


The Annapolis Times

Vol. 28 No. 3 November 15 - 21, 2019

A Baltimore Times/Times of Baltimore Publication

College access program celebrates 20 years helping Baltimore students attain higher education



Students in the Building STEPS program visit SciTech, part of the Towson University STEM Center, located in the Institute of Marine and Environmental Technology (IMET) Building on Pratt Street where they participated in testing bioluminescent bacteria against waterway pollutants. Each year, all high school juniors in the Building STEPS programs are taken to SciTech to participate in various labs. (Story on page 6) Courtesy Photo/Building STEPS

Quitting smoking isn't easy but you have support, and you will be glad you did!

By Janaki Deepak, MBBS, FACP

Quitting smoking isn't easy. It takes time and a plan. Start with day one—November 21 the Great American Smoke Out is your day to start your journey toward a smoke-free life. You will join thousands of people who smoke throughout the country in taking an important step toward a healthier life and reducing your risk for many chronic and life-threatening illnesses. Quitting smoking improves health immediately and over the long term – at any age. Stopping smoking is hard, but you increase your chances of success with help through counseling and medications, which doubles or even triples your chances of quitting successfully.

Here are some tips for quitting smoking:

- Know that you are not a bad person because you smoke – the nicotine addiction has created an urge that is very challenging to control

- Engage your hands in something—arts and crafts, cooking, sewing, reading—to keep from picking up a cigarette

- Do not have cigarettes accessible—don't buy them and don't keep them around

- Seek counseling and ask about medications that may be right for you on your journey to a smoke free life



More than 34 million Americans still smoke cigarettes, and smoking remains the single largest preventable cause of death and illness in the world. Smoking causes an estimated 480,000 deaths every year, or about one in five deaths and more than 16 million Americans live with a smoking-related disease.

While the rates of tobacco use among Maryland adults and youth have decreased since 2000, still 7,500 adults in Maryland die each year due to tobacco-related causes, and hundreds of thousands more suffer from tobacco-related diseases such as COPD, emphysema or cancers. And, the number of Maryland residents who have never smoked has increased.

While less people smoke now (14 per-

cent in 2017) than did 50 years ago (42 percent in 1965), some groups of Americans suffer disproportionately from smoking-related cancer and other diseases, including those who have less education, who live below the poverty level, or who suffer from serious psychological distress, as well as certain racial and ethnic groups, and lesbians, gays and bisexuals. Additionally, non-smokers— especially young children (and even pets)— are also affected by tobacco through exposure to the toxins found in secondhand smoke.

Sadly, thousands of young people start smoking cigarettes and other tobacco products like e-cigarettes every day, and smoking leads to disease and disability that harms nearly every part of their the body. The number of youth using new/emerging products, such as e-cigarettes, e-hookah, vape pens, has increased dramatically since 2011, leading

to even more harmful side effects, as one e-cigarette has the same amount of nicotine as an entire pack of cigarettes! If you or someone you know is a smoker who is ready to take charge of their health, the University of Maryland Medical Center Downtown and Midtown Campuses have experts and resources to help! Classes, medications, lung cancer screenings, and a doctor who specializes in helping people quit smoking are all available to our community.

Janaki Deepak, MBBS, FACP, is an Assistant Professor of Medicine, University of Maryland School of Medicine, Assistant Program Director, Pulmonary and Critical Care Fellowship, and Director Lung Cancer Screening and Tobacco Health & Treatment Pulmonary Health Center, University Of Maryland Medical Center Midtown Campus.

**Learn more on November 2, 2019 — 10 a.m. to 2 p.m.
UMMC Downtown and Midtown campuses
host a free community event to learn more about quitting smoking:**

**UMMC Downtown 10 a.m. – 2 p.m.
22 S. Greene Street
Information table: Weinberg Atrium**

**UMMC Midtown 10 a.m. – 2 p.m.
827 Linden Avenue
Information table: Main Entrance
Professional Building Lobby**

Community Health Education Center: 827 Linden Ave, Ste. 106

**Live Lung Demonstration
Midtown: Main Entrance**

**Smokerlyzer Carbon Monoxide Screening
Community Health Education Center: 827 Linden Ave, Ste. 106**

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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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Guest Editorials/Commentary

Gwen Ifill immortalized with Forever Postage Stamp

By Stacy M. Brown, NNPA Newswire Correspondent
@StacyBrownMedia

The 43rd stamp in the United States Postal Service's Black Heritage series honors Gwen Ifill, one of America's most esteemed journalists. The stamp features a photo of Ifill taken in 2008 by photographer Robert Severi and designed by Derry Noyes, according to the Postal Service.

Among the first African Americans to hold prominent positions in both broadcast and print journalism, Ifill was a trailblazer in the profession.

Ifill was born on September 29, 1955, in New York. Her father, O. Urcille Ifill, Sr., served as an African Methodist Episcopal minister who hailed from Panama and her mother, Eleanor Husbands, was from Barbados.

According to Ifill's 2012 biography and interview with The HistoryMakers, her father's ministry required the family to live in several cities in different church parsonages throughout New England.

Those stops also included Pennsylvania, Massachusetts, and New York, where the family resided in federally subsidized housing.

Ifill's interest in journalism was rooted in her parents' insistence that their children gather nightly in front of the television to watch the national news, according to The HistoryMakers.

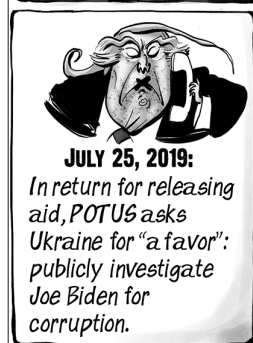
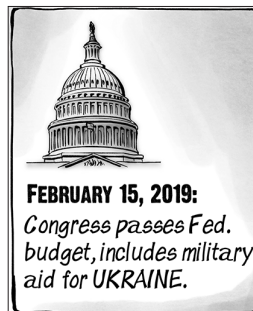
In 1973, Ifill graduated from Classical High School in Springfield, Massachusetts. Four years later, she received her B.A. degree in communications from Simmons College in Boston.

"During her senior year, she interned at the Boston Herald American newspaper," the biography reads. She later worked at the Baltimore Evening Sun, the Washington Post, and the New York Times before moving over to NBC News.

In 1999, Ifill became the first African American woman to host a prominent political talk show on national television when she became moderator and managing editor of PBS's Washington Week and senior political correspondent for The PBS NewsHour.

Ifill died at the age of 61 on November 14, 2016.

"She was the most American of success stories," Sherrilynn Ifill, a law professor, director of the NAACP Legal Defense Fund; and Gwen Ifill's cousin told NBC News. "Her life and her work made this country better."



Community Affairs

Editor:

Re: Blundering Untrustworthy President

After President Erdogan of Turkey spoke to President Trump an inept decision was made by Trump to pull our military forces from northern Syria. This allowed Turkey to invade and attack the Kurds.

Syrian Kurds have been loyal allies of U.S. armed forces since 2015 when they helped to clear ISIS from Syria at a significant cost to themselves. The Turkish invasion and displacement of the Kurds has allowed some ISIS prisoners to escape from prisons guarded by the Kurds, and it appears ISIS could make a comeback in Syria.

Trump's desertion of the Kurds led to the signing of a defense pact between

the Kurds and President Assad of Syria. Now Syrian, Iranian and Russian military forces occupy northern Syria.

Trump abandoned the Kurds thereby creating additional instability in the Middle East, and he enhanced Syrian and Russian status in the region. Other U.S. allies around the world are questioning the trustworthiness of the U.S. under Trump, who twitters uninformed and irrational foreign policy based on his lack of knowledge. Trump threatens our national security by creating problems in the world, which have far reaching long term adverse implications.

Donald Moskowitz

Former Navy Enlisted and Officer
Londonderry NH



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The Annapolis Times

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Vietnam veteran fighting for the rights of black soldiers

By Stacy M. Brown, NNPA Newswire
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Vietnam War veteran Ari Merretazon is spending another Veteran's Day fighting for fellow soldiers in Philadelphia.

A court is expected to hear soon more arguments in a case Merretazon has brought against the city.

Philadelphia officials have failed to follow a 1955 provision in the city charter that created a budget for an Office of Veterans Affairs with a salaried director, Merretazon's suit claims.

While there is a Veterans Commission, an Office of Veterans Affairs could have reached more local returning soldiers and helped them receive more substantial benefits.

Merretazon, who founded the Pointman Soldiers Heart Ministry, wants Philadelphia officials to formally establish a Veterans Office.

"They are not in compliance with the

law," stated Merretazon, whose story of the Viet Nam War was highlighted in the 1984 book, "Bloods: Black Veterans of the Vietnam War, An Oral History," by Wallace Terry.

The book was later the inspiration for the 1995 motion picture, "Dead Presidents," which reviewers called the most powerful depiction of black veterans in

"Philadelphia needs to acknowledge that racism in the military is a PTSD injury," Merretazon said.

Researchers at the U.S. Department of Veterans Affairs have conducted various studies of PTSD in ethnic minority Vietnam Veterans. The results of the research are not entirely consistent. Still, VA officials noted that the overall find-

base where rebel flags flew and black soldiers had the worst jobs. They threatened us with going back to the field with those who were less qualified."

Merretazon says his court battle had progressed well. An appeals panel earlier indicated that the only thing keeping him from prevailing was that he lived outside of the city.

"I live in a neighboring county but I do my work in the city of Philadelphia," Merretazon said. "But, it's clear that Philadelphia is trying to cover up their misdeeds toward veterans. The fact that there's no office of veterans affairs is wrong. Philadelphia, in particular, City Council President Darrell Clarke, has messed up the money for veterans, and that's why we are where we are."

A spokesperson for Clarke declined to comment, citing the pending lawsuit.

Merretazon, who does not have the use of his legs because of a war injury says he counts among the fortunate because he has obtained full benefits. However, he must continue to fight for others.

"The veterans who come home to Philly have nobody saying what to do, and through our ministry, we've been able to provide direction on direct services," Merretazon said. "It's well-known that many are hurting. There are significant guaranteed benefits for the veterans and their families, but they aren't getting them. I'm 100 percent disabled. I've got mine. I'm trying to help other people get what they deserve."

"It's been years, if not ever, that Philly hasn't met any of its obligations to veterans," Merretazon said. "My anger is based on the fact that we have had to fight two wars. One was in the field of battle in Vietnam and the other at our base where rebel flags flew and black soldiers had the worst jobs. They threatened us with going back to the field with those who were less qualified."

the history of American cinema. The film starred Terrence Howard, Larenz Tate and Chris Tucker as returning Vietnam War veterans whose lives after discharge were plagued by crime, addiction, and a host of psychological challenges.

"As Black veterans, we not only face post-traumatic stress syndrome (PTSD), but we have racially induced PTSD as well because there's so much racism in the military," Merretazon said.

He believes race has played a significant role in his battle with Philadelphia that has led to the current court case.

ing seems to be that most ethnic minority veteran groups have a higher rate of PTSD than White veterans.

According to the VA, some of this may be due to psychological conflicts related to identification with the Vietnamese. Another factor may be higher exposure to war zone stressors, VA officials stated.

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College access program celebrates 20 years helping Baltimore students attain higher education

By Stacy M. Brown

Building STEPS, college access and career development program for Baltimore City students, is celebrating its 20th anniversary. Available to students who have at least a 3.0 GPA, the program is built on the principle that a college education changes an individual's life.

It provides a wide range of programming to bright Baltimore City high school students to ensure college completion and career success; supplements students' classroom learning, and exposes underserved high school youth to science and technology-based careers.

Primarily, Building STEPS helps students excel in fields where minorities are overwhelmingly underrepresented, and among its mottos is, "Where you come from does not determine where you go."

"We have decided that 20 years is such a milestone that we're celebrating," Executive Director Debra Hettleman said. "There's a lot to celebrate, including that we now have hundreds of kids who would not otherwise have a college degree."

Building STEPS partners with 15 Baltimore City high schools to find high-achieving students in their sophomore year. In addition to a STEM-based curriculum, Building STEPS helps students apply for college and fill out financial aid forms.

There are no admission charges, and the program relies entirely on philanthropic support.

"More than 80 percent of Building STEPS program graduates earn a college degree compared to the 11 percent national average for low-income, first-generation college students," Hettleman said.

Each year, Building STEPS provides students an education in workplace dynamics and counseling is offered in college and career choices. A Prep portion engages sophomores in hands-on science-oriented activities while a junior seminar series exposes students to careers that rely on science and technology through interactive seminars hosted by local businesses and institutions. A summer experience includes a paid



Building STEPS, the college access and career development program partners with 15 Baltimore City high schools to find high-achieving students in their sophomore year. (Above) Students in the Building STEPS program learned how medical dummies and simulations are used to train doctors and nurses at the University of Maryland Medical Center. Courtesy Photo/Building STEPS

internship and weekly professional and academic programming. There are also college workshops, college connect, alumni services, and other programs.

Once accepted into Building STEPS, students begin to participate in the program in the fall of their junior year.

Almost all Building STEPS students are the first in their family to earn a college degree, and many are the first to graduate from high school.

Program officials are huge supporters of city schools, but not everything can be accomplished in that setting alone, according to Hettleman.

"Building STEPS was built on the premise that our kids are really smart, high-achieving kids," Hettleman said. "If you're a high-achieving kid and you have no support for college access or completion, what do you do? Our high-achieving kids may not have the resources, and it's not just money. It's about someone who's able to say, 'what do you think you might want to be when you grow up?'"

"Because we're all about STEM, we show what a career look likes, and we

say let's figure out what college is for you; and let's make sure you are taking the [exams] and making sure you keep your grades up; and that your application is getting in on time and that you fill out [financial aid forms]. So, we are there to support that student who should be in college."

Hettleman says there is no reason this program can't occur in other cities like Philadelphia and Detroit. Successful students have already contributed millions to the local economy after graduating college and starting high-paying careers.

"They're building their careers, they're building their families and 20 years later, they are physical therapists, doctors, working in hospitals and law firms," Hettleman said. "They are sending me pictures with their spouses and their kids, and I'm going, 'Oh my gosh, our founding chairman had this idea and said let's see what happens. What happened is that we've turned out hundreds of successful young professionals.'"

For more information about Building STEPS, visit: www.buildingsteps.org.

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Consumer Reports names Morgan State University vice president to its Board of Directors

Baltimore— Consumer Reports (CR) has named Morgan State University vice president Willie May, Ph.D. to its 16-member Board of Directors. Dr. May, who heads the University's Division for Research and Economic Development (D-RED), was one of two new members CR announced at its Annual Meeting held in October. He joins Russell G. Noles, retired executive vice president and chief operating officer at Nuveen, a subsidiary of Teachers Insurance & Annuity Association, as the latest additions to the volunteer governing body. Consumer Reports' members annually elect a slate of nominees to serve a three-year term on the Board.

"It is truly an honor to be able to work collaboratively with Consumer Reports in proactively setting standards for consumer safety, satisfaction, and sustainability," said Dr. May. "This is the perfect complement to a professional career that has allowed me to meaningfully contribute to the nation's go-to agency for measurements, standards, and technology for 45 years and assist in preparing the students at Morgan to become future leaders. I look forward to this new opportunity to serve."

Members of the board are responsible for overseeing Consumer Reports activities. Board members meet periodically to discuss and vote on the affairs of the organization.

"It's a special honor to help guide an organization that



*Dr. Willie May joins the 16-member governing body for the leading consumer-focused organization dedicated to creating a fairer, safer and healthier world.
Courtesy Photo/Morgan State University*

offers people certainty and confidence in an ever-shifting world," said Annette LoVoi, Chair of Consumer Reports' Board of Directors. "I look forward to working with Willie, Russell and fellow Board members, along with CR leadership, members and partners, to help deliver greater fairness, safety, and transparency to the marketplace."

As a nonprofit membership organization, CR works in cooperation with consumers to create fairer, safer, and healthier environments. It provides evidence-based product testing and ratings, rigorous research, hard-hitting investigative journalism, public education, and steadfast policy action on behalf of consumers' interests. For its efforts, CR has uncovered landmark public health and safety issues and strives to be a catalyst for pro-consumer changes in the marketplace.

At Morgan, in his role as vice president for D-RED, Dr. May supports research throughout the University and oversees IP and commercialization efforts. He previously served as the U.S. Under Secretary of Commerce for Standards and Technology and director of the National Institute of Standards and Technology (NIST) and as the director of Major Research and Training Activities at the University of Maryland, College Park. His laboratory-based research is described in more than 90 peer-reviewed technical publications.



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'Hidden Figure' Katherine Johnson Turns 101

By Stacy M. Brown

Katherine Johnson, one of the African American women whose stories received global attention in the best-selling book and blockbuster movie, "Hidden Figures," has turned 101.

The renowned mathematician was instrumental in Alan Shepherd's 1961 journey to space. She also played a pivotal role in John Glenn becoming the first American to orbit Earth one year after Shepherd successfully.

Johnson will also receive a Congressional Gold Medal thanks to a bipartisan bill that passed through Congress earlier this month. Dr. Christine Darden will receive a medal. Dorothy Vaughn and Mary Jackson will receive medals posthumously.

"Hidden Figures: The American Dream and the Untold Story of the Black Women Mathematicians Who Helped Win the Space Race," by Margot Lee Shetterly, helped tell the women's story. The book also became the subject of the blockbuster 2016 film, "Hidden Figures."

"Katherine Johnson, Dorothy Vaughan, Mary Jackson and Dr. Christine Darden made monumental contributions to science and our nation," said Senator Kamala Harris (D-Calif.) said in a statement.

Harris and five other members of Congress introduced legislation to secure Congressional Gold Medals for Johnson and her colleagues.

"The groundbreaking accomplishments of these four women and all of the women who contributed to the success of NASA helped us win the space race but remained in the dark far too long," Harris stated. "I am proud our bill to honor these remarkable women has passed Congress. These pioneers remain a beacon for black women across the country, both young and old."

The honor isn't the only one for Johnson. Corporate Office Properties Trust (COPT) agreed this month to rename its 7000 Columbia Gateway Drive building in Columbia, Maryland—The Katherine G. Johnson Building.

A plaque will be placed at DreamPort's



Former NASA mathematician Katherine Johnson's computations have influenced every major space program from Mercury through the Shuttle program. Courtesy Photo

7000 Columbia Gateway Drive entrance commemorating the naming of the building in honor of Johnson and her legendary accomplishments as a NASA mathematician and her essential role in the space program, according to a news release.

At 101 years of age, Johnson is the recipient of numerous honors, including the Presidential Medal of Freedom, multiple NASA Langley Research Center Special Achievement awards, and many others. She has buildings, schools and libraries named after her.

In an earlier interview, Johnson said she missed working.

"I'd go back now," she said.

After leaving her teaching job in 1953, Johnson began working for NASA and was able to calculate the trajectory for numerous space missions, including for the space flight of Alan Shephard, the first American in space and the path for the famed 1968 Apollo 11 flight to the Moon.

"I'd do them over if I had to. I'd do anything for anyone," Johnson stated.

At an early age, Johnson developed enviable math skills so much so that even NASA officials wrote a story about her titled, "The girl who loved to count."

"I counted everything. I counted the steps to the road, the steps up to the church, the number of dishes and silverware I washed anything that could be counted, I did," Johnson said. "I entered college—I was 15. I was going to be a math teacher because that was it. You could be a math teacher or a nurse, but I was told I would make a good research mathematician and they had me take all of the courses in the catalog."

When Glenn went to the Moon, Johnson says her "Hidden Figures" crew acted as the computer for the mission. Calculating everything involved in the flight became like a geometry problem, Johnson recalled.

"I felt most proud of the success of the Apollo mission. We had to determine so much. Where you were, where the Moon would be and how fast the astronauts were going," Johnson stated. "We were really concerned, but the astronaut had to do it just as we laid it out. I was looking at the television and hoping that we're right."

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Baltimore City girl named finalist in national scholarship contest

By Andrea Blackstone

Rianna Facey is a fifth grader who does far more than just dream big. Actively pursuing her goals at just ten years old has led her to dancing; gymnastics; modeling; drawing; speaking up against bullying; and also writing books.

According to her mother, Tywana Gardner, Rianna is also a driven student who earns good and excellent performance evaluations in school. The Baltimore City student who is the author of two published books, "The Cat That Wouldn't Go Away," and "I Have Big Dreams" can teach children and adults a thing or two about what it takes to be a phenomenal person at any age.

"My advice to others is to believe in yourself and follow your dreams," Rianna said, while reflecting on her personal journey.

Rianna has come a long way since the days of being bullied in school and having the courage to write her first book about a cat that became her special friend. Her next journey to compete for a scholarship was launched with her mother's vote of confidence. In between working, helping Rianna with homework, raising a mogul, and fitting in gymnastics development training for the 2020 Junior Olympics, Gardner's proactive attitude led her to take the initiative to share Rianna's inspiring evolution with the world through Ellio's Phenomenal Kids 2019 \$10,000 Scholarship Contest.

Ellio's, a brand of Dr. Oetker USA, LLC, is widely known for making frozen pizza. However, the company now sponsors the annual contest for kids between ages six to 12. The grand prizewinner will reportedly receive a \$10,000 scholarship, a \$500 gift card, and an Ellio's Swag Bag. The second place winner will receive an all-expense-paid trip for four to either New York City, Philadelphia, Boston or Washington, D.C. plus a \$100 Amazon gift card. Eight lucky runner-up prizewinners will receive a \$75 Amazon gift card and an Ellio's Swag Bag.

"At Ellio's Pizza, we want to make a positive impact on the lives of the families we serve," said Bill Whalen, executive vice president of Dr. Oetker USA,



Rianna Facey is fifth grader from Baltimore City. The author, gymnast, speaker, model and artist wants to win Ellio's Phenomenal Kids 2019 \$10,000 Scholarship Contest. Rianna's dream is to attend Towson State University (TSU), when she gets older. The public can help the author of "The Cat That Wouldn't Go Away," and "I Have Big Dreams" to get closer to her goal of getting a head start on paying for college expenses, by voting for her daily online until Dec. 3, 2019. Ellio's, a brand of Dr. Oetker USA, LLC, is widely known for making frozen pizza. However, the company now sponsors the annual scholarship contest for kids between ages six to 12. Courtesy Photo/Tywanna Gardner

LLC, in a press release that was issued in August. "The Phenomenal Kids Scholarship Contest is a great way for us to give back to the families who have supported us through the years and to celebrate outstanding kids in communities across America."

According to a representative from Ellio's, a panel of judges from Dr. Oetker, USA, LLC evaluated each entrant's community involvement; passion with purpose; creativity; and academic achievement. Out of nearly one thousand entries submitted to Ellio's from

various states, Rianna is one of six finalists from Maryland who are among ten kids vying for the big prize.

"I received notice that she (Rianna) was a finalist in the contest through an email that I received in October," Gardner said. "What makes Rianna a phenomenal kid is simply being herself and sharing her talents."

Gardner is a single mother of five children who is still helping one child with student loan expenses. She says she is concerned about Rianna being able to attend Towson State University (TSU), currently the young achiever's only choice when the time to pursue higher education comes. Gardner says her daughter fell in love with the university after visiting the campus with her elementary school.

"Four years is over \$100,000," Gardner said. "A huge amount of money is needed to help Rianna to reach her dreams."

Born and raised in Baltimore City, Rianna is asking for her hometown's help to get her closer to earning a scholarship that would positively impact her life. The winner of the Ellio's scholarship contest will be partially selected by the number of daily votes, which are recorded.

"I felt happy when I found out that I was a finalist. I started telling my neighbors, teachers, and friends about it. The grand prize is a \$10,000 scholarship. I want to win so that I can go to Disney World and TSU," Rianna said. "Baltimore and other places can support me by going to <https://ellios.com/PhenomenalKids/> (beginning) on November the twelfth."

You may find Rianna's video under "Rianna F." Navigate to the bottom of the page to cast your vote. Voters are permitted to vote for Rianna online every day from November 12, 2019 until December 3, 2019.

Maryland Teacher Tutors founder Natalie Mangrum educates her way up the ladder of success

By Ursula V. Battle

Former Baltimore City schoolteacher Natalie Mangrum recalled reading the book, *The Millionaire Next Door: The Surprising Secrets of America's Wealthy*. Mangrum says the book, which is written by Drs. Thomas J. Stanley and William D. Danko, changed her life.

"I read the book in 2015," said Mangrum, who taught in the city's school system for eight years. "Reading that book opened my mind up to financial freedom. It gave me a whole new perspective on life and money."

After reading the book, Mangrum and her husband began looking for ways to earn extra money.

"Family and friends were asking me to help their children because they were struggling in reading," she said. "I started tutoring on the side to make additional money on top of my teacher paycheck. I kept getting referrals, and became full. I didn't want to turn parents away. I asked a colleague of mine if she could tutor some kids. She did, and she became full. I knew I was onto something."

Inspired by the book she had read, Mangrum decided to step out on faith. She left the classroom to start her own mobile tutoring company.

"I wanted to see where things would go," said Mangrum. "God answered with a resounding, 'I am taking you places.'"

In 2015, Mangrum founded Maryland Teacher Tutors, a private tutoring company that hires certified teachers to provide in-home academic support to K-12 students. The company offers discounted tutoring rates to low-income families.

"Once a parent tells me their budget, I do all I can to customize a package to meet them where they are financially. We also are very much open to offering tutoring service for free. I never want money to stop a student from getting what they need."

She added, "There is no criteria for the



Maryland Teacher Tutors has nearly 40 certified teachers who provide in-home academic support.

Photos: Jessica Leigh Photography

children we tutor. We serve students who are gifted, dyslexic, and those who have fallen behind. We will work with the student of any parent who reaches out to us."

Today, Maryland Teacher Tutors has grown from one teacher to a team of nearly 40 who cover the Baltimore Metropolitan region. Mangrum plans to expand into all of Maryland by 2020.

"We live in an 'everything comes to you now' culture. It's all about convenience. Food is delivered to people by Uber. We bring tutoring to people."

The company's tutors hail from Baltimore City, Baltimore County, Howard County, and other jurisdictions.

"We serve a lot of children," said the CEO. "We are grateful for that. In addition to the teachers we currently have on staff, we also have a large number of applicants in the queue. As a prior teacher, I know that teachers have something special to offer kids. We also know how to make kids learn quickly, and how to build rapport with kids. I won't hire someone just because they are good at math or science, or someone's grandmother just because they are good with kids. The teachers I hire have to be certified. They are also experts in their subjects. That's what sets us apart."

Mangrum recalled the company's



Natalie Mangrum is the founder and CEO of Maryland Teacher Tutors.

humble beginnings.

"I started with just one hundred dollars. I used the one hundred dollars to hire someone I knew to create a professional website for me. Word of mouth and social media also played a major part in my business."

She added with a laugh, "The only person who liked my posts on social media at first was my mother. My advice to other entrepreneurs is to be patient and persistent. Eventually, my aunties, and other people started liking my posts. Now, there is no one in my social media network who does not know what I do."

Mangrum, 34, is a native of Pittsburg, Pennsylvania. She and her husband have two children, ages 15 and 17.

Mangrum admits that even she is astonished at how quickly her business grew in four years.

"Even now, I will look at pictures of how big we have gotten," she said. "We also come up on Google's first page for those looking for tutoring. It shows the need. But growing so fast really came as a surprise."

Now, Mangrum has her own book to inspire others. She recently published her first book, *Owning It: It's My Story and I'll Share If I Want To*. The memoir went to #1 on Amazon just one day after its launch.

"All a person needs to have to start their own business is a dream and a 'go-get-it' attitude," said Mangrum, who also has her sights set on expanding her tutoring business nationally. "The sky's the limit."

Rambling Rose

Rasheed's Royal Theatre Reunion in Baltimore



Rosa Pryor Trusty

Hello everyone, I hope everything is well with you. This has been a very busy week and more to come. It seems like the winter has really landed. This is not my favorite time of the year but I know that it comes with the territory, so get out your woolen hats, gloves, long-johns and heavy duty coats. No matter how cold it is gets, Baltimore is jumping with entertainment and places to go.

The biggest event this month will be "Hassan Rasheed's 3rd Annual Royal Theatre Reunion All Black Extravaganza" on Saturday, November 16, 2019 from 7 p.m. to 11 p.m. at the Patapsco Arena located at 3301 Annapolis Road in Baltimore. Now ladies and gentlemen, when I say BIG! I mean BIG! Check this out; the entertainment will include some local groups such as: Style, Ten Karat gold; BADD; 5 Shadows; Christal F; Cookie; Ms. Val; Epiphany; and Raw and Davon.

Now I grant you, I have never heard of some of these local groups but that doesn't mean they're not good, I leave that discussion up to you. The entertainment also includes some national recording groups that you will know and they are: Ray Goodman and Brown; Enchantment; Black Ivory and Blue Philly Magic. Honey Child, let the fun began!

Added to that, it will be hosted by my Godchild and Baltimore comedian Ms. Maybelle and a few of your favorite people are being honored, including: Carlos Hutchins, Marva Williams, Marvin McDowell and Kevin Kitchens. My Godson, Tee Shirt Brian will be there of course selling his souvenirs t-shirts and making you laugh while you are taking out your money to give to a guy you can't say "No" to.

I want you all to get your tickets and come out to this event and next week I want you to tell me all about it. Unfortu-

nately, I won't be able to attend because one of my artists, Dee Brent, the leader of my group, "Signature Live!" out of Washington, D.C. is getting married on the same date and time to the love of her life, Frankie Addison, who is also a musician. So you go and have a good time and tell Rasheed I said hello. There are a couple of things you must remember that are very important—it's an "All Black Affair," meaning you must dress in all black attire and also don't even try to sneak in drinks of any kind. Your bags will be searched at the door, it is BYOF, so take your picnic basket or your cooler of food and get your drinks at the cash bar!

Another one of my groups, Greg Hatza ORGANization will be performing at the Keystone Korner Jazz Club & Restaurant located 1350 Lancaster Street, November 20, 2019 at 7 p.m.

Another event, the "Holiday Jazz Fest," featuring one of Baltimore best, "JumpStreet Band" on Saturday, November 16, 2019 from 1 p.m. to 4 p.m. at the Church of St. Mary the Virgin located at 3121 Walbrook Avenue in Baltimore. A portion of the proceeds will benefit the Sickle Cell Association of America. The ticket includes Becky's Lite Fare Buffet, Sangria, wine, beer, soft drinks and more. For more information, call 410-484-1952.

Well, my dear friends, I am out of space, but remember if you need me, call me at 410-833-9474, or you can mail me at 214 Conewood Avenue, Reisterstown, Maryland 21136 or email me at: rosapryor@aol.com. UNTIL THE NEXT TIME, I'M MUSICALLY YOURS.



Nationally know recording group, Blue Philly Magic out of Philly will entertain you at the Royal Theatre Reunion All Black Extravaganza on Saturday, November 16, from 7-11 p.m. at the Patapsco Arena, 3301 Annapolis Road in Baltimore. For more information call 443-226-8895.



"The Crew" an oldies but goodies entertainment group do their thing for grown folks every 3rd Friday of the month from 8 p.m. until 1 a.m. at the Caton Castle Lounge at Baltimore & Hilton Street. For more information, call 410-342-0504.



Carlos Hutchins will be honored by Rasheed and Co at the 3rd Annual Royal Theatre Reunion All Black Extravaganza" on Saturday, November 16, 2019 from 7 p.m. to 1 a.m. at the Patapsco Arena located at 3301 Annapolis Road. For more information, call 443-226-8895.



Marva Williams, founder of MarvaD Events will also be honored at the Royal Theatre Reunion Extravaganza on Saturday, November 16, 2019 at the Patapsco Arena. For more information, call 410-790-9333.

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Ravens need defensive tackle Brandon Williams to step up

By Tyler Hamilton

Entering the 2019 season, defensive linemen Michael Pierce and Brandon Williams were expected to be the anchors up front. Williams came up big for the Ravens when Pierce suffered an early ankle injury that kept him from returning in Baltimore's 49-13 win over Cincinnati Bengals.

Williams and the Ravens defense struggled to stop the Bengals rushing attack. Cincinnati rolled up 157 yards on the ground. A lot of it came after Pierce went down early in the first quarter.

Without Pierce by his side, Williams finished with seven tackles against the Bengals.

"Brandon [Williams] was the guy. Brandon was a force," head coach John Harbaugh said during his Monday, November 11 press conference. "Brandon kind of took it upon himself to get that run stopped, especially in the second half. He played a lot of plays, played super hard, very physical in there. We needed him to—and he did a great job with it."

Williams may have to continue to play without Pierce whose ankle injury has him listed as day to day. The Ravens signed former Oakland Raiders defense tackle Justin Ellis to help bolster their run defense if Pierce is unable to play.

This week the Ravens welcome the Houston Texans to M&T Bank Stadium. The Texans rushing attack is gaining 142.8 yards per game, 4th-highest in the NFL. Carlos Hyde's 704 rushing yards



Brandon Williams came up big for the Ravens in the game against the Bengals where he finished with seven tackles.

Courtesy Photo/BaltimoreRavens.com

are the 10th most on the NFL.

Williams will need to be at his best against the Texans in a game that could have an impact on the AFC playoff seeding. Currently the Ravens' 7-2 record places them 2nd behind the top-seeded New England Patriots (8-1). Houston is leading the AFC South Division. Their 6-3 record has them just behind Baltimore.

Coach Harbaugh feels that Williams is playing really good football right now. He is confident that he will continue to step up for the Ravens.

"It's been a long time that he's been here, so he's had a lot of great stretches," Harbaugh said. "This is just another one of them, I guess. To me, he's a consistently really good player. He's one of the top players. He's one of the top defensive tackles in football. I know how important he is to our team and to our defense. He's a really, really valuable guy."

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Wells Fargo Retirement Study Points to Need for Better Preparation

By Stacy M. Brown

Today's retirees are happier than workers, despite some having an unmanageable amount of debt and a high level of financial stress, according to the 2019 Wells Fargo Retirement Study.

"Our survey clearly shows stark differences between current retirees and younger generations and how they will fund retirement," said Fredrik Axsater, head of the Institutional Client Group for Wells Fargo Asset Management. "For those still in the workforce, saving for a viable retirement lies almost entirely in their own hands, which requires a vastly different strategy and approach. As an industry, we need to ensure that more workers take the necessary actions today to adequately fund their retirement tomorrow."

Conducted online by The Harris Poll on behalf of Wells Fargo, the study surveyed 2,708 workers age 18 to 75; and 1,004 retirees.

The study found several key characteristics that influence today's retiree, who—in the survey—had an average age of 70.

More than eight in 10 of retirees fund their retirement primarily with Social Security or a pension; just five percent say personal savings, such as an IRA or a 401(k), is their main source of funding.

For younger generations the quality of their retirement will depend almost entirely on how much they save through vehicles such as a 401(k) or IRA.

Approximately 45 percent of Millennial workers say the top source of funding for their future retirement will come from an IRA or a 401(k), compared to just 25 percent who say they expect to rely on Social Security or a pension for their retirement income.

"I think it's fair to say that there's a mismatch between savings that people have, and also what they expect to need in order to feel safe," Axsater said. "Generation X, as an example, on average have \$66,000 in savings and they say that they will need on average \$750,000 in order to retire comfortably. So, this study is really a call to action—for us to build a stronger foundation.

"A call to action is needed to get more and more people into what we call the



Conducted online by The Harris Poll on behalf of Wells Fargo, the study surveyed 2,708 workers age 18 to 75; and 1,004 retirees who had an average age of 70 years.
Courtesy Photo/Wells Fargo

planning mindset—the mindset where people have a combination of other long-term financial goals. It's time for action."

Despite recognition that saving and paying for retirement now rests with the individual, younger generations hold mixed views about whether they are saving enough, the study revealed.

Financial challenges negatively impact the ability of nearly half of workers to save adequately, according to the survey.

Overall, just over half (55 percent) of workers say they are saving enough for retirement. By generation, 61 percent of baby boomers say they are saving enough, followed by Millennials (55 percent), Generation X (51 percent) and Generation Z (48 percent).

Debt plays a crucial role in workers' ability to save, as 31 percent of Millennials say they have an "unmanageable amount of debt," followed by Generation X (26 percent), Generation Z (25 percent) and baby boomers (14 percent).

Among all workers, nearly half (46 percent) say they are putting off saving for retirement due to current financial challenges, and 67 percent of workers paying student loans say the burden of student loans is getting in the way of saving for retirement.

As a result, many workers appear to be falling well short of what they will need to fund their retirement.

Twenty-nine percent have personally saved less than \$25,000; 13 percent have saved between \$25,000 and \$100,000;

and 11 percent have saved between \$100,000 and \$250,000 – which means that more than half (54 percent) of workers have saved less than \$250,000 for retirement, according to the survey.

Thirty-two percent of workers can't estimate what they have saved for retirement and only 15 percent of workers have saved \$250,000 or more.

Just over six in 10 workers say they would have no idea what they would do if Social Security were not available "when they need it," a concern that jumps to 71 percent for current retirees.

Across generations, 91 percent of workers and 94 percent of retirees say they would feel "betrayed" if the money they paid into Social Security were not available when they retire.

The survey found that workers have much more faith in their personal savings than in Social Security.

Axsater says it's important to have a planning mindset, which includes setting and achieving as a goal or set of goals during the past six months to support their financial life; working diligently toward a long-term goal; feeling better about having finances planned out over the next one to two years; and preferring to save for retirement now to ensure they have a better life in retirement.

"If more workers adopt these behaviors, more retirees should be better prepared for the rapidly changing reality of retirement," Axsater said.

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Five truths about lung cancer

Baltimore— November is National Lung Cancer Awareness Month, a month focused on a disease expected to claim more than 140,000 lives in the U.S. this year, according to the American Cancer Society.

Lung cancer is the deadliest cancer in both men and women, and the disease causes more deaths than colon, breast and prostate cancer combined. It's also a complex disease to understand and treat.

Here are five truths about lung cancer from the American Lung Association:

1. Lung cancer occurs when cells in the lungs change, or mutate. Lung cancer occurs when a person has abnormal cells that cluster together to form a tumor. Unlike normal cells, cancer cells grow without order or control, and cancerous cells destroy the healthy lung tissue around them. When cancer cells grow too fast, they prevent organs of the body from functioning normally.

2. Anyone can get lung cancer. Various factors can cause the mutation of cells that leads to lung cancer. Most often, this change in lung cells happens when a person is exposed to dangerous, toxic substances, such as tobacco smoke, radon, pollution, or industrial compounds like dust and fumes.

3. Symptoms of lung cancer vary. Many people who have lung cancer don't experience symptoms until the disease is in later stages. Symptoms of lung cancer include constant chest pain, a cough that doesn't go away, hoarseness, shortness of breath, coughing up blood, and frequent lung infections.

4. Lung cancer is difficult to detect early. One reason lung cancer is so deadly is that it can take years for the cancer to grow and there are usually no early symptoms. Because there are very few nerve endings in the lungs, a tumor can grow without causing pain or discomfort. By the time a person begins experiencing symptoms, the cancer has often spread to other parts of the body.

5. Screening can save lives. The main benefit of screening is a lower chance of dying from lung cancer. Research has shown that using low-dose CAT scan or CT scans to screen people at higher risk of lung cancer saved more lives compared to chest x-rays. For higher risk people, getting yearly scans before symptoms start helps lower the risk of dying from lung cancer.

As Kunta Kinte Heritage Festival grows more volunteers are needed

By Andrea Blackstone

More growth is on the horizon for the well-known Kunta Kinte Heritage Festival in Annapolis. At the end of September, reportedly nearly 9,000 people attended the 30th annual festival and over 100 vendors participated from a variety of states participated in the annual festival this year.

Clones of Funk returned to crank funky tunes for the crowd at Annapolis City Dock. Guests at the festival were also treated to performances by the Ni Dem-baya African Dance & Drum Ensemble and other entertainers. Motivational speaker and singer, Chardelle Moore also performed. A photo booth created by H. Lee Studio commemorating a spectacular 30th year celebration was on-site.

Angel Harriott, founder and President of Global Journey for Children, Inc. now serves as vice chair of the Kunta Kinte Heritage Festival. Jan F. Lee says that she will remain the chair for next year's festival. Attendees from all races continue to embrace the volunteer-run event, which was inspired by a slave named Kunta Kinte that the late author, Alex Haley, wrote about when he penned book, "Roots."

Planning for the next family-oriented cultural celebration is already in development.

"We are in need of a Volunteer Committee Chair, and Education and Community Chair. There are also open positions on the Board of Directors. Planning for this growing festival we have found is optimally all year, so we will continue on throughout the end of the year through the New Year, applying for grants and addressing non-profit organization administrative duties," Lee said. "We want to continue to grow so that more and more people know about the festival and get to experience all that it is. We aim to not only make sure that people have a great time with entertainment, but also that we educate people, connect people, and empower people. We are going to look at crafting a Vision Statement that will bring the festival into the future, while ensuring we continue to



It is estimated that nearly 9,000 people attended the 30th annual Kunta Kinte Festival at City Dock in Annapolis. (Left) Comedian, actor, motivational speaker and spoken word poet is a community activist and football coach at Meade High School, Chris Dillard (Red Dott) was one of the festival hosts. (Right) A photo booth created by H. Lee Studio commemorating a spectacular 30th year celebration was on-site. Photo Credit: C. Pierre "The Fit Photographer" Parker

acknowledge our ancestors and honor our heritage."

Lee also mentioned that becoming more "green" and environmentally conscious are future of the festival committee. Additionally, the festival team hopes to institute an internship program to provide an opportunity for high school and college students to learn non-profit management, marketing and event management skills. As the Kunta Kinte Heritage Festival moves toward increasing youth engagement, it remains a celebration of the perseverance, education, and cultural heritage of Africans, African Americans, and people of African descent.

Tray Chaney, a full-time actor and artist from Forestville, Maryland, who cherishes family, fatherhood and marriage performed at this year's festival and served as a co-host with Chris Dillard. Chaney is best known as the character POOT from HBO's drama "The Wire," and most recently the character, Kendrick, from Bounce TV's hit show

"Saints & Sinners." Chaney is currently touring and performing songs from his album, S.A.M (Strictly About Music). The first single, "Love For You" featuring Kenny Lattimore, is described as a very uplifting song to women and mothers.

"I was so honored to be a part of the Kunta Kinte festival. I was one of the featured performers performing songs off my album S.A.M, which is available on all digital streaming platforms. I sold my t-shirts from my (Dedicated Father, GOD FIRST, Dedicated Mother) T-shirt Line, which is available on www.trayscurriculum.com/store, and I was able to autograph copies of my book, "The Truth You Can't Betray," Chaney said. "The feeling (of participating in the festival) was an amazing feeling I can't describe. I learned so much about the African culture. Every vendor, performer and supporter educated me on their backgrounds, and the whole entire events was just filled with love. I would come back anytime."

Dillard (Red Dott) was the co-host of

the main stage. The comedian, actor, motivational speaker and spoken word poet is a community activist and football coach at Meade High School. Dillard has hosted a plethora of national events and starred in popular television shows such as TV One's "For My Man and BET's "Criminal Minds at Work." Dillard's family has roots in Annapolis and neighboring areas.

The comedian who specializes in "improv" style, an unscripted dialogue or story says that the festival caters to all ages while providing a chance to learn about heritage and bond with family.

"The most exciting thing is going from walking the festival as a kid saying, 'I'll be here one day to having the mic in my hand,' and hosting in front of my mom and grandfather who used to bring me 25 years ago," Dillard said. "That made me realize that all the setbacks, failures and haters it's all worth it in the end when you understand that pushing forward and using that as fuel for what God called you to be."

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College scholarship available for students seeking to help people impacted by substance abuse

For second year, RCA scholarship will support future generation of addiction treatment professionals

Waldorf, Md.— Recovery Centers of America (RCA) announced an open application period for students seeking to apply for the Recovery Centers of America Scholarship 2019.

Launched in 2018, the scholarship aims to help support the next generation of addiction professionals. The company will award \$1,000 to one current or prospective college student who has expressed a desire to work with those impacted by addiction and substance use disorder.

Applications for the Recovery Centers of America Scholarship will be accepted through December 31, 2019. All applicants are required to submit an essay that explains how they plan to use their degree to aid those in recovery and showcases their commitment to helping individuals and families overcome the disease of addiction.

Last year, the company received applications from twenty different states. A student studying for a Masters of Science in Nursing, Psychiatric Nurse Prac-

itioner track from Nashville, TN was awarded the 2018 scholarship.

"RCA is excited to offer the Recovery Centers of America College Scholarship for the second year in a row. We were thrilled with the response we received last year and it really demonstrates the tremendous interest of today's students in pursuing careers helping those with substance use disorders," said Recovery Centers of America Director of Public Relations Terri C. Malenfant. "This scholarship is a vital tool for financially supporting students who want to make a difference in the lives of those suffering from addiction. We are proud to advance the education of the next generation of healthcare leaders, and we look forward to expanding this scholarship in the years to come.

The winner of the scholarship will be notified by Recovery Centers of America on or before January 31, 2019.

To apply or obtain more information about the Recovery Centers of America Scholarship, eligibility requirements, and the application process, visit: <https://recoverycentersofamerica.com/the-recovery-centers-of-america-scholarship/>.

Recovery Centers of America provides quality addiction treatment that is accessible and affordable— including medically monitored detoxification, inpatient treatment and outpatient treatment— throughout Pennsylvania, Massachusetts, New Jersey, and Maryland. For more information about RCA and its programs, call: 1-800-Recovery.

Is it the flu or just your allergies?

Baltimore— Flu season is just getting underway in Baltimore and experts

expect it to worsen. It's also fall allergy season— making it tougher to tell exactly what's causing your sniffles and sneezing.

"Flu and allergy both affect the respiratory system, which makes it harder to breathe, but knowing what ails you means you know how to treat the symptoms better and whether it's time to see the doctor," said Dr. Shannarose Guma, an Internal Medicine provider with Saint Agnes Medical Group.

Here are some guidelines to figuring out whether you're dealing with flu or allergies:

- Flu tends to cause fever, headache, fatigue and aches and pain – symptoms rare in allergies.
- Allergies tend to cause itchy, watery eyes; cold or flu do not.
- Seasonal allergies tend to last as long as the allergy season does, which can be up to six weeks. In contrast, flu usually takes less than two weeks to pass.

While cold and flu are caused by different viruses allergies are instead an immune response to an allergen such as pollen or pet dander. Most people who have a cold or flu can recover at home with rest, fluids and pain relievers for fever and aches. Allergy symptoms are better treated with antihistamines and decongestants.

If you have flu symptoms and you are in a high-risk group or your symptoms are severe, see your health care provider. Your provider may decide you should take antiviral drugs to help you get better faster and prevent serious complications. Children under age five, adults over age 65, pregnant women are among those considered high-risk.



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Phone: 410-366-3900 or email: legals@btimes.com

Free Drug Education

Narconon New Life Retreat would like to remind families to stay educated on the signs and dangers of drug abuse. Methamphetamines and opioids are on the rise in both rural and city areas. Learn the signs and protect your loved ones from drug abuse and addiction. The amount of deaths caused by Methamphetamines has almost tripled since 2014. To learn more, visit: <https://www.narcononnewliferetreat.org/blog/the-other-drug-epidemic.html>. Narconon provides free drug education materials covering a wide range of topics. Call today for your free drug education materials at: 1-800-431-1754.



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