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Entertainment Icon, Human Rights Activist Harry Belafonte Dies at 96



*Harry Belafonte at the Vienna International Film Festival 2011 / See article on page 5
Photo: Manfred Werner / Wikimedia Commons*



TENTH ANNUAL MARYLAND FINANCIAL EDUCATION AND CAPABILITY AWARD WINNERS ANNOUNCED

Michelle Coates of Anne Arundel County Honored as 2023 Community Champion



Michelle Coates, winner of the Community Champion Award /Courtesy Photo

The nonprofits CASH (Creating Assets, Savings, and Hope) Campaign of Maryland, Maryland Council on Economic Education (MCEE) and the Maryland State Department of Education (MSDE) are pleased to announce the 2023 winners of the tenth annual Maryland Financial Education and Capability Awards. The award winners were highlighted during a virtual event on April 26, 2023. The honorees are the sole winners in their categories statewide and highlight the importance of financial education for all age groups. Each winner receives a \$1000 award, as well as recognition.

The Maryland Financial Education

and Capability Awards highlight the dedication and success of elementary, middle and high school public school teachers, community champions and outstanding organizations who deliver financial education. Financial education focuses on a range of financial management concepts and behaviors including budgeting, careers and income, credit, savings, financial decision-making, and understanding values and habits about money. The awards were developed by the CASH Campaign of Maryland and MCEE, in conjunction with the state's Maryland Financial Education and Capability Commission, to call attention to the

importance of financial education to the lives of Marylanders. An easy and free way for people across the state to learn to better manage their personal finances is by accessing the **Maryland CASH Academy**, a statewide online source for free, stand-alone financial education webinars and classes. Visit www.mdcashacademy.org. Financial educators can access personal finance resources and training, and hands-on K-12 student programs from MCEE at <https://www.econed.org/>

This year, a resident of Anne Arundel County, Michelle Coates, was awarded the 2023 Financial Education and Capability Award for Community Champion. Growing up financially insecure, she learned the importance of financial education. As a result, she became a volunteer financial educator combining her 40 plus years in banking with her high-energy teaching approach to financial education, sharing her knowledge teaching classes at community-based organizations, in faith-based settings, the library system, and elsewhere. She believes it is our responsibility to educate children and adults about the importance of financial skills necessary for a successful future. That is what she is doing as a volunteer educator and why she was chosen for this honor. Coates currently lives in Odenton and works in Annapolis as the Finance Administrator for the Register of Wills. During the virtual event, the Anne Arundel County Register of Wills Erica Griswold paid tribute to Coates' selfless contributions to financial education for adults and youth.

2023 Financial Education and Capability Award Winners:

Elementary School Teacher Award: *Karen Yancey, Marley Elementary School (Anne Arundel County)* For her consistent support of growing student knowledge and her commitment to bringing economic education to her school community.

Middle School Teacher Award: *Amanda Price, Northern Middle School (Calvert County)*

For incorporating financial education programs into Calvert County school classes and encouraging other teachers to embrace financial education.

High School Teacher Award: *Kurt Marx, Stephen Decatur High School (Worcester County)* - For getting to know his students' motivations and interests and sharing with them the importance of financial education knowledge and how it will contribute to their success.

Community Champion: *Michelle Coates, Volunteer (Anne Arundel County)* - For her work with youth and adults teaching them all aspects of building life financial skills and her support of advancing financial education in Maryland.

Outstanding Organization: Human Services Programs of Carroll County, Inc.

Economic Mobility Program (Carroll County) - For developing dynamic programming and services, over the past 35 years, to address the root causes of poverty, while guiding low-income households to a path of self-sufficiency.

"As we celebrate the tenth anniversary of the Maryland Financial Education and Capability Awards, the CASH Campaign of Maryland is proud once again to call attention to the important work being done by dedicated public school teachers, community champions and outstanding organizations as they help individuals of all ages learn to make good financial decisions," stated Robin McKinney, Co-Founder and CEO of the CASH (Creating Assets, Savings and Hope) Campaign of Maryland. "These Awards were developed by CASH in conjunction with our partners at MCEE and MSDE to acknowledge these leaders and their dedication to sharing financial management concepts to positively change behavior. We congratulate this year's winners for making financial education work." Visit www.cashmd.org.

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By Jayne Hopson

Environmental Hazards Lurk in Unexpected Places



“We are especially committed to safeguarding the health of people who are at increased/higher risk—such as people from racial and ethnic minority groups...”

Environmental hazards can be found nearly everywhere. There may be smog in the air we breathe; pathogens in our drinking water; foods grown in contaminated soil; dangerous manufacturing waste dumped in the waterways children use for recreational swimming; lead paint chips on the walls of older homes; and mercury contamination in imported dollar store trinkets.

Known and unknown environmental hazards have the potential to pose a grave, yet, preventable threat to public health. On most matters, opinions among researchers vary greatly. For example, some scientists believe global warming will raise sea levels and destroy entire ecosystems, others think not. Their opinions on most subjects can vary greatly.

However, two conclusions appear to generate little debate among researchers. First, minority communities are at an increased risk for death and injury from known environmental hazards. Secondly, many of these hazards are manmade, meaning prevention can be a most effective way to eliminate sickness and disease.

A stunning estimation from the United Nation’s Global Environment Outlook report states, “up to 90% of the world’s major environmental problems are caused by human activities.” That is a bold, and perhaps exaggerated observation. Yet, other national and international health organizations offer equally worrisome statistics, providing empirical proof that environmental hazards can impact millions of lives.

The World Health Organization (WHO) estimates that some “12.6 million deaths a year are associated with environmental pollution. Of these, an estimated 6.5 million deaths (11.6% of all global deaths) are associated with air pollution, from household and outdoor sources.”

The National Center for Environmental Health (NCEH), a Centers for Disease Control (CDC) agency, is straightforward

in its stated mandate to eliminate racial health disparities. Their mission statement says, “We are especially committed to safeguarding the health of people who are at increased/higher risk—such as people from racial and ethnic minority groups, people with lower socioeconomic status, children, the elderly, and people with disabilities – from environmental hazards.”

The growing body of scientific data about the impact of environmental health threats is hard to ignore. WHO estimates that worldwide in the last decade, as many as one in eight deaths were due to air pollution. The organization has data indicating, “24% of global deaths (and 28% of deaths among children under five) are due to modifiable environmental factors.”

Modifiable factors are behaviors and

circumstances that can be changed to prevent death and illness. Ischemic heart disease (strokes), chronic respiratory diseases and cancers as diseases the WHO says can be triggered by environmental hazards. It acknowledges the fact, “people in low- and middle-income communities bear the greatest disease burden.”

There are many common products that may expose people to dangerous levels of heavy metals such as mercury. The Environmental Protection Agency (EPA) describes mercury “as a naturally occurring metal that is found in the earth’s crust and is used in a variety of industrial and consumer products, including thermometers, dental fillings, and fluorescent light bulbs. It is a potent neurotoxin, which means it can harm the nervous system, including the brain, spinal cord, and nerves.”

The EPA says mercury is particularly dangerous because, “it can accumulate in the environment and in the bodies of living organisms, including humans. Once mercury enters the environment, it can be transformed into methylmercury, a highly toxic form that can accumulate in fish and shellfish.”

When humans consume contaminated fish or shellfish, they can be exposed to methylmercury, which can lead to a range of health problems, including damage to the nervous system, developmental problems in children, and cardiovascular effects.

A commonly used medical device offers an ironic exposure to mercury’s toxicity. Blood pressure meters are traditionally associated with promoting good health, but many of these devices contain mercury. Although this risk of mercury poisoning is well known, hospitals continue to use mercury sphygmomanometers, because health providers consider these devices to be more accurate than mercury-free blood pressure measurement tools, reports the EPA.

When purchasing over a counter blood pressure meter, the EPA recommends asking the pharmacist if the device is mercury free.

The EPA warns mercury exposure can also occur in workplaces where mercury is used in industrial processes, such as gold mining, and in the production of certain products, such as batteries and fluorescent light bulbs. “Workers who are exposed to high levels of mercury can experience neurological symptoms such as tremors, memory loss, and mood changes.”

According to the CDC, other sources of exposure to mercury may include antiques (made before the mercury’s risks were widely recognized), some dollar store jewelry imported from Mexico, broken fluorescent light bulbs, and older model electric appliances including chest freezers, space heaters, clothes dryers, clothes irons and washing machines may contain mercury switches that turn the device on or off.

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ENTERTAINMENT

Entertainment Icon, Human Rights Activist Harry Belafonte Dies at 96

By Stacy M. Brown
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Renowned singer, actor, producer, and legendary civil rights trailblazer, Harry Belafonte died at the age of 96 on Tuesday, April 25, 2023. His publicist confirmed that the beloved icon died of congestive heart failure at his home in New York.

In addition to his children: Adrienne Belafonte Biesemeyer, Shari Belafonte, Gina Belafonte, David Belafonte and two stepchildren Sarah Frank and Lindsey Frank. Belafonte leaves behind eight grandchildren: Rachel Blue Biesemeyer, Brian Biesemeyer, Maria Belafonte McCray, Sarafina Belafonte, Amadeus Belafonte, Mateo Frank, Olive Scanga and Zoe Frank.

Known globally for both for his artistic ingenuity and humanitarian ideals, Belafonte became an early, vocal supporter of the Civil Rights Movement, a confidant of Dr. Martin Luther King Jr., and financial backer of countless historic political and social causes and events, including the anti-Apartheid Movement, equal rights for women, juvenile justice, climate change and the decolonization of Africa.

He was one of the organizers of the 1963 March on Washington and led a delegation of Hollywood luminaries including his best friend Sidney Poitier, as well as Paul Newman, Sammy Davis, Jr, Marlon Brando, Rita Moreno, Tony Curtis, James Baldwin, Burt Lancaster, Joanne Woodward, Diahann Carroll, Bob Dylan, Mahalia Jackson, Peter, Paul and Mary and Joan Baez, Ruby Dee and Ossie Davis and Tony Curtis.

The following is from Belafonte's bio on the HistoryMakers site:

Born to immigrant parents in Harlem on March 1, 1927, Harry Belafonte spent much of his youth in his mother's home country of Jamaica.

Though difficult, life in Jamaica was full of rich cultural experiences that influenced Belafonte's art.

At the beginning of World War II, Belafonte returned to Harlem with



Harry Belafonte singing in 1954 /Photo By: Carl Van Vechten

his mother and brother. He had trouble integrating into the new environment and later dropped out of high school to join the U.S. Navy.

After Belafonte was honorably discharged, he went back to New York, where he worked odd jobs until two free tickets to the American Negro Theatre (A.N.T.) changed his life. Belafonte auditioned for the A.N.T. and earned his first leading role in "Juno and the Paycock."

In 1953, he made his film debut opposite Dorothy Dandridge in "Bright Road." He won a Tony in 1954 for his performance in Almanac.

At the same time, Belafonte developed his singing talents, having parlayed a series of nightclub performances into a record contract.

His third album, Calypso, topped the charts for thirty-one consecutive weeks and was the first record to sell more than 1 million copies.

Belafonte also secured a television outlet with his hour-long special, Tonight with Belafonte, which won him an Emmy.

He became the first African American TV producer and his company, HarBel, went on to produce one Emmy nominee after another.

In the early 1950s, Belafonte developed a strong relationship with Dr. Martin

Luther King, Jr. Belafonte worked tirelessly to mobilize artists in support of the civil rights movement.

In 1985, he again rallied the global artistic community to raise awareness of the famines, wars and droughts plaguing many African nations. USA for Africa raised more than \$60 million for this cause with "We Are the World" and Hands Across America.

A longtime anti-apartheid activist, Belafonte hosted former South African President Nelson Mandela on his triumphant visit to the United States.

Belafonte maintained his commitment to service as a UNICEF goodwill ambassador.

"The lifelong commitment, courage, global leadership, and legacy of The Honorable Harry Belafonte will always be cherished and remembered by billions of people throughout the world," said NNPA President and CEO, Dr. Benjamin F. Chavis, Jr.

"Belafonte was a gifted, talented and transformative freedom fighter for all of humanity. The National Newspaper Publishers Association (NNPA) salutes the memory of Harry Belafonte and recommitments to the struggle for freedom, justice and equality that Belafonte so boldly epitomized and embodied."



Matthew Bergeron /Photo courtesy of AP Photo/Darron Cummings

SPORTS

Ravens Post First Round Draft Options

By Tyler Hamilton

All of the attention is paid to the first round of the NFL Draft, but the core of most teams is created through the rounds that follow. Baltimore Ravens general manager Eric DeCosta has to find a way to bolster the roster in hopes of securing the third Super Bowl trophy for the city. The Ravens have plenty of team needs.

Here are the Ravens' 2023 picks, as it stands now:

- Round 1 – No. 22
- Round 3 – No. 86
- Round 4 – No. 124
- Round 5 – No. 157
- Round 6 – No. 199

There's always a possibility that the Ravens can add additional picks. The

team hinted at doing so during their pre-draft press conference.

"I think we've done that nine times in the last four years. I think the chances for us to be able to do it are pretty decent," DeCosta said.

"Sometimes, you get lucky in that there's a guy who you might really want, you make the tough decision to trade back and you can still get him. It happens more than you think; not all the time though, of course. So, we have to look at that. We have to look at the capital that we can get by trading back, and we'll make the best decision that we can."

Since Baltimore currently has five remaining picks, let's take a look at five options for them in rounds two through seven with analysis provided by NFL.com.

Matthew Bergeron | OL | Syracuse

A college tackle who could be best playing inside at guard, Bergeron is evenly proportioned and wears his weight well on a compact frame. He's a dynamic run blocker and able to excel in all three phases (positioning, sustain and finish). He's just as capable of climbing and tagging second-level linebackers as he is at opening run lanes at the point of attack with leg drive. He's athletic enough to play tackle, but inconsistent anchor and hand placement could cause concern for evaluators. While his protection issues are potentially correctable, Bergeron's scheme-versatile, Pro Bowl-caliber run-blocking potential might hasten a team's decision to move him inside.

Derrick Hall | EDGE | Auburn

Explosive and long, Hall plays with a rugged demeanor and puts his traits to work as an assertive power rusher capable of putting offensive tackles in reverse. He tends to lack consistency when forced to read and react in the run game and his rush approach is predictable with charges down the fairway. However,

his jolting initial contact can help him gain positioning and he's excellent at transitioning from bulldozer to pocket vulture as a sack artist. He is average against the run, exploitable in coverage and in need of a more diversified rush approach, but a true power rush usually translates in the NFL.

Zach Charbonnet | RB | UCLA

Upright runner with outstanding body composition and consecutive seasons of impressive production for the Bruins. Charbonnet is a bit of a long-strider with slightly below average foot quickness. He is much more effective when allowed to open up and build downhill momentum. He can slip tackles in the open field but lacks the first-level wiggle to get too cute. He's inconsistent in processing defensive fronts quickly but can be a hammer into and through contact when he has a clear point of entry. Charbonnet is a talented third-down option as both a blocker and pass-catcher. He could be viewed as a Day 2 value with three-down potential.

Dorian Williams | LB | Tulane

Team captain with athletic, tapered build and eye-catching production. Williams looks and moves more like a big box safety with his bursts to the football and open-field fluidity. Lacking the size and strength to match up with NFL take-on duties near the line, Williams needs to become more adept at slipping blocks and staying a step ahead of the blocking scheme. His coverage potential and special teams background will give his roster quest a boost as a likely Day 3 selection looking to fit into a backup role as a Will linebacker.

Jordan Battle | DB | Alabama

Battle offers the size, speed and pedigree to become a starter early in his NFL career. Film study shows a certain sagemess to his game. He is usually where he needs to be on the field and helps his defense move on to the next play. He's athletic enough for man coverage and is field-aware as a split safety. He's not a thumper in run support and will miss tackles when he's slow to find his positioning, but he typically finishes plays that are in front of him. Battle has the physical and mental makeup to upgrade a defense in need of steady safety play.

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Morgan State University Students Take Home Prize Money, Land Internships After Hackathon



Morgan State University hosted a 24-hour hackathon from April 15-16, 2023. It was a part of a partnership with Lincoln Financial Group. This year's hackathon theme was financial wellness. Team FinTrack won a \$4,000 first place prize.- Photo credit: Scott Richardson

By Andrea Blackstone

Lincoln Financial Group, a company providing advice and solutions that help people take charge of their financial lives, continues to invest in students who attend Morgan State University (MSU) by exposing them to the IT sector. Lincoln Financial Group IT organization's second 24-hour student hackathon, that is known as codeLinc, kicked off at MSU at noon on Saturday, April 15, 2023. Each team presented their project in front of peers and a judging panel. The 24-hour coding challenge concluded on Sunday, April 16, 2023.

"The event enables participants to take everything they're learning in the classroom, from coding and designing user experience to presenting their ideas, and work through the development process and technical challenges as a team," said Scott Roth, senior vice president, divisional chief information officer, Workplace Solutions, Lincoln

Financial Group. "The experience is very similar to what they would be doing as an IT professional when they enter the workforce."

Team FinTrack won a \$4,000 first-place prize. Ogundiran Aramide, Saad Nadeem, Abby Arowolaju, Efosa Isujeh, Godsheritage Adeoye and Querida Emmanuel comprised the team. The students were advised by Patrick Ouellette and Nitin Sharna, who served as two coaches from Lincoln. The app that students created was described online as "a one stop shop financial app designed to help young people keep track of their finances" and "teach financial literacy."

Elijah Ballou, Hanan Ayodeji, Terrell Reed and Katlyn Cox Kennedy Wallace were second place winners from Team Future Innovators who were awarded \$2,000. Team Grape won a third-place \$1,000 prize. Marcus Cusaac, Marquise Pearson, Tomiisin Ajayi, Beatrice Ohsokoya, Zorah Neal, Oluwanifemi Mebude, and Kyla Abraham were teammates.

Saad Nadeem, a senior who was a part of this year and last year's first-place hackathon team, reflected on his experience.

"At hackathons like codeLinc, you get to network with a lot of professionals and that's where you start building relationships. It's great for gaining hands-on experience with developing if you're a computer science major and even if you're not. I had teammates working in information systems and animation. I recommend anyone to join this hackathon," Nadeem told Scott Richardson from Lincoln.

Hackathon participants were mentored by Lincoln's highly skilled engineers throughout the growing event.

"This year, 76 students working in 14 teams participated in codeLinc at Morgan State which is more than double last year's participation. We were thrilled to welcome even more students this year and see the enthusiasm from returning students and new participants, as a result of the success of our inaugural event in 2022," Roth said. "codeLinc

is an incredible opportunity for students to tackle real technical challenges during a condensed time frame, while being mentored by Lincoln's highly skilled engineers throughout the event. The event enables participants to take everything they're learning in the classroom, from coding and designing user experience to presenting their ideas, and work through the development process and technical challenges as a team."

Lincoln Financial Group is based in Radnor, Pennsylvania. It serves 16 million customers by providing retirement, insurance and wealth protection expertise. The company formed a partnership with MSU in 2021. Roth explained that the company is "committed to developing and supporting early career and diverse talent," in addition to investing in building relationships and providing meaningful and impactful experiential learning opportunities.

"Morgan State, one of the nation's leading Historically Black Colleges and Universities, and Lincoln share the common goal of fostering a diverse professional workforce for a stronger, more inclusive future," Roth also said.

But internship opportunities are also arising because of Lincoln's MSU partnership. Oluwadara Dina, a 19-year-old junior who participated in codeLinc's event that was held at MSU in 2022 and 2023, interned with the company in the summer of 2022. Dina is super grateful to have participated in the 2022 codeLinc hackathon. It led to an additional opportunity. The computer science major was invited to return for a summer internship.

"I will be a software engineering intern at Lincoln this June," Dina said, adding that the three-month opportunity will be remote.

Roth further explained broader collaborative objectives with MSU and Lincoln University, a Pennsylvania-based HBCU.

"Our long-term goal is to continue to enhance our diverse early career talent pipeline," he said. "In addition to codeLinc, Lincoln also hosts Morgan State University Day, which is a broader career development event at our Pennsylvania-based headquarters that offers students interested in all areas of our business – finance, investments, sales, marketing and computer science – the opportunity to learn more about our business, early career talent programs and also network with Lincoln's leadership team."

Fundraiser for the National Kidney Foundation Returns to Baltimore

By Andrea Blackstone

More than 1 in 7, that is, 15% of adults who reside in the United States or 37 million people, are estimated to have chronic kidney disease (CKD), according to the Centers for Disease Control and Prevention (CDC). When kidneys become damaged because of CKD, they cannot clean the blood as well as healthy kidneys.

“If kidneys do not work well, toxic waste and extra fluid accumulate in the body and may lead to high blood pressure, heart disease, stroke, and early death,” per information provided by the CDC.

The National Kidney Foundation is a nonprofit organization that offers the kidney community a source of support and advocacy. Pattie Dash has served as Executive Director for the National Kidney Foundation (NKFMDDE) in Maryland and Delaware since 2017.

She explained that NKFMDDE’s mission is “revolutionizing the fight to save lives by eliminating preventable kidney disease, accelerating innovation for the dignity of the patient experience, and dismantling structural inequities in kidney care, dialysis and transplantation.”

Kidney patients may need assistance paying for medication and maintaining other financial necessities, especially since some of them also experience job interruptions. The National Kidney Foundation reported online that, “new data estimates that 50% of people with kidney disease will face financial hardships that create challenges when accessing care.”

NKFMDDE steps up to help. The nonprofit will host its signature Santé: Giving Back for Kidney Disease fundraiser on Wednesday, May 10, 2023 from 6 - 9 p.m., at the Baltimore Museum of Industry, located at 1415 Key Highway in Baltimore.

Dash further noted that the event has been held for more than 10 years. Funds raised from Santé: Giving Back for Kidney Disease will aid kidney patients



Colleen Bock, owner/operator of Yellow Hen Chef Services (left) with Natasha’s Brittle owner, Natasha Brown-Wainwright /Photo credit: The Umbrella Syndicate, John Isaacs



Pattie Dash (left), Executive Director for the National Kidney Foundation (NKFMDDE) and NKF ambassador and George Franklin, a kidney recipient, attend NKFMDDE’s 2022 signature fundraiser. Franklin received a kidney transplant in 1975. He also received NKFMDDE’s Lifetime Achievement award in 2022.

to financially bridge some financial gaps.

“Event proceeds support NKFMDDE’s local patient emergency assistance program, providing essentials such as transportation, rent, utility relief, food and other life essentials that we take for granted. Dollars raised also help fund vital research that helps advance knowledge about chronic kidney disease, treatment and patient outcomes,” Dash also said.

Individuals who have been impacted by kidney disease, and the medical community who cares for them while raising awareness about chronic kidney disease, will be honored. The evening will include entertainment and culinary components. Roughly 25 food and beverage vendors will also offer casual food tastings along with paired beverages.

“Guests will be able to vote for their favorite vendor in the People’s Choice competition and secret judges will select the Best Dish, Best Beverage, Best Dessert and Best Display. Adding to the fun will include a photo booth, raffles, and a silent auction featuring sports memorabilia, dining, entertainment, local art, spa, health and fitness and vacation packages,” Dash said. “By attending this event, participants will know that they are making a difference to support their community and learn more about kidney disease.”

Dash further explained that attendees will be equipped with shareable information to help NKFMDDE raise awareness.

Natasha Brown-Wainwright, owner of Natasha’s Just Brittle and B’More

Made with Pride, is a Baltimorean who has been supporting the Santé: Giving Back for Kidney Disease fundraiser since 2016. The entrepreneur is the proprietor of Natasha’s Just Brittle and B’More Made with Pride— Baltimore’s only female and Black-owned commercial kitchen and processing facility with a café. Through B’More Made with Pride, Brown-Wainwright caters to food businesses that prepare food, including Natasha’s Just Brittle, which is her confectionery company that crafts a variety of brittles and treats.

“I’m donating a basket this year for the auction so that NKFMDDE can raise their funds. Another way for me to give back is by letting attendees sample my products,” Brown-Wainwright said. “This year, I’m not going to just represent Natasha’s Just Brittle, but B’More Made with Pride as well.”

Brown-Wainwright encouraged other businesses to participate in the fundraiser. She is appearing with three other chefs who will also be able to inform more individuals about their offerings through the event.

Brown-Wainwright’s passion to help kidney patients began when she was a daycare provider. One of the parents of a child she cared for was diagnosed with kidney disease. The wife was able to donate a kidney to her husband. Knowing the family’s story inspired Brown-Wainwright to pay homage to the gentleman who once needed a kidney by continuing to participate as a Santé’ vendor. Brown-Wainwright also learned more about the National Kidney Foundation.

“When that happened with them, it made me have ongoing support,” Brown-Wainwright said.

Admission to the Santé is \$125 per person. Please visit <https://nkfhonors.rallybound.org/sante-maryland> to learn more about the event and to purchase tickets by May 6, 2023. Please call 410-494-8545, or email Jaclyn Rodriguez at jaclyn.rodriguez@kidney.org to donate auction items.

Key Health Facts, Tips That You Should Know

By Andrea Blackstone

Natasha Brown, a board-certified registered nurse, provided information about health screenings and tips that people can note to promote better health. Brown noted that “African Americans have an increased risk of hypertension and diabetes.” She also offered additional knowledge that can be noted to take preventative action.

Q: What is a prevalent health condition that you have noticed arises frequently in minority patients?

A: The prevalent health conditions frequently arising among patients, especially minorities, are health issues associated with diabetes. Patients as young as 30 are undergoing a toe amputation due to illnesses related to diabetes. Both young and older patients are having appendages amputated due to infectious diseases associated with diabetes or issues with the vascular system that are also related to diabetes.

Diabetes increases the risk of related infections. Patients may visit the doctor or hospital to receive antibiotics for these infections. A lot of patients have metabolic syndromes. Metabolic syndrome includes high blood pressure, high blood sugar, excess body fat around the waist and abnormal cholesterol levels. The syndrome increases a person’s risk for heart attack and stroke. Diabetic patients will sometimes also have hypertension, high cholesterol and cardiovascular illnesses.

Also, an increasing number of women in the child-bearing age range report issues with polycystic ovary syndrome (PCOS). PCOS is a hormonal disorder that causes enlarged ovaries that contain cysts. Overall, patients with a broad age range are experiencing illnesses related to diabetes and hypertension because an increasing number of them do not have access to nutritious food. One health condition can also adversely affect another one.

Q: Does the list of recommended screenings change based on age?

A: Yes. In addition to routine screenings, women begin getting mammo-



Natasha Brown, registered nurse /Courtesy photo

grams at age 40. For healthy men, prostate cancer screenings start at age 50, but for men at high risk, it is best to get screened at age 45. Both men and women should start getting colon cancer screenings at age 45. Men will undergo a testicular exam between the ages of 18 and 39.

Q: Are there any specific screenings that are typically done annually?

A: Specific screenings typically done annually are routine lab work, complete blood and chemistry panels, a physical exam, complete blood count, cognitive assessment and urinalysis. The doctor will also listen to the patient’s heart, measure their weight and check their cholesterol level.

As a certified registered nurse, while talking to a patient, I assess their cranial nerves and check for symmetry when they laugh and smile. I prefer to bathe my patients so that I can perform a skin assessment and determine their muscle strength. If a patient cannot move to-

ward me or hold onto the side of the bed, then I know they are experiencing muscle weakness and identify which extremity the weakness is in.

Q: What is a colonoscopy and who should get one?

A: Men and women should get a colonoscopy beginning at age 45. During a colonoscopy, a gastroenterologist uses a scope to examine the colon, also known as the large intestine, and the rectum for irritation, polyps and cancer. Patients who have a family history or risk factors with any of these symptoms should undergo a colonoscopy before age 45.

Q: Is there anything that people can do to stay healthier?

A: Yes. Start exercising regularly, be mindful of your diet and get plenty of rest. We often eat on the go and do not get enough sleep. Many people work in an office where they sit at a desk for long periods. In this case, you are not

“Men and women should get a colonoscopy beginning at age 45. During a colonoscopy, a gastroenterologist uses a scope to examine the colon, also known as the large intestine...”

moving your body as much and everything is not flowing as it should.

Get out and get some fresh air and vitamin D from the sun. Eat colorful meals that provide adequate fiber each day, which is good for the intestines. Exercise is good for heart health. Get quality sleep which helps with stress management and helps reduce hypertension. Weight management and nutrition will help people not develop diabetes, keep cholesterol down and reduce the risk of heart attack and stroke.

Also, avoid office snack machines, high fructose syrup, carbonated drinks and try to cook foods in olive oil or bake your foods. Stay away from heavy grains and overly bleached flour, and complete primary prevention testing. Be aware of magnesium, B12, and iron deficiencies, which make you sluggish. Lastly, remember to stay hydrated, especially during summer.

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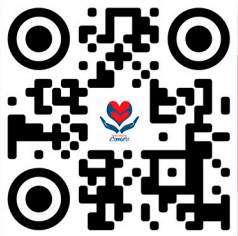
Back to School

September 30th

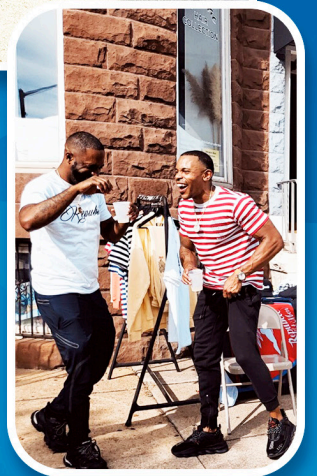
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CRE8TIVE XPRESSION HELPS YOUNG ARTISTS WITH THEIR MENTORSHIP



Hello everyone,

I am still on cloud nine. If you were at the Soul Marathon show that was held at the Lyric in Baltimore last week, you would know what I mean. My dear friend, Kai Jackson, co-anchor of FOX 45 evening news surprised me by being there and presenting me with the Lifetime Achievement Award that Hassan Rasheed bestowed upon me. I was truly blown away. It was something really special. I am just speechless and grateful. Thank you, Kai and Hassan, for giving me my flowers while I still can smell them.

Now, I want to talk about an organization named Cre8tive Xpression LLC. It works very hard to get young artists in Baltimore involved with their organization. Cre8tive Xpression functions as an art collective, mentorship hub and network for artists to gain firsthand insight into the art community, business and college/universities in the DMV area. Their students are hand-picked by director and lead artist Jon Brick and co-director, T. Jewel Young, based on high academic achievement and skill, which also opens opportunities to further their education through the arts. They are having an exhibition on Saturday, April 29, 2023 from 1-3 p.m. at the Avenue Bakery, located at 2229 Pennsylvania Avenue. Enjoy an evening with live entertainment, performances by local poets, singers and live art presented by local youth artists in conjunction with the historical landmark on Pennsylvania Avenue. We hope to see you there.

If you are a beer drinker, then this one is for you. Checkerspot Brewing Company and Samuel Adams' Brewing the American Dream announced the launch of a limited-release collaboration brew last week. Samuel Adams' Brewing the American Dream is a philanthropic arm of Samuel Adams. Programming supports food and beverage entrepreneurs nationwide by helping them to grow. The Brewer Experienceship selects one lucky brewer each year from across the country to join Samuel Adams' experts at the Boston brewery to craft this special beer. Checkerspot Brewing Company was named the winner of Samuel Adams' 11th Brewing the American Dream experienceship. A launch party will be hosted at the brewery on Friday, May 5, 2023, located at 1399 S. Sharp Street in Baltimore, Maryland. For more information, visit www.checkerspotbrewing.com and www.brewingtheamericandream.com. Follow along @samadamsbtad.

Nuplanet Entertainment proudly presents a "Kings of Southern" show on Sunday, April 30, 2023 at the Prince William County Fairgrounds, located at 10624 Dumfries Road in Manassas, Virginia. The show will include artists such as Calvin Richardson, Sir Charles Jones, Tucka, King George, Pokey Bear, Jay Morris Group, West Love, King South Dat Daddy, Big G, Annie B and Dr. Nick, just to name a few. A big car show will also be held. Gates opens at noon. For more information, call 252-578-3504.

For my friends and readers who love opera and orchestral music, I have something for you, too. Dimitar Nikolov, the Baltimore Philharmonia Orchestra's (BPO) music director and conductor; and Siqi Yuan, assistant conductor, will present the music of Brahms and Bizet on Sunday, May 7, 2023 at 3 p.m. Admission is free. It will be held at Loch Raven High School, located at 1212 Cowpens Road in Towson, Maryland.

Mother's Day, which is my special day, is coming up next week. There are many Mother's Day events happening. Maybe you can surprise your mother by taking her to one, if you are blessed enough to still have a living one. If you don't, there is an organization called Those Without Mothers. A Mother's Day Brunch will be hosted on May 13, 2023 from noon to 3 p.m. at Brooks Clinton Events Center, located at 9990 Liberty Road in Randallstown, Maryland. For more information, email keezy310@gmail.com.

Well, my friends, I have to go now. Remember, if you need me, call me at 410-833-9474, or email me at rosapryor@aol.com anytime. **UNTIL THE NEXT TIME, I'M MUSICALLY YOURS.**



1 . Marvelous Marva Laws is having her Mother's Day Drag Brunch on Sunday, May 14, 2023 at 4 p.m. at Coppin State University in the J. Millard Tawes Ballroom, located at 2500 W. North Avenue. The event includes an exquisite open buffet.



2 . Jon Brick and Teresa Jewel Young, the directors of Cre8tive Xpression LLC, are hosting an exhibition of art and live performances by local poets, singers and live art provided by youth artist in conjunction with the historical landmark on Pennsylvania Avenue on Saturday, April 29, 2023 from 1-3 p.m. at the Avenue Bakery, located at 2229 Pennsylvania Avenue in Baltimore. For more information, call 443-845-1111.



3 . Ralph Magwood and Herman Cooper are hosting an "I'll Always Love My Mama" Mother's Day celebration at The Lodge, located at 2832 Nine Mile Circle in Catonsville, Maryland on Saturday, May 13, 2023, from 2-7 p.m. For more information, call 410-236-8551.

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Public Notice AEAC

ARCHITECTURAL ENGINEERING AWARDS COMMISSION (AEAC)

Agenda / Virtual Information
Wednesday, May 10, 2023
2:45 P.M.

The Architectural & Engineering Awards Commission (AEAC) meeting will be held (*virtually*). The following projects will be considered for recommendation of approval and award by the AEAC Commissioners.

PROJECT NUMBER(S)

PROJECT #1360 – LIBERTY DAM MAXIMUM PROBABLE FLOOD RESTORATION.

PROJECT #1361 – ON-CALL MECHANICAL ENGINEERING SERVICES FOR THE OFFICE OF ENGINEERING AND CONSTRUCTION.

PROJECT #1364 – WC1432 SUSQUEHANNA RAW WATER MAIN IMPROVEMENTS.

PROJECT #1366R – ON-CALL ARCHITECTURAL DESIGN SERVICES.

PROJECT #1368 – HIGH-RATE CONTROL BUILDING AND GRAVITY SLUDGE THICKENERS NO. 1 THROUGH 8 REHABILITATION AT THE BACK RIVER WASTEWATER TREATMENT PLANT ON-CALL ARCHITECTURAL DESIGN SERVICES.

Please see meeting link below

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If you need any additional information to participate in the AEAC Meeting, please contact the Office of Boards and Commissions at (410) 396-6883.

Sincerely,
Deena Joyce
Executive Secretary
Chief of Office of Boards
and Commissions

Department of Aging and Disabilities Announces Call for Artists for the 2023 Artists Without Limits Exhibit

Annapolis, MD (April 24, 2023) - The Anne Arundel County Department of Aging and Disabilities, the Anne Arundel County Commission on Disability Issues (CODI), and the Arts Council of Anne Arundel County announce a call for artists for the 2023 Artists Without Limits Art Exhibit. Submissions are open to Anne Arundel County residents of all ages with disabilities. Entries must have a maximum of 24 inches in all directions. The Arts Council of Anne Arundel County will serve as a juror. This year marks the tenth annual Artists Without Limits Art Exhibit.

“It is an honor to recognize and celebrate the work of these talented artists,” said Karris Kelly, Director of the Department of Aging and Disabilities “Art provides an outlet for individuals with disabilities to express themselves without limitation, communicating their thoughts and feelings, and improving their sense of connectedness to their communities.”

April Nyman, executive director of The Arts Council, stated, “This is the tenth year we’ve had the opportunity to partner with the Commission on Disability Issues on this exciting art exhibit. As jurors for the exhibit, we were so impressed with the quality of the artwork submitted. It’s great that we can give this kind of exposure to artists with disabilities.”

Katie Collins-Ihrke, chair of CODI, stated, “This art exhibit gives people with disabilities a platform to showcase their artistic talents in a highly visible way. It is our hope that this event and the exhibit celebrate the many skills and aptitudes of people with disabilities and our interconnectedness as human beings.”

The deadline for entries is Monday, May 22, 2023. Interested artists can submit an online application at <https://artscouncilofannearundelcountynew.submittable.com/submit>. Applications can also be submitted by mail or email to:

The Artists Without Limits 2023 Art Exhibit
Attn: Vickie Martin
Anne Arundel County Commission on Disability Issues
2664 Riva Road, Suite 170
Annapolis, MD 21401
OR
agmart11@aacounty.org

A reception and awards ceremony will be held on Wednesday, July 26, 2023, at Michael E. Busch Annapolis Library from 5:00 p.m. to 6:30 p.m. The art exhibit will be on display at the Michael E. Busch Annapolis Library from July 26, 2023, thru August 18, 2023, and at the Arundel Center from August 21, 2023, thru September 18, 2023. The exhibits are free and open to the public.

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