



# The Annapolis Times

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*American Museum of Natural History Will Host Its 35th Annual Kwanzaa Celebration*



*On December 29, the American Museum of Natural History will mark Kwanzaa with a celebration that will immerse visitors in rich cultural legacy and contemporary artistic expressions of the African-American community. Since 1984, the Museum has been proud to host one of the country's largest Kwanzaa celebrations. Kwanzaa is a seven-day celebration that starts on December 26, 2018 and focuses on family, community, creativity, and the cultural traditions of the African diaspora. Established in 1966 during the civil rights era in the United States, Kwanzaa recognizes the strength, beauty, and deep roots of the African-American community.*

*(See article on page 8) Photo Credit: ©AMNH\_RM*

## Local history book signing party at Aris T. Allen's House in Annapolis

Annapolis— The book “The Amazing Story of Arundel-on-the-Bay:1600s to Today” is just off the presses and is available for the holidays at a discounted price (\$35) at an author's book signing party at the home of Aris T. Allen Jr. at 1323 Magnolia Avenue in Annapolis on Sunday, December 23, 2018 from 2 p.m. to 4 p.m.

Allen's home is located on the site of a dispute between two white homeowners, which resulted in the community flipping to almost all African-American in the late 1950s. Allen will discuss the “white flight” in the community.

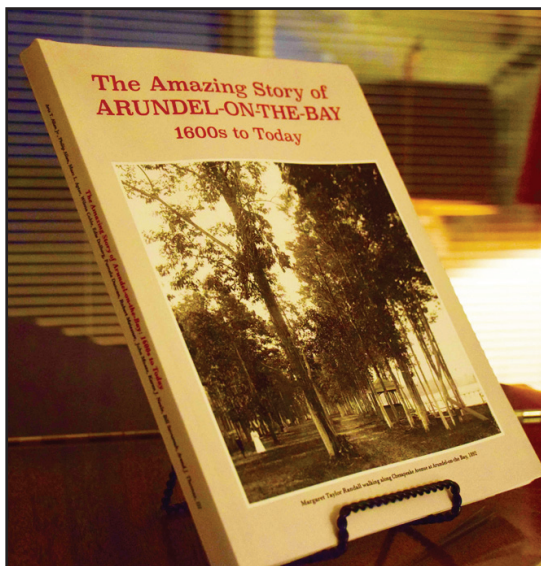
“The Amazing Story of Arundel-on-the-Bay:1600s to Today” is a brand new, fully illustrated and very detailed chronicle of generations of families who have both loved and endured a special and precarious piece of Chesapeake real estate. It chronicles a community evolving from the Gay Nineties, through the segregated Jim Crow era, World War II, woman's liberation, and other 20th and 21st century realities. What emerges in the telling is a portrait of America's social and cultural history that shaped a community.

The book's authors— all residents of Arundel-on-the-Bay— banded together seven years ago to research and write the book. They include: Aris T. Allen, Jr.; Phillip Allen; Marc L. Apter; Wilma Coble; Edie Dolberg; Pamela Duncan; Robert Meissner; John Moses; Karen Neale; Bill Semenuk; and Arend J. Thomas, III.

It started in 1890, with the purchase of 350 acres south of Annapolis, Maryland on the Chesapeake Bay, America's largest estuary. Lots on this waterfront land acquired by the Chesapeake & Colombia Investment Company were advertised for sale based on the beauty of the site and its solitude as a woodland paradise.

The community distinguished itself in unique ways:

- It began as almost all white to



became almost all black in the 1950's, and then evolved into the proudly integrated neighborhood of today.

- Hourly passenger train service from Annapolis connected travelers from Washington, D.C. and Baltimore to the Bay Ridge Resort, where the Company's “Blackberry Train,” open summer cars, ran along the beach to Arundel-on-the-Bay from 1893 to the early 20th century.

- This smallest incorporated town in the U.S. for many years was all but wiped out by a major fire in 1916.

- The only community in Maryland where woman had the right to vote before 1920.

- Thomas Point Island, just offshore, had a home on it until it was destroyed by two hurricanes in the 1930s.

- Famous folks had ties there, including: Frederick Douglass; Alex Haley; Martha Washington; Patrick Henry; Rep. Adam Clayton Powell; Todd Duncan, opera star of Porgy and Bess fame and Rep. Clarence Mitchell, Jr.

- During the War of 1812 a British Sloop of War ran aground off Thomas Point, an incident which almost caused Annapolis to be burned to the ground.

“The Amazing Story of Arundel-on-the-Bay:1600s to Today” demonstrates that all of our family histories are worth the telling. It's available at local bookstores and on-line at Amazon for \$39.95.

## Eli Lilly launches Lilly Diabetes Solutions Center to assist people with insulin affordability

Washington, D.C.— The American Diabetes Association estimates that over 30 million Americans are affected by diabetes and is the seventh leading cause of death in the United States. In the African American population, studies show that we are disproportionately affected by diabetes in comparison to the general population. The rate of diagnosed diabetes among African Americans is 12.7 percent compared to 7.4 percent of whites.

Not only does the African American community face the dilemma of increased diabetes diagnoses, but also faces numerous health care challenges when trying to manage diabetes, such as— cost for treatments, medications, limited supplies and access to primary care to maintain a quality of life.

Eli Lilly and Company, a global leader in diabetes care, understands these gaps and burdens of costs in the African American community. They understand that there are gaps in health care for communities of color, and are working to help close it by reducing the cost of insulin and making sure that everyone will have equal access to their medicines.

For this reason, Eli Lilly has launched the Lilly Diabetes Solution Center and Helpline in the African American community to ensure people receive comprehensive treatment for diabetes. To spread the word about this effort, Lilly



has been placing full-page advertisements in African American newspapers across the country.

The National Newspapers Publishers Association (NNPA), which represents black newspapers has been running advertisements in selected markets announcing the launch of the solutions center as an opportunity for African Americans to receive affordable diabetes medication. This is especially great news for African Americans who are disproportionately affected by diabetes and its effects.

This collaboration with the Lilly Diabetes Solution Center will help decrease the complications of diabetes by making sure that access to affordable insulin is available to improve the quality of life in the African American community.

If you or someone you know may need help paying for insulin or diabetes care, call the Lilly Diabetes Solution Center at 1-833-808-1234, Monday to Friday from 9 a.m. to 8 p.m.

**Send your community calendar events  
to: [kreevie@btimes.com](mailto:kreevie@btimes.com)**

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## How holiday food poisoning could lead to long-term GI issue

By *Donnica Moore, M.D.*

The Centers for Disease Control and Prevention (CDC) estimates that there are 48 million episodes of food poisoning per year, with cases spiking around the holidays during November and December. This spike is often due to improper cooking times or temperatures, or leaving food out for extended periods of time, which can happen at this time when numerous holiday meals are being made. As the risk for food poisoning rises, people need to stay mindful about acute intestinal infection as well as the potential longer-term implications such as irritable bowel syndrome with diarrhea (IBS-D), which is responsible for several outbreaks in Maryland over the years.

Your gut microbiome is composed of trillions of bacteria in the digestive tract. *Clostridium perfringens*, a very common bacterial cause of food poisoning, causes one million illnesses each year and is responsible for several outbreaks in the United States over the years. Linked to foods commonly served during the holidays, such as turkey and roast beef, these illnesses are often due to improper cooking and handling or bacterial growth that occurs when foods are left at room temperature for too long.

While most people know that food poisoning can cause a very unpleasant acute infection (and in the near term would certainly ruin a holiday celebration), the misery of a bout of food poisoning may not end when the vomiting or diarrhea does. For some people, that bacterial contamination in their system may be the culprit behind long-term gut health issues, like IBS-D.

IBS-D affects an estimated 16 million Americans, causing distinct symptoms such as abdominal pain and diarrhea. While the exact cause of IBS-D is unknown, and patients may have IBS for more than one reason, there has been growing data linking the development of IBS to previous gastrointestinal infection or food poisoning. Other potential causes of IBS-D include communication problems between the brain and digestive system and a family history of IBS.

Gastrointestinal infections can cause an imbalance in the usual numbers and proportions of normally healthy bacteria in the digestive system, scientifically known as the gut microbiota. More research is needed but there is now general acceptance of the potential link that gut microbiota play in the development of IBS-D symptoms, as an imbalance in the gut microbiota has been found in many people with IBS-D.

Although there is currently no cure for IBS-D, there are different treatments, from lifestyle changes to prescription medicines that address the symptoms of IBS-D. If one treatment isn't working, it's important to ask your healthcare professional about trying a different medication to find the treatment that is right for you.

If you are experiencing any symptoms of IBS-D, it's important to speak with your healthcare provider about your complete medical history, including any prior episodes of food poisoning.

In the meantime, when hosting company or customers this holiday season, ensure proper preparation and handling of foods that are commonly prepared ahead of time or allowed to sit at room temperature before serving, as this can help in the short and long term.

Additional information on food safety can be found on the CDC's website. For more information about IBS-D, visit [IBSDUpClose.com](http://IBSDUpClose.com).

*Donnica L. Moore, MD is highly regarded as a women's health expert and advocate, and as a physician educator and as a media commentator. Dr. Donnica is also founding co-chair of the annual national Congress on Women's Health.*



## Community Affairs

### Maryland motorists reminded to 'Drive Sober' this holiday season

Washington, D.C.— This holiday season, the National Highway Traffic Safety Administration (NHTSA) is reminding Americans that it is never okay to drive impaired. Motorists traveling in the coming weeks can expect to see increased law enforcement on the road as part of the high-visibility Drive Sober or Get Pulled Over campaign until December 3, 2018.

This year, for the first time, NHTSA's annual Drive Sober campaign has expanded to focus not just on drunk, but also on drug-impaired driving with the "If You Feel Different, You Drive Different" campaign.

Last year, Maryland ranked thirteenth among states with the highest number of alcohol-related crashes in the month of December. Across the state, 20 lives were lost in traffic crashes involving a drunk driver.

According to NHTSA, 10,874 people were killed in 2017 in motor vehicle traffic crashes in which a driver had a blood alcohol concentration (BAC) over

the legal limit of .08 grams per deciliter. During the month of December 2017, 885 people lost their lives in traffic crashes involving a drunk driver. Like drunk driving, drug-impaired driving is impaired driving, which means it is dangerous and illegal in all 50 states, Puerto Rico, and Washington, D.C.

NHTSA recommends the following actions to stay safe this holiday season:

- Remember, it is never okay to drive drunk or high. Designate a sober driver or plan to use public transportation or a ride share service to get home safely. Before you go out, download NHTSA's SaferRide mobile app, available on Google Play and Apple's iTunes Store. It lets you share your location so a friend can pick you up. The app is free and available for Apple and Android devices.

- If a friend or family member is impaired by alcohol or drugs and planning to drive, take their keys and help them make other arrangements to get home safely. Don't worry about offending someone—they'll thank you later.

- Be alert and distraction-free, and if you see an impaired driver, call 911 as soon as it is safe to do so.

- Buckle up. Wearing your seat belt is your best defense against an impaired driver.

## Could the “Yellow Vest” movement inspire Americans?

By Morgan Reid

Across the Atlantic, tempers spilled onto the Paris streets. The carbon tax, implemented to help curb climate change, resulted in thousands of demonstrators marching from the outer provinces to the nation’s capital for the past few weeks to protest the policies of President Emmanuel Macron. The former investment banker has been accused of being out of touch and a “president for the rich.”

The growing disapproval of Macron coupled with the policies he has passed during his first year in office has consequently sparked a bitter rage, which escalated to violence. A crowd wearing neon yellow jackets, referring to themselves as gilets jaunes, vandalized the Arc de Triomphe, one of France’s famous monuments as a show of outrage. Many more barged down the streets chanting and jeering, all while law enforcement used tear gas and water cannons to disperse the crowd.

After nearly a month of protests,

Macron did his best to quell the anger with a formal televised announcement in which he communicated that the fuel tax would be eradicated. In addition, he promised to increase the salary to one hundred euros a month for minimum wage workers and cancel the social security tax at the beginning of next year. Despite all these promises, the protests persisted. The Yellow Vest

American citizens since the 2008 financial crisis. Unemployment, stagnant wages, high costs for health insurance and crippling student loan debt are all economic barriers that have led to a subpar standard of living. A study led by Stanford University professor, Rej Chetty, revealed that millennials will be the generation that won’t earn more than their parents, but yet there hasn’t been a

What can be gained from this level of free-flowing rage?

Within the past year, protests to reform gun control laws, protests against the U.S. National Anthem, the MeToo movement and marches for better treatment of illegal immigrants have dominated the media. Although any kind of organization against the injustices of society is necessary, one can argue that it has become much easier to address identity issues and issues that pose an immediate physical threat as opposed to demanding the government change policies that surely control one’s choice between having a successful career versus working at a minimum wage job.

In a time where a white picket fence, an evenly cut lawn and a picture-perfect family have become difficult to achieve and afford, as well as a stable job spanning decades is rare to come by, when will our anger and resentment spill onto the streets?

The power behind the Yellow Vest movement lies in the people, and perhaps Americans may follow their example. No person should have to accept policies that work against their own livelihood or face the hindrances preventing the natural progression of achieving life milestones. Anger and rage should re-surface when basic necessities are too expensive to afford, whether it be fuel, affordable healthcare costs or the pursuit of higher education.

Sometimes, debilitating fury is all that is left, and it may only be a matter of time before Americans finally realize that they can demand more.

*Morgan Reid completed her undergraduate degree at Temple University. She holds a masters from Johns Hopkins University and lives in Baltimore, MD.*

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***“Much of what has occurred in France over the past few weeks mirrors a number of political issues that have plagued American citizens since the 2008 financial crisis. Unemployment, stagnant wages, high costs for health insurance and crippling student loan debt are all economic barriers that have led to a subpar standard of living.”***

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movement became more than just an angry battle cry denouncing the fuel tax, but also an opportunity to express the frustration concerning low wages, unemployment and widening inequality.

The rise of the Yellow Vest movement has come to represent the dwindling middle class and working class who feel shut out and ignored. The lack of social and economic mobility has left many to question the future. The French are no stranger to revolts but such an alarming and vitriolic response could be viewed as completely unexpected, or just an inevitable reaction to feeling unheard by a president who championed social reform, as well as a snail-like pace to change.

Much of what has occurred in France over the past few weeks mirrors a number of political issues that have plagued

movement addressing the financial strain many young adults experience.

Could and should Americans protest the subpar social and financial institutions that have been a part of our DNA for so long that we fail to question them? Have we become complacent? Have we adopted a self-defeatist attitude where we reluctantly accept the inequalities that hinder our path to living fulfilling lives?

Many would say that violence isn’t the answer; Some would say violence is an acceptable form of rage without direction that submits— without thought— to the most primal aspects of our being. Maybe violence is the last resort for those living on the fringes of society in dire circumstances who have felt silenced and shut out for so long that there isn’t much left to do but scream.

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# The most wonderful 'stressful' time of the year

By Stacy M. Brown

Like gift giving, feasts and Christmas trees, stress also counts as a holiday tradition.

High expectations, loneliness and stress can lead to the "Holiday Blues."

Experts say that in most cases symptoms can be temporary, but they can also be serious if they last for more than two weeks—leading to clinical anxiety and/or depression.

A 2014 survey conducted by the National Alliance on Mental Illness, in Arlington, Virginia, reported that approximately 24 percent of individuals with a diagnosed mental illness find that the holidays make their condition "a lot" worse and 40 percent say their condition became "somewhat" worse.

"For many people, the holiday season is not always the most wonderful time of the year," NAMI Medical Director Ken Duckworth said in responding to the organization's survey. "What the survey shows is a tremendous need for people to reach out and watch out for each other in keeping with the spirit of the season."

Despite the fun and enjoyment, the holidays can bring for many, for others it can be a time of stress, anxiety and depression, according to Walter Reed National Military Medical Center chaplains and other behavioral health experts.

In a posting on the Military Health System and the Defense Health Agency's



*In a posting on the Military Health System and the Defense Health Agency's website, the experts explained that the holidays can present a number of challenges, including family demands, spending, shopping, parties, cooking, entertaining, cleaning and more.* Courtesy Photo/hygienesuppliesdirect.com

website, the experts explained that the holidays can present a number of challenges, including family demands, spending, shopping, parties, cooking, entertaining, cleaning and more.

"First, society places a lot of pressure around the holidays," said Army Chaplain (Capt.) Heather Borshof, a student

in the Clinical Pastoral Education program at WRNMMC.

"It is embedded in us culturally that there is the expectation that everything needs to be perfect during the holidays. For most that is not the situation.

"Second, holidays can be expensive and not everyone has the means to buy what our culture says we cannot live without. People either place themselves in debt, or feel badly about not being able to afford those items that society says we must have.

"Third, holidays can be a lot of work. Other life responsibilities do not stop and the added pressure of getting everything done for the holidays can bring

about more stress than joy.

"Finally, the expectations are that the holidays are a time to be with family and friends. Those who are without often feel sad and depressed because it reminds them that they are alone."

Borshof recommends keeping things in perspective to decrease stress and depression during the holidays.

"Nothing is perfect and that is alright. Things will go wrong and the key is to remember that something is not ruined just because it is not perfect," she said.

A brand new survey by VitalSmarts found that 26 percent of people say that trying to stay healthy, active and sober over the holidays is one of their top five stressors, 44 percent of people live by the motto, "my diet starts in January;" 20 percent say they are much more tired and irritable than happy during the holidays, while 10 percent say they have no rules when it comes to health and diet this time of year.

The problem, it seems according to an NBC News report, is that as the holidays set in people begin to veer into the extreme behavior of over-indulgence, and look to January as a time of extreme rebooting, where they don't overspend or eat too much.

According to Jillian Michaels, the famed personal trainer and wellness expert, and the author of the new book "The 6 Keys: Unlock Your Genetic Potential for Ageless Strength, Health, and Beauty" these extreme behaviors are where we start to lose our way and risk our health (and sanity).

"The number one most important thing is striking a balance," Michaels told NBC News. "When you put the word 'too' in front of anything you have physiological anarchy, and it's a recipe for disaster."

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# American Museum of Natural History Will Host Its 35th Annual Kwanzaa Celebration

*Celebration includes dance, music performances, a craft marketplace, and a live-draw comic illustration*

On December 29, the American Museum of Natural History will mark Kwanzaa with a celebration that will immerse visitors in rich cultural legacy and contemporary artistic expressions of the African-American community. Since 1984, the Museum has been proud to host one of the country's largest Kwanzaa celebrations.

"In addition to being a place that tells stories about science and nature, the American Museum of Natural History is a place of cultural stories and festivals that bring contemporary culture into focus," said Bella Desai, director of public programs and exhibition education at the museum. "We are interested in building on the traditions of the past and showcasing the cultural dynamism and diversity of today. Kwanzaa is exciting opportunity to celebrate African-American culture, from the roots of African traditions to the history of civil rights to the accomplishments of contemporary artists."

Kwanzaa is a seven-day celebration that starts on December 26, 2018 and focuses on family, community, creativity, and the cultural traditions of the African diaspora. Established in 1966 during the civil rights era in the United States, Kwanzaa recognizes the strength, beauty, and deep roots of the African-American community.

Each day of Kwanzaa highlights one of seven principles (Nguzo Saba) that represent the core values of the holiday. The traditional Kwanzaa greeting is "Habari gani?," which means "What's

the news?" in Swahili. The appropriate response is the name of the principle that corresponds to the current day of Kwanzaa.

- Day 1 Umoja (oo-MOH-jah): Unity
- Day 2 Kujichagulia (koo-jee-chah-goo-LEE-ah): Self-Determination
- Day 3 Ujima (oo-JEE-mah): Collective Work and Responsibility
- Day 4 Ujamaa (oo-jah-MAH): Cooperative Economics
- Day 5 Nia (NEE-ah): Purpose
- Day 6 Kuumba (koo-OOM-bah): Creativity
- Day 7 Imani (ee-MAH-nee): Faith


## Celebrating Kwanzaa at the Museum

On Saturday, December 29, the Milstein Hall of Ocean Life will be transformed into a family-friendly festival celebrating Kwanzaa. Kwanzaa programming includes:

- Discovering the core values of Kwanzaa with Linda H. Humes, founder of Yaffa Cultural Arts Inc., and master drummers Sanga of the Valley and Andouchie Loubaki
  - The tradition and spectacle that is the Afro-Cuban experimental dance ensemble Oyu Oro, with over a dozen musicians, singers, and dancers celebrating the rich heritage of the African diaspora in Cuba
  - Live drawing of illustrations and strips representing the seven principles of Kwanzaa from seven graphic-novel artists from Black Comics Collective
  - Honoring the seven principles of Kwanzaa with a local marketplace and fun giveaways throughout the day
- For additional details, visit [amnh.org/calendar/kwanzaa-2018](http://amnh.org/calendar/kwanzaa-2018)



Photo Credit: ©AMNH\_RM



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From the staff of The Baltimore Times



# Christmas comes early to children in Baltimore



By Jourdan Taylor

Of the nearly 80,000 students enrolled in Baltimore City Public Schools, a staggering 52.7 percent are from “low-income” families, according to [baltimorecityschools.org](http://baltimorecityschools.org). Because the number of low-income families in Baltimore is underreported, this number easily approaches 50,000 school-aged children.

Over half of the students in our city, in all grades from K-12, rely upon social programs such as “Temporary Assistance for Needy Families” and “Supplemental Nutrition Assistance” at school each day. Imagine the extent of the struggles faced by a family that can

barely afford clothing and transportation to school for their kids each day, but cannot afford to feed them. The children of Baltimore who hold the keys to our future society severely lack the care and attention they need to grow and become productive citizens. They are underfed, underprivileged and underappreciated.

For many children across Baltimore, a holiday like Christmas, Hanukkah or Kwanzaa, is but a dream. The thought of Santa Claus or the like, crawling down the chimney to deliver presents is incredibly far-fetched. For parents across the area, the holiday season can be terribly depressing. Working hours and hours just to keep the lights on, as much as they would like to be able to provide



toys and entertainment for their kids—it’s a luxury they’ll never be able to afford. Many of these families simply must rely on charity and donations to make or break the hearts of poor, unfortunate little ones who deserve the chance to be happy despite their circumstances.

Thankfully, Baltimore City has a patron saint looking out for the city’s underprivileged but deserving youth and his name is not Santa Claus. Baltimore City Council President Bernard C. “Jack” Young and his Business Participation Initiative brought together over 200 businesses around the city as collection sites for donations during the holiday season. The effort was in cooperation with “Toys For Tots,” a program run by the United States Marine Corps Reserve, which distributes toys to children whose parents cannot afford to buy them gifts for Christmas.

However, City Council President Young didn’t stop there. He held his 7th Annual Toys For Tots Holiday Reception at the City Hall Rotunda on Thursday, December 13, 2018 where the only requirement for admission was a new unwrapped children’s toy to be donated. Additionally, hundreds of toys were purchased thanks to a group of generous corporate sponsors—all on display in the Rotunda of City Hall underneath a



*Baltimore City Council President Bernard C. “Jack” Young held his 7th Annual Toys For Tots Holiday Reception at the City Hall Rotunda on Thursday, December 13, 2018 where the only requirement for admission was a new unwrapped children’s toy to be donated. City Hall was packed with toys to give away while elves roamed freely.*

Photos: Jourdan Taylor

tall, beautiful Christmas tree.

“Our goal is to pack City Hall full of wonderful toys that will put smiles on the faces of very deserving young people,” Council President Young said. “During this holiday season this is one small way to make a difference in a child’s life.”

Catered by many of Baltimore’s finest restaurants, including but not limited to Jimmy’s Famous Seafood, Zeke’s Coffee, and Connie’s Chicken & Waffles, the Holiday Party was lively and festive. There was live entertainment, including a jazz band and Santa’s elves roamed around on stilts!

Hundreds, quite possibly over a thousand people, filled the various halls and floors of City Hall with holiday cheer. There were boxes overflowing the halls with presents and gifts, from televisions to bicycles to basketballs and hoops. The people of our city spared no expense for these children, and the spirit of giving was clearly felt in the air by all who attended. Our City Council and specifically Mr. Jack Young himself went above and beyond to bring Christmas to

# Fight to save Monarch Academy Baltimore heats up

By Stacy M. Brown

Despite receiving more “stars” than several others in the most recent Baltimore City Public Schools ratings, Monarch Academy remains targeted for closing pending a possible January hearing.

With 1,000 students who mostly hail from some of the most disadvantaged areas in Baltimore, Monarch Academy is renown as a beautiful, state-of-the-art and completely renovated building.

During the past year, earned a reputation as “terrific,” and with students increasing progress academically, emotionally and socially, there’s a growing outcry to keep it open.

“We’re urging Baltimore City Public Schools to withdraw their recommendation not to renew Monarch Academy Baltimore’s charter and, if it goes to vote, for the Board of School Commissioners to vote to keep the school open,” said the academy’s chief academic officer, Nakia Nicholson. “Parents, grandparents, students and community leaders are writing letters, making phone calls, holding rallies, making public comment at school board meetings, talking with the media and sharing how devastating closure would be to nearly 1,000 students and families and the community Monarch Academy Baltimore serves.”

Nicholson added that officials are also inviting the CEO and Commissioners who have not visited Monarch to tour the school and observe the classrooms personally.

Three hundred Monarch Academy Baltimore families, teachers and supporters from the community announced plans to rally for a second time to keep Monarch Academy Baltimore open. The rally was held on December 11 to oppose the rec-



*The Children’s Guild’ Monarch Academy Baltimore Public Charter School students and staff participated in the “Hungry Harvest Snap Market” earlier this year. The Hungry Harvest SNAP Market program rescues produce that stores are unable to sell and sell the produce to communities at a discounted price.*

Courtesy Photo/Monarch Academy Baltimore

ommendation to close the school, which is operated by The Children’s Guild.

Among the many reasons is how the students and faculty have benefited the community.

One recent project in October saw the academy and The Children’s Guild launch a community revitalization initiative to purchase and renovate vacant row houses as part of the school’s effort to support affordable housing and reinvest in the community.

“In addition to serving students through strong academics and after-school programs, Monarch Academy Baltimore is a pillar of the Coldstream-Homestead-Montebello community and Baltimore

City,” Nicholson said.

“We provide fresh foods and vegetables to families and neighbors through Hungry Harvest, and we’re moving forward with a Community Revitalization Initiative in partnership with the Coldstream Homestead Montebello Community Corp. to purchase and renovate nearby vacant row houses as part of the school’s effort to support affordable housing and reinvest in the community.

“We’ve already renovated and sold our first home with more homes coming soon. Monarch Academy is a project-based learning (PBL) school, which means that we are a school of influence.

“All of the work we do involve creat-

ing authentic learning experiences for our students to positively address issues plaguing their communities.”

The website, SaveMonarch.org, has been developed to raise awareness about the campaign to save the academy. Other efforts also are underway.

“Students and families have expressed strong disappointment following the recommendation, as Monarch Academy Baltimore has become their home, but we’re optimistic we can show Baltimore City Public Schools and the Board of School Commissioners the value of Monarch Academy Baltimore,” Nicholson said.

“From our academic progress as evidenced by the latest school effectiveness review (SER) to our beautiful, well-equipped school building to our strong special needs program, Monarch Academy Baltimore is crucial to the success of our students and families, many who come from some of the most disadvantaged areas of Baltimore City.

“We give families a choice in education, and it’s imperative we can continue to do this.”

Earlier this month, a day of action was held where supporters wrote letters and made phone calls in support of the academy and officials are continuing to urge Baltimore City Public Schools to withdraw their recommendation to close the school, according to Nicholson.

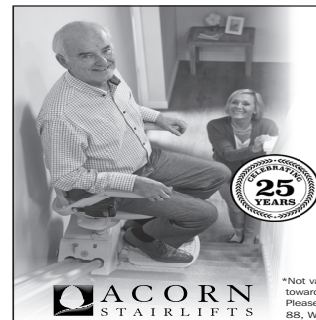
“If it goes to vote on January 8, we’re asking the Board of School Commissioners to vote to keep the school open,” she said. “We’re optimistic Baltimore City Public Schools and the Board of School Commissioners will recognize everything we bring to our students, families and community and the tremendous loss and disruption this will be to the lives of our students and their families.”

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## First Lady Yumi Hogan joined Anne Arundel County Food Bank to help distribute holiday gifts



First Lady Yumi Hogan (middle) with children, workers, parents, officials and other well-wishers at the Meade Village Head Start on Friday, December 14, 2018. First Lady Hogan helped to distribute holiday gifts to the children and their families, which were collected by the Anne Arundel County Food Bank.

Courtesy Photo/Office of the Governor

Annapolis— First Lady Yumi Hogan joined the Anne Arundel County Food Bank in distributing holiday gifts to children and families at Sarah's House and Meade Village Head Start on Friday, December 14, 2018.

Over 100 gifts donated by the Anne Arundel County Food Bank were distributed during the event.

"The holiday season is a time to join together with loved ones and reflect on our many blessings, as well as share joy with fellow Marylanders," said First

Lady Yumi Hogan. "We are grateful for the commitment of the Anne Arundel County Food Bank to help meet the needs of our children this season through this gift distribution, and recognize the important work of organizations like Sarah's House and the Meade Village Head Start to provide essential services to Maryland families throughout the year."

Founded in 1986, the Anne Arundel County Food Bank was established to collect, purchase, and distribute food to

not-for-profit organizations in Anne Arundel County.

The Food Bank works alongside local, county, community and civic organizations to provide essential basic necessities to those in need and to help families and individuals get out of crisis and become self-sufficient.

Sarah's House is a supportive housing program established in 1987 through a partnership between Catholic Charities, the United States Army, and Anne Arundel County. The program offers

emergency shelter and project-based supportive housing and other services to families experiencing homelessness in Anne Arundel County.

Head Start is a program of the U.S. Department of Health and Human Services that provides comprehensive early childhood education, health, nutrition, and parent involvement services to low-income children and their families delivered through 1,700 agencies in local communities. The Meade Village Head Start has been in operation since 2010.

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# Tips for keeping your car in tip top shape for safer driving during winter

Woodland Hills, Ca.— Winter car-care is extremely important but is often overlooked this time of year. Of the 5.7 million car accidents that happen each year, 22 percent of them are caused by weather conditions, according to the Federal Highway Administration.

It's important that drivers are prepared for these conditions to avoid getting stranded or in an accident. Luckily, there are many ways that drivers can prepare in advance for these conditions that have already began in some areas.

Listed below are some recommended tips and products from Meguiar's, Prestone and Red Line Oil for anyone who regularly drives in the winter climate.

## •Visibility

-Clean your glass: Make sure you can see clearly out your windows, use a clay bar system like Meguiar's® Smooth Surface® Clay Kit. You should also always have a good automotive glass cleaner and high-quality microfiber towel on hand to ensure continued clarity and visibility before you hit the road.

-Prepare for ice buildup: Ensure you have deicer if you know you'll be driving in icy or snowy conditions. Fill your washer fluid reservoir with a deicer, like Prestone® De-Icer™ windshield washer fluid. It removes light ice/frost and protects windshields from deep freezes down to -27°F/-32°C.

-Check your headlights: Your headlights will guide you in low visibility conditions like sleet or snow. Make sure they aren't cloudy to allow the lights to reach their optimum distance. Meguiar's® Two Step Headlight Restoration Kit is a great solution for cleaning your plastic headlights and keeping them crystal clear.

-Carry an ice scraper: If you are in a climate where your windows get icy in the



mornings, always make sure you have an ice scraper on hand. Removing all obstructions from your view will ensure a safer drive in tough conditions.

## •Engine Care

-Check your cooling system: Inspect your antifreeze to make sure it is free of debris and contaminants. If you notice an issue, flush and fill your system with a mixture of 50 percent concentrated antifreeze and 50 percent distilled water. If your reservoir is low, top off with Prestone® 50/50 Prediluted Antifreeze/Coolant with Cor-Guard® corrosion inhibitors, which protects the many internal parts of your car that antifreeze touches from destructive corrosion over time.

-Check all fluids: In addition to your

antifreeze/coolant, examine your vehicle's other fluids for proper levels, contaminants and any discoloration. Topping off or replacing worn-out fluids with premium products, like Prestone® DOT 3 High Temperature Synthetic Brake Fluid and Prestone® Power Steering Fluid for American, Asian and European cars, ensures your vehicle performs at its best, even in extreme conditions.

-Don't forget about your oil: Oil is the lifeblood of your engine, especially during the winter. When the temperature outside drops, thicker oil has a harder time flowing through your vehicle's engine, so it's important to pay attention to which viscosity of oil you're using in colder climates. The numbers on the bottle indicate the viscosity of the oil. The

first number includes a "W" which stands for winter. The lower the number, the thinner the oil and making it more effective in cold weather due to increase flow. If you find that you haven't changed your oil in a while and winter is approaching, fill up with Red Line Synthetic Oil's High-Performance Line, which is offered in a large number of viscosities in order to support any vehicle.

## •Tire Care

-Icy roads can be even harder to navigate without the proper tires. Be sure to check your tread and rotate or replace tires that are worn down or weathered. Also, be sure to check that your tires inflated properly. Properly inflated tires will improve traction in icy conditions.

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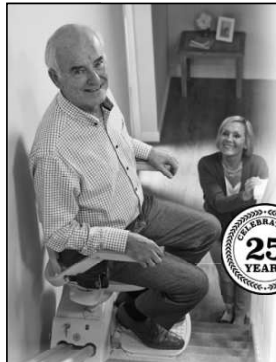
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