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## Anne Arundel County teenager named Boys & Girls Club “Maryland Youth of the Year”



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Photo: Courtesy of Office of the Lieutenant Governor

# Let's work together to prevent diabetes

By Angela Ginn-Meadow, RN, RDN, LDN, CDE, Senior Diabetes Educator Coordinator, University of Maryland Center for Diabetes & Endocrinology University of Maryland Medical Center Midtown Campus

Say Good-Bye to "a touch of sugar." Prediabetes is a condition when blood sugar is above normal range but not high enough to be considered Type 2 Diabetes. According to the Centers for Disease Control, 1.6 million Marylanders are estimated to have this condition which can lead to Type 2 diabetes and increase the likeliness of developing heart disease, having a stroke or complications such as blindness, kidney function, sexual dysfunction or amputation. But we can work together to prevent diabetes!

First, prediabetes can be diagnosed with some simple tests by your health-care provider—and, if you do test positive, there are important steps you can take to reverse the progression of diabetes. And because there are no clear

symptoms of prediabetes, it is important to understand risk factors, including being overweight, having a family history of diabetes, having high blood pressure, not being active, or having diabetes during pregnancy.

So, why is it important to catch prediabetes and prevent Type 2 Diabetes? Type 2 diabetes does not have a cure and can lead to serious health conditions. But there is hope. According to The National Institutes of Health clinical trial, The Diabetes Prevention Program (DPP) found that participants with prediabetes reduced the risk of developing Type 2 Diabetes by 58 percent with lifestyle changes alone.

There is no magic pill or strange diet to follow, but rather a commitment to incorporate healthy habits into your lifestyle every day. What are healthy lifestyle habits? DPP includes daily goals of at least 20 minutes of physical activity and losing a modest amount of approximately five to seven percent body weight, which results in the delay of Type 2 diabetes. DPP helps parti-



pants identify habits that increase the risk of Type 2 diabetes and motivates individuals to adopt healthy lifestyle habits that lower the overall risk of developing Type 2 diabetes and improving their quality of life. Learning to implement these small, healthy changes and full commitment to attend the group program can be impactful for years come.

"This program taught me to cook healthier. I use my air fryer if I want fried, chicken and always add a green vegetable to dinner. I never liked to exercise, and we would dance during the program. I even found ways to track my steps. This program changed my life and my family. I helped my kids to eat better and I walk more with my grandkids," said a participant in the DPP at the University of Maryland Medical Center, Midtown Campus.

Remember, diabetes does not have to be your destiny. Make the commitment to make small changes that will impact your

quality of life. DPP is a priceless gift of health and lowering your chance of developing diabetes and other serious medical conditions. The group setting at the free DPP program at UMMC Midtown campus and in the community allows, participants to discover behaviors and interventions to change unhealthy habits.

"It was so rewarding to see the progress each week of the group and when someone was not quite meeting their physical activity goals, a participant would volunteer to meet them for a morning walk most days of the week," said one of the UMMC facilitators.

So, say good-bye to a touch of sugar...and join the Diabetes Prevention Program. To learn more register now to attend the University of Maryland Diabetes & Endocrinology Center's DPP information session Thursday, August 22, 2019 at 2 p.m. For more information, visit: [www.umm.edu/community](http://www.umm.edu/community) or call 410-328-8402.



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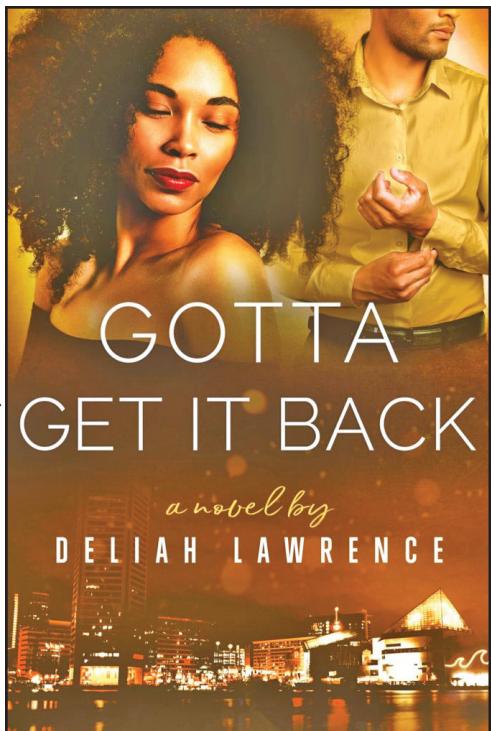
## Author's romantic suspense sequel delivers thrill ride

Baltimore author pens second book about Deidre Hunter, a fictional former Baltimore prosecutor

Baltimore— Maryland attorney and author Deliah Lawrence has released her new book, “Gotta Get It Back,” the second novel in her Deidre Hunter series.

“Gotta Get It Back” picks up on the life of former Baltimore prosecutor Deidre Hunter, who again has immersed herself in a criminal case despite police warnings to leave the case alone. The first book in the series, “Gotta Let It Go,” was a finalist in the Next Generation Indie Book Awards (multicultural fiction category).

Deidre Hunter can't leave well enough alone. When her longtime mentor, a prominent judge, is found dead in his Baltimore home, she becomes hell-bent on tracking down his killer. Not willing to wait for the wheels of justice to turn, she launches her own investigation that puts her at odds with a conniving wealthy socialite who may hold the key to solving the murder. Tension mounts when Deidre obtains a clue from her ex-husband and withholds it from her lover, Detective Hill Harris. Despite Hill's warnings to leave the investigation to him, she pushes forward, falling deeper into a web of lies, lust and betrayal. With danger surrounding her and mistrust casting a wedge in her



relationship with Hill, will Deidre ever get back what she values most?

Lawrence will host a reading/book signing for her books on Saturday, August 10, 2019 at Nancy by SNAC bistro located at 131 W. North Avenue in Baltimore. On Saturday, August 17, 2019, she will do a book signing at Barnes & Noble (Columbia Mall), 10300 Little Patuxent Parkway in Columbia.

“Writing the second book in the Deidre Hunter series was a labor of love. My reader fans kept clamoring for a follow up, so here it is,” Deliah Lawrence said.

To learn more about author Deliah Lawrence and her novels, visit [www.authordeelawrence.com](http://www.authordeelawrence.com).

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# Guest Editorials/Commentary

## Reform Alternative Business Lending Practices to Protect Small-Business Owners

By Rep. Edolphus Towns

In my three decades representing parts of New York City in the House of Representatives, expanding economic opportunities for underserved communities was a top priority. That's why, after I retired from public service, I joined the Board of World Business Lenders, an alternative business lender that provides desperately needed financing for businesses who want to grow or expand, leading to so many ancillary benefits to their local communities.

Unfortunately, not all alternative business lenders are created equal. In an industry that is not regulated, many are engaged in predatory practices, preying on the very customers they are committed to serving.

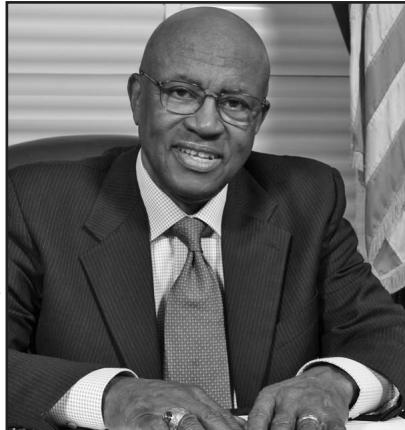
Unlike World Business Lenders, which has voluntarily self-regulated by implementing a "best practices" lending program committed to offering fair and transparent loan terms to its borrowers, other alternative business lenders engage in opaque and occasionally destructive behavior that can lead to bankruptcy or worse for their own customers.

A critical tool for these predatory lenders has been the use of our state's court system to seize the assets of small businesses whether located in New York or in any other state by employing legal instruments called "confessions of judgement." These lenders have been requiring their small business borrowers, as a condition of receiving any short-term loans from them, to sign confessions of judgement that waive borrowers' legal rights in any dispute with the lenders. Small business borrowers in other states have no right of notice if their assets are seized in New York under confessions of judgement and may not even realize if a New York judgement has been entered against them until their banks have seized their assets.

Alternative business lenders should make every loan transparent for their borrowers by clearly disclosing repayment terms, including interest rates, prepayment charges and by outlining clear payment schedules. Borrowers must be made aware of all fees and costs associated with their loans. Brokers and employees of alternative business lenders should be subject to background checks and continuing education requirements. Importantly, alternative business lenders should be required to offer each borrower terms not worse than the most favorable loan product for which he or she qualifies.

Alternative business lenders have nothing to fear from additional regulation. World Business Lenders is a successful company that profits even as we voluntarily abide by these terms, which protect customers. Unfortunately, in the political environment in Washington, it is unlikely that Congress will act to prevent predatory lenders from driving small business owners into bankruptcy. In the absence of leadership in Washington, it is time for Albany to act.

*Representative Edolphus Towns is a board member of World Business Lenders. He represented the 10th and 11th congressional districts in New York from 1983-2013.*



*Rep. Edolphus Towns is a board member of World Business Lenders. He represented the 10th and 11th congressional districts in New York from 1983-2013.*  
Courtesy Photo/NNPA



## Community Affairs

### Receive 10 Free Trees by Joining the Arbor Day Foundation in August

Nebraska City, Neb. – Spruce up your landscape by joining the Arbor Day Foundation during the month of August.

Everyone who joins the Arbor Day Foundation with a \$10 donation will receive 10 free Colorado blue spruce trees or 10 white flowering dogwood trees through the Foundation's Trees for America campaign.

The trees will be shipped postpaid between October 15 and December 10, 2019 depending on the right time for planting in each member's area. The 6 to 12-inch trees are guaranteed to grow or they will be replaced free of charge.

"Colorado blue spruce trees truly provide year-round beauty for any landscape," said Matt Harris, chief executive of the Arbor Day Foundation. "Dogwood trees will add color and beauty to your yard throughout the year, with their showy spring flowers, scarlet autumn



foliage, and red berries that attract songbirds in the winter."

New members of the Arbor Day Foundation will also receive The Tree Book, which includes information about tree planting and care, and a subscription to Arbor Day, the Foundation's bimonthly publication.

To receive the free Colorado blue spruce trees, join online at [arborday.org/august](http://arborday.org/august) or send a \$10 membership contribution by August 31, 2019 to:

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# Page Opposite/Commentaries

## Sickle Cell Strong: Sickle Cell Disease Advocate Marie Ojiombo

By Lauren Poteat  
NNPA Newswire  
Washington Correspondent

It has been more than 100 years since sickle cell disease was first discovered in America.

Today, the rare hereditary blood disorder continues to affect millions of people throughout the world.

Sickle cell disease – or SCD – affects approximately 100,000 Americans and occurs among about one out of every 365 African-American births, according to medical experts.

Nearly one in 13 African American babies are born with the sickle cell trait, which medical experts said means that an individual has inherited the sickle cell gene from one of his or her parents.

During its annual convention, the National Newspaper Publishers Association (NNPA), a trade organization that represents African American-owned newspapers and media companies



**Pfizer Consultant Marie Ojiombo**  
*Courtesy Photo/NNPA*

throughout the United States, partnered with Pfizer Rare Disease (Pfizer) to host a forum on this rare disease.

"I was diagnosed with sickle cell disease at the age of one," said Marie Ojiombo, a consultant for Pfizer, during the forum moderated by NNPA President and CEO, Dr. Benjamin F. Chavis, Jr. "And always wanted to be a support system and advocate for research, for other young women, going through the same thing."

"Because of this, I always felt like it was important for me to not only introduce myself by my profession, but also as a sickle cell warrior," said the Kenyan native. "When I competed in the Miss Africa USA pageant back in 2014, I made sure that my pageant platform, represented the same personal goals I had for myself and advocated for, sickle cell disease awareness."

Dr. Chavis emphasized, "The NNPA is grateful to Pfizer for introducing Marie Ojiombo to the Black Press of America. Ms. Ojiombo is an excellent role model for millennials, and in particular for young African and African American

every pregnancy that they would have child with active SCD.

Ojiombo, who graduated from St. John's University's College of Pharmacy and Health Sciences in New York and who specializes in pre-clinical Pharma-

***"Although most who carry the sickle cell trait remain healthy, medical statistics show that if two healthy people who carry the trait join to conceive a child, there's still a one in four chance with every pregnancy that they would have child with active SCD."***

women, who are interested in STEM (science, technology, engineering, and math) fields of study. Marie Ojiombo's outstanding success as a research scientist is truly inspiring as she did not allow the challenges of Sickle Cell Disease to prevent her from achieving her professional career goals."

According to the National Center for Biotechnology Information, the sickle cell disease trait is most commonly found in places like Africa, India and Southeast Asia. However, it is not exclusive to one race.

Also, as the Hemoglobin disorders follow the malaria belt around the globe, those who have the trait are relatively protected from malaria.

Although most who carry the sickle cell trait remain healthy, medical statistics show that if two healthy people who carry the trait join to conceive a child, there's still a one in four chance with

ceutical Research, is also the founder of the Sickle Strong Initiative—a Kenyan-based NGO whose mandate is to raise awareness around sickle cell disease and advocate for better health care opportunities for patients suffering from the disease in Kenya.

While she champions research and viable medications and solutions, Ojiombo also emphasized the importance of being regularly tested.

"Both of my parents were carriers of the sickle cell trait and so when they came together, I received the disorder," Ojiombo said. "It is so important to know your status and to get tested regularly.

"Take part in clinical trials and work to make sure you have access to primary care physicians and a good hematologist."

***Want to comment on the editorials or any other story?***

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# New PNC Branch Manager Right at Home in Charles Village

By Stacy M. Brown

Home to Johns Hopkins University and the Baltimore Museum of Art, Charles Village is known as an active and diverse community where residents pride themselves on knowing and getting along with their neighbors.

About two months ago, the culturally and educationally, rich section of Baltimore welcomed Kelly Fox, the new manager at PNC's Charles Village branch.

Although he is very familiar with the area, Fox is eager to get to know his neighbors better. He also wants them to get to know him.

"I grew up in Northeast Baltimore, right here in this area where I'm now managing the branch," said Fox, who is about to celebrate his 25th wedding anniversary.

Fox graduated from Morgan State University and has been in the banking business for 18 years. He has also made his mark as a community activist, fighting for the betterment of Northeast Baltimore and beyond. Fox once ran to become the state delegate of his district and even though that campaign didn't result in an election victory, he has continued his activism.

"I have a community center on 25th Street and so I'm really rooted in this community," he said.

Fox is also excited to be one of the faces of PNC in Charles Village.

"At PNC, it's all about culture. The [bank] fosters that kind of environment where everybody's happy, and where everyone wants to go the extra mile for the people we serve," Fox said.



*Kelly Fox, the new manager of PNC Bank Charles Village Branch grew up in Northeast Baltimore where the branch is located. Fox is excited to be one of the faces PNC in Charles Village, and he says it was a no-brainer when he received the opportunity to work for PNC.*

Courtesy Photo/PNC Bank

It was a no-brainer for Fox when he received the opportunity to work for PNC, he said.

"When the opportunity came, I jumped in," Fox said, adding that the bank's longstanding commitment to diversity served as a major draw.

"One thing that's really exciting to me is my boss, Karen Brooms. She's African American and she knows the community, and she really makes an effort to reach out to all parts of Baltimore City, not just certain demographics," Fox said. "It's important to her that

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## Alice Walker's Hometown Celebrates Literary Legend's 75th Birthday

By Nsenga K. Burton, Ph.D.  
NNPA Newswire Culture and Entertainment Editor

Alice Walker, one of the premiere writers of the 20th Century, was honored in July by her hometown of Eatonton, GA for her 75th Birthday (Alice Walker 75). Hundreds of people flocked from all over the country to Walker's birthplace to celebrate the birthday of the Pulitzer Prize winning author.

The activist, who was born February 9, 1944 in Eatonton left in 1961 to attend Spelman College, eventually enrolling at Sarah Lawrence College due to controversy surrounding her political activism at Spelman.

Walker's legacy of activism and storytelling was on full display at the event, which was held at the Georgia Writers Museum and included a day of activities and events to honor Walker's life and achievements. The event was co-chaired by award-winning author Valerie Boyd, editor of Gathering Blossoms Under Fire: The Journals of Alice Walker, which will be released in 2020 and Lou Benjamin, founder of Eatonton's Briar Patch Arts Council.

Walker, who lived just outside of town, acknowledged this was the first time she had been to Eatonton and was unaware the Plaza Arts Center existed— where many of the festivities were held.

The day kicked off with a screening and discussion of the American Masters Documentary, Alice Walker: Beauty in Truth followed by a discussion with the filmmaker Pratibha Parmar and scholar Salamisha Tillet at The Plaza Arts Center.

Celebrants were able to take bus tours of the area and see Walker's birthplace while fellow authors and poets and friends paid tribute to the game changer, who was clearly touched by the praise, humbly thanking the audience throughout the day of events.

An American Marriage novelist Tayari Jones read from the novel Meridian, poet Daniel Black read Walker's short story "Flowers," and poet Kamilah Aisha Moon read Walker's poem, "How Poems are Made." Journalist and author



Pulitzer Prize Winning novelist  
Alice Walker  
Courtesy Photo/NPPA

Evelyn C. White offered remembrances of friendship and activism and classically trained Gospel violinist Melanie R. Hill performed a medley of songs honoring the legend.

Perhaps the most poignant part of the program was when Walker's daughter Rebecca, read several pieces including "Now That Book Is Finished," a poem Walker wrote about Rebecca when she was a child. Rebecca's son Tenzin, 14, performed an original song that he composed entitled, "Sun and Steam," which he played beautifully on the piano.

Rebecca Walker's words, expressions of love and gratitude to her mother and Tenzin's performance were symbolic of the reconciliation between Walker and her daughter who had been estranged during a difficult period. Walker's former husband Melvyn R. Leventhal was also in attendance.

The special birthday celebration ended with Walker taking the stage of The Plaza Arts Center for a candid conversation with Boyd, author of the award-winning biography Wrapped in Rainbows: The Life of Zora Neale Hurston. Walker and Boyd's tête-à-tête ended with an invitation for all attendees to take the stage and dance with the celebrated author to two of her favorite songs, "Rock Steady," by Aretha Franklin and "As" by Stevie Wonder, concluding a lovely day of celebration of one of the 20th Century's greatest writers.

# Anne Arundel County teenager named Boys & Girls Club “Maryland Youth of the Year”

*Teenager credits program supported by Governor’s Office of Crime Control and Prevention Grant with helping restore confidence and promote leadership*

Annapolis— Lieutenant Governor Boyd K. Rutherford recently presented 17-year-old MiKayla Simms with a citation recognizing her as the Boys & Girls Clubs of America’s Maryland State “Youth of the Year” for 2019. Simms participated in the year-round program through the Boys & Girls Clubs of Annapolis and Anne Arundel County. The program helps young people develop leadership skills and character traits that will serve them well in the future.

As Maryland Youth of the Year, Simms will be named as an ambassador for all teenagers and receive a \$5,000 scholarship from the Boys & Girls Club of America. She was a member of the National Honor Society and French Honor Society. Simms was accepted to Spelman College in Atlanta, Georgia, and wants to pursue a career in medicine with the goal of becoming a dermatologist or cardiologist.

“Having toured some of our state’s Boys and Girls clubs myself, I’ve seen first-hand how their programs are critical to strengthening bonds in our communities, improving the overall well-being of our youth, and preparing them for educational and professional pursuits,” said Lt. Governor Rutherford. “I congratulate Mikayla for this well-deserved recognition, and wish her well in her future endeavors.”

Simms is a graduate of Annapolis High School and is now a junior staff



*Lieutenant Governor Boyd K. Rutherford gives the 2019 Boys & Girls Clubs of America’s Maryland State “Youth of the Year” MiKayla Simms a congratulatory handshake.* Photo: Courtesy of Office of the Lieutenant Governor

member at the Wiley H. Bates Heritage Boys & Girls Club. Simms credits the Boys & Girls Clubs staff and mentors with helping rebuild her confidence after she experienced bullying in school. She hopes to increase awareness of the ways communities can support young people as they grow into our leaders of tomorrow.

“Participating in the Youth of the Year program has allowed me to explore myself as a person for the better, and represent my community,” said Simms. “I am honored to meet Lt. Governor Rutherford and appreciate his strong support of Clubs across the state. It was very exciting to represent thousands of Maryland Club kids and I am thrilled to bring awareness of all the great programs and

positive impact these programs provide our communities everyday.”

In 2018 and 2019, the Governor’s Office of Crime Control and Prevention awarded grant funds to help support structured programming at several Boys & Girls Clubs locations in Maryland. This includes support for the Passport to Manhood and SMART Girls programs, which explore topics on character, health, fitness, prevention education, and self-esteem.

“MiKayla Simms is a future leader of Maryland already setting a positive example in her community at such a young age,” said Glenn Fueston, executive director of the Governor’s Office of Crime

Control and Prevention. “Our office believes it is important to support the Boys & Girls Clubs and the young people who have benefited from the work they do. We are proud to work alongside these groups as integral partners in our prevention strategy for realizing Governor Hogan’s vision for a safer Maryland.”

The Governor’s Office of Crime Control and Prevention has helped support programming for tens of thousands of children during fiscal years 2018 and 2019 through grant funding, including for Boys & Girls Clubs and Police Athletic League (PAL) sites across Maryland. To learn more, visit: [goccp.maryland.gov](http://goccp.maryland.gov).

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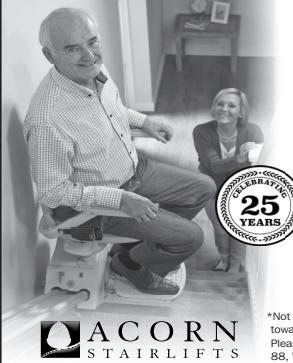
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# Baltimorean offers hope to families of missing children, empowers others to rise above adversity

By Andrea Blackstone

Societal ills are both traumatizing and disappointing but individuals like Monique Smith serve as a reminder that Baltimore is home to a plethora of inspiring people who work to make the world a better place. Behind Smith's infectious smile and contagious energy, her hope-filled story serves as a refreshing reminder that all missing children are not dead, and a devoted individual can make an impact, even in the midst of his or her own storm.

In her early twenties, Smith applied for a job, which required a background check. When the background check was returned as inconclusive, Smith provided documents, such as a birth certificate. The potential employer informed her that it was forged. Thereafter, an investigation was launched. A family member later agreed to a DNA test proving that the woman who raised Smith was not biologically related to her. To this day, the woman still refuses to talk to investigators.

Smith has a laser-focused mission to uncover her identity, the history of her existence, and find her family. Considered the longest living Jane Doe, known as "Monique," she does not know her date of birth or her true identity. However, she refuses to give up trying to uncover any information or details to solve this mind-boggling mystery. She believes that her genesis began with some life-changing situation, such as child abduction or being bought as an infant, although the truth has not yet been uncovered.

For more than two decades, Smith has been trying to find out who she really is and where she was born. With documents on hand to prove her claim that the woman who raised her falsified records, Smith discovered that her identity was fictitious. Even though many years have passed, the mother of four is not giving up on finding answers to questions that are tied to her lineage.

"There is some pain in someone's soul right now, because they're like, 'I know I had a sister. I know I had a little cousin,'" Smith said, choking back tears in front of



*Monique Smith holds her book called "I AM THE ANCESTOR" on July 21, 2019 at Nordstrom Annapolis, during a special event which integrated one of the store's 2019 anniversary events, while celebrating women's empowerment. Guests attended a VIP reception where they heard the story of the longest living Jane Doe who is unaware of her birthdate or true identity.*

Photo: Andrea Blackstone

guests who showed up at Nordstrom in Annapolis on July 21, 2019. "What in the world happened?"

After a VIP reception, Smith discussed how she was able to overcome unique obstacles and ultimately became an author, community leader, and the Chief Operating Officer (COO) of minority-owned RE Harrington Plumbing and Heating, Inc., an underground utilities construction company and a real estate investor. Smith is even the executive producer of a docu-series called "Longest Living Jane Doe," which has lead her to navigate filmmaking and film festivals.

Despite Smith's struggle to piece together details of her own life, she remains devoted to increasing awareness about missing children; keeping the topic of child abduction front and center; educating others about child abuse occurrences; and the prevention of human trafficking. Armed with her documentary and book called "I AM THE ANCESTOR" published in 2011, Smith has been telling her gut wrenching story hoping to draw attention and awareness to all missing persons, and their love ones who continue to search for them.

"My message is trying to tell the world

that all missing children aren't dead. We're here. We're searching on the opposite end," Smith said. "The National Center for Missing and Exploited Children didn't come around until 1984. What happened to me probably happened to me back in 1965, '66, or '67, so I stand in front of you today, probably either 53, 52, 54 (years old)—I don't even know."

Proceeds from her book; funds from speaking engagements, workshops that she facilitates; and sponsors who make contributions directly to the above listed organizations have resulted in Smith raising \$60,000 for many charities and causes. The National Center for Missing and Exploited Children was the very first recipient of \$5,000.00. Other recipients include: local institutions of higher learning, public schools and various other organizations. Smith has assisted Loving Arms, Inc. Street Outreach to jumpstart their Annual 5k Run/2K Walk for Homeless Youth.

"Per the National Center for Missing and Exploited Children, more than 23,500 runaways reported to the center in 2018, one in seven were likely victims of child sex trafficking," Smith said, explaining that child abduction and human trafficking is occurring in every community in our country. "This is yet another reason why I assist [others] during my personal search for my identity."

Patty Lee, who founded Baltimore-based Angels of Addiction, says that Smith is an unsung hero who supports many organizations and promotes togetherness. Lee started her street outreach effort in memory of her son who died in 2002. She reaches out to drug addicts to help them to secure rehabilitation and treatment. Donations for individuals on the street range from clothing to shampoo. Lee explained that Smith donates items, volunteers, and connects her to helpful organizations.

"She's (Monique's) just been a light to the people in Baltimore," Lee said, while commanding Smith. "She helps a lot of organizations. It's all about coming together for the greater good of Baltimore."

# Rambling Rose

Baltimore Jazz Festival Downtown



Rosa Pryor Trusty

Hello everyone, this is going to be an exciting, week. It includes a lot of fun, lots of music and entertainment. Just follow my lead.

Mr. White and the Astute Marketing Group LLC Promoter and Organizer of the “Baltimore Jazz Festival” are hosting this fantastic event. “The first of its kind, but promise it won’t be the last. When it comes to the essential part of entertainment history, people will often mention New York, New Orleans, Los Angeles, but forget that Baltimore has contributed to the musical landscape, especially in the terms of jazz with legends, such as James Hubert Blake, Billie Holiday, Cab Calloway, and Chick Webb,” says Mr. White. “Yet the jazz community continues to thrive with the likes of John Lamkin, II, Kevin Jackson, Isaac Parham and Craig Alston.” The Baltimore Jazz Festival that is coming to Baltimore on Saturday, August 10 and Sunday, August 11 from 12 noon until 5 p.m. looks to continue with the tradition showing off some of the best Charm City has to offer with live music, cocktails, crabs, brunch, wine tastings and a lot of fun.

At the “GAME” located 1400 Warner Street in Baltimore. The Jazz Festival is a musical showcase that celebrates some of Baltimore jazz legends and up and coming jazz greats. We will see you there. For more information, go to: [www.baltimorejazzfestival.com](http://www.baltimorejazzfestival.com) or call: 443-200-4868.

Changing the subject for just a minute, I had a call from Eleanor Everett an alumnus of the Historic Frederick Douglass High School and she informed me that the Frederick Douglass Alumni Association, Inc. is currently seeking new members and striving to develop new leadership. She says that the nomination and election committee needs your sup-

port. The Historic Frederick Douglass Alumni Association is now in the process of identifying the selecting officers for the association for the next two-year term of office. The positions that need to be filled include: President, 1st Vice President, 2nd Vice President, Recording Secretary, Treasurer, Financial Secretary, and Correspondence Secretary. So folks, if you are formerly a student of this historical school and want to help, call Eleanor Everett at 410-493-6077 or 410-233-5103.

Also, my dear friends, I need to see your face at the Avenue Bakery located 2229 Pennsylvania Avenue on the corner of Baker Street on Saturday, August 10, 2019 from 4 p.m. to 8 p.m. WHY? You ask? Well, because I asked you to, and it's your time to support me, and what I do. My group “Dee & Signature Live” will perform on stage at the bakery courtyard. All you have to do is bring your own folding lawn chairs and enjoy. Food and drinks including beer and wine will be available for sale. It's free and open to the public. Donations for the band are welcome. I will be the Mistress of Ceremony for this event. Also mark your calendar for September 7, 2019, same place, same time, but featuring my other group here in Baltimore; the Greg Hatza ORGANIZATION.

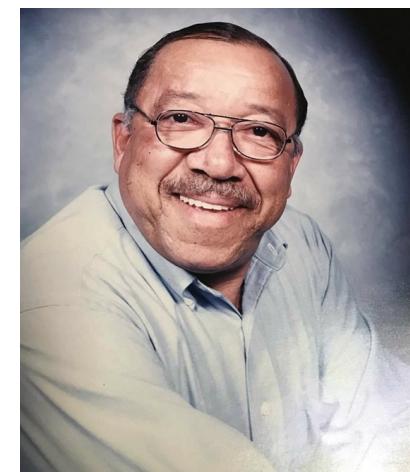
Well my dear friends, I got to go. Don't forget to read the captions under the pictures. Remember, if you need me call me at 410-833-9474 or email me at [rosapryor@aol.com](mailto:rosapryor@aol.com). UNTIL THE NEXT TIME, I'M MUSICALLY YOURS.



*Baltimore Jazz Festival will showcase live entertainment featuring Chelsey Green, Kevin Jackson, Isaac Parham, John Lamkin Jazz Quintet, Craig Alston Jazz Syndicate, The Melting Pot Big Band; Clarence Ward III & DAT Feel Good and Larnell Lewis Band just to name a few on Saturday, August 10 and Sunday, August 11 from 12 noon to 5 p.m. at the Downtown Baltimore's "Game" 1400 Warner Street. For more information call 443-200-4868.*



*Cassandra N. Vincent author of the book “Life is Full” (Musings on the Beauty of Life, Growth, and Love) was recently released. It serves as a guide to ask yourself what makes you happy and content each day and in that moment of our lives, despite the highs, lows, losses, and the many life experiences we go through. Her book is available at all local bookstores plus Amazon.com. For more information, visit: [www.cassandranvincent.com](http://www.cassandranvincent.com).*



*Raymond “Ray” Butler, the husband of Ann Butler who owned the famous Climax Lounge located at 2432 W. Baltimore Street has passed away. His funeral was held on Tuesday, August 6, 2019. Condolences to his family.*



*Walter Carr, Jr. the son of the late and famous Walter Carr Sr. known for the “Nightlifer Magazine. Recently Carr, Jr. published his own book called “Just Us”. The book is a collection of previously printed editorial cartoons in black newspapers across the country—cartoons with a black perspective on national issues and the conditions in Black America. His book signing dates are my next columns.*

# Offensive Tackle Orlando Brown Jr. settling in with the Ravens

By Tyler Hamilton

The Baltimore Ravens retooled their offensive line in recent years by adding left tackle Ronnie Stanley in the first round of the 2016 NFL Draft and Orlando Brown Jr. in the third round in 2018. Brown is entering his second season with the Ravens and is set to once again be the starter at right tackle.

Training camp got off to a tough start for Brown. He was not able to pass the conditioning test required in order to practice. However, head coach John Harbaugh likes the progress that Brown has made since.

"It wasn't like he was in bad shape. He was just heavy. He's done a really good job to knock that weight off," Harbaugh said. "He's still got a ways to go, but not too far. He's moving his feet a lot better than he did early in camp, I think as a result of being lighter."

The joint practices with the Jacksonville Jaguars have given Brown a chance to gauge where he is, as he gets ready for the season. Going against All-

Pro Jaguars defensive lineman Calais Campbell was a big test. Brown enjoyed the competition.

"It's not often I get to face someone that's similar to my height. It's awkward for me because of leverage. I'm used to blocking smaller people," Brown said about the 6-foot-8, 300-pound Campbell. "It felt good. This is the NFL and we play in this league for a reason. It's a lot of fun."

Brown joked that he hasn't blocked many guys as big as Campbell but he mentioned Shaun Oakman from Baylor and Carlos Dunlap from the Bengals as guys he went against who were the same size as him.

There were question marks about his athleticism after a subpar showing at the NFL Scouting Combine. The failed conditioning test this summer didn't help but Brown fought through it and used it as motivation.

Brown inherited his massive size (6-foot-8, 345 pounds) from his father Orlando Brown Sr. The 6' 7," 360-pound offensive tackle was one of the biggest



*Baltimore Ravens offensive tackle Orlando Brown Jr. likes the aggressive attack installed by new offensive coordinator, Greg Roman.*

Courtesy Photo/ BaltimoreRavens.com

men to play in the NFL. He even earned the nickname "Zeus."

Being one of the original Ravens when the team moved from Cleveland, Brown left big shoes for his son to fill. As a second year player, the younger Brown is ready to take the next step. It won't be easy but he is up for the task.

"It's a grind. At the end of the day, I understand that long term I want to get to a certain level and it's going to take a lot of work," Brown said.

Even though there is a new system in place, Brown is leaning on his rookie year in the NFL as a learning experience. He likes the aggressive attack that

new offensive coordinator Greg Roman installed.

"It's different now. Knowing the play-book [and] understanding my skill set a lot better. The system under G-Ro (Greg Roman), he is going to put me in a position to go out there and do what I do best. It's different now. Knowing the play book, understanding my skill set a lot better in this system and this setting now. I'm just continuing to grow with my fundamentals," Brown explained.

The fundamental growth will be huge for the Ravens, a team that relies on the offense to make strides with quarterback Lamar Jackson under center.

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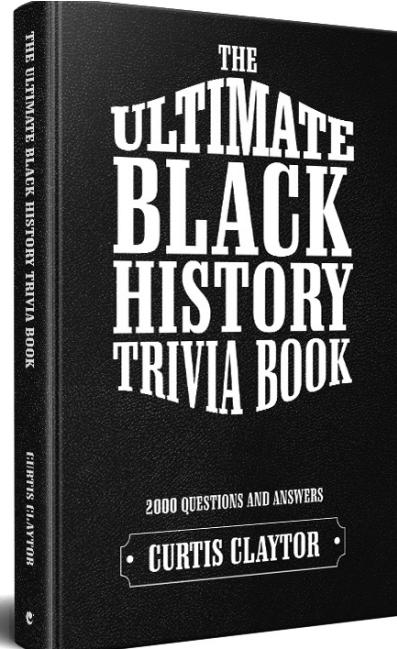
## New Black History Trivia Book Features 2,000 Questions and Answers About African American Heritage

Book offers one of the most extensive collections of black trivia available, making it a great graduation gift and resource for students of all ages.

Richmond, Va.—The Ultimate Black History Trivia Book, one of the most extensive collections of black trivia available, is now available, making it a great graduation gift and resources for students of all ages.

In the fascinating and entertaining book, Curtis Claytor invites the reader to test and increase their knowledge of black history and celebrate the achievements of not only the well-known African-Americans but also the lesser known.

Claytor conducted years of research to compile more than 2,000 multiple choice questions and answers in four categories: History; Music; Sports; Television, Arts & Literature. For example, most people learned about Martin Luther King, Jr., Harriet Tubman, and George Washington Carver. But who was the woman who refused to sit in the Jim Crow section of a train in 1883 or the name of the Black man who invented the gas mask and the three-signal stoplight? Not only will one learn about inventors and the heroes of the black struggle; one will learn about the horrific racial violence that is seldom mentioned in history books.



How about some other fun facts? Do you know about the race riot that resulted in the murder of over 200 blacks and the destruction of more than eleven hundred black businesses and homes? What about the race riot that began when a black youth who ventured into the "white section" of a lake drowned after angry whites pelted him with rocks?

Black trivia enthusiasts will learn the answers to a variety of questions like who scored 101 points in the first half of a high school basketball game; Fred Sanford's middle initial; and when the freaks come out according to the Who-dini song.

To order your book today, visit: [www.ultimateblackhistorytrivia.com](http://www.ultimateblackhistorytrivia.com).

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

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

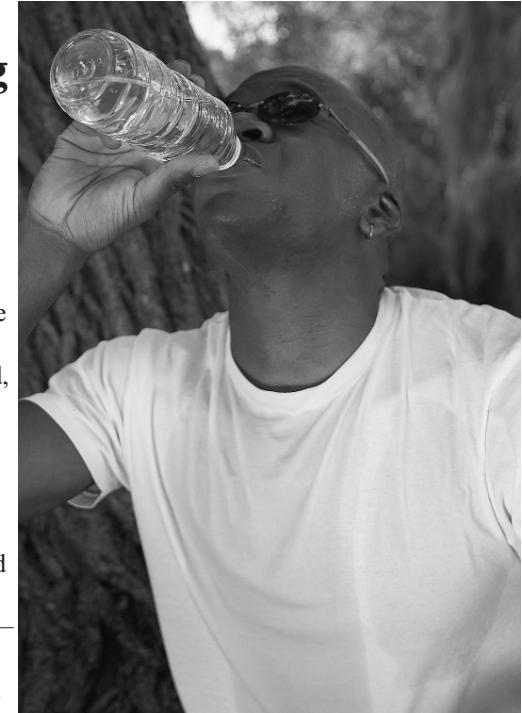
## How to protect your joints during the hot weather

Baltimore—To some of us, summertime implies backyard barbecues, family photos on the beach, and lots of splashing in the neighborhood pool. For others, the word "summer" has less pleasant connotations—humidity, bugs and, yep, even joint pain.

Many people report seasonal or weather-related flare-ups of joint pain. Research on this topic is limited and far from conclusive. One study from Harvard identified no correlation between weather conditions—specifically rainfall—and joint pain. A study from Australian researchers found that high winds were the only weather condition that truly exacerbated joint pain. A British survey that determined more than half of adults experience joint pain each summer was, perhaps conveniently, led by a company that manufactures joint pain supplements.

Still, the fact remains that many individuals self-report increased joint pain in the summer months. The experts at Saint Agnes Healthcare offer the following suggestions for managing pain as the heat blazes on:

• **Drink up.** Joint Health Magazine points out that hydration is critical to



joint health.

• **Shape up.** The CDC notes that moderate exercise can be an effective way to manage joint pain. If you are overweight or obese, consider losing weight under your doctor's supervision. Maintaining a healthy weight will lighten the load on your joints.

• **Speak up.** According to the CDC, about 25 percent of adults have an extreme form of joint inflammation called arthritis. Don't suffer in silence. If your joint pain is persistent, make an appointment with your doctor.

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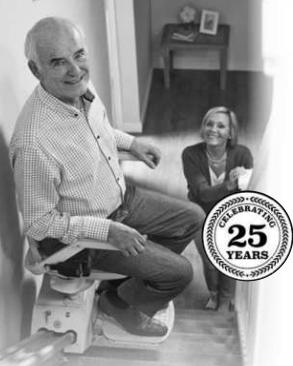


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