

# The Annapolis Times

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## High Schooler Leads Diaper Drive



High school student Lauren Eisele (third from left), UMMC, and the University of Maryland School of Social Work all partnered to organize a diaper drive. Lauren led the effort to collect over 105,000 diapers, and 25,000 wipes for the drive. She is pictured with Sierra Mason and Mason's children Saniya, Za'Mari and Za'Vion Nipper and staff from B'more for Healthy Babies. The diapers and wipes were distributed to community partners on Friday, October 19, 2018 at the University of Maryland Baltimore County, Central Receiving Building located at 1000 Hilltop Circle in Baltimore, Maryland. (See article on page 9) Courtesy Photos

# Breast Health 101

By *Suliat M. Nurudeen, MD, MPH*  
*Assistant Professor of Surgery, University of Maryland School of Medicine;*  
*Surgical oncologist, University of Maryland Marlene and Stewart Greenebaum Comprehensive Cancer Center*

Breast Cancer Awareness month provides a prime opportunity to begin a dialogue about breast health. Breast cancer remains one of the most commonly diagnosed cancers in American women with studies showing that one in eight women has a chance of developing breast cancer at some point in her lifetime. The American Cancer Society estimates that in 2018, 268,670 women will be diagnosed with a new breast cancer with 13 percent of these new diagnoses in the state of Maryland. With more screening and improved imaging techniques, breast cancers are being detected at an earlier stage, allowing patients to live longer, disease-free lives.

Even with these advances in the treatment of breast cancer, there still remains disparities in survival outcomes between racial groups. While the incidence of a breast cancer is growing increasingly similar between white and black women,

black women continue to be diagnosed with a later stage of disease and have a higher rate of breast cancer-related death. This stark difference is even more present here in Baltimore where, in 2014, African-American women had a mortality rate 1.5 times that of the national average, placing us seventh in the nation in breast cancer mortality. It is more important than ever to ensure that all groups have the same access to education and treatment for what is now a survivable disease. Here are some ways that you can become an advocate for your breast health:

**Healthy Living**— Studies have shown that certain lifestyle choices may influence your risk for developing breast cancer. Reducing your alcohol intake, stopping smoking and maintaining an active lifestyle are examples of ways you can help reduce your risk for developing breast cancer.

**Know Your Risk**— It is important that individuals know their personal risk of developing breast cancer. Certain risk factors such as age, African-American race, breast-feeding history and hormone exposure may increase your risk. Take the time to determine if close family



*Dr. Suliat M. Nurudeen*  
 Courtesy Photo

members have a history of specific cancers that may qualify you for genetic testing or screening mammograms before the age of 40. Ten percent of all breast cancers can be attributed to a genetic mutation. Cancers of this sort often present at an earlier age and with more aggressive features. Recognizing these patterns in your family may help to detect cancers at an earlier stage or even highlight the need for measures to reduce your risk.

**Know Your Breasts**— While studies have shown that self-breast exams do not

increase the ability to detect a new breast cancer, there is still some benefit to regular self-breast exams. You may experience fibrocystic changes to the breast around your menstrual cycle. Having a baseline assessment of your breasts will allow you to better inform your doctor of any new findings that arise.

**Get Screened**— Consensus guidelines from the American Society of Breast Surgeons and other organizations recommend that all women begin yearly screening mammograms at the age of 40. While there are varying recommendations as to when to start having mammograms as well as how often to have them, it is important you and your doctor develop a clear plan based on your individual risk. Depending on the individual case, additional types of screening such as ultrasound or MRI may be considered.

Breast cancer in the modern era has become a treatable disease with excellent survival outcomes when discovered at an early stage. You need to know your personal risk so you and your doctor can determine the best screening practices for you. Remember, early detection is key!

For more information about the breast team at the University of Maryland Marlene and Stewart Greenebaum Comprehensive Cancer Center, visit our website at <https://www.umms.org/umgcc/cancer-services/cancer-types/breast>.

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# More volunteers needed as Kunta Kinte Heritage Festival continues to grow

By Andrea Blackstone

On September 29, 2018, eclectic bands, energetic dancers, talented actors, skilled drummers, performers, conscious poets, vendors and community organizations gathered to celebrate the cultural heritage of the African diaspora in both traditional and new ways at the Kunta Kinte Heritage Festival at the City Dock in Annapolis.

The Annapolis Drum & Bugle Corps kicked off the festivities as a host of officials and stakeholders made a grand entrance behind them. When they reached Susan Campbell Park, Annapolis Mayor Gavin Buckley helped to pass out rose petals to attendees who then threw them into the water to honor loved ones. A short time later, Terrell Freeman continued the tradition of ancestral remembrance through leading a libation ceremony and serving as the event's emcee.

"We are in for a beautiful day of entertainment," said Freeman during the official welcome. "Keeping this on line and in point, we are going to move right on

into our libations to give praise and due to our ancestors and our creator, and make sure that we are grounded today, for a great celebration today of our heritage, of our city, of our people."

Tour buses filled with people from N.J. and N.Y. returned to experience another cultural celebration in Annapolis. This year, approximately 8,000 festivalgoers showed up to enjoy festivities on a beautiful rain-free day.

Local kid rapper, "Young Dylan," who has appeared numerous times on The Ellen Show; and Sim the Poet were headliners at this year's event. Youth entrepreneurs showed up to sell jewelry, books, accessories, t-shirts and other items. Once again, The Clones of Funk placed a finishing touch on a busy day by delivering pulsating musical beats, which inspired hand clapping and dancing. The group is often known for officially ending fun and fellowship, during the annual festival.

The Kunta Kinte Heritage Festival Chairperson Jan F. Lee pointed out that last year's turnout was approximately



Local kid rapper, "Young Dylan," who has appeared numerous times on The Ellen Show, was a headliner the 2018 Kunta Kinte Heritage Festival.

Photo by Andrea Blackstone

5,000 attendees; and this year's turnout was approximately 8,000—the primary goal of increasing attendance was indeed accomplished.

Longtime festival volunteer Danielle Young says that the presence of young entrepreneurs this year was very welcome and hopes that it will continue. She also pointed out that the increased community participation made the festival so much better.

"It felt like the old days. We had an amazing turnout," Young said. "The support that we received from the community, the vendors and the festival committee was more than I could have ever imagined."

While looking toward the future, Lee says she will continue her leadership role.

"For next year, we are looking to add some key roles to the team. We are gearing up for the 30th Annual Kunta Kinte Heritage Festival and we need more manpower! Positions available include Vice-Chair, Hospitality Committee Chair, and Sponsorship/Fundraiser Chair," Lee said. "We are volunteer staff, so we are looking for passionate, motivated people who want to give back to their community and support this wonderful legacy."

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# Guest Editorials/Commentary

## Truth and reconciliation for gender-based offenses

By Matthew Johnson

I was very inspired by the bold New York Times piece “Eight Stories of Men’s Regret,” published in response to the polarized debate over now-Justice Kavanaugh’s confirmation. Not only is it brave to confess one’s past transgressions but it’s also necessary for accountability, which is the missing link of #MeToo.

Perhaps most importantly, these actions will inspire others to do likewise. #MeToo should get much of the credit: Its hashtag inspired other, albeit less catchy, offshoots (#HimThough and #IDidThat) that focused on male accountability. This was the necessary counterpart to the outpouring of sexual assault survivor solidarity in the wake of the Harvey Weinstein exposé.

It is likely that these offshoots lacked the staying power of #MeToo primarily due to the reluctance of men to participate. Nonetheless, there is a tendency within #MeToo and beyond it to chastise men for speaking up in areas deemed sensitive to women—arguing that men need to listen rather than speak, defend, mansplain, etc.—but the question remains: What does male accountability look like? It certainly cannot be reduced to passive listening. This is how you would scold a child with some poor parenting. In the case of an adult, passive listening can only be the beginning of accountability.

This effort by men to publicly confess in a thoughtful, self-reflective manner is a major step forward in the fight for accountability. I can recall that one of the most powerful and inspiring moments from my years of anti-war activism (which led me to anti-violence and women’s rights activism) was watching the teary-eyed testimony of Iraq and Afghanistan war veterans confess during the Winter Soldier testimonies the crimes they committed against civilians. I can also recall, on video, the steely-eyed white South African police officers recounting how they tortured and murdered black freedom fighters during the Truth and Reconciliation Commission.

While the latter example was far less inspirational, truth is critical to any resolution of conflict or reparation of harm. It is the fulcrum of the lever of accountability—and of justice by extension.

It must be noted for the sake of fairness that accountability cannot be limited to one gender, and we cannot assume that men only harm women or that men are the only ones who cause harm. A major flaw of truth and reconciliation processes has been selective justice—that they have only scratched the surface in most cases. If these eight regretful men had gone deeper into their pasts, the reader may have learned where their lack of respect for boundaries originated. While they were all influenced by rape culture and violent socialization to some extent—just by being American men in their particular cases—no boy or man is immune from direct victimization. A victimized man is often a dangerous man due to the hyper-masculine need to disguise weakness or compensate for it in (often) violent ways.

While mainstream society has come a long way in recent months in propping up survivors and calling out perpetrators for violent and sexist behavior, it is time that we hear more from those perpetrators in the context of truth and reconciliation.

*Matt Johnson, syndicated by PeaceVoice, is co-author of Trumpism.*

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## Community Affairs

### Survey reveals increase in school bus stop arm violations

Baltimore— Maryland school bus drivers have reported a disturbing trend in the Maryland State Department of Education’s latest survey of driver behavior: more are ignoring bus stop arms.

Stop arms swing out from a bus and lights flash whenever it is making an on-roadway student pick-up. A total of 3,812 violations of school bus stop arms were recorded on a single day last spring, compared to 3,384 observed violations in 2017.

“School safety begins with making sure our students have a safe bus trip to and from school,” said Governor Larry Hogan, who issued a proclamation declaring School Bus Safety week from October 22-26. “This week is a reminder for parents, students, drivers, and others to promote the importance of school bus safety across our state by following simple tips to ensure our chil-



dren arrive at school unharmed and ready to learn.”

Last year’s uptick is still a significant decrease from 2016, when the number stood at 4,334, and well below the 7,011 recorded when the survey began in 2011. But it is crucial to maintain a focus on school bus safety for students, according to Dr. Karen Salmon, State Superintendent of Schools.

“Each Maryland driver must do their part to maintain safe driving practices, and remember that the lives of our students are at stake,” Dr. Salmon said. “It is illegal to pass a bus with its stop arm extended and its lights flashing. Our newest survey results show there remains much room for improvement. One violation of the Stop Arm is one too many.”

## School grading practices are inaccurate and inequitable to black children

By Joe Feldman

The battle for equity in our schools is not only a fight to guarantee access to great teaching and high-quality learning environments, programs and materials. The battle for equity also includes the practices and policies that teachers use to describe students' success or failure in school. An issue often overlooked—grading, is of critical importance. Grades determine so many decisions made about our children: whether they are promoted, qualify to play on the athletic field, graduate, receive scholarships and get accepted to college.

Unfortunately, in too many schools and classrooms, teachers often unwittingly assign grades in ways that are unfair and make success more difficult for black and other underserved children. Teachers go to great lengths to identify what percentage quizzes, homework, tests, extra credit, and class participation count towards the overall grade, but the seemingly objective way educators determine grades are often inaccurate, hide student achievement, and

actually perpetuate achievement gaps.

First, teachers inject subjectivity and biases into their grading. In much the way that schools' disciplinary actions often disproportionately punish African-American, Latino, low-income, and students with special needs, too often traditional grading practices are often corrupted by implicit racial, class, and gender biases that affect individual teachers' grading.

Third, grading is often based on calculations that depress student achievement and do not account for progress students make. A student may fail early on, but if they dramatically improve, their initial grades of F combined with subsequent grades of A average to a C for their final grade. This is a mathematically unsound approach that punishes students who have early struggles and conceals their

failure rates, particularly for historically underserved students, and empowers teachers to create more caring classrooms.

However, ensuring that schools grade students equitably isn't just the responsibility of teachers and principals. Parents have a crucial role to play. Parents can begin by asking their child's teacher a simple question: What would be my child's grade if it were based solely on their academic performance? This can start an important and clarifying discussion with the teacher while encouraging the entire school to tackle a problem many have been unwilling to address. It is pertinent that parents understand what grades mean. As educators it is important we ensure that grades clearly communicate a student's academic performance?

It's time for parents and teachers to ask these questions about grading. If we expect our children to succeed in school, we need to be sure that they are graded accurately and fairly. If we believe that our students can compete on the world stage, then we'd better make sure that we have grades that tell us clearly if they're ready.

*Joe Feldman is a former teacher and school and district administrator who is the founder of the Oakland, CA-based Crescendo Education Group, which helps educators introduce more equitable grading practice. He is the author of Grading for Equity, published recently by Corwin Press, and the paper, School Grading Policies are Failing Children: How We Can Create a More Equitable System.*

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***“Fortunately, new research has illuminated the harms of traditional grading and identified more equitable grading practices that are based on sound mathematical principles that (1) don’t average performance over time; (2) value growth and knowledge instead of environment or behavior; and (3) build soft skills like teamwork and communications skills without including them in grades.”***

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Teachers often include in grades a student's "effort" or "participation"—a subjective judgment about that student which may have nothing to do with how much the student has learned.

Second, traditional grading rewards students with privilege and punishes students without them. When teachers award points for completing homework and extra credit, they are giving advantages to students with greater resources—those with college educated parents who are available at home and can help with homework or the extra credit assignments—and making it harder for students who have weaker education backgrounds and fewer supports.

progress and final achievement.

Even though teachers are dedicated to having every student succeed, they have never been trained in how to grade.

They grade how they were graded, and perpetuate the same unfair and biased methods. Fortunately, new research has illuminated the harms of traditional grading and identified more equitable grading practices that are based on sound mathematical principles that (1) don't average performance over time, (2) value growth and knowledge instead of environment or behavior, and (3) build soft skills like teamwork and communications skills without including them in grades. Grades based on these approaches have been shown to reduce

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# Dance company takes debates about inequality to the stage

By Ursula V. Battle

Workplace harassment, immigration, racial profiling, the wealth gap and gay marriage are among the hot-button topics, which often serve as the subject matter for newspaper stories, radio talk show programs, television newscasts, Podcasts and other forms of media communication. However, these controversial issues will soon be presented through another medium—dance.

On Saturday, November 3, 2018, Baltimore's Full Circle Dance Company presents "Same/Difference: Inside Inequality" at the Chesapeake Arts Center in Brooklyn Park, MD. The new show centers on questions of sameness and difference, equality and inequality. Now in its 18th year, Full Circle Dance Company is one of Baltimore's most visible professional ensembles, performing frequently throughout the region and beyond.

"Inside Equality has an amazing array of artists both as choreographers and dancers," said Artistic Director Donna L. Jacobs who founded Full Circle Dance Company in 2000.

"They bring their own diverse set of experiences to this show. Little did we know when we selected equality as a topic how current it would be. We have a very current backdrop of issues surrounding The Supreme Court, Washington, D.C., and families with multi-religions in them. When we think about inequality in a broad way, there are so many issues touched on in this work. It is a jackpot there.

"While some people find these issues hard to talk about, we find that through the visual aspect, it brings about dialogue. This allows people who were hesitant, to now feel safe and comfortable discussing topics they found uneasy to



Baltimore's Full Circle Dance Company presents "Same/Difference: Inside Inequality," which takes the debate about inequality to the stage on Saturday, November 3, 2018 at 7:30 p.m. at the Chesapeake Arts Center, 194 Hammonds Lane in Brooklyn Park, Md. Photo Credit: Brion McCarthy

discuss. Opening up dialogue is something that is incredibly rewarding for us and satisfying for our audience."

The show's gripping performances include the following pieces: The Ceiling; ...skinned-deep; Dispositioned; My Story...; On Our Shoulders; Vows; and Healing the Broken System.

"The titles are glimpses into what you are about to see," said Nicole Tucker Smith, a dancer with Full Circle Dance Company. "What I really hope is that the audience sees the humanity aspects we are exploring. We want them to become a part of the experience. We want people to come to their own conclusions, as we

explore issues and concepts through dance. As a dancer, the goal is not just to do steps, but bring life and movement, so people can feel they are a part of what is happening on stage."

Tucker Smith is the choreographer for On Our Shoulders.

"On Our Shoulders goes back to the 1800s," said Tucker Smith. "It looks at race and religion and fighting against injustice."

She added, "I have been dancing for 38 years, and have been dancing with this company for two years. I dance because I love it, and it is an essential part of who I am. It is very therapeutic and

has helped us to explore some very challenging issues, while finding new ways towards hope."

Hope B. Byers is a leading dancer and veteran choreographer with Full Circle Dance Company. She is the creator of...skinned deep, an exploration of colorism and its origins in slavery and white supremacy.

"We are putting our whole heart into this," said Byers, who is performing in the piece. "This is how we perceive these issues. We feel it is important in this climate to get these issues out on the stage. It gives a different perspective though dance by providing the audience another, and very different way of looking at things."

...skinned deep delves into discrimination within communities of color against darker skinned people.

"In recent years, I have used my choreography as a voice of activism," said Byers. "I feel when I have an audience sitting in front of me, I can give them some meat to take home, and something to dissect and think about. Colorism is something I have explored and dealt with all my life. It is an uncomfortable issue in the African American community and other communities of color. But uncomfortable things are the things that are required for us to dig into in order for us to grow and ultimately address the things we are afraid to discuss."

She added, "I want people to walk away from this show with something to talk about. That is my hope for this piece, and for the entire performance. I want people to leave with something tangible other than the experience of just being entertained."

For tickets or for more information about the show: visit <https://www.fullcircledancecompany.org/>.



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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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## Ravens kicker Justin Tucker will redeem himself

By Tyler Hamilton

The Baltimore Ravens missed out on a chance to put the NFL on notice when they lost to the red-hot New Orleans Saints on Sunday, October 21, 2018 at M&T Bank Stadium in Baltimore. The Ravens fell just short of tying the game when kicker Justin Tucker missed an extra point attempt late in the fourth quarter.

It was the first time that Tucker missed an extra point attempt of his seven-year NFL career. He didn't miss any extra point attempts while kicking in college at Texas either.

Tucker vows to turn things around when he takes the field again.

"We are going to keep working on the practice field into more kicks made in games. I feel like I cost us the game. It's a tough thing to grapple with," Tucker said after the game.

Tucker says he wanted to stand in front of the media after the game to be held accountable for the 24 - 23 loss. His desire to face the music is admirable, especially since he wanted to use the humbling experience as a learning moment for his young son.

The Ravens now hold a 4 - 3 record after the loss to New Orleans, but all is not lost. Tucker is still the guy his teammates trust.

Wide receiver Michael Crabtree knows how Tucker feels all too well. He



Ravens kicker Justin Tucker reacts after missing an extra point against the New Orleans Saints in the game on Sunday, October 21, 2018 at M&T Bank Stadium. Photo Credit: NFL.com

dropped a game-winning touchdown against the Cleveland Browns a few weeks ago but rebounded by making multiple plays in their shutout win over the Tennessee Titans the following week.

"It happens, man. Tucker, that boy is a pro. It's the same thing I went through two weeks ago. He's a pro. I ain't worried about Tucker," Crabtree said after the game.

The outcome of a game can rarely be placed on a single play. The veteran kicker has more than come through for Baltimore in the past and they know he'll come through in the future.

"Justin's the best in the world at what he does. He's the most confident person that I know," quarterback Joe Flacco said.

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# Baltimore Teacher Sets Sail on Pacific Northwest Research Cruise

By Stacy M. Brown

Justin Garritt, a math teacher at KIPP Ujima Village Academy in Baltimore has returned from a journey that he believes will enhance his teaching experience and that of his students.

Garritt set sail to assist scientists on a 12-day Pacific Hake Survey in the Pacific Northwest where he participated as part of the National Oceanic and Atmospheric Administration's (NOAA) Teacher at Sea program that bridges science and education through real-world research experiences.

"Through my two-week NOAA research cruise on the Pacific Ocean, my students will be able to learn first-hand about exciting projects being done to sustain our precious environment," Garritt said of the journey that began on September 3, 2018. "Students will learn grade-level material by applying skills and concepts to real-life challenges from my trip. I am confident and excited that my student investment in my sixth grade statistics unit will be at an all-time high."

Garritt boarded NOAA Ship Bell M. Shimada in Seattle, Washington, and worked with scientists daily as they conducted an ongoing survey of Pacific Hake populations off the coast of Washington and Oregon. He also wrote a blog detailing his experience.

"Our students spend a significantly longer portion of their school year in math compared to science. Many of our world's most important problems require amazing and informed scientists and our kids have to be a part of those solutions," Garritt said. "As a mathematics teacher who has the privilege of having my students for double the time of our science team, it is crucial that I make cross-curricular connections to science in my classroom. As a lifelong learner, being aboard a NOAA ship allowed me the chance to investigate new and creative ways to infuse all the research I will be doing into my curriculum."

Now in its 28th year, the Teacher at Sea program has provided nearly 750 teachers the opportunity to gain first-hand experience participating in science at sea, according to a news release.

This year, NOAA received applications from nearly 300 teachers and 35 were chosen to participate in research cruises. The educators live and work side-by-side with scientists studying the marine environment.

NOAA's mission is to understand and predict changes in the Earth's environment, from the depths of the ocean to the surface of the sun, and to conserve and manage coastal and marine resources, officials said.

"This experience was one of the best of my professional career. I felt so intellectually stimulated learning about something I knew so little about," Garritt said.

"I felt like I went back to college and starting over learning a brand new subject. For twelve hours a day I was learning, reflecting, and writing my blog."

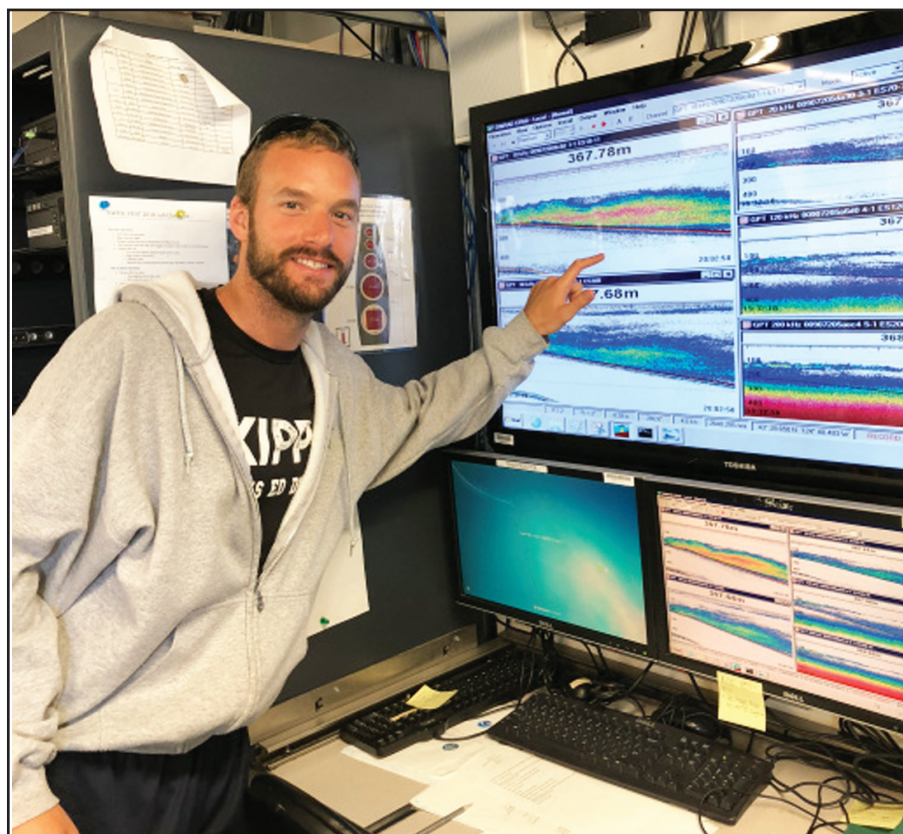
Throughout the experience, Garritt said he learned how to use the acoustic transducers that analyze the fish patterns below the surface. He also learned the process for surveying the Pacific hake population and how scientists collect data and analyze it.

Further, Garritt learned how the NOAA makes decision on the number of fish that commercial fisherman are allowed to catch; how dissect hake; what life is like for the crew aboard the vessels; and what life was like for scientists who spend their lives working to protect natural resources.

"After two weeks learning on the research cruise I decided to begin rewriting many of my statistics lessons from the city's math curriculum, Eureka Math, so they involve the same standards and types of rigorous questions but involve the application of the data from my experience," Garritt said.

"This will not only blend math and science knowledge, but will increase student investment. I can't wait for students at my school to see me working among the most talented scientists in the world doing real life important science work.

"I can't wait for them to picture themselves someday working as scientists with NOAA and solving our world's most important problems that involve



*KIPP Teacher Justin Garritt learns how to read acoustic transducer technology to monitor fish populations in the Pacific Northwest. Courtesy Photos*



*Justin Garritt calibrating the research equipment in the Port of Seattle aboard NOAA Bell A. Shimada*



*Justin Garritt analyzing a pile of krill that was caught outside of the Port of Newport*

our precious environment. I can't wait for my students to get excited when learning statistics, scaling and ratios—actual data I collected while sailing in the Pacific Northwest."

Garritt's blog about the program can be viewed at <https://noateacheratsea.blog/author/jgarritt2018>



# High Schooler Leads Diaper Drive

**Over 105,000 diapers,  
25,000 wipes collected**

**By Ursula V. Battle**

These necessities are needed for infants an estimated 10 times per-day and cost an average \$70 to \$80 per month. For many poor or low-income families, this expense often poses a financial hardship. These items are diapers. But the efforts of high school student Lauren Eisele, the University of Maryland Medical Center (UMMC) and the University of Maryland School of Social Work, has helped to lighten the load— financial load, that is.

Lauren, UMMC, and the University of Maryland School of Social Work all partnered to organize a drive that collected over 105,000 diapers, and 25,000 wipes. Proctor & Gamble also contributed to these efforts. The diapers and wipes were distributed to community partners on Friday, October 19, 2018 at the University of Maryland Baltimore County, Central Receiving Building located at 1000 Hilltop Circle in Baltimore, Maryland..

Reflecting on a conversation with Bronwyn Mayden, MSW, assistant dean at the University of Maryland School of Social Work, 15-year-old Lauren shared how it all began.

“I wanted to do some volunteer work over the summer and asked Ms. Mayden in the UMB School of Social Work how I could help, and she told me about the urgent need for diapers and explained why,” she said. “I was so sad to know that so many families can’t afford to buy diapers and can’t use food stamps to purchase them.”

She added, “After doing some research online, I found out that this is a need all over the world and there is even a Diaper Awareness Week that occurs every September. So I set a goal to collect over 50,000 diapers.”

Lauren said she realized more help would be needed.

“After about a month, I realized that I couldn't collect 50,000 all by myself so I asked Dr. Mohan Suntha, president and CEO of UMMC if we could promote a



**Bronwyn Mayden MSW, assistant dean at the University of Maryland School of Social Work admiring an infant. Courtesy Photos**



**Sierra Mason with her baby Saniya, along with Za'Mari and Za'Vion Nipper. They were among those in attendance at a pamper drive distribution event held at the University of Maryland Baltimore County.**

Diaper Drive at UMMC and he agreed. UMMC does so much to help people in the Baltimore community and I hoped that this would be a project that people would care about.”

She continued, “Once the flyer went out, diapers started coming in everyday! Employees not only wanted to donate diapers but help in any way they could to help us reach the goal. An employee even asked Proctor and Gamble to donate diapers and got a ‘yes’. The company donated 16,000 diapers and 14,000 wipes. In five weeks we brought in over 105,000 diapers and 25,000 wipes. Imagine what we can do with more time!”



**Troy Brown holding a box of diapers during the event.**

According to the University of Maryland School of Social Work, one in three families must make the difficult choice between food and diapers for their baby each day.

“It made me realize how many people need help and that in a small way I could make a difference to families,” said Lauren who started the project in June. “I am so grateful for all the support that this project received and hope that many families won't have to worry about this issue for a long while.”

When asked if she plans to continue this endeavor, Lauren replied: “Yes, babies and children need diapers all the time and I plan to continue to raise awareness. My goal is to collect 500,000 diapers by next year and with UMMC's help as well as others in the community, we will be successful!”

Mayden also serves as executive director of Promise Heights, which seeks to improve the lives of children and families in the West Baltimore neighborhood of Upton/Druid Heights. She talked about Lauren's efforts.

“I can't thank Lauren enough for wanting to do something to help somebody,” said Mayden. “She put the muscle behind the idea to collect diapers which was outstanding.”

Mayden highlighted that some families cut back on basics such as food, utilities or child care to purchase diapers, while others need to leave their infants in soiled diapers for longer periods of time, leading to potential health risks.

“You can't take your baby to daycare and not have a supply of diapers for the child,” she said. “Wearing diapers for long periods of time also causes Urinary Tract Infection and bad rashes. We are reaching out to B'more for Healthy Babies and Head Start Centers. We also plan to approach schools. We want to be fair to everyone and help as many babies as we can.”

Mayden added, “Lauren, UMMC, and the University of Maryland School of Social Work have started a movement. They are making a commitment to babies in Baltimore. “

For more information or to donate diapers visit [www.ummsfoundation.org/diaperdrive](http://www.ummsfoundation.org/diaperdrive)

## *Not All Wounds Are Visible - A Community Conversation:*

# Discussing Depression, Anxiety, Chronic Disease and Suicide Prevention In Men

*By William T. Regenold, M.D.C.M.,  
Director, Geriatric Psychiatry,  
University of Maryland Medical Center  
& Associate Professor, University of  
Maryland School of Medicine*

Anxiety. Chronic disease. Depression. Suicide. While these may not be fun topics for people to discuss, they are all vitally important to an individual's health.

On November 28, 2018, the University of Maryland Medical System and the University of Maryland, Baltimore (UMB) are bringing together health experts, individuals with "lived experiences" and community members for the "Not All Wounds Are Visible – Community Conversations: Let's Talk About Depression and Anxiety" event to discuss these issues.

Clinicians and other subject matter experts will be facilitating conversations about the impact of depression and anxiety on men, seniors and those managing chronic disease. The important topic of suicide prevention will be also be discussed.

This free event provides an opportunity to hear from and talk to health care professionals and community leaders, including Washington D.C. attorney and author Joshua Rogers and Bowie City Councilman Michael Esteve, about depression and anxiety and the road to recovery.

Retired Baltimore Ravens running back and Super Bowl XXXV champion Jamal Lewis is the event's keynote speaker. He will share lessons learned along his journey from the bright light of stardom to the shadows of depression and thoughts of suicide, and as he redefined himself after the "cheerleaders" in his life disappeared.

Depression is the leading cause of disability worldwide, and it's common for someone with depression to also suffer from anxiety. While the causes of anxiety and depression are as different as people are, for men, social norms around masculinity can make these topics difficult to talk about.

A 2018 study in the journal, JAMA Psychiatry revealed that 30 percent of



men have suffered from a period of depression in their lifetime. Nine percent of men in the United States have daily feelings of depression or anxiety according to data from the National Health Interview Survey, yet only one in four spoke to a mental health professional.

Older adults are at risk of misdiagnosis and lack of treatment because some of their symptoms can mimic normal age-related issues or be mistakenly attributed to other illnesses, medications, or life changes. Elderly patients might also be reluctant to talk about their feelings or fail to understand that physical symptoms can be a sign of depression. For elderly people living independently, isolation can make it difficult to reach out for help. According to the Mayo Clinic, men with depression often go undiagnosed. Symptoms may include feelings of sadness or hopelessness, difficulty sleeping, tiredness, irritability or inappropriate anger.

Downplaying signs and symptoms and a reluctance to discuss and seek treatment may contribute to the failure to

recognize depression related symptoms.

Anxiety and depression do not decline with age. Excessive anxiety that causes distress or that interferes with daily activities is not a normal part of aging, and can lead to a variety of health problems and decreased functioning in everyday life. Contributing factors include increased stressful situations such as the loss of friends and family members and decreased mobility, which lead to greater isolation.

Additionally, older adults are often hesitant to report symptoms of depression or anxiety because they grew up at a time when mental illness was stigmatized. Anxiety affects as much as 10 to 20 percent of the older population, although it often remains undiagnosed, according to the Geriatric Mental Health Foundation. A recent study from the International Journal of Geriatric Psychiatry found that more than 27 percent of older adults under the care of an aging service provider have symptoms of anxiety that may not amount to a

diagnosed disorder, but significantly affect their functioning.

Managing chronic disease or pain at any age often causes a significant increase in symptoms of depression or anxiety. People with depression are three times more likely to develop chronic pain or pain that lasts beyond the typical time it takes for an illness or injury to heal. It is important for anyone with a chronic condition to discuss persistent sad, anxious or "empty" mood feelings with their health care provider so that their physical and mental health can be managed together.

The United States saw a 25 percent increase in suicides across all ages and genders between 1999 and 2016. Suicide is now the 10th leading cause of death in the country. The highest suicide rate is among adults between 45 and 54 years of age, and the second highest rate is among those 85 years or older. Nearly 121 people commit suicide in the U.S. every day, with men being four times more likely than women to commit suicide, according to the American Foundation for Suicide Prevention. The World Health Organization reports that 75 percent of people with mental disorders remain untreated, with almost 1 million people turning to suicide each year.

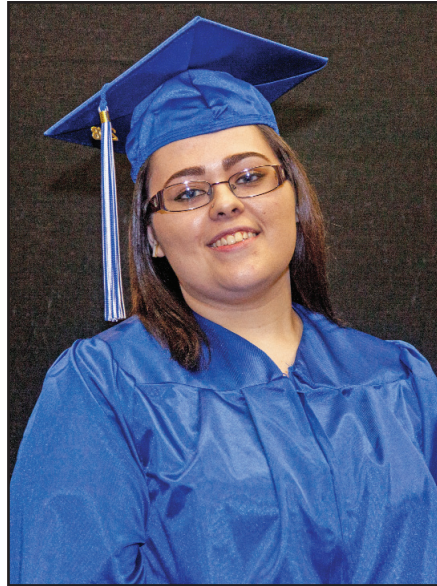
According to research by the American Foundation for Suicide Prevention, 90 percent of people who die by suicide have a diagnosable and potentially treatable illness including depression, anxiety, and alcohol or other substance use. Specific behaviors including increased use of alcohol or drugs, acting recklessly, sleeping too much or too little and conversations about feeling trapped or being a burden to others may be warning signs of suicide.

The November 28 event is designed for community members to hear from and ask questions of physicians and other health care professionals about mental health in men, seniors and those managing chronic illnesses. Visit: [www.umms.org/communityhealth](http://www.umms.org/communityhealth) for a complete list of program speakers and to register for this important conversation.

# A high school diploma with no high school



**Wibabara "Jane" Mupende**  
Photo by Nyia Curtis



**Christina Edwards**  
Photo by Nyia Curtis



**Ruben Guzman**  
Photo by Nyia Curtis



**Brianna Garton**  
Photo by Nyia Curtis

**By Stacy M. Brown**

A single mother and east Ugandan refugee who wanted to beat the oldest of her six children to a high school diploma; a high school dropout who became a GED dropout because of math; a former AP Honors student who got sidetracked; and a 19-year-old who left high school to support her family.

These are just four stories from the 42 graduates who walked in the 2018 Anne Arundel County High School Diploma Student Recognition Ceremony at the Pascal Center for Performing Arts at Anne Arundel Community College's campus on Wednesday, October 17, 2018.

"Some of our students face challenges, making it hard to get to class and stay in the program," said Rena Burkowsky, the basic skills program manager for AACC's School of Continuing Education and Workforce Development Adult Basic Skills Program, commonly known as Anne Arundel County Public Schools National External Diploma Program (NEDP).

Individuals who pass the GED exam or complete the NEDP earn a Maryland

High School Diploma issued by the Department of Labor, Licensing and Regulation. Many enrolled in AACC's Adult Basic Skills classes throughout the county, including the Ordnance Road Correctional Center.

"When they earn their diploma, it is due to a lot of hard work and a tremendous amount of perseverance. It's truly amazing," Burkowsky said.

New graduate, Wibabara Mupende was forced to leave her home in Uganda because of political issues. She arrived in America at the age of 31.

"There were many things that encouraged me to get my high school diploma, but there was one particular instance that pushed me to make that move," Mupende said. "At work, there was an open position to be a department coordinator, to which I had all the experience needed but I failed to meet the guidelines because I could not present my high school diploma [which she lost in her family's flight from Uganda]."

Mupende says her biggest challenge was finding a balance between home, work and school.

"It was not easy to juggle everything having six children at home, while

working full-time and going to school," she said. "I want to set an example for my children and show them that they can achieve their goals and overcome their circumstances if they work hard."

Graduate Christina Edwards said she knew getting her diploma would open doors that were previously closed. "I felt like it's what was required of me to have a better life, the calling on my life that needs to be fulfilled," said Edwards, the oldest of five children in her family.

"I heard about the program not too long after I tried another program. I figured it would be hard, but I knew I would do whatever it took," she said. "I want my brothers and sister to go after their dreams and say 'I want to be like my big sister, when she gets knocked down she always gets back up, she fights and she is determined to get where she wants to be.' I want my whole story to be heard one day, I want it to inspire people young or old."

Ruben Guzman earned his diploma after severe difficulties in math, particularly algebra.

"But, I studied every day and I finally got it," he said. "The first time I heard

about the program was when I was 20 and I went in and took the placement exam. I [couldn't] wait to walk across that stage and, for my mom and dad to see their son walking across that stage makes me so proud," said Guzman, who is now taking general studies courses in college.

Brianna Garton says high school was a challenge. She had a lot of distractions at home.

"That's when my counselors told me I could go to AACC and get caught up before I wasted too much time," Garton said. "The primary challenge for me was accepting the fact that I had failed two classes and then dealing with everyone's opinions about me not graduating the traditional way."

Garton says she is driven by the fact that she didn't have a stable home or a normal childhood.

"So school was my one-way ticket out. My education was my way out. The message I have for others is that if something is important don't wait—graduate, get your education. You can't help others until you've helped yourself."

**"Education is the passport to the future, for tomorrow belongs to those who prepare for it today."—Malcolm X**

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## Annapolis hosts Annual 9/11 Heroes Run honors those lost on September 11 and wars since

Annapolis— The 2018 Travis Manion Foundation 9/11 Heroes Run in Annapolis will be held on Sunday, October 28, 2018 at the Navy-Marine Corps Memorial Stadium at 2 p.m. The annual 5K race and 1 mile Fun Run will unite the community to remember the nearly 3,000 lives lost on 9/11, as well as to honor our veterans, military, and first responders who serve our country and our communities.

The 9/11 Heroes Run 5K series was inspired by Marine 1st Lt. Travis Manion, who was killed by a sniper in Iraq in April 2007, as he selflessly protected his battalion.

Before his final deployment, Travis visited Rescue One in NYC— famous for losing almost all of their men on 9/11— and returned home with deeper passion about why he was fighting in Iraq. At its heart, the 9/11 Heroes Run is a tribute to a personal commitment to never forget the heroes of that day. Now in its 11th year, the 9/11 Heroes Run national race series will be held in more than 50 locations across the country and around the world, and is expected to draw over 60,000 participants.

For the 2018 race series, Travis Manion Foundation has partnered with GORUCK to launch a new division where participants can ruck the 9/11 Heroes Run. Rucking is simply moving with weight on your back and is the foundation of Special Forces training. It combines strength and cardio, is adaptable to anyone's goals based on the amount of weight carried, and is a popu-



*The Travis Manion Foundation 9/11 Heroes Run 5K race and 1 mile Fun Run unites the community to remember the nearly 3,000 lives lost on 9/11, as well as to honor our veterans, military, and first responders who serve our country and our communities. (Above) A firefighter high-fives children in the crowd cheering on the runners in a previous race. For more information about the 9/11 Heroes Run in Annapolis or to register, visit: [www.911heroesrun.org/annapolis](http://www.911heroesrun.org/annapolis).*

*Courtesy Photo/Travis Manion Foundation*

lar, empowering activity for those who hate to run or find it boring. As part of the marketing campaign for 9/11 Heroes Run series, TMF has released a video to inspire runners and walkers of all ages to participate.

During this divisive time in our country, I'm in awe at how so many commu-

nities across the country and around the world will put differences aside and coming together to honor all those touched by the events of September 11, 2001," said Ryan Manion, President of Travis Manion Foundation. "We challenge all Americans to join us this September, to ensure our future generations

never forget the sacrifices of our veterans, active duty military, first responders, and civilians who were affected by the attacks on 9/11 and in the wars since."

For more information about the 9/11 Heroes Run or to register, visit: [www.911heroesrun.org/annapolis](http://www.911heroesrun.org/annapolis).

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FREON R12 WANTED: CERTIFIED BUYER will PAY CASH FOR R12 cylinders or cases of cans (312) 291-9169; [www.refrigerantfinders.com](http://www.refrigerantfinders.com)

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DELAWARE NEW MOVE-IN READY HOMES! Low Taxes! Close to Beaches, Gated, Olympic pool. New Homes from low \$100's. No HOA Fees. Brochures Available 1-866-629-0770 or [www.cool-branch.com](http://www.cool-branch.com).

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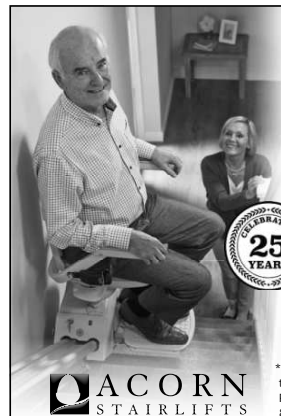
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## WET BASEMENTS STINK !!

Mold, mildew and water leakage into your basement causes health and foundation damage. What can be done to fix the problem? Allstate American Waterproofing is an honest, hardworking local company. We will give you a **FREE** evaluation and estimate and a fair price. We have repaired thousands of basements in the area; we can provide local references. When your neighbors needed waterproofing, they called Allstate American. Why don't you? Call now to receive a 20% discount with your **FREE ESTIMATE**. MHIC#36672

**CALL 1 800 426 7783 NOW!**



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AN ACORN STAIRLIFT IS A PERFECT SOLUTION FOR:

- ✓ Arthritis and COPD sufferers
- ✓ Those with mobility issues
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ACORN STAIRLIFTS

\*Not valid on previous purchases. Not valid with any other offers or discounts. Not valid on refurbished models. Only valid towards purchase of a NEW Acorn Stairlift directly from the manufacturer. \$250 discount will be applied to new orders. Please mention this ad when calling. AZ ROC 278722, CA 942619, MN LC670698, OK 50110, OR CCB 198506, RI 88, WA ACORN518940B, WV WV049654, MA HIC169936, NJ 13VH07752300, PA PA101967, CT ELV 0425003-R5.

MISCELLANEOUS

MISCELLANEOUS

MISCELLANEOUS

REAL ESTATE

Lutheran Mission Society

Alan Amrhine, Communications Director  
Lutheran Mission Society

**"MDDC has connected donors with the LMS Vehicle Donation Program for over six years! Great exposure, cost effective, and Wanda is so helpful."**

Call Wanda: 410-212-0616  
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Local touch, infinite reach.



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THE BALTIMORE TIMES FOUNDATION

Present the Small Business

# HOLIDAY MARKET PLACE

DEC. 1, 2018  
10AM - 4PM

COPPIN STATE UNIVERSITY  
TALON CENTER LOBBY

**SHOPPERS: Shop Small!** Find that unique holiday gift for your loved one!

**VENDORS:** Sell your unique products to the public!

Vendor spots are \$50 and includes a 6 foot table, 2 chairs and available WiFi

**FOR MORE INFORMATION:**

Send an email to [btimes@btimes.com](mailto:btimes@btimes.com) with the subject line: "Holiday Marketplace." to receive an application.

