

Organization showcases merchandise ‘Made in Baltimore’



Made in Baltimore is a membership-based organization open to businesses in Baltimore City and supported by the Baltimore Office of Sustainability. The project began in Summer 2015 with the first pop-up shop featuring all locally made goods. The shop featured products by 80 companies. This year is the sixth year that entrepreneurs will showcase their goods. The storefront promises to remain open for at least six months or even permanently. (See the article on page 9) Photo: Kyle Pompey

Maggie Kudirka's Story:

Living with Metastatic Breast Cancer

By Ursula V. Battle

This article is Part II of a two-part series about Metastatic Breast Cancer (MBC) that will be published in observance of Breast Cancer Awareness Month. An annual international health campaign, Breast Cancer Awareness Month is observed every October to increase awareness of the disease, and to raise funds for research into its cause, prevention, diagnosis, treatment and cure.

Maggie Kudirka, also known as “Bald Ballerina,” was born to dance. She began dancing at a young age, and would eventually grow up and join the Joffrey Ballet Concert Group, a part of the prestigious Joffrey Ballet Company in New York City. However, after trying to dance time after time through excruciating pain, Kudirka knew it was time for a visit to the doctor.

“I found a lump in February of 2014,” recalled Kudirka. “But I just ignored it because I didn’t think I had breast cancer. I was having problems breathing, and was having terrible bone pain. But I ignored the pain so I could continue dancing. Finally, I had it checked out.

“I would learn that I had breast cancer. It had spread to the spine and it was eating at my bones. I was 23-years-old at the time, and had no idea someone my age could get breast cancer.”

Kudirka was diagnosed with Metastatic Breast Cancer (MBC). According to the National Cancer Institute, which is part of the National Institutes of Health (NIH), cancer can spread regionally to nearby lymph nodes, tissues or organs. The NIH also pointed out that cancer can spread to distant parts of the body.

When this happens, it is called metastatic cancer. For many types of cancer, it is also called Stage IV (four) cancer.

“My diagnosis turned my whole world upside down,” recalled Kudirka. “I could no longer dance with the company. After my diagnosis, the first year was definitely the hardest to get over because I had to get used to my new life. It was a difficult journey.”



Ballet dancer Maggie Kudirka was diagnosed with Metastatic Breast Cancer at age 23. Also known as “Bald Ballerina,” she still dances whenever she can and she has participated in NY Fashion Week.

Courtesy Photo

Now 27, Kudirka primarily focuses on advocacy efforts for the MBC community. She is an Ambassador for the global healthcare company Novartis. In this role, Kudirka and the other Ambassadors are using their social media channels and activism in the breast cancer community to encourage posts for #KissThis4MBC. For each public post using #KissThis4MBC, Novartis will donate \$15 to MBC research.

“I found out about the Kiss campaign last year,” she said. “After I got involved, people responded back, and I challenged others to do the same. I felt it was a great campaign to support breast cancer research. I jumped at the chance to be an Ambassador. Even more people are using the hashtag now. It is great to see people embracing the campaign.”

Kudirka is a native of Ellicott City, Maryland. For the past two years, she has modeled in NY Fashion Week runway shows for AnaOno Intimates #Can-

cerland, where she walked the entire runway en pointe.

“I have participated in some amazing events like NY Fashion Week,” she said. “Cancer has taken a lot away, but it has also given me a lot of opportunities.”

Kudirka said she still dances when she can.

“I go to the hospital every three weeks for treatments, which include bone strengthening shots,” she said. “Sometimes I am doing great. And some other times, I hear of a friend passing away and I get depressed. I am just trying to keep my energy up, and to keep going. My schedule is busy, so I can’t perform regularly. However, I jump at the chance when I am available.”

According to Susan G. Komen, a non-profit organization that has invested more than \$2.9 billion in groundbreaking research in the fight against breast cancer, MBC causes nearly all of the more than 41,000 breast cancer deaths each year in the United States.

Kudirka says she will continue to ‘dance’ towards greater breast cancer awareness.

“There was no family history or genetics of breast cancer in my family,” she said. “There were other types of cancer, but no breast cancer. I wanted to educate my friends and others that anyone can get breast cancer. Dancers think they can’t get cancer and are invisible. I want people to know that anyone can get cancer at any age.”

For more information about the Kiss This 4 MBC campaign visit <http://www.kissththis4mbc.com>.

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Finding happiness and success through daily habits

*By Charles (Chazz) Scott
The Nucleus Team Member
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As we get older, we tend to discover things about ourselves along the way—like what makes us happy; what makes us sad; what are our truest passions and our deepest desires.

Many of these discoveries take time, but I believe that humans have an innate desire for more. Humans consistently search for achievement and steadily crave progress to reach a peak mentally, of what I like to call happiness and fulfillment—the highest of high.

Scientifically, this happens when neurotransmitters or the brain's happy chemicals—dopamine and serotonin are released into the brain. Reaching your mental peak relies on many factors but one of the most influential is deeply embedded in our daily habits. Anything that you desire, whether it be material success, happiness, fulfillment or personal enlightenment lies in small things done repeatedly over long periods of time.



Charles (Chazz) Scott
Courtesy Photo

Let's get one thing straight first and foremost—our brain is not designed to ensure our happiness, it's designed to ensure our survival. It's designed for reproduction, eating and sleeping. Anything else is extra credit, as I like to say.

Attaining happiness and personal fulfillment or whatever that may look like for you—is your job, and your job only. When I say this, I mean the true underpinnings of your success and happiness comes from you.

We cannot simply rely on our body and our mind to give us what we want, we must tell it. Our quest for happiness, success and fulfillment relies on our desire and the discipline to achieve and maintain our goals.

To ensure that I am clear: you can't just expect to become happy the same way that your body unconsciously becomes hungry. Happy people choose happiness; successful people choose success; and people who are fulfilled have cultivated consistent habits, which allowed them to reach their fulfilled state. You must intentionally focus on your desires consistently to achieve them.

As a self-empowerment workshop curator for Positively Caviar, Inc., it's my job to gather knowledge about how the body and mind operate so that I can educate, motivate and inspire youth to reach their fullest potential. I have researched from neuroscience to psychology, genetics to meditation, and even spirituality to gain insights into the human experience. Again, the clearest message I gathered from my research

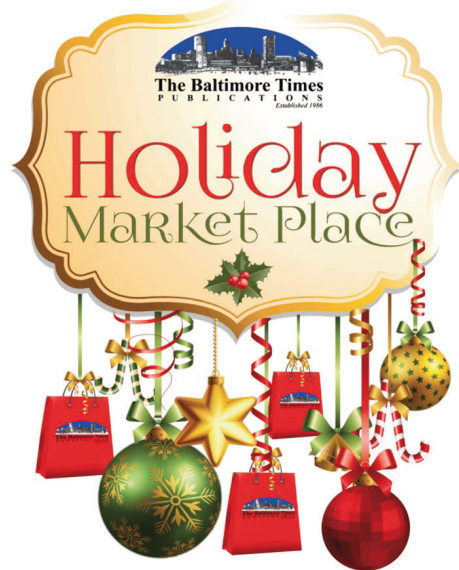
rests upon our daily habits. Our brain is constantly changing to meet our needs and desires.

In the book "Hardwiring Happiness," author Rick Hanson explains, "Whatever we repeatedly sense and feel and want and think, is slowly but surely sculpting [the] neural structure [of our brains]."

All of things we do on a consistent basis has an extreme impact on our brain through a process known as neuroplasticity. This process is the brain's ability to reorganize itself and form new neural pathways that make you, you.

We have more power than we think and it remains up to us to choose this power and push ourselves to reach the highest highs. This tough mental shift maybe difficult at first, but it's absolutely necessary to realize that happiness and success in life are not automatically endowed upon us.

These things won't come to you on a silver platter. You have to consciously want them. You must make a conscious choice and have a strong desire, which should be part of your daily habits.



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Guest Editorials/Letters

It's Medicare open enrollment season. Here's what you need to know

By Janet Trautwein

Medicare's Annual Election Period is here. Beginning October 15, seniors will choose their Medicare plans for 2019. They'll have to make their selections by December 7 for coverage that takes effect January 1.

The enrollment process will be different than previous years. This time, seniors will have the chance to "test-drive" plans at the beginning of the year—and select a different plan if their initial choice doesn't meet their budgetary or healthcare needs.

That flexibility will ensure that Medicare meets the needs of its beneficiaries better than ever before.

Medicare covers about 60 million Americans. Seniors become eligible for all of the program's components—Parts A, B, C and D—when they turn 65.

Part A pays for hospital stays. Part B covers doctor visits, same-day surgeries, and potent medications administered in physicians' offices. Part D is Medicare's optional prescription drug benefit.

Part C, also known as Medicare Advantage is administered by private insurance carriers and places a cap on the out-of-pocket expenses not available on Parts A and B of Original Medicare. Part C typically includes the prescription drug benefit at no additional cost.

More than 20 million Americans are enrolled in 2,300 different Medicare Advantage plans, each with its own mix of benefits, monthly premiums, copays and out-of-pocket spending.

Deciding on a plan can be tricky. Beneficiaries must consider lifestyle factors, how much they can afford to spend, and what their future health needs may be.

In recent years, Congress didn't make those decisions easier. Since 2011, seniors who chose a Medicare Advantage plan had 45 days to "disenroll" if it wasn't right for them. But their only alternative was enrolling in traditional Medicare.

Thankfully, that won't be the case anymore. Next year, beneficiaries who enroll in a Medicare Advantage plan will have the ability to switch to another Advantage plan at any point within the first three months of 2019. The change gives seniors much more flexibility and can make open enrollment less stressful.

Seniors may find all these options empowering—and overwhelming. Fortunately, help is available.

Medicare.gov contains a wealth of information that can offer assistance to beneficiaries.

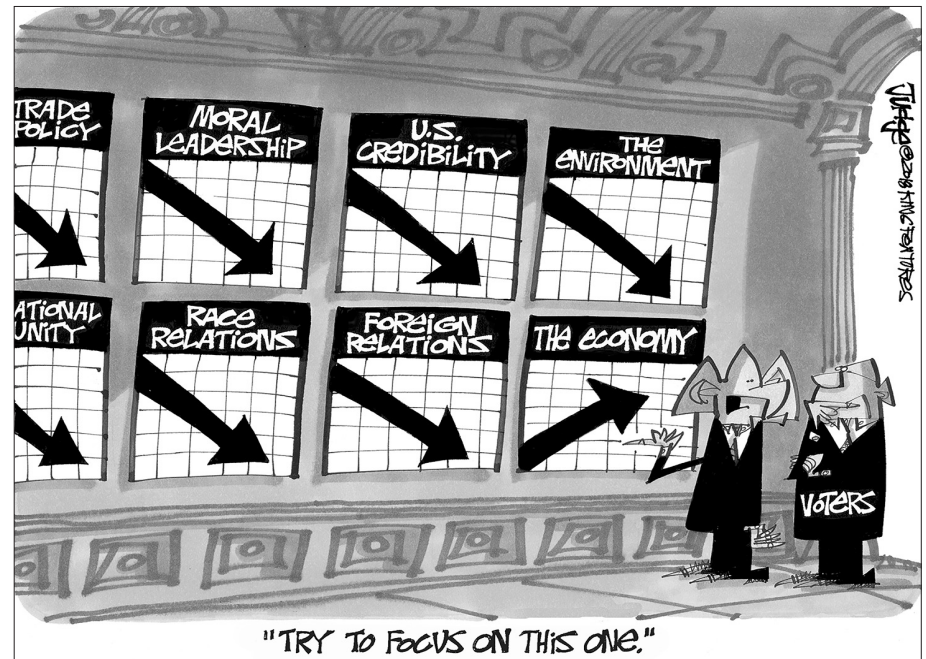
Seniors can consult licensed health insurance agents and brokers. Many have decades of experience and are specially trained to educate consumers. Nearly three-quarters of agents and brokers spend a significant portion of their time explaining coverage to clients and investigating consumer insurance options.

Agents and brokers can help seniors determine which Medicare Advantage plan would be best for them—or whether they'd be better off enrolling in traditional Medicare.

Those who live in a FEMA-declared disaster area during the Annual Election Period may qualify for a Special Election Period outside of the normal enrollment window. Seniors can ask an insurance professional if a Special Election Period has been announced.

Medicare covers nearly one in five Americans. This open enrollment season, that population will find that they have more choices—and more flexibility. Savvy seniors should take advantage.

Janet Trautwein is CEO of the National Association of Health Underwriters. For more information, visit the website: www.nahu.org.



Letters to the Editor:

Editor:

Re: Deeply Flawed Supreme Court Justice

The Republican controlled Senate rammed through the confirmation of Brett Kavanaugh for the Supreme Court out of fear of losing control of the Senate in the upcoming mid-term elections. The vote was along party lines, 49 Republicans and one Democrat for him, and 48 Democrats against him.

Unfortunately they put the Republican Party ahead of the well being of the country. Based on the testimony I believe they confirmed someone who probably assaulted a female, and who either lied to the Senate Judiciary Committee (The Committee), or could not remember the assault because of his highly intoxicated condition.

Kavanaugh probably lied to The Committee when he downplayed his vast beer consumption in college. Numerous classmates have stated he was a heavy drinker and a belligerent drunk.

Kavanaugh appears to be highly partisan and biased as evidenced during The Committee hearings when he said there was a left-wing conspiracy against him including "revenge on behalf of the Clintons, and millions of dollars in money from outside left-wing opposition groups."

Kavanaugh is deeply flawed and an unworthy Supreme Court justice. The veracity and unbiased opinions of the Supreme Court are in question.

Donald Moskowitz

Londonderry, NH

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Letters to the Editor

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Beyond the Rhetoric: So Much Hate, So Little Tolerance

By Harry C. Alford

Political rivalry is as much a part of Americana as “Red, White and Blue.” We expect it and cheer on whatever side we support. Throughout the history of our great nation, elections would bring much debate and comparisons as to whose side or positions would be best for the future of our nation.

I remember fearing the thought of Barry Goldwater becoming our nation’s president. I thought he was a maniac—a civil rights hating racist and a war monger. Not too long after that 1964 election cycle, I would be depending on Senator Goldwater to save my future.

We were in Army basic training at Ft. Jackson, South Carolina. From there we would go to Infantry Officer Candidate School in Ft. Benning, Georgia. President Nixon decided that we were going to withdraw from Vietnam and thus, the Army needed to reduce its manpower.

They were determined to stop us from going to Officer School (i.e. renege on our contracts with the US Army).

It seemed like we were destined to be “screwed.” However, one of our compatriot’s mother worked for Senator Goldwater. He called his mother about the betrayal and she quipped, “I will tell Uncle Barry about this.” The next day our contracts were back in force. Barry Goldwater had compassion for us and stepped up to protect us. He wasn’t that evil, “fire breathing” mongrel I thought him to be.

sure of victory that the defeat is not being accepted too well. In more peaceful times we would all say, “If you don’t like it, deal with it at the next election.” That type of patience does not seem to be tolerable any more.

Democratic party members are becoming venomous in their attitudes and the making of their new platform. They are so anti-Trump to the point of it being an attitude of resistance, obstruction and

is being tried.

One example is encouraging a mentally challenged individual to place a formal complaint of sexual assault against nominee Kavanaugh. An alleged act that happened over 36 years ago. She requested discretion about the handling of this. What did they do? They leaked her accusation to the national press and paraded her on national television and gave her a questionable legal representative. They have put an “accuser” who needs medical help and privacy in a position of traumatic exposure. You must feel sorry for her.

If that is not enough, they have two more “accusers” who claim either sexual indiscretion or down right gang rape. Yes, they are trying to paint a sleazy, criminal picture on a human being who has played by the rules and has lived a great, impressive American life. Hopefully, the Federal Bureau of Investigation will settle this matter soon. He has already successfully completed six previous FBI investigations covering the same period of time. However, it would not be too surprising if they try some more shenanigans, moral or immoral, legal or illegal to stop this nomination from going through.

The Democratic Congress is going through a mental crisis at the expense of our normal political process. Somehow, I hope this will straighten itself out through the next elections that are coming up. Dear Lord, may our voters and elected officials come to their senses and end this hatred and lack of tolerance.

Harry Alford is the Co-Founder, President/CEO, of the National Black Chamber of Commerce®. For more information, visit: www.nationalbcc.org and to contact him, email: halford@nationalbcc.org

“We should choose our political sides, debate and then elect a winner. Whoever that winner is, becomes our leader for a set period and will be re-elected or not depending on the popularity of his performance. We move on regardless of the outcomes. This is about the prosperity of America and how we do it is up to the voters.”

The above experience taught me to understand that American politics should be restrained from hatred. There should be tolerance of other views. We should choose our political sides, debate and then elect a winner. Whoever that winner is, becomes our leader for a set period and will be re-elected or not depending on the popularity of his performance. We move on regardless of the outcomes. This is about the prosperity of America and how we do it is up to the voters. We win some. We lose some. But life goes on under the sweetness of democracy and the guarantee of freedom and individual rights.

Sadly, since the latest federal election something has happened to our current state of minds. The political sides—Democrats and Republicans—have become intolerable of each other.

The Democratic Party seems to be hurt from the 2016 election. They were so

hatred of anything that supports our current Administration.

TDS – Trump Derangement Syndrome—is real. Families are being broken up or becoming dysfunctional because of the last election.

The current Supreme Court nominee selection process is a great example of this. No matter who President Trump selects for nomination, the Democratic wing of Congress is going to oppose it in a fanatical matter. Trump nominee Brett Kavanaugh seems to have an impeccable record since becoming a judge.

His over 300 judicial decisions are mainstream and without question illustrate good jurisprudence. However, he is a Trump nominee and thus, must be stopped by any means necessary, according to the Democratic side of Congress. They have not “thrown the kitchen sink” yet, but just about every trick, ethical, unethical or even illegal,

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Sunday Night Football Bus makes special stop in Baltimore

By Demetrius Dillard

Comcast and NBC Sports collaborated to bring the Sunday Night Football (SNF) Tour bus to the Boys & Girls Clubs of Metropolitan Baltimore to afford youth the opportunity to express their creativity through lively engagement in sports-related activity and ventures.

Part of the central mission of the Boys & Girls Club is to inspire and empower youth in various forms through robust engagement in sports and recreation, education and the arts, and the Club's mission worked concurrently with the purpose of the SNF Bus Tour.

On the afternoon of October 12, 2018, the SNF Bus made a stop at Webster M. Kendricks Recreation Center in West Baltimore to give students an experience they would perhaps never forget.

Jessica Gappa, director of external affairs for Comcast's Beltway region, acted as the liaison for Comcast with its Boys & Girls Club partnership. She thought the event had purpose and meaning.

"A lot of our work really focuses on the fact that, to us, success starts with opportunity so we want to give opportunity to the kids, particularly through the Boys & Girls clubs," Gappa said.

Gappa, who is also Boys & Girls Club board member said another focus of the partnership between Comcast and the Boys & Girls Club centers on digital literacy and digital inclusion. She added that the network provider recently awarded the Boys & Girls Club of Metropolitan Baltimore a \$25,000 grant for the MyFuture program, a technology initiative designed to teach Club members about the digital world and ignite their passion for technology.

The students involved in the event were



The Sunday Night Football Bus made a stop at Webster M. Kendricks Recreation Center in West Baltimore on Friday, October 12, 2018, thanks to a partnership between Comcast and the Boys & Girls Clubs of Metropolitan Baltimore. (Above) Youth from West Baltimore cheer with raised hands beside the Sunday Night Football Tour Bus.

Courtesy Photos/Comcast

mainly kindergarten through fifth grade students most of whom attend Callaway Elementary and are members of the Boys & Girls Club of the Webster Kendricks Branch.

For the duration of the event, the children remained upbeat and jubilant, decorating footballs and participating in various arts and crafts, among other hands-on activities. The day culminated with a tour of the SNF bus, something the students and counselors anticipated with glaring excitement.

The partnership between the Boys & Girls Clubs and Comcast NBCUniversal dates back nearly two decades. In 2014, the two organizations entered a five-year partnership to support the development

of MyFuture, which is also designed to prepare students to compete in a digital economy and enhance digital skills and interests.

Jeff Breslin, president and CEO of the Boys & Girls Clubs of Metropolitan Baltimore said he commends the platform NBC and the NFL has bestowed to Baltimore youth for participation in sports and recreational activities.

"It's really cool. I'm a big believer that nothing unifies like sport," Breslin said of the SNF Bus Tour event. "To give our kids a chance to see the Sunday Night Football bus and see the power of sports— whether they're playing or watching— it's such an incredible opportunity. To give them that opportu-

nity means a lot to us as an organization."

The SNF Bus generally makes tour stops on the weekends of NFL games, but Baltimore was the first stop that SNF has ever made mid-week, according to Gappa. With the NFL season well underway, the tour bus has also made stops at Philadelphia, Green Bay, Wisconsin; Houston, Detroit; Foxborough, Massachusetts; and Pittsburgh, said Sean Martin, tour manager of the SNF Tour Bus.

The SNF Bus endeavors to provide interactive, first-hand experience for fans and visitors, with features including: a display monitor presenting premium NFL video and footage; an "On Her Turf" selfie mirror; an Interactive Players Wall showing fans how they fare against their favorite players; a map highlighting the SNF's route and 17 tour stops, a Player of the Game wall display; a few redesigned NFL lockers enhanced with player name plates and team gloves; a "football wall"; and several other aspects to give children, parents, fans, tourists and others an indelible SNF Tour Bus encounter.

Sounds of glee and joy permeated throughout the recreation center as the children enjoyed a day off from school to participate in numerous activities some of them may not have been exposed to before.

Kaitlin Keefer, the education and STEM director of the Boys & Girls Club at the Kendricks Recreation Center location, believed the event had a profound impact based on feedback from the youth.

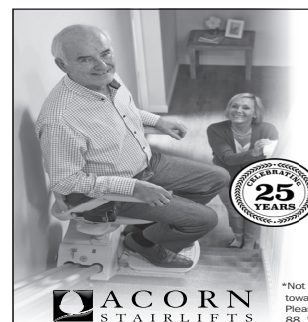
"I thought it was amazing," said Keefer of the event. "There were several kids today that said that today was the funnest day they've ever had, that it was the greatest day they've had in a long time. They loved it."

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Left to right: Alexia Smith, corporate liaison, with students Caitlun Clark, Nayonna Earl, Simone Wade, and Alvin Winn.

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Michael Crabtree working to show he's Ravens top receiver

By Tyler Hamilton

The Baltimore Ravens signed wide receiver Michael Crabtree to be their leading pass catcher and to make things easier for quarterback Joe Flacco. Crabtree's most recent game was somewhat of a redemption outing after failing to haul in the game-winning touchdown in a week 5-loss to the Cleveland Browns.

The Ravens 21 - 0 win over the Tennessee Titans was fueled by Crabtree's six receptions for 93 yards and a touchdown.

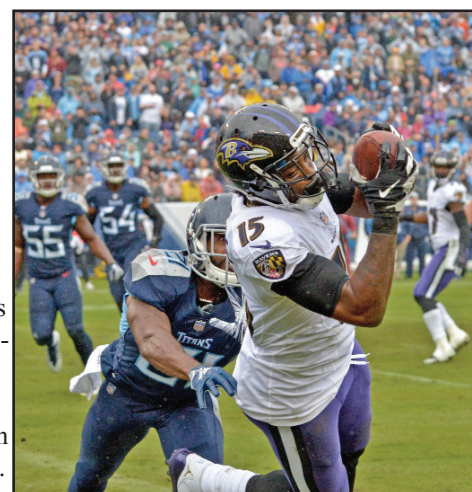
"Preparation, working hard at practice and getting back to the basics. That's my formula," Crabtree said after the game. "Getting back to me. You know, (Joe Flacco) trusted me, you know. That's big, making plays."

Ravens offensive coordinator Marty Mornhinweg made it a point to get Crabtree involved early. Flacco went to Crabtree on the first play of the game in a drive that started from their six-yard-line. The 25-yard connection got Baltimore out of a hole early and sparked a drive that was finished with a four-yard touchdown catch by Crabtree.

Last Sunday's game was a sign of how things can be if Flacco and Crabtree can connect in the passing game. While he isn't the fastest wideout, Crabtree works the middle of the field very well and makes spectacular catches along the boundary.

Crabtree is becoming a reliable target for Flacco to look for in crucial situations.

"Mike's (Crabtree) a very prideful guy. He takes a lot of pride in what he does. He wants to be a great receiver, and he



Ravens wide receiver Michael Crabtree makes a diving touchdown catch against the Tennessee Titans at Nissan Stadium.

Courtesy Photo/NFL.com

wants to impact the game in a positive way for us," Flacco explained. "He's a real crafty guy, and he does a really good with setting guys up, especially when you give him a chance to run double moves and things like that."

The tenth-year wideout has caught 30 of the 55 passes that have come his way from Flacco. It's clear that Crabtree is becoming the possession receiver for Baltimore, while speedy wideout John Brown stretches the field on the outside.

The Sunday, October 21, 2018 game against the New Orleans Saints should afford Crabtree another chance to get plenty of targets. The Ravens will need to pass the ball more frequently to keep pace with the high-scoring Saints offense led by Drew Brees. **

There is a lot of pressure that comes with being the lead receiver on an NFL team, but Crabtree wouldn't have it any other way. Life is good for Crabtree and the Ravens when they are winning.

"Enjoy life, smile every day. That's what I'm doing; that's what I'm about," Crabtree said.

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Pythias A. and Virginia I. Jones

African American Community Forum on Memory Loss

*Annual Event to be held
at New Psalmist Baptist Church*

By Ursula V. Battle

According to the Alzheimer's Association, over 5 million Americans are living with Alzheimer's disease, and as many as 16 million will have the disease in 2050. The organization also points out that Alzheimer's is the sixth leading cause of death in the United States and the fifth leading cause of death for those aged 65 and older. The statistics further note that the cost of caring for those with Alzheimer's and other dementias is estimated to total \$259 billion in 2017, increasing to \$1.1 trillion by mid-century.

Despite these staggering statistics and the impact that the disease has on millions of lives, many people find themselves looking for answers and support when it comes to Alzheimer's disease. One local organization is looking to change that through its continued efforts and the presentation of an annual event. The Greater Maryland Chapter Alzheimer's Association will present the Pythias A. and Virginia I. Jones African American Community Forum on Memory Loss.

The event will be held on Saturday, November 3, 2018 at New Psalmist Baptist Church, 6020 Marian Drive in Baltimore. The forum, which is in its 14th year, started as a community outreach by sisters, Ernestine Jones Jolivet and Verna Jones-Rodwell.

According to event organizers, the two wanted to provide resources on dementia to the African American community after finding it was hard to find resources and information when their parents were diagnosed with dementia. The forum is named in the parents' memory.

"For 13 years, we had this event at Coppin State University, but we have outgrown it," said Junnell Daniels, education coordinator for the Greater Maryland Chapter Alzheimer's Association. "We are excited to move to New Psalmist, which allows us to not have a waiting list or have to turn people away. Coppin State University will be there to



Attendees raise their flowers during the "Promise Garden" ceremony. Each colored flower distinguishes how the disease has affected the person's life. People holding yellow flowers are currently caregivers of someone with the disease; people holding blue flowers have the disease; orange represents supporters; and purple represents people who have lost a loved one to the disease.

Courtesy Photo

offer free health screenings, and we are very excited to continue that with them. The goal of this event is to let people know that education and resources are available, and that they are not alone on this journey."

According to the Alzheimer's Association, Alzheimer's disease is a type of dementia that causes problems with memory, thinking and behavior. Symptoms usually develop slowly and get worse over time, becoming severe enough to interfere with daily tasks. Alzheimer's is the most common form of dementia, a general term for memory loss and other cognitive abilities.

The organization also highlighted that nearly one in every three seniors who dies each year has Alzheimer's or another dementia. African Americans are twice as likely to develop Alzheimer's disease than whites. This is attributed to African Americans having higher rates of vascular disease such as hypertension and diabetes.

The Alzheimer's Association is the leading voluntary health organization in Alzheimer's care, support and research.

According to Daniels, the forum will offer a plethora of information, which will include financial planning, nutrition and brain health, ways to recharge as a caregiver, and how spirituality can play an important role in the life of the person with the disease and the caregiver.

"Alzheimer's Disease is not a normal part of aging," said Daniels. "That is a common misconception. Right now, there are 110,000 people in Maryland living with Alzheimer's. From a caregiver's point of view, there are 16.1 million people performing unpaid care. If they attend this forum, they will learn about the many resources that are available to them."

She added, "This is a free community event that is open to the public. We are anticipating 400 or more people will attend."

The Greater Maryland Chapter Alzheimer's Association offers education classes, support groups, onsite lunch and learns, webinars, conferences and a 24/7 Helpline (1-800-272-3900) in over 200 languages.

"There is hope with research and clinical studies," said Daniels. "We provide education classes, webinars, and many other services. There is no reason not to call us. We always answer the phone with a live human-being. People can vent, find a support group, or register for an event or class. It does not matter. We are there to support them."

The Pythias A. and Virginia I. Jones African American Community Forum on Memory Loss is free, but registration is required. To register, or for more information call (800) 272-3900 or visit www.alz.org/maryland.

Organization showcases merchandise ‘Made in Baltimore’

By Stacy M. Brown

When the “Made in Baltimore” sign was unveiled earlier this month at a pop-up shop on North Avenue, it marked the sixth time that the city-backed operators showed off goods made by local artisans and entrepreneurs.

The storefront promises to remain open for at least six months or even permanently, which some said is a commitment that represents recent progress in luring tenants to spots along a once-neglected commercial corridor.

“No question the arts community is powering this,” Ellen Janes, executive director of the Central Baltimore Partnership, told reporters at the event.

The Central Baltimore Partnership has reportedly led efforts by a host of arts groups, as well as other academic, neighborhood, business, government and nonprofit organizations that have invested more than \$133 million in the past five years in revitalization projects around a stretch of North Avenue.

“Made in Baltimore” is a local branding campaign aimed at increasing jobs and entrepreneurship in Baltimore’s light-manufacturing sector.

“We do this primarily by supporting and promoting small ‘maker’ companies, and by encouraging Baltimoreans to buy local,” said Andrew Cook, who heads “Made in Baltimore.”

The project began in Summer 2015 with the first pop-up shop featuring all locally made goods. The shop featured products by 80 companies.

“When it was over, we surveyed those companies to see if they felt a local brand they could put on their packaging



Made in Baltimore pop-up.

Photo: Kyle Pompey

or marketing materials would be useful,” Cook said. “The overwhelming majority said ‘yes’, and so we began raising funds for the program. In 2016, we received a grant from the US Economic Development Administration to launch ‘Made in Baltimore’ as a program of the Baltimore Office of Sustainability.

“We’ve since expanded to run a business certification program, a pilot workforce development program for the sewn trades, a business development workshop series, a suite of marketing efforts for the companies in the network, and

six more pop-up stores for locally made goods.”

Cook says he sees the project primarily through the lens of building community wealth.

“When we buy from big box stores or online retailers, most of that money leaves our community and goes to corporate headquarters elsewhere,” he said. “When we buy from local businesses, those local businesses are much more likely to spend that money on other local businesses, allowing our dollars to recirculate in Baltimore and do more good here. Buying locally helps our home-grown businesses hire staff, re-occupy vacant buildings, and create new products that give Baltimore so much of its character.”

It’s also a pride thing, Cook added. With its share of negative narratives, the city also has much good work that’s been done by self-made, creative entrepreneurs whose stories are rarely told.

“We believe that by elevating those stories, and gathering them under an emblem like MIB, we provide a counter-

narrative for Baltimore that makes people proud to be living here and working here,” Cook said. “Sports teams have good seasons and bad seasons, but our local businesses are always inventing, hustling, and delighting us with what they do. I’d like to see Baltimoreans demonstrate the same passion for local businesses as they do for our local sports teams.”

The immediate goals, Cook said, include getting people to come and shop at the Made in Baltimore store because the sales go right back into their programming, which includes video and ad campaigns, free business development training, and public events to help introduce local residents to the companies in the organization’s network.

“Long term, we want to see light-manufacturers hiring more people from our communities. Jobs in light-manufacturing tend to be full-time, pay a living wage, and rarely require a college degree,” he said. “We need more of these jobs in our neighborhoods, and our goal is to help the businesses we work with create those jobs.”

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Rosa Pryor Trusty

Hello everyone, how are you doing? Well, I hope! I want to tell you about the fun I had traveling the city last week going to several events. A couple of my favorites were the event at Arch Social Club, which was a great success. The music was great. I was pleasantly surprised with the entertainment. They were really good. I enjoyed them. Subria, the young songstress I told you about last week with Tito on keyboard and the guitar player and drummer; I didn't get their names, but they truly were very entertaining. This event was the first of many to come to Arch Social Club on Pennsylvania & North Avenues. Keep reading my column and I will let you know when their next musical series will be scheduled.

I also went to Tiffany East located on East Lombard Street to the WMEL Radio Honors sponsored by DJ Mel, and honey child, it was awesome! Two thumbs up Mel.

Now, we are going to talk about KSAL Dream Team in conjunction with God's Little Angels Academy who will host a Walk-A-Thon for Breast Cancer on Sunday, October 28, 2018 at the GLA Academy located at 6247 Kenwood Avenue in Rosedale, Maryland. Kimberly Salley is the CEO and founder of God's Little Angels (GLA) Learning Center that she founded in 1995. She provides care for children from infancy to 18 years old. Her curriculum includes academics, arts and students' spiritual needs. Her reputation in the community as a businesswoman preceded her as she now has 153 children actively enrolled, and the beats goes on.

St. James' Academy presents a Big Band Motown Cabaret on Saturday, October 20, 2018 at St. John's Episcopal

Church, 9120 Frederick Road, Ellicott City, Maryland. There will be plenty of dancing, food and a silent auction. This will be a fantastic event featuring Dr. Phil Butts Orchestra. This year, in addition to an evening of high-energy music and dancing, it is a fun thing to do. All proceeds will go to benefit the children of West Baltimore through the works of St. James Academy. For more information, call Cynthia Easley at 410-323-7295.

Lexington Market announced Health and Wellness Day at The Market in partnership with University of Maryland Medical Center and Johns Hopkins University & Medicine, a once-a-month community health and wellness fair located in the Arcade of the Market. On the third Wednesday of every month from 10 a.m. to 2 p.m. Lexington Market welcomes guests from the medical community as well as other organizations that have your health and wellness in mind. So check them out.

Well, my dear friends, I got to go now. But remember if you need me, call me at 410-833-9474 or email me at rosapryor@aol.com. UNTIL THE NEXT TIME, I'M MUSICALLY YOURS.



Jeff Wilson, pianist and Terry Battle, bassist known as "The SideStreet Duo" will perform at Cured 18th & 21st 10980 Grantchester Way in Columbia, Maryland on Sundays, October 21 and 28 from 5:30 p.m. to 8:30 p.m.



KSAL Dream Team in charge and hosting a "Walk-A-Thon for Breast Cancer" on Sunday October 28 at the GLA Academy, 6247 Kenwood Avenue in Rosedale, Maryland. Kimberly Salley, Shelia Smith, Andrea Crowder, Sonin Jones, Sherran Griffin, Kelly Goodwin and Yvette Cooper all are Breast Cancer Survivors.



These children from God's Little Angels Academy are the ambassadors for the event. They are posing with Kimberly Salley, founder of God's Little Angels.



St. James' Academy presents a Big Band Motown Cabaret featuring Dr. Phil Butts' Big Band at the St. John's Episcopal Church in Ellicott City on Saturday, October 20, 2018. Starting at 7 p.m.

Music Review:

Kay L.A. - Wave

By Imani Wj Wright

When it comes to rating musical projects, one of the most important points that I hone in on, is the project's fluidity. Yes, a few good songs here and there can be nice by themselves, but do they really fit the vibe and/or message that the artist is attempting to communicate? We may all have heard of the cliché, "a first impression is a lasting impression," and for 21 year-old Baltimore native, Kay L.A., her opening track "Wave" speaks volumes about her debut project titled: Summer in LA.

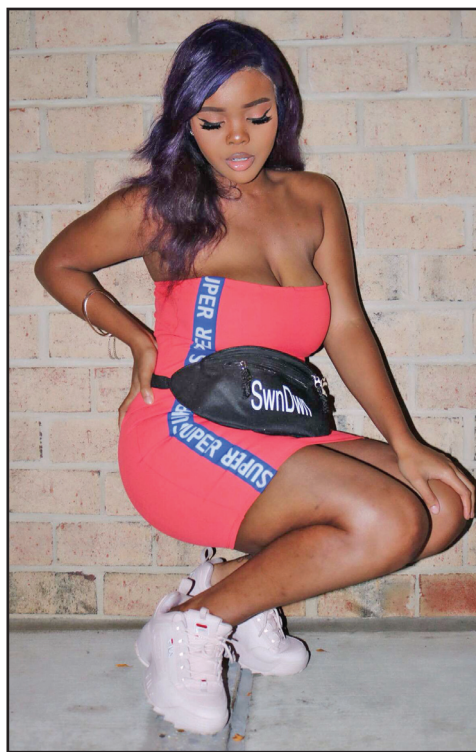
Wave was my first encounter with Kay L.A. as an artist, just as it was for many others who gave this five-song project a listen. I was anxious to hit the play button, as I wondered what I would be getting myself into for the next three minutes and 20 seconds of my life.

When the piece began, I was instantly drawn in by a suspenseful aura being built through the instrumentation. As I expected, the aura quickly took a turn, and yes, it was a turn for the better. A female vocal sample is looped very cleanly over the equally smooth percussion/bass. Kay begins to adlib a bit, giving the listener a glimpse of how real this is becoming. No longer do we wait and wonder what is the sound of Kay L.A.— here it is.

Before I could dissect the musicality of Kay's voice, what truly stood out to me was her sheer confidence. She was never rushed, never hesitant, never unsure. Kay truly owned the moment.

I've listened to songs from new artists, and sometimes their voice is great, and the track is nice as well, but they'll be missing that command over the song, which makes every bit of a difference in the listening experience.

Kay's voice slides in quite provocatively and enticing to say the least. There is an underlining tranquility and "matter of factness" to what she is telling to her lover throughout the piece. Kay expresses that she has been the best relationship partner that he has ever had, and along with that, she would do just about anything for him, even if it wasn't



The opening track "Wave" speaks volumes about Baltimore native, Kay L.A.'s debut project titled "Summer in LA."

Courtesy Photo

in her best interest. Her partner on the song, Andre Flores compliments Kay's style very nicely. His aggressive and straightforward approach smoothly juxtaposes Kay's laid back feel. I thought it was an interesting decision to have a feature on her opening track, but it worked in her favor.

Among all of the creativity going on, from a technical standpoint, the engineering of the piece was superbly done. At times with new artists, one of the roadblocks that seems pop up on the road to a good sound, is the actual quality of the sound itself. Everything from the volume to the reverb to the equalization was superb. The engineering gives this song an extra boost and takes it from just a good song, to a professional sounding song.

This opening song was a great choice for the start of her project, and an even better choice for the start of her career. Kay's project is currently available on Soundcloud, but will be available on other streaming platforms in the future.

I'm looking forward to Kay's progression and growth as an artist. Keep on surfing!

Marylanders reminded of new Federal Law that allows free credit freeze and thaw

Baltimore— Maryland Attorney General Brian E. Frosh encourages Maryland residents to take advantage of a new federal law effective September 21, 2018, that gives consumers the right to place a freeze on their credit reports and temporarily or permanently remove the freeze without charge.

"There have been hundreds of millions of personal data records lost or stolen due to data breaches over the last 10 years," said Attorney General Frosh. "Placing a freeze on your credit is one of the most effective methods of protecting yourself and your children from becoming victims of identity theft."

A credit freeze prevents a potential creditor from seeing your credit report without your express permission. If a potential creditor cannot see your credit report, they are less likely to open a new credit card, cellphone, utility, or other account for an identity thief. Placing a fraud alert on your credit report notifies potential creditors that there is a problem, but does not prevent the creditor from seeing your credit report. Credit bureaus also offer a product known as a credit "lock," but it may not have the same legal protections as a credit-freeze. A freeze remains in effect until the consumer decides to remove it.

The new federal law not only waives the fees for freezing a credit report, but also waives the fees for temporarily "thawing" a credit report if the consumer needs to apply for credit, rent an



apartment, or engage in another transaction in which the credit report needs to be reviewed.

Attorney General Frosh noted that consumers should freeze their reports with each of the three major credit bureaus: Equifax, Experian and TransUnion. Information about placing freezes with those bureaus may be found at www.equifax.com/personal/credit-report-services, www.experian.com/blogs/ask-experian/category/fraud-and-identity-theft/security-freeze, and www.transunion.com/credit-freeze.

The law also enables parents to place credit freezes at no cost for children under the age of 16. Children are often victims of identity theft because of their unblemished credit records and because the identity theft is less likely to be detected.

Individuals who are currently in the process of making a large purchase such as a car or home may wish to wait until after that purchase to freeze their credit.

Information about how to protect yourself against identity theft can be found on the at www.marylandattorney-general.gov/pages/identitytheft or by calling the Attorney General's Identity Theft Unit at 410-576-6491.

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USS Maryland submariners visit Fort Meade Teen Center

By Mass Communication Specialist
2nd Class Victoria Kinney, NAS
Patuxent River Public Affairs

Fort Meade, Md. (NNS)— Crew members assigned to the Ohio-class ballistic missile submarine USS Maryland (SSBN 738) visited Fort Meade Teen Center at Fort Meade and spoke about submariner life during Maryland Fleet Week and Air Show Baltimore (MD-FWASB) on October 4, 2018.

The sailors discussed a range of topics involving life on their boat, from the process of electrolysis to their sleeping arrangements. Lt. j.g. Bryan Cooley, from Sturgis, South Dakota remarked on the level of questioning his crew received.

“These kids were really, really smart and asked a lot of sharp questions,” Cooley said. “Speaking events like this gives us a great opportunity to inform kids on the Navy as a whole and we hope to inspire their curiosity and a drive towards science, technology, engineering and math.”

Maryland’s crew has been taking time to visit middle schools, vocational schools and after-school centers in order to educate school children on the Navy’s unique lifestyle. This particular after-school center is special as most of the students are Soldiers’ children.

“It was a refreshing perspective for the kids,” said Dayle Bowser, the center’s assistant director. “One of the kids actually came up to me during the presentation and thanked me for inviting the Sailors so that he could hear about another branch, since both his parents are Army. The Sailors were really engaging and did a great job answering the questions with the greatest amount of transparency.”

After the presentation, Sailors stuck



Lt.j.g. Bryan Cooley, from Sturgis, South Dakota (center) assigned to the Ohio-class ballistic missile submarine USS Maryland (SSBN 738), speaks to children at Fort Meade Teen Center about submarine life as part of Maryland Fleet Week and Air Show Baltimore. MDFWASB is Baltimore's celebration of the sea services and provides an opportunity for the citizens of Maryland and the City of Baltimore to meet Sailors, Marines and Coast Guardsmen, as well as see firsthand the latest capabilities of today's maritime services.

Photo Credit: Mass Communication Specialist
2nd Class Victoria Kinney/U.S. Navy

around to answer questions one-on-one, and challenged the kids to ping pong, video games and billiards.

“I wish I would have gotten an opportunity like this when I was their age,” Sonar Technician (Submarine) Jacob Lane said. “I’m glad to be able to describe a different service to these young adults and give them a glimpse into some complicated systems. This group gets me excited for the rest of the crowds we’re going to get to talk to.”

Throughout Maryland Fleet Week and Air Show Baltimore, Oct. 3-9, U.S., Canadian and British navy vessels will be available for embarking visitors in

the Inner Harbor, Fells Point and Locust Point. Service members will be participating in an array of other activities, including: visiting local schools, conducting ship tours, attending receptions and sporting events, participating in community service projects and experiencing Baltimore.

MDFWASB is Baltimore’s celebration of the sea services and provides an opportunity for the citizens of Maryland and the city of Baltimore to meet Sailors, Marines and Coast Guardsmen, as well as see firsthand the latest capabilities of today’s maritime services.

Applications Now Open for the 2019 Vernier/NSTA Technology Awards

STEM educators to win \$5,500 in prizes for their innovative uses of data-collection technology in the classroom

Beaverton, Oregon— Vernier Software & Technology and the National Science Teachers Association (NSTA) are now accepting applications for the 2019 Vernier/NSTA Technology Awards.

This annual awards program recognizes seven educators— one elementary teacher, two middle school teachers, three high school teachers, and one college-level educator— for their innovative uses of data-collection technology in the science classroom.

Each winner will be chosen by a panel of NSTA-appointed experts and will receive \$1,000 in cash, \$3,000 in Vernier products, and up to \$1,500 toward expenses to attend the annual NSTA National Conference in St. Louis, Missouri, on April 11–14, 2019.

All current K–12 and college science educators need to apply by December 17, 2018.

“We always love hearing from educators about the creative and exciting ways they are using data-collection technology to engage students,” said John Wheeler, CEO of Vernier Software & Technology. “Now in its 16th year, the Vernier/NSTA Technology Awards provides a great opportunity for educators to showcase these noteworthy projects for a chance to win prizes that further support their classroom teaching.”

Last year’s Vernier/NSTA Technology Award winners used data-collection technology in a variety of innovative ways, including modeling complex space systems, studying the community’s impact on Lake Erie, analyzing the oxygen use of goldfish, investigating the impact of climate change on maples trees, and more.

For more information and to prepare your 2019 entry, visit:
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