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Breast cancer survivor making a scRUMtious living



Audrey Watson, founder of The Rum Cake Kitchen holding a piece of her famous rum cake. Watson took one of her rum cakes to a Bridal Shower and after it was gone in three minutes, she knew she was onto something. She decided to start her own rum cake business, The Rum Cake Kitchen.” Watson posted a picture of her rum cake on Facebook and started getting messages from people asking where they could get one. She made a couple more rum cakes for people who requested one and from there, things took off. In less than a year business has been “sweet” for Watson. (Story on page 8)

Photo by Ursula V. Battle

I am the master of my fate, I am the captain of my soul

By Nikki Abraham, Nucleus Team Member, Positively Caviar, Inc.

I recently came across a clip from Oprah Winfrey where she shared a reminder that you alone are responsible for your life. It's not about anybody else or what anybody did to you, it's about understanding exactly what William Ernest Henley said in his poem, Invictus: "I am the master of my fate, I am the captain of my soul."

I am the master of my fate and the captain of my soul means that I solely have control over determining my feelings and my destiny despite the circumstance.

Put yourself in the driver's seat of your own life and give yourself the control to choose your final destination. You are the only person with the power to decide the person you want to be.

I love asking children what they want to be when they grow up simply because their answers are infinite. As adults, we have been conditioned to limit our dreams and desires. We are conditioned to think that we're unable to conquer set

goals because of different variables such as age or lack of schooling.

Ava DuVernay didn't pick up a camera until she was 32 and the first black woman nominated for a Golden Globe as best director and the first black woman to direct a \$100 million film. Tiffany Haddish worked on her craft for years and was 37 when she received her breakout role as Dina in "Girls Trip."

There will always be naysayers who will tell you you're too old or that you don't have what it takes. When you have a vision or goal it's important not to be distracted by the opinions of others when you are captivated by your purpose. This isn't about anybody else. Live for you and honor the vision you set out for yourself.

On your journey it's inevitable that you will hit roadblocks and challenges that may seem too big for you in that very moment but it's always important to zoom out and keep that final destination in mind. Remember, despite the size of the obstacle that in order to get something you have never had, you have to



Nikki Abraham
Nucleus Team Member
Positively Caviar, Inc.
Courtesy Photo

In the same vein, it's important to motivate others to achieve their dreams and conquer their goals. Having a support system or likeminded community behind you will make all the difference. I don't think people understand the strength of their words and the power they have to either uplift someone or to derail off their mission.

Our nonprofit, Positively Caviar, instills mental resilience, equips minds with knowledge, and empowers lives to overcome adversity. We believe that it's important to become the architect of your own life and take control by using the frequency and vibrations of your own. While you can't control what happens to you, you can control how you react, and you always have the power to achieve anything you desire in this lifetime.

Positively Caviar, Inc. (PCI) is a grassroots nonprofit organization focused on instilling mental resilience by way of positive thinking and optimism. To learn more about how you can support, volunteer or donate to Positively Caviar, Inc. visit: staybasedandpositive.com.

step out of your comfort zone and do things that you have never done. Whenever you feel overwhelmed, think back to your purpose and your why and I guarantee it will inspire you to keep moving forward.

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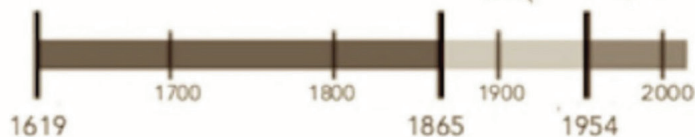
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New Exhibition at Reginald F. Lewis Museum

Elizabeth Catlett: Artist As Activist Explores the Legacy of Renown Sculptor & Printmaker

Baltimore— The Reginald F. Lewis Museum's new special exhibition, Elizabeth Catlett: Artist as Activist opens Saturday, October 26, 2019 and runs until March 1, 2020.

Elizabeth Catlett (1915-2012), a sculptor and printmaker, is widely considered one of the most important African American artists of the 20th century. The exhibition includes 20 prints and 14 sculptures by Catlett, as well as one print by her husband, Mexican artist Francisco Mora.

Throughout her career, Catlett used art in support of issues that mattered to her— freedom, race and ethnicity, feminism and maternalism— and fought oppression, racism, class and gender inequality.

An American and Mexican citizen, Catlett is best known for her depictions of African American women, the African American experience, and Mexican people who faced injustice. For Catlett, art was a tool for social and political change.

"I believe that art should come from the people and be for the people." she said on in 1952.

While living in Mexico, Catlett was not afraid to use her art to confront the plight of the Mexican worker, especially sharecroppers, as well as injustices against African Americans during the Jim Crow era.



Photo Credit: Sharecropper © Catlett Mora Family Trust / VAGA at Artists Rights Society (ARS), NY / The Art Institute of Chicago / Art Resource, NY

She continued her fight for equality in politically charged, black expressionist sculptures and prints created during the 1960s and 70s.

"I feel it's extremely important for the museum to showcase the work of African American artists, who happen to be female, because they have steadfastly devoted their long careers to producing works that relate to black people and the black experience. They've always been there, but many were overlooked and neglected by the mainstream art world. As we celebrate the contributions of women, especially now, it's important that we recognize the work of Elizabeth Catlett," said Jackie Copeland, Executive Director and Curator, Reginald F. Lewis Museum.

Elizabeth Catlett was the recipient of numerous awards, recognitions, and honorary doctorate degrees, including a Lifetime Achievement Award in contemporary sculpture from the International Sculpture Center in 2003. She died at the age of 96 in her home in Cuernavaca, Mexico.

The Reginald F. Lewis Museum is Maryland's largest museum dedicated to the state's African American experience. A Smithsonian affiliate, the museum is located at 830 E. Pratt Street in Baltimore City. For more information, visit: lewismuseum.org.



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Guest Editorials/Commentary

The answer to our psychiatrist shortage lies abroad

By Dr. Laurence Dopkin

More than 40 million American adults suffer from mental illnesses like anxiety, depression and schizophrenia. Nearly six in 10 aren't receiving treatment.

That's often because they can't find a mental health professional. Sixty percent of U.S. counties lack a single psychiatrist. More than 110 million Americans live in mental health professional shortage areas.

This shortfall will likely grow worse in the years to come. More than six in 10 practicing psychiatrists are nearing retirement age. By 2024, the United States could be short between 14,000 and 31,000 psychiatrists, according to a study published in the medical journal *Psychiatric Services*.

Graduates of international medical schools can help plug this gap. These doctors—many of whom are U.S. citizens who chose to pursue their medical degrees abroad—already account for a significant share of our nation's psychiatrists. Recruiting more of them to practice stateside would greatly improve Americans' mental health.

One in five adults in the United States lives with a mental health condition. About 16 million people struggle with major depression, according to the National Alliance on Mental Illness. Over 6 million struggle with bipolar disorder. And many patients cope with multiple conditions simultaneously.

It's becoming harder for them to find mental health specialists. California, Florida, and Texas—the three most populous states in the union—have less than half the number of psychiatrists they need to meet patient demand. In rural areas, 95 percent of mental health professionals say they can't handle their communities' needs.

International medical graduates are well equipped to fill these shortages. They already account for nearly one-third of our country's psychiatrists—and roughly one-quarter of all physicians nationwide.

IMGs tend to minister to high-need populations. They account for more than 35 percent of the active psychiatry residents who specialize in adolescent and child treatment. Their work is crucial, given that 20 percent of kids between 13 and 18 suffer from a mental health condition. Research shows that increased access to mental health care for our nation's youth could help reduce suicide rates, juvenile delinquency, and school dropouts.

International medical graduates also tend to practice in high-need areas. In places where three-quarters of the population is non-white, over one-third of practicing doctors graduated from international medical schools. Doctors trained abroad are "more willing than their U.S. medical graduate counterparts to practice in remote, rural areas," according to a report from the American College of Physicians."

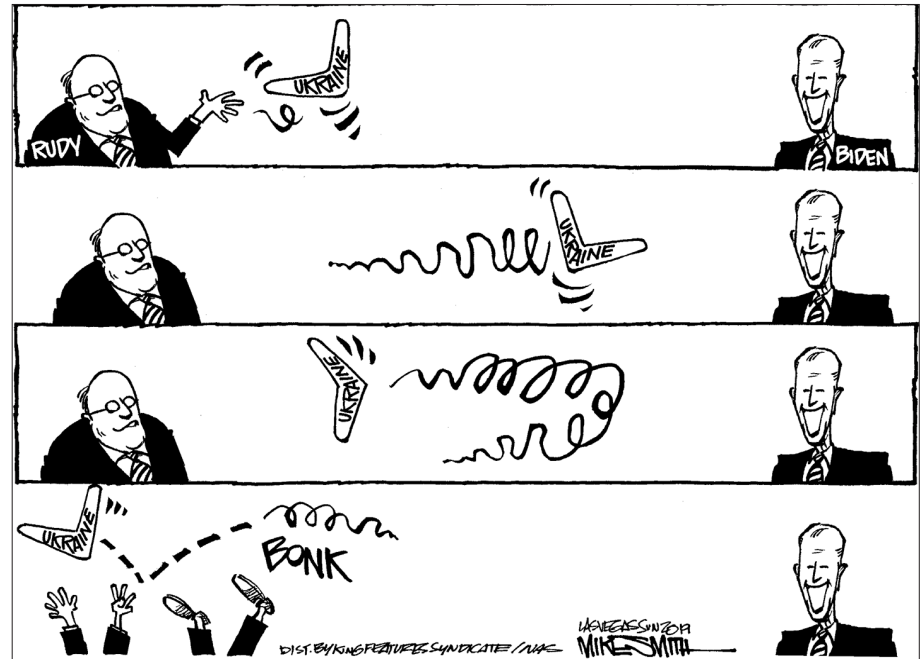
Physicians trained abroad provide top-notch care—sometimes even better than their domestically trained counterparts. A 2017 study in the *BMJ*, a medical journal, found that patients treated by international medical graduates had lower mortality rates than those treated by U.S. medical graduates.

This year, IMGs matched to U.S. residencies at the highest rate since 1991. Many of these new doctors are U.S. citizens returning home to practice. More than 60 percent of Caribbean medical school graduates, for example, are U.S. citizens.

Forty graduates of the school I work at, St. George's University in Grenada, matched into psychiatry residencies in March. They started working at hospitals across the country this summer, from Tennessee and New York to Kansas and California.

America needs thousands of additional psychiatrists to meet patient demand for mental health services. The nation should look abroad, to international medical schools, to find them.

Dr. Laurence Dopkin is a practicing psychiatrist and serves as Assistant Dean of Students at St. George's University (www.sgu.edu).



Community Affairs

MSDE to enhance instruction about Holocaust in public schools

Curricula being revised to raise awareness

Baltimore— Maryland State Department of Education (MSDE) officials have announced that they intend to adopt a number of changes to enhance and expand required Holocaust instruction in the state's public schools.

The planned changes include teaching about the roots of Antisemitism, and strengthening the required Holocaust instruction in both high school U.S. history and high school modern world history.

Dr. Karen B. Salmon, Superintendent of Schools, also pledged to work with the state's 24 local school systems to ensure that professional learning opportunities are created so teachers have the tools necessary to teach the Holocaust with confidence.

"We strongly believe there is a need to enhance Holocaust education in our state, so that all children learn about this horrific event and ensure it never happens again," Dr. Salmon said. "We see the changes that we are making as a substantive improvement over the current objectives and frameworks."

The changes were announced in response to concerns about Maryland's Holocaust education requirements raised earlier this year by members of the General Assembly, the Baltimore Jewish Council, and the Jewish Community Relations Council of Greater Washington.

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Importance of educators of color for black and brown students

*By Ron Rice, Senior Director
Government Relations at the National
Alliance of Public Charter Schools*

I have been a black student, education policymaker, and now an advocate for providing the best educational opportunities for all our children. One reality I've had to face and embrace through each of these stages in my life and career is that the prevalence of leaders of color like me is a major contributor to educational success and whose lack thereof stifles that potential. As a student of color, those examples helped me thrive; and today they inform my advocacy.

This month, my organization, the National Alliance of Public Charter Schools released its highly-anticipated report, "Identity and Charter School Leadership: Profiles of Leaders of Color Building an Effective Staff" which examined the ways that school leaders of color experiences and perspectives

influence how they build school culture, parent and community relationships, and effective staff. This needed report affirmed what I and many fellow school leaders of color have witnessed firsthand in schools from New Jersey (where I advised the state Department of Education) to Massachusetts, California, Louisiana, Missouri, Wisconsin, and

come from nontraditional backgrounds and fields of study. But how do we dispel the myth that there are not enough qualified and passionate people of color who can and want to fill this educational pipeline? One way to do this comes from Eric Sanchez, co-founder of Henderson Collegiate—a network of three schools serving elementary, middle and

raphy behind their journey. While nearly all schools struggle with activating this principle for the benefit of our students, our report demonstrates that public charter schools are making substantial progress where traditional public schools haven't.

Third, achievement and demonstrated success—not myths, preconceptions and inherited political biases—must be the basis upon which we support the best educational opportunities for all our children. For example, by their design, public charter schools have the flexibility to create and fine tune curricula, teaching methods, and optimal outcomes that traditional public schools do not. So, why would we ever consider putting obstacles in any educational paths that are showing real achievement?

Race and identity of both our educators and students is only one factor in the holistic successes we are all working towards. However, it's also true that all schools across our country in every community have historically not valued students' diversity and identity as assets to enrich the education they receive. Public charter schools are making real progress to expose this blind spot and make the needed course corrections to ensure the success we've seen for some students are the norm for all.

Ron Rice Jr. is a former two-term Newark, NJ city councilman, chief advisor to the New Jersey Department of Education, and is currently Senior Director, Government Relations at the National Alliance of Public Charter Schools.

“This month, my organization, the National Alliance of Public Charter Schools released its highly-anticipated report, ‘Identity and Charter School Leadership: Profiles of Leaders of Color Building an Effective Staff,’ which examined the ways that school leaders of color experiences and perspectives influence how they build school culture, parent and community relationships, and effective staff.”

North Carolina, where school leaders of color were studied. The report's finding is clear: our children of color thrive with diverse and experienced teachers who understand their challenges and have a personal, unwavering dedication to their success.

Most importantly, our report is instructive as well because it sheds light—through the profiles of three public charter school leaders of color from Louisiana, North Carolina, and California—on the principles that can help match our best current and future teachers with our nation's students. Three of those principles that resonated with my two decades in education policy are:

First, fill our school leadership pipeline with talented educators of color who

high school in Henderson, North Carolina. Instead of only recruiting future educators from traditional education programs, Eric also recruits graduates from university programs focusing on social justice and ethnic studies. And this encouragement doesn't end once the teachers reach the classroom—we must provide clear pathways for these teachers to pursue school leadership.

Second, school leaders and education policymakers of all colors must be committed to seeing and promoting diversity as an asset, not a deficit; an opportunity, not an obstacle. Imagine how better prepared our children will be for the world of tomorrow if they have been taught the history behind their identity, the language behind their culture, and the geog-

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One-On-One with Mayor Bernard C. “Jack” Young

By Ursula V. Battle

Part 1 of a Two-Part Series, on Baltimore Mayor Bernard C. “Jack” Young. Mayor Young recently sat down with The Baltimore Times to discuss a variety of topics, including crime, homelessness, keeping the Preakness Stakes at Pimlico Race Course, and his vision for Baltimore City.

On Thursday, October 9, 2019, exactly six months to the day after being sworn in as the 51st Mayor of Baltimore City on Thursday, May 9, 2019, Bernard C. “Jack” Young took a brief trip back down memory lane.

“I grew up in East Baltimore,” said Mayor Young. “We made our own fun. We played skelly, and made our own tops by filling them with wax. We played hopscotch, jump rope, and played basketball. I also sold worms to a lady on Broadway Street, who gave me a quarter for each can of worms. I collected soda bottles and got two cents for each bottle. I also shined shoes and sold newspapers. All of those things taught me how to save.”

He added with a laugh, “I got my first job working as a bagger at a food market and would also take people their groceries. I got paid a quarter. I was doing food delivery long before Uber came along.”

Little did the “Young-ster” know at the time that these work experiences along with the others that followed, were all grooming him to one day become the Mayor of Baltimore City.

“I also worked as a stock boy and a meat cutter,” said Young. “I eventually went to work for the City of Baltimore as a trash man in 1973, and did that for a year.”

From working on a trash truck to overseeing the entire Baltimore City Department of Public Works, which is responsible for residential trash collection, Mayor Young’s ascension from East Baltimore to the city’s top elected seat, reads like a storybook. He became mayor after former mayor Catherine Pugh resigned from the position amid corruption allegations.

“Serving as mayor has been a real journey for me,” said Mayor Young. “I came into the position inheriting a



Baltimore City Baltimore Mayor Bernard C. “Jack” Young in his City Hall Conference Room.
Photo by Ursula V. Battle

budget that was not mine. On top of that, everything that could happen after I became mayor happened. I’ve had water main breaks, and the city’s network infected with ransomware. I have put together a great team. We have weathered the storm and gotten a lot done.

“What I like best about this job is that it allows me to do all the things I have always wanted to do to make things better in this city. It’s a great position to be in if you want to change the lives of people.”

Mayor Young talked about one of his biggest “giants”— crime. He believes that like David in The Old Testament defeated Goliath, crime can be brought down.

“We are looking at the total family, and the barriers in those families,” said Young. “We are looking at why kids aren’t going to school, and getting parents who are using drugs into treatment. Drug use affects the whole family. We need to connect the dots between social services, the school system, and job training, to ultimately try to figure out how do we heal our families. If we do that, we can drive crime down in our city.

“We also are working with the Baltimore Department of Recreation and Parks to look at opening rec centers on Saturday and Sunday. It will give our young people an opportunity to do

something different. I am also working with Baltimore City Police Commissioner Michael Harrison, who has put together a strategic plan that had led to a reduction in shootings. If those numbers continue to go down, we will see our murder rate go down.”

Mayor Young also discussed Baltimore’s ‘squeegee kids,’ youngsters who wash windshields at busy intersections for money.

“I am working with Commissioner Harrison to devise an alternative squeegee plan,” said Mayor Young. “It’s dangerous for those youngsters to be in the streets. I am afraid they will get hurt weaving in and out of traffic. I’m also concerned some are doing it when they should be in school. We need to connect with the parents to find out why their children are squeegee kids, and what that parent needs.

“We also have panhandlers all over the city darting in and out of traffic for money. It’s also a safety issue for them. We’ve got a lot of work to do. As Mayor, my goal is to do all I can to ensure children and family success.”

Mayor Young served from 2010 to 2019 as the President of the Baltimore City Council, and for 14 years prior to that as a District Councilman.

“We want to drive development into neighborhoods that haven’t seen it,” he said. “We are doing major development across the city, including mixed income and affordable unit developments. I don’t believe in tearing everything down, because we tear down our history in Black neighborhoods. Development in our neighborhoods creates job and rebuilds our communities.

“We are also looking at how we can attract more grocery stores. But we can’t ignore the fact that they look at the prospect of people stealing. Stealing drives their profits down to zero. Merchants will not go into neighborhoods where they can’t meet their bottom line. Attracting and retaining neighborhood businesses is very important to the city.”

Just days after this interview, Mayor Young lost his longtime friend U.S. Congressman Elijah Cummings. Cummings, 68, died on Thursday, October 17, 2019, from complications stemming from longstanding health challenges. “With the passing of U.S. Rep. Elijah E. Cummings, the City of Baltimore, our country, and people throughout the world have lost a powerful voice and one of the strongest and most gifted crusaders for social justice,” said Mayor Young, who reportedly plans to name the Courthouse East building in downtown Baltimore after Cummings. “Rep. Cummings, the son of sharecroppers whose ancestors were slaves, wasn’t afraid to use his considerable intellect, booming voice, and poetic oratory to speak out against brutal dictators bent on oppression, unscrupulous business executives who took advantage of unsuspecting customers, or even a U.S. President.

“He was, put simply, a man of God who never forgot his duty to fight for the rights and dignity of the marginalized and often forgotten. As we enter this period of mourning, let us remember his long legacy of justice as an example to us all of a life well lived.”

Part II of the series concludes next week. To see a short clip of Mayor Young discussing his vision for Baltimore City, visit <http://baltimoretimes-online.com/>

Coppin State student is a girl with a plan

By Stacy M. Brown

Karissa Carson says leading one of the workshops at the recent PNC Bank, Times Community Services, and The Baltimore Times' "Mind Your Business" Seminar gave her ego a boost.

"It kind of made my head a little big," said Carson, a Coppin State University senior who is in business management major. "Seeing all of the people there and knowing you're going to come away even more empowered was great."

Originally from New York, Carson has already made her mark in Baltimore. She was recently appointed vice president for the College of Business students for Ingepreneurial Impact. She is also the director of "Free Your Voice," an organization dedicated to helping women find their voice by offering empowerment services.

"I have mastered the artistry of side hustles," Carson said. "From doing hair, hosting workshops, and making handbags. When it comes to generating multiple streams of income, I am the girl with the plan."

One of seven children, Carson says she was the dreamer in her family. She was also the one with the big heart.

"Now that I'm older, I started making these handbags that have these inspirational quotes on them," Carson said, explaining that a portion of the proceeds from the sale of the bags is given to the homeless.

"When you drive down some areas of Baltimore city, you see a lot of homeless people. I look around, and I wonder what resources do I have that I can use to help these people," Carson said. "So, I make and sell the bags, and I use half of the proceeds to purchase items like toiletries and other things for the homeless."

Carson is also an advocate for women.

"I just want women always to be aware that they matter," Carson said. "When I was growing up, I was so timid and I let people make decisions for me."

"But, I started to realize that my voice matters and that I was going to share my voice with the world. I'm not going to be quiet because society makes it hard for women who speak out."



Coppin State business management major, Karissa Carson lead the "Art and Science of the Side Hustle" workshops at the "Mind Your Business" seminar held at Coppin recently.

Courtesy Photo

Ultimately, Carson says her goal is to start women organizations that will help ignite business opportunities for single mothers and other women. That's the reason she got involved with "Free Your Voice."

"Essentially, Free Your Voice is a bunch of college students who are dedicated. We have uplifting speeches, raffles, women empowerment exercises, food, mimosas and live entertainment. We have discussions about trauma and so many other things that affect us. It's all about women empowering women," she said.

Carson noted that attending the Mind Your Business seminar was essential to all that she aspires to accomplish.

Mind Your Business was an informative event designed for small business owners, entrepreneurs, creative industry organizations, and DIY businesses. In breakout sessions, the agenda included how to structure a business; how to finance your business; and when a CPA or legal expert should be consulted. Also included was an introduction to tax incentives that are available if a business is located in an arts district.

"I was inspired. There are so many talented people and the seminar was a great resource for everyone," Carson said.

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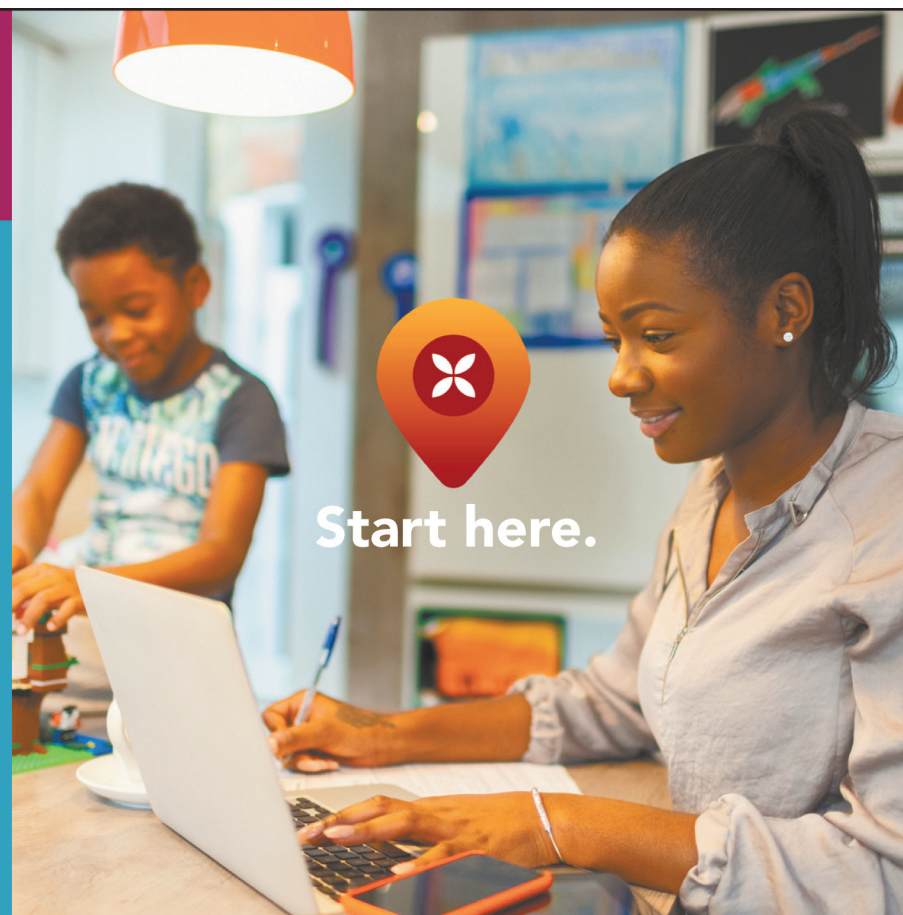
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Breast cancer survivor making a scRUMtious living

By Ursula V. Battle

This article is part of a series of articles 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.

Last November, Audrey Watson was invited to a holiday gathering. She recalled wanting to bring a dessert that varied from the traditional sweet potato pie. She decided to call her cousins in The Bahamas to get a recipe for rum cake.

“Everybody typically does sweet potato pie for Thanksgiving and I wanted to do something different,” she said. “I decided to do a rum cake, and it was a hit. I posted a picture of the rum cake on Facebook, and started getting messages from people asking where I got it. I made a couple more rum cakes for people, and from there, things took off.

“I also took one of my rum cakes to a Bridal Shower, and it was gone in three minutes. I knew I was onto something. I decided I would start my own rum cake business, The Rum Cake Kitchen.”

Less than a year later, business has been “sweet” for Watson.

“The rum cakes are very popular,” she said. “I travel to New York with my rum cakes quite a bit, and also sell them at various events. It’s rum cake with a twist. People love the moistness of the rum cakes. They also like the fact that the rum is not overpowering and that the cakes come in a variety of flavors. People like having options.”

Watson’s rum cakes flavors include



The Rum Cake Kitchen features cakes, mini cupcakes and pies. Watson says she is currently in the process of developing keto, vegan and gluten-free rum cakes.

Photo by Ursula V. Battle

Nutty 4U, a rum vanilla cake with walnuts, drizzled with rum vanilla glaze topped with walnuts; Chocolate Rum-chata, rum triple chocolate cake drizzled with rum vanilla or chocolate icing; and Coco Cabana, rum vanilla cake drizzled with rum vanilla glaze, topped with sweet coconut. Other flavors include Rum Velvet, Rum Cherry Vanilla, Very Berry Strawberry, Orange Creamsicle, and Vanilla Caramel Kiss.

The Rum Kitchen also offers mini cupcakes in a variety of flavors and peach cobbler.

Watson says she is currently developing keto, vegan and gluten-free rum cakes.

“I didn’t think it would turn into all of

this,” said Watson reflecting on how her business began. “But if you have a good product, people will support you. A chef is also going to launch my Peach Cobbler at a restaurant in Georgetown. Sometimes, I am speechless.

“I have always been a good cook, and even as a child I liked to bake cookies and cakes. My grandmother and all of my family in The Bahamas baked all the time. But I had never thought about doing it for a living. It came as quite a surprise.”

Watson, 51, is also a seven-year breast cancer survivor. She said her diagnosis also was surprising.

“I found out that I had breast cancer from my annual mammogram,” recalled

Watson. “I was 44-years-old at the time. I didn’t have a lump in my breast, but the mammogram showed my breast was different than the year before. Breast cancer doesn’t run in my family. It came as such a shock. I didn’t believe it when they told me. I was going every year for my mammogram but kept rescheduling it because I was busy. I am glad I finally went.

“I tell women to make sure they get their annual mammogram, and if they feel something, go to the doctor to get it checked out. I am surprised by the number of people who feel a lump and ignore it. I ask them are they crazy. Time is of the essence because cancer spreads so quickly. I was very lucky. Mine was caught at stage one. It was treated with a lumpectomy and radiation.”

Watson, who says she regularly participates in breast cancer awareness events, is a native of Harlem, NY. She is the mother of three girls—a set of twin girls who are 30-years-of-age, and a 23-year-old daughter. She shared her “recipe” for success.

“Social media is very important for advertising and getting your ideas noticed,” she said. “People call me from New York, Texas and other places for rum cakes. You have to be consistent and engage your audience and respond back quickly. You can’t be lackadaisical because there is so much competition. Social media has taken my business to another level. It seems there are new opportunities every time I turn around.

“Never stop working towards your dreams. Stay positive and work hard. I also encourage women to make sure they get their annual mammograms.”

For more information about The Rum Cake Kitchen, call 410-530-5539 or visit: www.rumcakekitchen.com.

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Afterschool program uses 'universal language' of music to educate students

By Stacy M. Brown

Robert Levine III says he recognized at a young age that music could help people express themselves in a way they otherwise could not.

Levine, the founding executive director of the Baltimore nonprofit, Beyond the Natural Foundation (BTNF), says music connects emotions and fosters bonds that can strengthen and motivate young people.

"Music is a universal language. I believe that in every facet of our lives, music plays an integral role," Levine said.

BTNF uses music education in afterschool programs to engage and empower students from Edmonson-Westside, Mergenthaler Vocational Technical and Paul Laurence Dunbar high schools.

BTNF programs, which serve about 500 students each year, are also held at various recreation and community centers in and around Baltimore.

"Students are learning the art of songwriting, production, and audio engineering as a platform for positive self-expression and promoting campaigns like anti-bullying and anti-violence," Levine said.

BTNF believes arts education is an essential part of achieving success in school, work, and life. Arts engagement has a profound impact on unlocking the creativity needed for future generations of innovators.



Robert Levine III is the founding executive director of the Baltimore nonprofit Beyond the Natural Foundation, which believes that arts education is an essential part of achieving success in school, work and life. Levine says music connects emotions and fosters bonds that can strengthen and motivate young people.

Courtesy Photo

Levine says expressive art methods of pure skill and focused sensitivity enhance one's capacity for sharing thoughts, feelings, and experience. In this way, youth come to know themselves on a deeper level and they also become aware of their impact on those

around them and allow them to encounter their world with compassion and presence.

The overall goal is to use music therapy to promote wellness, manage stress, alleviate pain, express feelings, enhance memory, improve communication, and promote physical rehabilitation.

The students have responded, Levine said.

The lead single from one of this year's project is a song written, recorded and produced by students called "Group Chat."

"The song inspires peers to use technology in a positive way," Levine said. "I can honestly say, I had nothing to do

with that," Levine said. "They came up with that. We like to give them the autonomy to make decisions about what they create, but the song itself is about kids. You know, nowadays, they communicate primarily through social media and texting.

"It's a song about promoting a positive environment. Making sure that kids aren't using that platform to bully other kids, and making them feel bad in any way. They are responsible for the primary form of communication nowadays. So it's really cool to see them take ownership and have fun with creating such a positive message."

BTNF serves at-risk youth by engaging them in music education and performance to provide expressive therapy and inspiration for creating more significant life opportunities. As an organization, Levine says the goal is to be at the forefront of providing musical arts enrichment and music therapy for the youth of our communities.

The nonprofit provides hands-on education in the art of songwriting, producing, audio engineering, and musicianship while utilizing basic music curriculums and state-of-the-art equipment via BTNF's flagship onsite program Music for F.U.N. — or Fundamental Understanding of Notes — and The E.A.R. Arts Institute.

"As a kid growing up, it was all about music for me, and the great music that my parents used to listen to," Levine said. "I've been doing music all of my life in some way. So, if our students walk away from our program with creativity, collaboration, commitment, and community, then we will have accomplished what we set out to do."

For more information, visit www.beyondthenatural.org.

A black and white photograph of two police officers in uniform, looking upwards. The officer in the foreground is a woman, and the one behind her is a man. The text "WE ARE MARYLAND PUBLIC SAFETY." is overlaid in large, bold, white letters. Below the photo, it says "Hiring Correctional Officers Now!" and "Apply today: DPSCS.Maryland.Gov". The Maryland Department of Public Safety and Correctional Services logo is in the bottom right corner.

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Celebrate the Witching Season with the “Official Drink of Halloween”: Chocolate Milk

Spice up your Halloween festivities with a glass of nutrition in disguise

Philadelphia, Pa.—More often than not, All Hallows’ Eve seems to fall on a weekday when most parents have worked “All Hallows’ Day.” And though we hope the energy of our little monsters becomes contagious,



sometimes, that’s not the case. Have no fear! What’s bubbling in the witch’s cauldron is a magic potion— It’s chocolate milk and it’s scary good.

Chocolate milk is the “Official Drink of Halloween.” Finally, something neither children— nor adults— have to be afraid on October 31st. Parents can feel good knowing their little ghouls and goblins are getting a spine-chilling boost of energy they need to make it through the moonlit night, while they too can rediscover that chocolate milk has been an adult favorite for many years.

While you’re conjuring up a unique spirits menu for the adults on the Halloween trail, consider using chocolate milk as a mixer in some of your most enchanting “boo-zy” cocktails. But you don’t have to stop there. Imagine the look on your guests’ faces when they sink their fangs into otherworldly baked goods that have been infused with chocolate milk, proving that this devilish delight can be hauntingly good and enjoyed in a variety of ways.

And at the end of the night, when the guests have disappeared and the last little zombie has rung the doorbell, mummies and daddies can give their families a warm mug of nutrition in disguise as they all settle in to watch the full moon.

Any way you dress it up, chocolate milk is the drink that can make skeletons of any size happy and strong.

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(Jean Guillou, Paris)*

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(from memory)”
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**CERTIFICATION OF PUBLICATION
CITY OF BALTIMORE
OFFICE OF BOARDS AND
COMMISSIONS
PUBLIC NOTICE
PROJECT NO. 1318**

PROGRAM MANAGEMENT SERVICES FOR THE CITY OF BALTIMORE WATER REPLACEMENT PROGRAM

The City of Baltimore Office of Boards and Commissions has been requested by the Department of Public Works, Office of Engineering and Construction, to advertise for the services of civil engineering firms to provide Program Management Services for Baltimore City's on-going Water Main Replacement and Rehabilitation Program. The City requires these program management services to provide supportive and integrative approaches to City's water infrastructure management to meet or exceed annual goals for the replacement of water mains. The program will address various planning, design, scheduling, and associated activities required to meet these goals and to provide quality water to consumers.

The City intends to select the services of one (1) firm for a period of three (3) years and a fee not to exceed \$5,000,000 with the option to extend for an additional two (2) years. DPW reserves the right to have a second interview with eligible firms.

The firm interested in providing these services must demonstrate and document the following:

1. Experience in providing Program Management services for large civil/utilities projects related to water distribution systems, including water main replacement/rehabilitation development and implementation of a master planning, prioritization, budgeting, scheduling (using Primavera P6 or other software), monitoring, and coordinating investigative activities, design and construction of corrective actions, improvements, and maintenance activities. Firms should have the capacity to manage a program for the design of 15 to 20 miles per year.
2. Experience in investigation, scope development, design study, design review, utility coordination, inter-agency coordination, quality control, drafting, estimating, specifications development, permitting, preparing construction documents, and coordination advertisement processes of water main projects.

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3. Experience in technical assistance of projects and other work being performed in-house, including augmentation of the City's engineering and construction staff.
4. Experience and expertise in quality control and quality assurance review.
5. Experience in procurement process to propose recommendations and/or approaches to optimize project(s) quality, delivery times and benefits, such as but not limited to:
 - a) Sequencing of projects
 - b) Attracting more contractors
 - c) Expediting project delivery
6. Experience in supervision and management, both direct and indirect, of the design consultants and or construction contractors.
7. Managing utility operational and core data, providing GIS support, mapping capabilities, and software application support. Possess the ability to record, review, and approve information being collected and submitted to the City of Baltimore by designers and contractors.
8. Experience in public information and outreach, including development and dissemination of presentation and other materials.
9. Experience in developing training classes and providing technical support (water utilities training programs preferred).
10. Ability to provide appropriate skilled personnel and resources to ensure effective performance and delivery by the project management team.
11. Experience in the coordination of a multi-disciplined team including Minority and Women Business Enterprises and demonstrated manpower availability to complete the project on schedule and within budget.
12. Experience in developing knowledge management processes and project/program repositories.
13. Experience developing stakeholder engagement plans and procedures for effective communication, monitoring, and control of stakeholders.
14. Experience in optimizing centralized design and management structures, which includes but not limited to best management practices, design and management standards and manuals, project specifications, etc. to improve design and management functions.

The scope of services will include but not limited to:

- Program management services to support the Water Utility Project Delivery Section with the planning, monitoring, managing, and controlling of all water main replacement and rehabilitation projects designed by

Legal Notices

- other consultants during various phases from design consultant selection to design and actual construction.
- In-house design including design investigation, mapping, scope development, design, study, surveying, utility coordination, agencies coordination, quality control, estimating, specifications development, preparing construction documents, and coordinating advertisement processes.
 - Re-design of existing shelved projects including but not limited to completing unfinished drawings, reassessments, revisions, updating construction documents, re-signing and re-sealing, obtaining necessary permitting, and coordinating advertisement process.
 - Coordinate project implementation with city departments, utilities, and other agencies to minimize city-wide disruption and reduce construction costs.
 - Complement City's GIS for electronic updating of City water plats, as-built documents, development of electronics cards for valves, fire hydrants, and water services.
 - Improve and optimize existing designs and management standards, and provide a centralized structure and methodology for streamlining design and management approach including design standardization and SOP creation and or updating existing standard specs, CAD standards and all other related activities to increase design and construction efficiency and performance, effectively manage overall project constraints, and improve overall management functionality.
 - Entering projects and contracts in Envista software (web-based utility coordination software) or other software systems, updating information periodically, and coordinating with other agencies to resolve conflicts.
 - Assist the City in providing information to inter-agencies, citizens, or any other entity interested in the status of contracts, designs, schedules, condition of mains and other related information related to City's water main replacement program.
 - Provide on-site support staff for efficient & cost effective performance of technical design and review, design management, and program management.
 - Provide engineering and construction support staff on active construction projects including but not limited to post-award engineering support, field inspections support, coordination, quality assurance, construction management support, etc.
 - Develop a comprehensive knowledge management plan and lesson learned repository for the use and benefit of the Office of

Legal Notices

Engineering and Construction, Water Utility Project Delivery Section, and its staff on future projects.

- Maintain an organized database or repository to generate reports and information for all aspects of water main replacement with the objective of responding to senior management reporting request, customers' requests, and internal reporting.
- Provide relevant technical and managerial training and support to the Office of Engineering and Construction staff including engineers, construction supervisors, and inspectors.
- Develop a comprehensive project management plan incorporating all the required activities mentioned above, those additionally suggested and or considered necessary by the consultant, and any other activities requested by the Office of Engineering and Construction, Water Utility Project Delivery Section to achieve the annual water main replacement targets, maintain accurate recordkeeping, and to achieve an overall unified, integrated, and functioning program.
- Develop comprehensive stakeholder engagement plans and procedures.

Should you have any questions regarding the scope of the project, please contact **Mr. Hernan Guadalupe at (410) 396-8189** or by email at hernan.guadalupe@baltimorecity.gov.

Projects must comply with the 2006 edition of "The Specifications for Material, Highway, Bridges, Utilities and Incidental Structures." City personnel will utilize the City of Baltimore Guidelines for the Performance Evaluation of Design Consultants and Construction Contractors for this contract/project.

Submittal Process

Firms interested in submitting a proposal for this project shall address a "Letter of Interest" to the Office of Boards and Commissions, 4 South Frederick Street, Baltimore, Maryland 21202 or you may email: obc.consultants@baltimorecity.gov. Since these letters are utilized to assist small minority and women business enterprise in identifying potential teaming partners, the letter should be submitted within five (5) days of the date of the project's advertisement. The letter must contain a contact person. Failure to submit a "Letter of Interest" will not disqualify a firm from submitting a proposal for this project.

**Legal Notice — Project #1318
continued on page 13**

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Legal Notice — Project #1318 *continued from page 12*

Only individual firms (including, individuals, sole proprietorships, corporations, limited liability companies, limited liability partnerships and general partnerships) or formal joint ventures may apply. Two firms may not apply jointly unless they have formed a joint venture.

Each consultant applying for this Project will be required to complete and submit an original Federal Form 255, along with **five (5)** copies to the Office of Boards and Commissions on or prior to the due date. The Federal Form 255 cannot be supplemented with additional pages, and the five copies must be submitted on or before 12:00PM (NOON) by **Friday November 29, 2019**. Submittals will not be accepted after this deadline.

Prequalification Requirement

All firms listed in this specific proposal **must** be prequalified by the Office of Boards and Commissions for each discipline at the time of submittal for this Project. Any contracting firm listed in this specific proposal to perform work must also be prequalified. *A copy of the prime and all subcontracting firms' current Prequalification Certificate must be included in the submitted package for proposal.* Information regarding the prequalification process can be obtained by calling the Office of Boards and Commissions on 410-396-6883.

Insurance Requirement

The consultant selected for the award of this project shall provide professional liability, auto liability, and general liability and workers' compensation insurances as required by the City of Baltimore.

MBE/WBE Requirements

It is the policy of the City of Baltimore to promote equal business opportunity in the City's contracting process. Pursuant to Article 5 Subtitle 28 of Baltimore city Code (2000 Edition) - Minority and Women's Business Program, Minority Business Enterprise (MBE) and Women's Business Enterprise (WBE) participation goals to this contract.

The MBE goal is **30%**
The WBE goal is **15%**

Any submittals that do not include the proper MBW/WBE (in some instance DBE) participation will be disapproved for further consideration for this project.

Legal Notices

Verifying Certification

Each firm submitting a SF 255 for consideration for a project is responsible for verifying that all MBEs and WBEs to be utilized on the project are certified by the Minority and Women's Business Opportunity Office (MWBOO) prior to submitting the proposal. A directory of certified MBEs and WBEs is available from MBWOO. Since changes to the directory occur daily, firms submitting SF 255s should call MWBOO at (410) 396-4355 to verify certification, expiration dates and services that the MBE and WBE is certified to provide.

Non-Affiliation

A firm submitting a proposal may not use an MBE or WBE to meet a contract goal if:

1. The firm has a financial interest in the MBE or WBE
2. The firm has an interest in the ownership or control of the MBE or WBE
3. The firm is significantly involved in the operation of the MBE or WBE (Article 5, Subtitle 28-41).

Local Hiring Law

Article 5, Subtitle 27 of the Baltimore City Code, as amended (the "Local Hiring Law") and its rules and regulations apply to the contracts and agreements executed by the City on or after the Local Hiring Law's effective date of December 23, 2013, which is applicable to all vendors. The Local Hiring Law applies to every contract for more than \$300,000 made by the City, or on its behalf, with any person. It also applies to every agreement authorizing assistance valued at more than \$5,000,000 to a City-subsidized project. Please visit www.oedworks.com for detailed on the requirement of the law.

Additional Information

A firm submitting as a prime consultant that fails to comply with the requirements of Article 5, Subtitle 28 of Baltimore City Code when executing a contract is subject to the following penalties: suspension of a contract; withholding of funds; nullification of contract based on material breach; disqualification as a consultant from eligibility to provide services to the City for a period not to exceed two (2) years; and payment for damages incurred by the City.

A resume for each person listed as key personnel and/or specialist, including those from MBE and WBE must be shown on the page provided within the application.

Please be advised that for the purpose of

Legal Notices

reviewing price proposals and invoices, the City of Baltimore defines a principal of a firm as follows:

A principal is any individual owing 5% or more of the outstanding stock, of an entity, a partner of a partnership, a 5% or more shareholder of a sub-chapter 'S' Corporation, or an individual owner.

Out-of-State Corporations must identify their corporate resident agent within the application. Firms will not be considered for a specific project if they apply as both a sub-consultant and prime consultant.

The applications for this Project (Form 255) cannot be supplemented with any additional information such as graphs, photographs, organization chart, etc. All such information should be incorporated into appropriate pages. Applications should not be bound. Applications should imply be stapled in the upper left-hand corner. Cover sheets should not be included. Inclusion and/or submittal of additional material may result in the applicant being disqualified from consideration for this project.

Failure to follow directions of this advertisement or the application may cause disqualification of the submittal.

Sincerely,

Deena Joyce, Chief
Office of Boards and Commissions

Assistance For Victims of Hurricane Dorian

We wish to thank the Baltimore Community for their overwhelming support and contributions to our initial City-Wide Relief Drive on Tuesday, September 24, 2019. The committee of Caribbean organizations and supportive Baltimore entities headed by Dr. Elaine Simon, will coordinate yet another City-Wide Hurricane Relief Drive on Tuesday, October 29, 2019 from 2 p.m. to 7 p.m. Donations will be accepted at Langston Hughes Community Resource Center, 5011 Arbutus Avenue, Baltimore, Maryland 21215.

Acceptable donation items include: Non-perishable food items, first aid items, sheets, blankets, disinfectant, bleach, garbage bags, deodorant, mouthwash, toothbrushes, toothpaste, aluminum foil, soap, lotions, hair brushes, combs, shampoo, disposable wipes, pampers (child), adult pampers (seniors), detergents, coffee, canned milk, towels, wash cloths, bed sheets, flashlights, (new) baby clothes, books, school supplies, pen and pencils, over the counter pain and fever medicine (pill and liquid form), medical and general supplies, children and adult vitamins.

To make a financial donation, visit <https://www.cdra-inc.org/>. You can also make checks payable to: CDRRA, Caribbean Disaster Relief and Recovery Alliance.



AUCTION

Sealed Bids Due WEDNESDAY, NOVEMBER 13 - 4 PM

10± MGPY Biodiesel Facility on 6± Acre Land Lease
281 School Lane, Clayton, Delaware

Equipment Selling as Package, Real Estate Lease is Assumable/Negotiable
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Sat., November 16, 2019

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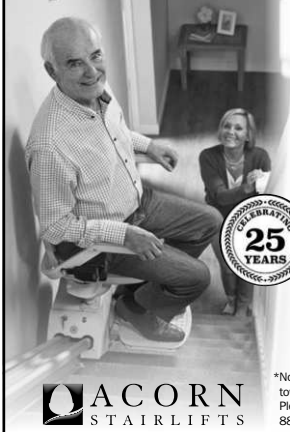


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