

# The Annapolis Times

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*Nile Ross, 12, is the CEO of NWRsocks. The online company specializes in colorful, bright socks that Nile describes as “the best quality” and makes wearers feel like they are “walking on clouds.” The ‘Kidpreneur’ started NWR socks when he was just 10. The young ‘sock broker’ has sold hundreds of pairs, which can be purchased online at [www.nwrsocks.com](http://www.nwrsocks.com). (See article on page 7). Courtesy Photo*

## ***Twelve-year-old Nile Ross*** **Baltimore ‘Kidpreneur’** **Hitting it Big on the** **‘Sock’ Market**

*By Ursula V. Battle*

At the age of 10, Nile Ross told his mother Danielle Hinton he wanted to start a business. An entrepreneur herself, Hinton designs and creates custom shoes. Once he told her he was interested in selling socks, Hinton wasted no time getting Nile started. During a trip to China, she ordered socks through a manufacturer she met there, and the youngster began selling them through his own website. Today, Nile’s aspirations in the sock market are paying big dividends through his company NWRsocks.

The online company specializes in colorful, bright socks that Nile describes as “the best quality” and makes wearers feel like they are “walking on clouds.”

The socks sell for \$10 a pair, and according to Hinton, the “kidpreneur” has sold hundreds.

“When Nile came to me and said he wanted a business, I was shocked, but not surprised,” said Hinton who has owned her shoe line for three-and-a-half years. “Children watch our every move, and parents are really their first role models. Nile is outgoing, speaks well in public, and I felt he was mature enough to handle it. I told him he needed to think of something he enjoyed, liked, and wanted to sell people, and he said, ‘socks.’”

NWRsocks are in high-demand, and popular among both youth and adults.

“You’re never too young to start a business,” said Nile. “You can start a business at any age.”

*Continued on page 7*



## Comcast partners with HGTV to bring Ben and Erin Napier's "Home Town Takeover" treatment to its Lift Zones

Philadelphia— Comcast announced a partnership with HGTV to rebuild spaces and amplify the community spirit in its Lift Zones in three cities— Atlanta, Baltimore and Portland.

HGTV is donating \$150,000 toward the revitalization of the three Lift Zones. The network has a storied history of working to renew communities through series such as Home Town, Good Bones and Bargain Block. Inspired by its most recent juggernaut hit Home Town Takeover, HGTV is also commissioning artists to create inspirational murals at or near each of the Lift Zone locations.

Comcast will partner with local designers to make over the selected Lift Zones: Girls, Inc., Atlanta; Boys & Girls Club of Metro Baltimore—Brooklyn Club; and Inukai Boys & Girls Club in Hillsboro, Oregon.

Since September 2020, Comcast has been rolling out Lift Zones as part of its ongoing effort to provide free WiFi to 1,000 community centers across America by the end of this year. These safe spaces will help ensure thousands of low-income students can remain online to continue to participate in distance learning and do their homework, even if their schools are closed.

The Lift Zones initiative complements Comcast's Internet Essentials program, which, since 2011, has connected a cumulative total of more than 10 million people in need to the Internet at home. By also providing community centers with free WiFi service, more students, seniors, veterans, and others have access to the Internet for education, participating in digital skills training, applying for jobs, and staying in touch with friends and family who have been forced to socially distance due to the pandemic.



*The Boys & Girls of Metropolitan Baltimore-Brooklyn Club is among three Lift Zones to be revitalized and receive a makeover through a partnership between Comcast and HGTV. Lift Zones are locations within community centers and recreation centers across the country where students and families can get high-speed Internet access for distance learning, applying for jobs or staying in touch with family and friends.*

Photo Credit: ClipArt.com

"We're thrilled to partner with HGTV to help give these three Lift Zones a special makeover," said Karen Buchholz, Executive Vice President, Comcast Corporation. "These community centers provide safe spaces for people to get online, and this exciting partnership will go a long way to helping make them as comfortable and inviting as possible."

"At HGTV, we present and celebrate stories of transformation," said Karen Bronzo, Group Senior Vice President, Marketing & Strategy for HGTV and Food Network. "It's an honor to team

with Comcast on these revitalization and enhancement projects that have the potential to touch so many lives and in these communities."

Last September, Comcast announced a multi-year program to launch more than 1,000 WiFi-connected "Lift Zones" in community centers nationwide. The sites were identified by working with the company's network of thousands of nonprofit partners as well as getting input from city leaders. The announcement also comes on the heels of a series of initiatives Comcast launched during the

COVID-19 pandemic that reinforced the company's commitment to addressing the digital divide and the homework gap by upping the speeds of the Internet Essentials program's Internet service to 50 Mbps downstream without changing the \$9.95/month price, which has not increased in more than a decade. In addition, the company continues to offer 60 days of free Internet service to new Internet Essentials customers who sign up before June 30, 2021.

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# Pratt Library launches Summer Break Baltimore

New program promotes literacy for all ages

Baltimore— The Enoch Pratt Free Library has launched the new *Summer Break Baltimore* program, which runs through September 4, 2021.

The program is designed to support literacy and learning throughout the summer months. Participants of all ages will receive free Summer Break boxes with books and prizes monthly in June, July, and August while supplies last.

People can sign up at any of the 22 Pratt Library locations, which are currently operating at 50 percent capacity. Sign-up is also available at [prattlibrary.org](http://prattlibrary.org). Customers who participate digitally can have the prize boxes mailed to their homes in Baltimore City.

“We’re excited to start the summer giving away free books to families so that customers can build their home libraries,” said Pratt Library President & CEO Heidi Daniel. “We know how important it is for children to continue



The new “*Summer Break Baltimore*” program at the Pratt Library is designed to support literacy and learning throughout the summer months. People can sign up at any of the 22 Pratt Library locations currently operating at 50 percent capacity or at [prattlibrary.org](http://prattlibrary.org). Photo Credit: Pratt Library



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learning when they aren't in school. *Summer Break Baltimore* helps bridge that divide.”

In addition to the prize boxes, participants will receive a *Summer Break Baltimore* scratch-off card. They can scratch it off as they complete activities, such as visiting the library, reading a book, using a computer, and more. They'll fill out their contact information on the card and drop it off at the library to be entered into a weekly prize drawing.

Prizes include memberships to local attractions like the National Aquarium and Maryland Zoo, tech devices like Beats headphones and tablets, and more. Customers participating digitally can

log their activities online and they'll automatically be entered into the prize drawings.

Free outdoor and virtual programs for all ages will be held throughout the summer. A free summer camp for teenagers will meet in-person with limited capacity at the Central Library starting at the end of June. The Design Your Future Summer Camp will focus on career-readiness and include speakers from a number of different professions, including architecture, fashion, medicine and more.

For more information about Summer Break Baltimore, visit: [prattlibrary.org/summer-break](http://prattlibrary.org/summer-break).

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# Guest Editorials/Letters

## Migraine is a health disparity for people of color

By Jaime M. Sander, *The Migraine Diva*  
Co-Lead of the Disparities in Headache Advisory Council

Migraine is a neurological disease that affects 60 million Americans and is the second leading cause of disability worldwide. It is an underestimated, under-diagnosed, and undertreated disease despite its heavy burden. However, communities of color, which have been historically, socially and economically disenfranchised from research studies and treatment, are bearing the brunt of this burden. The American healthcare system is riddled with flaws, and headache medicine is no different.

The racial inequities in headache diagnosis and patient care have been brought to light by the recent increased focus on systematic racism that impacts health equity. Numerous studies have shown that the rates of migraine diagnosis and treatment vary significantly between Blacks, Hispanics and Whites. Although prevalence of migraine is similar (14.5 percent, 14.5 percent and 15.5 percent respectively), Blacks and Hispanics utilize healthcare at a disproportionate rate compared to Whites.

When seeking treatment, Hispanics had a lower total number of visits that result in a migraine diagnosis. Blacks with severe headaches are more likely to get a diagnosis of probable migraine, while Whites get a more definitive diagnosis. Because of disparities in the U.S. health care system, migraine is more severe and more likely to become chronic among Blacks and African Americans. This chronification is unfortunately linked with increased depression and disability, and a lower quality of life.

Black, indigenous, people of color (BIPOC) experience stress and adverse health outcomes due to the exposure to racism and racial trauma. A theory, known as race-based traumatic stress, indicates that some individuals experience racial prejudice as psychological trauma. This PTSD-like reaction leads to increased severe headaches and migraine attacks. Research confirms all of these inequities - but an ongoing lack of quality research on BIPOC with migraine means there is still much that is unknown or poorly understood.

The Coalition for Headache and Migraine Patients (CHAMP) and its partners realized that meaningful change was required. They created the Disparities in Headache Advisory Council that has held numerous training sessions and provided seed funding for new initiatives that promote diversity and equality in headache medicine.

CHAMP is one of many patient advocacy organizations participating in National Migraine and Headache Awareness Month. Every June, we spend the month raising awareness and educating the public via a variety of programs and projects held around the country. The theme for this year is "A New Era of Care," which reflects the surge of innovation in headache and migraine treatments that are dramatically improving lives.

June 16 is our first Advocacy Day of Action, supporting a U.S. House Resolution designating June as Migraine and Headache Awareness Month, led by Representative Madeleine Dean (D-PA-4th). This resolution addresses the inequities that BIPOC communities face in health access and quality of care. You can show your support by contacting your Representative in Congress and asking them to co-sign the resolution. Take action by visiting: [headachemigraine.org/policy-partners/](https://headachemigraine.org/policy-partners/).

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<https://bit.ly/2E5NuM5>



## Letters to the Editor:

### Editor:

Now the school year is over but this is not one of those years where you just move on to the next grade, the next school, the next term. This is the year where you look back and reflect on what's happened. This is the year where you say thank you to so many people you can barely keep track of. In other words, this is a year to never forget.

No matter if you were in the classroom or on the computer, it was hard. For the parents, for the kids and for the teachers.

Now, take me for example— Sydney Bramble, daughter of Jernee and David Bramble, oldest (and only) sister; and granddaughter of Joy and Peter Bramble. I got to be in the classroom, getting an amazing education, with an amazing teacher.

But at some moment when I was watching the news, they would talk

about Augusta Fells and all these other schools. I thought about how fortunate I was. I got to go to school and see all my friends, teachers and even some new people. But these kids had almost nothing. In one second they could have a horrible education, and they could be on the streets like that.

How do I know? Well, I live in West Baltimore and every day I drive to school, I see all these people, who didn't get the life they deserve, and didn't get the education they deserve. I told my Dad, "You know, when I grow up, I want to be someone who not only builds homes for the homeless, and helps them get a job and an education." And, that is exactly what I'll do.

Sydney Bramble (age 10)  
Baltimore, MD

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## Black men must talk about drugs ravishing our community

By Roger Caldwell  
NNPA Newswire Contributor

There is a subject that Black men refuse to talk about, and it is the abuse of drugs in our community. There is a menu of drugs in our community, and everyone who uses them has their desired choice. Drugs are destroying Black families, careers, relationships, lives, budgets and mental health.

With Black people in America, there is a State of Emergency with drugs in our communities, and it is an urgent issue. The Drug Policy Alliance states, "The drug war has produced profoundly unequal outcomes across racial groups, manifested through racial discrimination by law enforcement and disproportionate drug misery suffered by communities of color."

It is no mistake that drugs are so prevalent in the Black community that our children can direct a stranger were to purchase drugs. The most amazing thing

about drugs in the Black community is that nothing is done, because everyone is scared, others don't care, so it is accepted.

Many drug activist organizations believe the criminalization of people of color, particularly young people, is as

majority of athletes are thought to make millions of dollars, but a large number stay in the pros for 3 to 5 years, and they also end up broke, and on drugs.

"Disparities in arrest and incarceration are seen for both drug possession law violation as well as low level sales.

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***"Recently, super-star DMX died of an overdose of illicit drugs, and the drug issue has been swept under the table, and hardly discussed. The abuse of drugs in hip-hop is legendary, and a large majority of performers are high all day and night. Sex, drugs, cash and hip-hop, are quite appealing to the young, because they are in the super fast lane."***

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profound a system of racial control as the Jim Crow laws were in the country. Drugs are a control issue for Black men, and we wonder why we are stuck, and cannot get ahead. Instead of going to school or work, we are caught up looking to buy or sell drugs.

Recently, super-star DMX died of an overdose of illicit drugs, and the drug issue has been swept under the table, and hardly discussed. The abuse of drugs in hip-hop is legendary, and a large majority of performers are high all day and night. Sex, drugs, cash and hip-hop, are quite appealing to the young, because they are in the super fast lane. Many in the record companies pay their performers with drugs, and after a tour stars end up owing the company. The

Those selling small amounts of drugs to support their own drug use may go to jail for decades. This unequal enforcement ignores the universality of drug dependency, as well as the universal appeal of drugs themselves," according to The Drug Policy Alliance.

In the 1980s and 90s, President Ronald Regan created the drug war, but it was waged exclusively in poor communities of color. After he announced the plan, crack cocaine hit the streets, and there were inner-city crack babies, crack mothers, crack whores and drug-related violence. The drug war became corrupt, and federal agents were stealing from the drug suspects and dealers, and the drug cartels were started.

President Clinton's "tough on crime"

resulted in the largest increase in the federal and state prison inmates of any president in American history. "But Clinton was not satisfied with exploding prison populations, (no matter how minor the offence) and denying them basic public benefits, including food stamps, for life. Discrimination in virtually every aspect of political, economic and social life is now perfectly legal, if you've been labeled a felon," says reporter Michelle Alexander -The Guardian.

The drug war was brutal, but in the late 1990s, the Opioid epidemic was created by the big pharma companies and has destroyed cities, towns, while CEO's are making millions for their companies. There are 450,000 Americans who have died, and millions are addicted to these prescription opioids.

Drug distribution and addiction is created and controlled by our leaders in power. There is no mistake that drugs are flowing in the inner cities, and that primarily Black people and people of color are affected, and that the majority are in prison.

Black men must take the initiative to get drugs out of the communities. The Black community must expose the corrupt police officers, and work with the honest police officers and get rid of the dealers. Drugs are destroying our families and community; Black men must take a stand and make the difference.

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# A Historic, Inaugural Juneteenth Celebration is Coming to Annapolis on June 18 and 19

By Andrea Blackstone

Annapolis' first Juneteenth festival will include a two-day celebration, which will kick off on June 18, 2021 with a VIP Reception and Awards Ceremony at 6 p.m. at Maryland Cultural & Conference Center (MC3). The venue is located at 3 Park Place, Suite #4 in Annapolis, Maryland. The elegant evening commemorates the inaugural Juneteenth celebration. It is scheduled to feature live entertainment including Art Sherrod; catered food; community awards presented to local and national trailblazers who are ages 13-80; networking; and African American art. The event honoring the rich history of enslaved Africans—and commemoration of America's end of slavery—shall resume with a parade at noon on Saturday, June 19, 2021. In light of what Juneteenth represents, it is appropriate that the Kunta Kinte statue downtown at the City Dock in Annapolis will mark the starting point of the second chapter of The Sailing Capital's historical event.

According to an organizer, over 60 groups and civic organizations featured in the parade are set to take a spirited journey which ends at Maryland Hall for the Creative Arts, located at 801 Chase St. Later in the day, outdoor mainstage entertainment, and the Juneteenth Musical Festival, will span from 2:00 – 9:00 p.m. at Bates Athletic Complex. This portion of the event is scheduled to occur at 935 Spa Rd.

Talent such as Tyler Perry's 'Young Dylan,' violinist Chelsey Green Project, and Kindred The Family Soul will perform and/or appear, before the close of the event. The festivities end with fireworks, after the stage closes. All of Saturday's festivities are free to the public, while ensuring that a healthy and safe environment is achieved.

The action-packed day targets attendees from ages four to 80. The colossal celebration was conceived by a well-known, native Annapolitan who grew up in the Parole area. Phyllis "Tee" Adams, who is 69 years young, stated that she never knew anything about the history of Juneteenth. The idea for the event came to her in an unusual dream. Then, she learned all that she could about it.



**Phyllis "Tee" Adams, middle, never knew anything about the history of Juneteenth. The idea for the event celebrating the end of slavery came to her in an unusual dream. A two-day event she brought to life with a committee runs from June 18-19, 2021 in locations around Annapolis, Md., to mark Annapolis' first Juneteenth festival. Photo Courtesy of Phyllis "Tee" Adams**

Adams took a big leap of faith to educate others around her.

"I saw a field with a huge festival. Three days later I heard Juneteenth. I prayed and then we started planning the festival in the middle of the pandemic over a year ago," Adams said.

Adams further explained that she did not want anyone in Annapolis—and her future generations—to miss out on knowing the legacy about why we celebrate June 19. The Annapolis event's theme is "Honoring Our Past and Celebrating Our Future." This premise ties into what Juneteenth is truly all about. According to [www.juneteenth.com](http://www.juneteenth.com), the commemoration of African American freedom may be accompanied by a wide array of celebratory gatherings. The website reminds that on June 19, 1865, Union soldiers arrived in Galveston, Texas informing people that enslaved people were now free and the Civil War had ended. This occurred two and a half years after President Lincoln's Emancipation Proclamation had already abolished slavery. And now, one elder in Annapolis is responsible for starting a new tradition in the same area where enslaved Africans such as Kunta Kinte arrived in bondage.

Adams also said that exploring the stories and struggles of our ancestors, and what they endured through hardships taught her many things. Perseverance, having a mustard seed of faith, doing all things with the help of Christ's strength, are among other points she noted and re-learned.

Adams has a track record of being a visionary who starts good ideas from scratch. She ended up partnering with the City of Annapolis, The Westin Hotel, MC3 and Anne Arundel County to get everything off the ground with her signature "Ms. Tee style." Anne Arundel County Executive, Stuart Pittman, even made Juneteenth a county paid holiday, according to Adams.

Verneé J. Wallace, who is the treasurer for the Annapolis Juneteenth Planning Board, said that she chose to get involved in the Annapolis Juneteenth Celebration, because participating in a positive milestone was desirable.

"I knew I would be a part of a positive event that will educate and highlight one of the most under-talked about events in African American history," Wallace said. "What has been most rewarding to me is being able to highlight my hometown of Annapolis, Maryland. Slaves were sold at our docks, and now we are marching from that same dock right into a celebration of true freedom."

Please visit [www.annapolisjuneteenth.org](http://www.annapolisjuneteenth.org) to confirm event details and times. Tickets for Friday's night's affair can be purchased from the website. The cost is \$100.00. After five attire is required.



## Twelve-year-old Nile Ross

# Baltimore 'Kidpreneur' Hitting it Big on the 'Sock' Market

*Continued from page 1*

Smiling at her son who sat brimming with optimism, Hinton said: "Nile symbolizes the future for us. We're at an all-time high when it comes to negativity and violence in Baltimore, but I also believe a lot of children are lacking nurturing, guidance, and love. Nile symbolizes hope. There are many children like him with the same, broad mindset."

"There are many young entrepreneurs in Baltimore. But it's hard for them, because so many media outlets are focused on negativity. Many young entrepreneurs don't get the platforms to show what they have going on, that they're out there, or to advertise. But we have to take it one day at a time. Hopefully, one day things will be different."

An athlete and musician, Nile is in a soccer league and plays the African drum.

"With social media and other avenues, children are striving or aspiring for things we didn't even consider in our youth," said Hinton. "Nile is an encouragement because his friends are in awe of what he's doing. He tells them once he gets a little more, he wants them to come help him. So, it's not about him striving to be great alone. He is interested in being successful and bringing people along with him."

Nile provided some advice for other youth who want to become "kidpreneurs."



*Nile Ross, 12, is the CEO of NWRsocks. The online company specializes in colorful, bright socks that Nile describes as "the best quality" and makes wearers feel like they are "walking on clouds." The 'Kidpreneur' started NWR socks when he was just 10. The young 'sock broker' has sold hundreds of pairs, which can be purchased online at [www.nwrsocks.com](http://www.nwrsocks.com). Courtesy Photo*

"Keep your head up," he said. "Don't let anybody tear you down."

To purchase socks from NWRsocks or for more information, visit:

[www.nwrsocks.com](http://www.nwrsocks.com). Nile is featured in a short video on our website. To see the clip, visit <http://baltimoretimes-online.com>.

## Hyatt Regency Baltimore Welcomes Tracey Pool as General Manager



*Tracey Poole*

*Courtesy Photo/Hyatt Regency Balti-*

**Baltimore**— Hyatt Regency Baltimore Inner Harbor, the first branded full-service hotel in Baltimore City's Inner Harbor, proudly welcomes Tracey Pool as the new general manager.

Pool has worked within Hyatt Regency since the start of her career and brings 35 years of hospitality experience to her new role. Most recently, she served as general manager at Hyatt Regency Boston Harbor. Prior to that, Pool was the general manager at the Hyatt Regency Dulles and Hyatt Centric The Pike Long Beach. Pool has held positions in the rooms division for Hyatt Regency Denver, Hyatt Regency Century Plaza in Los Angeles, Hyatt Centric Arlington and Hyatt Regency Baltimore, where she was Rooms Director from 2005-2007. Her first position with Hyatt was as the PBX operator overseeing the telephone switch system at Hyatt Regency Bethesda.

"I am excited to return to my home state and to the Hyatt family here in Baltimore," said Pool. "I look forward to fostering relationships with businesses throughout the Inner Harbor and working to revitalize the community after the hard economic hit of Covid-19."

Pool studied Hospitality and Psychology at Howard University. She serves as a board member with Maryland Hotel Lodging Association (MHLA) and Visit Baltimore and served as a board member with the Massachusetts Lodging Association. She is also a certified tutor with Literacy Volunteers & Advocates in DC.

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# Screening for prostate cancer should be informed choice

*By Jean Bonhomme, MD, MPH,  
President National Black Men's Health  
Network*

*Part I of a two-part series about  
prostate cancer diagnosis and treatment.*

To be screened or not to be screened—that is the question men older than age 40 or 50, depending on risk factors, must decide with regard to a PSA test for prostate cancer.

Men's Health Network recommends that all men age 50 and older have a PSA test every year and that men with known risk factors be screened beginning at age 40. Known risk factors include African-American race and men with a family history of prostate cancer. Men at higher risk and should begin screening at a younger age.

But whether asymptomatic men should undergo regular PSA screening has been controversial almost since the FDA approved the test for prostate cancer detection in 1994.

cancerous and non-cancerous prostate tissues produce a protein called prostate-specific antigen (PSA). A PSA test measures the amount of the protein in the blood. PSA levels of less than 4 nanograms per milliliter are usually considered normal, but levels above 4 may indicate the presence of cancer. Also, a rapid unexplained increase in PSA, even within the normal range, may be a cause for concern.

Doctors can also test for prostate cancer by feeling for abnormalities by way of a digital rectal exam (DRE). But, according to a 2005 study published by the National Institutes of Health, DREs are cannot detect all cancer. Only the back of the prostate can be felt, and not all tumors occur there. An MRI scan, a non-invasive radiologic exam, or a prostate biopsy must be performed to definitively diagnose the condition and determine how much it has progressed.

Most prostate cancers, though not all, are slow growing and may never cause a problem. Aggressive, high-risk forms of



the researchers created established guidelines for prostate cancer screening. In a journal article resulting from the study, it was noted that all the patient participants felt strongly that “since the science is ambiguous and contradictory at best, the decision should be left to a patient and his doctor...”

In 2013, the American Urological Association (AUA) commissioned an independent panel to review the published research on prostate cancer screening and develop a set of guidelines. The AUA reviewed and confirmed the resulting guidelines in 2018. The guidelines do not recommend routine prostate cancer screening for men younger than 40. They recommend that decisions about screening should be individualized for men ages 40 to 54 that may be at higher risk, including African American men and those with family histories of prostate cancer.

For men ages 55 to 69 years, the AUA guidelines state the following: “the decision to undergo PSA screening involves weighing the benefits of reducing the rate of metastatic prostate cancer and prevention of prostate cancer death against the known potential harms associated with screening and treatment.

For this reason, the Panel strongly

recommends shared (patient and doctor) decision-making for men age 55 to 69 years that are considering PSA screening, and proceeding based on a man's values and preferences.”

Only about 10 percent of prostate cancers are diagnosed in men younger than 56 and there is evidence that some of these early onset cases can be more aggressive. The AUA does not recommend PSA screening for men 70 and older, but does state that some men over 70 in excellent health and likely to live longer may benefit from being tested.

As the AUA states, early detection allows for more conservative treatment, such as active surveillance, which does not cause complications. It also saves lives. If the cancer is detected before it spreads beyond the prostate or the immediate area, the prostate cancer survival rate is almost 100 percent. That's why Men's Health Network recommends that all men make the decision to have PSA tests beginning at age 50 and that African American men and men with a family history of prostate cancer consider having the tests beginning at age 40.

MHN's screening recommendations for men can be found at [www.GetItChecked.com](http://www.GetItChecked.com).

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***“If the cancer is detected before it spreads beyond the prostate or the immediate area, the prostate cancer survival rate is almost 100 percent. That's why Men's Health Network recommends that all men make the decision to have PSA tests beginning at age 50 and that African American men and men with a family history of prostate cancer consider having the tests beginning at age 40.”***

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Prostate cancer is the most common cancer among men in the United States, aside from non-melanoma skin cancers, and it is also the second leading cause of cancer death among men of all races. The American Cancer Society estimates more than 248,000 men will be diagnosed with prostate cancer in 2021, and more than 34,000 will die from it.

Why not just be tested and know definitively whether cancer is present so that it can be treated?

It's complicated. The prostate gland is a small male reproductive gland surrounding the urethra just below the bladder. It makes about one-third of the fluid that is part of semen. Both

prostate cancer make up only about five percent of cases. Elevated PSA levels do not always mean cancer. Other conditions, such as an enlarged prostate or prostate infection, can also elevate PSA levels. PSA tests can sometimes result in false positives and lead to unwarranted biopsies. In addition, treatment for prostate cancer if unnecessary, sometimes result in impotence, incontinence and/or bowel problems.

In June 2012, Patient-Centered Outcomes Research Institute (PCORI) funded a study to test a way to involve patients, along with other health care experts, in developing guidelines for cancer screening. One of the two groups



# Ravens Gus Edwards celebrates contract extension

By Tyler Hamilton

The Baltimore Ravens agreed to two-year, \$10-million contract extension with running back Gus Edwards this week. The deal means he'll be around for the next two seasons in a dual backfield with emerging star J.K. Dobbins.

Edwards originally signed with the Ravens in 2018, an undrafted free agent in 2018 after playing college football at the University of Miami and at Rutgers. His story is a remarkable one that goes back to moving to the United States from Liberia when he was five years old.

Edwards played football at Tottenville High School in Staten Island, New York. He clawed his way onto the Ravens roster and managed to be a fixture because his rugged running style fits the team's physical approach to the game.

"I just knew that it was physical. What I knew about Ravens' football is that it was physical in every aspect— offense, defense. And the running game has just been getting better. The more comfortable, the more years that we're in the system, we add more sauce to it. I'm blessed, man. We're in a special space. We've got a great offense. We've just got to keep building," Edwards said. The keep building approach is lockstep



*Breaking the news to his father was an international experience for Ravens running back Gus Edwards when he called his father to tell him that he was going to sign the two-year \$10 million contract extension. His father happened to be in Liberia at the house they lived in 20 years ago.*

Photo Credit: Getty Sports Images

with the mindset that Ravens coach John Harbaugh wants the team to possess. Seeing Edwards get rewarded after working his way into a vital role with the Ravens is rewarding for the blue-collar minded coach.

"It means a lot. He's a guy who we all root for. He came in as an undrafted free

agent, and he had to work his way in from the bottom to the practice squad. Obviously, he's played some special teams for us, and then what he's done as a running back for the last three years is pretty remarkable," Harbaugh said. "I think he's a really good fit in our offense, and he understands that. He's

just a really good fit, also, in our personality as a football team. We appreciate him and the way he plays, and the way he carries himself. He's just really the most deserving guy. To see that and have that kind of security now going forward for his family, as a coach, it's pretty rewarding. So, [I'm] very happy for him and expecting nothing but the best from him going forward as a football player."

Breaking the news to his father was an international experience. Edwards said he called his father to tell him that he was going to sign the contract. His father happened to be in Liberia at the house they lived in 20 years ago.

A lot of his family was there with his dad in Liberia. Family has become his 'why.'

"I always wanted to do it for my family. My family has been great for me—a great support, and they push me every day. When you can do for your family, it just makes you feel that much [more] of a man. I'm just happy. Thank you to [Ravens owner], Mr. [Steve] Bisciotti, the whole Ravens organization just for believing in me—a guy that didn't have too much of an opportunity anywhere else. So, I'm blessed and I couldn't thank this organization enough, pretty much," Edwards explained.

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## Looking for a feline friend?

# Tips for 'Adopt a Shelter Cat Month' from Best Friends Animal Society

Cats star in some of the most viral videos on the Internet and some even grow to celebrity status on Instagram with millions of followers (looking at you, Nala Cat). Yet some of the coolest cats remain undiscovered at shelters and rescues across the country. Since cats are also the most at-risk pets across America, accounting for 69 percent of animals killed in shelters, it's crucial to find them loving homes.

Adopt a Shelter Cat Month takes place every June to highlight the immense need for cat adoptions and why a shelter is the best place to find your next feline friend.

"By adopting a cat, you're not only saving that particular cat, but you also make space for the next cat coming into a shelter," said Samantha Bell, cat expert at Best Friends Animal Society. "Adoption is also very cost-effective, as cats are usually fixed, vaccinated, microchipped and ready to go home with you for one low fee."

According to Bell, cats make great pets for just about anyone.

"Whether you are hardly ever home or you are a total couch potato, there's a 'purrfect' cat waiting for you at a shelter or rescue," she added.

Bell offers the following tips on how to pick the right cat or kitten for your lifestyle:

### Busy? There are cats for that:

Shelters and rescues often have two adult cats who have grown up together and would be happy to go home together. It's heartwarming to see a pair of cats who are already friends get to stay together. And while you're away, they'll have each other for company and security.

**Extroverts need love, too:** If you are



*Adopt a Shelter Cat Month takes place every June to highlight the immense need for cat adoptions and why a shelter is the best place to find your next feline friend.*  
Courtesy Photo/Best Friends Animal Society

home quite often, then you'll have more time to play with an active kitty that needs lots of wand toy play time. Some cats can even be trained to walk on a leash or go for stroller rides.

**Consider a solo artist:** There are many cats that are great with people but terrified of other cats. They don't always make a great first impression on potential adopters, especially if they're in a shelter surrounded by other cats. But once they're in a home with you, they'll flourish.

**Involve the whole family:** It's important to take everyone in the home, especially children, to meet all prospective cats so you can observe how they interact with the cat. Every child has their own unique energy and every pet reacts differently to every child.

**Keep an open mind:** Don't get hung up on color, sex or age. Not all cats' personalities fit into stereotypes. Every cat is an individual so don't discount a

cat because they aren't male or female or orange or fluffy. By doing so, you'll have the best odds of finding a great match.

Still not certain? Give the shelter team an opportunity to play matchmaker.

"Talk to the staff and volunteers at the shelter about your lifestyle. Let them know if you live with others, including any pets, as well as who/what you come in contact with on a regular basis, and let them guide you to the cats that they think would mesh well with your life," Bell said.

With kitten season in full swing, many people will be tempted to adopt one (and let's be honest, it's hard not to succumb to that level of cuteness). But as Bell noted, kittens require an extra level of care.

"Kittens are adorable but be aware that they are more work than an adult cat. Kittens need to be fed more often and use the litter box much more often," she said. "Single kittens need lots of positive reinforcement training so that they don't end up being bitey or scratchy adults."

That is why Best Friends encourages adopters to open their home to a pair of kittens, if possible. Bell explained why. "All cats have to bite and scratch; it's feline instinct," she said. "A pair of kittens learns that biting and scratching is something they should do to each other during playtime, and not to their humans."

To find your new best feline friend, visit [www.bestfriends.org](http://www.bestfriends.org), where you'll find more than 3,300 network partners of shelters and rescues across the country.

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Narconon reminds families that abuse of heroin and opioid drugs has become a national health crisis. Learn to recognize the signs of heroin abuse and get your loved ones help if they are at risk. Visit to learn about the overdose reversing drug known as naloxone and find out its availability in your state. Narconon can help you take steps to overcome addiction in your family. Call 1 800-431-1754 today for free screenings or referrals.

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