

The Annapolis Times

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Successful women unite to offer empowering messages to girls in Maryland



Over 198 tweens and teens registered to participate in a Girl Code symposium on Saturday, October 3, 2015 at Charles Herbert Flowers High School in Prince George's County, Maryland. The Institute for Creative Community Initiatives (ICCI) hosted the second-annual event that was designed to build and sustain bright futures by empowering girls ages 12-18. "Girl Code" events allow youth to voice their opinions. ICCI's partners are located in various parts of Maryland, including Edgewater in Anne Arundel County. (See article on page 11)

Photo: Andrea Blackstone

New phone line launched in Baltimore City to help residents in crisis

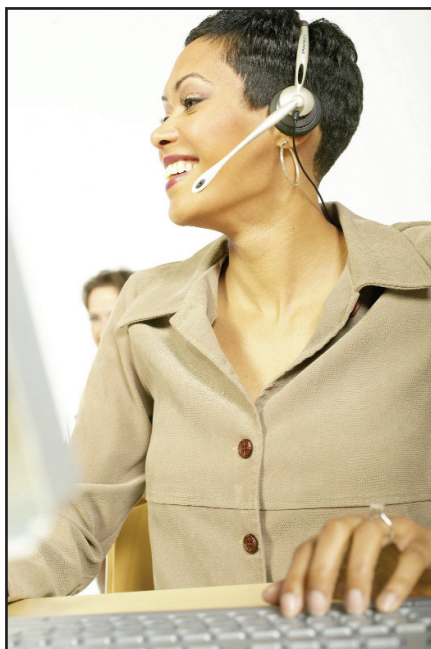
Baltimore— Working to improve access to critically needed care, Baltimore City has launched a new, single phone number for Baltimore City residents to use for substance use and mental health crisis calls, services and treatment, and information.

The Crisis, Information & Referral Line, 410-433-5175, will be answered 24 hours a day, 365 days a year, giving people in need of help the opportunity to talk to a trained professional at any time. Creating such a resource is a key recommendation in the city's recently released report of the Mayor's Heroin Treatment and Prevention Task Force.

“Over and over again, we have heard that our residents are looking for a reliable, easy-to-use, 24/7 resource for any and all mental health and addiction concern,” said Baltimore City Health Commissioner Dr. Leana Wen. “Our new Crisis, Information & Referral line allows us to deliver life-saving crisis treatment and connect patients and their families to obtain the treatment they need.”

The new line is a collaboration between The Baltimore City Health Department and three Baltimore nonprofit organizations: Behavioral Health System Baltimore (BHSB), HealthCare Access Maryland (HCAM), and Baltimore Crisis Response, Inc. (BCRI).

“The implementation of the Crisis,



Phone number 410-433-5175 is now available to handle calls from Baltimore City residents in a crisis 24/7, 365 days a year.

Information and Referral line is a pivotal point for the public behavioral health system in Baltimore,” said Crista Taylor, acting interim CEO for BHSB. “For the first time we have a 24/7 number for people to talk with a live person trained in responding to crises about accessing urgently needed substance use and men-

tal health services.”

Previously, BCRI and HCAM provided information and intervention to city residents through two distinct hotlines. BCRI has a long history of providing crisis intervention— since 1992, it trained crisis counselors have managed 30,000 calls annually, providing supportive counseling, dispatching emergency assistance and linking callers with more intensive BCRI and community services.

“BCRI is pleased to be part of this effort to expand access to behavioral health services for Baltimore citizens in urgent need,” said Edgar Wiggins, executive director of BCRI. “This collaboration means no call for help goes unanswered.”

Since 2009, HCAM's Behavioral Health Information and Referral Line has been staffed by Certified Addiction

Counselors and Mental Health Specialists who screen callers for substance use disorders and secure real-time appointments and follow-up for mental health and substance use treatment programs, provide information for support services as well as links to health insurance enrollment. HCAM's counselors and specialists handle over 3,500 calls a year.

“Every year, thousands of Baltimore residents face personal crises,” said Kathleen Westcoat, HCAM's president and CEO. “Now, with one phone call, they're able to talk with someone who can provide important information and connect them with the help they need.”

Funding for the Crisis, Information & Referral Line comes from BHSB as well as from federal funds provided for the National Suicide Prevention Lifeline network.

The OSI-Baltimore Series "Talking About Race" Championing the Rights of Domestic Workers

Thursday, October 15, 2015 at 7 p.m.

Enoch Pratt Free Library in Wheeler Auditorium
400 Cathedral Street in Baltimore

Ai-jen Poo, director of the National Domestic Workers Alliance; and Gustavo Torres, executive director of CASA will talk about structural changes in the job market that have resulted in many day laborers, especially among immigrants and people of color.

Rachel Micah-Jones, founder and executive director of CDM: Centro de los Derechos del Migrante, will moderate.

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Guest Editorials/Commentary

When Will It End?

By Dr. E. Faye Williams
TriceEdneyWire.com

After all of the senseless killings in schools, in churches, in workplaces, on streets by civilians and by those charged to protect and to serve us; I cannot help but wonder, “When will it end?”

Our world has become increasingly mean and violent. Tempers are short. People take what doesn't belong to them. Arguments happen over practically nothing. Members of Congress refuse to compromise—making life miserable for those they were elected to serve.

We see adults acting like children. In the past few days, we've seen a leading candidate for President resorting to vulgarity to express himself. Since I'm sometimes asked to participate in events where rappers are on the program, I decided to research some of them, and take a look at the words to some of their songs. I was blown away with the words young boys and some older men use in describing women! I'm painfully aware that a few women lower themselves to act in ways that would make their mothers and grandmothers blush and pray hard for their children to recognize the error of their ways.

Don't the words peace, respect, love, truth, honor, tolerance, dignity and unity mean anything anymore? Doesn't life mean anything to those who so easily take the lives of others? Doesn't dignity mean anything?

A few days ago, Pope Francis visited our nation and experienced the ultimate in love and respect. People seemed to have been affected positively by his presence and his words. I went to the National Mall when the Pope spoke to Congress, and people were happy. The crowd was diverse. People were applauding every time justice was mentioned. They were courteous. People of all persuasions were laughing and talking with one another and all seemed to be well. Nobody had a fight. Even John Boehner bid a happy farewell to his job as Speaker of the House of Representatives! He had a “You gotta know when to hold them, know when to fold them, know when to throw down and when to walk away” attitude. He exhibited no bitterness or regret. He even sang a happy little tune at his announcement.

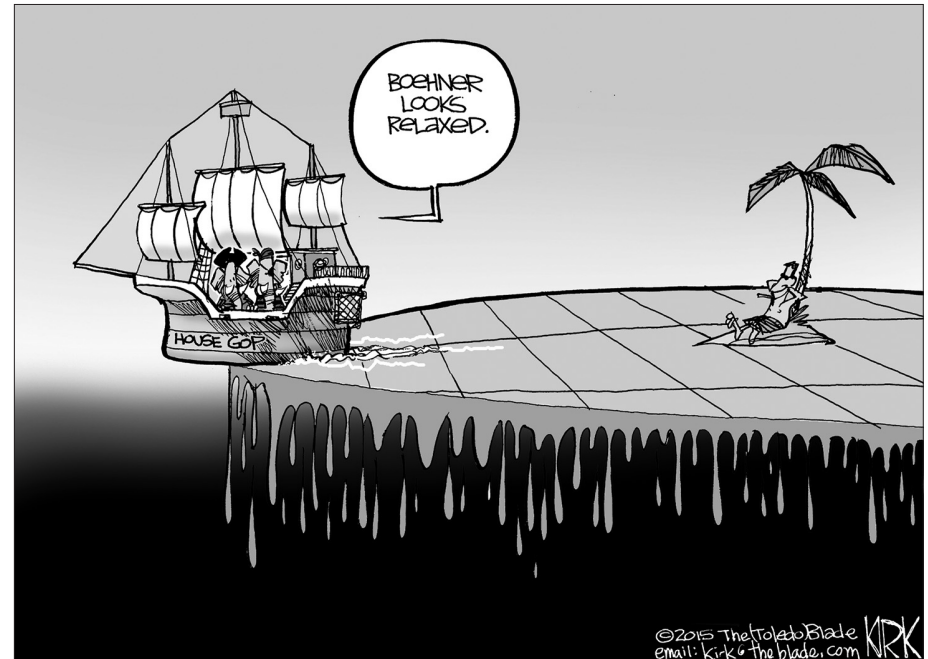
The Pope left town and it seemed that all the goodwill we experienced for a few days left with him. Congress went back to talking about shutting down the government. Republican men began a shameful tag team grilling of Cecile Richards, president of Planned Parenthood. Russia announced it's bombing in Syria, a teen was shot at a local recreation center in Washington, D.C. for no apparent reason, and soon thereafter, it was announced that a mass murder had occurred on a community college campus in Roseburg, Oregon! Why? When will it end?

Talking with each other seems to have become a lost art. If each of us would think of just one thing we could do to make life better for those with whom we come in contact, isn't it possible we could get rid of some of the anger, the disrespect, the hate that's leading to all the problems we are currently experiencing? If our leaders would try just one act of kindness on their jobs each day, I think that would be the beginning of change that could lead others to change their behavior. I am not naïve enough to think this would resolve all of the problems that lead to tragedies, but I have enough hope to believe it would make a difference.

Pope Francis left us with the reminder of something most of us learned in Sunday school or at home when we were very young when he said, “Do unto others as you would have others do unto you.”

If we did that, just maybe, some of the senseless tragedies would end.

Dr. E. Faye Williams is president of the National Congress of Black Women, Inc.
For more information, visit: www.nationalcongressbw.org or call 202-678-6788.



Community Affairs

October is National Breast Cancer Awareness Month

Baltimore—National Breast Cancer Awareness Month is a chance to raise awareness about the importance of early detection of breast cancer. MedChi wants to help make a difference! We want to spread the word about mammograms and encourage communities, organizations, families, and individuals to get involved.

Breast cancer is the second most common kind of cancer in women. About one-in-eight women born today in the United States will get breast cancer at some point in their life. Men can also get breast cancer and over 2,000 men are diagnosed a year. A mammogram—the screening test for breast cancer—can help find breast cancer early when it's easier to treat.

We can use this opportunity to spread the word about important steps women can take to stay healthy. Here are just a few ideas:

- ☒ Ask doctors and nurses to speak to

women about the importance of getting screened for breast cancer.

- ☒ Encourage women age 40 and older to talk with their doctors about when to start getting mammograms and how often to get them.

- ☒ Talk with women ages 50 to 74 in your community about getting mammograms every two years. They can also choose to get them more often.

“It is important to talk to your doctor about your risk for breast cancer, especially if a close family member of yours had breast or ovarian cancer. Your doctor can help you decide when and how often to get mammograms. Mammograms are covered for women over the age of 40 under the health care reform law, so there is no reason not to get one,” said Dr. Brooke Buckley, New President of MedChi.

MedChi, The Maryland State Medical Society, is a non-profit membership association of Maryland physicians. It is the largest physician organization in Maryland. The mission of MedChi is to serve as Maryland's foremost advocate and resource for physicians, their patients and the public health of Maryland. For more information, visit www.medchi.org.

Black and Latinos Working Together

By Benjamin F. Chavis, Jr.
NNPA Columnist

If there was ever a propitious time for African Americans and Latino Americans to unite to advance the cause of freedom, justice, equality and economic empowerment, it is now. Today, more than ever, the rapidly changing national demographics and the potential political and economic power as a direct result of Latino and black unity in America cannot be overstated.

We are now in the middle of Hispanic Heritage Month, September 15 to October 15, across the United States. It is important to note that during this year's observance of Hispanic heritage, Latino leaders are also articulating the strategic value and need for more unity between blacks and Latinos.

In a recent column to the New York Amsterdam News, Bronx Borough President Rueben Diaz Jr. stated, "As we face heated, dangerous rhetoric on the issues that concern us the most, the Hispanic community must not only stand together but to also unite with our allies

of different backgrounds, such as the African-American community, to fight for the betterment of our communities."

I know Borough President Diaz and I believe that one day he may become the first Latino mayor of New York City. Fighting to improve the quality of life in our communities is exactly what our long mutual struggles for justice and empowerment continues to be about. The two largest people of color groups

announced the establishment of a NNPA-NAHP National Advertising Task Force. The purpose of the coalition is to educate marketers on the benefits and importance of the African American and Hispanic newspaper markets.

"With close to 97 million African Americans and Hispanics in the U.S. today, representing 33 percent of the total population, this consumer segment demands attention," said Martha Montoya, VP of the NAHP. "The buying power of the African American and Hispanic communities, currently at over \$2.3 trillion combined, continues to outpace the national average."

Going forward will require a serious effort to ensure a massive voter turnout of Latinos and blacks in the 2016 elections. Neither the black nor Latino vote

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NNPA Chair Denise Rolark Barnes emphasized, "This task force also marks a historic partnership between the NNPA and NAHP, the nation's most influential publishing organizations that are currently led by women. Martha and I have a shared vision and commitment to empower our communities by strengthening the voices of the media we serve."

The potential force of African Americans and Latinos working together in business, politics, education, housing, family and community development are enormous. The challenge will be to achieve and maintain this unity not just for one year or two, but for a lifetime of solidarity and action to represent and defend the interests of our communities respectively.

Benjamin F. Chavis, Jr. is the President and CEO of the National Newspaper Publishers Association (NNPA). He can be reached at: dr.bchavis@nnpa.org.

"We are witnessing a political challenge to the nation's diversity with the exponential increase in residents of people of color in every region of the country. Some studies show that the racial-disparity divide in America is becoming more and more pronounced in housing, education, business, immigration, and mass incarceration."

in America are Latinos and blacks and if blacks and Latinos unite in New York and elsewhere, it will achieve more effective political and economic results.

President Barack H. Obama issued a proclamation in honor of Hispanic Heritage Month stating: "America's Hispanic community has woven unique threads into the diverse fabric of our country and played an important role in shaping our national character as a people of limitless possibility."

We are witnessing a political challenge to the nation's diversity with the expo-

can be taken for granted. The political future of the U.S. will swing in the balance and scale of how Get-Out-The-Vote (GOTV) efforts will be financed, advertised, staffed and mobilized.

Neither elected officials nor Corporate America can effectively reach the black and brown communities by ignoring their media outlets. And a promising sign of increased unity between the two powerhouse groups is that the National Association of Hispanic Publishers (NAHP) and the National Newspaper Publishers Association (NNPA) have

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Tips for choosing a major

Choosing a major is an important decision for college students. The right major can set students on a path to a rewarding and successful career, which can lead to a more fulfilling life.

The gravity of such a decision is one reason many college students delay choosing their majors until after they enter college. Students often find entering college as an undecided affords them the opportunity to explore various courses of study without committing themselves to any particular subject. Though that approach can work while students are still underclassmen, many advisors recommend students choose a major before their third year of college.

The following tips can help students ensure they make the right decision about which path to take for the remainder of their college careers.

- Visit your school's career center. College career centers are a great resource for college students as they narrow down their options concerning a major. Many career centers have programs in place designed to match students' interests and personalities with courses of study. Utilize these programs if you are having trouble matching an interest with a major.

- Take action. Classrooms can be great places to discover a passion for a particular field of study, but lectures or entry-level courses are not always enough to



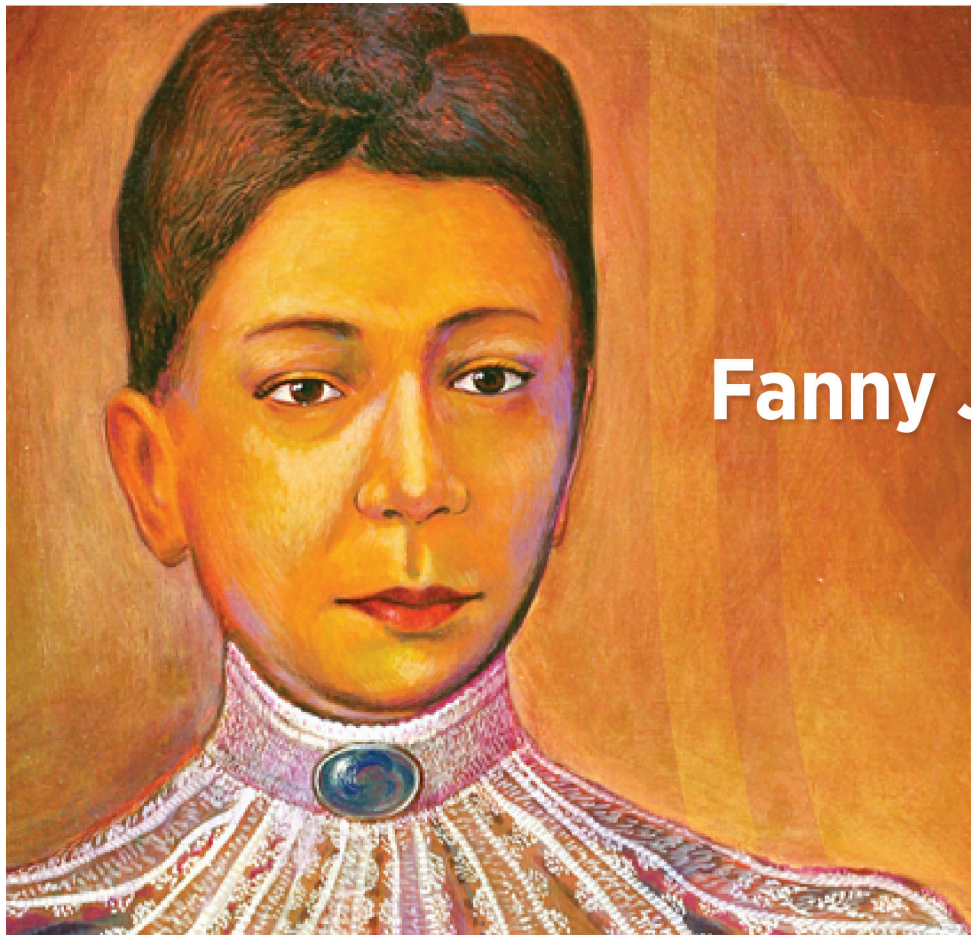
spark interest. If there are particular fields of study that interest you, find extracurricular clubs that are associated with those majors. Such clubs may host speakers or seminars that can give you greater insight into the field than you might glean from the classroom. Attend such

events when possible, and bring any questions you might have about the course of study they are associated with.

- Speak to upperclassmen. Underclassmen may make up the majority of students in entry-level courses, but you may encounter some upperclassmen who have already chosen their majors in such classes from time to time. Such students can be valuable resources for other students looking to gain greater insight into courses of study. Ask about particular classes and professors who upperclassmen found particularly engaging and encouraging.

- Pursue an internship. The hands-on experience provided by an internship is a great way for students to learn if a particular line of work is for them. Internships can provide an insider's look into particular professions and industries. While internships might once have been designated for older students, many businesses now have more relaxed eligibility requirements regarding their internship programs, making it possible for students of all grade levels to gain some practical professional experience while still in school.

Choosing a major is one of the most important decisions young students will make. Taking a careful and thoughtful approach to such a decision can help students select majors that leads to rewarding careers.



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Visit us @ coppin.edu for a list of events

BGE's Captain Mercaptan partners with Iron Man to help kids learn about natural gas safety

Baltimore— Baltimore Gas and Electric Company (BGE) in partnership with Marvel Custom Solutions announced that they will be distributing comic books entitled "Iron Man featuring Captain Mercaptan, A Natural Team!" and lesson plans to public and private elementary school students in BGE's service area.

Captain Mercaptan is BGE's natural gas safety hero who provides simple tips to children and their families about natural gas safety. In the comic book, Captain Mercaptan teams with Marvel's Iron Man to teach kids how to recognize a natural gas leak and what steps to take when you smell gas.

Captain Mercaptan's name is derived from "mercaptan," a safety additive that BGE and other utilities put in natural gas to give it a distinctive rotten egg odor that makes gas easier to detect. The super hero and his safety sidekicks were designed by elementary school students through a BGE contest. Marvel Custom Solutions has now taken BGE's super hero to a new level, with a visual, exciting story to help children learn about natural gas safety.

"Marvel is bringing its track record for captivating and inspiring kids to help our own super hero teach children about natural gas safety, said Christie McMullen, vice president of Gas Distribution, BGE. "We are pleased to offer this powerful learning tool to



schools and parents to help us deliver on our commitment to safety."

Captain Mercaptan teaches children that they can be a hero too if they follow these simple safety tips:

*Use your nose. Mercaptan is a safety scent that BGE puts in natural gas to give it a rotten egg smell.

*Use your ears. Listen for the hissing sound of escaping gas.

*Use your eyes. Look for dirt being blown into the air, dead plants or grass in otherwise green areas, fire coming from the ground or water bubbling and being blown into the air.

*If you detect natural gas, leave immediately.

*Don't attempt to detect the source of the leak.

*Don't use matches or turn anything on (including a cell phone).

*Find a safe place outside and call BGE or have an adult call 1-800-685-0123.

For more information about the Captain Mercaptan contest, visit: bgegashero.com. Gas safety tips are available at bge.com/CaptainMercaptan. BGE also has a companion contest for electric safety, the BGE Wires Down Video Challenge, to create their own adaptation of BGE's "Wires Down" electric safety commercial for a chance to win up to \$10,000. Visit bgevideochallenge.com for the contest timeline and more information.

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Baltimore Ravens unveil Baltimore City School Library

By Turrón Davenport

The Baltimore Ravens have a long-standing relationship with the community. It has become a tradition for the team to find ways to give back to the community. Their most recent community service event will have an impact for years to come.

Ravens president Dick Cass, quarterback Joe Flacco, and Dr. Gregory E. Thornton, CEO of Baltimore City Schools took part in a special library unveiling at Charles Carroll Barrister (CCB) Elementary School in downtown Baltimore. The Ravens Foundation funded a large renovation of the school's library. The project is an example of the organization's commitment to supporting education and promoting literacy.

"Research has shown that reading proficiency is directly linked to graduation rates, which is why we encourage a love for reading beginning at an early age," said Heather Darney, executive director of the Ravens Foundation. "Our hope is that all students will have access to the tools and inspiring space needed to develop a true passion for reading."

CCB Elementary School is located in the Pigtown neighborhood near M&T Bank Stadium. Approximately one-third of the community's residents live below the poverty line. Pigtown is an area desperately in need of assistance—95 percent of the students at CCB Elementary School receive free and reduced meals.

The Ravens didn't announce how much money they donated to the school. Ravens President Dick Cass did how-



The Ravens Foundation funded a large renovation of the library at Charles Carroll Barrister (CCB) Elementary School in the Pigtown community in Baltimore. Ravens president Dick Cass, quarterback Joe Flacco, and Dr. Gregory E. Thornton, CEO of Baltimore City Schools took part in a special unveiling of the new library recently. (Above) Ravens quarterback Joe Flacco hands out Ravens team backpacks to CCB students. Photo Credit: Baltimore Ravens/Shawn Hubbard


ever say that the foundation invested a couple hundred thousand dollars. Several of the Ravens players also donated their time over the summer to assist in the renovation project.

Joe Flacco used the opportunity to show there is more to his job than just playing football.

"I'm a professional athlete," Flacco said at the library's opening ceremony, "and people think all we do is play on the football field. But every day we're reading."

He took time to read to some of the kids at the elementary school. Each of the 371 students received a Ravens team backpack and book. The school also received new books to go into the newly designed library that features a reading room that resembles a Ravens themed stadium.

Assisting in the development of inner city youth has been a focus for the Ravens over the years. Former Raven's wide receiver Torrey Smith and his foundation, The Torrey Smith Foundation donated a series of reading rooms named "Reading Oasis" at various high schools in the city.



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OPENS IN BALTIMORE OCTOBER 16

FROM THE VISIONARY DIRECTOR OF PAN'S LABYRINTH




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LEGENDARY PICTURES AND UNIVERSAL PICTURES present a LEGENDARY PICTURES / DVY production a GUILLERMO DEL TORO film "CRIMSON PEAK" MIA WASIKOWSKA JESSICA CHASTAIN TOM HIDDLESTON CHARLIE HUNNAM AND JIM BEAVER MUSIC BY FERNANDO VELAZQUEZ COSTUME DESIGNER KATE HAWLEY EDITOR BERNAT VILAPLANA PRODUCTION DESIGNER TOM SANDERS EXECUTIVE PRODUCERS DAN LAUSTEIN OFF PRODUCER JULLIAN SHARE PRODUCED BY THOMAS TULL FOR JON JASHVI FOR GUILLERMO DEL TORO FOR CALLUM GREENE WRITTEN BY GUILLERMO DEL TORO & MATTHEW ROBBINS DIRECTED BY GUILLERMO DEL TORO

LEGENDARY PICTURES R RESTRICTED STRONG LANGUAGE AND SOME DRUG USE

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Cancer drug helps increase survival for stage 4 patient

By Stacy M. Brown

Euvon Jones had always been used to working hard, overseeing his successful business for hours each day before heading to the gym to keep his muscles toned and his abs ripped. At 59, Jones bragged to his children and those much younger than he about his strength.

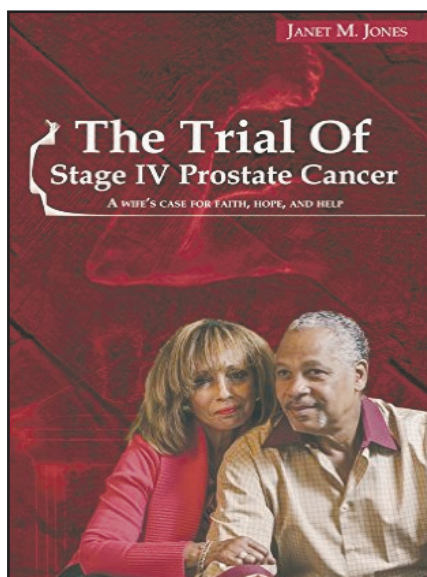
That is until the Accokeek, Maryland resident received the life-changing and horrific diagnosis of stage four prostate cancer.

"I was floored," Euvon said. "As a man you start to watch that clock wind down."

With the diagnosis, Euvon, who is now 63, became like so many other African-American men for whom percentages reveal are more than twice as likely to die from prostate cancer than whites.

In 2012, the most recent year that numbers are available from the Centers for Disease Control and Prevention, 177,489 men in the United States were diagnosed with prostate cancer and 27,244 of them died. More than half were black.

With the help of his wife, Janet, he



began seeking answers and a treatment that might prolong his life. They met Dr. Nancy Dawson at MedStar Georgetown University Hospital in Washington who told Jones that his own blood maybe the solution.

Euvon underwent immunotherapy, a procedure that used immune cells from his blood to fight the cancer.



Accokeek, Maryland residents Euvon and Janet Jones. After Euvon was diagnosed with prostate cancer, he underwent immunotherapy, a procedure that uses immune cells from his own blood to fight the cancer. Janet has written the book, "The Trial of Stage IV Prostate Cancer: A Wife's Case for Faith, Hope and Help," hoping to help others in similar situations. Courtesy Photos

"Dr. Dawson was so professional and she didn't pull any punches and walked me through different options, including immunotherapy and she put me on the medication called Provenge," Jones said.

Dr. Dawson says one of the most exciting developments in recent years is the advent of the immunotherapy vaccine Provenge, which prolongs survival for men with advanced cancer.

This treatment is the first in a new class of therapies that could change the way prostate cancer is treated—the drug retrains a man's white blood cells to recognize and destroy prostate cancer cells. MedStar Georgetown through the Lombardi Comprehensive Cancer Center participated in the clinical trials that led to Provenge's FDA approval in its current use as a frontline therapy.

After an initial PSA level of 398, Jones' levels are less than one or undetectable and nonexistent, according to Dawson.

"He's doing well, but he still has to take his medicine," Dr. Dawson said. She said there are several risk factors for men who are susceptible to prostate cancer and the primary risk factor is simply being African-American.

"Having a brother or father or a very close male relative with prostate cancer is a risk factor and another risk factor is being African-American," she said. "Outside of that, we don't have a lot of things that we can say causes it."

What Dr. Dawson knows is that a reg-

ular exercise program, maintaining an appropriate body weight and getting screened are important steps. It's also imperative that blacks begin screening as early as 40 years old.

"Prostate cancer doesn't give you symptoms when it's confined to the prostate. By the time prostate cancer gets big enough to push on your urinary system, it's already advanced so you don't want to wait to get screened," Dr. Dawson said.

Euvon has now changed his diet and he and his wife are trying to help others. Janet has written the book, "The Trial of Stage IV Prostate Cancer: A Wife's Case for Faith, Hope and Help."

"She researched it and started to write about it," Euvon said. "The book helps people to understand how to live healthy and it also provides recipes. It has been a doorway to talk to different men because we are able to do seminars and talk about it and encourage others."

Dr. Dawson says she is a big promoter of new therapies for prostate cancer and some of the new things MedStar has done over the past several years including drug trials.

"We have a lot of tricks in our bags and [Euvon] is on trick number three," she said, as she expressed admiration for her patient's strength.

Despite the success with Euvon, Dr. Dawson says a healthy, low or no fat diet is important—"heart healthy is prostate healthy."

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Hsin-Chieh Jessica Yeh, PhD
Principal Investigator
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PNC Bank, community, explore how to move Baltimore forward

By Andrea Blackstone

On Thursday, October 1, 2015, over 225 people attended the first forum in a three-part series called “The Future of Baltimore Conversations and Solutions: How We Got To Where We Are As A City” at New Shiloh Baptist Church in West Baltimore.

Local leaders and community members were afforded the opportunity to explore solutions to Baltimore’s civic and social issues after the unrest in April at the PNC sponsored event hosted by the Center for Urban Families (CFUF).

Panelists included 86-year-old activist Nathaniel Freeman, who has supported the Mondawmin community for over 60 years; Barry Lancaster, a CFUF alumnus who participated in the organization’s STRIVE Baltimore training; Maryland State Senator Catherine E. Pugh; and Barbara Samuels, managing attorney of the Fair Housing Project of the American Civil Liberties Union (ACLU) of Maryland.

“PNC has had a long-standing commitment to the people, families and businesses in Baltimore,” said Chris Rockey, market manager for Community Development Banking at PNC Bank. “There was a lot of pain and a lot of concern after the civil unrest. We thought it would be a good idea to create a forum where people can gather and talk about these issues in a constructive and positive way and hopefully form solutions or ideas for solutions to move forward.”

Rockey hopes that having meaningful conversations will help the community get to the root of issues in Baltimore, so that changes can be made. PNC Bank has previously partnered with CFUF and the founder, Joseph Jones on a number of initiatives. CFUF’s mission is “to strengthen urban communities by helping fathers and families achieve stability



Participants in the “The Future of Baltimore Conversations and Solutions: How We Got To Where We Are As A City” event held on October 1, 2015 at New Shiloh Baptist Church in West Baltimore. (Left to right) Joseph Jones, founder, Center for Urban Families; panelist Barbara Samuels, managing attorney of the Fair Housing Project of the American Civil Liberties Union of Maryland; Chris Rockey, market manager PNC Bank; panel moderator, Vernā Myers, Vernā Myers Consulting Group; panelists Maryland State Senator Catherine Pugh; Barry Lancaster, Center for Urban Families Graduate; and Elizabeth M. Nix, Ph.D., assistant professor of history at the University of Baltimore.

Photo Credit: Andrea Blackstone

and economic success.” Jones noted that Gray’s death and the events that followed forced people to look at acutely marginalized people and communities of color in Baltimore.

“Fundamentally, we can’t have two Baltimores where there are places where people are economically included, and where people are economically excluded. We can’t have overwhelming development in East Baltimore, and relatively no similar development in other parts of Baltimore City,” Jones said. “We also can’t allow people to be sucked into the criminal justice system and released back into the community with criminal records that really exclude them from participating in certain segments of the labor market. We’ve got to look at policies that give people second and third chances.”

Elizabeth M. Nix, Ph.D., assistant

professor of history at the University of Baltimore, compiled a summary of nearly 200 years of under-discussed facts about Baltimore’s history.

“This presentation will really start us thinking about the origins of these kinds of two Baltimores. Why are there neighborhoods that have held their value and increased in value, and in others there is so much disinvestment? I am not going to ask what is wrong with those neighborhoods I am really going to pose the question about what is wrong with the system that created them. That system of structural racism,” Dr. Nix said, during her slide presentation.

Panel moderator, Vernā Myers of Vernā Myers Consulting Group spoke about the effects of structural racism in reaction Nix’s presentation.

“This is every Baltimorean’s history, and we don’t know about it, and I posit

that there’s a reason for that and that’s because it is shameful,” Myers said. “So what is really clear to me from your presentation is the past has implications for our present, and it provides a lot of explanations, not only for why we have concentrated poverty in the black population, but [also] why some people are doing so well in places like Roland Park.”

Pugh remarked that we need to know our history, to understand why we are where we are, and where we can be.

“When we lift the least of us, we lift all of us,” Pugh said.

A survey created by Branden A. McLeod, Ph.D. MSW to gather feedback from attendees about how to move Baltimore forward was distributed. Results will be shared with subscribers of CFUF’s newsletter. In the future, the taped community conversation will be viewable at: www.cfuf.org.

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Successful women unite to offer empowering messages to girls in Maryland

By Andrea Blackstone

On Saturday, October 3, 2015, the cafeteria of Charles Herbert Flowers High School located in Springdale, Maryland, was transformed into a no judgment safe zone for teen and “tween” girls ages 12-18. Emily Wilson, the project manager of a Maryland-based nonprofit organization called the Institute for Creative Community Initiatives (ICCI)— welcomed attendees to a free youth symposium called “Girl Code.” ICCI prepares young people to build and sustain bright futures through offering learning experiences that focus on academic success, workforce development, life skills and health and wellness.

At the second-annual event, girls engaged in empowering games. Conversations about challenges during adolescence filled the air. Girls openly explored topics with their peers during sessions. With Wilson’s guidance, they engaged in discussions that were generated by topics like positive and negative images of women in the media. Participants also heard from speakers without the presence of their parents who may have caused them to censor their words.

Jean Drummond is the president of both ICCI and HealthCare Dynamics International (HCDI), which is an award-winning health care management and technology consulting firm. Giving back through ICCI is important to the entrepreneur.

“We’re just excited about the Institute for Creative Community Initiatives, because it is so important, I think, for us to give back,” Drummond said as the deejay played music. “Certainly, I think [it important] as we move forward in our professional careers and our business success that we give back.”

Drummond employs young adults. The youth coordination team that planned this year’s “Girl Code” symposium along with Wilson was comprised of Marianne Orunja and Jacquelyn Chin. Chin, 18, is a freshman psychology major at Howard University. She enjoys working with ICCI to promote positive messages for girls and is able to provide insight about college life. Orunja, 19, studies accounting at Towson University.

“We just wanted to appeal to them (“Girl Code” participants) as much as we could and make it fun as well...,” Orunja said. “I feel like this event is very helpful to girls in regards to self-esteem..., getting to know yourself and... growing up, because I’ve actually gone through a lot of teasing and backlash growing up, and I didn’t really have events like this to go to to encourage me.”

“Girl Code” participants listened to Kanika Tolver tell her story about finding herself as an adult. The author, speaker and life coach reminded girls to prepare for success by working on themselves. She also answered questions about a variety of topics, including



Emily Wilson, Jean Drummond, Jacquelyn Chin, Kanika Tolver and Rashema Melson encourage girls to have a positive self-image. Chin and Marianne Orunja, (not pictured) helped to plan this year’s “Girl Code” symposium. Photos: Andrea Blackstone

career selection and overcoming internal obstacles.

“I want you guys to deal with your issues now,” Tolver said.

Rashema Melson was the second guest speaker. She provided a moving account of her previous life as a homeless teen who lived at D.C. General Homeless Shelter with her mother and two of her siblings. Melson’s father was killed when she was a baby. Despite encountering obstacles, Melson concluded that participating in school activities and getting good grades could help position her to pursue scholarships.

“I was the captain of three sports in high school, and I was in a couple of programs.

I was president of the book club and my goal was do whatever you can to get a scholarship because I can’t afford college. My mom can’t afford a house. I can’t afford college. We’re broke,” Melson said upon reflection after speaking.

Melson became Anacostia High School’s valedictorian in 2014 and earned a full scholarship to Georgetown University. Now a sophomore, the humble college student says that God pushed her to love herself. Melson’s positive attitude and work ethic sent a



A participant plays a game during “Girl Code.” Empowering games ignited discussions between peers, leaders and volunteers. 198 teen and “tween” girls registered for the symposium.

powerful message to “Girl Code” participants.

“I had a great time here talking with the girls. I really connected with them. If I had to I would do it all over again,” Melson said. “I went through a lot of self-battles dealing with family, dealing with the world, dealing with homelessness, but the thing about that is I never let that define me. I stayed focus and I kept my eye on the goal and worked hard. If you do those things, you will get to where you want to be. That’s what it’s all about.”

Rambling Rose

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Hello everyone, I hope you had a good week. The family and friends of the sick and shut-in are in my prayers. For many of you who have lost a loved one recently, I pray you have the courage to remember the good times and remember they are in a better place. You should play some music or hum a tune and I promise it will take your heart to a better place. Music is a good thing, it soothes the soul!

Contemporary Arts Inc. presents "An Evening of Artistic Excellence" featuring Baltimore's award-winning performing artists on Wednesday, October 14, 2015 from 7 p.m. to 9 p.m. at the Baltimore Museum of Art located at 10 Art Museum Drive in Baltimore. The musicians are Carl Grubbs on sax; Todd Marcus on bass clarinet; vocalists Ellen Cherry and Caleb Stine; Wendel Patrick on piano; Peter Minkler playing the viola; Audrey Chen and Paul Rucker on cello and much more. This event is open to the public, for more information, call Barbara Harrell Grubbs at 410-944-2909.

Do you have copies of both of my books yet? No problem, just meet me at the "Grand Affair" of the Baltimore City Health Department, Division of Aging and Care Services Eating Together Program Event on Thursday, October 15 at the Ivy Family Center, October 15 and I will be glad to autograph a copy for you.

On Saturday, October 10 there is more music at the Jazzway 6004 starting at 8 p.m. featuring Vince Evans, renowned keyboardist in concert with his crack rhythm section of James King on bass and Jay Jefferson on drums. Vince Evans, a graduate of Berklee College of Music, began touring with big names right out of school. I believe you jazz lovers will enjoy this event and at the same time help Vince celebrate his 50th

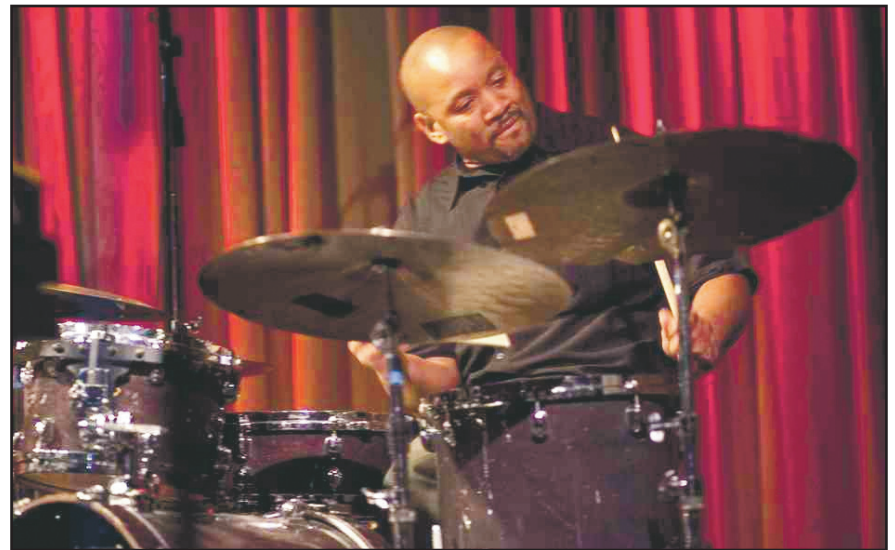
birthday. For ticket information, call 410-952-4528.

Mike Binsky's Jazz Artists Management presents "Vocal Madness" for one night only with a jazz great "Richie Cole and the Uptown Vocal Jazz Quartet" on Saturday, October 10th at the An die Musik Live! 409 N. Charles Street. For ticket information, call 410-922-0752.

It is almost the deadline for ordering your tickets for the Rosa Pryor Music Scholarship Fund Black & Gold Ball Fundraiser for Sunday, October 25, 2015. It's the last one so don't miss it! This formal black tie event will be a red carpet affair during which at least three children will be given scholarships and 16 veteran musicians will be honored including: Brenda Alford; Charles Covington; Ellington Churchill; Gary Grainger; Gary Richardson; George Gray; Glen Grainger; John Milton Wesley; Steve Turner, Ralph Magwood; Sharon Dupree; Oliver Williams; Ira Glover; Gary "Rico" Barton; Richard "Rick" Johnson and Carlos Hutchins. The event will include open buffet, cocktails, vendors, and live entertainment.

Call 410-833-0474 for your tickets or go to web site: www.rosapryormusic.com to pay for your tickets.

Well, my dear friends, I am out of space and out of time. Remember, if you need me, call me at 410-833-9474 or email me at rosapryor@aol.com. UNTIL THE NEXT TIME, I'M MUSICALLY YOURS.



Drummer, John Lamkin III, the son of Eartha and John Lamkin II will perform at the Caton Castle on Caton Avenue and Hilton Street in a tribute to Art Blakey on Saturday, October 10, 2015 from 6 p.m. to 10 p.m. with Terell Stafford on trumpet, Bobby Watson on Sax and Hope Udobi on piano.



On-air personality April Watts at stations Magic 102.3 (Washington, DC) and Magic 95.9 FM (Baltimore, MD) and the founder and editor of DC lifestyle website "What's Hot Washington" will be at the Odell's Reunion Party, Saturday, October 17, 2015 from 8 p.m. until 2 a.m. at the Patapsco Arena located at 3301 Annapolis Road in Baltimore. For more information, call Will Franklin at 410-318-9657.

Lorna Terry, renowned singer and Baltimore native who has studied at Peabody Preparatory, the Community College of Baltimore, Howard University, Coppin State College and various schools in the New Your City area will perform for the Baltimore City Health Department Division of Aging and Care Services, Eating Together in Baltimore City Program on Thurs. Oct. 15, 2015 in a Grand Affair at the Ivy Family Support Center located at 3515 Dolfield Avenue in Baltimore.



Radio personality, Frank Ski will be doing his thing at the Odell's Reunion Party on Saturday, October 17, 2015 at the Patapsco Arena.



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Five Tips for Smarter Shopping

(Family Features) Whether you're in the market for the newest gadget or stocking up on sports goods for the whole family, getting the most bang for your buck is top of mind for many families.

However obtaining those quality, dependable products you need at the best price can be tricky. With so many shopping outlets available— from online stores to physical locations— it can be difficult to know if you're getting the product that suits your needs at a price that fits within your budget. The following tips help consumers go into a store educated, so they can stretch their dollar and get exactly what they're after.

Plan it out. Knowing exactly what you want before you shop will help you avoid overspending on extra things you don't need. Ask around to see if friends, family or co-workers have experience with the product and what they recommend. Research the products you want and have a specific model in mind before you buy and you'll avoid leaving a store or submitting your online cart with items you may later regret buying.

Invest in your new merchandise. Whether it's a drop, spill or other mishap, life has a way of ruining your favorite goods. Protect your investment with a coverage plan such as SIMPLR, which is a consumer-friendly, hassle-free way to protect your products if



they should stop working. The plan also covers sporting goods such as treadmills, golf clubs, sunglasses and other purchases from your local Sports Authority store, so you can always be sure to have what you need for your next outdoor adventure.

Become familiar with Internet tools. Various sites and apps are available to help you find the best deals

around. Before you buy, it's important to review ratings for the product— from both consumers like you and professional reviewers. Many sites also allow you to comparison shop for items. Download these apps on your smartphone so you can compare prices while you're out and about scoping out deals.

Know your seller. Understand the refund, return and warranty policies from the seller before you make your purchase. Do you have protection in case the item breaks? Some retailers, such as Sports Authority offer SIMPLR, a coverage plan that makes the process of returning a broken product easy with no deductibles, out-of-pocket repair costs or additional fees. To learn more, visit www.simplrplan.com.

Shop mindfully. Because your emotions can sway your purchases, always make sure to shop when you're in the right frame of mind. A rough day at work or an upset in your personal life may cause you to indulge with an "I deserve this" mentality.

Finding exactly what you need at the price that fits your budget comes with the right planning, research and tools. Become a smarter shopper and you'll never have to sacrifice quality on all the things you need for all of your daily adventures.

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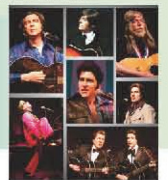
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Peace in the streets message spread before 20th Anniversary of The Million Man March

By Andrea Blackstone

On the evening of October 2, 2015, the Stanton Community Center located at 92 West Washington Street in Annapolis buzzed with activity. Some people showed up for a talent show featuring local youth and despite inclement weather, a steady flow of hungry customers trickled in to pick up dinner platters that were sold by Chef Ron & Friends and organizers of Annapolis Local Organizing Committee (Annapolis L.O.C.). With a portion of the proceeds, Annapolis L.O.C. will reserve buses to provide free transportation to and from the 20th anniversary of the Million Man March that will be held at the National Mall in the District of Columbia on Saturday, October 10, 2015. Troy Stansbury, chairperson of the recently established Annapolis L.O.C., explained that 25 members want to make a positive impact in Annapolis.

“The initial common goal (of L.O.C.) in Annapolis is bringing peace in the streets. That’s the objective. Also, to push for 10-10-15, the 20th anniversary of The Million Man March. We’re a local organizing committee attached to a national organizing committee,” Stansbury said.

Youth received a private pep talk from Stansbury about black lives mattering before the first Peace In The Streets Youth Talent Show kicked off. The grassroots effort garnered support from Muslims, Christians and a variety of people from various walks of life who want to promote peace in the community, while reducing area violence.



Talent show participants, parents and members of the Annapolis Local Organizing Committee (L.O.C.) proclaim that black lives matter at the end of the event. L.O.C. will sponsor free buses to take Annapolitans to the 20th anniversary of The Million Man March on October 10, 2015. Troy Stansbury (middle) is the chairperson of Annapolis L.O.C. All of the youth who participated in the Peace In The Streets Youth Talent Show were proclaimed to be winners. Each child who performed received a cash prize and a certificate of participation.

Photos: Andrea Blackstone



Two of Landis Harwell's children participated in the first Peace In The Streets Youth Talent Show that was also held at the Stanton Center on October 2, 2015 in Annapolis. All participants received a cash prize and certificate of participation.

After the talent show began with a Muslim and Christian prayer, talent show participants were eager to rap, sing, dance, perform gymnastics and recite spoken word. Allen Henderson served as the emcee for the talent show and explained that the event was an effort to pull the community together. He welcomed youth performers who provided most of the entertainment. Montre Seay rapped about his love of fatherhood. A mother who lost her child to violence recited poetry, which underscored Stansbury’s reoccurring message to strengthen unity and value each other more.

“One of the main purposes of the talent show is to bring about a sense of consciousness amongst ourselves in the community,” Stansbury said. “So in this talent show we want to excel a little bit, then perhaps we’ll stop doing violence amongst each other.”

Annapolis L.O.C. plans to do more in the local community. Stansbury reminded talent show attendees that members of the organization will need continued community support to effectively implement their efforts. Members like Veronica Grant helped to spread the word

about the talent show on social media and pitched in to offer hands-on support on October 2. Adia Doores, a singer in the band, Project 360 agreed to serve as a talent judge along with See Allen. Doores said that it was her first time participating in the community outreach program, but she looked forward to it.

“I wanted to get in things like this in the past, but I just haven’t, so this is a great opportunity,” Doores said.

It was four-year-old Keith Herbert’s first time participating in a talent show. Keith danced and his 12-year-old sister, Synae Frazier sang ‘Opportunity’ from the Annie soundtrack. Their mother, Landis Harwell happily watched her children perform. Each talent show entrant received \$15 and a certificate of participation. The activity was a confidence booster and it encouraged fellowship for a good cause.

“I’m really, really happy about it, because I know that there’s a lot of events that take place that don’t really have a turn out,” Harwell said. “I am grateful for some of my kids to show some of the talents that they have and to get a little more experience.”

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Acorn Stairlifts. The AFFORDABLE solution to your stairs! **Limited time -\$250 Off Your Stairlift Purchase!** Buy Direct & SAVE. Please call 1-800-410-7127 for FREE DVD and brochure.

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Got Knee Pain? Back Pain? Shoulder Pain? Get a pain-relieving brace -little or NO cost to you. Medicare Patients Call Health Hotline Now! 1-800-419-3684

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Legal Notice

ANNE ARUNDEL COMMUNITY COLLEGE
REQUEST FOR PROPOSALS PROJECT NO. C2016-16-P
OPEN END CONTRACT FOR GENERAL PAINTING SERVICES

Anne Arundel Community College (AACC) is soliciting contractor qualifications from firms to provide turn-key painting services to the College on an as needed basis. Turn-key shall include the necessary labor, materials, tools and equipment (i.e. lift, ladders, etc.) to complete each job for, but not limited to, the Arnold, Arundel Mills, HCAT and Glen Burnie campuses. **Statement of Qualifications will be accepted until 11 a.m. EST on October 27, 2015.**

Statement of Qualification (SOQ) documents may be obtained from the Purchasing office by contacting Heidi Frist, Senior Purchasing Agent, by e-mail: hmfrist@aacc.edu.

Notice of Nondiscrimination: AACC is an equal opportunity, affirmative action, Title IX, ADA Title 504 compliant institution. For information on AACC's compliance and complaints concerning sexual assault, sexual misconduct, discrimination or harassment, contact the federal compliance officer at 410-777-1239 or Maryland Relay 711.

To place Legal Notices in The Annapolis Times,
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email: legals@btimes.com

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READY FOR A REVOLUTION? STORIES FROM DESCENDANTS OF AMERICAN REVOLUTIONARY SOLDIERS



*Painting: The Battle of Cowpens by William Ranney.

• SATURDAY, OCTOBER 10, 2015

Genealogy Session 10:30 am Lecture: Noon

Since the Boston Massacre in 1770, American colonists and their families have been part of the country's fight for independence. Today's program will feature black and white descendants of American Revolutionary soldiers sharing stories of their ancestors and lineage. Guest panelists include: Karen Sutton (DAR), Jean Fugett Esq. (SAR), Christos Christou (SAR) & Reisha Raney (DAR).

This event will be located at the Flag House Museum, 844 E. Pratt Street. Admission is \$5.00. Please rsvp by calling 443-263-1816 or by emailing lisa.crawley@lewismuseum.org

Ease into retirement online this fall

By Fontaine Joynes
Social Security District Manager
Baltimore

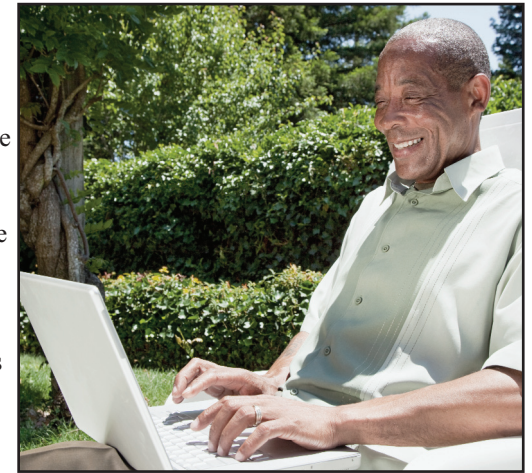
During the fall season, many people reflect on the gradual passing of time as green leaves turn gold and pine needles blanket lawns. You are also slowly changing, and those golden years of retirement are one season closer.

We want you to be as prepared as possible, and making applying for retirement easy is one of Social Security's top priorities. In fact, applying for retirement benefits has never been easier. You can do it all online. Unlike the leaves that take many weeks to change, you can complete Social Security's online retirement application in as little as 15 minutes. Better yet, you can apply from the comfort of your home or office. There is no need to drive to a local Social Security office or wait for an appointment with a Social Security representative. Simply go to www.socialsecurity.gov/retire/apply.html.

Most of the time, after your online application is submitted, you're done. There are no forms to sign, and we usually require no additional documentation. Social Security will process your application and contact you if we need further information.

Planning for retirement is much like preparing for colder weather—you want to protect yourself and your loved ones as best you can with the best resources possible.

One important, but easy way to do this is to check your Social Security Statement using your secure online my Social Security account. Set up your account easily by answering a few questions to prove your identity. After you



have an account, you can check your Statement anytime, day or night. Your Social Security Statement shows your lifetime earnings so you can make sure those records are correct. This way, you'll know your retirement benefit will be accurate.

In addition, there are some useful things you can do with your personal my Social Security account, such as: Get an estimate of your future benefits if you're still working; print a letter with proof of your benefits if you currently receive them; and manage your benefits:

- *Change your address
- *Start or change your direct deposit
- *Get a replacement Medicare card
- *Get a replacement SSA-1099 or SSA-1042S for tax season.

Beginning the season of retirement can be exciting and scary at the same time. At Social Security, we make it easier by providing the tools and information you can use to help you make the best decision for you and then apply for benefits online. And, when you're done, you'll have more time to rake up those pine needles and leaves! Go to www.socialsecurity.gov/retire/apply.html to start that new season in your life today.

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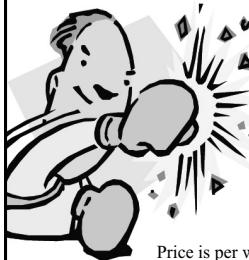
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