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Fifth Annual Couture Tree Competition at Lord Baltimore Hotel



Candy Ribbons, designed by Luann Carra (individual) was voted one of the winners of the Lord Baltimore Hotel 5th Annual Couture Tree Competition. (See article on page 8) Courtesy Photo

Baltimore clinic receives Federal Loan Repayment Awards for Clinicians

By Stacy M. Brown

Chase Brexton, a clinic with a mission to provide quality care that honors diversity and improves communities, is among healthcare facilities to receive money in scholarship and loan repayment awards for clinicians and students through the National Health Service Corps (NHSC).

Chase Brexton has locations in the Mount Vernon section of Baltimore, and in Columbia, Easton, Glen Burnie, MICA, and Randallstown.

The funds are part of the federal Health Resources & Services Administration's (HRSA) plan to combat the nation's opioid crisis through an NHSC Substance Use Disorder Workforce Loan Repayment Program (SUD Workforce LRP).

"These loan repayment awards and scholarships make it possible for dedicated clinicians to care for the patients who need them most, including Americans with opioid use disorder and other substance abuse challenges," Health and Human Services Secretary Alex Azar said in a release.

The program also supports the recruitment and retention of health professionals needed in underserved areas to expand access to SUD treatment and prevent overdose deaths.

"This helps us to focus on helping clients and not be worried about student



Qwan Needum, Substance Abuse Therapist and Substance Use Disorder Workforce Loan Repayment Program awardee.

Courtesy Photo

loans," said Qwan Needum, a substance abuse therapist and SUD Workforce LRP awardee. "I'm here to help save lives and educate our clients in Baltimore City. And, one of the things I like about being at Chase Brexton is that we have all the services needed in one building, and that includes medical, dental and health—and case management."

The loan repayment program aims to increase access to quality opioid and substance abuse disorder treatment in underserved communities across the country.

The HRSA recently announced \$319 million in scholarship and loan repayment awards, including \$80 million to specifically support nearly 1,250 clinicians providing substance use disorder treatment. In total, Baltimore area clinicians like Needum, have received 16 awards.

"As far as our clients' access to care, we do see a lot of clients who don't have insurance. We also see those who don't know how to apply for medical insurance, so we educate them on applying

for Medicaid or Medicare, or even programs that provide co-pay assistance," Needum said.

Previously, Chase Brexton Health Care received more than \$400,000 in federal grants recognizing its national leadership in quality care metrics and expanding its dental care programs.

The clinic also received a \$300,000 grant through HRSA's Oral Health Infrastructure Awards to expand its oral health programs.

Currently, Chase Brexton offers dental care at its Mt. Vernon, Columbia, Glen Burnie, and Randallstown Centers and provided care for more than 6,300 patients in the fiscal year 2018, according to their website.

Additionally, Chase Brexton received a total of \$117,000 in HRSA Quality Improvement Awards, recognizing its delivery of high-quality patient care. The award included \$62,254 in recognition of Chase Brexton's role as a National Quality Leader, placing it in the top two percent of federally qualified health centers across the country.

Also included in the HRSA quality awards was \$50,000 in recognition of Chase Brexton's role as a patient-centered medical home and \$5,000 to support Chase Brexton's ongoing use of health information technology in supporting quality patient care.

Needum says the need for clinicians continues, but the loan repayment program should help.

"It's definitely a need for more clinicians," she stated. "In my case, I handle a lot of clients, so with the additional support, I can actually have a steady workflow instead of an overload in demand."

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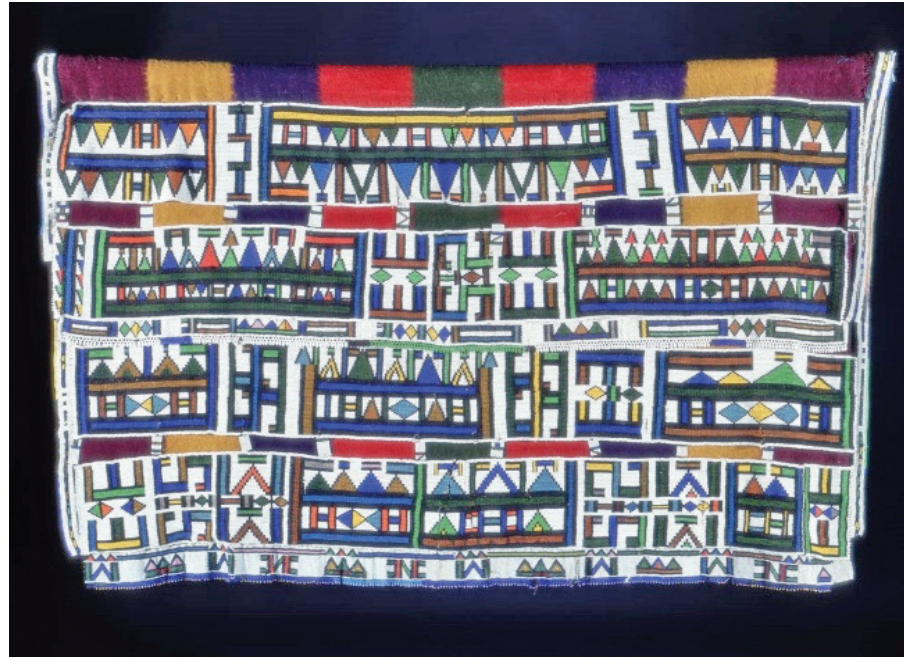
Baltimore Museum of Art presents 'Adorned: African Women & The Art of Identity'

Baltimore— The Baltimore Museum of Art (BMA) presents an exhibition that demonstrates the critical role of women in shaping social identity across 20th-century Africa. On view until June 28, 2020, "Adorned: African Women & the Art of Identity" features two dozen artworks from across the continent, including several that have never before been exhibited.

The exhibition includes colorful jewelry and intricately decorated clothing from the Ndebele communities in South Africa; the Turkana communities in Kenya; and the Maasai communities of Tanzania and Kenya.

A selection of gourd bowls from western Chad, loaned from a private collection, and a large indigo-dyed textile from Ibadan, Nigeria are also featured. Each of these vibrant works served as visual signifiers of age, marital status, ethnic identity, economic achievement, and political authority.

"For generations, African women artists have been making artworks that people used to define who they were,"



Artist unidentified. Married Woman's Blanket Cape (Ngurara). Mid-20th century. Ndebele region, South Africa. Photo Credit: The Baltimore Museum of Art: Gift of Aaron and Joanie Young, Baltimore, BMA 2002.631.

said Christopher Bedford, BMA Dorothy Wagner Wallis Director. "I am pleased to tell the histories of these women and to be able to place their contributions alongside

the works of other monumental women artists from around the globe."

The vast majority of the included artworks comes from the late colonial (1920-1960) and independence periods (1960-1980). During these momentous eras, women artists played a particularly important role in shaping the visual signs of African identities.

In response to colonial oppression, African women responded by innovating new styles and creating works that expressed pride in who they were. During Apartheid, for instance, Ndebele women artists asserted pride in their ethnic identity by decorating clothes and houses with traditional geometric patterns. And in the era when Africans were declaring their political independence, women artists created symbols for new nations using the works they wore and sold.

Adorned: African Women & the Art of Identity is part of the BMA's year-long 2020 Vision initiative highlighting women artists and leaders. The exhibition is curated by Kevin Tervalá, BMA Associate Curator of African Art.

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Guest Editorials/Commentary

Serena Williams builds schools in Jamaica and Africa

By Stacy M. Brown, NNPA Newswire Senior Correspondent
@StacyBrownMedia

While many deep-pocketed philanthropists and celebrities will write checks to support worthy causes, Tennis megastar Serena Williams routinely goes the extra mile.

In a recently released video, Williams donned a pair of jeans, workboots, a hardhat and went to work on Salt Marsh Elementary School in Trelawny Parish, Jamaica.

Williams, who has won a total of 39 Tennis Grand Slams, including Doubles titles, has also built grade schools in Uganda, Kenya and Zimbabwe.

Williams built the Marsh Elementary through a partnership with the nonprofit Helping Hands Jamaica, while the schools in Africa were in conjunction with Build Africa.

It's part of the mission of Williams' Serena Williams Fund and her other charitable efforts, which include the Serena Williams Venture, where the tennis champion seeks to boost the bottom line of individual companies.

"In 2014, I launched Serena Ventures with the mission of giving opportunities to founders across an array of industries. Serena Ventures invests in companies that embrace diverse leadership, individual empowerment, creativity and opportunity," Williams said in a statement posted on her organization's website.

"Serena Ventures focuses on early-stage companies and allowing them to be heard. As we grow, we hope to mentor young founders and take burgeoning entrepreneurs to the next level," she stated. "Serena Ventures extends relationships, encourages collaboration among portfolio companies, and expands partnership opportunities across my vast network. Similar to many of the companies we have invested in, we are just getting started and are hoping to make a difference."

Also, according to Charity Buzz, the Serena Williams Fund was established to promote equity; through education, gender, race, disability, or anything else that stands in the way of someone achieving their goals and living their best possible life.

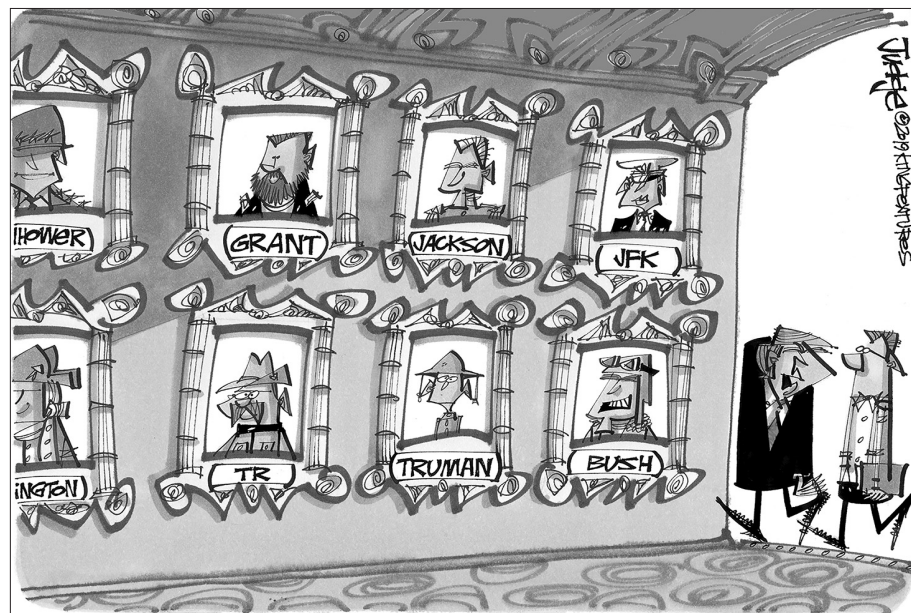
"The mission of this charity is to help the individuals or communities affected by to violence, and [to ensure] equal access to education," Williams stated.

Knowing the value of creating strong partnerships with organizations with expertise in their fields, Williams counts as a Unicef Goodwill Ambassador. She has partnered with organizations such as Beyond the Boroughs Scholarship Fund, The Equal Justice Initiative, The Caliber Foundation, and Build Africa Schools.

Jessica Curney of Borgen Magazine reported that before each of her matches, Williams reads and writes affirmations out loud from her diary about wanting to help people, kids, and work in Africa.

"Through the Serena Williams Fund, Williams dedicates her off-season time improving access to education by building schools in underprivileged areas of the world," Gurney reported. "She has done extraordinary tasks using her own resources and through partnerships with the Serena Williams Fund and other foundations dedicated to providing and improving education for those in difficult conditions or developing countries. Her active role has notably left a mark on those who have had their lives changed significantly through this act of kindness."

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"WHAT PRESIDENT HAS EVER DONE MORE FOR THE MILITARY THAN ME?"

Community Affairs

Report finds investment in schools will drive improved business environment in Maryland

Baltimore— A new analysis by Sage Policy Group released recently projects positive effects on Maryland's economy stemming from improved academic performance following implementation of the Kirwan educational recommendations. The return on investment report commissioned by Strong Schools Maryland finds that Maryland's economy will benefit from the profits and growth that would occur as a result of expanded opportunities in vocational and technical training and universal Pre-K, among other factors.

"The detailed study is obvious in its conclusions: invest in schools now and we are investing in business profits and growth for tomorrow. We will once again make Maryland a state of interest to companies and employers," said Joe Francaviglia, executive director of Strong Schools Maryland.

Significantly, the analysis highlights multiple outcomes that are key to a

state's growth and appeal to companies looking to work in Maryland.

•**Business Profits:** Higher educational attainment results in higher lifetime incomes and less reliance on expensive social services, as well as a reduction in crime.

•**Business Growth:** A well-educated workforce attracts businesses, and the plan to invest in skills training will create a larger pool of skilled workers that can compete regionally. Expanded Pre-K means parents have more freedom to rejoin or enter the workforce.

•**Long-term Competitive Edge:** Greater educational attainment drives innovation, which attracts long-term investment and revitalizes communities.

The complete report can be found on the Strong Schools Maryland website: www.strongschoolsmaryland.org.

Strong Schools Maryland is leading the effort to turn the recommendation of the Kirwan Commission into statewide policy for Maryland's learners. The Kirwan Commission on Innovation and Excellence in Education has created the blueprint for a world-class education system in Maryland. Learn more at www.strongschoolsmaryland.org.

Powerful book for young black boys celebrates 25 years with pledge to get one million new readers

Washington, D.C.— Jerald LeVon Hoover became the published author of a Young Adult (YA) title, one of a few books targeted toward young black and brown boys ages 12 and up, “My Friend, My Hero.” This novella has become a staple, as recommended reading in elementary through high schools across the country and around the world. That is a distinct honor Hoover shares with a short list of African-American male YA authors including: Walter Dean Myers, Kevin Powell, Kwame Alexander, and Ralph Burgess.

My Friend, My Hero, is celebrating its 25th Anniversary with a commemorative edition that includes an addendum of book discussion questions and now available; a full curriculum with a companion Student Success Guidebook, Teacher’s Guide, and Unit Assessments containing lesson plans. The goal is to promote Social and Emotional Learning (SEL) in the classroom by providing strategies for students to make better

choices and gain much needed confidence to support unleashing their inner greatness.

“Exposing black and brown children to a barrage of negative imagery and expecting their positive self-image to remain intact is ridiculous, insensitive, unjust and unfair,” said Hoover. “Young

“My Friend, My Hero is intended for all youth (races and genders), but I gave the spotlight to young, black and brown males because of the dire need for young black and brown men to have access to more positive representations of themselves to which they can relate.”

Celebrating 25 years in print, “My

for the first time. Many of the nation’s top colleges are already reaching out, eager to sign him to their roster. Scholarships are guaranteed. Still young, Bennett is used to fanfare and eagerly anticipating his rise to fame and fortune. Yet, all is not as it appears.

Strife and difficulties plague Bennett’s personal life. Growing up in Mount Vernon, he is the son of a single mother and the oldest of three, sharing a tiny apartment in the tough inner-city projects. Life is a struggle. Bennett knows his ticket to freedom is through basketball and academic excellence. Thanks to the support of his loyal friend Kirby and a budding romance with Tara, he pursues his dreams and refuses to get caught up in the fast life of the streets.

Things change when Bennett learns his mother’s health is failing. She has fallen far behind on the rent, and they face eviction. The weight of responsibility falls on Bennett’s shoulders, just as trouble and the troublemakers appear. Fast money seems to be the only option. Will Bennett try to help his family and risk ruining his future? Will Bennett finally succumb to the dangers and temporary comfort of the street life he has fought so hard to avoid? And if he give in, what will it cost him?

“My Friend My Hero” is available for sale at Amazon.com. To learn more about The Hero Book Series, visit <https://theherobookseries.com>

“My Friend, My Hero, is celebrating its 25th Anniversary with a commemorative edition that includes an addendum of book discussion questions and now available; a full curriculum with a companion Student Success Guidebook, Teacher’s Guide, and Unit Assessments containing lesson plans. The goal is to promote Social and Emotional Learning (SEL) in the classroom by providing strategies for students to make better choices and gaining much needed confidence to support unleashing their inner greatness.”

black and brown men are focused, gifted, driven, intelligent, and masterful at a host of other talents besides rap music and competitive sports; of which carries no shame, but we have other skill sets of significant influence. We are men of honor and integrity, regardless of whether we are born into poverty or wealth. But how can young black and brown men, or men of any race for that matter, define themselves and live up to their full potential if they only receive distorted representations?

Friend, My Hero,” is the first in the acclaimed The Hero Book Series by Jerald LeVon Hoover. Other titles from The Hero Book Series are “He Was My Hero,” “Too, A Hopeful Hero,” and “Hoop Hero.” The novella took nine years to get published after forty rejections and sixty drafts.

In the book, Bennett Wilson has the world at his fingertips as one of the top basketball players in New York State who is destined to lead Mount Vernon High School to the state championship

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MSU Magnificent Marching Machine in 2019 Macy's Thanksgiving Day Parade



This was Morgan State University Marching Band first-ever appearance at the Macy's Thanksgiving Day Parade. (Top left) Kevin Gross playing the Sousaphone (Top right) Holding the MSU Magificent Marching Machine banner are Marquis Bailey (left) and Alex Luis (right). Photos by Jason Mun/groupphotos.com



By Eric Addison
Morgan State University

Rising early to watch the Macy's Thanksgiving Day Parade on television is an annual holiday tradition in the Fabiyi-King household, in Hyattsville, Maryland. However this year, the family had a special motivation to see the event, up close and live.

This past November 28, Justin Fabiyi-King, an Information Systems major in his junior year at Morgan State University (MSU), led the MSU Marching Band— a.k.a. the Magnificent Marching Machine— on a 2.7-mile course through Manhattan, in New York, for the 93rd iteration of the parade.

The occasion marked the band's first-ever appearance in the event and was only the fifth time in the parade's history that an Historically Black College or University (HBCU) was featured. The band's high-energy, performance was witnessed by an estimated 3.5 million spectators in New York and 22.1 million television viewers nationwide.

MSU President David Wilson was the impetus for the historic march, said Melvin N. Miles Jr., director of Univer-

sity Bands at Morgan since 1985. The president suggested that Miles apply for the marching band to perform in the world-famous event.

"I felt that if we applied, we'd be accepted. I felt rather confident in that," said Miles, who ranks the band's appearance in the Macy's parade high on a long list of prestigious MSU musical performances he has directed over the years. That list includes the marching band's annual participation in the Harlem Day Parade for nearly 30 years, the Magnificent Marching Machine drumline's performance for President Obama in 2016 and, most recently, the band's joint performance with Baltimore's Marching Ravens band on the field of M&T Bank Stadium before nearly 71,000 football fans.

As a fourth-year member of the band, Fabiyi-King, an alto saxophonist, is likewise inured to big performances but he admitted before the parade that, as a first-year drum major, he might feel some nervousness at the start of the event.

In the end, hard work and daily rehearsals prevailed, as the Magnificent Marching Machine "killed it," as they



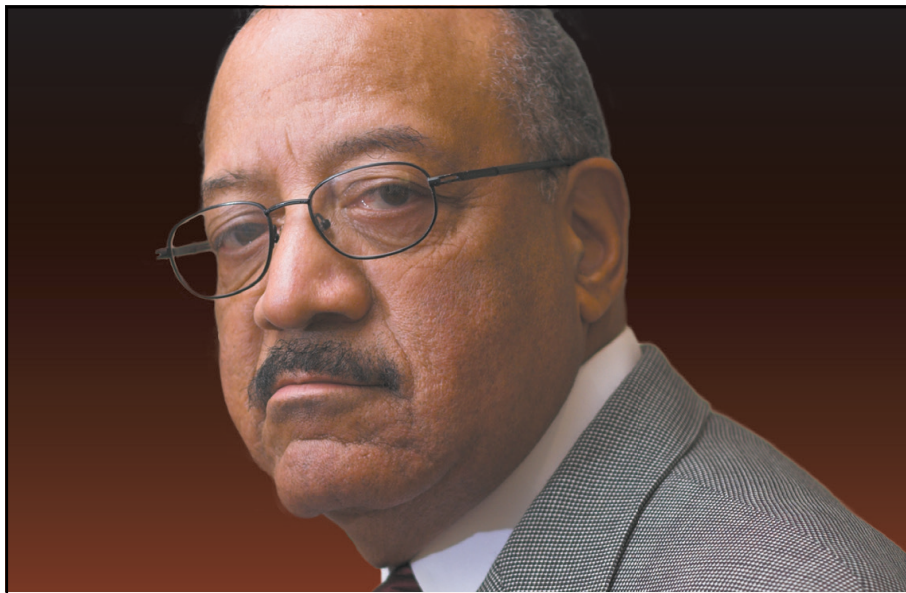
Information Systems major in his junior year at MSU, Drum Major Justin Fabiyi-King. Photo by Jeff Day/groupphotos.com

say, in New York City. Morgan's band held the distinct honor of leading the parade participants along the route and was the first marching band performance on the famed Macy's Thanksgiving Day Parade star.

"...When you do something like the Macy's parade...and you get those mentions on television, it advertises the University across the board," Miles said. "It drives

alumni, who are givers, and it may drive some students who may be attracted to Morgan and enroll. So, it has its purpose."

"But for me, personally, what I'm always excited about is the opportunity that students have," Miles added. "If I can be a part of something that gives the students a significant memory, a different kind of opportunity, then that, for me, is an extremely important personal gain."



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CeCe Winans brings a little Gospel to your Christmas



Back by popular demand, renowned Gospel singer and Grammy Award winner CeCe Winans joins the BSO and the Morgan State University Choir in concert on December 19 and 20, 2019 at the Meyerhoff in Baltimore. Courtesy Photo/BSO

Baltimore— Is there anything that the queen of Gospel, CeCe Winans, can't do? The legendary singer is the best-selling and most-awarded female gospel artist of all time. And on December 19 and 20, 2019, she will perform new hits from her just-released Christmas album, "Something's Happening," backed up by the Baltimore Symphony Orchestra (BSO) and the powerful vocalists of the Morgan State University Choir.

Also on the program are the songs from the album, "Let Them Fall In Love," which was produced by her son, Alvin Love, III.

"Alvin shared with me a vision that he had of a record that was bold and a little different than anything I'd ever done before," remembers Winans. "When I heard the songs he'd been writing, I got so excited. He has great ears and great style and a unique way of writing and thinking things through. It made it extra special that two generations of family were able to come together on this record."

Bringing together generations is Winans' specialty, and she drew inspira-

tion for the album from her extensive work with the young men and women who attend the church she and her husband founded in Nashville.

"It's really important to me to share where I've been and to encourage young people to understand that they can go even further," reflects Winans. "I wanted to make an album that ties us together, something that young people would be able to learn from and be inspired by."

Winans is able to inhabit each song on the record so fully in part because she's lived their stories. She describes album opener "He's Never Failed Me Yet" as "my personal testimony," and "Run To Him" as her frequent act of refuge. Gospel Christmas with CeCe Winans is back by popular demand.

Last year's performance at the Meyerhoff drew rave reviews. Winans enjoys a devoted local Baltimore following and this year's program promises to be just as inspiring.

For tickets, visit: www.BSOmusic.org
call: 410-783-8000.

Fifth Annual Couture Tree Competition at Lord Baltimore Hotel

Baltimore— The Lord Baltimore Hotel's annual Couture Tree Competition has returned for its fifth holiday season. More than 20 fashionable trees are now on display throughout the hotel's lobby and mezzanine level for guests to enjoy through January 10, 2020.

"This is a holiday tradition we look forward to bringing back year after year," said Onahlea Shimunek, general manager, The Lord Baltimore Hotel.

Last week, guests of the hotel's annual holiday party voted on their favorite trees. The designers of the winning trees— Candy Ribbons, designed by Luann Carra (individual), and Tartan, Tulle & Fir, designed by Jess! Pfohl, sponsoring The Brain & Behavior Research Foundation (business/nonprofit organization) – each will receive a prize of \$750. Everyman Theater and Ben Argenta Kres, designer of Holiday on the Orient Express, received a first-ever "Legacy Award" from the hotel for its participation over the past five years.

For more information about the hotel, visit: www.lordbaltimorehotel.com.



Tartan, Tulle & Fir, designed by Jess! Pfohl, sponsoring The Brain & Behavior Research Foundation (business/nonprofit organization) Courtesy Photos



Everyman Theater and Ben Argenta Kres, designer of Holiday on the Orient Express, received a first-ever "Legacy Award."

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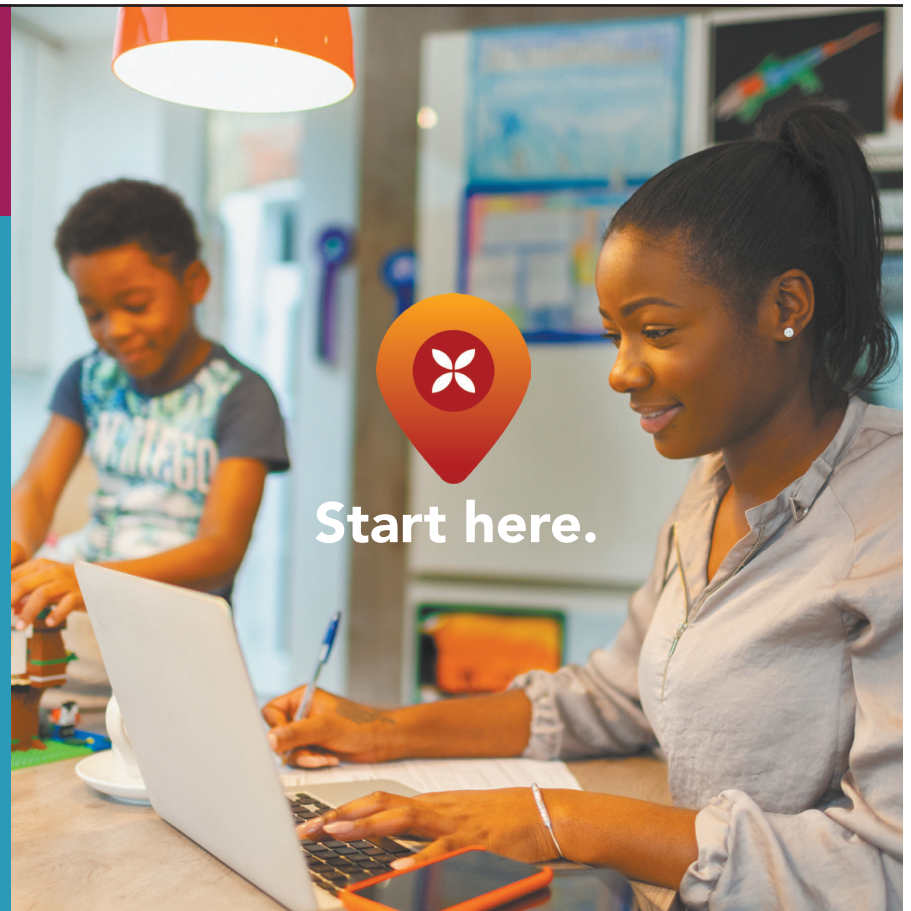
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Older adults face greater risk of falling during holiday season

Baltimore— The holiday season is a time of fun and family, but it can also be a time of increased danger, especially for seniors. Fall-related deaths among seniors have almost tripled since 2000 according to the Centers for Disease Control. Every 11 seconds an older adult is treated in the emergency room for a fall; every 19 minutes an older adult dies from a fall reports the National Council on Aging.

With wet, snowy, and icy weather ahead it's important to keep in mind what we can do to keep our seniors and disabled loved ones safe. Mud, slippery and frozen surfaces are treacherous factors that can lead to increased falls. But so can the holidays.

Holiday activities cause dangerous falls not only for seniors but also for people of all ages. A study by Centers for Disease Control estimates that approximately 5800 persons each year are treated in U.S. hospital emergency departments for holiday decorating related falls. The majority of falls were from ladders (e.g., while hanging holiday lights), followed by roofs (e.g., while mounting an artificial Christmas tree on the roof), furniture (e.g., while standing on a table decorating a Christmas tree, standing on a chair hanging holiday decorations, or standing on a step stool when hanging a tree topper), stairs, and porches. Other falls were caused by tripping over or slipping on holiday-related objects like tree skirts, ornaments, and electrical cords.

Here are 10 holiday season safety tips from Dr. Levan Atanelov, Director of Baltimore's Steady Strides Fall Prevention and Stroke Rehabilitation Medical Institute:

1. Watch the weather report and plan your activities around high hazard days.



2. Scan your environment to identify unsafe areas. Avoid walkways with cracks, potholes and uneven surfaces. Report to your local city government if you notice unsafe public spaces to help yourself and others.

3. Consider using walking sticks and hiking boots with good traction in muddy conditions. Avoid high heels.

4. In snowy/icy areas have the steps, walkways and sidewalks cleared of snow and salted.

5. Wear boots in snow and ice with good traction and rubber soles. Consider using traction cleats over boots. For extra protection use boots that reach above the ankles.

6. When using a cane, get an ice grip-pet cane tip.

7. Carry kitty litter for slick surfaces. Encourage older adults to carry a Ziploc bag filled with a lightweight kitty litter in their pocket and cast it out ahead of themselves on very slick surfaces.

8. Go out with a friend for increased safety or consider having daily necessities like food and medications delivered.

9. Use ladders safely when hanging holiday decorations and whenever possible use safer alternatives such as step stools instead of furniture when hanging decorations. Mark trip hazards like cords with bright colored tape.

10. Gift the gift of falls prevention. Here are some gift suggestions from the National Council on Aging.

- Fall alarm systems that are motion triggered without hitting a button
- Higher toilets in the home
- Replace multifocal glasses with single vision eyeglass lenses
- Grab bars in bathroom and next to outside steps or inside thresholds
- Install firm stair railings on both sides of stairways and set automatic lights over stairways and by outside entrances
- Cover the entryway to the home and provide a table to set down bags while finding keys
- Shorter days mean more time in the dark—give tiny flashlights to attach to keys, hats, and coat buttons

One important thing to keep in mind is that older adults don't fall just because of unsafe surfaces in the environment. The same people did not fall in the same environment when they were younger. Older adults fall because nine out of 10 times there are biomechanical vulnerabilities causing balance and gait disorders which can be identified and corrected to prevent further falls. It is therefore important to undergo a thorough biomechanical assessment by a physician trained to help diagnose and treat fall risk, balance and gait deficits.

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Decorate Your Home for the Holidays

(Family Features) Chances are good that at some point during the holiday season, you'll welcome guests into your home. Whether you lease or own your home, creating a cozy, festive setting for holiday gatherings can actually be quite simple, especially if you take on the project one room at a time.

One advantage of seasonal decorating is that it is, by definition, temporary. This gives you plenty of freedom to experiment with new ideas and completely transform your living space on a short-term basis. It's also an opportunity to get creative with your home's decor to create warm, inviting places for family and friends to gather.

Get started decking the halls this holiday season with these room-by-room decorating tips from the design experts at Invitation Homes, one of the nation's premier home leasing companies with more than 80,000 single-family homes for lease in the United States.

Exterior

Curb appeal isn't a concept reserved for buying and selling; set the festive mood from the moment guests arrive by enhancing your home's outdoor space. Bold or twinkling, strings of lights add instant holiday appeal, and the possibilities for creating a custom look are nearly endless when you use weather-resistant removable hooks. You can embellish the design with fun, whimsical inflatables or go more traditional with stylish wreaths and garland to accent the door. Make the look your own with unexpected touches like an old sled propped against the porch railing. The beauty of outdoor decorating is that virtually all of it can be easily removed to make way for a new season or event.

Kitchen

In most homes, the kitchen is an entertaining hub. While platters of food may occupy many of the available surfaces, you can still incorporate a holiday theme. Set the table with a festive yuletide log with faux berries, pinecones and candles artfully placed nearby. Seasonal candles, festive seat cushions and a cheerful table runner all add subtle touches of holiday flair. Other ideas include dangling lights from the chande-



Photos Courtesy of Invitation Homes

lier or stacking pinecones with string lights in a bowl or vase to accent the buffet line or to use as a table centerpiece. Holiday desserts can be artwork in their own right, so get creative to make the dessert table a stand-out element of the decor.

Living Room

A comfy, cozy environment that invites guests to make themselves at home as they catch up with loved ones is a holiday entertaining must. Extend the holiday happiness into this space with little touches like a lantern filled with pinecones, faux gifts by the mantle, stockings hung from stocking holders that reflect your decorative theme, seasonal throw pillows and evergreen arrangements on the end tables and coffee table.

Bathrooms

It may be a smaller space, but the bathroom is a room every guest is likely to visit. Incorporate flameless candles and seasonal metallic accents that complement the fixtures. Hang holiday items from shower curtain rings and replace



your standard curtain with a festive or candy-cane striped alternative. Be sure to finish the look with seasonal decorative towels.

Guest Rooms

Traveling during the holidays can be stressful, but you can do your part to make guests feel comfortable by adding some cheerful touches to the area they'll call home. A miniature evergreen tree in

a planter or pot makes a fun addition to a nightstand. You can adorn headboards with garland or delicate lights and add festive throw pillows and blankets or even swap out linens entirely for a full-blown holiday welcome.

Find more lease-friendly holiday tips at invitationhomes.com.

Baltimore resident, Ada Haddock turning 100!

By Stacy M. Brown

Ada Haddock can tell about 100 stories, including the secret to longevity. Haddock is preparing to celebrate her 100th birthday on Sunday, December 15, 2019 and she says there isn't much of a secret to living long. "Hard work, which is what I've done all of my life, and prayer," Haddock said.

Her friends at the Westminster House Senior Apartments along N. Charles Street in Baltimore plan to help Haddock celebrate.

"She has really made a great impression on the whole community here," said Cindy Cummings, Haddock's Bible study teacher. "She's a woman of great class. Everybody loves her."

Haddock was born in New York in 1919, but for the past 21 years, she has lived at Westminster Senior House Apartments.

A lover of crossword puzzles which she does every day, Haddock once worked at a library, hospital and eventually, she retired as an Internal Revenue Service employee.

She says her favorite president was Barack Obama— "who else would it be?" Haddock said. "Obama and [John F.] Kennedy."

Longevity appears to run in the family. Haddock's mother lived to age 108.

As the decades' pass, Haddock says she realizes that technology has made life easier in many different ways. Still, she said she refuses to purchase a cell phone. "My [house] phone is enough for me because I'm not a phone person," Haddock said.

"I'm not a person to sit down on the telephone all day long. And, these iPads and things like that are too distracting, the kids always have their heads in them."

When asked if there is one thing she would like to see that hasn't happened in her lifetime, Haddock said she would like all residents to have decent health insurance coverage.

"I don't think we get very good health care as it is, and you pay for everything," Haddock said. "You go to the doctor's office, and all you do is cough, and you're out of there in five minutes. They

call that an examination, and then they give you a prescription. They don't bother to really check you out, so with all of the new technology, the discoveries, none of that is helping us."

Haddock added that even with Medicare, there is still too much she and others have to pay for out-of-pocket. Still, she enjoys life today as she did when she and her friends would do the "Fox Trot," and other dances at the old

Savoy Ballroom in New York.

"I love jazz, but I'm not up with the new music because I don't know what they're talking about with the rap music and other stuff," Haddock said. "Now, they just shake. It's not dancing, just shaking."

Haddock says she is proud of young women today who continue to fight for equal rights. She said she'd noticed the struggle for equal pay, and she endorses it.

"We didn't have equal rights when I was growing up, but the women today want equal respect, and there's nothing wrong with that," Haddock said. "I tell [young women] today to respect themselves or other people won't respect them. My motto is, 'Do unto others, as you'd have others do unto you.' These young women are fighting for equal rights, and I hope they get it."



Many reunited with African Culture at ‘More Than a Fraction: Black Culture Traveling Exhibit’

Baltimore— The “More Than a Fraction: African American Heritage & Culture/Traveling African Artifact Exhibit” presentation hosted by Dr. Kerri Moseley-Hobbs had many reuniting with their African heritage and culture at the Eubie Blake National Jazz Institution & Cultural Center. This is the second time this year the Eubie Blake Cultural Center hosted the popular presentation and exhibit - to an even larger crowd.

During research into her ancestry Dr. Moseley-Hobbs discovered the Fractions who were enslaved and freed at the Smithfield and Solitude plantations in Blacksburg, Virginia. By the third generation of Fractions, the Civil War began giving two Fraction brothers, Thomas and Othello, the opportunity to gain their freedom.

The amount of inquiries into such a rich history on an African-American family was over-whelming and led to Dr. Moseley-Hobbs publishing a creative non-fiction account based on the documentation about the Fractions family titled, "More Than a Fraction."

After the book was published, she was asked to present her book and research findings as a lecture for the Civil War Studies Department at Virginia Tech University, which is on the grounds of what was once the Smithfield and Solitude plantations. The lecture had standing room only.

Dr. Moseley-Hobbs has since hosted the presentation/exhibit at several Public Libraries in Maryland and the African American Civil War Museum in Washington, D.C.

She returns with her “More Than a Fraction” presentation and exhibit at the Afro-American Civil War Museum on Sunday, May 24, 2020 from 1:30 p.m. to 3:30 p.m.

Today, Dr. Moseley-Hobbs is a member of the Smithfield-Preston Foundation’s Board of Trustees, which oversees the historic estate where the Smithfield



Dr. Kerri Moseley-Hobbs had many reuniting with their African heritage and culture at the Eubie Blake National Jazz Institution & Cultural Center during her presentation of the “More Than a Fraction: African American Heritage & Culture/Traveling African Artifact Exhibit,” recently.

Courtesy Photo

plantation was located, and serves on a few planning committees for the Virginia Tech University Board of Trustees, which oversees the Solitude plantation and the overall majority of land of the Preston family plantations. Both the Smithfield and Solitude plantations are now museums. The Preston family, former owners, were considered the wealthiest family in Virginia at the time. The last heir to the Smithfield estate was William Ballard Preston, a former Virginia State Senator and U.S. Secretary of the Navy, and the last heir to the Solitude estate was Williams’ brother Robert Preston.

Dr. Moseley-Hobbs is a direct descendant of Thomas Fraction, the oldest brother of Othello, on her mothers’ side. Thomas and Othello served in the Civil War and their names appear on the War Memorial Plaza Wall as heroes. Thomas was noted by a local newspaper as being

a “well known colored man” when he passed away.

“More Than a Fraction: African American Heritage & Culture” presentation included a very powerful Power-Point section where Dr. Moseley-Hobbs con-

nects the African cultures of her ancestors’ to the cultural norms of African-Americans in the U.S. today. The exhibit includes original African artifacts from the region where her ancestors once lived.



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Jets bring a number of former Ravens to Baltimore

By Tyler Hamilton

The Baltimore Ravens will host the New York Jets at M&T Bank Stadium on Sunday. It will be a homecoming of sorts for a number of players and front office people on the Jets.

Linebacker C. J. Mosley is the most notable former Raven on New York's roster, but he won't be suited up in Sunday due to a season-ending injury earlier this year. Mosely's presence is missed by both his former and current team.

"I miss C. J. and wish he was here," Ravens head coach John Harbaugh said with a laugh. "We love him and appreciate everything he did for us. It's a tough break with the groin, but he'll bounce back. He's a great player, a hard worker and a good guy."

Jets head coach Adam Gase said it was tough losing a player of Mosely's character in both of their first years in New York. Gase called Mosely an outstanding leader and almost like a coach on the field. His absence has caused other players to step up.

The Jets added other former Ravens such as RB Ty Montgomery and DB Maurice Canady among others to their roster. Jets offensive assistant Todd Washington was an assistant offensive line coach for the Ravens from 2011-2016. New York's GM Joe Douglas cut his teeth as a personnel guy under Ozzie Newsome and Eric DeCosta in Baltimore.

Gase doesn't seem to think it's a coincidence that so many former Ravens have ended up in New York's roster.

"It just seems like the way that they've always done everything. It probably starts with Ozzie [Newsome], and really,



Ravens front office executive and current Jets General Manager Joe Douglas Photo credit: Seth Wenig/AP

it's about the locker room," Gase said via conference call. "And it's the right kind of guys getting in there, and they're guys with the right kind of attitude and work ethic. All the guys that we have that have come from there have always been some of our better-type teammates in our locker room that just seem to do everything right."

The Jets rebounded from a bad start to post a 5-8 record. They aren't in the bottom of the AFC East, but they don't have a real shot at making the playoffs. At 11-2, the Ravens are the top seed in the AFC.

Baltimore's sustained success is one of the reasons why their roster gets pilfered through free agency every year. Harbaugh doesn't hold any grudges towards the guys that leave for better opportunities. He actually applauds them.

"I do think we've had really good players, and you're happy when you see them go other places and do well and sign big contracts—you really are. As a coach, you want to see guys make a difference for their families and their lives and stuff like that," Harbaugh explained. "That's part of the goal. It really is part of the goal. It's a great country, and the National Football League is a great opportunity for all of us that have an opportunity to be a part of it and make a living doing it. It's a blessing beyond belief, so you feel good about when the guys do that."

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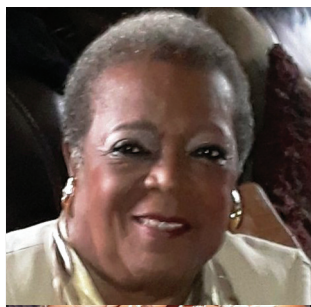
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Rambling Rose

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and your family!



Rosa Pryor Trusty

Happy Holidays to my dear friends and fans from both me and my “Boo-Boo,” my husband and partner in crime “Shorty.” I just want to say that with all the negative stuff that’s going on in our hometown, we have twice as much to be grateful for—no matter what! I try to spend my energy on positive, fun and happy things in life. So, just follow my lead, just turn on some good music, lie back in your favorite chair, fix yourself your favorite beverage, whether it’s a cup of coffee or tea or a cocktail and enjoy.

Look my friends; life is too short to worry about something or someone you can’t control.

Girlfriend! I just celebrated my 75th birthday and I truly feel so blessed to have a half-way good health, a roof over my head and food in the refrigerator; shoes on my feet and feet to put the shoes on.

I also feel truly blessed that I have this column, my own column “Rambling Rose” for the past 32 years in this fantastic paper, Baltimore Times to be able to communicate with you in words and pictures and to talk to you about what’s going on every week in the Baltimore/Washington, DC Metropolitan area and surrounding counties in our communities and the entertainment world.

I enjoy talking to you about the folks in our community and their accomplishments, as well as about local musicians—keeping you up to date about their gigs, and letting you know when they need your prayers in hardship, sickness and death. I enjoy keeping you informed about the nightclub scene, social-events, concerts, plays and other entertainment.

I am especially blessed to have a boss, the publisher of the Baltimore Times who allows me the space to do this; I am blessed to have the best fans and readers

to keep my column “Rambling Rose” one of the most popular entertainment columnists on the East Coast.

I thank you from the bottom of my heart and God willing, I am so looking forward to the New Year.

For my Christian and spiritual folks, “The 2019 Christian Writer’s Literary Festival” starts on Saturday, December 14 from 10 a.m. to 4 p.m. at “The Garage” located 6 E. Lafayette Avenue in Baltimore—it’s free and open to the public and offers the opportunity for Christian authors to share their expertise, testimony and writing ministry in a setting that encourages and inspires Christian writers and Christian book lovers. For more information, call 800-929-1418.

The Peabody Jazz Composers Monthly Forum has partnered with An die Musik Live Jazz Club to bring together music education, creation and performance to the community in Baltimore and the DMV. This unique forum offers students the ability to showcase compositional techniques and collaboration, all inside an intimate venue where many of jazz’s greats have performed. Audiences have the opportunity to listen in on the creative processes of many of the most promising young artists today. Peabody Jazz and An die Musik Live host the Jazz Composers Forum in effort to give the next generation of jazz informed musicians creative and performance outlets like never before. On December 13, 2019 performing at the An die Musik will be John Lamkin III Trio with Regina Carter; on December 14 are Alan Blackman and Gary Thomas; on December 15 is Todd Simon Solo Jazz Piano Concert and “Roots Café Christmas Show with Karen Collins & Chris Ousley” and on December 16th the Dunbar Alumni Jazz Band Annual Duke Ellington Nutcracker Suite & much more. An die Musik is located at 409 N.



Dee Brent & Signature Live with Effect Band is the headliner for Carlos Hutchins of CH Productions “Home for the Holidays” Event on Sunday, December 15 at the Forum Caterers, 4210 Primrose Avenue starting at 4 p.m. For more information, call 443-963-5711.

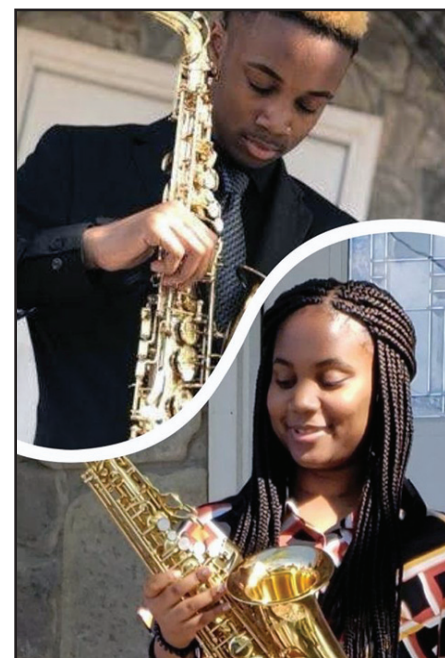


The Eubie Blake Galleries have gained a reputation as a unique and affordable exhibition venue for visual arts. The current exhibition, “Our World” is co-curated by Derrick Adams and Thomas James and will be on view until January 18, 2020. Ten young emerging artists, mostly from Baltimore will exhibit their works. The Eubie Blake National Jazz & Cultural Center is located 847 N. Howard Street.

Charles Street in Baltimore City.

Oh my goodness, Honey Child, I have ran out of space, I got to go, but if you need me, call me at 410-833-9474 or email me at rosapryor@aol.com. Or you can send your correspondence, photo, flyers & press release to 214 Conewood Road, Reisterstown, Maryland. UNTIL THE NEXT TIME, I’M MUSICALLY YOURS.

Jazz Expressways Foundation, Inc. will have the pleasure of giving scholarships to two deserving teenagers, Ebban & Ephraim Dorsey, at their SOLD OUT Jazz Expressways Pre-Christmas Jazz & Blues Breakfast on Saturday, December 14, 2019 at the New All Saints Roman Catholic Church on Liberty Heights Avenue. Greg Hatza ORGANization will be performing.





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If your back is killing you at work these five tips may help

News & Experts— The workday ends, but the back pain doesn't.

Sitting all day at a computer takes a toll on our backs, yet for a large percentage of Americans, sitting in front of a computer sums up their job description. And that work-related back pain that starts out minor can soon become severe, causing problems in all areas of your life.

"The longer you have a back problem, the more damage it will create, the more it will resist getting better, and the more time it will take to heal," said Bradford Butler, a chiropractor and author of *The Blueprint for Back Pain Relief: The Essential Guide to Nonsurgical Solutions* (www.drbradfordbutler.com). "So, the best course is to prevent back problems from happening to begin with."

Butler offers a few tips for those whose jobs require them to sit, sit and sit some more:

•**Watch how you sit.** Most people are putting pressure on their backs, necks and shoulders because they don't work in an ergonomically correct position, Butler says. Here's how to achieve the optimal position: Sit with your body no more than an arm's length from the computer and mouse, and don't lean your head and neck forward. You should be able to rest your hand comfortably on the mouse with the elbow at the same height as the mouse pad. The monitor should be 2 or 3 inches above eye level.

•**Choose the right chair.** Ideally, you want a chair with lumbar support. "If there is no lumbar support, you can place a pillow behind your lower spine," Butler said. Chairs that can tilt back also take pressure off the base of the spine and help prevent back pain. But if back pain has already started, Butler suggests placing ice between the lumbar support and the back for 20 minutes to reduce inflammation.

•**Don't cradle your phone.** Have you ever pinned your phone between your shoulder and your ear so you can type while you talk? Butler has a one-word piece of advice: Don't. "The intense strain from holding the phone that way for more than a couple of minutes can have a lasting effect on your posture and add to your back and neck pain," he said.



•**Take a break.** For about five minutes every hour, get up and move around. Take a walk, stretch or do anything that takes you away from the computer and lets your body escape all the sitting and



staring you've been doing, according to Butler.

•**Un-load some baggage.**

Do you carry to work a bag or briefcase that's so heavy even an Olympic weightlifter would feel the strain? If it weighs more than 10 percent of your body weight, then it's putting too much of a strain on your back, Butler says. He suggests you

lighten the load or get a different bag, preferably one with a long strap so it can be carried across your chest like a messenger bag. That can reduce the diagonal load on your back.

"It's important to understand that your spine was designed to move," Butler says. "If you are sitting for a good part of your day, you are effectively doing the opposite of what keeps your spine healthy."

"The old saying 'an ounce of prevention is worth a pound of cure' couldn't be truer, especially when it comes to your back. Prevention is a mindset. You



probably already do it in other areas of your life. When it comes to your back, you just need some new thinking and new habits."

*Bradford Butler, a chiropractor and author of *The Blueprint for Back Pain Relief: The Essential Guide to Nonsurgical Solutions* (www.drbradfordbutler.com), is owner and director of Oakland Spine and Physical Therapy, which has three locations in northern New Jersey. Dr. Butler, a graduate of the New York Chiropractic College, has twice been named one of America's top chiropractors by Consumer Research Council of America and his offices have received the exclusive NJ TopDoc Award for eight consecutive years.*

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Don't take the bait: Recognize, avoid phishing scams from identity thieves

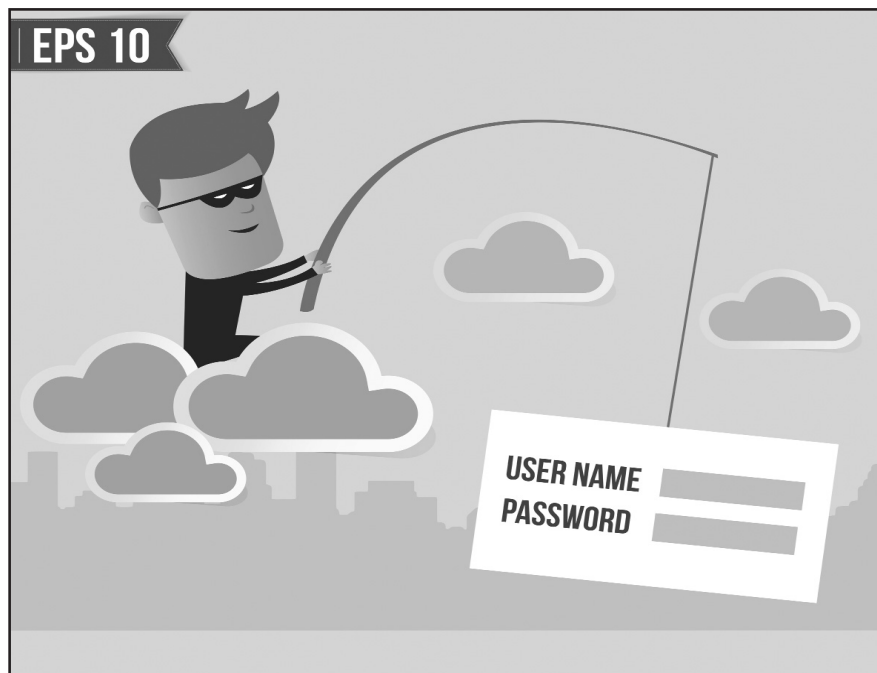
Washington, D.C.— As the holiday season approaches, the IRS and Security Summit partners warned taxpayers to watch out for phishing scams in the deluge of holiday email messages coming from retailers and others.

More than 90 percent of all data thefts begin with an email phishing scam. The IRS, state tax agencies and the nation's tax industry— working together as the Security Summit— warned people to watch out for phishing scams during the busy holiday shopping period and in advance of the 2020 tax season.

"Identity thieves are looking for new and different ways to use phishing schemes to obtain sensitive information from people in hopes of filing fraudulent tax return," said IRS Commissioner Chuck Rettig. "This is the season of giving but be careful and don't give your sensitive financial or tax information to an identity thief."

Guarding against phishing scams is the focus of Day 2 of National Tax Security Awareness Week. For the fourth year in a row, the IRS, state tax agencies and the nation's tax industry are highlighting the holiday period as a time to remember important safety tips everyone should take to protect their sensitive tax and financial data.

The week continues through Dec. 6 with a series of special educational efforts taking place at more than 25 partner events across the country to raise awareness about protecting taxpayers and tax professionals from identity theft. The week includes special social media efforts on platforms including Twitter and Instagram, including a special Twitter chat on @IRSnews and #TaxSecurity on Thursday.



Phishing scams remain a year-round threat to taxpayers.

"The best defense against these scams is a well-informed user. Remember: Don't take the bait," Rettig said.

Here's what you need to know to protect yourself from phishing scams:

- First, the most common way thieves steal identities is simply by asking for it. Their favorite tactic is a phishing email. Phishing emails "bait" users into opening them. They pose as a trusted company like a bank, a favorite retailer or even a tax professional.

- Second, learn to recognize and avoid these phishing emails. The scams tell an urgent story— like there's a problem with your account or your order. The message then instructs the receiver to open an embedded link or download an attachment.

- Third, don't take the bait. The email

link may send users to a familiar website to login, but the username and password goes to the thieves. Or, the scam suggests users open an attachment, which secretly downloads malicious software. Either method works for identity thieves.

These scam emails can show up in personal inboxes or even to a work inbox, endangering the entire organization. And mobile phone users are especially prone to responding more than those working on laptop or computer. If at home, just delete the email. If at work, follow the organization's guidance on handling the email.

Watch out for scam letters, phone calls. Emails aren't the only phishing tactic. Thieves may use letters or phone calls, especially when impersonating the IRS.

For example, recent letters claiming to be from the IRS are demanding payment of an overdue tax bill. The letter requests the check be paid to IRS, but it provides an incorrect telephone number. Remember: Letters for taxes due always request payment be made to the "United States Treasury." If unsure, taxpayers can register at the official IRS.gov web site and check their account, balance if in doubt.

And no, that's not the IRS calling with angry demands of payment and threats of jail or a lawsuit. The IRS does not make threatening phone calls, nor does the IRS request payment via gift cards or debit cards like iTunes.

People who receive an IRS-imposter email scam should send it to phishing@irs.gov. To report fraudulent letters and telephone calls, contact the Treasury Inspector General for Tax Administration at TIGTA.gov.

A new avenue is social media. Increasingly, thieves are embedding their links or malware in social media commentaries, tweets or posts. Do not open links from social media unless you are certain of the source.

The IRS, state tax agencies, the private sector tax industry, including tax professionals, work in partnership as the Security Summit to help protect taxpayers from identity theft and refund fraud.

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.

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

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

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