

# THE BALTIMORE TIMES

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## Pennsylvania Avenue corridor designated Black Arts and Entertainment District



Mayor Bernard "Jack" Young presents a citation to Lady Brion Gill at a press conference to announce the creation of the Pennsylvania Avenue Black Arts and Entertainment District. A large and enthusiastic crowd jammed The Avenue Bakery on Tuesday, July 23, 2019 to witness history. Photo: Leon Pinkett, Councilman, 7th District; Lady Brion Gill, executive director, Pennsylvania Avenue Arts and Entertainment District; Wanda Best, executive director, Upton Planning Committee; Mayor Bernard "Jack" Young; Robert Stokes, Sr., District 12; Anthony Pressley, executive director, Druid Heights Development Corp.; Eric Costello, Councilman, District 11; Marion Blackwell, Main Street Manager; John Bullock, Councilman, District 9. (See article on page 9) Photo: Joy Bramble



# Entrepreneur's Night Brunch Brings Residents Together

By Stacy M. Brown

Jason Bass knows all about how to attract people to a specific brand. For much of his adult life, the Baltimore entrepreneur has helped celebrate his hometown by calling attention to all of the good things the city has to offer.

Bass has worked with large corporations like MillerCoors and Jameson performing multicultural marketing and sales expertise and he once served as CEO and Creative Director of Treason Toting Company where he created travel bags and accessories that helped people pursue their passions. He has also developed products and partnerships that have helped businesses in the area thrive.

Using his Treason Toting Company, Bass raised more than \$500,000 in venture capital and earned the Light City 2018 Ravens Pitch Competition award. A noted and gifted motivational speaker, Bass has also spoken on panels and at universities.

Earlier this year, he co-founded "The Night Brunch," to celebrate food, music



*The Night Brunch is a series of pop-up and brunch-themed parties at different eateries and venues throughout the city every month. (Above) Jason Bass (right) with guests at Night Brunch. For information about the Night Brunch or the next date and location, visit: <https://thenightbrunch.com>. Photo by Dominic Nell*

and friends in the Baltimore area.

"It's known that food and music attract people and bring them together to natu-

rally create communities," Bass said. "We don't need more reasons to be a part, we need more reasons to come together."

The Night Brunch is a series of pop-up and brunch-themed parties that occur at different eateries and venues throughout the city every month.

Bass co-founded the venture with Ryan Rhodes, aka, DJ Impulse, and the two have cooked up success with the idea, which this summer includes a summer lunch program geared toward feeding city children who count on the school district for healthy meals.

"You know, we have all these connections—there are all of these food and

beverage companies and people we connect with so, we thought why don't we try to solve one of the many problems that we're facing," Bass said. "We started seeing kids in need and we didn't want that taken for granted and we realized there are a lot of people struggling in the community and so it was like let's get these kids something to eat."

Bass, who holds a BA in Business Management, says folks in and around Baltimore view him as "this trusted person that can inform people of things to do within the city and the potential we have here."

"It's just exciting to have the opportunity to promote a positive Baltimore and to create things that you might see in other cities," he said.

Bass says he hopes to continue to encourage, motivate, educate Baltimoreans and the social aspect of The Night Brunch should provide many opportunities to do so.

The concept was launched earlier this year at R. House food hall and, since then, Bass noted that large numbers have attended The Night Brunch at places like Gertrude's, Topside and Wet City.

The Night Brunch takes place on Wednesday and Saturday nights and the menu includes a wide-range of food and drinks.

Bass and DJ Impulse also provide cooking classes. It's all part of their desire to unite residents.

"We can have these kinds of events that can create the culture we want to see in our city," Bass said. "I'm just happy to be in a position to help and to do positive things for our people."

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# Guest Editorials/Letters

## Dr. Patrice Harris sworn-in as American Medical Association's first black female president

By Stacy M. Brown, NNPA Newswire Correspondent  
@StacyBrownMedia

In June, Dr. Patrice A. Harris, a psychiatrist from Atlanta, was sworn-in as the 174th president of the American Medical Association (AMA). She is the first African-American woman to hold the position.

During her inauguration ceremony in Chicago, Dr. Harris said she plans to implement effective strategies to improve healthcare education and training, combat the crisis surrounding chronic diseases, and eliminate barriers to quality patient care. She also promised to lead conversations on mental health and diversity in the medical field.



Dr. Patrice A. Harris  
Photo by Reginald Duncan

"We face big challenges in health care today, and the decisions we make now will move us forward in a future we help create," Dr. Harris said in a statement. "We are no longer at a place where we can tolerate the disparities that plague communities of color, women, and the LGBTQ community. But we are not yet at a place where health equity is achieved in those communities."

According to her biography on the AMA's website, Dr. Harris has long been a mentor, role model and an advocate. She served on the AMA Board of Trustees since 2011, and as chair from 2016 to 2017.

Prior to that, Dr. Harris served in various leadership roles, which included task forces on topics like health information technology, payment and delivery reform, and private contracting.

Dr. Harris also held leadership positions with the American Psychiatric Association, the Georgia Psychiatric Physicians Association, the Medical Association of Georgia, and The Big Cities Health Coalition, where she chaired this forum composed of leaders from America's largest metropolitan health departments.

Growing up in Bluefield, West Virginia, Dr. Harris dreamed of entering medicine at a time when few women of color were encouraged to become physicians, according to her bio.

She spent her formative years at West Virginia University, earning a BA in psychology, an MA in counseling psychology and ultimately, a medical degree in 1992.

It was during this time that her passion for helping children emerged. She completed her psychiatry residency and fellowships in child and adolescent psychiatry and forensic psychiatry at the Emory University School of Medicine, according to her bio.

"The saying 'if you can see it, you can believe it' is true," Dr. Harris said during her swearing-in ceremony. "And I hope to be tangible evidence for young girls and young boys and girls from communities of color that you can aspire to be a physician. Not only that, you can aspire to be a leader in organized medicine."

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## Letters to the Editor:

**Editor:**

**Re: U. S. Space Exploration Program**

The 50th anniversary of the Apollo 11 astronauts landing on the moon was July 20, 2019, and it brought back memories of my involvement in our space program.

I served a two-year tour as the meteorology/assistant intelligence officer on an amphibious group staff. Our primary mission was to transport and land marines and army personnel on foreign beaches in support of military operations. I was responsible for forecasting the weather conditions for the transit of the naval task force, and the weather in the landing zone and on the beaches.

Additionally, the naval amphibious groups shared responsibilities with naval aviation units for recovering spacecraft and astronauts involved in the manned space flight programs of the 1960s.

I was the recovery area meteorologist on the Gemini 8 spacecraft recovery ship USS Boxer, which was deployed in the Atlantic in March 1966 to retrieve the astronauts. Due to flight problems the spacecraft splashed down in the Pacific.

Once again, I was the recovery area meteorologist on the recovery ship for a Gemini space flight— Gemini 10, which successfully completed its mission to conduct rendezvous and docking tests with a target vehicle in space from July 18, 1966 to July 20, 1966. My recovery ship, the USS Guadalcanal, almost missed out recovering the astronauts when NASA decided the Atlantic recovery site was too rough and switched the recovery to the Pacific.

Admiral William P. Mack, recovery area commander, called me up to the flag bridge and put me in direct communications with NASA Houston, and as the recovery area meteorologist I convinced NASA Houston the weather and sea conditions were within recovery specifications. The spacecraft landed in the Atlantic without any problems and the astronauts were picked up by a helicopter and taken back to the recovery ship USS Guadalcanal within a half hour of splashdown on July 21, 1966.

**Donald Moskowitz  
Londonderry, NH**



## The Black Man Who Saved Memphis: Robert R. Church

By Dr. L. LaSimba M. Gray Jr.  
Special to The New Tri-State Defender

With a 7 p.m. parade down Beale Street to Church Park, Memphis celebrated the birth of Robert Reid Church Sr. as a part of the Memphis Bicentennial.

Mayor Jim Strickland issued a proclamation that was received by Ron Walters, general manager of WREG TV and a local historian. Mini speeches took place and good fellowship abounded.

One hundred eighty years ago, on June 18th in Holly Springs, Miss., Robert R. Church was born to a slave girl named Emmeline and Captain Charles B. Church. Owner and operator of two of the most patronized steamboats on the Mississippi River, Church transported cargo and passengers between Memphis and New Orleans.

In 1851, Emmeline died and Robert Church was sent to live with his father on the Mississippi River. Emmeline had secured Capt. Church's pledge that her son Robert would never be sold to another slave owner.

Sending Robert to his father was his intended passport to the North and the best education money could buy. Church bonded with his son, deciding to raise him and teach him the steamboat business.

From errand boy to steward, Robert served as an assistant to his father in many capacities, learning the principles of business, with an emphasis on book-keeping. Capt. Church taught Robert to

pool halls, brothels, saloons and, ultimately, a bank.

Soon after the Civil War, Memphis was consumed by the Yellow Fever epidemic and the racial tensions that led to violence, death and destruction. Four days after the announcement that the plague was present in Memphis, 25,000 people fled the city. Robert Church acquired many abandoned properties, expanding

the bluff." Under austere supervision and tight fiscal controls, Memphis began to rise from the ashes of devastation. Prominent citizens debated strategies to be relieved of the debt and restore Memphis to city status. But Memphis needed investors willing to take a chance on the future. The bond market was uncertain about the potential of Memphis and most citizens were reluctant to take a chance on Memphis.

Throughout, Robert R. Church remained bullish on Memphis. In 1885, he purchased the first \$1,000 municipal bond, breaking the dam of fear. By that summer, local banks and wealthy individuals purchased more than \$200,000 worth of bonds. Memphis accepted responsibility for the \$5 million debt and continued to rid the city of unsanitary conditions.

In 1891, the Tennessee State Legislature restored Memphis' charter and its city designation. Two years later, Memphis was given taxing authority and home rule. That accomplishment may well be attributable to Robert R. Church for his courageous act of selflessness and his commitment to Memphis.

An editorial in the Evening Scimitar in 1899 put Church's legacy in this context: "It may be said of Robert R. Church that his word is as good as his bond. No appeal to him for the aid of charity or public enterprise for the benefit of Memphis has ever been in vain. He is for Memphis first, last and all the time..."

John Overton, Andrew Jackson and James Winchester founded Memphis in 1819. It is safe to say, in 1885, Robert R. Church saved Memphis.

Happy Birthday, Mr. Church; and thanks a million for Memphis and Beale Street!

Reverend Dr. L. LaSimba M. Gray Jr.,  
pastor emeritus of New Sardis Baptist Church.

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***An editorial in the Evening Scimitar in 1899 put Church's legacy in this context: "It may be said of Robert R. Church that his word is as good as his bond. No appeal to him for the aid of charity or public enterprise for the benefit of Memphis has ever been in vain. He is for Memphis first, last and all the time..."***

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read and count receipts in French. A fast learner, Robert listened intently to his father's instructions.

"Be considerate of others but always demand respect for self," admonished Captain Church to his son. "Never allow anybody to call you a nigger."

This hands-on education and the 11-year apprenticeship thoroughly prepared Robert for the tumultuous life he would face in the fast-growing river town of Memphis and the bustling street called Beale.

On June 6, 1862, the Civil War registered in Memphis as the Federal Fleet arrived in the Memphis Harbor with cannons blasting. Robert Church was serving as steward of the Victoria. When federal troops took over the Victoria, Robert was forced to make a decision: Be killed or be captured and become a prisoner of war. Robert chose to jump into the river and swim to the muddy banks of Memphis.

With the savings from his work on the river, Robert entered business in Memphis. His first investments were in real estate and soon he expanded to hotels,

on his real estate holdings. He could have left in a panic, choosing instead to contribute generously to helping Memphis recover.

African Americans remained in Memphis and by 1878 they were 70 percent of the population. African Americans constituted an overwhelming majority of the 3,000 nurses left to take care of the stricken. The entire workforce assigned by city officials to clean up the streets, bury the dead, clean up the dumps, drain the bayous, burn contaminated rags and spread lime over the vacant lots were African Americans. These heroic efforts were performed with great risk in the true sense of altruism.

The Yellow Fever Epidemic of 1878 eroded the tax base and city coffers. Memphis was unable to service a \$5 million debt, adequately provide city services and pay state taxes. The city was stripped of its charter and reduced to a taxing district.

The State of Tennessee appointed Dr. D.T. Porter and David Hadden to provide leadership to the "taxing district on

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# Improvements in modular homes make them a competitive alternative to site-built homes

Christopher G. Cox, Publisher and Managing Editor, [www.realesavvy.com](http://www.realesavvy.com)

For many decades the preferred home-building method has been to assemble all the construction materials on site and build from the ground up, usually over a period of about six or more months. This is still the method used to construct some 90 percent of homes being built today.

A completely different method of off-site homebuilding—modular construction—has also been around for many decades, but has not gained much traction until recently.

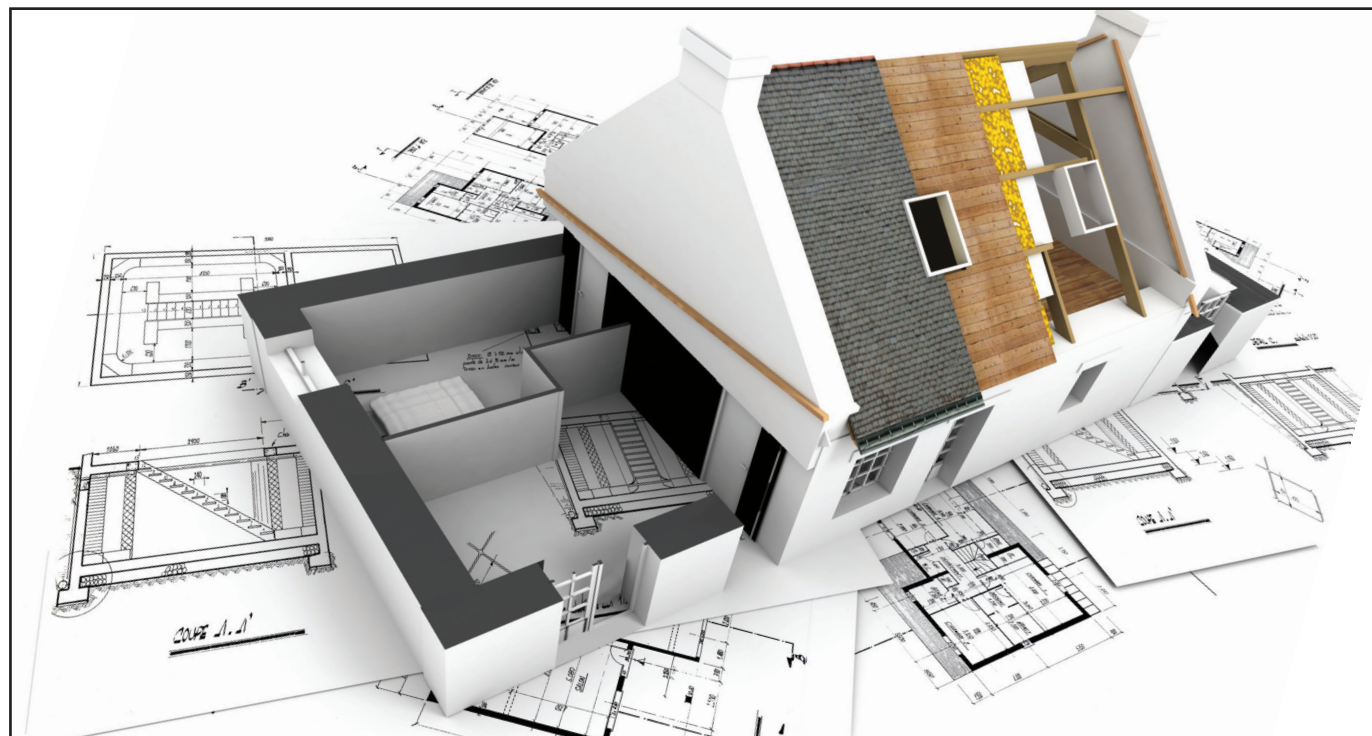
“Over the last 20 years,” said Maria Coutts, president of The Coutts Group and a senior officer of the Pennsylvania Builders Association, “the customization of modular homes has a consistent record of matching site-built homes and meeting customer demand, largely due to the use of computer-aided design.

“The use of overhead cranes also allows modular structures to be as wide and as high as desired.”

In modern modular construction, modules are manufactured in a climate-controlled factory environment.

“This decreases the possibility of the materials being exposed to rain, snow and wind,” Coutts explains. “Prolonged exposure to these elements can lead to warping, mold and nail pops throughout the home. Also, squeaky floors and steps can be an issue if it is raining or snowing during a site build.”

Jeff Holdren, district sales manager, western territories, for North Carolina-based Holmes Building Systems, agrees with Coutts that quality control is greatly enhanced with modular building. “Actually, if you think about it,” Hol-



*A completely different method of offsite homebuilding—modular construction—has also been around for many decades but has not gained much traction until recently. Experts in the building field point to the relative speed of construction of modular versus site-built homes.*

Photo Credit: iStockphoto/NNPA

dren said, “a modular home is a lot stronger structure. You have to be able to pick it up, put it on a transport and wind tunnel test it to 60 miles an hour.”

Both Coutts and Holdren point to the relative speed of construction of modular versus site-built homes.

“The time a site builder might be involved in the construction process,” said Coutts, “is tremendous and with modular this time is cut in half.”

Holdren concurs, noting, “A home can be finished within 120 days from the time we start.

“Many of the homes featured on the television series ‘Extreme Home Makeover’ are modular homes because of the speed

required by the production schedule.”

Coutts and Holdren also agree that the public at large is not aware of the many advantages of modular construction.

“Modular homes are much better than when I started in 2002, 17 years ago,” Holdren said. He attributes the lack of growth in part to the failure of his industry to better educate the public.

“We do not do a great job of educating people. There is still a general perception that a modular home is inferior,” Holdren notes.

However, Coutts is optimistic that this is changing.

“Site-built construction has been the standard for so long that consumers

don’t always research both sides, pro and con, of these two styles. As the concepts and practices of modular construction are becoming more popular with the general public, more consumers are becoming very receptive to this building practice,” she said.

Perhaps as a sign of things to come, Coutts notes that modular construction has gained much more of a foothold in Europe than it has in the U.S.

“Modular construction will eventually increase in use similar to the northern European countries of Denmark, Sweden and Germany,” said Coutts, “where it accounts for 20 to 85 percent of total annual builds.”

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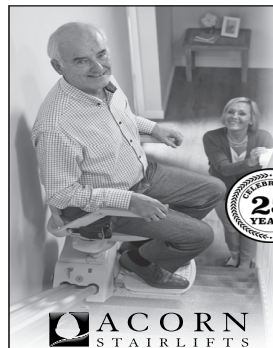


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## Three things to watch for as Ravens' open training camp

By Tyler Hamilton

The Baltimore Ravens reported to training camp this week as they embark on defending their AFC North title. The defense will have to be more creative since losing players like linebackers Terrell Suggs and C. J. Mosley along with safety Eric Weddle but coordinator Don 'Wink' Martindale should be up for the challenge.

Offensively, the Ravens are looking to showcase quarterback Lamar Jackson both as a passer, in addition to his electrifying playmaking ability running the ball. Here are three things to watch as the Ravens begin training camp:

**Quarterback Lamar Jackson and the Tight Ends**— Since rookie wideout Marquise Brown is starting camp on the NFI (non football injury) list, Jackson will not have the vertical threat on the field. The tight ends are the strongest group of pass-catchers on the roster led by Mark Andrews and Hayden Hurst.

Pay close attention to how offensive coordinator Greg Roman uses Andrews and Hurst on the field at the same time in their two tight end packages. Veteran Nick Boyle is back after signing a healthy three-year, \$18 million contract. Although blocking is Boyle's calling card, Baltimore didn't pay him that much to just be a factor in the run game.

Watch how Roman figures out ways to pass the ball out of big sets with all three tight ends on the field. Boyle has soft hands and can be used out of the back field on play action passes to make easy throws from Jackson to get into a groove.

**What happens at inside linebacker?**— As I mentioned earlier,



Baltimore Ravens quarterback Lamar Jackson

Photo by Patrick Semansky/AP

Mosley is no longer in Baltimore. Expect Patrick Onwuasor and Kenny Young to man the middle for the first unit. Both players are very athletic linebackers that can track down running backs. Despite that, there will clearly be a drop off from Mosley, a perennial All-Pro.

One of the main areas that Young and Onwuasor have to step up to is Mosley's leadership of the defense. Mosley was the one that Martindale relied on to call plays in the defensive huddle. He was the one tasked with getting everyone lined up correctly as well. Pay attention to whom will be asked to take on that role now.

**How does safety Earl Thomas look in full contact periods?**— The Ravens signed Thomas once Weddle moved on in free agency. Thomas coming off a broken leg that cost him 12 games last season. The team got to see Thomas during OTAs and minicamp, but that was in shorts, t-shirts, and helmets.

The real test will be when practice is live and the players are able to hit. Watch closely how aggressively Thomas attacks ball carriers. He has always been a sound tackler who delivers a punch despite not being a big player. How long will it take for Thomas to regain that form after missing so much time last year?

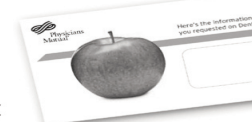
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# MSU students participate in hands-on historic preservation training projects

***“Touching History: Preservation in Practice” program provides technical preservation experiences for students at Historically Black Colleges and Universities***

Washington, D.C.— Morgan State University (MSU) students are participating in a program this summer that aims to bring young African American students working toward architecture degrees into historic preservation and related career paths.

“Touching History: Preservation in Practice” is a program developed jointly by the Advisory Council on Historic Preservation (ACHP), the National Park Service (NPS), and the National Trust for Historic Preservation’s (NTHP) HOPE Crew designed to raise awareness about the importance of historic preservation and conservation while, at the same time, engaging a new generation of preservation professionals and complete urgent preservation work at America’s Historically Black Colleges and Universities (HBCU) campuses.

“Touching History gives students the opportunity to grow as a person, grow as a professional, and connect to their shared history and heritage,” said Robert G. Stanton, ACHP expert member and former National Park Service director. “The historic preservation and conservation fields need young people like these six Morgan State students. This internship could lead them in a new direction for their careers and is giving them an understanding of the importance of telling the whole story of the American experience.”

Six MSU students, Tyriq Charleus; Devin Funderburk; Danasha Kelly; Terry Mayo Jr.; Stephanie Walker; and Zahaira Williams are working on a preservation and conservation project through this partnership with a HOPE (Hands-On Preservation Experience) Crew team. HOPE Crew is a nationwide initiative connecting hundreds of young people to preservation trades while

breathing new life into historic structures across the country. In Baltimore, the team is working on two principal projects: window restoration at Morgan State University’s Memorial Chapel and masonry work at the Peale Center for Baltimore History and Architecture.

“Investing in our future preservation leaders is one of the most important things the National Park Service can do to further its mission,” said National Park Service acting deputy director for operations David Vela. “We are dedicated to providing access to real-world experiences for our nation’s youth and young professionals, so that together we can preserve our shared historic and cultural resources.”

Prior to their work at MSU, the students worked at the National Park Service’s Western Center for Historic Preservation, located in Grand Teton National Park in Wyoming. Students spent time at the Bar BC Dude Ranch, established in 1912 as a dude ranch using a style called “Dude Ranch Vernacular” and completed the “Guiding Principles for Historic Preservation,” a course on field-based historic preservation, documentation, hands-on treatment, and heritage asset maintenance planning.

“Beyond addressing critical maintenance and preservation needs at HBCU buildings, we want this HOPE Crew project to make a difference in the lives of future preservation leaders,” said Brent Leggs, executive director of the National Trust’s African American Cultural Heritage Action Fund. “We’re excited to continue broadening the preservation movement with this partnership that allows African American college students to see first-hand what happens when theory meets practice in preservation trades.”

During their final week, the students will join Stanton on field trips to historic places in the Baltimore-Washington, D.C. area. They also will travel to St. Mary’s College in Maryland to work with former ACHP expert member and professor of anthropology Julia King,



***(Left to right) ACHP Expert Member Robert G. Stanton; Nathaniel Mitchell, student advisor; and MSU students, Tyriq Charleus, Stephanie Walker, Danasha Kelly and Devin Funderburk. Courtesy Photos/MSU***

who worked with St. Mary’s College to uncover evidence of enslaved people’s quarters on the proposed site for the school’s athletic stadium.

The Touching History: Preservation in Practice program is funded by the NPS, the NTHP, - which receives additional financial support from the Fund II Foundation, -and in-kind support from the ACHP.

“Supporting initiatives that preserve African American history and culture along with creating opportunities for young people of color in diverse STEM-related fields are important parts of our mission as a Foundation,” said Linda Wilson, executive director, Fund II Foundation. “This work will enrich communities for many years to come.”

As a final task, the students will create a portfolio that will point out the importance of preserving and restoring the historic buildings that are a part of the MSU campus. MSU has 20 structures eligible for listing in the National Register of Historic Places, and in 2016, the NTHP designated MSU one of its Na-



***Zahaira Williams works on restoring a window at MSU’s Memorial Chapel***

tional Treasures and is partnering with the school to develop a preservation plan.

“There’s no better way to prepare our students for successful careers than to give them hands-on training,” said U.S. Senator Chris Van Hollen of Maryland. “This program is a great opportunity for Morgan State students to test their skills, while also providing a crucial service to the University. In the Senate, I will continue working to support programs like this, which give students valuable work experience and promote opportunity at our Historically Black Colleges and Universities.”



# Pennsylvania Avenue corridor designated Black Arts and Entertainment District

By Stacy M. Brown

A large and enthusiastic crowd jammed The Avenue Bakery on Tuesday, July 23, 2019 to witness history. Baltimore Mayor Jack Young and others formally announced the creation of the Pennsylvania Avenue Black Arts and Entertainment District, which officials say is the first of its kind in the state. Lady Brion Gill, the acting executive director of the district, says it's one of just a handful throughout the country.

"It is really significant both on a local level and on a national level," Gill said. "I have great hopes and dreams for what this is and what it means to revitalize this area," she said.

Baltimore Councilman Leon F. Pinkett III said the designation should lead to a groundswell of new tourism and activity.

"The Black Arts and Entertainment District is an opportunity to build from the rich history of the Pennsylvania Avenue corridor and an opportunity to bring revitalization and redevelopment into the community," Pinkett said. "There have been efforts in the past and I'm so proud of the partnership that came together to really make this a reality. This is a significant moment not just for West Baltimore and not just for the city, but for Maryland."

The designation of the Pennsylvania Avenue corridor as Maryland's first Black Arts and Entertainment District—which is uniquely designed to celebrate black cultural productions in Baltimore—actually occurred on July 1, 2019 when three tax credits and \$15,000 in operational funding was awarded to the district.

Mayor Young called the designation "a shot in the arm," while many have lobbied for the designation for years.

Rosa Pryor, an author, historian and columnist of the famous "Rambling Rose" columns, recalled fondly when Pennsylvania Avenue was a hotspot for Black Baltimore and it attracted such stars like Sammy Davis Jr., Ella Fitzgerald, Pearl Bailey and Billie Holiday.



**Jules Dunham Howie, director, UPC Westside CDC and Annie Hall, president, Penn North Community Association.** Photos: Joy Bramble



**Bro. TsHamba, chairman, Arch Social Club; Annie Hall, president, Penn North Community Association; Eric Costello, Councilman, District 11; John Bullock, Councilman, District 9; Anthony Pressley, executive director, Druid Heights Development Corp,**

"Men were always dressed to the nines; you never saw tennis shoes and jeans in the evening on Pennsylvania Avenue, and women wore hats and their Sunday best," Pryor said. "What people

need to understand too, is that when we went out back in the day, they didn't just play jazz, it was R&B and it was 'doo wop,' and there were the clubs like the Sphinx, Club Casino and the Royal The-

ater and I think after the Royal Theater closed is when things changed."

Pryor says she hopes the new designation of the Black Arts and Entertainment District along Pennsylvania Avenue will help reignite that old spark. "I just need to hear more of the plans and where the money will come from," Pryor said.

Pinkett says that funding mechanism is already in place and more are being sought. He is optimistic that there is enough money available to make the dream of a revitalized Pennsylvania Avenue a reality.

"There are significant dollars in the heritage tourism industry. If we make strategic and intentional investments in communities like the Pennsylvania Avenue community, there will be support not just from inside Baltimore but from people throughout the nation," Pinkett said.

Mayor Young said he is fast at work in ensuring financial and other backings. He said he's talking to several new businesses from outside of Baltimore hoping to convince them to move to the Pennsylvania Avenue corridor, including a restaurant in Washington that he said is well known. Young says businesses that commit must realize the plan to stay open past normal hours.

"We're going to have to stay open late to keep our own folk here," Young said.

The goals of the new district include "empowering creatives and residents, expanding the arts and cultural ecosystem," Gill said.

"The good thing is that we have the assets but we need the infrastructure," said Jim Hamlin of The Avenue Bakery.

At the press conference, retired city firefighter Bill Hennick salivated over what the new arts district could do for the local economy.

"Once this thing starts rolling, it will create possibly 2,000 jobs or more," Hennick said.



# Rambling Rose

*Baltimore Musicians Do Their Thing!*



*Rosa Pryor Trusty*

Hello everyone, I hope everyone is well. I have so much to tell you and some good and some not so good. I will start off with the good things first.

I am so excited and so proud of two of my little musical children, the Dorsey siblings, a brother and sister team, Ebban and Ephraim Dorsey, who were 11 and 12 years old when they became the first and second place winners of the 2015 Rosa Pryor Music Scholarship Fund. Today they are the hottest, most talked about saxophonists and musicians on the East Coast. Many of our veteran musicians have taken these two teen musicians under their wing and have opened the door for them to become national musicians at their young age. These two babies, will open the "First Jam Session" at the Keystone Korner Night Club located 1350 Lancaster Street in Baltimore. This "Jam Session" is held every Tuesday night at 9 p.m. I will see you there!

"Liberty Live Outdoor Concert" is jumping up and down doing the "James Brown" and is back with some outstanding line-ups every Friday evening from 6 p.m.-9 p.m. located 4111 Deer Park Road on the DreamLife Ministries side parking lot in Randallstown, Maryland.

Another note in sadness is my dear good friend, one of my former artist I managed for over 10 years, and Baltimore's own renowned entertainer vocalist "Tiny Tim" Harris (Timothy Harris) is in the hospital and has been in there now for a few weeks. He needs your prayers. He is in Mercy Hospital on St. Paul Street in Room 1121. Send cards, visit and let him know you care.

On a final note, Shorty and I attended the "DipNic Festival last Saturday held

at its new location, "Pearlstone Center in Reisterstown, Maryland. It was awesome and was filled with old and new patrons, the music was great, the sound of dancing music was heard all over the park. People came from all over Maryland and the Washington, DC area with their canopy tents, grills, folding chairs, bathing suits and umbrella tables and had a ball. It was really lovely and the weather was perfect. Well done Charles Faison, Carlos Hutchins, Millie Battle, Pat Coursar and Millie Battle who are part of the committee that helped to make this event a success. See you all next year same time, same place.

Wendel Patrick Quartet performs at the BMA (Baltimore Museum of Art) on Saturday, July 27, 7 p.m. in the Sculpture Garden with his band located 10 Art Museum Drive at North Charles & 31st Street.

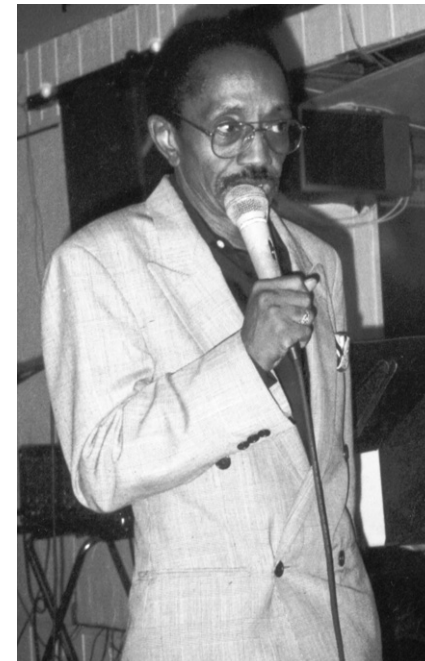
Roots Lounge still hanging on with my girl Ronnie Jackson, the owner (who seems as though she has been there for a hundred years), located 2148 Vine Street on the corner of Smallwood Street is having their annual "Christmas in July Party" on Monday, July 29 starting at 5 p.m. You don't want to miss this. A lot of fun, party, music, food and meeting old friends from back in the day.

Well, my dear friends and followers, I am out of space, I have to go. But remember, if you need me, call me at 410-833-9474 or email me at: [rosapryor@aol.com](mailto:rosapryor@aol.com). UNTIL THE NEXT TIME, I'M MUSICALLY YOURS.



*2015 recipients of Rosa Pryor Music Scholarship Fund, young saxophonists, Ebban Dorsey and her brother Ephraim opened the Keystone Korner Night Club's first "Jam Session." They will open every Tuesday night at 9 p.m.*

Photo: Anderson Ward



*"Tiny Tim" Harris (Timothy Harris) Baltimore's long time renowned vocalist entertainer is in need of your prayers. He is in Mercy Hospital on St. Paul Street Room 1121. Get well soon my dear friend.*

Photo: Rosa Pryor

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# Say “I Do” to a Cyber-Safe Wedding Experience

By Trevor Buxton, Certified Fraud Examiner and fraud communications manager, PNC Bank

With wedding season in full swing, it’s key to know how to help protect yourself from scammers when it comes to wedding websites, registries and more. Cybercrime is likely the last thing on your radar when it comes to planning your perfect wedding. We get it—you’ve got the venue, cake and bridesmaid in fighting to worry about; not to mention, keeping your weird Uncle Al’s favorite jam off the DJ’s playlist but there is one more “to do” you should really prioritize on your list—preventing cybercrime.

Much of wedding planning has moved to online tools and resources, which can mean opening new accounts with vendors, email providers, etc. All these new resources come with some sort of website, portal or app for you to use to make the planning process seamless and easy, but the constant information sharing also comes at a cost. You’re more vulnerable

to hackers looking for an easy target.

So, to help keep your money and identity safe and get you on your way to “happily ever after,” we broke down a few simple tips:

**1. When it comes to weddings, nothing comes cheap**— We know you’re likely scrimping in other parts of your life while planning your dream wedding, but just say “no” to free, public Wi-Fi. We understand how tempting it is to mooch off your favorite coffee shop’s free Wi-Fi to knock out some wedding planning, but don’t do it. Public Wi-Fi is easier for thieves to hack into and could potentially leave you exposed, especially if you’re transmitting personal data such as buying your ceremony signage or updating your address in your registry. Also, understand the terms of your credit card agreement and monitor your statements frequently for any suspicious purchases. It’s always wise to know who you are getting into business with by checking the company’s reviews and ratings and looking up the organization with the local better business bureau.



**2. Not every app is Mr. or Mrs. Right**— While it may be tempting to subscribe and use all the latest wedding planning online tools, it could also mean opening new accounts and providing your personal information to a whole host of new organizations. So, be as choosy as you were when you selected your future spouse. If you don’t really use an app or a service, deactivate your account. This helps limit your personal information to the select organization you really use.

Plus, all this sharing of information can also open you up to an increased number of phishing scams. Be vigilant by watching your email correspondence, verifying calls are actually from your vendors, and checking your package shipping notifications regularly.

**3. Say “I don’t” to uninvited wedding guests**— Trust us, you don’t want your wedding information floating all around for everyone to see... and we’re not just talking about someone’s ex crashing the ceremony. Hackers can use the centralized wedding website to commandeer your personal information through your site host, registry or even the hotel block. So, take the extra step and password protect your wedding website.

**4. Happy honeymooning**— Relaxing on the beach with your new spouse

probably sounds like a dream after months of planning, family bickering and celebrating, but don’t get too comfortable. It’s easy to let down your guard and open yourself up to hackers by posting photos that indicate you’re away from home, using unsecured connections to transfer funds or not actively monitoring your accounts.

A few steps to take to keep yourself secure: notify your bank about your travels and understand the fraud protections in the destination you are traveling to – they do change; also, ask a trusted neighbor to collect your mail and keep an eye on your home, just in case. Just because you’re on vacation doesn’t mean thieves and hackers are.

You should be using these cybersecurity tips every day to keep your money and identity safe— not just during the busy wedding planning season. It’s best to just always assume you’re at risk, so that you keep your guard up and you are less likely to be victimized.

We know it seems impossible to add one more thing to your to-do list, but cybercrime isn’t a joke. It can take years to recover from a personal data breach and it’s certainly not the way you’ll want to cruise into your newlywed year. Make sure you are doing your part to proactively keep yourself safe.

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## Seven strategies for exercising safely in the summer heat

Baltimore— Summer's warmer weather often means more opportunity for exercising outdoors, but it can also mean more opportunity for injuries from pushing too hard or getting too hot.

Doctors at Saint Agnes Healthcare offer the following seven recommendations for staying safe while exercising in the summer heat:

1. Monitor the weather forecast. Know how hot it is likely to be during your workout, prepare accordingly and dress appropriately.

2. Take time to get used to the temperature. This is especially critical if you are used to exercising indoors or in cooler weather. It can take a week or two to adapt to the heat, so don't push too hard at first.

3. Be realistic about your fitness level. If you're relatively new to exercise, be even more careful when exercising in the heat. Start slowly and take breaks.

4. Drink plenty of water (before you feel thirsty). Dehydration is one of the most significant factors in heat-related illnesses. Many people will wait until they feel thirsty to drink water, but you should hydrate before feeling thirsty. Sports drinks are not typically needed unless you are performing an intense exercise, and you should watch out for excess sugar content in them.

5. Exercise during non-peak hours. Workout during hours that are cooler, like the morning or evening, and exercise in shaded areas, if possible.

6. Wear sunscreen. Skin cancer can affect anyone and applying sunscreen has been proven to reduce one's risk of developing skin cancer.

7. Pay attention to your body for warning signs of heat-related illness. Signs and symptoms of heat-related illness can include muscle cramps, nausea or vomiting, weakness, headache, confusion, and visual problems. If you experience any of these symptoms, stop exercising, get to a cooler setting, and hydrate to help bring down your body temperature.

## Hijacked by emotions at work? Name, tame and transform them

News & Experts— The workplace can make people feel a full range of emotions— sometimes more intensely and frequently than one experiences at home.

The difference is, people are often reluctant to show or acknowledge to themselves their full emotions while on the job. But burying those emotions can cause bigger problems, says Cynthia Howard, author of *The Resilient Leader, Mindset Makeover: Uncover the Elephant in the Room*.

"Emotions are part of your survival kit," says Howard

([www.eileadership.org](http://www.eileadership.org)), an executive coach and performance expert. "But for too many, emotions are the black box in the aircraft. You look at them only when there has been a crash or a tragedy.

"In the workplace, emotions get ignored for a variety of old assumptions, such as they're a sign of weakness. But the message that one can separate their emotions and still function well is a myth. Research shows that when you can identify your emotion, you are able to slow your reaction. Thus, you can name it, tame it, and then can take the right action to shift those feelings."

Howard suggests using a journal to evaluate the following common emotions experienced at work and turn them into positives:

•**Anger.** "Get to know your anger," Howard says. "When ignored, anger



turns to rage, resentment, heart disease, and it shuts down your ability to be happy." Anger alerts you to set boundaries and facilitate change. Ask yourself these questions: What happens as a result of experiencing anger? How does it affect other people and interfere with your goals? Who or what flips your anger switch on?

•**Anxiety.** "Anxiety arises from thoughts," Howard says. "It can catch you in an endless thought loop. Did I sign off on that contract? Did I forget something? Anxiety can also serve as a messenger to help you clarify a situation, so you can take action." Use your phone to create lists or download one of the many apps that will help you to stay organized and focused. Consider these questions: How does anxiety interfere with your goals? Who or what flips your

anxiety switch on? What would you like to experience instead?

•**Sadness.** This emotion often brings a desire to withdraw and the need to cry. "It's a cue you need time to reflect and let go of things that are not working," Howard says. "Sadness gives you a window into what you value. And when you can acknowledge your own sadness, you increase the ability to demonstrate empathy. You develop the courage and ability to do other difficult things."

•**Discouragement.** When left unchecked, discouragement can erode confidence, motivation and momentum. "Go from discouraged to determined," Howard says. "Reframe it by identifying three things that are going well for you. Recognize that the discouragement is not permanent. Find a safe person to talk to, then let go of discouragement and focus on your big vision."

"All these emotions tie into stress," Howard says. "Chronic, unmanaged stress, often caused by an unwillingness to confront these emotions, interrupts the ability to think clearly, work well with others, and in general, perform. Identifying your emotions leads you to having more control over them."

*Cynthia Howard is an executive coach, performance expert and the author of *The Resilient Leader, Mindset Makeover: Uncover the Elephant in the Room*. She researched stress and its consequences in performance during her Ph.D. In the past 20-plus years she has coached thousands of professionals, leaders and executives toward emotional agility and engaged leadership. For more information, visit: [www.eileadership.org](http://www.eileadership.org).*

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