

The Annapolis Times



Vol. 27 No. 30 May 24 - 30, 2019

A Baltimore Times/Times of Baltimore Publication

Monument Quilt to Blanket National Mall



In what will be the largest tribute to sexual violence survivors in U.S. history, The Monument Quilt will blanket the National Mall from May 31- June 2. More than 100,000 people are expected to attend. Pieced together of more than 3,000 stories woven onto 4'x4' quilt squares, the Monument Quilt honors and centers the stories too often left out of public conversations of sexual assault and domestic violence. Every attendee and every person affected by sexual and intimate partner violence will see, hear and feel the messages: You are not alone. We believe you. You did not deserve it. (See article on page 8) Courtesy Photo

New BCCC president says, 'This is the Place'

By Stacy M. Brown

For Dr. Debra L. McCurdy, who began her tenure earlier this month as the 14th president of Baltimore City Community College (BCCC), the task that lies ahead sounds simple enough.

"Put the students and the welfare of the students first and have a culture that embraces that," McCurdy told the Baltimore Times in her first media interview since officially taking over earlier this month. "This is the place you would want to be because everywhere you look, you'll see us embrace a culture of students first."

McCurdy replaces James H. Johnson Jr. Ph.D., who has served as interim president following the retirement last July of Gordon May. May served a four-year tenure as president.

"BCCC has been an asset for Baltimore City for more than 70 years and I am confident that with the executive leadership and under my direction Baltimore City Community College will continue to transform the lives of its students," McCurdy said. "As we work to provide students with the best possible preparation to meet their goals—whether

through an associate degree, certificate program or job training—I know the entire college community will be inspired and set their sights on a new level of excellence."

With more than three decades of experience as an administrator, McCurdy served as president of Rhodes State College in Ohio for 11 years and oversaw the transition of the school as it expanded programs to include an associate of arts and associate of science degrees. She has also worked as provost and CEO for Georgia Perimeter College's Dunwoody Campus and as an assistant and associate provost at Clark Atlanta University in Georgia.

"As I sat and spoke with the board chair at BCCC and the rest of the board members and they talked discreetly about the college and what our evolution can be and the next steps in moving forward, it appeared to be the right time to bring together some of my previous experiences and an opportunity to come some place different where there's a need," McCurdy said.

As she considered accepting the presidency at BCCC, McCurdy says she checked all of the requisite personal boxes.

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Dr. Debra L. McCurdy began her tenure as the 14th president of Baltimore City Community College on May 1, 2019
Courtesy Photo/BCCC

"You think, if this is the right time? If this is the right place? Each time, I kept coming up with a resounding yes that this is the right time and the right place," she said. "This is it. This is that next big move," said McCurdy, who earned a

bachelor of science, a masters of education, and a doctoral degree from Bowling Green State University in Ohio.

"I think I knew very early on that higher education was going to be a pathway for me," McCurdy said. "I've had a great advantage and opportunity in working with individuals who came in with years of experience and who were willing to help shape my life personally and professionally."

McCurdy says that among the most satisfying experiences for college presidents and all educators is watching students walk across the podium to accept their hard-earned degrees.

"What you see on their faces, just the excitement and now they're moving on to a new phase," McCurdy said. "It's what it's all about; that we got them there and we delivered on the promise that when they came here, we promised to see them through no matter what."

"And, people should expect that we would make good on our promise and that we've made that investment in the students and have given them back to the community with interest."

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The Annapolis Times
(USPS 5840) is published every Friday by **The Baltimore Times/Times of Baltimore**, 2513 N. Charles Street, Baltimore, MD 21218. Subscriptions by mail \$60 per year. Standard bulk postage paid at Baltimore, MD 21233.

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Guest Editorials/Letters

Over seven million reasons second chances are so important for ex-offenders

By Jenny Kim

The next time you grab coffee or walk down the street, look to your left—and to your right. Chances are, you will see someone with a criminal record. In fact, one in three adults in the United States has one, about as many people who hold college degrees. In the last year alone, roughly 700,000 people finished their sentences and reentered our communities, looking for ways to contribute, improve their lives, and help others do the same.

There is no substitute for the dignity of work. At this moment, there are more than seven million open jobs, waiting for people with the knowledge and skills to match. The American economy is doing well. With more than 260,000 jobs added in April and continued solid growth building in recent months, there is much reason for optimism. Last year's landmark First Step Act is already improving rehabilitation and re-entry opportunities for thousands of former inmates. There are even more opportunities to help lift those who are seeking a second chance after serving their time in prison.

That's why Koch Industries believes it is important to consider all available workers, evaluating potential employees on their potential and not their past. It's also why we banned the box on employment asking about criminal history in 2015. For decades, Koch companies have recruited and hired individuals whose past criminal convictions have no bearing on their job performance.

This effort does not stop at the doors of Koch companies, which employ about 130,000 around the globe, including nearly 67,000 in the U.S., with a presence in 60 countries. In January, Koch partnered with the Society for Human Resource Management (SHRM) on the Getting Talent Back to Work initiative, providing a toolkit to other businesses as they work to implement more inclusive hiring practices across the board. In just a few short months, groups representing more than 50 percent of the American workforce have taken the pledge.

A survey by SHRM and the Charles Koch Institute found that while most businesses are largely willing to hire people with criminal records, only five percent of managers and three percent of HR professionals said their company actively recruits these individuals. These are missed—but not lost—opportunities. In fact, the same survey found that 74 percent of managers and 84 percent of HR professionals are willing or open to hiring individuals with criminal records.

Apart from the limitless potential these hires can help their coworkers achieve, companies cannot ignore the economic impact of providing second chances through employment—not just for the sake of giving second chances to people who want to turn around their lives, but also because it makes economic sense. The U.S. loses nearly \$87 billion in gross domestic product each year by excluding people with criminal records from the job market.

As a company working to help people improve their lives through products and services, Koch Industries has recognized that in order to succeed, we must help others acquire the knowledge and develop the skills to do the same. In Baltimore, we have supported Project JumpStart, an intensive job training program for the construction industry. About 75 percent of those enrolled in the program were previously incarcerated. It's also why we support Safe Streets & Second Chances, an innovative program that combines real-time research with policy to develop individualized re-entry plans for people who are transitioning from prison. We owe it to ourselves to ensure people are prepared to succeed once they leave prison.

Employers want to hire the right person for the job, regardless of whether that individual has a criminal record. There are tens of thousands of unemployed men and women across the country who face the stigma associated with a criminal record every day. It is time to help them so that they can help us.

Jenny Kim is deputy general counsel and vice president of public policy at Koch Industries

Memorial Day Weekend



KIRK

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Letters to the Editor:

Editor:

Re: Russia is a threatening adversary

Russia continues to be an adversary of the United States and keeps trying to encroach into the Western Hemisphere, and to create instability in the region.

When I served onboard a radar picket ship in the Pacific during the 1950s, we tracked and reported Russian bear bombers making practice runs approaching the West Coast of the United States.

In the early 1960s, Russia installed missile batteries in Cuba, which threatened the U.S. We implemented a naval blockade and Russia was forced to remove the missiles.

Once again, Russia is becoming militarily involved in the Western Hemisphere. They have bilateral agreements

with dictator Maduro of Venezuela, which they are expanding. On March 23, 2019 two Russian air force planes landed in Venezuela carrying 100 special-forces personnel to help bolster the Maduro regime.

We have to help the democratic forces in Venezuela oust Maduro so we can get the Russians out of Venezuela.

The Russians are a threat to the countries in the region and could threaten the U.S. and our interests in the Western Hemisphere.

President Trump told the Russians to get out of Venezuela. I commend him for realizing the adversarial threat that Russia poses to the United States.

Donald Moskowitz
Londonderry, NH

When sending letters to the editor, your correct name, address and telephone number must be included with your submission. Your letter will not be published without the required information.

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2513 N. Charles Street, Baltimore, MD. 21218
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Page Opposite/Commentaries

Prevent long hot summer of violence in America

By Russell Simmons
Exclusive to the NNPA Newswire

Across the nation and throughout the world, millions of people are still mourning the tragic and senseless killing of our Brother Nipsey Hustle. We are again reminded of the terrible sickness of violence in communities across the United States.

We should not wait for another one of our hero's to be killed before we stand up to take action to prevent this plague of violence from continuing. Nipsey was a great example of what can happen when a young man from our community puts his head down and transcends the traps that are laid by the enemies of our youth in America.

Let me be clear: All those who have the capacity and opportunity to do their part to end the senseless spiral of violence but do nothing by their omission are aligned with the forces that are against our communities' safety, resilience and



Russell Simmons
Courtesy Photo/NNPA

progress. Complacency with violence directly contributes to its devastating continuance.

There are, however, very successful programs in nearly every hot pocket in our inner cities that are alarmingly underfunded. Those effective antiviolence programs are in constant need of volunteers. I have personally witnessed and worked closely with so many extremely productive and amazing programs that in fact prevent violence.

Effective programs like Erica Ford's "Life Camp" in Queens, New York or Captain Dennis Muhammed's "Peace Keepers" efforts in over 20 cities are in need of additional funding and support from city, state and federal agencies. Of course, in addition, the private sector and local community support systems must also be summoned to help out.

Now is the time to act to prevent future violence.

These two programs are shining examples of how much better and effective

lence? It appears that the hip-hop community is the only authentic and caring voice that is speaking out effectively and consistently on this important issue and

"We should not wait for another one of our heroes to be killed before we stand up to take action to prevent this plague of violence from continuing. Nipsey was a great example of what can happen when a young man from our community puts his head down and transcends the traps that are laid by the enemies of our youth in America."

"Taking back responsibility."

Most religious and political figures won't bring it up publicly or earnestly unless we do it first. I will do my part. Will you?

No matter how big or small your impact might be, everyone's input and support is needed now. Even if you only will just write to your member of the U.S. Congress to urge more funding for community antiviolence programs, that will also be helpful.

The clock is ticking. The summer is coming. Are you prepared to lose a love one or a friend to violence in our communities? Or are you going to join me and others to help make a lasting difference? Thank you for your response. With great love, all things are possible.

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Baltimore entrepreneur, philanthropist needs stem cell transplant for rare cancer

By Stacy M. Brown

Elise Smith enjoys life as much as anyone. Not only does the 29-year-old own Winnie's Bakery in Baltimore, she is a state chef ambassador for the No Kid Hungry campaign, and she has been busy finishing the manuscript for her first cookbook.

However, as much as she enjoys life, Smith knows first-hand the many hardships that often come out of nowhere.

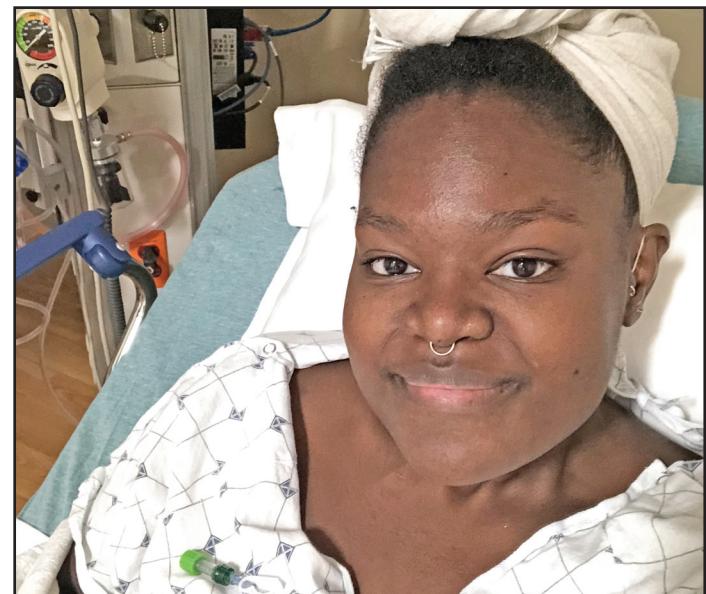
After battling and beating thyroid cancer a decade ago, Smith has been diagnosed with Myelodysplastic Syndrome (MDS), and she is in critical need of a blood stem cell donor.

"It [MDS] was actually from the radiation treatment that I received—radioactive iodine," Smith said. "And, basically what that was for was my thyroid cancer that I was diagnosed with right before I turned 20."

According to the nonprofit MDS Foundation, the disease counts as a group of diverse bone marrow disorders in which the bone marrow doesn't produce enough healthy blood cells. Similar to leukemia, it is often referred to as a "bone marrow failure disorder," and primarily affects the elderly with most patients older than 65.

"They're finding that as late as 15 years after adolescents and young adults are treated with radiation that we're developing all of these cancers," Smith said.

For a transplant to happen, the entrepreneur, author and philanthropist requires a 100 percent match with her genetic market. Since a patient is more likely to match with a donor who shares the similar ethnic background, Smith needs to find an African American donor in order to get the best transplant outcome.



Elise Smith, 29, has been diagnosed with Myelodysplastic Syndrome (MDS), and she is in critical need of a blood stem cell donor. Since a patient is more likely to match a donor who shares the similar ethnic background, Smith needs to find an African American donor in order to get the best transplant outcome. The public is encouraged to join the Be The Match Registry to help find a match for Elise and others in need of a donor.

Courtesy Photos

However, only about four percent of the participants in National Marrow Program, "Be The Match," registry is comprised of African American donors, further underscoring the need to diversify the registry in order to help patients like Smith find a life-saving donor.

"Every three minutes someone is diagnosed with a blood cancer, and for patients with diseases like leukemia and other blood disorders, a cure exists through a blood stem cell transplant," Lauren Miller, a PR Specialist with "Be The Match" said in a release.

Smith says she is hopeful that a match can be found.

The cancer battle hasn't broken Smith's spirit. She plans to finish the cookbook and get back to running her store giving back to No Kid Hungry.

"It's something that I take very seriously.

I was able to work with the organization and go on Capitol Hill with my local legislators and talk about helping to fund summer food programs, particularly in rural and city areas," she said. "Often-times, the food programs especially during the school year, is the only staple meal many of these children have."

Smith also asks everyone to take to

Please follow instructions listed below to join "Be The Match" registry:

- Step 1: Text TEAMELISE (all one word) to 61474 to join the registry.*
- Step 2: Request a kit*
- Step 3: Once the swab kit is received, take a picture (boomerang, video, etc.) of you swabbing*
- Step 4: Post to social media (your instastory and/or Instagram page) sign the hashtags #teamelise #swabforelise #swabfortheculture. Tag and follow @Bethematch and @teamelise Instagram pages.*
- Step 5: Send in your kit*
- Step 6: Email your swab photo to esmith2090@gmail.com*

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Outside linebacker Shane Ray looking to get back on track with Ravens

By Tyler Hamilton

Desperately in need a veteran edge defender, the Baltimore Ravens signed veteran outside linebacker Shane Ray on May 17, 2019. Ray was selected by the Denver Broncos with their No. 23 pick in the 2015 NFL Draft. It was rumored that Baltimore was interested in selecting Ray with the 26th pick, so Denver moved up to the 23rd pick to grab Ray before the Ravens.

After career 14 sacks and two wrist surgeries, the Broncos declined to pick up Ray's fifth-year option allowing him to be a free agent. The Ravens snatched Ray off the free agent heap. It's clear that Ray has talent but circumstances just didn't work out for him in Denver. He believes that coming to the Ravens gives him an ideal opportunity to get back on track.

"There are things people looking from the outside in don't understand, and of course will have negative things to say about my time in Denver but I'm past that. All I can say is God has blessed me

with a new opportunity the day before my 26th birthday and I can't wait to take advantage of it," Ray said on Instagram.

There are plenty of reps to go around now that both Terrell Suggs and Za'Darius Smith are no longer with the Ravens. Suggs signed a free agent deal with the Arizona Cardinals and Smith signed a megadeal with the Green Bay Packers.

Now Ray looks to make himself a threat in defensive coordinator Don "Wink" Martindale's scheme.

Ray showed promise in his last fully healthy season with the Broncos. In 2016, he played 16 games logging eight sacks and 48 tackles in eight starts. Wrist surgery in the preseason led to Ray missing five games in 2018 and he didn't start in any of the 11 games he was active for.

The Ravens are banking on Ray to return to his 2016 form. Baltimore has done an excellent job developing edge defenders over the years. The franchise also prides itself on defense.

A fresh start in a new scheme could get the player who was the SEC Defensive



The Baltimore Ravens signed veteran outside linebacker Shane Ray on May 17, 2019. Team officials are banking on him returning to his 2016 form, his last fully healthy season.

Courtesy Photo: Shane Ray/Baltimore Ravens

Player of the Year and Unanimous All-American after his final college season at Missouri. The Ravens have already started phase three of voluntary OTAs. Ray didn't waste any time checking in and took part in OTAs on Monday.

Ray once benefited from the tutelage of veterans DeMarcus Ware and Von Miller in Denver. He'll get the chance to pay it forward by being a veteran presence for Ravens rookie edge defender Jaylon Ferguson.

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May is National Foster Care Month

By Natalie Wallington

May is National Foster Care Month, which celebrates agencies like those in Baltimore serving foster children year-round. Maryland's Department of Human Services (DHS) works in conjunction with local nonprofit organizations to facilitate foster care in Baltimore City. The department aims to place children into permanent living arrangements within 15 months of them entering the foster care system.

Maryland practices a "family-to-family" foster system wherein a child's birth family and foster family work together in order to provide the best care possible. "Using the family to family premise, foster children are placed in homes that are in their own community, thereby keeping the children connected to their home school, friends and resources within their neighborhood," according to the DHS website.

Other agencies also get involved in the process to assist families in need. One such group is Pressley Ridge, a Pittsburgh-based nonprofit organization with an office in Baltimore City as well as locations in Pennsylvania, Delaware, Ohio, Virginia, and West Virginia. The DHS refers cases to the agency, which then provides specialized care for a variety of circumstances.

"We typically see those kids who have experienced some kind of trauma in their lives," said Ron Gruca, Pressley Ridge's senior director of development. Under their specialized 'treatment foster care' system, "our foster parents are the therapists. They are the ones who are specifically trained" to handle unique challenges.

The organization served 29 youth in the 2018 fiscal year using this 'treatment foster care' system. The children were



National Foster Care Month is a month to honor the successes and challenges of the more than 400,000 foster youth across the country and to acknowledge the tireless efforts of those who work to improve outcomes for children in the child welfare system.

Photo Credit: Metro Creative Graphics

an average of 16 years old. Tesha Tinsley, the agency's program director for Baltimore City, outlined some of the challenges that children in urban areas like Baltimore face.

"I've come across a lot of teens in the program who have some history or suspected history, in sex trafficking," she said, adding that other factors like crime, poverty, and neglect can lead to children being taken into the foster care system. "We are charged with finding appropriate placements for the youngsters in the community."

Gruca outlines the goals for foster children of the DHS and its affiliated agencies. "Number one, if possible, is to reunite them with their biological family," he says. If that isn't possible, "we're looking for some type of perman-

nency, whether that is adoption or some other kind of kinship relationship."

Tinsley recalls a recent case wherein three sisters were displaced from their home as a result of domestic violence. "We had a case where the mother's boyfriend, who was the children's father, murdered their mother in front of them," she said. The girls eventually found a permanent living situation with their grandmother, who has since legally adopted them.

The Maryland DHS estimates that roughly 1,100 families and 1,175 children were served in 2018 by statewide initiatives promoting adoption support, counseling costs, and informational events.

Pressley Ridge also offers "parent-child" foster care in Baltimore, wherein young new mothers are put into foster homes

along with their children—30 of these cases were processed in 2018. The agency also has a "pathways" program which helps older teenagers and young adults transition out of the foster system and into job training or education programs.

Tinsley emphasizes that these programs are made possible in Baltimore by the constant dedication of childcare experts and social workers.

"The social work occupation is one that is really overlooked in a lot of aspects," she said. "When a child has to be hospitalized, it's most likely the social worker who is going to the hospital with the child. When a child is being displaced, we're the people moving the furniture. We help pack those children up and carry them to the next place... it's 24/7."

Government and nonprofit agencies could not do the work they do without the essential support of foster parents and families in Baltimore City.

"There is a big need for foster parents in Baltimore City—people who actually care about what happens to youth," Tinsley said. "We really need people who are dedicated to changing these young people's lives, and they need somebody who is going to stay there for the long haul.

"These families are 'a beacon of hope' for children in need."

Gruca added that while being a foster parent is a difficult task, agencies like Pressley Ridge exist to help and support them as they take in children in need.

"It's not easy. They should know that it's not easy," he said of prospective foster parents.

"Becoming a treatment foster parent is a calling. It can be challenging at times. But... we're there with you every step of the way. If you can open up your heart and your home, we can make it work."

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Alan Amrhine, Communications Director
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52nd Annual Memorial Day Ceremony at Dulaney Valley Memorial Gardens

Baltimore—The annual Memorial Day Ceremony at Dulaney Valley Memorial Gardens will salute the men and women of the armed forces who have paid the highest price in defense of the United States of America and honor service members killed in the past 13 months. The ceremony takes place on Monday, May 27, 2019 at 10 a.m. at Dulaney Valley Memorial Gardens, Circle of the Immortals located at 200 East Padonia Road in Timonium.

This year marks the 52nd anniversary of the ceremony held at Dulaney Valley's Circle of the Immortals. The traditional patriotic observance, which includes music, speeches, a wreath laying and 21-gun salute, will feature a slate of local participants and dignitaries.

In addition to honoring those fighting the battles of today and those who gave their lives in Korea, Vietnam and World War II, the 2019 ceremony will honor:

*Captain John F. Graziano, U.S. Air Force, age 28, died on November 13, 2018; An Elkridge native, Capt.



This year marks the 52nd anniversary of the Memorial Day ceremony held in Dulaney Valley's Circle of Immortals, an area dedicated in 1967 and reserved for Marylanders killed in action.

Courtesy Photo/Dulaney Valley Memorial Gardens

Graziano was an instructor pilot with the 87th Flying Training Squadron. He was killed when his T-38C Talon jet trainer

crashed at Laughlin Air Force base in Texas, where he was stationed.

*Senior Chief Petty Officer Shannon

M. Kent, U.S. Navy, age 35, died January 16, 2019; A Navy cryptologist Stationed at Fort Meade, Senior Chief Petty Officer Kent was killed in a blast set off by a suicide bomber in northern Syria. This was her fifth combat tour. She is the first female Navy service member killed in the fight against ISIS.

*Staff Sergeant Eddison A. Hermond, Jr.: A special tribute will also be made to honor Maryland National Guardsman, Staff Sergeant Eddison A. Hermond, age 39, who passed away on May 29, 2018 in Ellicott City, Maryland, in a heroic attempt to save lives during the catastrophic flash flood.

In honor of the 69 Marylanders who died on September 11, 2001 and all who have given their lives in service to this country, Maryland's 9/11 Rolling Memorial will be on site at the Memorial Day ceremony. The bell that is housed on the Memorial will toll as we honor each member of the military lost within the past year.

For more information, visit: www.dulaneyvalley.com.

One in Three Adults Have a Criminal History



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Visit GettingTalentBackToWork.org to learn how you too can be a part of the solution.

Monument Quilt to Blanket National Mall in country's largest tribute to survivors of sexual, intimate partner violence

A three-day display of The Monument Quilt will bring survivors' stories and demands to the national stage to be heard and honored

Washington, D.C.— For the first time ever, The Monument Quilt, a public art project made by and for survivors of sexual and intimate partner violence, will be on national display as it blankets the National Mall in Washington, D.C. from May 31-June 2, 2019.

In its largest display, this event is the culmination of five years of local, national and international organizing to have survivors and supporters create more than 3,000 quilt squares each 4' by 4'. Spanning 2,000 feet or four football fields, the Monument Quilt will spell out "NOT ALONE" and "NO ESTAS SOLX," Spanish for "not alone." More than 100,000 people are expected to attend the historic event, on the Mall between 10th and 15th Streets, the only time the Monument Quilt, organized by FORCE: Upsetting Rape Culture, will be displayed in its entirety.

There has never been a monument dedicated to survivors of sexual and domestic violence this large and with this many participants.

"Survivors need to see public support in order to counter the public shame, blame, and violence they face when they come forward with abuse," said Lorena Kourousias, FORCE. "The Monument Quilt creates a meaningful opportunity for our culture to honor those whose traumas are the threads of our nation's fabric, and whose stories deserve to be heard."

The three-day event is open to the public and will feature art-making, performances, speakers, workshops and a public healing space. On Saturday, June 1, FORCE is partnering with Collective Action for Safer Spaces for a half-day survivor-led policy convening, with Marissa Alexander as the keynote speaker. The Monument Quilt display is bringing a space dedicated to survivors' healing, along with their personal stories, to the national stage during this particularly pivotal time in U.S. history.



"The Quilt will occupy this national site to demand that our country face the realities and complexities of sexual violence and finally demonstrate real support to victim/survivors," said one of the organizers Kalima Young. "Every attendee and every person affected by sexual and intimate partner violence will finally hear the message: You are not alone. We believe you. You did not deserve it."

The Monument Quilt honors and centers the stories too often left out of public conversations of sexual assault and domestic violence, including those of black women who are criminalized for self defense and Native survivors whose search for justice is entwined with tribal sovereignty. Dedicated to all survivors, and those who did not survive, pieces of the Quilt memorialize transgender and non-binary people whose lives were taken by violence. Other pieces share stories from immigrant, LGBTQ, and male survivors of abuse and sexual violence.

"I am part of a men's survivor support group and we made a quilt square together. You don't often hear a lot about us, but men can also be victims and survivors. I came together with other male survivors from intimate female offend-

ers in true brotherhood, healthy masculinity and love to express our journeys while creating a quilt square," said Norwood Johnson, who is one of the organizers of The Monument Quilt.

Since the project began in 2013, individuals, collectives and groups around the country have contributed their personal pieces to the project. Each of the 3,000 quilts is a handmade work of art. The Quilt's growing collection of stories has been displayed 49 times in 33 cities across the U.S. and in Mexico.

FORCE created a digital library cataloguing each square by number, which will be accessible at www.themonumentquilt.org/view, so people can track their artwork.

After the exhibition on the Mall, individual squares of the Monument Quilt will be distributed to libraries, school,

cultural institutions and anti-violence organizations to be housed in permanent collections and displays, as a living archive of the project.

The Monument Quilt is the project of non-profit organization FORCE: Upsetting Rape Culture, a national art and activist collective based in Baltimore. With a network of hundreds of dedicated volunteers from around the country and a small core staff collective, FORCE creates large scale public art actions to change the conversation around sexual and intimate partner violence in this country to a more difficult and honest one, demanding we all consider what it would take to create a world without rape.

Learn more at www.UpsettingRapeCulture.com and www.TheMonumentQuilt.org

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Keep Cool on the Grill

(Family Features) Keep your kitchen cool and comfortable with grilled meals that banish the heat to the outdoors. Crisp, fresh greens and a perfect blend of spices and savory ingredients make each of these refreshing dishes perfect solutions for toasty days.

Featuring ingredients across the food groups, these dairy-fueled recipes from Milk Means More are ideal for well-rounded meals filled with nutritious flavor. Zesty mustard, spicy Sriracha and rich buttermilk lend a marinated flavor upgrade to traditional grilled chicken, while homemade pesto, fresh corn and ham create a perfect harmony for a cheesy grilled pizza. Or make a salad the star of your dinner table with a simply seasoned sirloin steak, plenty of veggies and a tart twist on a creamy dressing made with yogurt and milk.

Grilled Steak Salad with Chive Yogurt Dressing

Recipe courtesy of Kirsten Kubert of Comfortably Domestic on behalf of Milk Means More

Prep time: 15 minutes
Cook time: 10 minutes
Servings: 6

Dressing:

1 cup plain yogurt
3 tablespoons freshly squeezed lime juice (3 small limes)
2 tablespoons milk
2 tablespoons chopped fresh chives
1 clove garlic, peeled and minced
1/4 teaspoon kosher salt
1/8 teaspoon black pepper

Steak:

1 teaspoon kosher salt
1/4 teaspoon black pepper
1/4 teaspoon granulated garlic
20 ounces boneless petite sirloin steak

Salad:

3 cups baby spinach
3 cups chopped romaine lettuce hearts
1/2 cup sweet red pepper rings
1/2 cup sweet yellow pepper rings
1 cup avocado chunks
1/4 cup thinly shaved red onion

To make dressing: In blender, combine yogurt, lime juice, milk, chives, garlic, salt and pepper. Blend on

Grilled Buttermilk Chicken

Recipe courtesy of Lori Yates of Foxes Love Lemons on behalf of Milk Means More

Prep time: 10 minutes
Cook time: 16 minutes
Servings: 4

1 1/2 cups buttermilk
1 tablespoon mustard powder
1 tablespoon Sriracha
2 teaspoons minced garlic
2 teaspoons paprika
4 chicken drumsticks, bone in, skin on
4 chicken thighs, bone in, skin on
vegetable oil, for grill
1/4 cup chopped fresh parsley
1 lemon, cut into wedges (optional)

In medium bowl, whisk buttermilk, mustard powder, Sriracha, garlic and paprika.

Place chicken in large zip-top bag; pour buttermilk mixture over chicken. Seal bag and refrigerate 2 hours or overnight.

Heat outdoor grill for direct grilling over medium heat. Remove chicken from marinade, shaking off excess; discard marinade. Lightly oil grill grates. Transfer chicken to grill and cook, turning occasionally, 16-18 minutes, or until internal temperature reaches 165 F.

Transfer chicken to serving platter. Sprinkle with parsley and serve with lemon wedges, if desired.



low until smooth consistency forms and chives are completely incorporated.

Transfer dressing to jar with tight-fitting lid and refrigerate until serving.

Heat grill to medium.

To prepare steak: Combine kosher salt, black pepper and granulated garlic to create rub. Sprinkle half of seasoning mix over one side of steak, pressing it into meat. Repeat with remaining seasoning on opposite side of steak.

Grill steak over direct medium heat to desired level of doneness, approximately 4-5 minutes per side for medium pink center. Remove steak from grill and let rest 7-10 minutes on cutting board.

To make salad: Toss spinach and romaine on large platter. Scatter red and yellow peppers, avocado and onion over greens. Slice grilled sirloin thinly against grain. Arrange meat slices along center of salad.

Drizzle dressing over salad just prior to serving.

Source: United Dairy Industry of Michigan

African American Civil War Museum Hosts 'More Than a Fraction' Presentation

Washington, D.C.—The African American Civil War Museum will host a presentation by Baltimore research author Dr. Kerri Moseley-Hobbs about her book "More Than a Fraction: African American Heritage & Culture" on Sunday, May 26, 2019 from 1:30 p.m. to 3:30 p.m. The African American Civil War Museum is located at 1925 Vermont Avenue NW, in Washington, D.C.

Dr. Moseley-Hobbs will talk about the research into her heritage and culture resulting from the documented story of her ancestors, the Fractions, and indirectly African Americans from Virginia and the original colonies. Her research tells the story of a family transported on the ship, True Blue to America for a life of enslavement at the Smithfield and Solitude plantations in Blacksburg, Virginia. By the third generation, the Civil War began giving the Fractions and other enslaved a chance for freedom.

Dr. Moseley-Hobbs' research documents how brothers Thomas and Othello Fraction ran away from their lives in slavery to join the Union Army and served in the Civil War for a chance to win their freedom. Dr. Moseley-Hobbs also discovered documentation, which is not included in the timeline of her book, that also tells the story of their struggles to be free after the Civil War was won,



Baltimore research author Dr. Kerri Moseley-Hobbs will talk about her book, "More Than a Fraction: African American Heritage & Culture" at the African American Civil War Museum in Washington, D.C. on Sunday, May 26, 2019.

Courtesy Photo

how they became land owners, how one brother became a respected train worker and how their names came to be engraved on the Wall of the War Memorial Plaza in Washington, D.C.

Today, Dr. Hobbs is a member of the Smithfield-Preston Foundation's Board of Trustees, which oversees the historic

estate where the Smithfield plantation was located and continues to work with

Virginia Tech University, which now holds title to the Solitude and the majority of land of the Preston family plantations. The Preston Family was the original owner of the plantations and they were considered the wealthiest family in Virginia at the time. The last heir to the Smithfield estate was William Ballard Preston, a former Virginia State Senator and as U.S. Secretary of the Navy; and the last heir to the Solitude estate was Williams' brother Robert Preston.

Dr. Hobbs is a direct descendant of Thomas Fraction, brother of Othello. Thomas was noted by a local newspaper as being a "well known colored man" when he passed away. "More Than a Fraction: African American Heritage & Culture" includes a very powerful PowerPoint presentation in which Dr. Moseley-Hobbs connects the African cultures of her ancestors to the cultural norms of African-Americans in the U.S. today.

To learn more about the African American Civil War Museum, visit: www.AfroAmCivilWar.org.

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Tips to help prevent Lyme disease during tick season

By Stacy M. Brown

In its most recent report, the Centers for Disease Control and Prevention revealed that in 2017 there were 1,997 confirmed cases of Lyme disease in Maryland, with an additional 697 probable cases. Left untreated, the disease can cause joint swelling and cardiac or neurologic complications.

With Lyme Disease Awareness Month in full swing, Ehrlich Pest Control officials say it's important to note that with the mild spring Baltimore has experienced, there is a good chance of an extended tick season.

"When you have an early start to spring and warm weather, tick eggs will hatch sooner. The nymphs and adults will become active earlier, so you could have a prolonged tick season as a result," said Chad Gore, who holds a Ph.D. in entomology and serves as the Market Technical Director with Ehrlich Pest Control.

"The longer the season, the more opportunities people have to be exposed to

a tick that could be carrying bacteria that causes Lyme disease," said Gore, who also volunteers as a technical advisor to the Pennsylvania Pest Management Association. "If you find a tick on you, remove it as soon as possible ... it takes quite a long time for the Lyme bacteria to make it into the tick's saliva and into your bloodstream so the sooner you can get the tick off of you, the better."

Gore added that the most effective protective actions one can take against ticks are to wear an insect repellent containing DEET when spending time outdoors, even in your own yard. He says it's important to wear long-sleeved shirts, long pants, and socks when working in a yard, hiking, or in wooded areas.

"After being outside, do a head-to-toe check for ticks. Adults should also do this check on children," Gore said. "Check your pets for ticks regularly, especially if they spend a lot of time outdoors and speak to your veterinarian about proactive tick protection for your pet."



Left untreated, Lyme disease can cause joint swelling and cardiac or neurologic complications.

Photo Credit: Health Matters
New York Presbyterian

Experts at Ehrlich recommend barrier treatments in yards, especially those in areas susceptible to tick activity. Barrier treatments include the application of a low-impact product to vegetation around the perimeter of a yard to kill ticks. These treatments should be repeated

multiple times throughout the tick season to remain effective.

If someone encounters a tick, it's also helpful to know how to remove it. For that, Gore suggested the following:

- Use tweezers and grab the tick as close as possible to where it is attached to the skin.
- Steadily pull upward and avoid twisting the tick. Twisting may cause the tick to break.
- Rather than flushing the tick right away, it is best to submerge the tick in rubbing alcohol and save it for a week or two in case you need to see a doctor or veterinarian.
- Save the tick in a plastic Ziploc bag or vial.

"If the thought of having the tick around really freaks you out, take a clear photo of the tick, being sure to capture a photo of both the back and underside of the tick," Gore said. "This will help a doctor identify what type of tick bit you. Then, flush it to dispose of it safely."

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Pratt partners with Hampden Family Center

Baltimore— The Pratt Library's Hampden branch will undergo major renovations starting on May 20, 2019. In order to provide library services to the community during the construction period, the Pratt has partnered with the Hampden Family Center. Pratt staff will provide weekly storytimes, a place for customers to browse collections and pick up books on hold, computer assistance, adult programming, and more.

"We're so grateful to the Hampden Family Center for letting the Pratt share space so we can provide vital programming to the neighborhood," said Pratt President/CEO Heidi Daniel. "This is a

great example of strong community partnerships working to provide access to Baltimore residents."

"It's important to Hampden residents and our clients of all ages that there continues to be a library presence and services available in the neighborhood during the branch renovation," said Lisa Ghiner, executive director of the Hampden Family Center. "We are happy to provide the space and look forward to this innovative partnership."

The Pratt's Hampden branch first opened in 1900. The renovation, will double the space of the branch by making the basement usable space that will include a meeting room, public bathrooms, and staff offices. In addition, a ramp system will be added to the exterior of the building to make it handicapped accessible. The renovation project is expected to take two years.

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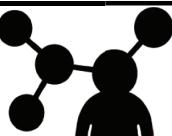
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New scholarship available for career transitioners

Anne Arundel County, Md.— So you've earned your bachelor's degree and settled into your profession, but it's not exactly what you had in mind or perhaps you're a veteran, and those hard-earned skills just aren't translating into the career you envisioned for your future. Maybe it's time to look into the booming field of cybersecurity.

The Community College Cyber Pilot Program: Scholarship for Service at Anne Arundel Community College can get you on your way to entering that exciting field. The scholarship includes full tuition for up to two years, an annual stipend of \$22,500, textbooks and professional development allowances. You'll also receive help with a paid summer internship and prospective full-time employment at a local, state or federal government agency.

This is the first year Anne Arundel Community College is participating in the National Science Foundation's scholarship, a unique opportunity aimed at increasing and strengthening the cybersecurity workforce that protects the government's critical information infrastructure.

"We really want people outside of the college to know about this new opportunity," said Mary Wallingsford, chair of Cybersecurity, Networking and Digital Forensics at AACC. "We're very excited about the opportunity this will bring students now and hopefully in the future."

Those receiving the scholarship will enroll in a cybersecurity-related program at AACC, such as Information Assurance and Cybersecurity or Computer Science.

Are you ready to make the change? All you need to apply is a bachelor's degree in any discipline, or to be a veteran of the U.S. Armed Forces.

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Parents, are you too overwhelmed to recognize your kids' mental health crisis?

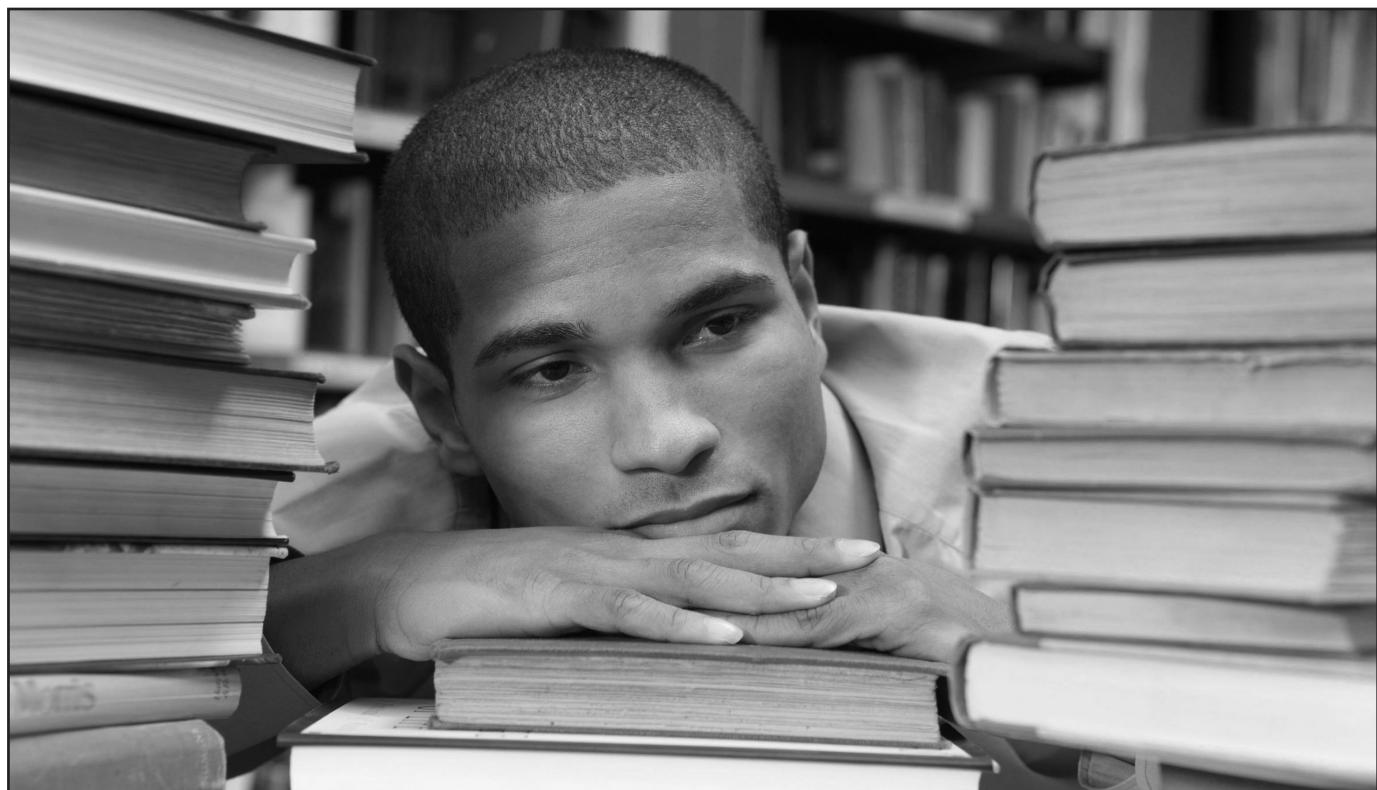
Parents are the first line of defense for noticing when their kids are struggling with mental health issues. But overwhelmed and stressed parents may miss the warning signs that their kids are in trouble. Just in time for Mental Health Month, suicide prevention expert Dr. Mark Goulston shares six mental health questions parents should ask themselves today.

Los Angeles, CA— It's no secret that there is a mental health crisis in today's youth. Depression and anxiety are rampant, and suicide is now the second leading cause of teen death. Suicide prevention expert Dr. Mark Goulston says parents are the first line of defense for recognizing suffering in their kids. But when parents themselves are overwhelmed, anxious, and depressed, they can miss warning signs that their children are at risk.

"It's hard enough for parents to pick up on their teens' suffering under the best of circumstances," said Dr. Goulston, co-creator and moderator of Stay Alive, a new 75-minute video/podcast documentary, which is available on YouTube (#StayAliveNow) and features suicide survivor Kevin Hines and suicide prevention advocate Rayko. "But when parents are immersed in their own stress and inner chaos, their kids' problems are much harder to detect."

On top of that, Dr. Goulston says when parents have no more psychological room for pain and anxiety, they may engage in a "don't ask, don't tell" game with their teens.

"Parents avoid asking how their teens are really doing, because their plates are already full," said Dr. Goulston. "If parents asked and got an alarming reply, they would have to drop everything. It's not that they don't love and care about their kids. They just don't have time to deal



with it. Meanwhile, teens don't want to burden anxious parents (or confront their own pain) and so they suffer silently."

Dr. Goulston says the first step to being more available for your kids is to improve your mental health. And since May is Mental Health Month, now is a great time for a mental health check. These six questions can help you assess your own mental health:

1. In the past week, have you felt overwhelmed and thought, I can't handle any additional stress?
2. In the past week, how often have you felt overwhelmed with no room to listen to more upset? (Rarely, somewhat, frequently, constantly)
3. In the past week, have you felt alone in handling all the responsibilities you have and stress you feel?
4. In the past week, how often have you felt alone in handling all the responsibili-

ties you have and stress you feel? (Rarely, somewhat, frequently, constantly)

5. In the past week, have you withdrawn from the people around you because you couldn't take any additional stress?

6. In the past week, have you felt guilty or ashamed at not being the patient, listening, and compassionate parent that your child needs and you want to be?

If you answered "yes" to any of the above and are feeling too overwhelmed, Dr. Goulston recommends finding someone you can talk to that will help you feel some relief, and make room to be able to listen to your child's hurt, fear, anger and pain. If you have no one to talk to, consider keeping a journal. Your feelings are important too, and writing them down will help you process some of what you are experiencing and feeling.

"You owe it to yourself and your kids to become your very best self today,"

concludes Dr. Goulston. "And when you're in control of your mental health, you can really be there for them and help them thrive."

If you or someone you love needs help, call 911 or call the National Suicide Prevention Lifeline at 1-800-273-TALK (8255), or visit: www.suicideprevention-lifeline.org.

Dr. Mark Goulston is the co-creator and moderator of the suicide prevention documentary Stay Alive. He is a former UCLA professor of psychiatry, FBI hostage negotiation trainer, suicide and violence prevention expert, and one of the world's foremost experts on listening. For more information, visit Dr. Goulston's website at www.markgoulston.com.

Reginald Lewis Museum of Maryland African American History & Culture Needs Volunteers

The museum is dedicated to serving the community by providing multifaceted support through meaningful interactions with history and material culture of Maryland African Americans. Volunteers are needed to assist at the Information Desk, as Docents, for Special Events, and more. There are ongoing opportunities on Saturdays and Sundays for assistance with greeting guests and patrons at the main entrance and to work with kid's activities during public hours. The minimum age for volunteers is 14. Volunteering is open to adults, seniors, college and high school students. Service learning credit hours can be earned by high school students. We are accepting applications for the following volunteer positions: Special Event Volunteer, Administrative Assistant, Curatorial Assistant and Visitor Services. Contact Joy Hall at 443-263-1800 or email: hall@lewismuseum.org; or visit the website: www.lewismuseum.org.

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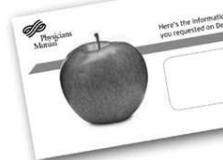
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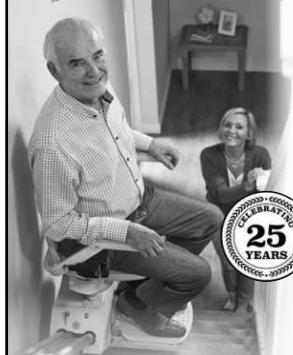
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