

Hopkins hosts 33rd Annual MLK Commemoration



On Friday, January 9, 2015, Johns Hopkins University School of Medicine and Johns Hopkins Hospital celebrated the life and legacy of Dr. Martin Luther King Jr. with a standing-room only crowd in the Turner Auditorium at the 33rd annual commemoration of King's journey with song, speeches and an awards ceremony. Tribute was paid to the late Maya Angelou at the event. (Above) "Unified Voices," a volunteer gospel choir of Baltimore community members and Johns Hopkins faculty, staff and students, performed a bevy of civil rights-related songs, including "Oh Happy Day," and the Black National Anthem, "Lift Every Voice and Sing." (Story on page 10)

Photo Courtesy of Johns Hopkins Medicine

MSDE, Microsoft collaborate to provide cutting-edge technologies to Maryland public school students

By Andrea Blackstone

Maryland State Superintendent of Schools, Dr. Lillian M. Lowery announced a statewide collaboration between the Maryland State Department of Education (MSDE) and Microsoft to provide cutting-edge technologies to Maryland public school students, their families and educators at a press conference on Thursday, January 8, 2015 at High Point High School in Prince George's County,

The business community, districts, states and schools were challenged to increase high-speed Internet access to American students in schools and libraries by President Obama's ConnectED initiative, designed to enrich K-12 education through technology. Microsoft and MSDE answered the call to action through a special collaboration.

Superintendent Lowery explained that Maryland public school students and teachers can download Office 365 ProPlus on up to five home devices, including PCs, Macs, Android devices, tablets iPhones and iPads without cost.

"Microsoft is helping us to address equity and career readiness for all students," Lowery said.

Jaime Harper, general manager of education for Microsoft, also announced that Microsoft IT Academy (ITA) programs will be offered in the state.

Microsoft will increase access to information technology training in 25 Maryland high schools piloting ITA. High Point High School is an ITA program site. Public school students will use Microsoft technologies and be encouraged to consider careers in the technology fields, such as IT infrastructure, computer software design and database design.

"We're launching 25 new Microsoft IT Academies in Maryland. Microsoft will provide licenses for the Microsoft IT Academy program to 25 high schools in 10 county school systems. All students in the receiving high schools will have access to online courses and tutorials, and the teachers will receive unlimited access to instructional tools," Harper said.

As a part of the ITA program, participants will have the opportunity to earn MTA (Microsoft Technology Associate)



Maryland State Superintendent of Schools, Dr. Lillian M. Lowery announced the statewide collaboration between Maryland State Department of Education (MSDE) and Microsoft to provide cutting-edge technologies to Maryland public school students at a press conference on Thursday, January 8, 2015 at High Point High School in Prince George's County. Photo by Andrea Blackstone

certification. In Anne Arundel County, Chesapeake High School and Meade Senior High School will reportedly offer Microsoft IT Academy programs. Digital Harbor High School, Baltimore Polytechnic Institute and Coppin Academy High School are listed as participating Baltimore City School locations. In Baltimore County, Dulaney High School, Western Tech High School, Catonsville High School, Eastern Technical High School and Sparrows Point High School are reportedly among the 25 new high-level information technology academy program sites.

Harper explained that under the ITA program, educators who work at participating schools, students and staff will receive digital curriculum and professional development. With their assistance, students will be enabled to learn in-demand skills that can help prepare them to compete in a skilled workforce.

"In fact, the U.S. Bureau of Labor Statistics states that more than 50 percent of today's jobs require some degree of technology skills, and experts say that will increase to over 77 percent in the next decade. So truly, it's not enough just to have competency. It's also important to have skills in the technology, going forward. And our goal here is to increase access to these trainings and certifications that allow these young people to pursue any profession they choose, because technology skills will be required by most," Harper said.

According to Harper, learning to design a database or write a web page can help students think about getting a job in the IT field.

Maryland public schools students and their families can download Microsoft Office 365 ProPlus at <https://marylandaccess.education>.

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Guest Editorials/Letters

King and LBJ Stood Together

By Congresswoman Eddie Bernice Johnson
NNPA Guest Columnist

The new highly-acclaimed motion picture "Selma" suggests that former President Lyndon Baines Johnson was not an ardent supporter of the Voting Rights Act of 1965, and that he and Dr. Martin Luther King Jr. had a less than fragile relationship. Nothing is farther from the truth. Both men worked very hard to create a society in which all people have the right to vote, access to medical care, decent housing and funding for education.

In my view, history will show that no other American president played as a critical a role in the advancement of civil rights, fair housing and education than President Johnson. In fact, a number of authors have written that only the acts of President Abraham Lincoln equal what President Johnson did for minorities in America.

Most knowledgeable historians agree that the Civil Rights Act of 1964 and the Voting Rights Act, which passed one year later, became law because President Johnson passionately supported them. In addition to the two landmark civil rights measures, the nation also witnessed the passage of legislation that introduced Medicaid and Medicare during the Johnson administration.

In fact, federal legislation that prohibited housing discrimination in the sale, rental or financing of housing based on race, national origin or religion was signed into law by President Johnson. The federal housing legislation, which became a model for many state legislatures, became law on April 11, 1968, just seven days after the assassination of Dr. King.

In the area of education, President Johnson included in his "War on Poverty" agenda, the Elementary and Secondary Education Act of 1965. Among other things the legislation provided financial assistance to students from low-income families. Under the law, \$1 billion in funding was made available to schools that serviced minority students. The measure was described as the "most significant step of this century" to assist all school children.

Dr. King and President Johnson were born and reared in a segregated South. They understood the political realities of the region and they worked as best they could to change them. Dr. King was present at the White House when the Voting Rights Act was signed into law. He and President Johnson communicated regularly. Their individual lives impacted the country and each other.

While speaking before a joint session of Congress to propose the Voting Rights Act, President Johnson passionately said, "And we shall overcome." Dr. King and some of his close aides watched the president on television. One of them, my colleague Congressman John Lewis, said that Dr. King cried when he heard the president use the banner cry of the Civil Rights Movement during his address.

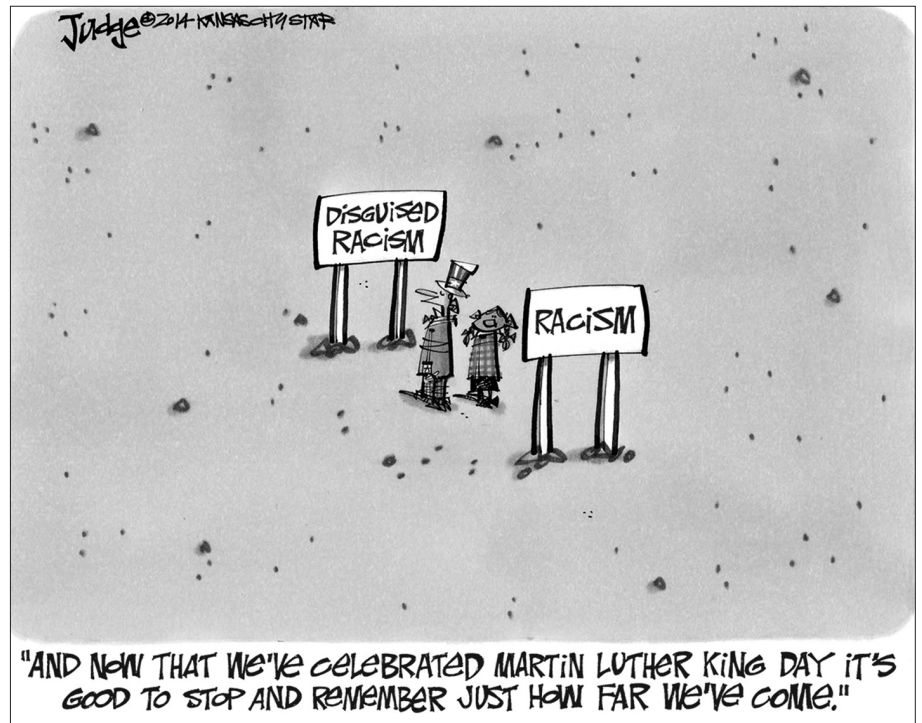
The importance of President Johnson's work was celebrated at the University of Texas in Austin last year at the library named for him by ordinary citizens and by President Obama who was joined by former presidents Jimmy Carter, Bill Clinton and George W. Bush. I will join Congressional colleagues in a celebration of President Johnson's monumental achievements later this year in the nation's capitol.

In a few days, the entire nation will pause to acknowledge the contributions made by Dr. King. There will be tributes, parades and speeches made to celebrate his remarkable life, which was cut short by a sniper's bullet.

President Johnson died of a heart attack after deciding not to seek a second term as our nation's leader. The national debate over the Vietnam War had damaged the soul of this patriot and defender of civil rights. I do not believe that legislation guaranteeing equal rights to minorities would have passed Congress but for his fortitude, and his belief in the equality of all people.

President Johnson, a former teacher and Dr. King, a Baptist preacher, had tremendous respect for each other and understood the crucial roles that each played in changing our nation and its laws. They both assumed vital and necessary roles in making America the democracy that it is today. They are owed a tremendous debt of gratitude by all people.

Rep Eddie Bernice Johnson represents Texas' 30th Congressional District.



Letters to the Editor

Editor:

Re: President Obama Went AWOL

On January 11, 2015, 40 leaders from various countries along with 1.3 million people participated in anti-terrorism events in Paris, France. President Obama was AWOL and he was only represented by our ambassador to France.

It is difficult to believe our President overlooked the need to be in Paris for the anti-terrorism rally. Based on his previous comments it is quite possible he decided he did not want to offend Islam by appearing at the anti-terrorism unity march.

In the past he has refused to label the

multitude of attacks conducted by Muslims as Islamic terrorist attacks. He said, "We are not at war with Islam," but it sure appears Islam is at war with us. After all, what is the religion of almost every terrorist who has attacked western civilization in the past 50 years?

President Obama, you just offended every freedom loving person in the world.

Donald A. Moskowitz
Londonderry, NH

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Reclaiming the Legacy of Dr. Martin Luther King, Jr.

Benjamin F. Chavis, Jr.
NNPA Columnist

The 2015 Martin Luther King, Jr. National Holiday should have a different impact on the collective consciousness of black America. Why? Because once again there are millions of black Americans who are more determined than ever to keep pushing forward to achieve full freedom, justice, equality and empowerment. The historic methodology, style and substance of Dr. King's leadership, needs to be reclaimed by those with the heavy responsibility to lead.

By re-embracing Dr. King's prophetic activism and mobilization genius, I believe black American leaders of national organizations will be effective in countering the backward drift of voter suppression, racism, violence and hopelessness. The tone set in the King Holiday ceremonies this year should focus on achieving equality and economic empowerment for all.

Martin Luther King, Jr. was a strong, visionary, mesmerizing leader. He used nonviolent civil disobedience as an

effective strategy. He challenged injustice everywhere while generating enough political capital that led to the enactment of the 1964 Civil Rights Act and the 1965 Voting Rights Act. Shortly before King's assassination in April 1968, he was clear about the need to secure economic justice en route to becoming what he called the "Beloved Community."

Over the past year, there have been

than their parents and preceding generations. Even so, emerging young leaders are not relenting—they are pushing forward with renewed energy, conviction and vigor. In fact, we should not forget that Martin Luther King was only 26 years old in 1955 when he became the primary spokesman for the nascent Montgomery Bus Boycott Movement.

Many campaigning for public office are looking beyond MLK Day to the 2016

when he assumed office. And now that the economy has improved, they refuse to give him credit for the recovery.

As we prepare to celebrate the birthday of Dr. Martin Luther King, Jr., we should remember he concluded that economic justice was also a key civil rights issue. Two weeks before Dr. King was murdered, he addressed a rally in Memphis of American Federation of State, County and Municipal Employees (AFSCME). King stated, "Now our struggle is for genuine equality, which means economic equality. . . . For we know now that it isn't enough to integrate lunch counters. What does it profit a man to be able to eat at an integrated lunch counter if he doesn't have enough money to buy a hamburger?"

Dr. King was on point.

Today, the struggle is not just about having more money to buy something. It is about knowing how to more effectively invest and spend the \$1.1 trillion that Black Americans are expected to spend annually by 2015. It is about owning more businesses in our communities. In the tradition of Dr. King, we have to wisely leverage our huge consumer power.

We are grateful that the legacy of Dr. King's leadership continues to be vibrant and relevant to the advancement of the cause of freedom and justice. We, therefore, face the future with a stronger confidence that we still shall overcome, largely by reclaiming Dr. King's legacy.

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.

"As was the case in the past, young people today are only less prejudiced than their parents and preceding generations. Even so, emerging young leaders are not relenting—they are pushing forward with renewed energy, conviction and vigor. In fact, we should not forget that Martin Luther King was only 26 years old in 1955 when he became the primary spokesman for the nascent Montgomery Bus Boycott Movement."

numerous demonstrations across the nation demanding racial justice in the wake of police killing of Michael Brown, Eric Garner, Tamir Rice and Romain Brisbon. It was a positive sign of progress to witness street protests that, in the spirit of Dr. King, transcended race and class. All forms of injustice must be opposed. It was Dr. King who reminded us that, "an injustice anywhere is a threat to justice everywhere."

As was the case in the past, young people today are only less prejudiced

U.S. presidential race. Our challenge is to make sure the quest for equality and justice does not get placated by the politics of expediency. In other words, the momentum to transform America evident in 2014 should not be allowed to dissipate over the next year.

Now that the U.S. economy continues to rebound, efforts to end poverty in our communities should be significantly increased. Interestingly, those who opposed President Barack Obama blamed him for things that were already bad

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Pasadena barber, Annapolis minister make community impact by giving back

By Andrea Blackstone

Monzy Lee Faulkner, Jr., owner of All In His Hands Barbershop in Pasadena and Rev. Dr. Carletta Allen, pastor of Asbury United Methodist Church in Annapolis are among this year's local honorees recognized for helping to keep the legacy of Dr. Martin Luther King, Jr. alive by making contributions to their communities.

A consortium of organizations selected ten recipients to be honored during the annual Dr. Martin Luther King, Jr. Awards dinner held Friday, January 16, 2015 at La Fontaine Bleue in Glen Burnie.

In the spirit of Dr. King's ideals to create a better world and promote equality for all Americans, area residents like Faulkner and Allen have given time and service to make a difference in the lives of others in their communities.

Faulkner, 39, was nominated by Bishop Larry Thomas to receive this year's Drum Major Award.

Faulkner, a successful entrepreneur, started giving back to youth and adults, while paying the cost to host community events out of his own pocket.

Faulkner purchased and distributed school supplies in the community for over seven years. He reportedly feeds the homeless, sponsors little league football teams—such as the Pasadena Chargers and Brooklyn Park Broncos—supports area churches and donates free haircuts to children each September during Freetown Day.

Within the past year, some of Faulkner's clients were inspired to step up to help others along with him.

"They saw the things I was doing [and] they started donating, which was a help to me," Faulkner said.



(Left) Monzy Lee Faulkner, Jr., owner of All In His Hands Barbershop in Pasadena received the Drum Major Award and (right) Rev. Dr. Carletta Allen, pastor of Asbury United Methodist Church in Annapolis received the Dream Keepers Award at the annual Dr. Martin Luther King, Jr. Awards dinner held Friday, January 16, 2015 at La Fontaine Bleue in Glen Burnie. Each year, recipients are selected for helping to keep the legacy of Dr. Martin Luther King, Jr. alive by making contributions to their communities. Courtesy Photos

Although the Glen Burnie resident remarked that receiving recognition for his generous community work brings joy to his heart Faulkner says he does it without expectation of recognition or reward.

"It's just the kind of heart that I have," Faulkner said humbly. "I just feel like it's important for me to give back to the community, because God [gave] me the opportunity to have a successful business for over 20 years. I also feel like it's my obligation to help the people in the community any way possible."

Reverend Allen was selected to receive the Dream Keepers Award. She gained recognition as a vocal advocate



organization, Interfaith Worker Justice of Maryland and airport concession workers, Rev. Allen blocked the entrance of the State House in Annapolis.

Because of the efforts of various organizations and community leaders to fight for the rights of hospitality workers led to Governor Martin O'Malley signing legislation to raise the state's minimum wage from \$7.25 to \$10.10 an hour by 2018.

"It seems to me that it's wrong, when people benefit on the backs of others," Rev. Allen said, "What we pay people says how we value them."

Rev. Allen revealed that activism is rooted within her family history.

"There is an exhibit at the University of South Florida of my grandmother's work. She [the late Ellen Haynes Green] is now called the mother of integration of Tampa, Florida. Rev. Allen said, 'I'm just a little country church lady who saw a wrong and I tried to right it.' That's exactly how I feel about the work that I do. I certainly don't do it because I anticipate awards, although awards are wonderful affirmations that something good is happening on behalf of others," Rev. Allen continued, "I'm like my grandmother. For me, my faith and what is sometimes called social justice are intertwined. There is no dividing line for me. When I read the holy books, I encounter a God who is very much concerned with the well being of all people. When I was in seminary, we were taught to devote our energies to those who are most vulnerable."

Alderman Rhonda Pindell Charles; Bishop Douglas Miles; Carl Owens; Howard Zeiderman; Jeffrey S. Blum; Dr. Larry W. Blum; Miriam Stanicic, and Ramocille Solenza Cooper Johnson also received awards.

for the rights of workers, some of whom reportedly work two or three part-time jobs.

"I was shocked when I got the notification for a couple of reasons. I am very new to the community. I haven't seen myself as making a lot of contributions to the community, although there were some people saying that I have changed the dynamics in this town. I'm very humbled by it," Rev. Allen said.

Allen was handcuffed and arrested in 2013, after a march to Lawyer's Mall to bring attention to the plight of workers at BWI Thurgood Marshall Airport. Along with other members of the

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John Harbaugh: Faith, Focus and Football

By *Turron Davenport*

The Baltimore Ravens concluded the 2014 season with a loss to the New England Patriots in the Divisional Round of the AFC playoffs. John Harbaugh has referenced faith many times when he talks about his team. The Ravens have been faced with a lot of distractions this season but they always stuck together and kept the focus on remaining in the hunt for a Super Bowl Title.

Harbaugh gave a moving speech to his team in the locker room after the game.

“You guys didn’t let anything affect you. We have a bunch of men in here that care about one another. You have faith in God above. You guys will fight for each other against anything.” Harbaugh said. “Any kind of adversity that we had, any challenges that we faced, and there were many, you guys kept your head down and your eyes forward all year round. I couldn’t be more proud of a group of guys.”

The Ravens head coach is well respected by his players and around the NFL. It’s rare that another team’s head coach calls a franchise to suggest that they hire a candidate but that is exactly what happened for Harbaugh. Patriots head coach Bill Belichick reached out to Ozzie Newsome to endorse Harbaugh as a candidate. That decision turned out to be a detrimental one as Harbaugh’s Ravens kept the Belichick’s Patriots from advancing to the Super Bowl in 2012.

Coaching is in John Harbaugh’s blood. His brother Jim Harbaugh is now the head coach at the University of Michigan and his father Jack is a former head coach at Western Michigan and Western Kentucky University. John actually got his start in coaching by following his father’s footsteps to Western Michigan University. He worked his way up the ladder and became an NFL head coach



Baltimore Ravens head coach John Harbaugh during the 2015 AFC Divisional Playoffs game against the New England Patriots at Gillette Stadium in Foxboro, Massachusetts on Saturday, January 10, 2015.

Courtesy Photo/The Baltimore Ravens

after 23 years of coaching.

Harbaugh is known for his intense

work ethic and ability to motivate men. His motivational skill-set is something that many veterans appreciate. He tries to get players to not only be better players; he tries to inspire them to be better men. Harbaugh connects with his players. That is something that many of the players mention when describing Harbaugh.

“Coaching is about relationships.” said Steve Smith Sr. “John has one on ones with everybody on the team, all the time. Breakfasts, lunches, dinners, on the practice field.”

There is a reason that Harbaugh will often times refer to faith when during his press conferences. Harbaugh is a devout Roman Catholic. A belief in a higher being is very important to him. He will not hesitate to mention that.

The thing that seems to affect his players the most is Harbaugh’s confidence. The confidence becomes contagious to the players. Joe Flacco talked about the confidence recently.

“A lot of times the coach might not have a big impact. I’ve been on teams where

the players basically are the ones with the biggest impact. The thing with John is, he’s there every day in the team meeting, so confident, and I think we feed off him.”

That confidence is what allowed the Ravens to walk into Pittsburgh and smoke the rival Steelers in the Wildcard round of the playoffs. It’s what drove the Ravens to jump out to a 14-0 lead against the Patriots. That’s what makes the Ravens so dangerous and it’s what makes Harbaugh one of the best all time playoff coaches.

Even in a loss, he finds a way to talk positively about his players. “I am very proud of our guys. They have been overcoming adversity and competing all year. I have never been around a team that has handled distractions with minimal drag. They were focused on being the best team that they can be.”

Harbaugh is proud to be the Ravens coach. There is one way to strive for longevity and that’s to have the mentality to in his own words “survive by thinking one second, one play, one minute at a time.”

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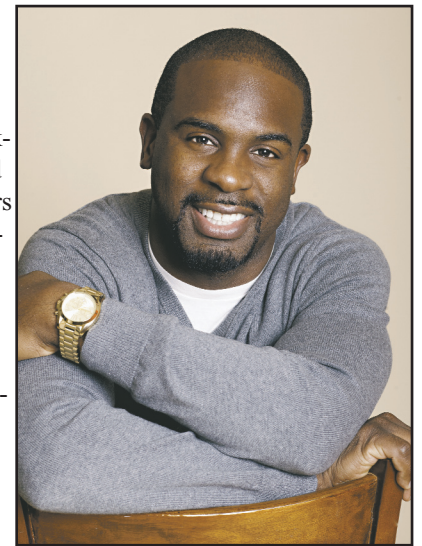
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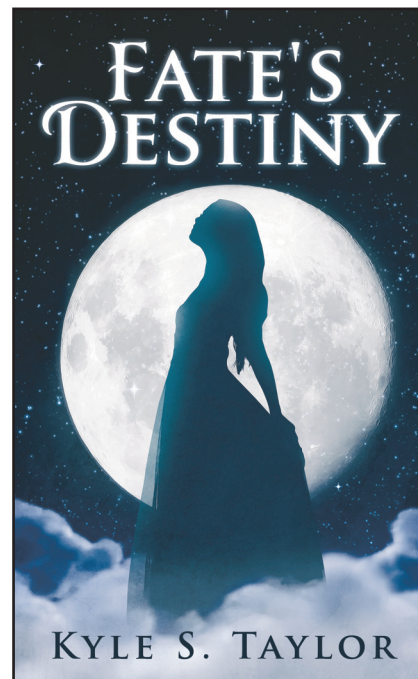
Local author pens book about fate

Baltimore— Kyle Taylor is a 2001 graduate of Loyola Blakefield High School in Towson, Maryland. He graduated from Morgan State University in Baltimore in 2005 with a B.A. in English/Journalism. He has a professional background in communications and journalism, and has had articles published in several newspapers including The Baltimore Sun, The Afro-American Newspaper, The Baltimore Times, and The Baltimore Business Journal.

The primary plot “Fate’s Destiny” revolves around God being upset with the state of the world, dismayed at how things are, and debating destroying it again. Instead, the fate of mankind is placed in the hands of three individuals: Sheldon, Ann, and Winston. These three are chosen by God due to their own inner struggles and are tested to see if they can overcome those internal challenges. However they are never informed of this, and are unaware that they are essentially on trial for



Kyle Taylor
Courtesy Photos



the sins of mankind. Should they fail their tests, mankind is doomed.

One of the themes of the novel is choice. Each character in the book is confronted with an issue and must make a decision on what path they will take. This is something everyone can relate to because we are all tasked with making a multitude of choices on a daily basis. Those choices, for better or for worse, determine who we are, regardless of if they are internal or external decisions.

Fate’s Destiny is currently available as an ebook and in paperback. The ebook is available in Apple’s iBooks, Amazon’s Kindle store, Barnes and Noble’s Nook store, and in Google Play’s, and Kobo Books’ ebook stores. The paperback is available on Amazon’s, Barnes & Noble’s, and Books-A-Million’s websites.

For more information about Kyle Taylor and his novel, visit his blog:
www.kylestaylor.blogspot.com.

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Hopkins hosts 33rd Annual MLK Commemoration

By Stacy M. Brown

When it comes to celebrating and remembering Dr. Martin Luther King, Jr., the Johns Hopkins community certainly counts among those who routinely capture the legacy of the late civil rights icon. On Friday, January 9, 2015, a standing-room only crowd in the Turner Auditorium celebrated Dr. King's life and legacy at the 33rd annual commemoration of his journey with song, speeches and an awards ceremony.

The two-hour event also paid tribute to the late Maya Angelou.

"It's pretty heavy in here right now," said Dr. Levi Watkins, Jr., the commemoration's founder and retired Johns Hopkins University professor.

The celebration kicked off in earnest with "Unified Voices," a volunteer gospel choir of Baltimore community members and Johns Hopkins faculty, staff and students, performing a bevy of civil rights-related songs, including "Oh Happy Day," and the Black National Anthem, "Lift Every Voice and Sing."

"The march for justice continues," said Morris Dees, the keynote speaker of the event and the founder of the Southern Poverty Law Center.

Dees, 78, spoke with fervor about tolerance and the challenges that America still faces, particularly in the aftermath of several controversial and highly-charged police incidents including the Michael Brown shooting in Ferguson, Missouri and the Eric Garner chokehold death in New York. "This nation is great because of our diversity, not in spite of it."

The son of cotton farmers in Alabama, Dees witnessed firsthand social and economic deprivation, along with Jim Crow laws at their worst, according to his biography provided by officials at Johns Hopkins Hospital.

In 1970, he founded the Southern Poverty Law Center and in 1980, the center founded the Intelligence Project in response to the resurgence of organized racist activity, he said.

The project monitors hate groups and develops legal strategies for protecting citizens from violence-prone groups. In 1991, Dees and the Intelligence Project won a \$7 million precedent-setting judg-



(Left to right) Community Service Award Winners Margaret Strong; Rochelle Mariano; Nelson Moody Sr.; keynote speaker Morris Dees, founder of the Poverty Law Center; Dr. Levi Watkins Jr. retired Johns Hopkins University professor and founder of the Annual Martin Luther King Jr. Commemoration; and Community Service Award Winners Janine Coy; Harlisha Martin; Theresa Barberi; Danielle Chi (wife of Dr. Albert Chi, who accepted the award on his behalf because of his deployment); and Adi Noiman at the 33rd Annual Martin Luther King, Jr. Commemoration at Johns Hopkins Medicine's Turner Auditorium on Friday, January 9, 2015.

Photo by Gar Roberts

ment against the United Klans of America on behalf of the mother of a young black man lynched by the Ku Klux Klan in Mobile, Alabama.

Other victories against hate groups include a \$6 million judgment that bankrupted the Aryan Nation, a \$12.5 million verdict against the California-based White Aryan Resistance for the death of a black student and a \$26 million verdict against the Klan for burning black churches.

"Our march for justice didn't end with the Voting Rights Act of 1965," Dees said. "It continues today."

In introducing Dees, Dr. Watkins called the activist "one of the biggest challengers to extremism." And, Dees himself helped to underscore that as he encouraged the overflow crowd to carry on King's commitment to human rights and social justice.

"We must not stop, there's much to be done," he said. "We see so much division now in this nation. Mass incarceration is a major issue we must deal with and we have the problem of how to determine how we stop racial profiling in this country."

"There are lonely pockets of poverty and

injustice in America," Dees said quoting King. "There are those who are not finding opportunity for justice. Today, that continues."

Dees' speech was met by a standing ovation. The celebration also included addresses by Ronald J. Daniels, president of The Johns Hopkins University; Paul B. Rothman, dean of the medical faculty and CEO of Johns Hopkins Medicine; and Ronald R. Peterson, president of The Johns Hopkins Hospital and Health System and executive vice president of Johns Hopkins Medicine, each who underscored the event's theme of tolerance.

During the event, a video displayed all of the events previous keynote speakers, including Stevie Wonder, Dick Gregory, John Lewis, Jesse Jackson and Harry Belafonte.

A special tribute to Angelou featured a poem she recited at Hopkins shortly before her death.

"Maya Angelou loved Johns Hopkins," Dr. Watkins said, as the audience erupted in applause.



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Life in Baltimore: Golden Bubbly Champagne for Celebrations

By Brenda Bowe Johnson

Many of us celebrated the beginning of the New Year with that golden bubbling drink known as champagne. Have you ever wondered where does it come from? Why is it called champagne? How is it made? What makes it bubble? Just what is the story behind champagne?

Since its creation by the monk Dom Perignon in the 17th century, no other wine has rivaled champagne as the symbol of luxury and perfection. According to French law, only wine from the region of Champagne, which is grown in designated areas, then aged and bottled according to the strictest standards called “methode champenoise” can be labeled as champagne. Most champagne is non-vintage—the skill of the blenders using reserves of older wine, creates consistency and excellence year after year. Sparkling wines made outside of Champagne cannot be labeled champagne.

The region of Champagne is a very compact district consisting of Reims and



Baltimore native Gyl Golden (left) samples champagne in Hautvillers at the Gobillard Champagne House in France. Courtesy Photo

Epernay largely in the French department of the Marne. Three varieties of grapes are grown, Pinot Noir, Pinot Meunier and Chardonnay. Most champagne is a blend of all three, though Blanc de Blanc is 100 percent chardonnay and Blanc de Noir, although white is made only from red

grapes. The grandes marques, or “big names” command the prestige and prices, but many small growers and cooperatives also produce excellent-value wine well worth seeking out.

To produce its characteristic bubbles, champagne has to undergo a process of double fermentation, the “methode champenoise.” In the first fermentation, the house wine made from rather acidic grapes is fermented at 68 -72F in either stainless steel tanks or traditional oak barrels. It is then siphoned off from the sediment and kept at colder temperatures to clear completely, before being drawn off and blended with wines from other areas and years. The wine is bottled and “liqueur de tirage” a combination of sugar, wine and yeast is added.

During the second fermentation, the bottles are stored for a year or more in cool chalky cellars. The yeast converts the sugar to alcohol and carbon dioxide, which produce the sparkle, and the yeast cells die leaving a deposit. To remove this, the inverted bottles are turned and

tapped daily during a process called remuage to shift the deposits into the neck of the bottle. Finally, the deposits are expelled by the process known as “degorgement” and a bit of sugar is added to adjust the sweetness before the final cork is inserted.

A well known “grand marque” Moet & Chandon was started in 1743 and is the largest Champagne House. This group owns other Champagne Houses including: Mercier; Krug; Pommery; and Veuve Clicquot. Other producers include: Bollinger; Taittinger; and Ruinart.

If you ever have the opportunity to travel to Paris, France be sure to include a day trip to Reims for a champagne tour or a visit to Epernay for a walk along Avenue de Champagne where the Champagne Houses are located for a tasting and tour. If you are unable to get to France anytime soon, visit one of our local wine shops in town such as The Wine Source, 3601 Elm Avenue; The Wine Market, 921 E. Fort Avenue; or Wine Underground, 4400 Evans Chapel Road.



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Martin Luther King, Jr. Day

January 19

Martin Luther King, Jr. Weekend 2015
Roundtable, Performances, Interactive Activities

Celebrating the Legacy of MLK

Baltimore— The events in Ferguson, Missouri raised questions along racial lines in current times, creating dialogue across the country. Over MLK Weekend 2015, the Reginald F. Lewis Museum convenes the public to continue the work towards solutions. Also, the museum presents a variety of kid-friendly and adult programs to inspire positive change and to celebrate the life of the civil rights leader.

Saturday, January 17, 2015

Gallery Walk with the Artist of Struggle: Portraits of Civil Rights and Black Power at noon.

Tour the exhibition *Struggle: Portraits of Civil Rights and Black Power* with the photographer behind the portraits, J.M. Giordano. Giordano has photographed the well-known, as well as unsung, freedom fighters of the era in formal portraits. While historic images of civil rights and Black Power leaders exist through photojournalism, Giordano composes portraits as a statement of the prominence of these individuals. His work establishes a new visual history of this pivotal American era. An informal Q&A follows. Special admission \$5.



MLK Children's Birthday Party (ages 6-10) at 2 p.m.

Honor Dr. Martin Luther King, Jr. with a children's birthday party to celebrate the Civil Rights leader. Enjoy a screening of the children's video, "March On! The Day My Brother Martin Changed the World" to learn about the March on Washington. Sing freedom songs and join in games about tolerance with storyteller Janice the Griot. Create an "I have a Dream" craft project with museum staff. Cake and ice cream will be served. To RSVP, call 443-263-1875 or visit RFLewisMuseum.org. Special admission \$5.

The Reginald F. Lewis Museum is located 830 E, Pratt Street, Baltimore, MD 21202



Monday, January 19—MLK Day Commemoration from noon to 5 p.m.

A Community Roundtable Conversation: Healing Beyond Ferguson

The museum seeks to be a place where people of different backgrounds and races can come together for learning and understanding. The capstone event for MLK Day will be a roundtable discussion that continues the work towards solutions after recent events like those in Ferguson, Missouri. Visitors are invited to join in the conversation led by roundtable speakers to include Baltimore Police Commissioner Anthony Batts, Baltimore City Councilman Nick Mosby, Judge Robert Bell, Reverend Al Hathaway, Farajii Muhammad, co-founder and president of the youth-governed organization, New Learning Leadership Center, Meaca Downing, a member the New Learning Leadership Center; and Dr. H. Lovell Smith, Assistant Professor of Sociology at Loyola University.



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Live Performance: Drumetry (Drums + Poetry)

Dr. Dorothy Adamson Holley of N-Chat celebrates freedom by performing

Live Performance: A Cappella Quintet

In Process, a women's a cappella quintet, performs freedom songs. Their performance pays homage to Freedom Riders, the individuals who risked their lives in 1961 to protest segregation at interstate bus terminals in the Deep South by traveling together throughout the region.

"Stories from the Struggle for Civil Rights"

Individuals recount moving oral histories, such as John and Shirley Billy who will tell of their experience as an inter-racial couple in pre-Civil Rights America. All events to be held at the Reginald F. Lewis Museum, 830 E. Pratt Street in Baltimore. The Reginald F. Lewis Museum of Maryland African American History & Culture is Baltimore's premier facility highlighting the history and accomplishments of African Americans with a special focus on Maryland's African American community. For more information, call 443-263-1800 or visit: www.RFLewisMuseum.org

"Face It" Wall

Visitors are invited to post their thoughts on the "Face It" Wall, as part of an interactive project inside the museum to create critical thought about events like Ferguson, Missouri. Virtual visitors will be able to post on the museum's social media streams.



Community Quilt Unveiled

This fall, the public was invited to create quilt squares at the museum answering the question "What does it mean to be American?" The completed quilt will be unveiled and will join the permanent collection of the museum. The project was led by Dr. Joan Gaither, a celebrated quilter who documents stories through quilts.

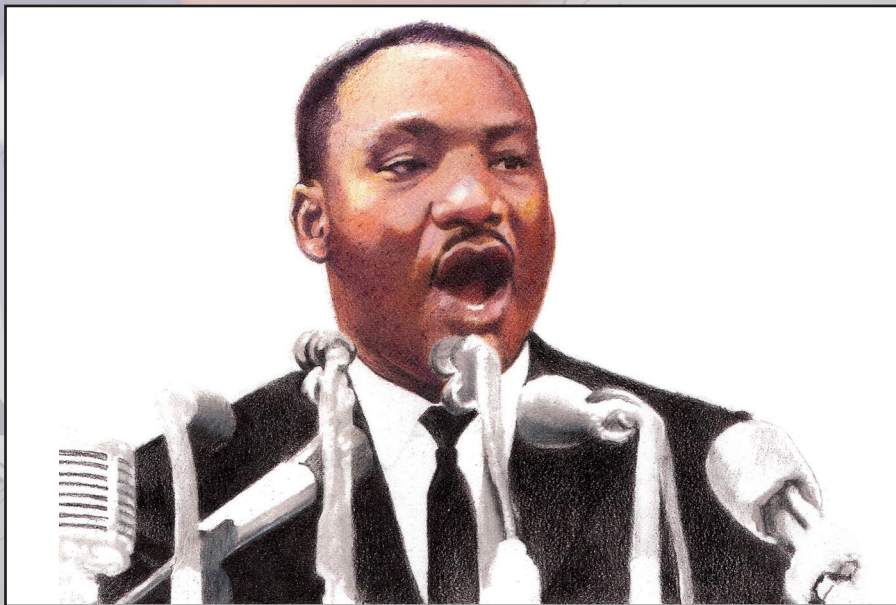
A look at the life and influence of Dr. King

Dr. Martin Luther King, Jr. played a pivotal role in race relations in the United States for nearly a decade. He helped secure the end of legal segregation of African-American citizens, created the Civil Rights Act of 1964 and served as a source of inspiration for black individuals across the globe.

Dr. King did not begin his life as a crusader or public figure. He had much more modest beginnings in rural Atlanta. Born Michael King, Jr., he was the middle child of Michael King, Sr. and Alberta Williams King. Michael King, Sr. served as pastor of Ebenezer Baptist Church upon the death of his father-in-law, who was the church's prior pastor. At this point, the elder king decided to change his name to Martin Luther to honor the famed Protestant religious leader. His son soon decided to adopt the name as well.

A religious family, the Kings tried to shield their children from the realities of racism that were alive and well in the country. They believed racism and segregation to be an affront to God's will, and Martin, Sr. discouraged separation of class and taught these lessons to his children. Those lessons resonated with Martin, Jr.

Dr. King attended Booker T. Washington High School and was so advanced he was able to skip both the 9th and 11th grades. He went on to college at the age of 15, graduating from Morehouse College in 1948 with a degree in sociology. In his junior year of college, King enrolled in a Bible class that sparked a renewed enthusiasm for the ministry. He later enrolled in the liberal Crozer Theological Seminary in Chester, Pennsylvania, where he received a Bachelor's of Divinity. Later he attended Boston University and earned a Ph.D. at the age of 25. It was during his time in Boston that he met his future wife, Coretta Scott. While he was completing his dissertation work, Dr. King became the pastor for the Dexter Avenue Baptist Church of Montgomery, Alabama.



Martin Luther King, Jr. became directly involved in the civil rights movement after the head of the local NAACP chapter in Montgomery met with him on the night that Rosa Parks was arrested for failure to give up her bus seat to a white passenger. Dr. King helped institute the Montgomery Bus Boycott. During this time, African-Americans refused to ride the public bus system in Montgomery. The boycott lasted 382 days. During that time, Dr. King's home was bombed due to his involvement in the boycott, and he was arrested for conspiracy. His work paid off on December 21, 1956, when the Supreme Court ruled that racial segregation on public transportation was illegal.

Dr. King promoted nonviolent protests against unfairness to the African-American community, urging civil disobedience and peaceful

protests, tenets that formed the basis for the Southern Christian Leadership Conference, or SCLC, which he led. He participated in numerous non-violent protests and was arrested several times. During one stint in jail, he penned his famous, "Letter from a Birmingham Jail."

Dr. King established a relationship with fellow African-American civil rights activist Bayard Rustin, who shared similar interests, including the teachings of Gandhi. Rustin would serve as King's mentor and also was the main organizer of the March on Washington that took place on August 28, 1963. Approximately 250,000 demonstrators were involved in the march, and it was the largest demonstration in the nation's capital up to that time. In front of the Lincoln Memorial, Dr. King issued his famed "I Have a Dream" speech. He later met

with President John F. Kennedy to appeal for greater rights for African-Americans and called for an end of segregation.

As a result of his civil rights efforts, Dr. King was awarded the Nobel Peace Prize on December 10, 1964, at the age of 35. He was the youngest person ever to receive the honor. He donated all of the prize money to his racial equality effort.

Through the late 1960s, Dr. King expanded his Civil Rights Movement to other cities. But he was often met with criticism, especially when he appealed to white middle-class citizens. Many militant black organizations considered King's methods too weak and ineffective. His support was faltering and Dr. King grew weary of marches, jail and protests. However, in April of 1968, a labor strike in Memphis drew King's attention, and he gave a speech about the sanitation labor dispute, which would prove to be prophetic. The next day, on April 4, Dr. King was hit by a sniper's bullet while standing on an outside terrace of his motel room at the Lorraine Motel. King's words from the previous day, including, "I've seen the promised land. I may not get there with you. But I want you to know tonight that we, as a people, will get to the promised land," were haunting. James Earl Ray was charged with the assassination.

In his honor, Americans have celebrated Martin Luther King, Jr. Day as a federal holiday since 1986. King was posthumously awarded the Presidential Medal of Freedom in 1977. Many streets have been renamed in his honor, and Dr. King remains a source of inspiration decades after his death.

"And when this happens, when we allow freedom ring, when we let it ring from every village and every hamlet, from every state and every city, we will be able to speed up that day when all of God's children, black men and white men, Jews and Gentiles, Protestants and Catholics, will be able to join hands and sing in the words of the old Negro spiritual: Free at last! Free at last! Thank God Almighty, we are free at last!"

Rambling Rose

Baby it's cold outside!



Rosa Pryor Trusty

Hello everyone! How are you? Girl-friend, I know it is cold outside! But we have to keep moving so we can get warm. We just have to dress for the occasion and bundle up for the Martin Luther King Jr. Parade. Put on your long johns, gloves and hats and snuggle up with your buddies and family and go see this beautiful parade on Monday, January 19, 2015. It starts at Martin Luther King, Jr. Boulevard and Eutaw Street at noon then proceeds south on Martin Luther King, Jr. Boulevard and disbands at Baltimore Street.

You will get the opportunity to view a wide variety of organizations and performance groups from around the region march to honor the legacy of the late Dr. King. The parade will include performances from community bands such as The Baltimore Entertainers Marching Band, The Baltimore Westsiders, New Edition Marching Band and N-Full Motion Marching Stallions Bands, the Dunbar High School Marching Band; the local chapters of high-stepping fraternities and sororities including Dr. King's own Alpha Phi Alpha Fraternity, Alpha Kappa Alpha Sorority, Delta Sigma Theta Sorority, Iota Phi Theta Fraternity and much more. I'll see you there.

For you history buffs, the Reginald F. Lewis Museum will host a "Gallery Walk with the Artist of Struggle" showing "Portraits of Civil Rights and Black Power" with the photographer behind the portraits, J.M. Giordano. Giordano has photographed the well-known, as well as unsung, freedom fighters of the era in formal portraits. While historic images of civil rights and Black Power leaders exist through photojournalism, Giordano composes portraits as a statement of the prominence of these individuals. For more information and tickets, call 443-263-1875. Or go to: www.RFLewisMuseum.org.



Jesse Wineberry, CEO Broadcast Urban to speak at Annual Martin Luther King Jr. Breakfast hosted by Kings Landing Women's Service Club on Monday, January 19, 2015 at Martin's West located at 6817 Dogwood Road. For ticket information, call Marge Green at 410-663-3199.

Let us continue to party with "The Crew" with the Friday Night Oldies on Friday, January 16, from 8 p.m. until 1 a.m. at the Caton Castle on Baltimore and Hilton Streets. With the grown folks music and entertainment there will be food served. Call 410-675-6379 for more information.

Speaking of oldies; the C&V Productions are in search for local talented singers (female or male) for their "Pennsylvania Avenue Royal Review (Revisit)" to do the look-a-like, sing and portray the "Likes and image of the Marvelettes, Martha and The Vandellas and Mary Wells. It is Karaoke with a touch of flair. Top prize is \$1,000. The main event will be held in May. Only 15 audition slots available. You must be present at all audition and rehearsals. If interested, call Vanessa or Cleveland at 443-660-8211.

Charm City Jazz presents a night of smooth jazz & sweet soul with Althea Rene and Marcus Young on January 17 7



The Baltimore Office of Promotion & the Arts commemorates the life of civil rights leader and icon Dr. Martin Luther King, Jr. with the 15th Annual Dr. Martin Luther King, Jr. Parade on Monday, January 19, 2015. The parade steps off at the intersection of Martin Luther King, Jr. Boulevard and Eutaw Street at noon. Dress warmly and I will see you there!



"Habit Band" featuring the original members: Angie, Juan, Poochie, Merv, Jimmy, Mark, Buttons and Calvin will perform at the Maryland Van Council Annual Dance at Pikesville Community Hall located at 40 E. Sudbrook Lane in Baltimore on Saturday, January 17, 2015 from 9 p.m. until 1 a.m. It is cabaret style, BYOB, BYOF and free set-ups. Yours truly, "Rambling Rose" will be signing my new book. For more information, call Tawanda at 443-527-9590.

p.m. at the North Baltimore Plaza Hotel, 2004 Greenspring Drive, in Timonium, Maryland. For ticket information, call 443-858-9781.

Travel with the Emmanuel Court No. 4 Heroines of Jericho, Prince Hall Affiliation to Resort Casino in Atlantic City, New Jersey on Monday, January 19. The bus leaves at 8 a.m. sharp and returns at 8 p.m. at 1-70 at Security Park & Ride and 2nd location is at 1-95 North, exit 89 Park & Ride for ticket information, call 410-277-4343, or 443-838-7601 or 443-686-1921.

FYI: The Rosa Pryor Music Scholarship Fund is looking for a caterer for the organization's Annual Gospel Prayer Breakfast Fundraiser. If interested, call 410-833-9474 or email: rosapryor@aol.com.

Well, my dear friends, I am out of space. If you need me, just email me or send your flyers, pictures, press releases and notes to my email address, rosapryor@aol.com. Do not send me information or invites or photos thru Facebook or any other social media except for email. UNTIL THE NEXT TIME, I'M MUSICALLY YOURS.

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January 14 - January 20, 2015

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Value Pack
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7⁹⁹ MVP
LB

MVP
1²⁹ MVP
LB
Value Pack
**Chicken Drumsticks
or Thighs**
Without MVP Card Regular Retail

MVP
2 \$5 MVP
FOR
1 Lb. Container
Strawberries
Without MVP Card \$3.99 EA

MVP
2⁹⁹ MVP
LB
Center Cut, Bone-In
Pork Chops
Without MVP Card \$4.19 LB

MVP
99¢ MVP
EA
Iceberg Lettuce
Without MVP Card \$1.79 EA

MVP
5⁹⁹ MVP
EA
8 Lb. Bag
Navel Oranges
Without MVP Card \$7.99 EA

2 \$4 MVP
FOR
128 Oz. or 6 Pack - 10 Oz. Bottles
Select Varieties
Hawaiian Punch
Without MVP Card \$2.69 EA

6⁹⁹ MVP
EA
28-30.6 Oz. - Select Varieties
Maxwell House Coffee
Without MVP Card \$8.49 EA

2 \$4 MVP
FOR
8 Oz. - Select Varieties
**Food Lion Chunk or my essentials
Shredded Cheese**
Without MVP Card Regular Retail

1⁶⁹ MVP
EA
8 Ct. - Select Varieties
Kellogg's Pop-Tarts
Without MVP Card \$2.49 EA

MVP
6⁹⁹ MVP
LB
**Food Lion Fresh
Deli Roast Beef**
Without MVP Card \$7.99 LB

PICK your PLAY

SEE IN STORES FOR DETAILS ON HOW TO PLAY

2²⁹ MVP
EA
10-14 Oz. - Select Varieties
**Kraft Deluxe or Velveeta
Shells & Cheese Dinner**
Without MVP Card \$2.79 EA

2 \$3 MVP
FOR
18.6-19 Oz. - Select Varieties
**Campbell's Chunky or
Homestyle Soup**
Without MVP Card \$1.89 EA

2 \$4 MVP
FOR
6.5-9 Oz. - Select Varieties
Hot or Lean Pockets
Without MVP Card \$2.59 EA

2 \$3 MVP
FOR
16-24 Oz. - Select Varieties
Ragu Pasta Sauce
Without MVP Card \$1.99 EA

MVP
BUY 1 GET 1 FREE
Single item at 1/2 price
9-13.7 Oz. - Select Varieties
Sunshine Cheez-It Crackers
Without MVP Card \$3.99 EA
Limit 2 Free

MVP
BUY 1 GET 1 FREE
Single item at 1/2 price
9-14 Oz. - Select Varieties
Tostitos Tortilla Chips
Without MVP Card \$4.29 EA
Limit 2 Free

MVP
BUY 1 GET 1 FREE
Single item at 1/2 price
14-16 Oz. - Select Varieties
Oscar Mayer Beef or Meat Franks
Without MVP Card Regular Retail

MVP
6⁹⁹ MVP
EA
22-28.05 Oz. Bag - Select Varieties
Tyson Chicken
Without MVP Card \$8.49 EA

MVP
3 \$10 MVP
FOR
19.86-24.2 Oz. - Select Varieties
Red Baron 12" Pizza
Without MVP Card \$3.89 EA

Indie Soul: Sister's Soul Celebrates Resiliency of Women in the Performing Arts

By Phinisse Demps

A community event to celebrate the resiliency of women in the music industry and the importance of arts education will take place Saturday, January 24, 2015 at the Eubie Blake Center located at 847 North Howard Street in Baltimore from 3 p.m. to 6 p.m. Featured will be former front women of prominent bands with international acclaim Navasha Daya (Fertile Ground); N'dea Davenport (Brand New Heavies), both of whom have garnered international acclaim as solo artists. This family friendly event is open to all ages and is free.

Navasha Daya's Iwa Pele Music Series provides an exciting opportunity for children and youth from at-risk communities throughout Baltimore City and beyond to engage and learn from professional performing artists. Through this event and throughout the series issues related to equitable access to the arts for Baltimore's most disenfranchised youth will be explored.

The Youth Resiliency Institute (YRI) is a non-profit arts-based social benefit organization that provides programming in Baltimore, Maryland and East Cleveland, Ohio. Navasha Daya serves as director of the Healing & Performing Arts and is co-founder of the Youth Resiliency Institute. Since 2010, the Youth Resiliency Institute has provided programming for children, youth and families throughout Baltimore City with a focus in Cherry Hill Homes. In July 2014, the organization was recognized at the White House where YRI Execu-



N'dea Davenport
Photo: Brand New Heavies

tive Director, Fanon Hill, shared YRI's organizational philosophy and work in Baltimore City.

As a professional performance artist who calls Baltimore home, Daya notes that there are limited opportunities for children and families from at-risk neighborhoods to interact with professional artists. She also recognizes that there are even fewer opportunities for women in the music industry to share insight about the role that women play as artists, musicians, producers and businesswomen in the Baltimore area. Through dialogue and a special workshop with young artists living in Baltimore public housing led by N'dea Davenport, the aforementioned issues will be addressed.

For more information about this event and future Navasha Daya's Iwa Pele Music Series events, email: day-team@gmail.com

Indie Soul Entrepreneur: Brandon Jones



The first issue of SELF-MADE Magazine comes out on Friday, Jan. 16, 2015.
Courtesy Photo

By Phinisse Demps

"I am doing this for my family. I want my kids to see how it is to work for themselves. It is up to me to set the example."—Brandon Jones

While Brandon Jones was Morgan State University studying media and journalism his dream was to start a media company. Media for Jones meant owning a radio station and a print magazine.

"I felt like there were not a lot of young voices speaking up on certain topics whether that is music, fashion, or hosting events. I wanted to show people that as young people, particularly blacks that we do matter and we do have a voice," says Jones. "The idea of starting a magazine actually came from mom, who I learned so much from pertaining to the media because she worked for a newspaper, couple that with my love of ownership, what better way to come out than with a magazine focusing on entrepreneurship, hence Self-Made Magazine."

Jones' Self-Made Magazine encour-

ages people, especially minorities to start their own businesses. It also talks about the finance of starting and running a business, highlighting entrepreneurs and offering advice.

"Our first issue is Friday, January 16th. Not only will there be a hard copy of the magazine, but people can also go online to www.theseelfmademagazine.com to read more articles, tips and other information for entrepreneurs. This is not just a Baltimore-Maryland magazine but a worldwide magazine. If you are only thinking locally, then you are missing the global exchange," says Jones.

When asked if he is worried that some magazines are not surviving, Jones notes, "This is something that the people need and want. From speaking with others, they are hungry for something that speaks to them."

Brandon Jones, Indie Soul understands your passion. Good luck and much success! Follow Brandon Jones on Twitter: @Self_MadeMag and on Facebook: SelfMadeMagazine.

Indie Soul Review: BIG WORDS



BIG WORDS behind the scenes with Gbenga Akinnagbe (forefront) and Darien Sills-Evans in the background.

By Phinisse Demps

The beauty of independent films is that they often times become cult classics.

The film *Big Words* is one of those films that you will want to own. So, for the old hip-hop heads, soul singers and independent film lovers this one is for you.

“*Big Words*” is about a group that was coming of age during the golden age of hip-hop in the 90’s. Due to various circumstances, the group doesn’t attain that status they were seeking.

Fast-forward to the historic election of President Obama 2008. On the night of Obama’s history-making election, the three friends, once members of a promising hip-hop group, now in their late

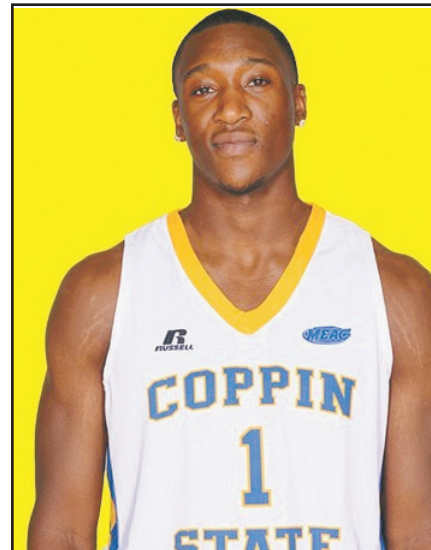
30’s, struggle with regret, disappointment and change.

For those who came up in that era, this will spark reflection in your own life about choices you have made and whether you pursued your dreams.

“*Big Words*” stars: Dorian Missick (Southland), Gbenga Akinnagbe (The Wire), Darien Sills-Evans (Third Watch), Yaya Dacosta (Whitney) and Jean Grae. The film is available on Netflix and locations that sell indie films.

To see the movie trailer, visit The Baltimore Times Facebook page; Facebook.com/TheBaltimoreTimes. For more information about *Big Words*, visit: www.bigwordsthemovie.com.

HBCU Round-Up: Coppin State Basketball & Track



Dallas Gart

Photos: Courtesy of Coppin State Univ.



Deandra Daniel

By Phinisse Demps

Coppin State junior guard Jordan Swails (Upper Marlboro, Md./Academy of Holy Cross) was named the Mid-Eastern Athletic Conference (MEAC) women’s basketball Player of the Week after helping the Eagles split a pair of games against Norfolk State and Howard. Swails was a scoring force for the Eagles in a 58-56 victory over Norfolk State last Monday and during a 68-66 setback at Howard on Saturday.

In earning her first career conference “Player of the Week” honor, Swails averaged 18 points and eight rebounds while shooting 57.1 percent from the field. Swails started the week with 16 points and seven rebounds against Norfolk State in the Eagles’ MEAC opener. She scored seven of her points in the final five minutes to help the Eagles rally from a late five-point deficit and earn the tough road victory. The criminal justice major ended the week by finishing with career highs in points and rebounds in a loss against Howard. She shot 9-of-14 (64 percent) from the field to finish with 20 points, nine rebounds



Jordan Swails

and two assists against Howard.

Dallas Gary scored 12 of his season-high 16 points in the second half against Howard in a 71-69 loss. In 22 minutes, Gary was 6-for-9 from the field. Gary also made 4-of-5 shots from the foul line.

Deandra Daniel won the high-jump at the Father Diamond Invitational with a season-high clearance of 1.81 meters. Daniel’s effort is the best in the MEAC and fourth-best nationally.



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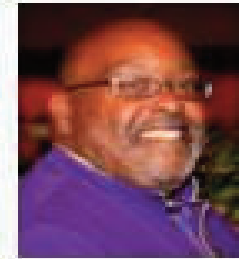
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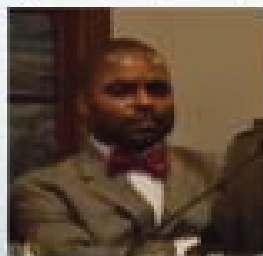
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Volunteer Maryland and the Rural Maryland Council are offering an information session from 2 p.m. to 4 p.m. on Wednesday, January 28, 2015, at Quiet Waters Park in Annapolis, where agencies utilizing volunteers can learn about how both organizations can help you build capacity and better serve your mission. Along with information, there will be plenty of time to network and ask questions.

Contact Kerry Ose, Outreach Manager, Volunteer Maryland, for more information and to register at 410-767-6231 or 410-333-7010 and kerry.ose@maryland.gov. Also see website at www.volunteermaryland.org.



Emmaus Center

Emmaus Center is a faith-based organization that supports forgotten people who have no place to call home. It does this through an ongoing relationship with the people they serve helping them rise above homelessness, joblessness, and hopelessness. Emmaus Center is a place where the forgotten people in the area can come and share in the life of the community and find meaning and purpose in their lives.

There is a current need for volunteers to help with food pickups, cooking two or three days per week, volunteers to help with cleaning at the end of the day, and for people to help with fundraising events, grants, and managing donations. For more information, contact Barbara Hudgens at 410-766-7729 or 410-570-7955 or bhudgens.emmauscenter@gmail.com; see website: <http://www.emmauscenter.net/>.

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Tips on how to go on ice and snow

Towson, Md.— With recent icy conditions, freezing rain and snowfall, commuters in the region are urged by AAA Mid-Atlantic to consider their options and to use extreme caution, if they must drive during these types of conditions.

“The first rule of thumb during severe winter weather is not to drive unless it is absolutely necessary,” said Ragina Cooper Averella, Public and Government Affairs Manager for AAA Mid-Atlantic. “Motorists should remember that cars and ice don’t mix and driving a car on cold, slippery surfaces is an extremely dangerous activity.”

If you must drive, AAA Mid-Atlantic recommends the following winter driving tips:

Prepare Your Vehicle for Use in Ice and Snow— Be sure your vehicle is ready for winter driving. All weather or winter radial tires with excellent tread are necessary. Additionally, excellent windshield wipers with a full reservoir of wiper fluid are essential for visibility. The Mid-Atlantic Foundation for Safety and Education’s Winter Car Care Checklist can help determine a vehicle’s winter maintenance needs. Many of the items on the list can be inspected by a car owner in less than an hour, but others should be performed by a certified technician.

De-Icing A Car— Keep an extra ice scraper in your home should your ice scraper become frozen in the vehicle overnight. De-icing fluid should also be kept indoors should your door locks become frozen. Removing snow and ice from your car before leaving home improves visibility and makes your car lighter and more responsive.

When To Drive— If conditions are icy, AAA Mid-Atlantic advises motorists to stay off the roads until road crews have treated the roads for ice and then

not until conditions are favorable for the commute. Nearly one-quarter of weather related vehicle crashes occur on snowy, slushy or icy pavement, resulting in more than 1,300 deaths and 116,800 people injured annually, according to the Federal Highway Administration.

Reduce your speed and take your time so that you will have more time and distance to react to road conditions— Increase your following distance so that you will have more time and distance to react to road conditions and events in front of you. Watch for ice, deer, and other problems that come with the season.

Use extra caution on bridges and overpasses— Bridges and overpasses freeze first and melt last. Therefore, use extra caution as the roadway leading up to the bridge may appear fine but the bridge itself could be a sheet of ice.

Accelerate slowly— Traction is the greatest just before the wheel starts to spin; therefore accelerating slowly will increase your grip on the road.

Brake slowly and gently— Slamming on the brakes on ice or snow covered roads dramatically increases your risk of losing control of your vehicle. When braking on ice and snow, remember what type of braking system you have: *With anti-lock brakes, keep the pedal depressed and do not pump the brakes—the braking system will do that for you. *If you do not have anti-lock brakes, then apply the brakes firmly. If the brakes start to lock up, slowly release the brake pedal until the tires are no longer skidding and you can feel them braking properly again.

Increase following distances— Normal following distances of three to four seconds for dry pavement should be increased to eight to 10 seconds when



driving on icy surfaces. This extra time will allow for extra braking distance should a sudden stop become necessary. If driving on a four-lane highway, stay in the clearest lane; avoid changing lanes and driving over built-up snow.

Do Not Use Cruise Control and Avoid Tailgating— Do not use cruise control when driving on any slippery surface. By not using cruise control, you will be able to respond instantly when you lift your foot off the accelerator.

If you skid on a slick surface, don’t panic— To regain control of your vehicle, you have to remain calm. First, take your foot off the brake or accelerator. Second, fight the instinct to fight the car and steer into the direction it is traveling to regain traction. Third, begin to accelerate slowly.

Drive defensively and look ahead— Try to anticipate when you might need to change lanes, make a turn, or react to the action of another driver – and act a little earlier than usual.

Guard against SUV overconfidence— Four-wheel-drive vehicles do a good job gaining traction initially and avoiding getting stuck, but once they are

moving, they have the same difficulty keeping control and stopping as other vehicles and they are far more prone to roll-overs than other kinds of vehicles.

Emergency Road Kit— AAA Mid-Atlantic urges motorists to store a winter weather kit in their car. Winter weather driving kits should include: a blanket, ice scraper, flares/reflective triangles, flashlight with extra batteries, jumper cables, bag of abrasive material such as cat litter, shovel, cloth/paper towels, and a fully charged cell phone. Check tires, wiper blades and car batteries before hitting the road.

Drive Distraction Free— It is also important when driving in winter conditions to drive distraction-free and in the right frame of mind. The AAA Foundation for Traffic Safety found that looking away from the road for just two seconds doubles your risk of being in a crash. AAA recommends if you are with a passenger, enlist the passenger’s help to carry out activities that would otherwise distract you from driving safely.

For more information, visit the website: www.AAA.com.

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