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The Baltimore Chapter of Continental Societies Inc.: A Rich Legacy of Serving Children and Youth since 1955



Margaret Turner holds a Baltimore Chapter Continental Societies, Incorporated Souvenir Journal. Turner, 90, has been a member of the group for 65 years. Since its inception in 1955, the Baltimore Chapter of Continental Societies, Incorporated has planned and implemented many educational programs in Baltimore City, Baltimore County and Harford County Public Schools through their Five-Point Programmatic Thrust: Health, Education, Employment, and Recreation (H.E.E.R.) where they provide recreation activities such as yoga and hula-hoop for the students. Turner who recently celebrated a birthday, was born on March 1, 1929. A retired educator, she also writes poetry. (See article on page 9) Photo: Ursula V. Battle

Prostate cancer survivor says spreading message about early detection is his ministry

By Timothy Cox

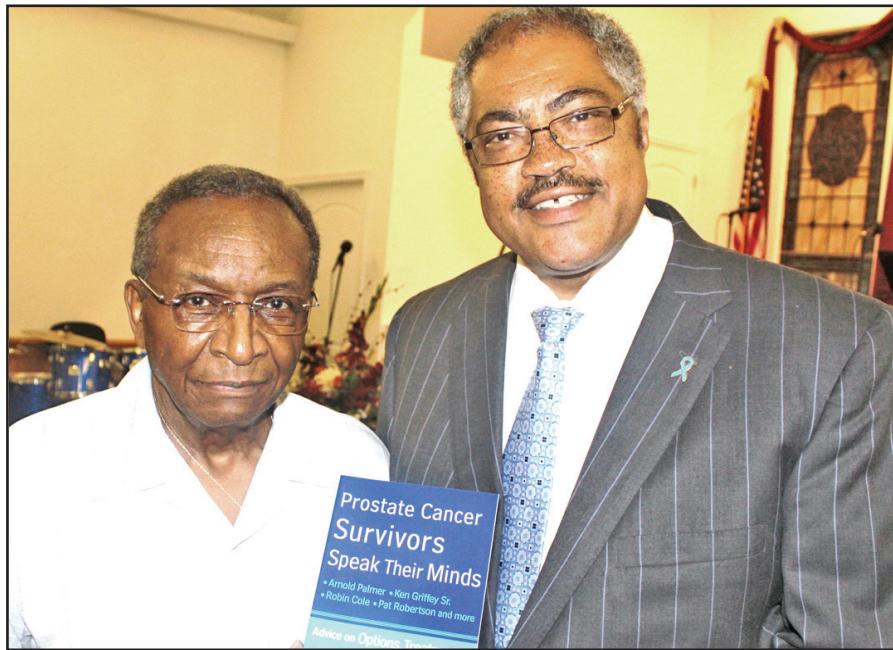
As a youngster, Jim Thomas survived the perils of living in the urban housing projects of Detroit, Michigan. After high school, he was swiftly drafted into the Vietnam War. He survived that challenge too, later to retire as a celebrated U.S. Army Colonel.

Of equal importance, Thomas is also a 17-year prostate cancer survivor.

Recently, Thomas joined about 30 interested participants at a Community Health Service Forum targeting Prostate Cancer Health and Urology Research. Dr. Arthur L. Burnett II, a professor from the Department of Urology at Johns Hopkins University School of Medicine, where he is also director of the Basic Science Laboratory in Neuro-urology was the featured speaker.

Thomas, a patient of Dr. Burnett's helped sponsor the event, which was held at the Come Just As You Are Bible Fellowship Crusade Ministry, in Severn, Maryland.

"I consider spreading this type of information as my ministry," said Thomas, 78, who is a member of St. Mark United Methodist Church in Hanover.



Jim Thomas (left) with Dr. Arthur L. Burnett II (right) who was the featured speaker at a recent community health service forum about the importance of early detection, diagnosis and treatment of prostate cancer. Dr. Burnett is the author of two books "Johns Hopkins Patient's Guide to Prostate Cancer" and "Prostate Cancer Survivors Speak Their Minds."

Photo by Timothy Cox

As the oldest of nine children, Thomas notes that while African-American men experience high rates of prostate cancer, "all men, and wives and significant oth-

ers should encourage their loved ones to make an appointment to get [checked]."

Comedian and actor Chris Tucker has become a national spokesman helping to spread the word to African-American men that they need to become more aware of their prostate health and the importance of early detection, diagnosis and treatment.

Thomas told the group that he, like many patients, never experienced any symptoms or warning signs before he was diagnosed.

"I only got checked because one of my

brothers suggested that I get my PSA checked," Thomas said.

Dr. Burnett concurred with Thomas, noting that the Prostate Specific Antigen (PSA) test is an essential tool used to diagnose prostate cancer. The PSA test measures levels of prostate-specific antigen in the blood. PSA is a protein produced by the cells of the prostate, and cancerous cells tend to produce more of it, so a spike in the PSA level can signify a problem, according to Santa Monica, California-based National Prostate Cancer Foundation.

"ProsTATE cancer, not ProsTRATE cancer is highly prevalent in African-American men," said Dr. Burnett, a District of Columbia native and general surgeon specializing in urology, prostate cancer and erectile dysfunction.

Dr. Burnett told the attendees at the meeting that typically, most men refrain from discussing the prostate because it's a "taboo subject because it affects parts of our manhood and sexual relations," but he said it's vital that black men get checked early—around their mid-40s—because with early detection and treatment, many men can live long and productive lives after a prostate cancer diagnosis.

Dr. Burnett is the author of two books, "Johns Hopkins Patient's Guide to Prostate Cancer" and "Prostate Cancer Survivors Speak Their Minds."

For more information about Dr. Burnett and the Prostate Cancer speaking series, call Jim Thomas at 410-608-2081 or email: jimthomas2225@yahoo.com.

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Big change is coming for Ravens defense

By Tyler Hamilton

After losing some key defensive players, Baltimore Ravens General Manager Eric DeCosta signed former Seattle Seahawks safety Earl Thomas to a four-year, \$55 million deal, which includes \$32 million fully guaranteed. Thomas will take over for recently released safety Eric Weddle who has since signed with the Los Angeles Rams.

Signing Thomas helps ease the agony of losing outside linebacker Terrell Suggs, who signed a one-year contract with the Arizona Cardinals worth \$7 million.

The Ravens have always been known for their outstanding defense—it's basically a part of their DNA. Two of the Ravens three Hall of Fame players—Ray Lewis and Ed Reed—were defensive standouts.

Suggs is sure to join Lewis and Reed in the Pro Football Hall of Fame once he retires.

Losing Suggs came as a surprise to the

Ravens front office who felt confident they would be able to re-sign the veteran who has been with the team since 2012. Now they are scrambling to find another edge defender to help their defense.

Suggs isn't the only Ravens defensive player who has fled the nest. Pro Bowl linebacker and team captain C.J. Mosley signed a monstrous five year \$85 million contract with \$51 million guaranteed to play for the New York Jets. Mosley hinted at wanting to stay with the Ravens before free agency started but the Jets made him an offer he couldn't refuse.

The defense also lost outside linebacker Za'Darius Smith via free agency, as well. Smith's signed a four-year deal for \$66 million with \$34.5 million guaranteed with the Green Bay Packers. So, who is left?

Cornerback Jimmy Smith and defensive linemen Brandon Williams are now the leaders of the defense. Thomas will settle in as a leader as well. The secondary includes cornerback Marlon



Baltimore Ravens linebacker Terrell Suggs takes the field in his final season with the team. Suggs recently signed a one-year contract with the Arizona Cardinals worth \$7 million.

Courtesy Photo/NFL.com

Humphrey and nickel corner Tavon Young who signed a three-year, \$25.8 million contract extension in February. Linebacker Patrick Onwuasor will have to pick up for the loss of Mosley.

Change has definitely come for the Ravens defense. However, armed with six picks in the 2019 NFL Draft, Baltimore will get a chance to add more players to their defense.

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Editorials/Commentary

Baltimore, State of The City: Connect the Dots

Baltimore City mayor Catherine Pugh delivered her 2019 state of the city speech on Monday, March 11, 2019. Her presentation was informative, identifying accomplishments like the new police commissioner; a 10 percent reduction in the murder rate; neighborhood investments; and free community college, as well as some challenges, including: crime, affordable housing, youth employment opportunities, and the cost of potable water.

One very important area the mayor was remiss to address is the problem of how to handle the thousands of ex-offenders returning to the streets of Baltimore annually. A major problem whose ramifications are reflected mostly in the city's crime and violence statistics.

Among Baltimore's population of 621,000, the incarceration rate is 1,255 per 100,000 residents, compared to 455 per 100,000 nationally, and 329 per 100,000 statewide. Baltimore City incarcerates citizens nearly three times more than the U.S. government, and nearly four more than the State.

Despite only one of ten Marylanders reside in Baltimore City more than one in three of Maryland's prison inmates are from the city. Approximately 10,000 ex-offenders return to the streets of Baltimore City from prison cells annually. With a recidivism rate of 40 percent over three years, 4000 of these ex-offenders will be re-incarcerated within 36 months. This is a sad but dynamic paradigm for several reasons.

Young men are coming of age in a consumer-driven, bling-coveting, violence-drenched popular culture in neighborhoods of barren, scarred cityscapes, bereft of stable homes, well-equipped schools, meaningful employment opportunities, overflowing with deadly intoxicants, and a pervasive sense of perpetual desperation.

Consider those circumstances within the context of their anger for historic treatment in America as chattel, being considered 3/5 of a man, having been beat down or witnessed beat downs by police, and too many young African American men may develop a deep-seated animosity towards the world bordering on pathological.

Suppose these characteristics upon someone who is illiterate, unable to understand, interpret or decipher the world around him, unable to negotiate a store transaction, complete a job or benefits application, follow directions, or figure out a bus or train schedule.

For those who somehow make their way without resulting to law breaking, without new resources, improved environment or drastic intervention the chances are successive generations of their families and communities will devolve into the same morass of poverty, ignorance, drug and alcohol dependence, and possible violence and criminality.

"Eighty-five percent of all juveniles who come into the juvenile court system are functionally illiterate. So are 60 percent of all prison inmates. Inmates have a 16 percent chance of returning to prison if they receive literacy help, as opposed to 70 percent for those who receive no help," according to invisiblechild.org.

While this scenario describes an incubating subculture that is antithetical to the dominant American culture, the converse is happening at the same time, in the same place, exacerbating already dire circumstances.

Ex-offenders are not only competing with thousands of other ex-offenders for scarce resources, they are competing with tens of thousands more undereducated, uneducated and/or illiterate residents with no criminal backgrounds for those same resources. Worst of all perhaps, thousands of ex-offenders are returning to Baltimore communities annually, bringing the prison culture with them.

An already violent street culture is being infiltrated with a higher level of viciousness, imbued with the ferocious creed of prison gangs, onto Baltimore's streets. The revolving prison and street cultures are evolving as two edges of the same deadly blade holding Baltimore captive to steadily increasing mayhem. Michael Harrison cannot police his way out of this alone. It will require everyone.



Community Affairs

Financial aid program to attend nonpublic schools now in fourth year

Baltimore—The Maryland State Department of Education (MSDE) has opened the application process for a scholarship program designed to help income eligible students attend nonpublic schools.

The Broadening Options and Opportunities for Students Today (BOOST) Program, entering its fourth year provides scholarships for students who are eligible for the free- or reduced-price lunch program. The BOOST program was the result of a bipartisan compromise during the 2016 session of the Maryland General Assembly, and received widespread support from legislators in both parties.

"Our administration is committed to ensuring that every single child in Maryland has the chance to get a world-class education, regardless of what neighborhood they happen to grow up in," said Governor Larry Hogan. "This innovative program, forged through bipartisan cooperation with the support of the legislature, offers expanded options and opportunities for Maryland families and students."

More than 3,100 students were

awarded BOOST Scholarships for the 2018-19 school year. Scholarships ranged from \$1,400 to \$4,400 each, with the highest award amount going to students who had qualified for the Free Meal Program and attended a public school the previous year.

The BOOST program is available for students either already attending or hoping to attend a nonpublic participating school. Students must be enrolled in, or have applied to, a potential participating school before completing the BOOST application.

All applications will be reviewed by MSDE to ensure completion and income eligibility. The categories reflect whether the student attended a public or private school the prior year and whether the student qualifies for Free Meals or Reduced Meals.

Students who received a BOOST Scholarship in the 2018-2019 school year and who still meet the eligibility criteria must complete an application to receive an award in 2019-2020.

The application deadline is midnight on April 17, 2019 for the 2019-20 school year. The electronic application and a list of potential participating schools is available at <http://marylandpublicschools.org/Pages/boost/index.aspx>.

Page Opposite/Commentaries

Who will police the Baltimore City Police Department?

By Regi Taylor

The State of Maryland Public Local Laws Sections 16-4 and 16-7(12), Article II, Section 27 of the Baltimore City Charter, and a 2008 Maryland Court of Appeals' decision states unequivocally that "the City is denied, in the most positive manner, any right to interfere with or control" the Baltimore City Police Department (BCPD).

For more than a century and a half, Baltimore City has had the dubious distinction among Maryland jurisdictions of paying for a police force, in this case over half a billion dollars annually, over which it does not wield ultimate management authority.

The debate goes on over whether or not, why and/or how city control should be reinstated over its police department and has increased since the municipal crisis that was precipitated by Freddie Gray's death and the Gun Trace Task Force scandal. However, a recent report published by the Abell Foundation, and authored by former Baltimore City Solicitor, George A. Nilson strains credulity.

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Nilson advances the argument that the state of Maryland should maintain legal control of BCPD so that the agency can continue to benefit from favorable tort and liability laws that state agencies enjoy, which limit payouts resulting from lawsuits brought by citizens against Baltimore police for maiming, killings and other misdeeds.

"If the Police Department becomes a city

how many millions of the taxpayer's dollars City Hall spends to personally indemnify lawless cops every year for "beatdowns" of residents, a designation BCPD accepted when their signatures appeared on the 2016 Department of Justice consent decree.

Really? People are being routinely brutalized by public servants who swore an oath to protect and serve them, and are

"Really? People are being routinely brutalized by public servants who swore an oath to protect and serve them, and are footing the very substantial bill, while the perpetrators are rarely called to task (two percent of the time according to statistics), and supporters of continued state control are less concerned about loss of life and limb, and more concerned about loss of revenue!"

agency, it would lose the protection of state sovereign immunity and be exposed to significantly higher damages awards in civil lawsuits," opined Nilson in the Abell Foundation report entitled "The Baltimore Police Department: Understanding Its Status As A State Agency."

Nilson's position mirrors the explanation offered in a 2017 response to an inquiry from Baltimore Delegate Curt Anderson about changing the BCPD back to municipal control. Sandra Benson Branley, Counsel to the General Assembly, wrote: "Making the BPD a city agency will result in the BPD having only local governmental immunity. Unlike state sovereign immunity, which provides 'total protection' for state constitutional torts, local governmental immunity does not provide any immunity for state constitutional torts. In addition, the city could become liable for negligent hiring and supervision, which have lower burdens of proof than a federal pattern and practice claim requires."

Translation: The primary objective is not to desist the harassing, maiming and killing of Baltimore citizens by police officers, but, maybe, possibly mitigate

footing the very substantial bill, while the perpetrators are rarely called to task (two percent of the time according to statistics), and supporters of continued state control are less concerned about loss of life and limb, and more concerned about loss of revenue!

In the five-year period from calendar year 2010 through 2014, the City of Baltimore spent \$12 million in police settlement payouts and associated legal costs; an average of \$46,153.84 per week for 260 straight weeks, plus hundreds of civilian lives destroyed. To boot, the average cost to treat a gunshot victim, most of whom are uninsured, is \$112,000 according to Maryland Shock Trauma physician-in-chief, Dr. Thomas Scalea. Add this amount to every Baltimore police shooting victim's cost to the public.

With 3000 officers, the Baltimore City Police Department is roughly the size of the Maryland State Police (1500) and the Maryland National Guard (1800) combined, providing Governor Hogan with a well equipped, heavily armed 6300-member militia under his ultimate control.

Could there be a future occasion like the Freddie Gray standoff when Gov.

Hogan's outspoken criticism of Mayor Rawlings-Blake's handling of the emergency, and his not-so subtle, anguish about the level of property damage allowed to take place before police engaged protesters more aggressively, possibly cause a public clash for 'authority' over police command.

As an agency of the state government, the Baltimore City Police Department is ultimately under the authority of the governor. Could the governor order a more hostile crackdown against citizens by Baltimore police over the objection of the mayor? This option, not likely but plausible, must not be among any Maryland governor's arsenal to quell a future urban insurrection in Baltimore City?

The arguments pro and con for continued state control versus returning municipal authority over Baltimore police have run the gamut of historical, political and scholarly rationales flavored by political ideology with no apparent consensus emerging that suggests an imminent policy change— until now.

A group of four Baltimore-based Maryland State Delegates led by Talmadge Branch, are pushing House Bill 278 entitled Control of Police Department of Baltimore City, which if successful would return control of Baltimore police to the city by October 1, 2019.

"I am confident, the mood is clear, it appears this bill is on track to succeed," Delegate Branch said, authoritatively adding, "This is overdue."

House Bill 278 was introduced and first read January 25, 2019, passed another legislative milestone Friday, March 8, 2019, and seems on track for ratification in the fall.

Regi Taylor is a West Baltimore native. The married father of four is an artist, writer and media professional specializing in political history.

Want to comment on the editorials or any other story?

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Julieanna Richardson: The Importance of Preserving African-American History

By Morgan Reid

Julieanna Richardson is the woman behind HistoryMakers, a Chicago based non-profit organization that houses an archival collection comprised of over 3,000 interviews, featuring African-Americans across various industries. She has quickly become an arduous force in maintaining records of prominent black innovators and trailblazers in American history with the creation of HistoryMakers.

The Harvard Law School alum is responsible for the documentation of the unknown, the forgotten and the misrepresented African-Americans who can now have their stories preserved for future reference.

Richardson's passion for recording the most accomplished African-Americans began with questions she had as a young girl growing up in a small Ohio town. In the ninth grade, a teacher asked the class about their family background. This seemingly harmless question sparked feelings of shame and inadequacy.

"Identity is very important. If you don't have it, there's a sense of your roots being lost," she pointed out. "I was embarrassed until recently. I was embarrassed about my enslaved heritage but I have a totally different view now."

Instead of being defeated by this moment, she became curious.

The search to know more about the stories of people from the past who influenced the present brought a sense of urgency when she was an undergraduate student at Brandeis University.

"I would say going to a school like Brandeis, which is a Jewish university. I wanted what they had. They had pride in their history," Richardson said.

Richardson first began interviewing the likes of Butterly McQueen who appeared in Gone With the Wind; the historian John Henrik Clarke; and Honi Coles, the famous tap dancer. Although she garnered support from celebrities like Harry Belafonte, Ruby Dee, Dionne Warwick, Diahann Carroll and Angela Davis to jumpstart HistoryMakers in its infancy, the biggest challenge for the organization has always been fundraising. Despite the challenge to raise money, HistoryMakers has fast become a valuable source for various institutions.



Julieanna Richardson has quickly become an arduous force in maintaining records of prominent black innovators and trailblazers in American history with the creation of HistoryMakers. Courtesy Photo

The HistoryMakers website has been the go-to website for individuals and well-known institutions. Well cited within Wikipedia, users have spanned the globe from the BBC to the University of Dublin where a student conducted research on police brutality. The value of having HistoryMakers as a resource to gain access to black history is vital, considering the way people consume information in the current digital age.

"Gone are the days where kids in the 1930s would

listen to the fireside chats and their imagination would take them places. You have to have a visual to go along with the story for the story to come alive," she said.

HistoryMakers offering the visual experience has extended to the "Evening With" series. This program serves as a reminder to the African-American community and the general public of the progress black people have made.

One such trailblazer featured on the Evening With program who discusses his life and career path is Kenneth Chenault, the former CEO of American Express. He discussed the obstacles he faced while guiding the company through many crises, such as the 9/11 attacks, the 2008 financial collapse and losing Costco as a client.

Chenault's leadership skills and his tenacity makes him worthy of acknowledgement, especially as an African-American man in corporate America who has risen to the top through hard work and a natural charisma that very few possess.

"He is incredibly gifted at business," Richardson emphasizes. "You don't stay that long and have that good of a reputation. There are so many things that can take a CEO down. The average stay is five to ten years. He was there for seventeen."

BusinessMakers is an important segment of HistoryMakers because of the negative perception of African-Americans in business, which leans toward the prevailing thought that African-Americans are irrelevant where it concerns dynamic business innovation and influence.

"We have to change the perception that we just arrived at the table. We've been here," she said.

With the unrelenting focus, success and output of HistoryMakers, there is always the looming question of the true intent behind this massive undertaking. Of course, there was a personal obligation on Richardson's behalf and a sense of responsibility initially felt, which all stemmed from a single childhood moment.

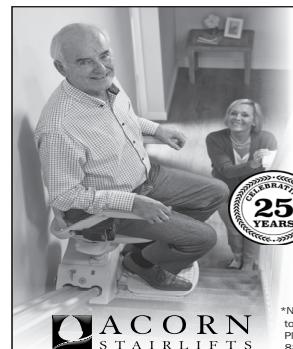
"I don't want any child, ever, to feel the way I felt in that classroom," she said. "If the records informs generations and shows the depth and extent of our contributions to society then I would've done good. It will all be worth it."

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Concerted Care Foundation gives addicts sense of purpose

By Stacy M. Brown

Ronald Shelley had just retired as a long time principal in the Baltimore City School System when, approximately four years ago, he remembered sitting inside a local church in deep meditation and prayer.

"I was looking for guidance on the next steps in my life and how I might help my deteriorating and volatile community," Shelley said.

As he sat in the pew, there was a knock on the church's door.

"A man stood outside requesting to speak with me. He explained that he was gathering community support for a group of people who were opening a 'Methadone Clinic' to support addiction recovery, which would be [located] relatively close to 25th and Greenmount Avenue in Baltimore," Shelley said.

"Initially, I thought this was a crazy and insane idea. In fact, my thoughts were,



Ronald Shelley is the founder of Concerted Care Foundation, Inc., a non-profit that focuses on rehabilitation, helping with career development and building skills to help recovering addicts to succeed. Courtesy Photo

'Why would someone put a drug treatment center in my backyard?' The gentle-

man, who I knew from the community, was so sincere and kind, I listened and then agreed to meet with the group."

Ultimately, Shelley began volunteering which eventually led him to create the Concerted Care Foundation, Inc., a non-profit whose central theme is "volunteerism is a career path."

The foundation focuses on rehabilitation, helping with career development and building skills to help recovering addicts to succeed.

Participants also are involved in community activities like landscaping and designing, and even grant writing.

Only two years ago, individuals with the Concerted Care Foundation cleaned and refurbished 26ers Park in the Harwood Community, a park once infested with crime.

The yearlong project included putting up a new fence and the overall cleaning of what Shelley once called "the park from hell."

"The Concerted Care Foundation is devoted to identifying ideas and implementing rehabilitation strategies and solutions for strengthening our communities; specifically addressing the education, career, and social needs of its community, including individual services and advocacy," Shelley said.

More than 42 million Americans need intervention and/or treatment while an estimated 20 million people are currently in recovery from some type of drug dependency, coupled with another 22 million people in need of treatment, according to the U.S. Department of Health.

However, the numbers do not represent the countless millions who need information about and prevention services for, drug addiction. Additionally, the levels of heroin and other opioid addiction in Baltimore, as well as in other cities, are at epidemic proportions, statistics have revealed.

In an ABC News Report, Baltimore was cited as the "U.S. Heroin Capital,"

a notorious designation.

In January 2015, Governor Larry Hogan declared a State of Emergency in Maryland because of the addiction crisis and, one month later, he created a Heroin and Opioid Emergency Task Force to address the increasing epidemic of drug addiction in the state, with the purpose of earmarking specific funding for addiction counselor intervention and prevention treatment programs.

Shelley says Concerted Care Foundation was started to be part of the solution.

Success stories include individuals like Brian C., Nina N., Anthony M., and Harry J., all who arrived at the foundation without a direction and in need of services, Shelley said.

Each now are working full or part time jobs.

"It's been a slow go, but segments of the community have given support, like Harwood Community Association and Strong City Baltimore. These organizations were vital in the Foundation's \$5,000 grant to install a fence as a part of 26th Street Park rejuvenation," Shelley said. "Part of the work of the Foundation is to address the stigmatization of individuals who are in recovery and the process is on-going."

Shelley says he wants to highlight the work the foundation does to get those in recovery and the homeless affordable housing, and to put them on the path to one day owning their own home.

"The foundation connects community members to important resources, vital records, insurance, career development, education, housing and other [solutions]," Shelley said. "We help develop our members to return back to being productive members of their community."

For more information about Concerted Care, to make a donation or to find out how you can become part of the solution, visit <http://concertedcarefoundation.org/why-donate/>.

The Power of the Ballot

BALTIMORE CIVIL RIGHTS LEADER Victorine Q. Adams

MEET the Author

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6 to 8 pm**

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Thirst Project 'Warriors' Encourage Student Participation in Environmental Advocacy

By Stacy M. Brown

Students at Patterson Mill Middle and High School in Bel Air, Maryland, received a visit from two young women who are traveling the country to educate young people about the global water crisis.

As part of their approximate 3,000-mile drive from Los Angeles, Hellen Elizondo and Anne Pfaff stopped by the Harford County school on February 22, 2019, as part of a "Road Warriors" program by the nonprofit Thirst Project, the world's largest youth-led water activism organization.

"Currently there are over 663 million people living without access to clean drinking water and we are working to help fight against that," Elizondo said.

The movement hopes to raise funds to build freshwater wells in developing nations and impoverished communities to provide as safe, clean and potable water as possible, Pfaff said.

"One well can provide up to 500 people with clean water indefinitely and save lives," said Pfaff, who at just 19, said she first got involved in activism as a fighter for feminism and women's empowerment.

"Then, I learned that some women and children—ages eight to 13—have to walk up to eight hours each day to collect contaminated water," Pfaff said. "Women can't contribute to the household because of this and children can't get an education. I learned the way water at-



Thirst project "Road Warriors" with students during their visit to Patterson Mill High School in Harford County, Maryland.

Courtesy Photo/The Thirst Project

tacks everything like food security and every single sector and that affected me."

The Thirst Project has realized some success. The organization reports that over the past decade, they've raised about \$10 million, which has allowed them to provide 360,000 people access to clean, safe and potable water.

The group's "Road Warriors" [college activists] have visited 13 countries and 45 states educating more than 500,000 students about the water crisis and they've started over 200 Thirst Project School Clubs where participants come up with their own ideas to help stem the water crisis.

"The thing is, the [clean] water already

exists in aquifers that are usually [buried] up to 300 feet underground," Elizondo said.

Dirty and diseased water is the number one killer of children, globally, according to Project officials who note that when clean water is brought into a community, disease drops by upwards of 88 percent overnight and child mortality drops by nearly 99 percent. During the "Road Warriors" trip around the country, Elizondo and Pfaff are teaching students about the scarcity of clean water in some parts of the world, such as places in Africa.

"Just talking about it and raising awareness is so key to solving this

issue," Pfaff said. "And 50 cents gives one person clean water for a year."

Also, educating students around the country has led to positive action on the part of many, according to Elizondo.

"The students are so encouraged not only to spread the word but to do fundraisers," Elizondo said. "Some of the kids will do fishing tournaments and other things and it's so insane what they come up with and we couldn't ask for anything more."

For more information about the Thirst Project or to make a donation, visit <https://www.thirstproject.org/>

Fans invited to Oriole Park to learn more about membership benefits



be stationed throughout Oriole Park to discuss Birdland Membership options and answer questions.

Additional information on the day's activities can be found at Orioles.com/openhouse.

The first 300 fans in attendance will receive an Orioles puffy vest. New buy-

ers who purchase two or more seats as part of a new Birdland Membership will receive an Orioles cooler bag. Throughout the day, fans will also have the chance to win Orioles autographed memorabilia every hour simply by registering at Home Plate Plaza when they arrive at the ballpark (no purchase necessary, and fans do not have to be present to win). Additionally, all fans that purchase a Birdland Membership during the event will be invited to take an on-field photo with the Oriole Bird.

Purchasing a Birdland Membership is the only way for fans to gain access to Orioles Opening Day on Thursday, April

4, 2019 against the New York Yankees. Diamond and Black Level Memberships come with Opening Day tickets, while Orange Level Members will receive an exclusive opportunity to purchase tickets.

Free parking for the Birdland Membership Open House is available in Lot A. Fans should use the Home Plate Plaza entrance to the ballpark, located between Gates D & E. For more information, call 1-888-848-BIRD or visit Orioles.com.

For more information, fans are encouraged to visit Orioles.com/membership.

The Baltimore Chapter of Continental Societies Inc.:

A Rich Legacy of Serving Children and Youth since 1955

By Ursula V. Battle

Sitting in her Ashburton home, 90-year-old Margaret Turner took a trip down "Memory Lane" as she reflected back on how she would become a member of a group of young, female African-American educators who wanted to make a difference in their community.

"We had just come out of college," said Turner who graduated from what was then known as Coppin Teachers College, now Coppin State University. "The Continentals were just beginning, and we knew one of the founders. She asked if we wanted to join this club. She told us they were looking for people who might be interested. At the time, me and the girls were teachers in our first year."

She added, "We went to the first Continentals interest meeting, and the objectives were discussed. When we heard it was an organization that worked with children, me and the girls - Doris Cole and Margaret Mason were interested. We became the three new members of that group."

The co-founders of the Baltimore Chapter of Continental Societies, Inc. were Helen Gattis, Helen Quarles, DeLores Young and Lillie Branch. Turner, Cole, and Mason would be among the co-founders as one of the original sixteen charter members of the group. The others were: Jean Harris Asburn; Frances Branch; Frankie Hinchen; Susan Jones, Arnetta Lottier, Emily Peck, Doreva Stanley, Ethel Saunders, and Bernice Watson.

Turner who recently celebrated a birthday, was born on March 1, 1929.

"All of the charter members have passed, I am the only one living," said Turner who is a retired Baltimore City Public School teacher. "I am the oldest of the three. I have been in The Continentals for 65 years. It has been a pleasure because we always are trying to help the youth. Our mainline is the children."

Continental Societies, Inc. embraces 43 chapters in 21 states in the Continental USA, District of Columbia and Bermuda and is continuing to grow.



The Charter Members of The Baltimore Continentals Society, Inc.

Courtesy Photo

Since its inception in 1955, the Baltimore Chapter of Continental Societies, Incorporated has planned and implemented many educational programs in Baltimore City, Baltimore County and Harford County Public Schools through their Five-Point Programmatic Thrust: Health, Education, Employment, and Recreation (H.E.E.R.) where they provide recreation activities such as Yoga and Hula-Hoop for the students.

Through H.E.E.R. and plus Arts and Humanities programs, the women provide assistance to disadvantaged children and youth. Activities and projects include volunteering as "Book Buddies" at local schools where they read to children; and Continentals serve as volunteers on the "Colgate Van". The Colgate Van is a National initiative which provides youngsters with the opportunity to be screened by a dentist and hygienist to expose them to the importance of dental care and healthy dental hygiene. The van has cartoon charters, "Mr. Rabbit", music for children and free dental kits are distributed. The mobile dental screening van targets inner city urban neighborhoods.

The president of the Baltimore Chapter is Yvonne Woods-Howard. The Chapter

provides financial support to several organizations which include the Boys' Choir of Powhatan, Health and Wellness HIV Program to assist children and their families with HIV/AIDS, and St. James Academy which supports inner-city boys at the St. James Basketball Academy.

All programs and projects are financed by member donations, annual benefits, grants and corporate donations. Nationally, Continental Societies, Inc. serves over a quarter of a million children and youth annually.

The members provide financial aid to local youth through its Baltimore Continental Scholarship Fund. Since 1955, over \$130,000 has been provided to students. All funds for this program are raised through the Annual Christmas Gala, which is held every December.

An avid writer, Turner's poetry graced the invitations for the Annual Charities Gala for more than a decade. Her daughter Robin Beamon "beamed" with pride as she looked over at her mother.

"Mom is a leader and she has executed many roles with The Continentals," said Beamon. "They do so much to invest in the future of children. They have made them a priority."

Members of the Baltimore Chapter

have stood out as female leaders to other women and children for over 50 years. Baltimore Chapter members who have served on the National level are Doris Anderson Smith, Gloria Madeleine Campbell and the Late Dr. Susan Jones.

Gwendolyn A. Lindsay currently serves as National First Vice President of The Continentals. Ms. Lindsay was invited to join the organization by the late Zelma Cole Brown, a Baltimore County Public School Administrator, who taught dance in her private dance studio for nearly 40 years.

Continental Brown was a Past President of the Baltimore Chapter and her daughter, Lynda M. Brown has been a member of the Baltimore Chapter since 1992 and has served as Vice-President of the Chapter.

"What intrigued me to join was what the members did for underprivileged children in the community," said Lindsay. "We are small, but we do a lot to reach and advocate for children. "We want children to be successful and make an impact in their communities."

Mary Louise Brown, who has been a member of the group since 1998, is the Chapter Historian.

"I joined the organization with the idea of empowering children to achieve their dreams and aspirations through our projects," said Brown. "The Continentals have been the perfect extension for me to give back to young people."

Brown, who is a retired Baltimore City Principal added, "I also have great love and admiration for Charter Member Margaret Turner. She has such an infectious personality and is so genuine, very giving and helpful. What she did, and continues to do is write beautiful poetry that symbolizes what The Continentals are all about in terms of spiritual attitude and fortitude, giving to the community, and outreach to serve youth. We stand on the shoulders of Margaret Turner and the other co-founders who set the standard for us as Continental ladies."

For more information about The Continentals, visit www.continentalsocietiesinc.org.

Enjoy corned beef and cabbage this St. Patrick's Day

Corned beef and cabbage might not be a part of many people's diet regimens throughout the year. But come March 17, it's not uncommon to find people from all walks of life indulging in this beloved meal.

March 17 marks the celebration of St. Patrick, the patron saint of Ireland. Over the years, the day has also become a celebration of the Emerald Isle. Such celebrations tend to feature corned beef and cabbage, even though the dish may have little to do with Ireland (and even less to do with St. Patrick). The precise origins of the link between corned beef and St. Patrick's Day remain a topic of debate, but some historians say the corned beef enjoyed today can be traced to New York City's Irish immigrant population in the 19th and 20th centuries, who popularized a salted meat made from brisket that was then sold by Jewish butchers.

Regardless of the authenticity of its link to Ireland, corned beef is delicious and many modern Paddy's Day celebrants wouldn't think of going without it on March 17. Those who want to cook up their own can try this recipe for "Corned Beef and Cabbage" from Arthur Schwartz's "New York City Food" (Stewart, Tabori & Chang).

Corned Beef and Cabbage

Serves 6 to 8

Cook a whole brisket with both sections together with all its fat. (You can trim off the fat after the meat is cooked.) Whole brisket and second-cut corned beef brisket are hard to find, but your supermarket should have first-cut corned beef vacuum-packed in plastic. Choose the fattiest piece in the case and treat it gently.

You can cook the cabbage and potatoes in the same water as the corned beef. Because the other vegetables need to be cooked in water that simmers more than the meat, scoop out water from the corned beef pot and cook the vegetables in a separate pot or pots.

- 1 4- to 5-pound corned beef brisket
- 1 teaspoon pickling spices
- 1 head cabbage
- 2 pounds boiling potatoes



- 6 to 8 small carrots (optional)
- Parsnips (optional)
- Turnips (optional)

Place the corned beef in a pot that holds at least 5 quarts of water. Cover completely with cold water. Place over high heat and bring to a simmer. As soon as bubbles start to break on the surface of the water, adjust the heat so

the water simmers very, very gently. With a slotted spoon, skim off the residue that accumulates on the surface. When the residue stops coming to the surface, add the pickling spices.

Continue to cook, with bubbles just gently breaking on the surface, for 3 to 4 hours, until fork tender.

The meat can be safely held in its water for about 2 hours; reheat gently.

Cook the vegetables until fork tender in separate pots of boiling fresh water or, especially for the cabbage, use some of the water in which the corned beef was cooked.

Slice the corned beef and serve with mustard and/or horseradish on a platter, surrounded with some of the vegetables or with vegetables in a separate bowl.

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Historic Ghana trip to mark 400th anniversary of arrival of Africans to United States in 1619

Philadelphia— To commemorate the 400th anniversary of the first documented arrival of Africans in Virginia, a Philadelphia travel agency has organized a once-in-a-lifetime historic trip, retracing the steps of history in Ghana, dating back to 1619, the birthplace of so many Americans of African descent.

Lloyd Murray, founder and president of Palace Travel, says this trip is one of the most unique trips and experiences he has ever led to Africa.

The “Historic Return of the African Diaspora” tour will take place August 5 to August 14, 2019. It is billed as an opportunity to draw the world’s attention to this symbolic moment of the long history of African enslavement.

“For the first time traveler to Africa, I would say that this trip will offer them a rich, heartwarming experience that they truly won’t get with any other tour,” Murray said. “For those who have traveled to Ghana before, all I have to say, you’ll experience this country in a way that you’ve never experienced in the past. With the 400-year anniversary, I’ve worked with the tourism office and government officials to give you access to a trip that will get you even more familiar with Ghana’s rich culture and history.”



Palace Travel has created an unique experience that will offer travelers a chance to retrace history, meet Ghanaian leaders and “Return” through “The Door of No Return.” The tour will take place August 5 to August 14, 2019. For more information about the trip, visit: PalaceTravel.com.

Source: Google Maps

What makes this trip unique is that it will take travelers along the slave route from capture to storage at Cape Coast Slave dungeon now referred to as Slave Castles. Also included will be atonement ceremonies. There will be wreath laying and tributes to Pan African pioneers, including Dr. W.E.B. Dubois, Dr.

Kwame Nkrumah, and Marcus Mosiah Garvey. Diaspora participants will meet with chiefs and elders and will be addressed by high-level government officials.

Noted historians and local experts will take visitors on tours of W.E.B. DuBois’ former home and cultural visits to the Ashanti Kingdom where the groups will be especially welcomed by the Ashanti King. One of the more emotional legs of the trip will take travelers to Cape Coast

Castle, known for the infamous “The Door of No Return” through which millions passed on the way to slavery. This is where travelers will be guest of the Paramount Chief of Elmina, Nana Kojo Conduah IV. The day will be capped off with the traditional Fihankra Ceremony –where Returnees will participate in a traditional Naming Ceremony and receive their certificates of authentication.

For more information about the trip, visit: PalaceTravel.com.

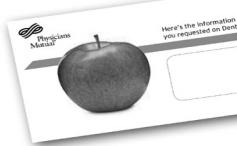


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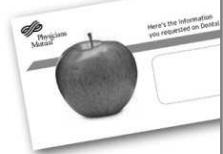


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