

# THE BALTIMORE 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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# Community organizations launch 'One Book Baltimore' initiative citywide

Baltimore— More than 10 local organizations have come together to collaborate on “One Book Baltimore,” a new citywide initiative designed to provide opportunities for students, families and community members to connect through literature by reading the same book.

This year’s book is “Dear Martin” by Nic Stone. Launched at the Baltimore Book Festival last month, discussions and programming will be held across the city focused on the initiative’s themes of peace and anti-violence. Baltimore City Public Schools 7th and 8th-grade students will receive free copies of the book, and additional copies are available for check-out at all Enoch Pratt Free Library locations.

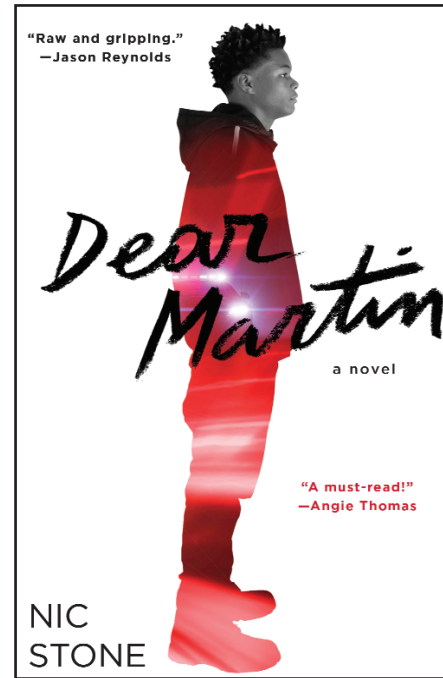
“Dear Martin” follows its protagonist, Justyce McAllister, a young black teen, through his senior year of high school as he grapples with issues of race and identity through a series of journal entries addressed to Dr. Martin Luther King. The book was selected with input from students, teachers, librarians, and other Baltimore community members. By

choosing a gritty narrative that explicitly deals with peace, anti-violence, and racial equity, One Book Baltimore’s collaborators hope that individuals may engage in meaningful open dialogue about their experiences and the challenges facing our communities, and that they may ultimately see a new path for themselves.

“To know that children— and adults— across the City of Baltimore will be reading and engaging with Dear Martin is an honor beyond measure, said author Nic Stone, about her book being a part of the One Book Baltimore initiative. “It is my deepest hope that slipping into Justyce’s shoes will open eyes and minds in a way that will move the world we inhabit a bit closer to that of Dr. King’s Dream.”

The idea for this initiative emerged from conversations among several local leaders in the wake of the social unrest in Baltimore that followed the death of Freddie Gray.

“We saw that other cities had used family literacy efforts to bring communities together and foster meaningful conversation,” said John Brothers, president of the T. Rowe Price Foundation.



*“Dear Martin” was chosen this year’s “One Book Baltimore,” a citywide initiative designed to promote literacy and community discussion.*

Courtesy Photo

Special programs tied to the book and themes of peace and anti-violence are scheduled through out the fall at Pratt Library locations across the city, including: community discussions about Dear Martin led by the Pratt’s Community Youth Corps, and a collaboration with the Media Rhythm Institute. There will be series of One Book Baltimore activities at every Pratt Library location during the Baltimore Ceasefire weekend scheduled for November 2-4, 2018.

Stone return to Baltimore to talk with City School’s students and for a discussion at the Pratt’s Northwood branch on Wednesday, December 12. Additional details on One Book Baltimore programming will be posted at [www.prattlibrary.org/onebook](http://www.prattlibrary.org/onebook).

One Book Baltimore, is a collaboration among the Enoch Pratt Free Library, Baltimore City Public Schools, Baltimore Ceasefire 365, Maryland Humanities, Baltimore Office of Promotion & The Arts, Maryland Book Bank, First Book, CityLit Project, WBAL-TV, the T. Rowe Price Foundation and others.

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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.

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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

*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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# 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."

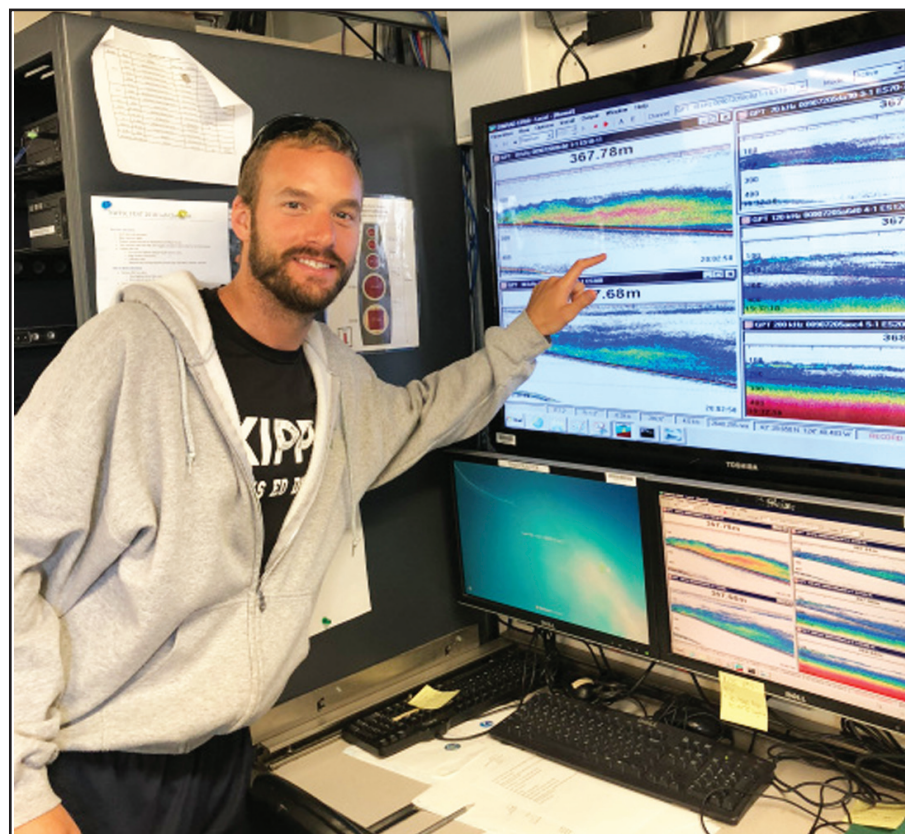
Throughout the experience, Garritt said he learned how to use the acoustic transducers that analyze the fish patterns below the surface. He also learned the process for surveying the Pacific hake population and how scientists collect data and analyze it.

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.

# CLASSIFIEDS

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## Legal Notice

### CERTIFICATION OF PUBLICATION

**CITY OF BALTIMORE  
OFFICE OF BOARDS AND  
COMMISSIONS  
PUBLIC NOTICE  
PROCUREMENT OF CONSULTANT  
SERVICES**

**PROJECT 1296- ON-CALL PROCESS  
CONTROL AND SCADA ENGINEERING  
SERVICES OFFICE OF ENGINEERING  
AND CONSTRUCTION**

The City of Baltimore, Office of Boards and Commissions has been requested by the Department of Public Works, Office of Engineering and Construction, to certify the qualifications of Engineering Firms to perform On-Call Process control and SCADA engineering services on projects associated with water and wastewater facilities, and pumping systems.

The Firms interested in providing these services must demonstrate and document:

- Experience in preparing design documents to integrate PCS, GIS, LIMS, MIMS and SCADA systems on a WAN.
- Experience in troubleshooting ABB's Distributed Control Units and associated peripherals.
- Experience in modifying existing control strategies, reports, databases and graphics created in PCS and SCADA application software.
- Experience preparing design for upgrading PCS and SCADA systems and training operators.
- Experience in troubleshooting and upgrading fiber optic data highways and radio communications between central control rooms and remote sites.
- Manpower availability and experience of key personnel assigned to the project.
- Minority and Women Businesses utilization.

The City intends to select the services of one firm. Services will include review of available information, project management, contract administration, investigation, design, developing and implementing public information and education programs, emergency services, preparation of reports and contract documents, including construction cost estimates, permit applications, right of ways, shop drawing review and consultation during construction.

The engineering services will be for a

## Legal Notice

period of three (3) years and the estimated cost of these On-Call Engineering Services is \$1,500,000.00 each contract. At the option of the City, the contract may be extended by two years.

Should you have any questions regarding the scope of the Project, please contact Mr. Gurminder Singh at (410) 396-5385 or by e-mail at [Gurminder.Singh@baltimorecity.gov](mailto:Gurminder.Singh@baltimorecity.gov)

Projects must comply with the 2006 edition of "The Specifications for Materials, Highways, Bridges, Utilities and Incidental Structures". City personnel will utilize the City of Baltimore Guidelines for the Performance Evaluation of Design Consultants and Construction Contractors for this contract/project.

Firms interested in submitting a proposal for this Project, shall address a "Letter of Interest" to the Office of Boards and Commissions, 4 South Frederick Street, 4th Floor, Baltimore, Maryland, 21202 (EMAIL: [OBC.Consultants@baltimorecity.gov](mailto:OBC.Consultants@baltimorecity.gov)). Since these letters are utilized to assist small minority and women business enterprises in identifying potential teaming partners, the letter should be submitted within five (5) days of the date of the project's advertisement. The letter should contain a contact person. Failure to submit a "letter of Interest" will not disqualify a firm submitting a proposal for the project.

Each prime consultant applying for this Project will be required to complete and submit an original Federal Form 255, along with **five (5)** copies, to the Office of Boards and Commissions. The Federal Form 255 and the five copies must be submitted on or before 12:00 P.M. (Noon) on **November 19, 2018**. Submittals may not be accepted after this deadline.

### Prequalification Requirement

All architectural, engineering, and surveying firms listed in the specific proposal for the Project **must** be prequalified by the Office of Boards and Commissions for each applicable discipline at time of submittal for this Project. Information regarding the prequalification process can be obtained by calling the Office of Boards and Commissions on 410.396.6883.

### Insurance Requirements

The consultant selected for the award of this

## Legal Notice

project shall provide professional liability, auto liability, and general liability and workers' compensation insurances as required by the City of Baltimore.

### MBE/WBE Requirements

It is the policy of the City of Baltimore to promote equal business opportunity in the City's contracting process. Pursuant to Article 5, Subtitle 28 of Baltimore City Code (2000 Edition) – Minority and Women's Business Program, Minority Business Enterprise (MBE) and Women's Business Enterprise (WBE) participation goals apply to this contract.

The MBE goal is 26%  
The WBE goal is 15%

Both the proposed Minority and Women's Business Enterprise firms must be named and identified as an MBE or WBE within Item 6 of the Standard Form (SF) 255 in the spaces provided for identifying outside key consultants/associates anticipated for utilization for this project.

Any submittals that do not include the proper MBE/WBE (in some instances DBE) participation will be disapproved for further consideration for this project.

### Verifying Certification

Each firm submitting a SF 255 for consideration for a project is responsible for verifying that all MBEs and WBEs to be utilized on the project are certified by the Minority and Women's Business Opportunity Office (MWBOO) prior to submitting the proposal. A directory of certified MBEs and WBEs is available from MWBOO. Since changes to the directory occur daily, firms submitting SF 255s should call MWBOO at (410) 396-4355 to verify certification, expiration dates and services that the MBE or WBE is certified to provide.

### Non-Affiliation

A firm submitting a proposal may not use an MBE or WBE to meet a contract goal if:

1. The firm has a financial interest in the MBE or WBE
2. The firm has an interest in the ownership or control of the MBE or WBE
3. The firm is significantly involved in the operation of the MBE or WBE (Article 5, Subtitle 28-41).

## Legal Notice

### Local Law Hiring

Article 5, Subtitle 27 of the Baltimore City Code, as amended (the "Local Hiring Law") and its rules and regulations apply to contracts and agreements executed by the City on or after the Local Hiring Law's effective date of December 23, 2013 which is applicable to all vendors. The Local Hiring Law applies to every contract for more than \$300,000 made by the City, or on its behalf, with any person. It also applies to every agreement authorizing assistance valued at more than \$5,000,000 to a City-subsidized project. Please visit [www.oedworks.com](http://www.oedworks.com) for detailed on the requirements of the law.

### Additional Information

A firm submitting as a prime consultant that fails to comply with the requirements of Article 5, Subtitle 28 of Baltimore City Code when executing a contract is subject to the following penalties: suspension of a contract; withholding of funds; rescission of contract based on material breach; disqualification as a consultant from eligibility to provide services to the City for a period not to exceed 2 years; and payment for damages incurred by the City.

A resume for each person listed as key personnel and/or specialist, including those from MBE and WBE firms, must be shown on the page provided within the application.

Please be advised that for the purpose of reviewing price proposals and invoices, the City of Baltimore defines a principal of a firm as follows:

*A principal is any individual owning 5% or more of the outstanding stock of an entity, a partner of a partnership, a 5% or more shareholder of a sub-chapter 'S' Corporation, or an individual owner.*

Out-of-State Corporations must identify their corporate resident agent within the application.

Firms will not be considered for a specific project if they apply as both a sub-consultant and prime consultant.

The applications for this Project (Form 255) cannot be supplemented with any additional information such as graphs, photographs, organization chart, etc. All such information

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Continued on page 13**

## Legal Notice

*Legal Notice — Project 1296  
Continued from page 12*

should be incorporated into the appropriate pages. Applications should not be bound. Applications should simply be stapled in the upper left-hand corner. Cover sheets should not be included. Inclusion and/or submittal of additional material may result in the applicant being disqualified from consideration for this project.

Failure to follow directions of this advertisement or the application may cause disqualification of the submittal.

Deena Joyce  
Executive Secretary

Easter Seals Serving DC|MD|VA, a private non-profit organization with headquarters located in Montgomery County, Maryland, is applying to the U.S. Department of Transportation, Federal Transit Administration through the State Coordinating Committee for Human Services Transportation of the State of Maryland for financial assistance in the amount of approximately \$180,000 to partially cover the costs for the purchase of: a wheelchair accessible minivan; preventative maintenance for said van; and salary and benefits for van drivers and administrative staff. All of these requests support our efforts to meet the special transportation needs of seniors and individuals with disabilities.

Easter Seals Serving DC|MD|VA plans to provide transportation services as follows:

The Easter Seals Medical Adult Day Center in Baltimore County intends to provide reliable door-to-door transportation service for seniors and adults with a variety of limitations including physical disabilities, Alzheimer's disease, dementia, and depression. This program serves individuals with special transportation needs who participate in the Easter Seals Baltimore Medical Adult Day Services program.

The detailed service plan is available for review at Easter Seals, 1420 Spring Street, Silver Spring, MD 20910, from 8:30am to 5:00pm, Monday through Friday. Any private citizen, public or private transit or paratransit operator wishing additional information or desiring to submit comments on the project applied for or on the performance of Easter Seals Baltimore Medical Adult Day Center may call 301-920-9740.

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**CITY OF BALTIMORE  
DEPARTMENT OF TRANSPORTATION  
PUBLIC NOTICE**

**The Replacement of the  
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COMMUNITY MEETING**

In an effort to educate the community about the upcoming project, a community meeting will be held. This project includes the replacement of the Waterview Avenue Bridge, Annapolis Road Bridge and the Maisel Street Pedestrian Bridge over 295.

**WEDNESDAY, November 14th, 2018**

6:30 PM to 8:00 PM

Westport Community Boys and Girls Club  
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If you have any questions, comments or need special accommodations please contact: Ms. Sandra Matier  
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or at Sandra.matier@baltimorecity.gov  
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Michelle Pourciau, DIRECTOR  
DEPARTMENT OF TRANSPORTATION

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## Baltimore native serves with versatile U.S. Navy Helicopter Squadron, “Dragon Whales”

*By Ricky Burke, Navy Office  
of Community Outreach*

Norfolk, Va.— A 2005 Edmondson West High School graduate and Baltimore native is serving with the U.S. Navy Helicopter Sea Combat Squadron 28 in Norfolk, Virginia. Navy Petty Officer 2nd Class Vincent Youngforney is an aircrew survival equipmentman serving with HSC 28, known as the “Dragon Whales.” A versatile squadron that’s capable of completing a number of important missions for the Navy with the MH-60S “Seahawk” helicopter.

A Navy aircrew survival equipmentman is responsible for maintaining flight search and rescue equipment and training personnel on how to escape aircraft when crashed into the water.

“My favorite part is that I’ve gone all over the world and spoke to young men and women about what I do for the Navy,” said Youngforney, who credits his success in the Navy to many of the lessons learned in Baltimore. “Everyday is a new opportunity to become better.”

Dragon Whales operate the MH-60S Seahawk and deploy with the Second, Fifth and Sixth Fleets to provide critical mission support. Their capabilities



*Navy Petty Officer 2nd Class*

*Vincent Youngforney*

*Photo By Senior Chief Mass*

*Communication Specialist Gary Ward*

include drone recovery, special operations aerial training, cargo and passenger transport, and fleet support to Navy, Air Force, and Army units along the Gulf and Atlantic coasts.

“What I like about being at HSC 28 is the opportunity to assist with Search and Rescue and Disaster Relief,” Youngforney said.

Though there are many ways for sailors to earn distinction in their command, community, and career, Youngforney is most proud of receiving the Humanitarian Service Ribbon.

“This ribbon says to me that I will do what I can to help other people in the world,” Youngforney said.

Operational and deployed today with the U.S. Navy as the primary anti-submarine warfare anti-surface weapon system for open ocean and littoral zones, the MH-60R Seahawk helicopter is the world’s most advanced maritime helicopter. It is the most capable naval helicopter available today designed to operate from frigates, destroyers, cruisers and aircraft carriers.

The MH-60R Sea Hawk is over 60 feet long, and can weigh up to 23,500 lbs. It is replacing the Navy’s older helicopters because of its greater versatility and more advanced weapon systems.

As a member of one of the U.S. Navy’s most relied upon assets, Youngforney and other sailors know they are part of a legacy that will last beyond their lifetimes, one that will provide a critical component of the Navy the nation needs.

“Serving in the Navy means that I’m a part of a great organization that goes all over the world and gives as much assistance as possible to those in need,” Youngforney added.

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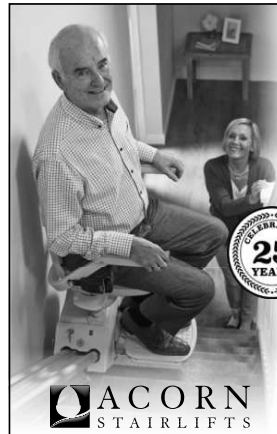
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