

The Annapolis Times

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The Barbershop Series exhibition features the work of renowned Baltimore artist puppeteer, and museum educator Schroeder Cherry, Ed.D. The series pays homage to one of the most enduring African American economic and cultural institutions with bold colors, movement, symbols, and visual metaphors. Each piece is a multimedia collage emulating the voices, sounds, textures and personas that make barbershops a central place in community. The public is invited to an extended barbershop conversation during the Sunday, June 9th opening curated by L. Nef 'fahtiti Partlow-Myrick. The vehicle for this conversation is The Game Plan Social developed by Joshua Lee, LCSW-c who will host this dynamic interplay between art and community. Art by Schroeder Cherry: "Fade, Barbershop Series #28; acrylic on wood. (See article on page 10)

The Barber Shop Art Series and Interactive Conversations

By Joshua Lee

After the death of Freddie Gray and the subsequent civil unrest in Baltimore, resulting in rioting, arsons and vandalism in many parts of the city in the spring of 2015, ShopTalk: Share. Heal. Grow., a community-based project was ushered into service.

The project's mission is to engage the African-American community led by African-American practitioners (including substance abuse professionals, clergy, community empowerment persons, etc.) in discussions that uplift, heal and inspire the community to provide support for each other and begin to solve it's own problems and challenges, by sharing their own wisdom and knowledge in a safe, supportive environment in barbershops owned by African-Americans.

The African-American barbershop is a community institution, where people gather to have all types of conversations.

ShopTalk: Share. Heal. Grow. employs socio-drama and other action-based techniques to engage members of the community. In their book, *Socio-drama: Who's In Your Shoes?*, Sternberg and Garcia state that "Sociodrama is a group action method in which participants act out agreed-upon social situations spontaneously. Sociodrama helps people to express their thoughts and feelings, solve problems, and

Continued on page 10

Why is wearing a helmet important?

It's not only safe, it's the law!

By Carla Aresco, MSL, CRNP

This article is part of the #STCPreventionMatters campaign from the R Adams Cowley Shock Trauma Center, University of Maryland. For more information about the campaign and the Center for Injury Prevention and Policy, visit www.umm.edu/PreventionMatters

As the temperature rises, people increasingly want to go outside and enjoy different activities. We are starting to notice more bicycles, motorcycles and e-scooters on the roads. However, sharing the road with other vehicles often results in collisions and severe injuries.

Imagine going out for a bicycle or motorcycle ride on a typical Sunday afternoon, close to home, in your neighborhood, when the unthinkable happens. A car, driving around the corner, is going too fast and doesn't see you. The driver slams on the breaks but it is too late, they hit you and you go flying over

the windshield. You are not wearing a helmet because you are in your own neighborhood, close to home, and feel safe. It is sad to say, but this happens more often than we think.

More than half of the bicycle injuries that occur are within one mile of the person's home on roads that are familiar. The location of the ride does not change the need to always wear a helmet when on a bicycle, motorcycle or scooter—electronic or not.

Wearing a helmet is the best way to reduce the severity of injuries that can be caused in a collision. Wearing a helmet while riding a bike is often compared to wearing a seatbelt while riding in a car. We don't get into our car without putting on our seatbelt and we shouldn't get on our bike, motorcycle or scooter without wearing a helmet. Also, just like a seat belt, a helmet cannot do its job if it is not fastened.

The fit of the helmet is very important. You don't want to wear a helmet that is too big for your head and moves around while



you are riding. The helmet should fit evenly and snug on your head and come down on your forehead. There should be 1-2 finger widths above your eyebrow to your helmet. Many helmets come with multiple sizes of foam pads that velcro to the inside for a better fit. The chinstrap should be tight around your chin.

The law in Maryland states that all bicyclists under the age of 16 must wear a helmet when riding on public property, including, roadways, trails and sidewalks (<https://www.roads.maryland.gov/Index.aspx?pageid=599>).

Not only is it a law but helmets have been shown to reduce the risk of serious head injury by 85 percent (Thompson, Rivara, and Thompson, 1989). In 2016, the majority of bicyclists who died in a crash were not wearing a helmet. Statistics in the American Journal of Surgery for 2016 also showed that helmeted bicycle riders had:

- 51 percent lower chance of suffering from a severe traumatic brain injury (TBI)

- 44 percent lower chance of dying
- 31 percent lower chance of suffering injuries to the face

Researchers concluded saying that “bicycle helmet use provides protection against severe TBI, reduces facial fractures and saves lives” (<https://www.helmets.org/stats.htm>).

The weather is only going to continue to improve as will our desire to be outside. Let's be proactive in our use of helmets and help prevent the impact of traumatic brain injury (TBI) on family members, friends and society. One click of a chinstrap can reduce the possibility of serious injury on the road.

Carla Aresco, MSL, CRNP, is Trauma Program Manager, R Adams Cowley Shock Trauma Center, University of Maryland. She is also the Lead Nurse Practitioner for Trauma Neurosurgery caring for traumatic brain and spinal cord injured patients.

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Editorials/Commentary

Could the past hold the key to a better future for urban kids?

"Really, it's a parenting question. Are the parents talking to their young people to let them know that downtown belongs to you too? The Inner Harbor belongs to you too, but you go there and act with common sense and decency and not go down there to disrupt and fight and create mayhem..."

Baltimore Mayor Jack Young's vehement response to the violence and property destruction attributed to hundreds of marauding teens over the weekend at the Inner Harbor was directed squarely at their parents.

Mayor Young pulled no punches attributing the responsibility for the behavior of young people as a parental issue. The mayor's estimate of the numbers of delinquent youth creating havoc downtown as one percent was still over-estimated.

With nearly 130,000 Baltimoreans under 18, the accused "troublemakers" actually only represent 0.3 percent of the city's youth. Mayor Young's assertion that most Baltimore youth are not the "criminals" insinuated by the Baltimore Fraternal Order of Police is an obvious fact.

Too often, at the heart of the issue of unruly, undisciplined urban young people are contemporary cultural standards of child-rearing and discipline informed by technology, demands of parents' employment, and other lifestyle factors that determine the amount and quality of time available for families to establish firm behavioral standards for children.

Of all the social, cultural and economic trends affecting the modern nuclear family in ways that degrade firm moral grounding for youth is perhaps the disconnect between the young and their elders which once existed as a communal bulwark inculcating successive generations with couth.

Grandparents and other older relatives possessed the patience, knowledge and wisdom that come from experience and long life that was once extolled as invaluable, and respected as a family's brain trust. Their counsel sought after and appreciated.

While it is more customary in western civilization to relegate older people to less revered status like the crazy uncle or senile grandma to be tolerated, Asian and African cultures, particularly, recognize elders as sacred, worthy of honor. A popular proverb from the Ivory Coast of Africa says: "The death of an elderly man is like burning a library."

For African American children the tradition of elders playing a strong role in rearing was not only an ancestral tradition. Due to the disruption of families because of slavery the responsibility of raising and socializing youth naturally became the purview of the old.

A byproduct of being nurtured by elders not only provided African American children with being strongly rooted in their families with a clear sense of respect, children were indoctrinated on the survival tactics in a racist society and knew to comport themselves accordingly. Today's youth may have a false sense of security.

Could the answer, in large part, be to readopt an ancient African standard of child rearing? Although not easy, the philosophy is simple: Parents should raise their children as aspiring parents. Parents must exercise the foresight that every interaction they have with their child is in preparation for their child to one day exercise those same practices to raise their own children.

Another profound African proverb, very appropriate here, reads: "A child is a parable of the life of a parent." In contemporary parlance one might compare this saying to "the apple doesn't fall far from the tree." In any event, in the African tradition, every value, ethic, lesson, instruction, discipline, punishment and insight a child is taught by parents are all for the sake of preparing him or her to raise their own children accordingly.



Community Affairs

Maryland celebrates Healthy and Safe Swimming Week

Baltimore— The Maryland Department of Health (MDH) shared water safety tips during Healthy and Safe Swimming Week to prevent water-related injuries. Healthy and Safe Swimming Week took place from May 20-26, the week leading up to Memorial Day—the unofficial start of summer.

"It's important to remember that water is a potentially dangerous force. No matter where you swim, please keep safety in mind to prevent injuries and drownings," said MDH Secretary Robert R. Neall.

Swimming is one of Maryland's most popular sporting and leisure activities. This year's campaign will increase awareness of the simple things people can do to prevent the most common and serious health and safety risks associated with recreational water activities—drownings and injuries, sunburns and potential infections.

Follow these tips so that you can safely enjoy all that Maryland's recreational

waters have to offer:

- Never swim alone
- Always be aware of young children's activities and whereabouts
- Use swim vests on all young children at the beach and for weaker swimmers in pools
- Reapply sunscreen frequently throughout the day
- Drink plenty of fluids
- Don't swallow pool or beach water
- Change children's diapers often to minimize the risk of contaminating water
- Don't swim when you have diarrhea, or if you have open skin wounds or infections
- Stay out of the water if it has a strange color
- Use bug spray
- Learn how to avoid and to escape rip currents
- For pool owners, follow package directions when using pool chemicals
- Save contact information for emergency personnel in your cell phone

For more information, call the Maryland Department of Health's Environmental Health Helpline at 1-866-703-3266 or email mdh.envhealth@maryland.gov

Smithsonian Institution Selects African American Museum Director Lonnie Bunch as secretary

By Lauren Victoria Burke,
NNPA Newswire Contributor

In a historic selection, the Smithsonian has selected Lonnie Bunch, III as the Secretary of the Smithsonian Institution. Bunch will serve as the 14th Secretary.

Bunch, 66, is the Founding Director of the National Museum of African American History and Culture. He will now oversee 19 museums, 21 libraries, the National Zoo, numerous research centers and several education centers as the Secretary of the Smithsonian.

While most people know Bunch as the founding director of the National Museum of African American History and Culture, it wasn't his first job at the Smithsonian. He was an education specialist at The Air and Space Museum in the late 1970s and worked at the The Museum of American History's office of curatorial affairs from 1989 to 2000.



In a historic selection, the Smithsonian has selected Lonnie Bunch, III as the Secretary of the Smithsonian Institution. Bunch will serve as the 14th Secretary.

Photo Credit: LBJ Library/Wikimedia Commons [CC BY 2.0]
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Bunch is also the former director of the Chicago History Museum.

"I will work tirelessly to build upon the

traditions of the Smithsonian to help America better understand the changing world it faces in the 21st century,"

"I will work tirelessly to build upon the traditions of the Smithsonian to help America better understand the changing world it faces in the 21st century," Bunch said at an announcement of his appointment May 28th.

Bunch's successor is David Skorton.

Bunch will begin his new job on June 16, 2019.

Bunch said at an announcement of his appointment on the morning of May 28th. Bunch's successor is David Skorton. Bunch will begin his new job on June 16.

"The search committee unanimously felt that Lonnie was by far the best candidate of the many, many that we saw," said David Rubenstein, the chair of the Smithsonian's board.

"Mr. Bunch's four decades of museum experience and his tremendous success in building the National Museum of African American History and Culture from the ground up make him the right person to lead our nation's extraordinary federally-supported consortium of museums, research centers, and a zoo. The Smithsonian Institution's diverse holdings and rich treasures reflect the greatness of America, and I can think of no one better to serve at its helm," said House Majority Whip Jim Clyburn in a May 28 statement.

"Mr. Bunch has demonstrated his ability to build and steward collections, fundraise to support the preservation of these remarkable artifacts, and to tell the story of our country's artistic and human experiences.

Lauren Victoria Burke is an independent journalist and writer for NNPA as well as a political analyst and strategist as Principal of Win Digital Media LLC. She may be contacted at LBurke007@gmail.com and on twitter at @LVBurke

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Baltimore Times Q&A with Baltimore's New City Council President, Brandon Scott

Regi Taylor, interviewer and Jourdan Taylor, audio and photography

We arrived at Baltimore City Hall on Friday, May 24, 2019 in the morning for an in-person Q&A with new City Council President Brandon Scott. His sparsely furnished space, empty shelves, pictures not yet hung on the walls and half emptied boxes suggests Mr. Scott hit the ground working.

Baltimore Times: Good morning Mr. Scott first I'd like to congratulate you on behalf of the Baltimore Times for your ascension to city council president. What do you hope to achieve between now and the end of your 18-month term?

Brandon Scott: I am humbled and honored to serve, and very grateful for the unanimous support of my colleagues.

At the top of my list is this disease known as gun violence that is raising havoc on our neighborhoods. That will remain the focus for me. We can no longer expect the police to be the sole bearers of the responsibility in that mission.

I have a bigger platform to demand from the agencies and administrative leadership in Baltimore, a comprehensive gun violence reduction strategy.

I'm 35 years old and Baltimore City government has not changed the way it operates in the 35 years that I've been alive, and we are seeing the results of that.

Also, I think that when you look at the way Baltimore's government operates we have to look at changing that and what you will see from us will be very, very...

Baltimore Times: Proactive?

Brandon Scott: No. Not just proactive, transparent. Transparency will be key for us. We will talk with citizens. We'll be bold. We'll be innovative. We will also be respectful of everyone's opinion and train of thought. No one will be disrespected.

Everyone will have a seat at the table and we will work through those issues. We will have bold ideas to put in place. What I will not do— which predecessors before me did— is worry only about my



Baltimore's new City Council President Brandon Scott (left) sat down with Baltimore Times reporter, Regi Taylor (right) on Friday, May 24, 2019 in his office at City Hall.
Photo By Jourdan Taylor

term. We're looking 10, 15, 20 years down the road.

Baltimore Times: The circuit and district courts of Baltimore City denied a request by City State's Attorney Marilyn Mosby to dismiss thousands of marijuana charges. The principle reason Mosby wants the dismissals to free-up resources to target the homicide clearance rate.

Since Ms. Mosby took office in January 2015, these are the stats: 2015, 344 murders, 241 unsolved; 2016, 318 murders, 195 unsolved; 2017, 343 murders, 167 unsolved; 2018, 309 murders, 175 unsolved. Including 2019 numbers there could be at least 800 unapprehended murderers on Baltimore streets, years prior to 2015 notwithstanding. What's your response?

Brandon Scott: The clearance rate is unacceptable, right, but I think that when you think about this, for me, is that I think about the totality of the system. First and foremost, to go back to your first point, listen, we... it's time for Maryland to join states across the country in understanding and legalizing recreational marijuana.

We know that for Baltimore, and for Maryland, black and brown people bear the brunt of not just marijuana, but for all drug arrests, right. I will put it like this: in my neighborhood at the corner of Parkmont and— Powell and Belair Road, there's a medical marijuana facility. But a young man can get arrested at that same corner for selling marijuana. I have been speaking about this ad nauseam. The new [police] commissioner is going to do a deep analysis, and he is going to come up with a plan for call reduction that focuses on the right priorities.

Baltimore Times: Research shows roughly 10,000 ex-offenders return to Baltimore streets annually with a recidivism rate of about 40 percent over 36 months. There appears a symbiotic relationship has developed between ex-offenders and urban street culture. The prison culture appears to have infiltrated the streets. What's your response?

Brandon Scott: Listen, I talked about this a lot when I was running for lieutenant governor last year of the prison system. We have to rehabilitate.

That's not what's happening. We have to do that with a laser focus, right. So for

example, we know that Sandtown-Winchester, per capita, has more ex-offenders than any neighborhood in the state, right?

If we know young men and young women, violent ex-offenders are coming home in three to four years to that neighborhood then we also know that we have organizations like Center for Urban Families there, that want to help them reacclimate— with their families, with their children— so they can be full members of the community.

Baltimore Times: I have one final question on incarceration and violence. Research shows that one of six Baltimoreans, are functionally illiterate— over 100,000 people. Of youth who go through the juvenile justice system, 85 percent are illiterate and 60 percent of prisoners overall in Maryland are illiterate. How do you deal with massive illiteracy and a high school graduation rate of nearly 50 percent?

Brandon Scott: What we can do from the council's standpoint, with no direct power over the school system, we know from statistics that if a child is reading at or above grade level at third grade they won't fall into the traps we've talked about. That's where the investment has to be.

We have to invest more in programs like Youth Opportunity, the YO program, that I'm actually an alum of. These investments are not going to be popular; not going to be pretty and shiny. There will be some failure. Our people have important needs so we have to come up with creative ways to meet them.

It's going to take carers to make those investments because they're not going to be popular— they're not going to be pretty and shiny. There will be some failure in them but we know that we can continue to have ourselves do the same things, and we have these needs that have to be met for people; we have to come up with creative ways to meet them.

Thank you. Thank you so much.

Baltimore Times: Thank you as well, President Scott. We appreciate you making time for us.



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How I discovered mental peace while running 26.2 miles

By Charles (Chazz) Scott
Nucleus Team Member,
Positively Caviar, Inc.

Why run 26.2 miles? Why put yourself through the pain? Why spend a significant amount of time altering your daily schedule, sleeping habits and diet to accomplish this feat? Will you finish? What are you searching for?

These were just some of the thoughts in my mind while I was training for my first marathon in October 2018. As I researched, I began to see that this type of event is much more of a mental test rather than a physical one. In particular, the infamous “wall” is among the most difficult parts of the race that many runners hit around mile 18.

Hitting the “wall” refers to the point where the human body depletes all of its “stored glycogen and the feelings of fatigue and negativity, which typically accompany it.” Glycogen is a carbohydrate stored in our muscles and liver to give our bodies energy. When the body runs low on glycogen the “brain wants to shut down activity as a preservation method, which may lead to negative thinking,” causing the well-known “wall.” I realized this was a test of true mental fortitude.

As the Chief Creative Optimist at Positively Caviar, Inc. my team and I are constantly developing activities for our self-empowerment workshops with the goal of increasing mental resilience in our attendees. We have studied the importance of good habits, self-talk, self-confidence and self-love.

These qualities and more have a significant influence on how one is able to overcome adversity. I not only wanted to understand the knowledge but also utilize it and apply it in my own life.

Practicing what I speak about is very



Charles (Chazz) Scott ran his first marathon— The Baltimore Running Festival in October 2018. He says it was the worst pain his body had ever endured but was also one of the greatest, most peaceful moments of his life. Courtesy Photo

important to me to ensure that I am authentic and genuine. I believe authenticity can only be developed by true experience. I believed running 26.2 miles was the perfect experience that I needed to battle my own mind and put to test the research built into our own workshops.

It was finally race-day. It wasn't until mile 20 that I had my first taste of the “wall.” My toenails sore, my knees and lower back were in agonizing pain and I still had five miles to go. I realized that

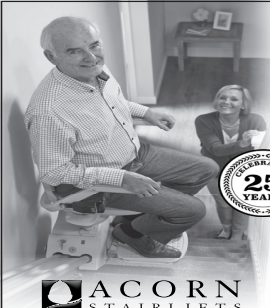
for the past three months I was preparing my mind for this one moment— I was totally depleted. During that moment of pain and lack of energy, I remained keenly conscious of the conversations in my head. This moment stripped me down to my deepest fears, self-doubt and insecurities. With each step, my brain came back to one question: Why? Why are you continuing to put one step after the other? Why are you putting yourself through this mental and physi-

cal suffering to finish this race?

During times of adversity and goal setting, I realized the mind always searches for the path of least resistance. During these moments, the mind will keep asking you one question— why? This is the same “why” that I heard during my race. It's in moments like these that you must have an answer to this question and learn to suppress the voice in your head that tells you to stop or that you can't do something. This is a voice that nearly all of us have heard before while trying to attain a goal, in times of suffering, working out in the gym, studying for a test, or even washing the dishes. You must have the will and a “why” to overpower and fight that voice in your mind that tells you to rest or that you can't do something. The more you learn to shut down that voice, the better you become at overcoming obstacles in your life. Your mind is like a muscle and over time you will improve your mental threshold for tolerating pain and discomfort. This is mental fortitude and resilience.

During the race, I learned two things about life— it's imperative to have a “why” and that mental and physical discomfort are inevitable while attaining a goal. You must have a strong enough “why” to leverage as strength and courage to endure any obstacle. This is the determining factor in giving up or succeeding in every facet of life. I had an answer for my “why” during that race. I answered the question, pressed forward towards my goal and finished my first marathon under my target time. It was the worst pain my body had ever endured but also one of the greatest, most peaceful moments of my life.

“He who has a why to live for can bear almost any how.” — Friedrich Nietzsche



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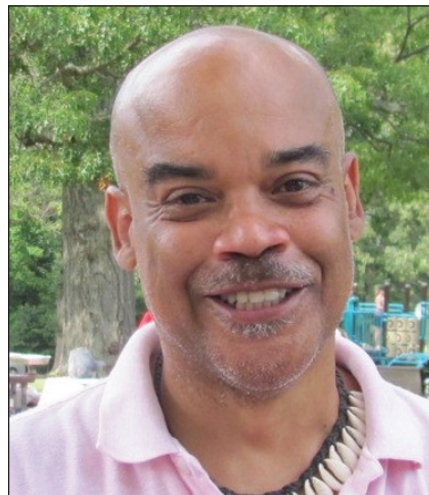
you are
empowering

The Barber Shop Art Series and Interactive Conversations

Continued from page 1



Joshua Lee, mental health therapist, facilitator and performance life coach. Owner of UMOJA Integrative Behavioral Health Systems



Schroeder Cherry, artist
Courtesy Photos

clarify their values. Rather than simply discussing social issues, sociodrama gets people out of their chairs and exploring in action topics of interest to them.”

These facilitated conversations and exercises aim to interact with participants inside of barbershops in order to discuss a number of topics that impact the African-American community, including violence, politics, forgiveness, and drug and alcohol abuse. This format allows the community to experience each other differently and offers solutions to these issues. It’s important to use an action method such as socio-drama in barbershops because of its open environment and no agreement to confidentiality. Sociodrama forms a collective story on a topic that is relevant to the participants. This action structure opens creative outlets for full involvement and self-expression because it is not a 1-person story.

So, how does ShopTalk: Share. Heal. Grow. relate to the Barbershop Art Series by Schroeder Cherry being held at the Function Coworking Community on June 9, 2019? I thought it was an excellent chance to engage the wider community, who would appreciate scenes from the barbershop, while at the same time, establish deep connections and have authentic conversations to talk about current events. Additionally, Schroeder Cherry is one of seven finalists for the 2019 Sondheim Artscape Prize. I

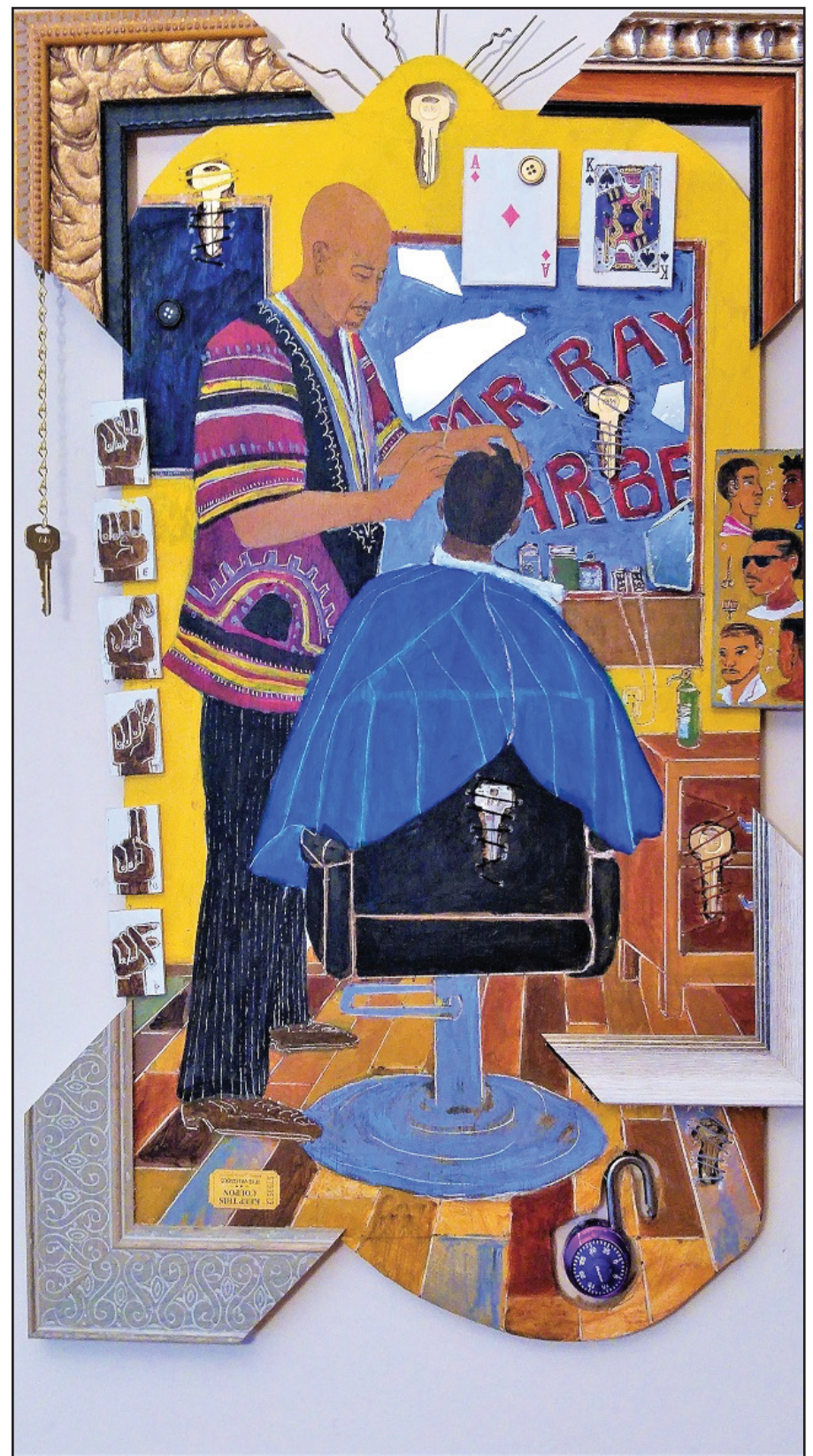
jumped at the chance to collaborate with my friend of several years when I learned of this current work.

The intention is to have interactive, highly engaging, conversations with the community inspired by the artwork no matter what one’s background is. Further, Garcia and Sternberg state, “as they explore various issues, they put themselves in other people’s shoes in order to understand themselves and others better. One of the reasons sociodrama works so well is that it taps into the truth about humanity that we are each more alike than we are different. Sociodrama speaks to both sides of the brain, with its action/reflection components. It is a kinesthetic, intuitive, affective and cognitive educational technique. Sociodrama has as its goals: catharsis (expression of feelings), insight (new perception) and role training (behavioral practice).”

Within Schroeder Cherry’s brilliant artwork, there are so many story lines to build upon and play with. For example, when one sees a real combination lock or a set of keys included as part of the artwork, what comes to mind? Who knows? That is the point. We will explore, give voice to and share meaning about the many elements embedded in the artwork together as a community to find out.

The opening event will be curated by L. Nef’fahiti Partlow-Myrick.

Open to the public. Free admission.



“Next Up, Barbershop Series”- Acrylic painting on wood.
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More Than A Fraction:

Author's Ancestral Research 'Adds Up' To One Amazing Story

By Ursula V. Battle

Dr. Kerri Moseley-Hobbs recalled the project that began in 2014 with her grandmother Susie Isabell.

"My grandmother didn't talk a lot," said Dr. Moseley-Hobbs. "That generation was quiet about their history. But 30 days before she died, she talked to me about researching the family's history. She began to tell me about family members, gave me names, and talked to me about people she knew."

She added, "Initially, it was to be a story of facts that would be shared with family members. However, I became obsessed with the research. I was so fascinated by what I discovered about my family."

Dr. Moseley-Hobbs' research, coupled with her son Anthony Michael Hobbs' suggestion to put it in book form, led her to write the highly acclaimed work, "More Than A Fraction."

"It took me two years to write the book," said Dr. Moseley-Hobbs. "The goal of the book is to make those who were enslaved, people instead of props. Some of our favorite movies have the same storyline – that slaves woke up, suffered, and slept. I took the documentation that was available and used it to present them as people."

The book tells the tale of "Thomas Fraction" and "Othello Fraction" - brothers and best friends who had heard (and let no one forget) that they were descendants of an African nobleman whose tribal scars looked like tiger stripes.

"The characters are based on real people and the events," said Dr. Moseley-Hobbs.

Considered three-fifths a person, the book tells the story of how the Fraction family came to America, contributed to the Civil War, survived murder attempts on their lives, and eventually settled outside of Blacksburg, Virginia as southern refugees. Dr. Moseley-Hobbs is the third great-granddaughter of Thomas Fraction, who was enslaved at a Blacksburg, Virginia plantation, and later enlisted in the Union Army during the Civil War.



Dr. Kerri Moseley-Hobbs
Courtesy Photos

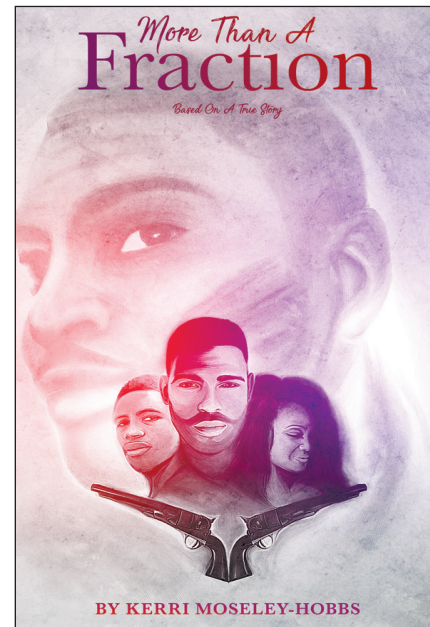
After discovering that the Smithfield Plantation was still in existence, Dr. Moseley-Hobbs went to see the place where so much of her family's past had taken place.

"I hopped in my car and drove down to Virginia Tech," she recalled. "It was fascinating. The place was still frozen in time. The tree, where my ancestors had carried out a great deal of merriment, was still there. It was never cut down because of its history."

She added, "It turned out that Virginia Tech had been looking for the Fraction descendants for years. They wanted to do a better job of telling the story of African Americans in the foundation of their history. God led us to them. For me, it was not anger, but a spiritual homecoming."

Dr. Moseley-Hobbs's research told a story of how her family had been transported on a ship called the True Blue to America for a life of enslavement at the Smithfield and Solitude plantations. Historians believe the Fractions had the most family members who lived at the Smithfield, Solitude and Whitethorne plantations on land that is now part of the Virginia Tech campus.

The cabin where her ancestors lived has since been memorialized at Virginia Tech in the form of a three-room, white



home near Solitude Mansion. "The Fraction Family Cabin" is a reminder of what the Fractions and other blacks at that time did to help build the university.

Dr. Moseley-Hobbs also discovered documentation, that told the story of Thomas and Othello Fraction's struggles to be free after the Civil War was won, and how they became landowners.

"The logic behind the name of the book 'More Than A Fraction' is that they were considered only a fraction of a man, but they were much more than enslaved individuals," she said. I discovered amazing stories of those who survived in spite of all they endured."

She added, "I was somewhat surprised by some of the pushback and politics I encountered by those who thought I was trying to revise history. I was not revising history, but correcting it."

Dr. Moseley-Hobbs is a policy, regulation, and administration specialist in the field of higher education. She is a former Promotions Assistant and Junior Writer at The Baltimore Times newspaper.

The descendent of Thomas Fraction is also a member of the Smithfield-Preston Foundation's Board of Trustees that oversees the historic estate where the Smithfield plantation was located. The talented author and researcher holds a doctorate degree in Education, two master's degrees, and a bachelor's degree.

On May 26, 2019, The African American Civil War Museum in Washington, DC hosted a presentation about her book. On August 17, 2019, from 1 p.m. to 3 p.m., she will be at the Eubie Blake National Jazz Institute and Cultural Center on Howard Street discussing her work.

"I am so proud of Kerri," said her mother Eunice Mosely. "I believe she has the ability to enlighten the world on what a powerful and influential race we are, which will inspire us all as a people to change for the better."

More Than A Fraction can be purchased at Barnes & Noble and on Amazon.



Dr. Moseley-Hobbs' research led her to this tree in Virginia, where enslaved members of her family shared enjoyable times.

Viola Davis reveals diabetes diagnosis and campaign to raise awareness

By Stacy M. Brown
NNPA Newswire Correspondent
@StacyBrownMedia

Academy Award winner Viola Davis has opened up about her prediabetes diagnosis, sharing that she comes from a family with a history of type 2 diabetes. "I'm one of 84 million American adults living with prediabetes and I'm sharing my story for the first time in an effort to inspire others to take action against the type 2 diabetes epidemic," Davis said in a statement after narrating "A Touch of Sugar," a new documentary about type 2 diabetes epidemic in America.

Davis received her diagnosis despite having experienced no symptoms.

"None whatsoever. I felt totally healthy and able—I went in for a hormone test, and my doctor took an A1C test," Davis said of the blood test that takes the average of your blood sugar levels for the past two to three months and is used to diagnose type 1 and type 2 diabetes.

Diabetes is a disease that occurs when your blood glucose (also called blood sugar) is too high, according to the National Institutes of Health (NIH).

Blood glucose is the body's main source of energy. Insulin, a hormone made by the pancreas, helps glucose get into your cells to be used for energy.

In type 2 diabetes, your body doesn't make enough insulin or doesn't use insulin well. Too much glucose then stays in your blood, and not enough reaches your cells.

Over time, too much glucose in your blood can cause health problems, such as heart disease, nerve damage, eye problems, and kidney disease.

Among the most recent reports, a study published by MedScape revealed that 13.3 percent of all African Americans have diabetes and blacks are 1.8 times as likely to have diabetes compared to non-Hispanic whites.

Davis, who has won an Academy Award, an Emmy and a Tony, says she



Viola Davis joined forces with pharmaceutical company Merck to narrate "A Touch of Sugar," a documentary about type 2 diabetes epidemic in America. Photo Credit: violadavis.net

hopes her new documentary will shed light on the stigma around the diabetes and also help others be more productive about their health.

"My sisters are both struggling with type 2 diabetes and my aunt also died from complications of the disease," Davis said. "Growing up, we just said they had 'the sugar' which didn't sound that concerning. But, when you look at the facts, there's nothing harmless about diabetes—it's a chronic disease that needs to be taken seriously if we're going to get it under control."

Davis joined forces with the pharmaceutical company Merck to narrate "A Touch of Sugar," which also depicts how the disease affects all communities.

The film reportedly is part of a larger initiative led by Merck called "America's Diabetes Challenge: Get to Your Goals." "A Touch of Sugar" debuted at the Tribeca Film Festival in New York last month.

"There are 30 million Americans with type 2 diabetes and 84 million with prediabetes. There are 324 million people in this country, so that's half the population right there," Davis said. "I think this documentary is really wonderful because it's confronting the stigma around diabetes, and it's giving a voice to something that has been voiceless for way too long and that's why the numbers are too high."

Baltimore's only summer camp serving homeless children entering 112th season



Camp St. Vincent's curriculum addresses the negative effects of homelessness and prevents summer learning loss; camp supplies, snacks and donors still needed. To donate supplies or snacks to Camp St. Vincent or to sponsor a child, visit: www.vincentbaltimore.org/camp.

Photo Credit: St. Vincent de Paul Baltimore

Baltimore—Camp St. Vincent is the only free summer camp dedicated to serving children experiencing homelessness in the Baltimore region. Entering its 112th year, Camp St. Vincent continues to provide children experiencing homelessness with an unforgettable and transformational camp experience and addresses the negative impact of homelessness on children's unique academic, social and emotional needs.

This year's Camp St. Vincent will continue to be hosted in Patterson Park from June 24, 2019 – August 9, 2019, providing children experiencing homelessness with a curriculum that is focused on math, literacy, and social-emotional learning. Camp St. Vincent provides campers with an array of extracurricular activities, including dance, art, nature exploration, swim safety, weekly field trips, and daily recreation.

Camp St. Vincent's unique curriculum is designed to mitigate summer learning loss. Last year 91 percent of campers maintained or advanced their reading level and 93 percent maintained or advanced their math skill level over the

eight weeks. Camp St. Vincent also meets the unique social emotional needs of campers who gain acceptance from their peers and trained counselors that can assist in providing a sense of normalcy.

Through the loyal support of donors, St. Vincent de Paul provides a diverse and rich experience for children experiencing homelessness. Throughout the years, Camp St. Vincent has changed the lives of thousands of vulnerable children. St. Vincent de Paul of Baltimore is committed to ensuring that children experiencing homelessness have access this vital opportunity.

Camp St. Vincent relies on annual support from individuals, church groups, corporations and private foundations that sponsor more than 250 children who attend each summer. To sponsor a homeless child and give a young person an opportunity to succeed, visit www.vincentbaltimore.org/camp.

In addition to financial support, donations of snacks, bathing suits and towels are still needed for this year's program. For more information or to donate supplies or snacks to Camp St. Vincent, visit: www.vincentbaltimore.org/camp.

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Climb aboard the Summer Movie Express and enjoy \$1 movies at Regal Theatres

Knoxville, Tenn.— Regal's Summer Movie Express is back in theatres featuring \$1 movies all summer long. This kid-friendly festival is the perfect way to beat the heat this summer at over 340 theatres nationwide. Regal will offer two movies on Tuesday and Wednesday mornings at 10 a.m., with a portion of the proceeds benefitting the Will Rogers Institute, which promotes and funds medical research of cardiopulmonary diseases and purchases neonatal ventilator equipment for medical facilities across the country.

"Summer Movie Express is one of the hottest annual deals Regal offers to its moviegoers. We invite people of all ages to join us for three months of fun and entertainment as we feature family-friendly blockbusters," said Ken Thewes, Regal's Chief Marketing Officer. "This summer program is the perfect way for families to spend quality time together while enjoying a big screen experience."

Since 1991, Regal has hosted special summertime entertainment for families to enjoy and to foster a love of movies in each generation. This year's Summer Movie Express program takes place at 10 a.m. on Tuesday and Wednesday mornings at participating theatres featuring a fantastic lineup of 'G' and 'PG' movies including, but not limited to: *Paddington 2* (PG); *How to Train Your Dragon: The Hidden World* (PG); *Teen Titans Go! To the Movies* (PG); *Smallfoot* (PG); *Despicable Me 3* (PG); *The Secret Life of Pets* (PG); *The Lego Movie* (PG); *The Grinch* (PG); *The Lego Movie 2: The Second Part* (PG); and *Captain Underpants: The First Epic Movie* (PG).

For local start dates, a list of participating theatres, and a complete list of movies, visit:
www.regmovies.com/promotions/summer-movie-express.

Rambling Rose

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Rosa Pryor Trusty

Hello everyone! Hopefully, you made it through the Memorial Weekend with a smile. I have so much to tell you, so let me get started.

Well, first I want to thank all of the musicians who contacted me and came to visit me after leaving the Ethel Ennis Memorial Concert. I was told it was awesome! It was well attended by musicians and friends from all over the country. Renowned internationally known musician from Baltimore, David Bun, was my eyes and ears for the event, which I will share photos and quotes with you from the musicians in my next Baltimore Times column.

Jazz Expressways Foundation Blues & Jazz Breakfast Show featuring Phil Butts & the Sunset Band takes place on Saturday, June 8, 2019, from 10 a.m. to 2 p.m. at the Forest Park Senior Center, 4801 Liberty Heights Avenue in Baltimore. For more information, call Rosa Pryor at 410-833-9474. I have a few tickets left.

I am very excited about this next event because six of our local bands, including: Ol Skool Band; Ms Christal F with her band; Style; David Smooth's /31 Temptation Review; Firs Impressions; and Class Band will compete for the grand prize. Tee-Shirt Brian is one of the producers of this event and I will be one of the judges. This will be so much fun. I really need you to come out and support the event at the Patapsco Arena, 3301 Annapolis Road on June 8, 2019 from 5 p.m. to 1 a.m. The other judges are Larry Young, Travis Winkey and Jean Cobb-Alston. For more information, call Tee Shirt Brian at 410-790-9333.

Trinity Chapter No. 5, my Eastern Star Sisters is hosting a "Mix & Mingle at the Blue Moon Family Grill, 9036 Liberty Road in Randallstown, Maryland. The kitchen will be open and the music will

be jumping. For more information, call Michelle Lilly at 443-803-9639.

The Royal Theater & Community Heritage Corporation will host their "Annual Courtyard Music Series" every month from June through September. On June 1, Guy Curtis Band will perform in the Avenue Courtyard 2229 Pennsylvania Avenue. The event is free and open to the public. All you have to do is bring your own lawn chairs. This is a fundraiser to rebuild the Royal Theater. It is every first Saturday of the month 4-8 p.m. I am looking forward to seeing you. I am the Mistress of Ceremony for these events.

Before I run out of space, I want to tell you about a show at Caton Castle located 20 S. Caton Avenue is hosting on Saturday, June 1, 2019 at 6 p.m. featuring The Paul Carr Group.

The Arch Social Club is one of the three organizations that will be honored at the Maryland Traditions Heritage Awards on Friday, June 7 at 6 p.m. at the Proscenium Theatre on the campus of the University of Maryland Baltimore County. The Maryland Traditions Folk Life program of the Maryland State Arts Council hosts the Heritage Awards.

John Lamkin and his band will perform on Saturday, June 8, 2019 at An Die Musik Live, 409 N. Charles Street.

Vernard Gray and the East River Jazz Fest is hosting their event June 7-16, 2019— an all access pass to entertainment of Be-Bop; Hip Hop; Jazz Funk; R&B; Straight-ahead; Spoken Word; Fusion; and Blues. Something for everyone's taste is on the agenda. For more information, email Vernard at: vernardgray@gmail.com.

Alright, my dear friends, I know I am out of space now, my boss will think I'm out of my mind, but I just had to let you



Gaynell Colburn, vocalist and percussionist Band will be performing at the Idiewylde Community Hall, 6301 Sherwood Road in Baltimore for a "Pre-Father's Day Dinner & Show" on Saturday, June 8, 2019 from 6:30 p.m. to 10 p.m.



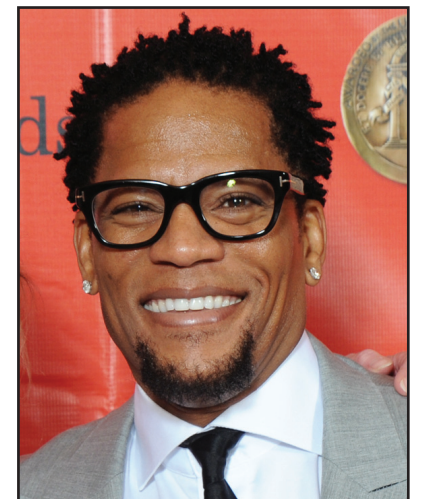
J.C., R.B. Production and Tee-Shirt Brian of D.O.T. Sport Promotions will be hosting "The Battle of Baltimore's Best". Local bands from all of Baltimore will compete for the grand prize. Yours truly "Rambling Rose" will be one of the judges on Saturday, June 8 from 5 p.m. until 1 a.m. at the Patapsco Arena. For more information, call 410-790-9333.



Phil Butts & the Sunset Band will perform for the Jazz Expressways Foundation Breakfast Fundraiser on Saturday, June 8, 2019 from 10 a.m. until 2 p.m. at the Forest Park Senior Center, 4801 Liberty Heights Avenue. For tickets information, call Rosa at 410-833-9474.

know what is going on before my next column comes out. So enjoy your week and remember if you need me, call me at 410-833-9474 or email me at rosapryor@aol.com.

Comedian D.L. Hughley will perform at the Hollywood Casino in West Virginia on June 1, 2019 at 8 p.m.



AMFM awards \$5,000 scholarship to college music major

Annapolis— Annapolis Musicians Fund for Musicians, Inc. (AMFM), a nonprofit organization that supports professional Annapolis musicians, awarded its second Tim King Music Scholarship of \$5,000 to Archbishop Spalding High School senior Abigail Michaels. This fall, Michaels will enroll as a freshman at Indiana University Bloomington, Jacobs School of Music, where she intends to pursue a bachelor's degree in music performance.

"We are so pleased to continue this yearly scholarship program that honors Tim King's legacy," says AMFM President Matt McConville. "Tim was a beloved and gifted musician, entertainer, and guitar teacher in our community."

Michaels, an accomplished oboist, has been playing since the fourth grade. She has performed in high school, all-state band as the principal oboist, and has won competitions in the Chesapeake Youth Symphony Orchestra. She performed at Carnegie Hall and was the principal oboist in the Ireland Tour with the youth orchestra. She is also a vocalist and plays the piano and English horn. Dedicated to community service, Michaels organized a benefit for the victims of Hurricane Harvey in the fall of 2017.

Scholarship candidates were evaluated on several criteria—including their participation during high school in music performance groups, volunteer music opportunities in their communities, and private lessons—to assess their commitment to pursuing music academically. "Again, we had an exceedingly talented applicant pool," says McConville.



This fall, Abigail Michaels will attend the Jacob School of Music at Indiana University Bloomington, where she intends to pursue a bachelor's degree in music performance. Courtesy Photo

"AMFM is honored to support this young musician as she embarks on her professional career."

AMFM was created to provide financial relief to professional Annapolis musicians who cannot work due to sickness, injury, or any other circumstance leaving them unable to perform. It also fosters the next generation of musicians in the Annapolis area through its scholarship and award programs.

AMFM raises funds through donations and through music events that showcase local professional talent, including its "In the Vane Of..." music series.

The next "In the Vane Of..." show is the Motown show on Monday, June 10, 2019. For more information, visit: www.am-fm.org.

Happy Helpers for the Homeless Needs Volunteers

Happy Helpers for the Homeless is a volunteer run organization that provides Maryland's homeless with food and other items they desperately need. Their goal is to show these individuals love and support to help get them back on their feet. Each Saturday, Happy Helpers meets to make and distribute sandwiches and other goods to those with need in Glen Burnie. Volunteers meet as a group at the 7-11 at 7701 Quarterfield Road in Glen Burnie at 11 a.m. to gather supplies before moving to Harundale Presbyterian Church to distribute the food and other goods. To get involved, choose whichever Saturday you would like to volunteer and arrive at the Quarterfield Road 7-11 at 11 a.m.! For more information, email Happy Helpers at web@happyhelpersforthehomeless.com or call 443-433-2416.

Haloti Ngata returns to Baltimore to retire as a Raven

By Tyler Hamilton

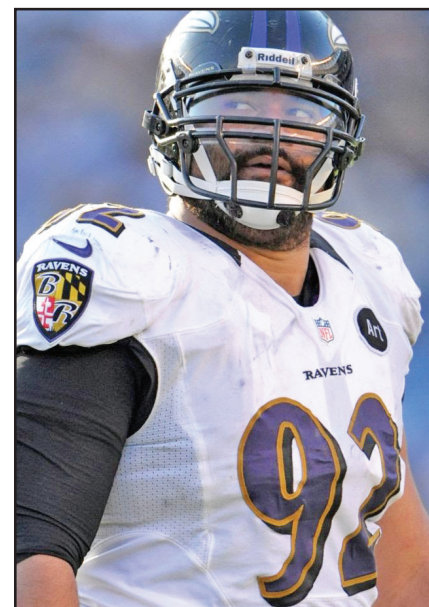
Throughout the team's history dating back to 1996, the Baltimore Ravens have always been known for their defensive prowess. Players such as Ray Lewis, Ed Reed, and Terrell Suggs fueled their defensive dominance over the years.

Defensive tackle Haloti Ngata played alongside the three previously mentioned legends after he was selected with the No. 12 pick in the 2006 NFL Draft.

Ngata was a five-time Pro Bowler (2009 - 2013) and was twice named a First-Team All-Pro (2010, 2011). He was named a Second-Team All Pro three times (2008, 2009, 2015).

In nine seasons as a Raven, Ngata posted 445 tackles and 25.5 sacks. However, much of his work and his impact on the game cannot be measured by the stat sheet. Often times, it was Ngata who kept two blockers occupied while Lewis had a free run to ball carriers.

Ngata's elite athleticism was rare for the 6' 4" and 340-pound defensive lineman. Despite playing in the trenches, Ngata only missed nine games in his career as a Raven. He played an integral



Haloti Ngata was selected by the Baltimore Ravens with the team's No. 12 pick during the 2006 NFL Draft. He played an integral role in Super Bowl XLVII when the Ravens won their second Lombardi Trophy.

Courtesy Photo/NFL.com

role in Super Bowl XLVII when the Ravens won their second Lombardi Trophy.

Before being traded to the Detroit Lions, Ngata embedded himself within the Baltimore community through the Haloti Ngata Family Foundation, which has hosted events ranging from luaus to golf tournaments across the country.

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Three steps companies can take to improve mental health in the workplace

News & Experts— Sick days among workers are commonly associated with physical ailments, but mental health issues also account for frequent absences. A report from the 2018 Mental Health in the Workplace Summit showed that more people miss work due to stress and anxiety than for physical illness or injury.

Dealing with mental health can be a delicate issue for both employers and employees. Some think it carries a stigma, thus employees may attempt to hide their problem. A survey by the American Psychological Association found that less than half of American adult workers felt their companies supported the well-being of their employees.

Yet more companies, cognizant of productivity and cost issues associated with employee absences, are starting to implement mental health initiatives as part of their workplace wellness programs.

"Employees try to hide what they're going through because they fear the negative consequences of being discovered. And these fears are justified," says Ken Dolan-Del Vecchio (www.greengateleadership.com), formerly Vice President, Health and Wellness, at Prudential and founder of GreenGate Leadership®. "Many otherwise capable managers become very uncomfortable when they hear one of their team members mention words

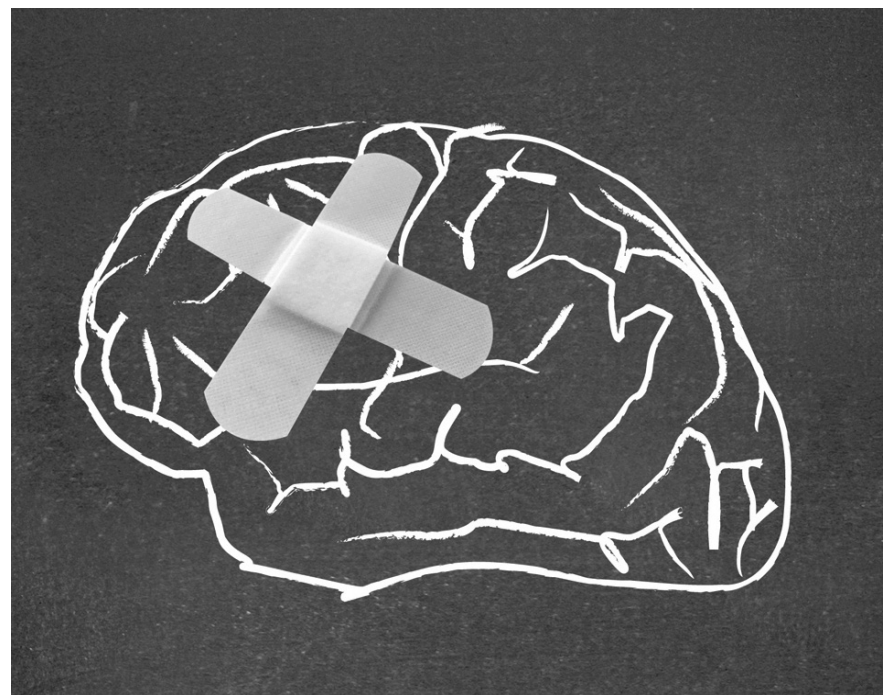
like stress, anxiety, and depression.

"Forward-thinking employers are implementing initiatives that break stigma and improve access to effective care. They recognize the role of leaders at all levels in creating positive, respectful, health-promoting work environments. As has often been said, culture trumps strategy every time. An employer can have all the right policies in place, but it's the culture that either brings these to life or makes them a joke."

Dolan-Del Vecchio's tips for employers:

•**Break the stigma.** Studies indicate one in five American adults experience a form of mental illness. "Like most health conditions, these are most effectively treated when identified early," Dolan-Del Vecchio says. "Stigma causes many who suffer to deny their need for care and, therefore, delay seeking it. Senior execs are in the best position to break the stigma. They can share their personal story if they live with a mental health condition, talk about how they have supported others, and sincerely encourage their employees to get the care they deserve."

•**Improve access to effective care.** "Hold your benefits provider system accountable for effective care delivery," Dolan-Del Vecchio says. "Take a searching and fearless look at how well your



organization's mental health benefits actually serve those in need. You do that by creating an anonymous feedback mechanism for your employees and their family members. Sadly, I can almost guarantee that the results will show need for significant improvement."

•**Train leaders.** "Stress," Dolan-Del Vecchio says, "is the enemy of health and sustained productivity. More than any other factor, our immediate supervisor creates the culture of our workplace. When leaders at every organizational level treat those who report to them with an attitude of caring and respect, including respect for initiative, autonomy, diversity and reasonable limits when it comes to productivity, the best organizational results will follow."

"It's in everyone's best interest for employers to fight the stigma linked to mental health issues, ensure medical benefit partners are delivering on their promises, and make sure leaders of people are up to the task," Dolan-Del Vecchio says.

Ken Dolan-Del Vecchio is an author, speaker, family therapist, and leadership and life skills consultant. He founded GreenGate Leadership® after retiring from his role as Vice President, Health and Wellness, at Prudential, where he was responsible for behavioral health services for the company's 20,000 U.S. Employees. For more information, visit: www.greengateleadership.com.

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