

Entrepreneurs get inspired, informed at “Mind Your Business”



Over 100 entrepreneurs and aspiring entrepreneurs attended a Mind Your Business seminar on Saturday, October 5, 2019 at Coppin State University's Physical Education Complex hosted by PNC Bank, Times Community Services, Inc, and The Baltimore Times. The event included morning and afternoon breakout sessions that covered a wide range of topics including financial education; how to start and structure your business; financing your business; promoting your business on social media; when you should include a CPA or legal experts; as well as an introduction to tax incentives that are available if you are located in one of Baltimore's Arts Districts. The event also included Q&A, a Resource Panel Discussion, lunch, giveaways, and networking opportunities. (Above): Karissa Carson, facilitator for "The Art and Science of the Side Hustle" session. (See article on page 10)

Photo: David Marshall

Annapolis veteran recognized by local American Legion, his story part of Veterans History Project

By Andrea Blackstone

Even though Annapolis is well known for celebrating African-American heritage and historic neighborhoods, there are many stories of historical significance that remain untold. One local man, James Diggs' military story is just one those gems that should be firmly cemented in historical repositories.

On September 20, 2019, National POW/MIA (prisoners of war/ missing in action) Recognition Day, Diggs took a step in this much-deserved direction, with the help of the American Legion Cook-Pinkney Post 141's commander, Curtis Jones. Diggs publicly shared his story about being held as a POW for 33 months during the Korean War.

The Library of Congress's Veterans History Project (VHP) recorded the interview at the post.

Congress created the VHP in 2000 to preserve interviews, letters, maps, original photographs and other historical documents belonging to United States military veterans from World War I to the present, according to the VHP website.

"If you're not familiar with that (VHP), it's an oral history archive at The Library of Congress where we preserve and keep the memories alive of veterans," said Andrew Huber, Liaison Specialist for the VHP. "This is something the historians can learn from when people are writing books, making movies, filming documentaries, so they can get factual information about our nation's heroes, and we thank Mr. Diggs very much for participating."

The evening also included a dinner and music, and citations were presented to Diggs.

Jones, who is a retired Marine said that Diggs was honored to let him know that the people in his community are grateful for his service to this nation. He further explained that history books primarily show Caucasian POWs when referencing the Korean War.

"That would make you think that there were no black soldiers during that time. After meeting Mr. Diggs over 20 years ago, and after getting to know him and just listening to this soft spoken man, I asked him one day what did he do in the



Former prisoner of war James Diggs (left), was recognized for his commitment to his country and community during his service in the Korean War and his persistence in the face of adversity on September 20, 2019, National POW/MIA (prisoners of war/ missing in action) Recognition Day at the American Legion Cook-Pinkney Post 141 in Annapolis. Senator Sarah Elfreth (right) presented him with an official citation.
Photo by Andrea Blackstone

war, and he told me he had been a POW for almost three years!" Jones explained. "He told me about the day that he was captured and how he thought that would be his last day on earth! I asked him how did he make it, and he told me faith in God. That day, I knew that I had to do something to make sure that his story would live on in the history of this country, and that he received his just due [so] that he and his comrades [would] not be forgotten anymore."

After completing the VHP's interview in a quiet space, Diggs who is now in his eighties emerged and he received a host of accolades. He expressed his gratitude for being honored.

"Through Him, and through Him alone, brought me this far, I hope to continue on this day and road in the future, and I want to thank all of you for being here tonight," Diggs said.

Diggs lived to tell his miraculous story but there are many other stories related to serving in the military which should never slip away, including oral histories

from Gold Star Families who can share their stories on behalf of military members who died as a result of service. Any veteran may submit an interview to be added to the repository. It takes six to

eight months for interviews to be processed and added to collections.

Diggs's interview has been selected to be digitized and will be available online. However, some stories are only available for viewing in the American Folklife Center (AFC) Reading Room in the Library's Jefferson Building. The center is located in Washington, D.C.

"If you all are interested in his (Diggs's) story, you can go to: www.loc.gov/vets. In a little while, we'll have it posted, and you'll be able to listen to his full story, but I encourage any veteran who is here tonight to also share their story. Because, while [Mr. Diggs] is an absolute hero, he's only one veteran out of the 22 million living veterans in America today—and every single one of them has an important story," Huber said. "And no matter what you did, what branch you served in, whether you deployed or not, your story is important and your story matters to America. So we hope all of you who are veterans or who know veterans will look up the Library of Congress Veterans History Project and get involved."

Jones reaffirmed these points, when he added that he would like children to ask relatives if they served in the military.

"If the answer is 'yes,' ask 'What did they do?'" Jones said. "So much history is being lost because children don't know what's right in front of them."

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The Annapolis Times

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

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The Power of Forgiveness

By Dr. Glenn Mollette

Many watched the powerful television report of Brandt Jean's act of forgiveness toward Amber Guyger who killed his brother Botham Jean. The scene of him hugging her and extending forgiveness to her has been replayed over and over and has invoked a sundry of reactions from across the nation and the Texas community.

Former Dallas police officer Guyger testified that she shot her victim by mistake, in his own apartment while he was eating ice cream. She was sentenced to ten years in prison and many thought it would have been much longer.

Allison Jean, the mother of the brothers wrote on her Facebook page to her son Brandt, "Your load is lighter. Regardless of the views of the spectators, walk with God always. Forgiveness is for the forgiver, and it doesn't matter what the forgiven does with it."

From the Lancaster, PA community in 2006 comes the story of ten young schoolgirls killed in an Amish one-room school. On the afternoon of the killing an Amish grandfather expressed forgiveness toward the killer, Charles Roberts. That same day Amish neighbors visited the Roberts family to comfort them.

Later that week the Roberts family was invited to the funeral of one of the Amish girls who had been killed. Amish mourners would later outnumber the non-Amish at Charles Roberts' funeral. The story told is that the killer was tormented for nine years by the premature death of his young daughter. He never forgave God for her death. Yet, after he cold-bloodedly shot ten Amish schoolgirls, their families and friends almost immediately forgave him and showed compassion toward his family.

In 2015, from the historic Charleston, South Carolina Emanuel African Methodist Episcopal Church also came the story of forgiving relatives. One by one those who chose to speak at his trial did not turn to anger. Instead, while the killer Dylann Roof remained impassive, they offered him forgiveness and said they were praying for his soul, even as they described the pain of their losses.

"I forgive you," Nadine Collier, the daughter of 70-year-old Ethel Lance, said at the hearing, her voice breaking with emotion. "You took something very precious from me. I will never talk to her again. I will never, hold her again. But I forgive you. And have mercy on your soul."

I don't know what I would do. I can't tell you what to do because I don't know what has happened to you. It's between you, whomever and God, and how you want to live your life. However, if you carry a lifelong load of hate, resentment and bitterness, it will wear you down.

The words of Jesus from the Bible remind us, "For if you forgive men their trespasses your father in heaven will forgive you."

Think about it. Is there someone you need to forgive?

Glenn Mollette is an author and columnist. To contact Mollette, email: GMollette@aol.com or visit his website: www.glennmollette.com



Community Affairs

Taxpayers who requested extensions reminded that deadline is October 15

Washington, D.C.— Taxpayers who requested the six-month filing extension should complete their tax returns and file on or before the October 15 deadline.

Convenient electronic filing options, including IRS Free File, are still available.

Filing electronically is easy, safe and the most accurate way to file taxes. There are a variety of electronic filing options. Those options include having tax returns prepared at a Volunteer Income Tax Assistance or Tax Counseling for the Elderly site, purchasing commercial software or choosing a reputable tax professional who is also an authorized e-file provider.

About 15 million taxpayers filed for an extension this year. Although October 15 is the last day for most people to file, some may have more time. They include:

- Members of the military and others, serving in a combat zone. They typically have 180 days after they leave the combat zone to file returns and pay any taxes due.

- Taxpayers in federally-declared disas-

ter areas who already had valid extensions. For details, see the disaster relief page on IRS.gov.

Extension filers can file when they are ready and don't have to wait until October 15 to file. Taxpayers who did not request an extension and have yet to file a 2018 tax return can generally avoid additional penalties and interest by filing the return as soon as possible and paying any taxes owed.

Form 1040 has been redesigned for tax year 2018. The revised form consolidates Forms 1040, 1040A and 1040-EZ into one form that all individual taxpayers will use to file their 2018 federal income tax return.

The new form uses a "building block" approach that can be supplemented with additional schedules as needed. Taxpayers with straightforward tax situations will only need to file the Form 1040 with no additional schedules. People who use tax software will still follow the steps they're familiar with from previous years. Since nearly 90 percent of taxpayers now use tax software, the IRS expects the change to Form 1040 and its schedules to be seamless for those who file electronically.

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Fannie Lou Hamer died of untreated breast cancer

By *Julianne Malveaux*
NNPA Newswire Contributor

October is Breast Cancer Awareness Month, and the proliferation of pink ribbons is about to start. Predatory capitalists will make breast cancer their cause, producing pink t-shirts, pocketbooks, everything. It's a mixed blessing, this awareness, because too many will make this both a marketing and a profit-making opportunity, while others will wonder how they can use their health insurance to afford a mammogram. Health equity is a major issue, and there is a gap in health care and health access. It is especially sharp when we address the issue of breast cancer.

While black women get breast cancer at a lower rate than white women, we are 42 percent more likely to die from it. And young black women, those under 35, are twice as likely as white women to get breast cancer, and three times as likely to die from it. Black women are

also three times as likely as white women to get triple-negative breast cancer, an especially aggressive form of breast cancer.

I am privileged to know Ricki Fairley, a triple-negative breast cancer survivor, and marketing maven who now holds a leadership role at the nation's oldest and largest black women's breast cancer network group. Sister's Network, describes

with our racist health care system.

At 44, she had surgery to remove a tumor, and the hospital also gave her a hysterectomy without her consent. Sterilizations without consent happened to lots of black women in southern states. It eroded the trust that many black women had in our health care system. Had Fannie Lou Hamer noticed a lump would she be inclined to return to the

women don't carry the heavy burden of health disparities? We must be mindful and aware of the risks of breast cancer. We must talk about breast care with our sisters and our young 'uns. We must engage in a policy conversation about the ways health insurance can support our breast health. Too often, health insurance covers some, but not all, of the cost of screening. We must engage our civic organizations in breast health education.

We must remember Fannie Lou Hamer, who said she was "sick and tired of being sick and tired." That means as tired as we are of being tired, we must also be committed to taking care of ourselves. Too many studies say that black women ignore self-care for the care of others.

Fannie Lou Hamer was a leader and an icon. She was also a black woman who gave voice to her tiredness and the way it impacted her. In saying that she was "sick and tired of being sick and tired," she challenged us all to be less sick, less tired and more self-aware. If we celebrate her, we must hear her.

The health care system is biased against black women, and we must take our health care in our own hands. Neither sick, nor tired, just empowered and in October—Breast Cancer Awareness Month—be supportive of organizations like the Sister's Network, an organization that provides opportunities and services for the black women who are diagnosed with breast cancer. We must do this in the name of Fannie Lou Hamer.

Julianne Malveaux is an author and economist. Her latest project MALVEAUX! On UDCTV is available on youtube.com. For booking, wholesale inquiries or for more info visit: www.juliannemalveaux.com

“While black women get breast cancer at a lower rate than white women, we are 42 percent more likely to die from it. And young black women, those under 35, are twice as likely as white women to get breast cancer, and three times as likely to die from it. Black women are also three times as likely as white women to get triple-negative breast cancer, an especially aggressive form of breast cancer.”

itself as a "survivorship organization" that provides support for black women who are diagnosed with breast cancer. Ricki only recently joined the organization as its Vice President for Strategic Partnerships and National Programs, and she is on a mission to raise awareness about breast cancer in the African American community. Propelled by her own survivorship story, but also by the many women she has provided support for, she is passionate about the reasons that African American women must be informed and engaged around breast cancer issues.

Civil rights icon Fannie Lou Hamer, died of untreated breast cancer. She was just 59 when she made her transition, and one can only speculate about why this fearless leader had an untreated disease. Her untreated breast cancer was not the first collision she experienced

health care system that had already oppressed her? Probably not.

Fannie Lou Hamer was poor and vocally black in the South. Serena Williams is wealthy, black and an international superstar. Despite her privilege, Williams also experienced the differential way the health care system treats black women. Serena might have died giving birth to her daughter, Alexandra. Because Williams was gracious enough to share her story, we are reminded that black women are all too often ignored or dismissed by health care providers. Racial bias in the medical field is not only real, but also life threatening. Reference Fannie Lou Hamer. Ask Serena Williams. Consider the thousands of black women that are being sidelined by a health care system that does not hear our voices.

What must we do to ensure that black

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The Kiss For A Cure:

Novartis returns with Breast Cancer Awareness Campaign

By Ursula V. Battle

This is the first of a series of articles that will be published in observance of Breast Cancer Awareness Month. An annual international health campaign, Breast Cancer Awareness Month is observed every October to increase awareness of the disease, and to raise funds for research into its cause, prevention, diagnosis, treatment and cure.

Reflecting back on the diagnosis that changed her life, dancer Maggie Kudirka said, "I found a lump in February 2014, and it grew to the size of a grapefruit. Then, I started having sternum pain. I was only 23 at the time, and thought it was just a dance injury. In May 2014, I went to see a doctor and from there it snowballed into my diagnosis. It was a big learning experience for me to find out it was incurable and would be a part of the rest of my life."

Reflecting back on the diagnosis that changed her life, Shay Sharpe said, "I had worn a new dress, and I was just itching all day. In the midst of scratching, I felt a pea-sized spot on my chest. I had just had an exam done, and figured the doctor would have picked it up. I went to the doctor for a Benadryl shot, and told him about the spot. He sent me for an ultrasound. My mother had told me about this aunt and that aunt who had cysts in their breasts. I thought the spot was just a cyst."

She added, "The ultrasound was followed by a mammogram. That was the determining factor in my learning that I had Stage Three breast cancer. You just don't think at the age of 26 you should have to worry about breast cancer.

Breast cancer was not on my radar."

Both Kudirka and Sharpe have Metastatic Breast Cancer (MBC). According to the National Cancer Institute (NIH), cancer can spread regionally, to nearby lymph nodes, tissues or organs. The NIH also points out that cancer can spread to distant parts of the body. When this happens, it is called metastatic cancer.

While the women were both diagnosed with breast cancer at a young age, they also have something else in common—they want to do all they can to ensure their voices are heard to bring awareness and support to MBC.

Kudirka and Sharpe are Ambassadors for Kiss This 4 MBC™, a campaign seeking to increase much-needed research funding and support for the community. Kiss This 4 MBC Ambassadors are comprised of individuals who have all been affected by breast cancer in some way, and use their social media channels and active roles in the breast cancer community to encourage posts for #KissThis4MBC.

For each public post using the hashtag #KissThis4MBC, Novartis will donate \$20 to Metastatic Breast cancer Research. A global healthcare company, Novartis launched Kiss This 4 MBC™ in 2017 to increase much-needed research funding and support for the MBC community.

"I am happy to be part of the Ambassador squad because I get to use my voice and experiences for the campaign and share my story with the country and the world," said Kudirka. "It is rewarding to be a part of it.

"Metastatic Breast Cancer is a big part of my life, but I can't let it take my life



(Left) Maggie Kudirka is a dancer. She was diagnosed with cancer at age 23. (Right) Kiss This 4 MBC Ambassador Shay Sharpe with Michael Singer, a male breast cancer patient.

Courtesy Photos

over. The campaign has given me a stronger voice and more awareness that we all are going through something. Just because I look healthy, doesn't mean I am. The person next to us can have a chronic disease, and we not know it."

Kudirka, also known as "Bald Ballerina," began dancing at a young age, and would eventually grow up and join the Joffrey Ballet Concert Group, a part of the prestigious Joffrey Ballet Company in New York City. Kudirka still dances occasionally, but primarily focuses on advocacy efforts for the MBC community.

"I get to meet women with MBC and men with MBC," said Kudirka. "Men getting Metastatic Breast Cancer is rare, but it does happen. Being a part of this campaign teaches the general public about MBC. We won't be quiet. We will rise up and want to change the world."

Sharpe, who is now 41, advocates for young women with breast cancer and started the non-profit group Shay Sharpe's Pink Wishes. The organization

educates and grants wishes to women under 40 affected by breast cancer.

"It's all about getting the word out about breast cancer," said Sharpe. "The more education the better. I am really happy to be an Ambassador. If I had not been diagnosed, breast cancer would not be on my radar. It makes you think and that's what it's all about—awareness.

"I have met some amazing women through this campaign. I get to put real faces to the names of those who are advocating in their areas. I get to meet people who are trying to make an impact by bringing their story to people who wouldn't know their story if it wasn't for this campaign."

To visit Kudirka's Instagram, go to <https://www.instagram.com/baldballerina/> and Sharpe's Instagram is <https://www.instagram.com/shaysharpe-spinkwishes/>.

For more information about the Kiss This 4 MBC campaign, visit <http://www.kissthis4mbc.com>.

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New whiskey brand launched in Baltimore



Creators of “Rams & Parrots” whiskey (left to right) William Jennings III, Reginald Jones, Rodney Dotson and Jonathan Ortiz. Courtesy Photo

By Dareise A. Jones

Baltimore native and Morgan State University alum Rodney Dotson learned perseverance from his maternal grandmother who ran a daycare out of her home. Even though she did not have a car she always made sure that both her business and her home were well taken care of.

Dotson remembered her drive when he had to persevere through disappointment when his music group “Nuance” did not attain the success they had hoped for.

He attended Morgan State University from 1996 to 1998 and left to pursue his music career with the group, which included his best friend William Jennings III. When it didn’t work out, he returned to Morgan and pursued a degree in business. He graduated in 2011.

“It’s not when you start, it’s when you finish,” Dotson said with pride recalling how his education, perseverance and desire to create a legacy led to the creation of Rams and Parrots, a Black and Brown owned whiskey brand based in Baltimore.

In 2016, Rodney, Will and another childhood friend Reginald Jones, were inspired to start a business that would create a legacy and honor their roots. All three were raised by single mothers and grew up in inner city Baltimore, and all three were determined to create a brand with integrity that would bring people together.

They did their research and decided to increase the representation of Black and Brown whiskey brand owners. They chose the name for the strength of the ram and

intelligence of the parrot, which incidentally were also their middle and high school mascots—Roland Park Middle Rams and Baltimore Polytechnic Parrots.

Many of their best memories were centered, around family, good food and good drinks. Specifically, Rodney’s paternal grandmother’s North Carolina corn whiskey creation, fondly known as, “Dot Dot’s punch,” being served at family reunions and get togethers.

The late Dorothy Dotson was a head bartender at the famous Hilltop Inn. With this in mind, they partnered with Jonathan Ortiz, a master distiller, and created their own bourbon recipe, which he says has “a sweet corn taste [and] packs a punch, but goes down smooth.”

The founders of Rams and Parrots want their whiskey to be the centerpiece of moments and memories, because that is how a legacy and connection is built with a brand. Rodney encourages aspiring entrepreneurs to trust the process and understand that the journey is a marathon and not a sprint. He says, “you can’t succumb to what people think of you, you can’t give up.”

His positive attitude and resilience brought him through disappointment, and ultimately led him to collaborate with friends to build a legacy.

Rams and Parrots is available for sale at Security Liquors located at 6628 Security Blvd. 21207. For more information about Rams and Parrots, visit the website: www.ramsandparrots.com.

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Community crab feasts raises funds, lifts hearts.

By Mori Johnson

Morgan State University SCOM student

A crab feast in Rosedale brought together nearly 200 people to honor Baltimore murder victims and their families. This was the tenth year that Survivors Against Violence Everywhere, also known as SAVE, met to remember their loved ones and to collect donations. The fundraiser took place at the American Legion Post #180 on Selig Avenue September 28, 2019.

“People were still calling us to get tickets but we were sold out,” said Robin Haskins, who serves as an advisor to the Victim’s Service Unit in the Baltimore City State’s Attorney’s Office.

Over \$6,500 was raised at the sold-out event.

Haskins says most of the proceeds will go towards a scholarship program for family members of Baltimore murder victims, while the rest will go toward sponsoring children who want to attend summer camp.

Since there were no scholarship recipients this year because of the lack of qualified applicants, members of SAVE plan to increase the amount of the scholarship next year. Eligible students will be able to apply beginning March 1, 2020. The deadline will close May 1, 2020.

“We send all information regarding the scholarship to Baltimore City schools guidance counselors, as well as to local newspapers, and the Family Bereavement Center,” said Haskins.

In addition to the scholarships program, SAVE also provides services to help families cope with the loss of a loved one due to homicide. The organization connects families to support services, guides them through court and trial proceedings, and provides scholarships to family members who want to attend college. The fundraiser supports these services, said SAVE organizers.

The event also included a silent auction at which attendees placed bids on shoes, perfume, clothes, and gift baskets. SAVE president, Alice Oaks and member Jeannette Simon pulled raffle tickets.

“Many of the door prizes and items that are being auctioned off were donated,” said SAVE treasurer, Loretta Bailey.



Organizers of Survivors Against Violence Everywhere prepare to greet supporters during their 10th Annual Crab Feast at the American Legion Post #180 in Rosedale September 30, 2019. L to R) Ellen Bentley, Loretta Bailey, Robin Haskins, Maria Whiting, Alice Oaks, Greta Willis. Photo: Dannette Bland



*Attendee has a good time dancing at the table at the SAVE crab feast
Photo: Mori Johnson*

During the feast, Bailey, who has been a member of SAVE since 1993, was given a Certificate of Recognition for her 26 years of service and commitment to the organization. She lost her only son Brian in 1991 during a shooting.

Other members, like Bailey, are moth-

ers who have lost a child. Initially, they met through the Family Bereavement Center, or FBC, a program that was established in March 1990 through the State’s Attorney’s Office.

“SAVE is the sister organization to FBC,” she said. “It was developed so

that members could reach more people by speaking about gun violence at community meetings, visiting schools and prisons, and neighborhood associations.”

In addition, the non-profit organization helped to get the Victim’s Rights Amendment passed in Maryland in 1994. This amendment ensures victims and their families have certain rights, such as access to Victim Information and Notification Everyday (VINE). Because of their community involvement and strong efforts to spread awareness of gun violence, SAVE received the Governor’s Award for outstanding contributions in the field of victim’s rights and services.

“That’s the one thing that makes SAVE unique,” said Bailey. “When someone in the group says ‘I know how you feel’ you know that person knows exactly how you feel because that shoe fits their foot as well.”

Simon became a member in 2016 after someone stabbed her 17-year-old grandson Ananias Jolley to death. As a way to support her daughter and deal with her own pain, Simon attended meetings at the FBC. It was there that she met members of SAVE and decided to join.

“What I am trying to do is make sure that we continue to do positive things, by celebrating our children and what they have accomplished in their short lives,” Simon explained.

While reflecting on the people singing, dancing, and laughing at the event, Simon stated, “When you look around the room, you know that there is a lot of pain, but today is the one day that they don’t have to show it.”

Survivors Against Violence Everywhere is currently looking for new members. The group meets each fourth Tuesday at Baltimore City Hall. The organization is open to anyone who wants to join, not only to mothers who have lost a child.

For more information, visit their website at www.survivorsagainstvienceeverywhere.org.

Entrepreneurs get inspired, informed at “Mind Your Business”

By Shernay Delice

Karen Orange and her daughter Mia poured over their notes at an open table inside a large auxiliary room in Coppin State University’s Physical Education Complex. They were two of more than 100 entrepreneurs to attend the “Mind Your Business” event hosted by PNC Bank, Times Community Services, Inc. foundation of The Baltimore Times, on October 5, 2019. The unified energy in the room signified everyone’s clear goal: uncover resources to take their businesses to the next level.

Orange has been planning events for churches, nonprofits, and schools—at little charge—for 20 years, but now she is ready to monetize her zeal for affairs.

“It’s all about the fun of seeing an empty space transformed into something beautiful,” Orange said with a smile. “And to see how the customer is just in awe of how it all turned out—that’s why we do it... But it is a cost to us, and it’s time to turn it into a full-profit business that brings in income.”

Last year, her daughter Mia helped her create the business name, Orange Dream Events, and she has been on the hunt for resources to scale the business.

“We learned a lot to today, so we are going to go home and digest it,” Mia Orange said. “It’s good to hear about new opportunities. For instance, I didn’t know about the Opportunity Zones or websites that were mentioned in the panel today.”

She is referring to websites, such as Baltimore SourceLink, a free database that itemizes the resources required to launch and maintain a business in Baltimore. The site includes everything from what permit you need by profession to tips on how to hire employees.

In addition to a panel discussion featuring leaders from various business groups, including the Mayor’s Office of Minority and Women-Owned Business Development and the Small Business Administration, the “Mind Your Business” event also included six breakout sessions that dove deeper into topics that typically impede business owners, such as financing, social media marketing, accounting, and legal issues.



PNC Bank, Times Community Services, Inc. and The Baltimore Times hosted a Mind Your Business seminar in Coppin State University’s Physical Education Complex on Saturday, October 5, 2019. Over 100 entrepreneurs and aspiring entrepreneurs attended. Photo: David Marshall



A Mind Your Business attendee with Dr. Ron Williams, Coppin State University professor

Photo: Jourdan Taylor.

Michelle Walker, a baker, attended the CPA and social media breakout sessions. “They touched on every question I had, from what I can write off to building websites and seeking assistance from an accountant,” she said.

Walker, along with her mother and sister drove an hour and a half from Delaware to attend the “Mind Your Business” event. “It was well worth it. This was a good place to start learning things I didn’t know, and it turns out, there’s a lot I don’t know,” she said with a laugh. Walker is looking to grow her word-of-mouth cookie side hustle into a brand that ships baked goods nationwide.

Some presenters, such as Everett Sands from Lendistry, were brutally honest

about the demands of starting a business. As an underwriter, Sands said he throws out hundreds of business plans a year except the ones that prove the entrepreneurs know how to handle debt, like student loans, and if they have the capacity to repay.

“Give me a scenario when you have executed,” he said during his breakout session on business financing. “That’s why they say it’s ideal to start a business after you have paid off your debts... Most lenders want to see two years of business experience and that means two years of filed taxes and they want to know when you became official with the state.”

Other exhibitors made it clear that entrepreneurship is also attainable through

alternative lenders. Baltimore Business Lending, which provides micro-loans ranging from \$10,000-\$50,000 to start-up businesses and Kiva, a crowdfunding platform that allows business owners to raise up to \$10,000 in interest-free loans, both had representatives at the seminar.

The “Mind Your Business” event also proved motivational during a breakout session on side hustling. Attendees were encouraged to combat procrastination by constantly reminding themselves why they wanted to start their businesses.

“Having a support system is great, but no one is going to be sitting up at 2 a.m. sending out invoices for you,” said presenter Karissa Carson, a women empowerment brunch organizer.

“You have to be self-motivated.”

For the mother and daughter team of Orange Dream Events, these types of messages are their driving force.

“We don’t want to just jump out there as a business,” said Mia Orange. “We want to attend conferences like this, actually get the market research, and push ourselves, so we can scale up.”

The younger Orange says events like “Mind Your Business” are crucial for communities in Baltimore.

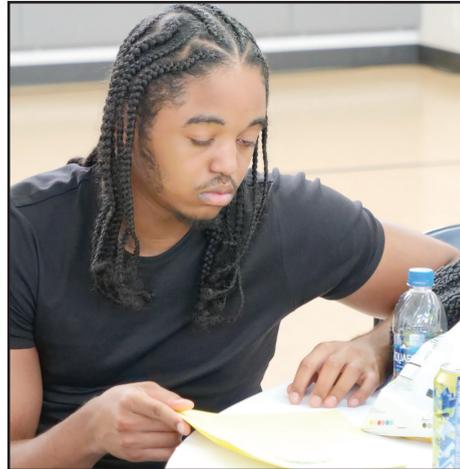
“If somebody is not really searching hard for all these resources, they may never find them,” she said. “And it’s something special about having all of these people here in one place to get the answers you need to grow your business.”



Chris Rockey, Sr. VP Territory Executive National Expansion Markets, PNC Bank



(L-r): Everett Sands, CEO of Lendistry and Ramsey Harris, VP and Territory CRA Business Advisor in the Retail Lending Distribution Management division at PNC Bank



Paul E. Taylor, Director, Mayor's Office of Minority and Women Owned Businesses



Morgan State University SCOM students and writers for The Baltimore Times were on duty at the Mind Your Business event. (L-r): Eryn Johnson; Cheyanne Gordon; Joy Bramble, Publisher, The Baltimore Times; Dena Wane, Director of Special Projects; Jasmine Kelly; and D'iara Washington

Photos: David Marshall

21st Anniversary Gala to raise funds to help combat AIDS in West Baltimore

By Stacy M. Brown

Debbie Rock was born and raised in Baltimore. She grew up singing in church and with a dream to become a famous singer. She accomplished her dream but success hasn't stopped her from reaching back into her beloved Baltimore to help others.

On Saturday, October 19, Rock's LIGHT Health and Wellness Comprehensive Services, Inc., will celebrate its 21st anniversary with a "Be The LIGHT" gala at 7 p.m. at the Horseshoe Casino in Baltimore. The gala serves as LIGHT's principal fundraising event.

The event will recognize community trailblazers, including Dr. Leana Wen; Deborah Phelps; Albert and Brandon Wylie; Lt. Gov. Boyd Rutherford; and Rev. Debra Hickman.

Maryland Democratic Congressman Elijah Cummings counts among the VIP guests with Martha Wash scheduled for a special musical selection.

Rock anticipates as many as 300 people will attend from the public and private sectors, including elected officials, corporate leaders, community partners, and private citizens.

"LIGHT relies on the support of individuals, corporations and foundations that can see the passion we have in serving our communities and improving the lives of children and families to achieve greater overall successful and healthy outcomes," Rock said. "We are constantly seeking innovative and creative ways to raise funds. As we embark on 21 years, we are celebrating with our 'Come Board the LIGHT Train' Gala which has become our signature annual fundraiser and an opportunity to celebrate our accomplishments.

"We are seeking corporate, foundation



Baltimore native Debbie Rock's LIGHT Health and Wellness Comprehensive Services celebrates its 21st anniversary on Saturday, October 19, 2019 with the "Be The LIGHT" Gala at the Horseshoe Casino in Baltimore. Courtesy Photo

and individual sponsors, silent auction item donations, patrons, single ticket purchasers, you name it. Any support we can garner for this event would propel LIGHT to greater heights."

Rock was a national disco recording artist who performed in the 1970s under the name, Debbie Jacobs. Among her biggest hits was "Don't You Want My Love," which gave her a nationwide audience. It was during that time that Rock said she began to witness the devastation of AIDS, particularly in the gay community.

"I couldn't stand by and do nothing. I made it my mission to become a part of advocating for those impacted by this dreadful disease," Rock said.

Along with other artists, Rock would

finish a paid performance and then appear at benefit shows to help raise money for community-based organizations who were providing critical services to those affected by AIDS.

"When I found out how HIV was impacting the African American community, I returned to Baltimore and started the first day and respite program for children and families impacted by HIV, which was named The Baltimore Pediatric HIV Program," Rock said. She later founded LIGHT Health & Wellness, which is located in the heart of West Baltimore.

"We are proud and honored to provide services for working parents that include a safe and nurturing environment where children are educated, training resources

for new skills to advance their careers, and addressing mental health needs to assist them in coping with any life-altering traumatic experiences that may be creating limitations," Rock said.

For the past 21 years LIGHT has reached more than 21,000 women, children, men, and families. It includes comprehensive services that have been specifically crafted for individuals that are impacted by HIV, substance abuse, mental health and trauma.

Those services include non-medical case management, emergency financial assistance, health education, psychosocial supportive services and outreach.

"Over the years our outreach services have successfully reached thousands of clients and over 900 today are still actively in care and thriving," Rock said. "Through our HIV, Substance Abuse and Mental Health programs, to care for longer than 6 months after completion of our program. Some of our clients have become staunch advocates of LIGHT and have come back to volunteer in some capacity."

At LIGHT, officials think outside the box to find necessary funds and resources, according to Rock. And, it often pays off with inspiring stories and outcomes.

"There are many great success stories of individuals and families that have gone through our programs. Our children who were born with HIV are living healthy productive lives, some have graduated from prestigious schools such as Spelman, St. Mary's University, and Morgan State," Rock said. "They are teachers, practicing social workers, serving as nurses, married and raising families of their own. Our programs have been sustained through some of the hardest times."



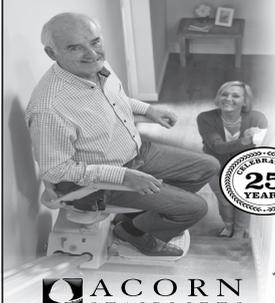
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Ravens look to win back-to-back AFC North games

By Tyler Hailton

When the preseason rankings came out, the Baltimore Ravens weren't picked by most analysts to win the AFC North. The division title was pretty much ceded to the Cleveland Browns. Although Cleveland came into M&T Bank Stadium and gave the Ravens a 40-20 loss, Baltimore is currently on top of the division.

The Ravens (3-2) currently sit over top of the Browns (2-3) after pulling off a 26-23 overtime win over the Pittsburgh Steelers. It's never easy going to Heinz Field and coming away with a victory. Last week's game was no different; especially with some questionable calls against them.

"A lot of things were going against us. Our guys kept their poise. Our guys didn't get overwhelmed by the moment. They found a way, ultimately to win the game," head coach John Harbaugh said. "Anytime you go into Heinz Field and get a win especially in this rivalry, that's a great accomplishment....Just another chapter in this incredible rivalry," Har-



Baltimore Ravens safety Earl Thomas, considered a team leader, is looking to win back-to-back games against AFC North opponents. Last week, they beat the Pittsburgh Steelers and they hope to triumph over the Cincinnati Bengals on Sunday, October 13, 2019 at M&T Bank Stadium. Courtesy Photo/baltimore Ravens.com

baugh said. "When you've got that kind of character and play as hard as we did? We can do anything, with that."

Now the Ravens look to string together back-to-back AFC North wins when the

Cincinnati Bengals come to town on Sunday. The winless Bengals are under new management after long-time head coach Marvin Lewis was replaced by first-year coach Zac Taylor.

The Ravens will be without safety Tony Jefferson, one of their team leaders. He is out for the rest of the season after suffering a knee injury last week.

"Tony Jefferson is a heart and soul for us. He's a leader. He's a great player—just a high-energy player. He's a guy that flies around and makes plays. He's a communicator for us on the backend," said Harbaugh about Jefferson.

The Ravens will likely turn to Chuck Clark and DeShon Elliott to fill in for Jefferson. The Ravens signed fourth-year defensive end Jihad Ward to take Jefferson's place on the 53-man roster.

Consecutive wins against AFC North opponents would be huge for Baltimore.

Harbaugh knows it's a long way until the end of the season but he'll keep leading his guys on the journey.

"It depends 100 percent on us and what we do. Us plus us is what we are interested in. That's the equation that we are believing-in. Let's take care of our business and business will be taken care of," Harbaugh said.

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Boosting STEM scores and emotional learning earns teacher \$25,000 Milken Educator Award

Santa Monica, Calif.— Every morning, teacher Erin Wyatt shows her eighth-grade students what's in store, literally, by having some of her students help run the school store at North Harford Middle School in Pylesville, Maryland.

With her hands-on mentoring and pragmatic, down-to-earth approach, Wyatt ties social and emotional learning to academics with impressive results. She is boosting STEM scores, empowering young women and stitching together the social fabric in her rural community— while lifting students at all academic levels.

On Wednesday, October 2, 2019, Wyatt received a big lift at a surprise school assembly where she was presented with a Milken Educator Award by Milken Educator Awards Senior Vice President, Dr. Jane Foley and Maryland State Superintendent of Schools Dr. Karen Salmon. As a 2019-20 recipient of the national recognition, Wyatt receives an unrestricted \$25,000 cash prize.

She is the only Milken Educator Award winner from Maryland this year, and is among up to 40 honorees for 2019-20.

The Milken Educator Awards, hailed by Teacher magazine as the “Oscars of Teaching” has been opening minds and shaping futures for over 30 years.

Research shows teacher quality is the



Eighth grade teacher Erin Wyatt at North Harford Middle School in Pylesville, Md. was the recipient of a Milken Educator Award with an unrestricted \$25,000 prize.

Courtesy Photo

driving in-school factor behind student growth and achievement. The initiative not only aims to reward great teachers but to celebrate, elevate and activate those innovators in the classroom who are guiding America's next generation of leaders.

"Erin Wyatt embodies the dedication and commitment that it takes to motivate and develop students," said Foley. "STEM education is essential to improving student outcomes and future success, and

Erin delivers in this key arena of knowledge with a personal touch, institutional savvy and emotional connection to the community. We are thrilled to welcome her to our Milken Educator Network."

Wyatt is bringing that future closer with a personal touch and true dedication to science education and her students' needs, getting to know each one individually. Committed to community outreach, curriculum enhancements and staff development, Wyatt is a favorite with parents as well as the new teachers she mentors. She is also a magnet for appreciative former students who return often to visit this influential teacher.

"Erin Wyatt exemplified the innovation, enthusiasm, and dedication of teachers throughout Maryland," said Salmon. "We are committed to equity and excellence in our schools, and she is a living example of both of these principles in action. Teachers like Erin Wyatt are changing young people's lives and making a difference. We are proud that she has been honored in this way."

The chair of North Harford's science department, Wyatt is known as an innovative and exceptional educator who

meets all students at their level of readiness and accepts them for who they are. She works with students at every academic level, from the gifted to challenged students on Individualized Education Programs. North Harford ranks fourth or fifth overall among the district's middle schools, but its eighth-grade science scores land first or second. Wyatt's students regularly surpass 80 percent on high-stakes testing. An African-American teacher in a district with limited ethnic diversity, Wyatt serves as a powerful role model for female, minority and STEM-focused students. Her pupils have earned first place in the school's science fair, and Wyatt often arranges field trips to meet with scientists working in a variety of STEM fields.

"We are so proud to have Erin recognized by the Milken Foundation and especially honored as a school system to have the only Maryland recipient this year," said Superintendent of Harford County Public Schools Dr. Sean Bulson. "It is not easy to do what teachers do every day; Erin is a shining example of all the 'extra' qualities that we look for in an educator. It is my pleasure to be a part of this well-deserved surprise."

Baltimore City Community Health Walkers are thinking pink!

Baltimore— The Baltimore City Community Health Walkers monthly walk—for the 75th consecutive month—takes place on Saturday, October 12, 2019 in Druid Hill Park (near tennis courts, pool and basketball courts) at 7:30 a.m.

October is National Breast Cancer Awareness Month and everyone is invited to wear PINK (any shade)...or a touch of PINK.

We will celebrate those who have won their battle, pray for those going through the battle and remember those who have lost their battle with breast cancer and letting them know they are loved and remembered.

Join Ernestine Shepherd, "World Oldest Female Competitive Bodybuilder"; Chauncey D. Whitehead, "The Trainer"; ladies of the Baltimore City Cancer

Program; PATIENT First; Shay Brown-Brown, "The Motivator", and all the wonderful walkers from all over the state and beyond who will greet you

with hugs, smiles and encouragement.

The Baltimore City Cancer Program at University of Maryland Marlene and Stewart Greenebaum Comprehensive Cancer Center will be handing out pink ribbons, as well as information about their "no cost to you" mammogram screenings.

Come out and join us and bring a friend or a family member!



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How early an orthodontic evaluation can save your child a mouthful of problems

News & Experts— Oral diseases affect almost half the global population, and recent research indicates they persist because oral health has not been prioritized as much as traditional healthcare.

One factor, cited in research published in the Lancet Series on Oral Health led by University College London: Dentistry focuses more on technology and treatment than on prevention.

One avenue of prevention is early orthodontic evaluation, not necessarily to start orthodontic treatment, such as the application of braces, but to uncover any lurking bite problems and determine appropriate solutions. The American Association of Orthodontists recommends that every child have their first orthodontic visit and evaluation by the age of seven.

“As dental professionals, we need to do a better job of educating the parents of young children— specifically as to why it’s important to monitor the development of their bite,” says Dr. Ana Castilla, an orthodontist and the author of the book *Smile of Your Life: Everything You Need to Know for Your Orthodontic Journey* (dranacastilla.com). “Most children do not need early orthodontic treatment, but by the age of seven there has been sufficient jaw development and enough permanent (adult) teeth have erupted for an orthodontist to be able to identify if there are any problems developing. When these problems are caught early, it helps to avoid more aggressive and more costly treatment later on.”



Castilla lists three ways in which early diagnosis and interceptive orthodontic can be effective:

- **Identifies specific oral problems**

early— By age seven, most children have a mix of primary (baby) and permanent (adult) teeth. Early tooth issues may include crowding or too much space between teeth, underbite, overbite, jaw abnormalities, missing teeth and protruding teeth. “Genetics, poor nutrition, poor oral hygiene and thumb- or finger-sucking can bring early onset of orthodontic problems,” Dr. Castilla says. “And while your child’s teeth may appear aligned and straight to you, there

could be a problem that only an orthodontist can detect. They’re trained to identify subtle problems with jaw growth and emerging teeth while some baby teeth are still present.”

- **Utilizes different types of preventive measures**— These vary depending on the situation. “If a child is a thumb-sucker or finger-sucker, an appliance can be inserted in their mouth that makes it difficult for them to continue a habit that can lead to a serious overbite problem,” Dr. Castilla says. “Appliances such as palatal expanders can widen the upper jaw to help resolve dental crowding, while night-time headgear may be advised to correct discrepancies between the sizes or position of the jaw.”

- **Provides long-term health benefits**— Early intervention and treatment may prevent the development of more serious health conditions. “Additionally,” Dr. Castilla says, “it improves oral hygiene, helps the child avoid self-esteem issues and mocking by peers associated with neglected or misaligned teeth, guides permanent teeth into proper position, and directs jaw growth and development.”

“You can be completely unaware that a problem exists with your child’s teeth— simply because you can’t see it or don’t know what to look for,” Dr. Castilla says. “Early detection and treatment can resolve issues early before they become complicated and difficult to correct.”

Dr. Ana Castilla is an orthodontist and the author of the book *Smile of Your Life: Everything You Need to Know for Your Orthodontic Journey*. Dr. Castilla is a Diplomate of the American Board of Orthodontics and is dedicated to both education and research in the field of orthodontics. For more information, visit: www.castillaortho.com.

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

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

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Lt. Governor Boyd K. Rutherford receives Legacy in Leadership award

Annapolis— Lt. Governor Boyd K. Rutherford received the Legacy in Leadership Award at The Capital Region Minority Supplier Development Council's (CRMSDC) 38th Annual Leaders & Legends Awards Ceremony, featuring the Top 100 Minority Business Enterprises (MBEs), at MGM National Harbor in Oxon Hill.

The Leaders & Legends Awards recognizes individuals and companies who are committed to minority economic development and entrepreneurship, while the Top 100 MBEs honors Minority Business Enterprises that inspire communities through entrepreneurial accomplishments.

The Legacy in Leadership Award was presented to Lt. Governor Rutherford by Special Secretary Jimmy Rhee of the Governor's Office of Small, Minority, & Women Business Affairs, as well as Diane Dempsey, 2nd Vice Chair of the CRMSDC Board of Directors.

"It is wonderful to be here among so many impressive leaders from throughout the region, and I am extremely grateful to be included among them," said Lt. Governor Rutherford. "As lieutenant governor, I have had the unique opportunity to witness some truly remarkable companies and organizations that are driving innovation and making Maryland the best it can be. My fellow honorees are a perfect example of that."



The Legacy in Leadership Award was presented to Lt. Governor Boyd K. Rutherford by Special Secretary Jimmy Rhee of the Governor's Office of Small, Minority, & Women Business Affairs, as well as Diane Dempsey, 2nd Vice Chair of the CRMSDC Board of Directors.
Courtesy Photo/Office of the Governor

Maryland's Minority Business Enterprise program has been recognized as a national model for minority business inclusion in state procurement and contracting. Currently there are 70 participating state agencies that award an

overall minimum of 29 percent of the total dollar value of their procurement contracts directly or indirectly to certified MBE firms. In addition, Maryland leads the nation in the number of minority- and women-owned businesses oper-

ating in the state. The Hogan-Rutherford administration has been committed to supporting minority-owned businesses and helping them gain access to the state's procurement pipeline.

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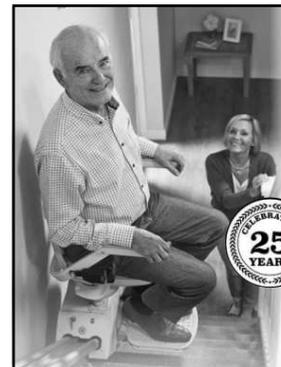


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