and other experiences," Gardner said. "What makes me most proud of my daughter is her confidence in life and attempts to reach her goals. She loves to communicate with people of all ages and help others."

The industrious young lady has already written other books, among which is a handbook about bullying and is waiting to get them published. "I wrote a book about coping with bullying, because I want to help other kids that are [being] bullied," Rianna said. "I want to remind other kids that they should be themselves and not change for bullies."

To learn more about Rianna's journey or to purchase a copy of her book, visit [www.thecatthatwouldntgoaway.com](http://www.thecatthatwouldntgoaway.com).

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## 'Awake. Arise. Advance'

# Deborah's Voice to Hold National Rally in D.C.

By Ursula V. Battle

For 27 hours, Genelle Guzman-McMillan was trapped beneath the rubble at the World Trade Center following the terrorist attacks of September 11, 2011. She had reported to the 64th floor of the north tower, and was racing down the stairs for her life when the building collapsed around her. Guzman-McMillan would be the final person found alive amidst the death and destruction of Ground Zero.

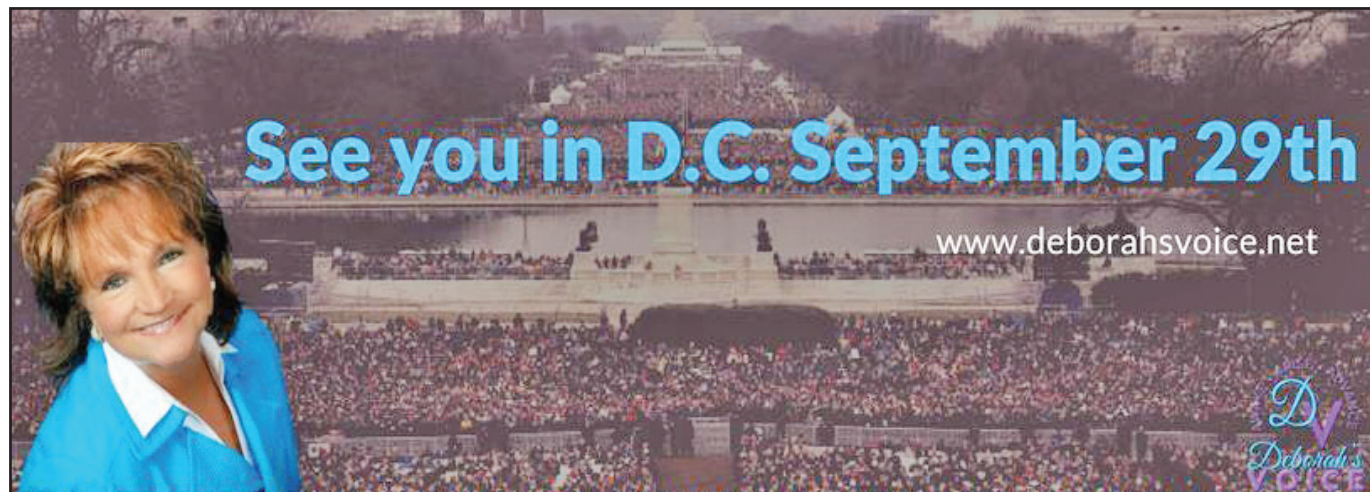
Guzman-McMillan, author of the book "Angel in the Rubble," has a powerful story of faith and survival. She is among the inspirational women slated to speak at The Deborah's Voice national rally on Saturday, September 29, 2018 from 9 a.m. until 4 p.m. at the Lincoln Memorial in Washington, D.C.

"Awake. Arise. Advance" is the call of the rally, which includes a dynamic lineup of women who have overcome incredible odds. The goal of the event is to bring awareness to human slavery and forced child prostitution.

Pastor Diane Mullins is the founder of Deborah's Voice.

"Women who have been victimized by human slavery are very fearful," said Pastor Mullins, co-Pastor of Calvary Christian Church in Hamilton, Ohio. "They don't trust anybody. They have lost their identity, are hopeless, and very broken. On September 29, 2018, we want to let them know there are safe people and places to help them. We want them to see hope and that there are concerned people. We want to stand with them in unity."

Deborah's Voice represents Christian women from all walks of life with



**The Deborah's Voice National Rally will be held on Saturday, September 29, 2018 at the Lincoln Memorial in Washington, D.C. For more information about the rally, visit: [www.deborahsvoice.net](http://www.deborahsvoice.net).**

Courtesy Photo/Deborah's Voice

Judeo-Christian values. Their mission is to show the power of living a godly life in the 21st century; and to show the world that the God still loves the world. The organization provides a platform for Christian women that promotes and celebrates a Biblical worldview. Deborah's Voice accomplishes these goals through engaging local, regional and national gatherings that includes speakers, testimonies, and uplifting music.

"Deborah's Voice speaks to the voice of how women feel," said Pastor Mullins. "We want to bring healing and hope to hurting women. We want to help them come out of their broken places."

In addition to Guzman-McMillan, speakers will also include Dr. Barbara Peacock of Barbara Peacock Ministries; Gigi Graham, daughter of the late evangelist Billy Graham; New York Times Best Selling Author Rebecca Alonzo; and Dr. Marlene Carson, a human trafficking survivor and founder of The SWITCH Anti-Trafficking Network.

"We have all kinds of speakers," said Pastor Mullins. "All of these women have come through something." Pastor Mullins has her very own testimony. On October 15, 1977, her father and her two brothers were killed in a plane crash. According to Pastor Mullins, the death of her father and brothers was such a traumatic experience she came to understand that she could run from the pain of the loss or depend on God to take her through the journey. She chose the latter.

"That day, God spoke to me," she said. "I know pain. I really believe God told me to raise up a voice. I am amazing and humbled at what has happened this past year. I finally feel I have moved out of the wilderness. I am healed enough to help others through their pain."

For over 30 years, Pastor Mullins has passionately preached the Gospel. With sound biblical teaching and preaching, she continues to empower multitudes to take dominion over their lives. She is a

highly sought after conference speaker and author. She is married to Pastor Jim Mullins, and has two sons.

"Women enslaved in human trafficking have to make a choice," said Pastor Mullins. "That's the number one thing—making a choice. These women have to have the courage to get to someone who can help them. As long as they are silent, it is impossible. They have to step out and ask. We will be in Washington, D.C. to help them. It is possible to come out of human trafficking and be productive. Dr. Carson is such an example. We want women from all walks of life to come to Washington, DC and be a part of this dynamic event."

The rally will also include performances by Eagle's Rock Dance Team; A.I.M. Drama Team/Calvary Worship Team; Alexis Mahan; Dennis Wilson; Audrey King; and a dance performance by FERVENT.

For more information, visit: [www.deborahsvoice.net](http://www.deborahsvoice.net).

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# Warning signs that your teen may have a substance abuse problem

Maryland Opioid Operational Command Center, Governor's Office on Crime Control and Prevention want you to know, "Before It's Too Late"

Annapolis— No parent wants to think that their teen may have an alcohol or substance use problem but it can happen. How do you spot the warning signs and what do you do? The Governor's Office of Crime Control and Prevention (GOCCP) and the Maryland Opioid Operational Command Center are offering a few tips on what to watch for and how to get help.

"The reality is that teenager moods can change from hour to hour and that's a part of growing up," said GOCCP Executive Director, Glenn Fueston, Jr. "But as parents, we have to be extra vigilant to know the difference between a normal part of development or something else."

"Today, the risk of overdose is especially high, as fentanyl, which is 50 times more deadly than heroin, is being added to many prescriptions and other illicit drugs. Just a small amount can be

deadly," said Executive Director of the Opioid Operational Command Center, Clay Stamp. "That's why it's so important that we protect our most vulnerable, our youth and adolescents, from the dangers of drug use."

## Problems at school:

- Frequently forgetting homework.
- Missing classes or skipping school.
- Disinterest in school or school activities.
- A drop in grades.

## Physical signs:

- Lack of energy and motivation.
- Red eyes and cheeks or difficulty focusing— alcohol use.
- Red eyes and constricted pupils— marijuana use.
- A strange burn on your child's mouth or fingers – (possibly heroin) smoking through a metal or glass pipe.
- Chronic nosebleeds— cocaine use.
- Alcohol presence: finding it in your child's room or backpack/smelling alcohol on his or her breath.

## Neglected appearance:

- Lack of interest in clothing, grooming, or appearance is not normal. Teenagers



are usually very concerned about how they look.

## Changes in behavior

- Teenagers enjoy privacy, but be aware of excessive attempts to be alone.
- Exaggerated efforts not to allow family members into their rooms.
- Not letting you know where they go with friends, or whom they go with.
- Breaking curfew without a good excuse.

- Changes in relationships with family.

## Changes in friends:

- No longer is friends with childhood friends.
- Seems interested in hanging out with

older kids.

- Acts secretive about spending time with new friends.

## Money issues:

- Sudden requests for money without a good reason.
- Money stolen from your wallet or from safe places at home.
- Items missing from your home. (May be sold to buy drugs.)

## Specific smells

- Odor of marijuana, cigarettes, or alcohol on teen's breath, on clothing, in the bedroom, or in the car.

## Drug paraphernalia:

- Finding items in your child's room, backpack, or car related to drug use. (Read the guide to drug paraphernalia here.)

"Before It's Too Late" is Maryland's effort to bring awareness to this epidemic and to mobilize resources for effective prevention, treatment and recovery. Citizens grappling with a substance use disorder can find help at: BeforeItsTooLateMD.org or by calling 211 and pressing 1.

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# SBLC director brings attention to adult literacy struggle

By Stacy M. Brown

Sadly, more than 80,000 adults living in Baltimore City don't have a high school diploma, according to the South Baltimore Learning Center (SBLC), a community-based nonprofit that provides functional literacy, workforce development, life-skills training and career preparation services to adults in the Baltimore area.

For people between the ages of 25 and 64 without a high school diploma, the unemployment rate is 21.9 percent, according to SBLC officials who also note that a chronic lack of education and literacy skills perpetuates Baltimore's poverty problem.

Noted by her peers for her passionate efforts to further adult literacy, SBLC's executive director, Tanya Terrell wants to call more attention to the battle, as Adult Education and Family Literacy Week commences on Monday, September 24, 2018.

SBLC serves more than 900 adults each year, ranging in age from 18-80.

"Everyone has a fundamental right to an education," said Terrell, a 21-year resident of Baltimore who, prior to coming to SBLC worked in workforce development at Associated Black Charities.

"In my opinion, when we look at the scale and pervasiveness of illiteracy in Baltimore and/or high percentage of people who never completed their secondary education, the problem is not with the individuals," she said. "The problem is with a broader system that needs to be addressed and where we all need to lend our advocacy and support. We spend a lot of time convincing our learners that they are talented and capable people because they lack confidence in their ability to succeed. No one should have to live life feeling that way."

Terrell notes that barriers to employment include low literacy levels, lack of basic math skills, difficulty using technology and no high school diploma. SBLC helps adults overcome these barriers by offering classes at the Regional Skills Training Center in Park Heights, to help individuals gain a work credential in manufacturing, construction and nursing in order to obtain a job.



**SBLC offers several pathways to a high school diploma, including four academic sessions of adult basic education and GED preparation classes. In addition, the nonprofit provides classes to help adults obtain workforce certifications. Photos: Courtesy of SBLC**

"The scale of this particular challenge is so great that I wanted to understand the issue further and attack this particular barrier head on. That's why I am at SBLC," Terrell said.

SBLC officials also understand that returning to school for any adult is challenging. The responsibilities for the adults in their program are the same that we all experience every day, Terrell said, noting that it includes balancing work priorities and family obligations are the most significant.

"With our adult learners, other barriers, such as transportation, lack of child care or chronic health issues also affect retention and progression in the program," she said.

"SBLC recognizes these barriers. Though our mission is focused primarily on education, we have relationships with a variety of partners who can offer resources and additional support to help address some of the barriers that many of our adults learners face."

With a stellar team and exceptional instructional staff, SBLC has found success. At SBLC, students may pursue GED preparation classes or the National External Diploma Program. When a student completes either program, they receive a Maryland State High School Diploma.

"We also work hard to have values that



**A volunteer tutor from BGE assists a GED learner at SBLC, which provides a supportive, rigorous and transformative education for adults of all ages and demographics who are eager to learn, who are motivated to succeed and who are committed to making a difference in their lives and in those of others.**



**SBLC students work on a project while pursuing a high school diploma.**

are 'learner-centered.' It is important that the academic environment at SBLC be void of judgment. The goal of staff is to ensure that learners feel supported. I think this is pivotal to our success," Terrell said.

"We are meeting our goals, but our challenge is making sure that everyone knows our work, worth and impact. We also want people to consider adult education as a critical component of the educational system in the city and state. K-12 children will be much better prepared when their parents and other adults in their lives have experienced academic success."

Two years ago SBLC chose to rename and rebrand itself. "SBLC: Learning Works" was selected as a way to highlight learners' accomplishments and to provide the motivation behind the new-found core message.

"This rebranding allows SBLC to showcase and celebrate how we not only educate adult learners but also empower them to succeed by securing better jobs, enhancing their life skills and personal lives, and contributing to their communities," she said.

For more information about SBLC, visit <http://southbaltimorelearns.org/>

# Baltimore hero honored during National Recovery Month

By Stacy M. Brown

Terrie Alexander grew up not far from “The Corner,” the infamous open-air drug market that sits amidst the poverty of West Baltimore.

Admittedly, Alexander became addicted to cocaine and heroin and she repeatedly failed at rehabilitation. It wasn't until she became pregnant with her son, that she found the determination needed to make a significant change in her life.

There may be other stories like Alexander's, but several Baltimore area officials suggested that hers could be an inspiration during September, which is designated as National Recovery Month.

“Terrie helps fight stigma with her amazing recovery story,” said Baltimore City Health Commissioner Dr. Leana Wen. “She is a credible messenger reaching people where they are.”

Alexander was honored this month by the nonprofit, Institutes for Behavior Resources, Inc. not only as an individual in long-term recovery but as manager of the REACH Intensive Outpatient Program for Addiction Recovery, which the organization has named in her honor.

Founded in 1960, the Institutes for Behavior Resources, Inc., is an independent nonprofit research, services and educational organization headquartered in Baltimore with a mission to enhance the growth of the behavioral sciences and their application to human affairs through their research, clinical services and consulting and education initiatives.

Focusing on helping others who were suffering as she had, Alexander earned degrees in addiction counseling and



*Terrie A. Alexander with Dr. Steven Hursh, president of the Institutes for Behavior Resources, holding the plaque naming the Intensive Outpatient Program after Terrie, which will hang outside the program's doors. Courtesy Photo*

mental health technology from Baltimore City Community College and she completed more than 400 internship hours at the Center for Addiction and Pregnancy where she had been successfully treated. Subsequently, Alexander obtained her Master's degree in Social Work while working as a counselor and manager of the REACH Intensive Outpatient Program.

An interview scheduled with The Baltimore Times and Alexander was canceled because of her ongoing battle with cancer, but officials urged the newspaper to tell her story.

“Terrie's incredible story will inspire future generations of ‘changemakers’ to step up in our communities and make a real difference in helping combat this terrible crisis of addiction that we face in

Baltimore and around the country,” said Maryland Congressman John Sarbanes.

REACH officials say Alexander has remained busy helping others fight opioid and other substance use disorders. Her experience helps highlight the achievements of individuals who have reclaimed their lives in long-term recovery while also honoring the providers who make recovery possible.

“She is the embodiment of National Recovery Month's focus and goals,” according to an Institutes for Behavior Resources news release. “Alexander not only turned her life around after 17 years of abuse, but she has gone on to help many others get sober and she's become a recognized community leader in the fight against opioid abuse.”

The REACH Health Services program is a comprehensive outpatient substance use recovery program designed to deliver treatment to those in need.

“REACH Health Services made the decision to dedicate and name the Intensive Outpatient Program after Terrie Alexander in order to recognize her role in the creation of the program, her strong advocacy for patient rights and reducing stigma for people with substance use disorders, her efforts to educate the next generation of substance use disorder treatment providers and the inspiration she provides to all who cross her path,” said Joan Sperlein, the associate program director at REACH.

“Terrie is a remarkable person in so many ways and it is a true honor to be able to work with her and call her a friend.”

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# 'Fresh Prince' Star Puts Grace, Soul and 'Mother Wit' into New Cookbook

By Stacy M. Brown

For those who only know Daphne Maxwell-Reid as "Aunt Viv" from the smash 1990s hit comedy, "The Fresh Prince of Bel Air," there is so much more to behold.

Maxwell-Reid, the wife of acting icon Tim Reid, started her career as a model and became the first African American to appear on the cover of Vogue magazine in 1969.

In addition to the "Fresh Prince," which starred superstar Will Smith and the late James Avery, Maxwell-Reid appeared in the police drama "Hill Street Blues," and the comedy hit, "WKRP in Cincinnati."

She has also published several books on photography and now, her latest is a cookbook titled, "Grace, Soul and Mother Wit: A Cookbook Spiced with Personal Memories."

"It's about serving love through food," Maxwell-Reid told the Baltimore Times. "Some of my favorite recipes are the ones my mother cooked when we were growing up and then when we came to visit. Each of them has a story, and what it means to me."

The book contains original recipes that Maxwell-Reid previously wrote on her computer, which she says she gathered from loved. Her book also features numerous anecdotes and photos of her life when she was growing up, the majority of which were taken in the kitchen.

"My mother was very talented in a lot of different things and cooking was her the way she showed love," Maxwell-Reid said. "Standing with my mother in the kitchen meant it was time that we shared conversations, what was going on in our lives and what was going on politically. It was my bonding time with my mother and I knew when it was time to serve food, it was going to be a celebration of life."

Born in Manhattan, Maxwell-Reid now resides in Virginia.

She attended Chicago's Northwestern University where she was named the school's first African American homecoming queen.



*(Left) Actress Daphne Maxwell-Reid played "Aunt Viv" in the smash 1990s hit comedy, "The Fresh Prince of Bel Air."*

*(Right) Her latest project is a cookbook entitled, "Grace, Soul and Mother Wit: A Cookbook Spiced with Personal Memories," which is available for sale at: <http://www.daphnemaxwellreid.com/>.*

*Courtesy Photos/Daphne Maxwell-Reid*

A former model with the elite Eileen Ford Modeling Agency, Maxwell-Reid landed the cover of Vogue Magazine while attending college.

"It was to me just another day of modeling when I was at school and I had kind of a mentor named Amy Green who'd call me and say come to New York and I'd fly to New York," Maxwell-Reid said. "She said to wear a red turtle neck and some mascara and lip gloss and sit near the window and that's what I did, and I don't think the photographer even used his full roll of film. I did the shoot, flew back to Chicago and later, I'm walking by the newsstand and saw my picture. They didn't tell me. They didn't say anything."

Maxwell-Reid has remained busy since the "Fresh Prince" series ended in 1996.

She was also busy before landing a role on that show, appearing in movies and television shows like "Coach of the Year," "Protocol," and "Murder She Wrote."

Most recently, she has appeared on UPN's "Eve," and BET's "Let's Stay Together."

Along with several other projects and commitments that have kept her busy, Maxwell-Reid is busy with her cookbook.

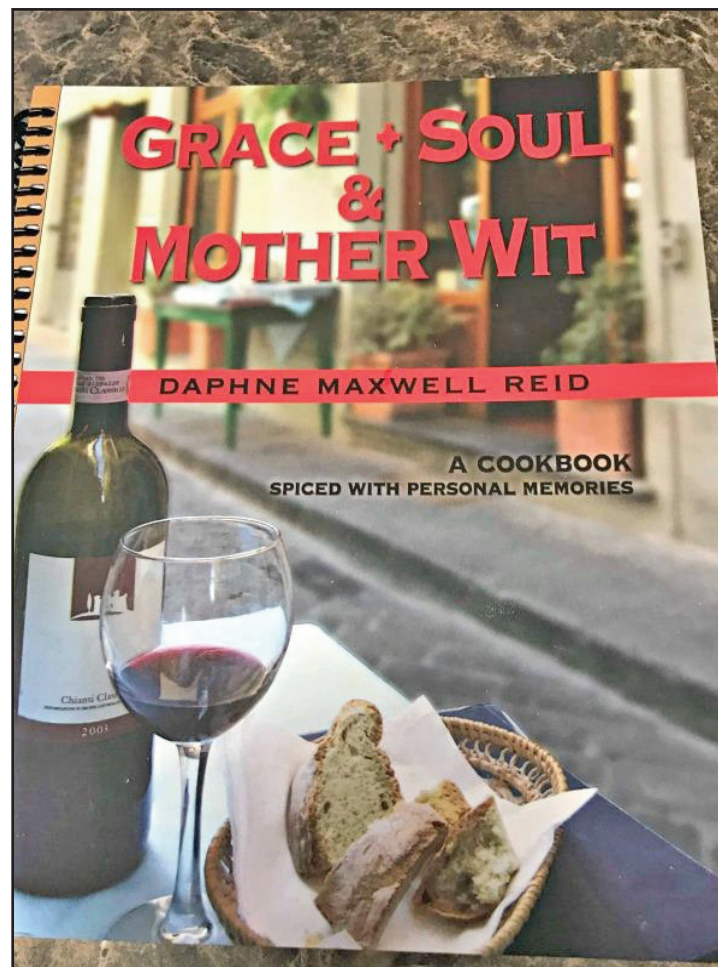
"After publishing four books on photography and with people asking me when I would write my memoirs, I decided to get this off of my computer and to combine my memoirs with recipes," Maxwell-Reid said.

She explains the three key words in the title of her new book, Grace, Soul and Mother Wit.

"Grace is hopefully the way I've lived

my life. With grace and integrity and it's what you say before a meal," Maxwell-Reid said. "Soul is the community from which I sprung, and it's the depth of love and culture that I carry from my ancestors. Mother Wit is something you're either born with or get to learn. It's innate intelligence that can be couched as common sense so [in the cookbook] I give you tools to have a little mother wit in the kitchen like how to set the table, what to have in your pantry at all times, as well as give you the richness of my culture and family."

To purchase a copy of Maxwell-Reid's new book, "Grace, Soul and Mother Wit: A Cookbook Spiced with Personal Memories," go to <http://www.daphnemaxwellreid.com/>.



*The memories we make with our family is everything. —Candace Cameron Bure*

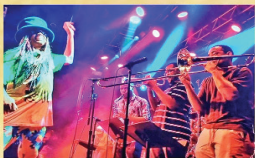
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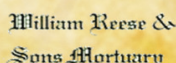
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## BGE 'Bright Ideas' Teachers' Grants now being accepted

Applications for grants up to \$500 for in-classroom innovation projects due by October 31, 2018

Baltimore— BGE is now accepting applications for the 2018 Bright Ideas Teachers' Grants program. All kindergarten through 12th-grade in-classroom teachers within the BGE service area focusing on innovation, science, technology, engineering and mathematics (STEM), the environment or energy efficiency are eligible to apply at [www.bge.com/giving](http://www.bge.com/giving). Applications must be received by October 31, 2018.

Eligible teachers can receive a grant of up to \$500 for in-classroom use to fund eligible projects. Some projects previously funded include a robotics club where students meet to design a VEX IQ robot and invention kits that incorporate STEM by turning everyday objects into touch pads. Grant winners throughout BGE's service area will be announced in November. The grant program launched in 2017 and awarded a total of \$25,000 to 54 teachers.

"At BGE, we remain focused on a commitment to education, especially in the areas of STEM and innovation," said Valencia McClure, vice president of governmental and external affairs and corporate relations for BGE. "This second-year grant program provides teachers the opportunity to prepare students for the future by challenging them with STEM enrichment activities."

BGE provides \$1 million annually for education programs across its central Maryland service area through its charitable contributions programs. The company has also provided more than \$300,000 to winners of BGE's energy safety programs for children: The Wires Down Video Challenge for electric safety and Captain Mercaptan Natural Gas Safety Contest.

Since its founding in 1816, BGE has partnered with Maryland communities to enhance our neighborhoods. For more information about the Bright Ideas Teachers' Grants program, visit: [www.bge.com/giving](http://www.bge.com/giving).

# Rambling Rose

*Special people, special places  
and special thing to do*



*Rosa Pryor Trusty*

Hello everyone, how are you? Hoping everything is well with you. Sending special prayers to family and friends in the Carolinian's.

Girlfriend, let me tell you! I have had a busy week and I am tired but I can't sit down yet. Last weekend, I had my 55th Class Reunion, starting with a "Meet and Greet" on Friday, then at noon on Saturday, as part of the Masonic family, my Easter Star Chapter, Trinity #5 attended the funeral and hosted the repast for Rick Johnson from 9 a.m. until 5 p.m. By the way, the funeral was beautiful and the music, which was awesome because two of my favorite musicians, Carlos Johnson and Charlie Covington did the music. Left there about 5:30 p.m. to go home to shower and change; because as a member of the committee for the Class of '63' of Edmondson High School, I had to be at the door for our Class Reunion Banquet by 6:30 p.m., which ran from 7-11 p.m. at the Forum Caterers. On Sunday, our Class Reunion ended with a breakfast at the Hilton Garden Inn in Owings Mills.

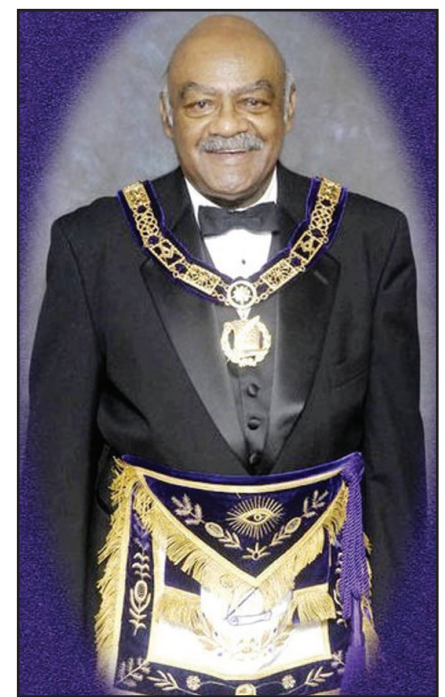
Now folks, I need you to help me out this week. Meet me at "Cured 18th & 19th". That's right, you heard me! It is a new supper club venue which just opened at 10980 Grantchester Way in Columbia, Maryland. (I know it is an unusual name), but this spot is featuring live entertainment six nights a week and kickin' off is a couple of my favorite musicians—Lamont "Terry" Battle and Jeff—who are called the "SideStreet Duo" (a part of "JumpStreet Band) on Sunday September 23 from 6:30-9:30 p.m. I understand this venue is located next to Merriweather Post Pavilion at the corner of Little Patuxent Parkway and Broken Land Pkwy. I heard the food is good, too. So, I will see you there. It is important that we support our local musicians.

Now, the Arena Players Fund-raiser Gala for the Arena Players will also be awesome! On September 28th. It will be an evening of remembering the late Samuel H. Wilson, Jr. who passed away in 1995, who founded the Arena Players in 1953 and Irvin J. Turner who passed away in 1982, who founded the Youtheatre of the Arena Players. The Arena Players is the oldest continuously operating African American community theatre in the United States. They are honoring these two men because they recognized the importance of creating artistic opportunities for African Americans during a time when limited opportunities were available to them. They each helped to shape the artistic careers of many, some now deceased and many who are in the arts today. This Gala will be held at the Forum Caterers, 4210 Primrose Avenue on Friday, September 28th starting at 6 p.m. For more information, call Lynn Wilson Johnson at 410-484-1952.

Alright my dear friends, it is time for me to go. I am out of space. But remember, if you need me, call me at 410-833-9474; and send all your flyers, press releases and photos to my email at: [rosapryor@aol.com](mailto:rosapryor@aol.com). UNTIL THE NEXT TIME, I'M MUSICALLY YOURS.



*Richard V. "Rick" Johnson, renowned musician (drummer) a Prince Hall Mason passed away September 6, 2018. Funeral Services were September 15, 2018, at Union Baptist Church. He is now playing for the Heavenly Band with guys like, Dave Ross, Mickey Fields, Cornell Muldrow, Bill Byrd; vocalist, Ruby Glover, Chico Johnson and vocalist, Nikki Cooper and so many others.*



*Richard V. "Rick" Johnson  
He will be truly missed but not forgotten.*



*Friends of the Arena Players are hosting "An Evening to Remember" to honor Sam H. Wilson, Fr., Arena Players Founder and First President and Irvin Turner, Arena Players Youtheatre Founder on Friday, September 28 at the Forum Caterers, 4210 Primrose Avenue. For more information, contact James "Winky" Camphor at [peawin5@verizon.net](mailto:peawin5@verizon.net)*



*Jammion Jess is the DJ and the Host for the Oldies Night every 3rd Friday of the month at Caton Castle.*

*Dr. Phil Butts with his 18 piece Big Band featuring vocalist "Larzine," will light up the stage at Painters Mill American Legion located at 4424 Painters Mill Road in Owings Mills with the "Diamonds in Jazz" Concert on Friday, September 21, 2018 from 7 p.m. to 10 p.m. Food and beverages will be on sale. For more information call 443-6764543 or American Legion at 410-363-1696.*

# The Pulse of Entertainment

## The Braxton Brothers' 'Higher' Jazz Album Rocks Superbly

By Eunice Moseley

It's evident when you hear the new album, "Higher," by The Braxton Brothers that they were born to complement each other—being twins help also. Nelson plays the bass (and lead guitar) and brother Wayne plays the saxophone. Together they make the two sounds rock, superbly.

"He (Wayne) has a different way of looking at things," said Nelson, when I asked what differences between the twins were musically. "He is more out the box—he is not trying to do what anyone is doing. He is fresh."

Nelson, who has been on tour with Michael Bolton for 12 years, explains that he works with other artists so he has learned to adapt.

"I depend on that (Wayne's out of the



The Braxton Brothers, Wayne and Nelson. Their new album "Higher" hits all the right notes according to The Pulse of Entertainment columnist, Eunice Moseley. Courtesy Photo/The Braxton Brothers

box style) to balance. He helps balance me," Nelson said. "He works with other people too (Sheila E). What's interesting is we still have the same music background."

I think balance is a good way to describe why Wayne's sax and Nelson's bass (strings) work together superbly.

The album also features lead guitarists Errol Cooney, Kay-Ta (LCR Music), Andy Quinn and Ryan Parrino. Both Nelson and Wayne offer skilled voices along with Joelobeack Neisler-Lebron.

"The record is made of music we made while living," Nelson pointed out. "Music can uplift or bring them down. I hope listeners get joy from it and feel lifted from it—get up and do something. Feel inspired and loved."

Well the "Higher" album sure had me wanting to get up and move my body. My favorite selections from "Higher" are #1 "The Only Woman in the World" because it's upbeat and you are able to hear the great blend the two musicians create, and the lead guitar is the cherry on the cake; #3 "Back in My Arms" because it's amazing the way that Wayne's sax sings and Nelson's bass dances and I love how they reach an explosive point;

#5 "Something in My Heart," because I immediately thought this song is so good that it belongs on a soundtrack; #6 "Because of You" because it has a Pop flavor added to their Jazz sound that is simplicity; #8 "Beauty" because it has a Reggae feel that makes you want to rock and the guitar strings on this is superbly done, and #11 "What Would I Do" because this time the bass sings - along with vocals that are perfectly blended.

For more information about their latest project, "Higher," visit: [www.TheBraxtonBrothers.com](http://www.TheBraxtonBrothers.com)

Eunice Moseley is also a Public Relations Strategist and Business Management Consultant at Freelance Associates. She is also Promotions Director (at-large) for The Baltimore Times. For more entertainment news, visit: [www.ThePulseofEntertainment.com](http://www.ThePulseofEntertainment.com).

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## Girl Scout Cookie Sale begins in Central Maryland

*The Girl Scout Cookie Sale is the largest girl-led business in the nation*

Baltimore – Saturday, September 15, 2018, marked the first day of the 2018 Girl Scout Cookie Sale program and Girl Scouts all across central Maryland will be offering those delicious cookies everyone loves: Thin Mints, Caramel Delights, Lemonades, Peanut Butter Sandwiches, S'mores, Shortbreads and Peanut Butter Patties.

For gluten-free cookie lovers a new cookie—the Caramel Chocolate Chip with rich caramel, semi-sweet chocolate chips and a hint of sea salt—will also be available for purchase. All cookies except the gluten-free cookie are available for just \$4.00 per box; the Caramel Chocolate Chip cookie is \$5 per box.

In addition to door-to-door sales and booth sales (which begin October 19th), girls can also sell cookies through the Smart Cookie digital platform that allows girls to send e-cards to customers to place their order. Customers email their order back the Girl Scout and have the cookies shipped directly to them usually in two days. As a result girls gain skills in a variety of sales and customer service techniques.

When girls participate in the Girl Scout Cookie Program, they develop essential life skills. 2017 top cookie seller, Jenna Diehl who sold over 8,000 boxes of cookies last year and over 30,000 boxes during her 12 years as a Girl Scout said, “I believe my people, money management, goal setting and business ethics skills will help me tremendously with reaching my future goals.”

Each box of delicious Girl Scout Cookies helps power new, unique, and amazing experiences for girls. She may help the local animal shelter, or plant a community garden, go to summer camp, or



earn one of Girl Scouting’s highest awards. Or, maybe she will cross the country to see the Grand Canyon, or cross an ocean for the travel experience of a lifetime. It’s up to her and her troop—they own their adventure and can select what they want to do with their cookie sale proceeds.

For more information about the cookie sale, visit [www.gscm.org](http://www.gscm.org) or call 410-358-9711.

## Anne Arundel Community College Receives Higher Ed Diversity Award

Arnold, AAC—Anne Arundel Community College (AACC) has received the Higher Education Excellence in Diversity (HEED) Award for the third year in a row. The award comes from INSIGHT Into Diversity magazine, the oldest and largest diversity-focused publication in higher education.

This award is the only national honor for U.S. colleges and universities that demonstrates an outstanding commitment to diversity and inclusion. AACC, along with 95 other recipients, including four other community colleges, will be featured in the magazine’s November issue.

“We are starting to transform our culture at AACC. Equity is the focus – as an institution, everything we do, from learning, operations, policies and procedures – it is through the lens of equity and the student experience,” said Dr. Dawn Lindsay, AACC’s president. “To receive this recognition for the third year in row is honoring the hard work of the faculty, staff and students at AACC. Though there is still more work to do, we are definitely on the right path.”

AACC’s Chief Diversity Officer Deidra Dennie agrees, noting that the award “is affirmation that we are doing the

right things and showing great progress in building an inclusive, just and equitable campus community.”

INSIGHT Into Diversity magazine selected AACC because it has long been committed to a strategy that embeds the goals and values of diversity and inclusion into every office, department and function of the college.

Dennie says the college prides itself on preparing students to think and operate in a global arena, which is critical to encouraging student success and the growth of the region and nation.

“We firmly believe that promoting equity, diversity and inclusion is everyone’s responsibility,” she said.

The magazine takes a holistic approach to reviewing all applicants.

“The HEED Award process consists of a comprehensive and rigorous application that includes questions relating to the recruitment and retention of students and employees – and best practices for both – continued leadership support for diversity, and other aspects of campus diversity and inclusion,” said Lenore Pearlstein, publisher of INSIGHT Into Diversity magazine. “We take a detailed approach to reviewing each application in deciding who will be named a HEED Award recipient. Our standards are high, and we look for institutions where diversity and inclusion are woven into the work being accomplished every day across their campus.”

For information about the 2018 HEED Award, visit [insightintodiversity.com](http://insightintodiversity.com).

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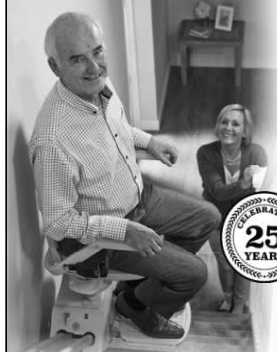
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