

Red Dress™ Sunday raises awareness of heart disease in women



Red Dress™ Sunday an innovative, faith-based program started by St. Agnes Hospital in Baltimore to educate the community about the prevalence of cardiovascular disease among African-American women and the critical importance of early detection. The event aims to motivate women to make positive lifestyle choices and changes to keep their hearts healthy. This year, more than 170 Maryland congregations will take part in Red Dress Sunday, exposing thousands of local women to the campaign's important message. Immediately following the service, Saint Agnes Hospital and its partners will sponsor a health fair that offers a variety of medical services and expertise to the community. The participating churches in Annapolis are: First Baptist Church of Annapolis located at 31 West Washington Street and Mt. Olive AME located at 2 Hicks Avenue. For more information about the program, visit www.RedDressSunday.com. (See article on page 10)

Photo Credit: Maximilian Franz

BSO celebrates black history by honoring innovators

By Stacy M. Brown

While Baltimore area organizations, museums and other cultural institutions have detailed their various plans to celebrate Black History Month, the Baltimore Symphony Orchestra certainly will not be outdone.

Internationally recognized as having achieved a preeminent place among the world's most important orchestras, the BSO through its family series program will honor African-American innovators at the Meyerhoff Symphony Hall in Baltimore on Saturday, February 21, 2015 at 11 a.m.

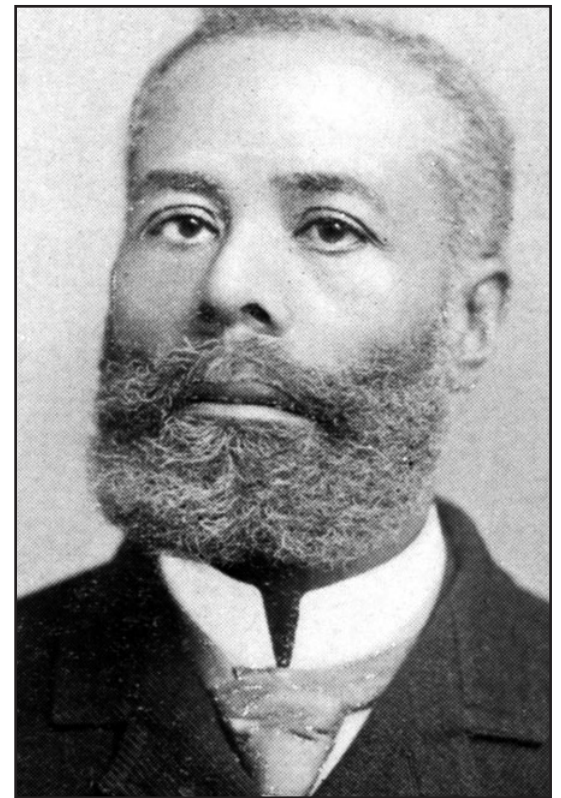
"The family series is one of the Baltimore Symphony Orchestra's longest running and this program to celebrate African-American history will be an interactive concert to engage children and family members by using classical music as the centerpiece," said Annemarie Guzy, BSO's director of education. "There will be lots of fun, lots of themes and this year we will look at Duke Ellington and Elijah McCoy, the inventor and engineer who helped facilitate train travel and we will look at how it came to be that his name was the reason for the saying, 'The real McCoy.'"

The Black History Month celebratory event will feature the music of Duke Ellington, the famed composer, pianist and bandleader; and Heitor Villa-Lobos, the Brazilian composer and one of the foremost Latin-American composers of the 20th century.

Guzy says the Baltimore City College Choir, led by its director Marcus Smith, will lend their voices for a collection of African-American spirituals, honoring the impact of innovation on history. Entertainer Shannan E. Johnson has been picked to serve as narrator and BSO's associate conductor for education and director of BSO's Youth Orchestras Ken Lam will conduct the event.

The 2011 Memphis International Conducting Competition winner, Lam made his American professional debut with the National Symphony Orchestra at the Kennedy Center in 2008 as one of four conductors selected by Leonard Slatkin.

"The program will be so much fun and



The music of Duke Ellington (right) will be featured, and engineer and inventor Elijah McCoy (right) will be recognized during the Baltimore Symphony Orchestra's Black History Month concert on Saturday, February 21 at the Meyerhoff.

Courtesy Photos/The BSO

the narrator will weave through the spirituals and help connect the audience to the music," Guzy said. "We will also touch on the Harlem Renaissance and the writers and composers of that time and we will pair that with break dancing, so that is exciting."

A break dancing workshop will be held in the lobby of the Meyerhoff before the concert, according to Guzy. Plenty of research went into planning the program because organizers wanted to be sure to present an interactive and memorable celebration event.

The National Great Blacks in Wax Museum will provide figures from its collections and activities such as face painting will also be available for children.

"We definitely do intend to keep it as engaging as possible," Guzy said. "We've really been working to energize and create the most meaningful and relevant concert possible for our families and I'm confident that everyone will have a fantastic time."

Tickets start at \$29 and are available through the BSO Ticket Office. For tickets or more information, call 410-783-8000 or visit: BSOmusic.org.

BLACK HISTORY MONTH

**A TIME TO REFLECT,
REMEMBER & CELEBRATE**

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Guest Editorials/Commentary

Netanyahu, Republicans Beating Drums of War

By Bill Fletcher, Jr.
NNPA Columnist

We need to see beyond petty insults. The fact that House Speaker John Boehner (R-Ohio) chose to invite Israeli Prime Minister Benjamin Netanyahu to address Congress without coordinating this with the White House was a snub and everyone knows that. Yes, it was an insult!

What is actually more important is that the Republican majority, along with Netanyahu, wish to take the United States into a war with Iran—that is what we must understand.

The United States, along with several other countries, are engaged in very tricky negotiations with Iran over the latter's nuclear program. The U.S. and Israel assert that the Iranians wish to build nuclear weapons. No proof has ever been provided to that effect. The Iranians, signatories to the Nuclear Non-Proliferation Treaty, assert that they aim to build a nuclear program for peaceful energy purposes.

Netanyahu has been egging the U.S. on for years to take military action against Iran. Such action would be both illegal and immoral. There is no foundation for an attack, particularly since the only nuclear power in the Middle East is Israel, a country that is a non-signatory to the Nuclear Non-Proliferation Treaty and a possessor of more than 100 nuclear weapons.

Nevertheless, Netanyahu and his allies in the Republican Party believe that Iran must be pushed to the wall. Further sanctions, as President Obama argued, will do nothing but destabilize the negotiations, which is precisely what Netanyahu wishes to accomplish. If the negotiations break down, then there is a good chance that there will be war.

Now, for a moment, let's consider the implications. Please, step away from this column and get a map of the Middle East. Currently, there is a civil war in Syria. The U.S. is involved. There is a civil war in Iraq. The U.S.A. is involved. There is a civil war in Libya. The U.S. helped to bring that about. There is instability in Bahrain. The U.S. has a fleet stationed there and has done nothing to mediate the crisis. There are more hot spots that can be added to this list. Given all of this, how could the U.S.A. even consider military action against Iran?

You might notice that I keep referencing Prime Minister Netanyahu singularly. That is because there is a split within the Israeli political class that is becoming evident. Recent reports indicate that the Israeli security service—the Mossad—opposes an attack on Iran. So does the U.S. military. Yet, the Republicans in Congress and their friend Netanyahu are prepared to cry wolf, and let slip the dogs of war.

They know, better than us that they will have little price to pay for such irresponsible actions. You and I, instead, will pay the price, particularly when we view the body bags returning home.

Bill Fletcher, Jr. is the host of The Global African on Telesur-English. He is a racial justice, labor and global justice activist and writer. To contact Bill Fletcher, Jr., visit: www.billfletcherjr.com.



Community Affairs

Federal Funds available for summer meals

Baltimore— The Maryland State Department of Education (MSDE) has announced that federal funds are available to assist public and private nonprofit organizations in serving free nutritious meals and snacks to children this summer through the Summer Food Service Program (SFSP), a U. S. Department of Agriculture program.

Nearly 390,000 Maryland children are eligible for free or reduced-price school meals, but may not have access to nutritious meals during the summer when schools are closed. For every 100 eligible children, only 16 participate in the summer nutrition program. For families with children, food insecurity increases during the summer months. The SFSP provides children the nutritious meals they need to keep hunger at bay and remain healthy throughout the summer.

“The meals provided by the Summer Food Service Program support summer programs and help draw children into

educational, enrichment and recreational activities that keep them learning, engaged, active and safe during school vacation. The program helps prepare children for the new school year so they can perform to the best of their ability,” said State Superintendent of Schools Lillian M. Lowery.

The SFSP provides reimbursement to organizations for meals and snacks served to children in areas where at least 50 percent of the children qualify for free or reduced-price meals under the NSLP, or when 50 percent of the children enrolled in a program qualify for free or reduced-price meals. Most organizations may be reimbursed for up to two meals or snacks per child per day. Migrant programs and camps may be reimbursed for up to three meals per child per day. Meals and snacks must meet federal nutrition guidelines.

The Program is open to children and teens age 18 and under and to individuals over 18 who are mentally or physically disabled. Interested organizations should contact MSDE at 410-767-0214. The deadline for applications is May 29, 2015. For information about the SFSP, visit: www.eatsmartmaryland.org.

Financial shackles still in place

By Charlene Crowell
NNPA Columnist

As the annual, month-long Black History observance begins, now is a good time to reflect on the journey that previous generations of blacks have taken in the quest for total freedom and equality. From 1865's Emancipation Proclamation, to 1954's U.S. Supreme Court decision in *Brown v. Board of Education*, and 1965's voting rights legislation, black Americans have vigilantly fought for freedom.

Celebrations of our milestone moments convey our unique American history. By embracing our history, we teach our youth and remind older ones of significant strides achieved when we had none of the freedoms promised by our nation. Most of these achievements were fought and won when Black personal financial resources were rare, limited or nonexistent.

Blacks serving in the United States Colored Troops during the Civil War fought for the union as well as for themselves and the futures they envisioned for their families. Imagine the pride they

must have felt when for the first time in their lives they held their own paychecks. According to the National Archives, beginning in 1864, banks such as South Carolina's Military Savings Bank and Louisiana's Free Labor Bank were created for these soldiers. For many, it was the first time they had ever been paid for their work.

Following the Civil War and regard-

The National Negro Bankers Association, founded in 1924, tried to provide support for its members. But by 1942, only 70 such institutions survived.

Fast forward to today when many consumers of color continue to distrust lending institutions. Despite federal laws, unequal treatment in the financial services sector has worsened age-old distrust and helped contribute to the

black America's money and wealth.

Subprime auto loans, now an \$870 billion industry, actively seeks consumers with less than stellar credit, only to lock them into long-term loans that charge interest rates as high as 400 percent or more and for as long as 96 months.

High-cost, for-profit colleges heavily recruit students of color through misleading marketing practices. More often than not, students wind up dropping out of school and are left with no education and a lot of high-cost loans. The few who earn degrees quickly learn that their time and student debt investment did not bring respected academic credentials or training that would lead to gainful employment.

When household expenses exceed money available, borrowing a few hundred on a payday loan will result in fees that cost more than the principal borrowed. With each loan renewal, a difficult and deepening cycle of debt leaves borrowers even more financially challenged than ever.

Only time will tell how long it will take to recover the nearly \$1 billion of wealth lost by Black and Latino mortgage borrowers as a result of foreclosures, short sales and devalued properties.

The chains of slavery are long gone but have been replaced by shackles of debt that deny our dreams and desired futures.

In 2015, let us learn from our history to take our financial patronage to businesses that offer fair and transparent value for their products. It is time to keep more of our money in our own pockets.

Charlene Crowell is a communications manager with the Center for Responsible Lending. She can be reached at Charlene.crowell@responsiblelending.org.

“Fast forward to today when many consumers of color continue to distrust lending institutions. Despite federal laws, unequal treatment in the financial services sector has worsened age-old distrust and helped contribute to the growing racial wealth gap.”

less of locale, an important goal was to incorporate economic opportunity into the transition from slavery to freedom. For a short time between 1888 and 1934, 134 black banks were established across the country. As black banks grew, so did the number of black customers and businesses. These were the institutions that sold and serviced loans for mortgages, built schools and churches, and invested in black small businesses.

Unfortunately, the Great Depression of the 1930s destroyed banks serving customers of all races. Few institutions were able to survive panicked runs by depositors who demanded all of their money as they closed accounts.

It also began a serious distrust of banks and other lending institutions. For many, money in the mattress or hidden places in the home were thought to be safer options than financial institutions.

growing racial wealth gap.

The number of black-owned banks has shrunk to only 25 institutions as of last September, according to the Federal Deposit Insurance Corporation. This still-dwindling number of black financial institutions is especially intriguing when contrasted with findings from the National Newspaper Publishers Association report that projects black purchasing power will reach \$1.1 trillion this year.

With all of the growth in purchasing power, why is it that so few black people have wealth comparable to other groups?

One piece of this puzzle is the predatory lending practices that plague our communities and has been documented by a series of research reports from the Center for Responsible Lending (CRL). From financing major purchases to small-dollar loans, predatory lending siphons off

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Kennedy, Satcher lead mental health forum

By Stacy M. Brown

His first report as the U.S. Surgeon General was released 15 years ago when it was revealed that mental health conditions affected far more individuals than anyone had ever imagined.

Now, as director of the Morehouse School of Medicine's Satcher Health Leadership Institute, Dr. David Satcher released a new public opinion research study on Tuesday, February 3, 2015, that revealed 71 percent of Americans are seeking significant or radical changes in the way medical officials and experts treat mental health and addiction.

"More needs to be done to innovate and collaborate," said Satcher, who joined U.S. Rep. Patrick J. Kennedy in announcing the formation of the Kennedy Center for Mental Health Policy and Research at an event in Washington. The center will be housed within the Satcher Health Leadership Institute at Morehouse in Atlanta.

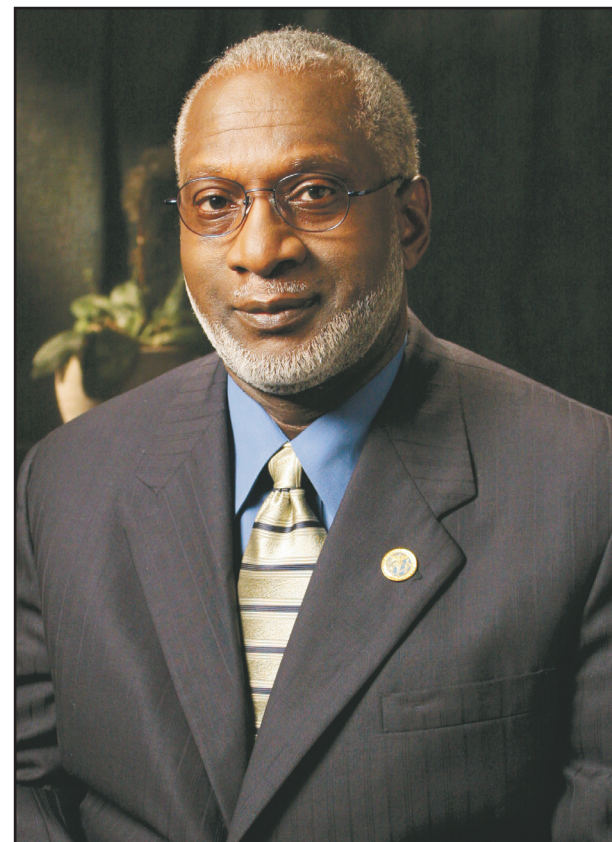
"This is something that first began with President John F. Kennedy when he spoke about removing the barriers to mental health treatment and when he signed in 1963 the Mental Health Act," Satcher said. "Two years ago, Patrick Kennedy and I initiated a forum and that followed what Patrick, his dad and I had formed which was a very important partnership to thrust mental health into the spotlight."

The Satcher-Kennedy partnership and the center will focus on highlighting, expanding and promoting best practices in mental health and addiction treatment and both men said they are hoping to make significant progress toward solving a range of challenges in mental health and substance use disorders through work there.

Dr. Satcher says Morehouse was chosen because it's where the partnership began.

In a statement, Kennedy said regardless of where the center is located, significant change is needed when it comes to mental health and substance treatment and awareness.

"We are optimistic that by working together, we can make take the neces-



On Tuesday, February 3, 2015, former U.S. Surgeon General David Satcher joined former U.S. Representative Patrick J. Kennedy to announce the formation of the Kennedy Center for Mental Health Policy and Research at Morehouse University in Atlanta. The center will be housed within the Satcher Health Leadership Institute at the Morehouse School of Medicine. Since leaving public service, both men have continued to focus on health care. The Satcher-Kennedy partnership and the center will focus on highlighting, expanding and promoting best practices in mental health and addiction treatment.

Courtesy Photos

sary actions to ensure that we are living up to the letter, and spirit, of the 2008 parity law, which guarantees equality for people seeking services," Kennedy said.

The public opinion research, commissioned by the new center and conducted by Public Opinion Strategies, revealed that 74 percent of Americans believe physical health is treated with more importance in the healthcare system. Addressing this issue is a goal the partnership outlined as part of the announcement.

"Stigma has certainly been an obstacle, and stigma has also affected policy," Satcher said. "But, there was once a stigma attached to cancer with the belief that if you get it you are going to die. That's changed and that's what we want to do with the stigma that surrounds mental health and substance use. Have

we made progress? The jury is still out. But what we do know is that more needs to be done to innovate and collaborate, and the Kennedy Center for Mental Health Policy and Research will help lead the way."

Satcher says the significance of the new poll cannot be overstated.

"I don't think that there's been a survey that has documented the concerns of the American people like this and it's time to bridge the gap between what we do and what we know," he said.

The poll also revealed that there is broad, bipartisan support for action on mental health issues and a majority of those surveyed believe that quality of and access to mental health care needs to be top priorities, with the two most important goals for mental health in the United States being improving quality

of care for people with mental health conditions and making sure people with mental health conditions have access to the care they need regardless of where they live, their ethnicity, or their background.

A need for better research into the causes, treatment and prevention of mental health conditions, such as depression, anxiety, alcohol and drug abuse was also revealed in the poll.

"With so many Americans ready for a change in our approach to mental health and addictions, the center will provide needed guidance and a range of resources," William Emmet, executive director of The Kennedy Forum, said in a news release. "These types of partnerships are critical in raising key issues, and fostering the collaboration we need to solve them."



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2015 NFL Draft prospect inspired by Haloti Ngata

By *Turron Davenport*

Danny Shelton is a prospect who has drawn comparisons to Baltimore Ravens defensive lineman Haloti Ngata, a fellow Polynesian. Many are intrigued by his size, specifically his lower body.

Teams covet a guy with his size that can play multiple positions on the defensive line. That versatility is what has caused some to compare him to Ngata. Shelton knew that his senior year was one in which he really had to show the country what he is capable of doing. He said that he made his mind up and he was going to be the energizer for his teammates before his final season at the University of Washington.

“I committed to my team that I would be that guy that would bring energy to practice every day.” Shelton said. “My mentality came because I realized it’s my last season and I had to become the guy to set the example for the younger guys with this new coaching staff. I wanted to make a commitment to them. I was already seen as one of the leaders so I had to step up.”

Energy is not the only thing that he brings to the table. Shelton mentions his body size and the ability to take on two to three blockers as his number one strength. It’s all about effort and energy. “That’s what nose tackles do. I am constantly trying to get to the ball. I try to be a high motor guy.” He checked both of those boxes off during practices at Senior Bowl week, Shelton said.

The comparison to Haloti Ngata is one that Shelton really likes. His eyes lit up when we spoke about him at the Senior Bowl. Shelton is proud of his Polynesian heritage. He wore the lava-lava (cultural garb) after the official weigh in and



University of Washington defensive tackle Danny Shelton looks on to the field prior to a game against the University of Illinois at Husky Stadium in Seattle, Washington on September 13, 2014.

Courtesy Photo/University of Washington Athletic Department

when he was at the media night portion of the Senior Bowl. As a young man of Samoan decent, he looked up to Ngata who is from Tonga.

“It’s awesome. I remember growing up wanting to be just like him, wanting to go to Oregon, wanting to match him. He’s a great ambassador for the Polynesian community.” Shelton said. “He’s a role model. I’ve always had this big body and I’ve always known that I need to know how to use this big body. Haloti, he’s been experienced at that and I am learning from him.”

It’s easy to see that Shelton is a student of the game when watching him. He has developed a “grab and shed” technique that he utilizes to free himself from blockers and tackle ball carriers. He makes the calls on the defensive line as well.

He credits his mental capacity for allowing him to be able to learn all of the positions on the defensive line. Shelton

says that he’s always been able to jump from nose tackle to three tech or to five tech. He makes it his business to learn what different guys are doing at different positions, which is something that he admires about Ngata.

His hunger and humility will allow him to mix in well with the team that drafts him despite his being the alpha dog on his college team. He plans to rely on the experience of the veteran players. The Baltimore Ravens spoke with Shelton at the Senior Bowl. Their locker room would be an ideal one for any rookie, especially one like Shelton that will seek out that veteran wisdom.

“I want to learn from vets. I’d like to pick Haloti’s brain and learn how he’s communicating with the linebackers and knowing what the secondary is doing.” Shelton said.

The final piece of the puzzle for Shelton is the desire to compete. In high school he always played football because it was fun. He also threw the shot put and wrestled for one year to find other sports that he could compete in when the football season was over. His track and field career extended to college after he took first in the state in the shot put during his senior year of high school. For Shelton, keeping busy has a clear benefit. “I was always trying to experiment and trying to keep busy and stay away from distractions.”

The possible retirement of defensive tackle Chris Canty along with the uncertainty regarding Ngata’s contract could make Shelton a prospect that the Ravens consider in the 2015 NFL Draft.

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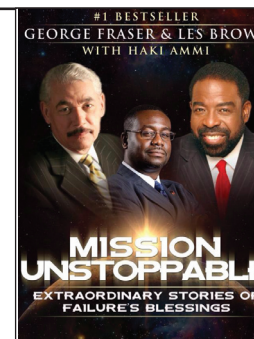
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Women's Heart Week

February 1-7

Red Dress™ Sunday raises awareness of heart disease in women

US Senator Ben Cardin and Baltimore City Mayor Stephanie Rawlings-Blake Join Saint Agnes to Address the Impact of Cardiovascular Disease and Encourage Local Citizens to Take Action

Baltimore— Heart disease kills one woman every minute in the United States. African American women are at highest risk. On Sunday, February 8, 2015, Saint Agnes Hospital has partnered with congregations across Baltimore to educate local citizens about the impact of cardiovascular disease and the steps that can be taken to prevent it. This annual initiative, Red Dress Sunday, is a faith-based collaboration that aims to educate, motivate and activate women, and provide the tools needed to understand and minimize risks.

Saint Agnes Hospital sponsored the first Red Dress Sunday 11 years ago, with three Baltimore-area churches participating. The program has continually grown over the years, and in 2015, approximately 180 churches are expected

to take part. Each will incorporate health information into their Sunday service and offer events and / or resources to their members.

Red Dress Sunday takes place Sunday, February 8 at Mt. Olive Holy Evangelist Church
3816 Edmondson Avenue. Sunday service begins at 10:30 a.m. followed by a health fair from noon to 2 p.m.



Further information about the program, its history, goals and key messages, can be found at www.RedDressSunday.com.

THIS IS WHAT A HEART ATTACK FEELS LIKE TO A WOMAN.



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LIGHT-HEADEDNESS OR SUDDEN DIZZINESS



NAUSEA



UNUSUAL FATIGUE



SHORTNESS OF BREATH

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Make the Call. Don't Miss a Beat.

To learn more, visit WomensHealth.gov/HeartAttack



American Heart Month

Six Healthy Habits to Implement in American Heart Month

February is American Heart Month. Show your heart some love this month with heart healthy tips

Carlisle, PA – In recognition of February being American Heart Month, the team of nutritionists at GIANT Food Stores and MARTIN'S Food Markets are making it easy for customers to show their heart some love by incorporating heart healthy tips into meal planning and preparation. Your heart, and your family, will thank you!

Choose more fruits and vegetables. A diet high in fiber helps reduce blood cholesterol levels, may lower risk of heart disease, and helps keep us full in between each meal and snack, which aids in weight loss or maintenance. Potassium, also found in fruits and vegetables, has been shown to help maintain a healthy blood pressure. Aim to get five-ten servings per day and choose fresh, frozen, or dried with no added salt or sugars. Unsure how to incorporate more produce into your diet? Fill half of your plate with a variety of colorful fruits and vegetables. Add diced vegetables to your eggs, beans to your salad, grab fresh fruit for a snack, or add them to smoothies.

When buying meat or pork products, choose cuts labeled "loin" or "round." These cuts usually have the least fat and can be prepared by broiling or grilling. Choose skinless poultry as the majority of fat is in the skin. Try also bulking up your ground beef by substituting with ground turkey or chicken. For example, if a recipe calls for one pound of ground beef, use ½ pound of extra lean ground beef plus 14-ounce can of cooked lentils or beans, or add chopped mushrooms to your ground meat for leaner, moister burgers.

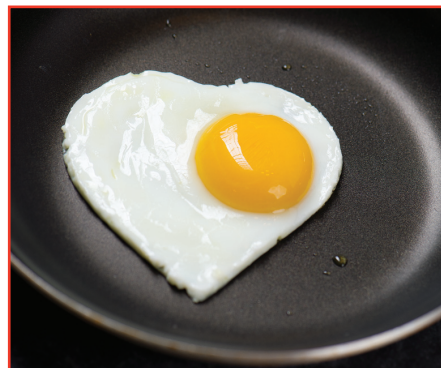
Eggs are a great source of protein, but



the yolk is high in fat. Try a three-egg omelet with one whole egg and two egg whites.

Add omega-3 fats into your diet. These unsaturated fats may reduce the risk of heart disease. Eat two 4-ounce portions of fatty fish each week such as salmon, tuna, herring or sardines. Walnuts and ground flaxseed are also great sources of omega-3's and can be added atop a salad or sprinkled into yogurt.

Reduce your sodium intake. American consumers nearly double the recommended amount of sodium per day. Aim for no more than 2,300 mg of sodium per day. For those with risk factors such as high blood pressure, diabetes or kidney disease, aim for no more than 1,500 mg of sodium per day. More than 75% of our sodium intake



comes from processed and restaurant foods so choose more fresh foods and cook more meals at home. Add flavor to your dishes by incorporating citrus fruits, herbs, spices and vinegar.

When out to eat, avoid choosing anything "fried" or "breaded." Ask for dressings and sauces on the side, and then lightly dip into them instead of pouring over the top. Many restaurant entrees can also be split into two meals, so

ask for a take-home box to be delivered with your meal.

Use either olive oil or canola oil in



your cooking or baking. The monounsaturated fats in these oils can have a beneficial effect on your heart when eaten in moderation and when used to replace saturated fat and trans fat in your diet.

Avocado also contains monounsaturated fats. Try it as a spread on whole wheat toast or substitute an avocado slice for that slice of cheese on your sandwich.

Choose 1% skim milk, cheese and yogurt. It still has all the vitamins and calcium, but less saturated fat.

A 1-ounce serving of nuts can also give your diet a boost of good fats. The



American Heart Association recommends eating four servings (one serving = one ounce) of unsalted nuts a week. Select raw or dry roasted nuts.

Eat more beans. Beans are rich in soluble fiber, which can help in lowering cholesterol. Experiment with different varieties of beans such as black, pinto, white, garbanzo, lima and navy. Try a meatless dinner of beans and rice with a touch of salsa for a delicious high-fiber meal.

Plan some type of physical activity in your daily schedule at least 5-6 days per week. If you are just starting an exercise program, always start off slow, 10-15 minutes/day, and gradually increase to approximately 1 hour/day. Exercise can also be done at various times during the day, as in 15-20 minutes of walking after breakfast, 15-20 minutes of walking after lunch, and after dinner.



Wendell Scott honored during 2015 NASCAR Hall of Fame Induction Ceremony

First African-American to win NASCAR Premier Series Race joins Bill Elliott, Fred Lorenzen, Joe Weatherly and Rex White in Sixth Induction Class

Daytona Beach, Fla.— Stock car racing trailblazer Wendell Scott was among five legendary drivers enshrined into the NASCAR Hall of Fame in Charlotte, North Carolina tonight during the Induction Ceremony held in the Crown Ball Room at the Charlotte Convention Center.

Joining Scott in the sixth induction class of the now 30-member Hall were Bill Elliott, Fred Lorenzen, Joe Weatherly and Rex White.

A true pioneer, Scott was the first African-American to race fulltime in NASCAR's premier series, as well as the first to win a NASCAR premier series race. Scott posted 147 top 10s in 495 starts, as well as finished four seasons in the top 10 of the championship points standings. He won more than 100 races at local tracks before making his premier series debut, including 22 races at Southside Speedway in Richmond, Virginia, in 1959 en route to capturing both the Sportsman Division and NASCAR Virginia Sportsman championships.

"The legacy of Wendell Scott depicts him as one of the great vanguards of the sport of NASCAR racing," said the late Scott's son, Franklin, who accepted induction on his behalf. "Daddy was a man of great honor. He didn't let his circumstances define who he was.

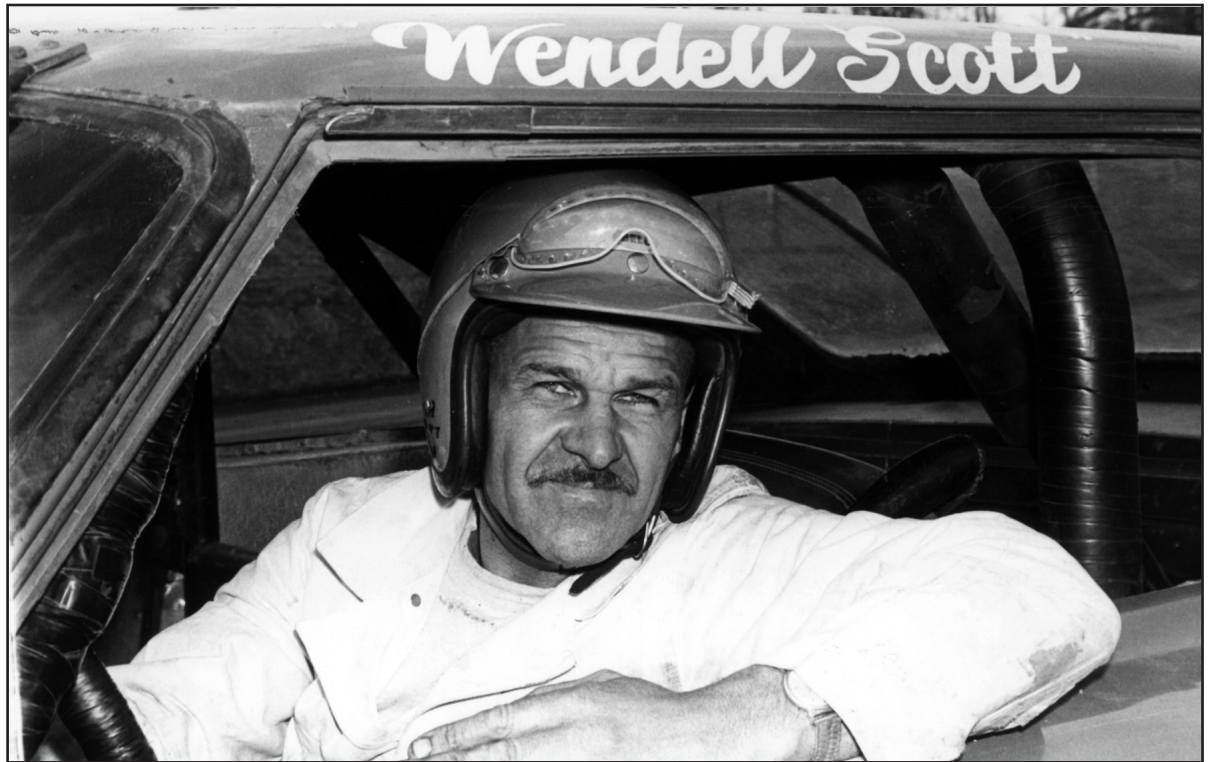
"Daddy realized that life has a generational component and he predicted a lot of what is happening. He would be delighted and happy that there is evidence of more opportunities for diversity and inclusion."

Franklin concluded his speech with a quote from Martin Luther King Jr.

"The ultimate measure of a man is not where he stands in moments of comfort and convenience, but where he stands at times of challenge and controversy," he said. "Wendell O. Scott, Sr. stood the test of time."

Each of the five inductees had an inductor who officially welcomed them into the hall. The inductors for the five inductees: Ray Evernham for Bill Elliott; Amanda Gardstrom (daughter) for Fred Lorenzen; Wendell Scott Jr. for Wendell Scott; Bud Moore for Joe Weatherly; and James Hylton for Rex White. Active drivers introduced each inductee during the program: Kasey Kahne for Bill Elliott; Tony Stewart for Fred Lorenzen; Jeff Gordon for Wendell Scott; Brad Keselowski for Joe Weatherly; and Kevin Harvick for Rex White.

Conveniently located in uptown Charlotte, N.C., the 150,000-square-foot NASCAR Hall of Fame is an interactive, entertainment attraction honoring the history and heritage of NASCAR. For more information about NASCAR Hall of Fame, visit: www.NASCARHall.com.



Wendell Scott was the first African-American to race fulltime in NASCAR's premier series, as well as the first to win a NASCAR premier series race.

Courtesy Photos



The Scott family celebrates after receiving the NASCAR Hall of Fame jacket in honor of Wendell Scott Sr. during the 2015 NASCAR Hall of Fame Induction Ceremony in Charlotte, N.C.

(Image: by Jared C. Tilton/NASCAR)

HIV/AIDS advocate spreads message of prevention, hope

By Andrea Blackstone

February 7, 2015 marks the fifteenth year since African Americans have been encouraged to educate themselves about HIV and AIDS in their local communities through National Black HIV/AIDS Awareness Day (NBHAAD). This year's theme is "I Am My Brother's and Sister's Keeper. Fight HIV/AIDS!"

DeVondia Roseborough routinely implements strategies in Charlotte, North Carolina with her nonprofit organization, The Rasberrirose Foundation that offers HIV education to women and girls.

"Communities are pivotal for holding town hall meetings, canvassing areas highly impacted by high HIV rates, and passing out condoms and literature, while engaging in conversations. I have noticed creative approaches that the national Red Pump Project presents with their Cupcakes & Condoms events, engaging participants in healthy conversations centered on relationships and sex. Of course free HIV testing is necessary in getting those who are unknowing of their status into medical care," Roseborough said.

In 2003, Roseborough decided to get tested after experiencing unusual symptoms. She discovered that she was HIV positive.

"My faith in Jesus, lots of prayer, my family and a tight circle of supportive friends keep me going," Roseborough said. "In 2004, I was hospitalized with a 107 degree fever, pneumonia, a macrobacterial infection and infection on my liver."

On January 4, 2004, Roseborough was told, "Miss Roseborough, your test results are back. You have AIDS."

Roseborough leaned on God and prayed to be healed. After hearing another woman speak candidly about living with HIV, Roseborough became a client and volunteer with an AIDS service organization called Metrolina AIDS Project.

"My case manager saw something in me and asked if I would speak in her hometown of Siler City, North Carolina. I agreed, and from that point on I was introduced to many trailblazers, and awarded opportunities to travel and



DeVondia Roseborough was diagnosed with HIV in 2003. Roseborough uses her life experiences and determined spirit to empower others. She now has healthy T-cells and an undetectable level of HIV antibodies. Courtesy Photo

share my story. I was also groomed properly in knowing the facts on HIV through various training provided by local, state and federal agencies and institutions, such as the CDC (Centers for Disease Control and Prevention) and HRSA (Health Resources and Services Administration), in addition to Duke University and local health departments," Roseborough said.

Roseborough's advocacy has received national recognition. She was a 2010 Steve Harvey Hoodie Awards finalist in the best community leader category. The HIV/AIDS advocate has also been nominated for Tom Joyner's Morning Show's Hardest Working HIV/AIDS Traveling Advocate and selected to appear on Robin Meade's Breakthrough Women segment, which airs on HLN. Roseborough published her first book, "Put It On Paper," in 2008 and published two additional titles relating to her experiences before and after her HIV diagnosis.

"I have been through a lot in life.

Because of my pain, I knew that it was not only therapeutic to release what had me hostage, but also an opportunity to set others free," Roseborough said.

The mother of two children and grandmother of a two-year-old enrolled in the Johnson C. Smith University's Metropolitan Adult Degree Program in 2013. Roseborough returned to college at age

able to say the doctors were wrong about my life's plans and experiences. God said "I will live" when they told my mother there was nothing else they could do for me but to take me home and basically let me die. I celebrated my accomplishments. This motivated me to do more, because my three depend on me to make a difference. I have no plans

on stopping now," Roseborough said.

The inspiration leader found love despite her diagnosis.

"You can live. It's no longer a death sentence, unless you want to die. Be honest about disclosing (your status) when you feel intimacy is

around the corner. Rejection is for your protection so don't fear the unknown. They may be more compassionate than your mind will allow you to believe," Roseborough said. "I am blessed to have a great support system around me, and for that I am grateful."

To learn more about Roseborough, visit: www.RasberriRose.org.



42, after the grant she worked under was not refunded. The Alpha Lambda Delta Honor Society student says that the level of HIV antibodies are currently undetectable in her body.

"I think the beautiful thing about experiencing both daughters graduating high school, and going off to college, and the birth of my granddaughter was being



Ernest James Colvin
1931 - 2015

Softly and peacefully, on Tuesday, January 20, 2015, prominent Baltimore City dentist, Ernest James Colvin passed away in Howard County, Maryland, due to complications from a stroke. Deciding to live just long enough to see another year, he went home to be with the Lord on his 84th birthday. Yes, that was Ernest Colvin— always living life on his own terms.

Ernest was born on January 20, 1931 to the late Alex Colvin and Alberta Moffatt Colvin of Rock Hill, South Carolina. The son of a sharecropper, he developed a deep love of agriculture and the simplicity of living off the land. He also enjoyed the comfort of a loving and close-knit family as one of 7 siblings.

Ernest, who was affectionately called "Ernie" by his friends and family, was a pioneer in dentistry and in business - a visionary in the city of Baltimore. He will be remembered as a consummate entrepreneur who believed in building lives, communities and hearts.

Ernie moved to Baltimore and continued his studies at Morgan State University (then Morgan College) where he earned his Bachelor of Science degree in Biology. He pledged Kappa Alpha Psi Fraternity, Inc. as an undergraduate, becoming a member of the Alpha Iota Chapter. He was also a member of the Kappa Hellians of Baltimore. He loved his fraternity and his university and never missed a MSU Homecoming.

Ernie continued his studies at Howard University's School of Dentistry where he received a Doctorate of Dental Surgery in 1968. His education gave birth to his dynamic interest in entrepreneurship. He wanted to dedicate his life to helping African Americans in the city of Baltimore to care for themselves and ultimately create a higher vision of themselves. Subsequently, he opened dental offices that would serve the people of Baltimore City. His location in the Park Heights area served thousands of patients and families for nearly 50 years. He also opened an office in the Govans area of Baltimore City with other dental associates and was a member of the Maryland Dental Association. Ernie inspired the lives of dentists, dental professionals, and patients; many of whom remembered and thanked him when they would see him in the community.

Ernie's passion for horses grew into ownership of thoroughbred racehorses and boarding stables in Maryland and West Virginia. He went on to pioneer the horse racing community by becoming the first African American Chairman of the Maryland Racing Commission.

He leaves to mourn his passing his devoted wife, Antonia "Toni"; son, Ernest James II "Jimmy"; daughter, Christina Sykes (Anthony); granddaughters, Morgan and Taylor; sisters Ola Jackson and Evelyn Barnes; sisters-in-law Carolyn Colvin and Inell Colvin; and a host of loving and devoted nieces and nephews.

Services for Ernest J. Colvin will be held on Friday, February 6 at 11:00 a.m. at Saint Louis Parish located at 12500 Clarksville Pike, Clarksville, MD, 21029. Additional information may be found here: <http://www.gaschs.com/obituaries/Ernest-Colvin/>.

Washington Monument Time Capsule on display at The Walters

Baltimore— The 100-year-old time capsule, recently discovered in Baltimore's Washington Monument, will be on display at the Walters Art Museum until it is opened in late May. Since January 2014, the Monument, the first to George Washington in the United States, has been undergoing a \$5.5 million restoration by the Mount Vernon Place Conservancy.

The time capsule, discovered on October 16, 2014 by George Wilk II of Lewis Contractors, was revealed on October 29 and immediately moved to the nearby Walters Art Museum for safekeeping and study.

Installed in a niche in the wall of the Washington Monument during its Centennial celebrations in 1915, the capsule was placed behind a bronze plaque commemorating the Monument's 100th anniversary, and then forgotten. Wilk discovered it while investigating the condition of the plaster behind the plaque.

Contemporary accounts of the time capsule suggest it contains commemorative materials relating to the Washington Monument as well as materials relating to the 1914 Star-Spangled Banner Centennial Celebrations.

"We are repeating history," said Lance Humphries, Chair of the Conservancy's restoration committee. "The Monument's future centennials will always follow close on the heels of the centennial of the Star-Spangled Banner."

The box is labeled by the J. Arthur Limerick Co., a prominent metal smith shop, which was located not far from the Monument on Howard Street.

Because the Washington Monument has endured decades of water infiltration, conservators were concerned the contents of the box might have suffered from moisture. Once the copper box was fully revealed, conservators discovered that the lid had been completely soldered to make the box airtight.

"After taking an x-ray of the box and receiving the results, we are confident the contents are in good condition," said Terry Drayman-Weisser, Dorothy Wagner Wallis Director of Conservation & Technical Research at the Walters Art Museum. "We hope that everyone will come to see the time capsule at the Walters before it is opened later this spring."

The Conservancy will open the box closer to the Monument's bicentennial, at which time the box and its contents will go on loan to the nearby Maryland Historical Society. The items will be on exhibition there during the Monument's rededication on July 4, 2015, when it will be reopened to the public.

"After the time capsule has been opened we are pleased that its contents will be on display at the Maryland Historical Society," said Burt Kummerow, the Society's President.

The Society owns the original construction documents for the Washington Monument, including Robert Mills's competition-winning drawings. During the Monument's bicentennial, a selection of these rare documents will be on display at the museum.

The Monumental Bicentennial Celebration, produced in partnership with the Baltimore Office of Promotion & The Arts, will include a ribbon cutting, a naturalization ceremony, and an old-fashioned country fair presented by Bank of America and the Mount Vernon Place Conservancy. The festivities will take place July 4, 2015, from 9 a.m. to 5 p.m. in historic Mount Vernon Place.

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Indie Soul: Getting Fit and Eating Healthy



The Kettlebell AMPED fitness class on Saturday, January 31, 2015 with Kiki Tyler from AMPED (bottom left) and instructor Sonja Burns.

Most folks wait until spring to officially begin to try to get themselves in shape and eat healthy. By February, most New Year's resolutions are long forgotten. Now is the time for people who are genuinely concerned about living healthy to get moving in the right direction. This past weekend there were a couple of events to help people learn about healthy living.

The Land of Kush hosted a fundraiser for Open the Cages Alliance's upcoming Vegan Living Program scheduled each Saturday from March 28-April 25 2015. The organization is seeking pledges to go vegan and commit to a five-week program that consists of presentations, cooking demos, and a trip to an animal sanctuary. Close to 150 people came out to support the cause. The Land of Kush donated 10 percent of sales for the benefit. This great way for a person who wants to know more about how to cook and eat healthier. Visit: www.openthecagesalliance.com

Also on Saturday, fitness trainer Sonja Burns presented a Kettlebell AMPED

demonstration at Athleta at Dulaney Plaza. The class was full and yours truly was the only guy present. Burns had everyone sweating and understanding how to get the best workout using the Kettlebell. It's one of the best full body workouts you could experience. Burns had something for everyone from the experienced to the beginner. If you missed this free class, be sure not to miss the next one. Follow Burns on Facebook, to stay informed.

Since we are talking fitness and health, mark your calendar for the 5th Annual Let's Get Serious event to be held April 4, 2015, from 9 a.m. to 5 p.m. Over the last few years this event has grown so huge and informative that this year, the event will be held at the North

Baltimore Plaza, 2400 Greenspring Road in Timonium, Maryland. This is an event for the entire family and includes demos, exercise, healthy tips and more.



Indie Soul Review: Camera Soul

CAMERA SOUL

DRESS CODE



CD Cover of Camera Soul's Dress Code

Last year, a group out of Italy called Camera Soul came to our attention. Our readers have reached out and wanted to know when Camera Soul was going to be putting out more new music and when would they be touring in the United States. It just so happens that the group is back with a NEW project entitled "Dress Code." The CD was just released February 5th, 2015 here in the U.S. and if you are a music lover, love the sounds of big bands, and especially Jazz, then head over to CD Baby and pick up a copy. While you are there, pick up their other CD's "Word's Don't Speak" and "Not For Ordinary People."

Brothers Piero and Pippo Lombardo have created a masterpiece with "Dress Code." They both love soul music and it is in full swing on this CD. From start to finish, you are getting your money's worth. Their musical influences are Ste-

vie Wonder, Earth-Wind & Fire, and others, so keep that in mind when listening because it will take you back to a time when the horns and percussion were the driving force of great soul music. To top it off, Maria Enrica Lotesorriere is the icing on the cake with her soothing vocals. Suggested tracks: "A Day With You," "This Rain," and "Push Play." The BEST track is "More and More." This is a TRUE love song and could be the love song of the summer!

If you like the Brand New Heavies or Incognito, you will surely love Camera Soul. Check out the Baltimore Times Facebook page to see their video.

Indie Soul welcomes your questions and comments. To contact Phinessa Demps, call 410-366-3900 ext. 3016 or 410-501-0193 or email: pdemps@btimes.com. Follow him on Twitter@pdemps_btmes

Indie Soul Book Review: No Cell Phone Day and Surrender

Winter time is great time to get caught up on some reading. This week we have two books for you to purchase and add to your collection:

No Cell Phone Day by Delfeayo Marsalis: Not only can the Marsalis family play some great music, but they are also authors. Delfeayo Marsalis steps up with his book, which might be considered a children's book, but it really is for the entire family. Cell phones are so popular that people no longer talk to one another or they are too busy on a phone that they miss out on what is really important. "Life, Family, and Friends. No Cell Day" shows the kind of things one can do when one takes a day off from new technology. Everyone should designate a day to turn off your cell phone and just chill. Pick up your copy at Amazon.com.

Surrender by Karega Bailey: Sometimes a movement can be started with words. Local author and educator, Karega Bailey, has written a very poetic



Karega Bailey at book signing

and profound book. Using his knowledge and love of hip-hop, spirituality, and more importantly his love for the community, Bailey encourages readers to see themselves for who they are. A couple of his standout poems are "Can I Get Enough" and "Symbols Speak Loud." To order his book, visit: www.facebook.com/karega.bailey.

HBCU Round-up for the Week

Coppin State Men's Basketball: Coppin State tops Morgan State 80-67.

Arnold Fripp scored 22 points to lead

Coppin State over in-city rival Morgan State 80-67 on Monday night. Coppin State (4-17, 3-5 Mid-Eastern) went on an 11-6 spurt late in the first half -- including Tripp's 3-pointer with 1:59 left -- to lead by 11 at the break, 41-30. Coppin's Taariq Cephas pulled down an errant 3-point attempt by Donte Pretlow, got it out to Sterling Smith in transition, who fed Dallas Gary for an alley-oop with 2:43 left which pushed Coppin State's lead to 14 as they cruised to easy victory. Fripp went 8 of 15 from the floor and made four 3-pointers while grabbing nine rebounds for Coppin State. Gary finished with 17 points, Smith had 12 and Cephas added 10. Blake Bozeman led Morgan State with 20 points. Cedric Blossom added 13 points and 10 rebounds

University of the District of Columbia (UDC Firebirds): Senior forward Denikka Brent of the University of the District of Columbia women's basketball team was named East Coast Conference Player of the Week for the second time this season after a stellar performance in the week ending February 1st. Brent averaged 23.0 points and 8.0 rebounds per-game in a 2-0 week for the Firebirds. In a thrilling triple-overtime win at NYIT (New York Institute of Technology), she scored a career and game-high 31 points. Brent shot 48.8-percent (20-for-41) from the field on the week and also

accumulated six steals, five blocks and three assists over the two games. She is currently No. 2 in the East Region in



Denikka Brent

steals (58) and 11th in scoring average (16.3 ppg). Among the ECC (East Coast Conference), she is also 2nd in steals behind only Queens' Madison Rowland. She also ranks 3rd in the league in scoring, 10th in blocked shots (25), 11th in rebounds per-game (7.5) and 14th in assists (48).

HBCU Roundup/HBCU News is compiled by Phinesse Demps. To contact Phinesse Demps, call 410-501-0193 or email: pdemps@btimes.com. Follow him on Twitter@pdemps_btmes

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America's Got Talent finalists 'Sons of Serendip' release debut recording

New York, NY— The 2014 “America’s Got Talent” finalists and audience favorites, Sons of Serendip have released their debut studio recording, a self-titled compilation of the group’s most memorable performances on the wildly popular talent competition show.

In its first week out, Sons of Serendip claimed Billboard’s #4 Heatseeker spot, #14 Internet Album, and #94 Top Current Album, and the #1 Heatseeker position in the Northeast, and #2 in both Mountain and South Atlantic regions.

The classically trained quartet— Micah Christian (lead vocals); Kendall Ramseur (cello, vocals); Mason Morton (harp); and Cordaro Rodriguez (piano, vocals)— won fourth place and the hearts of fans and judges alike on “America’s Got Talent” with their sumptuous, emotionally stirring orchestral and acoustic interpretations of modern and traditional pop classics, arranged with vocals, cello, harp and piano.

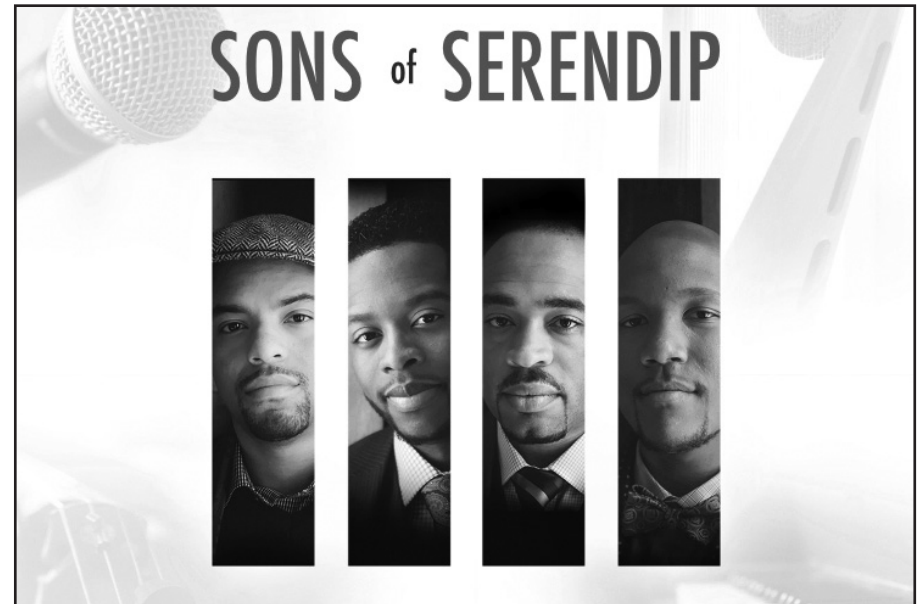
Sons of Serendip are sure to delight fans who have been waiting for studio

recordings of the group’s AGT show-stoppers, including their first audition selection “Somewhere Only We Know,” which not only introduced America to their poignant and remarkably lush sound but also garnered the group their first of many unanimous “yes” votes from the judges.

The album also includes “Wicked Games” which stood out as the group’s break-through performance on the show and “Bring Me to Life,” from their stirring appearance in the finals (complete track listing below).

The Sons of Serendip (SoS) are four friends, who through a series of serendipitous events came together in graduate school at Boston University and auditioned for “America’s Got Talent.”

Micah Christian, a teacher from Randolph, MA and the lead singer for the group; pianist/vocalist Cordaro Rodriguez, an attorney from Charlotte, NC; Kendall Ramseur, a cellist and cello instructor from Charlotte, NC and harpist Mason Morton, a teacher from



Sons of Serendip have released their debut studio recording, a self-titled compilation of the group’s most memorable performances on America’s Got Talent in 2014.
Courtesy Photo

Atlanta. All have been playing their instruments since childhood.

To see Sons of Serendip’s AGT Top 12

performance of “Ordinary World,” go to: <https://www.youtube.com/watch?v=U6386it-Ds>.

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Residents urged to shop Maryland Energy Star Products

Tax-free Weekend for Select Energy Star Products, February 14-16, 2015

Annapolis— Comptroller Peter Franchot reminded Marylanders to take advantage of Shop Maryland Energy, a tax-free weekend for select Energy Star products beginning at 12:01 a.m. Saturday, February 14, and ending at 11:59 p.m. Monday, February 16, 2015.

Now in its sixth year, the annual tax-free weekend allows Marylanders to make qualifying purchases without paying the state's six percent sales tax.

"Shop Maryland Energy has been hugely successful because it's good for the economy and it's good for the environment," said Comptroller Franchot. "Marylanders save money on their purchases, reduce their future energy bills and invest in a greener future. Local stores that employ our friends and neighbors also benefit by getting a boost during these tough economic times."

Energy Star products eligible for the six percent tax break include air conditioners, washers and dryers, furnaces, heat pumps, standard-size refrigerators, compact fluorescent light bulbs (CFL), light-emitting diode (LED) light bulbs, dehumidifiers and programmable thermostats. To earn an Energy Star design-

ation, an appliance must meet strict energy efficiency requirements developed by the U.S. Environmental Protection Agency.

"This is a great opportunity to shop at one of our local Maryland retailers and get a tax break on big-ticket, energy efficient appliances like washers and dryers, as well as smaller items like LED light bulbs," said Patrick Donoho, President of the Maryland Retailers Association. "Shoppers see immediate savings at the register and over the life of the appliance."

The Energy Star program was established in 1992 to reduce levels of greenhouse gas emissions and other harmful pollutants caused by the inefficient use of energy. The Energy Star label assists consumers in identifying energy-efficient products that offer savings on energy bills without sacrificing performance, features or comfort.

A list of Energy Star items may be found at: www.energystar.gov. For more information, visit the Comptroller of Maryland's website: www.maryland-taxes.com, e-mail: shopmaryland@comp.state.md.us, or call 410-260-7980 in Central Maryland, or toll-free, 1-800-MD-TAXES.

Community Action seeks stories from residents

The Community Action Agency (CAA) is preparing to commemorate fifty (50) years of service to low-income families in Anne Arundel County. We are seeking brief written recollections of personal experiences from individuals who have either participated in, or worked with an agency programs such as Energy Assistance, Head Start, Youth Service Bureau, Senior Aides or Housing.

If at some time during the past 50 years, Community Action has had an impact on your life, please send us a brief remembrance (one or two paragraphs) so that we might include your narrative in our CAA Souvenir booklet.

Please send your your written recollection by mail to P.O. Box 1952, Annapolis, MD 21404-1951 or e-mail Max Ochs at: maxochs@gmail.com

American Red Cross Blood Drives

The Red Cross is seeking sponsors for blood drives in Anne Arundel County. The sponsor would be expected to provide the location (facility/room) for the day of donation at which the Red Cross would host the drive. The sponsor would also recruit donors from their community or group to donate at the designated time and place. For more information, contact Meg Wright, Coordinator of Anne Arundel County blood drives at 443-831-6987 or meg.wright@redcross.org. For more information, visit: www.redcrossblood.org.

There is a need for volunteers to help with greeting blood donors, serving refreshments and providing excellent customer service. Blood drives are situated throughout Anne Arundel County as well as at the Glen Burnie Donor Center. Volunteers must be 14 years of age or older, complete an application, and attend a training session. Volunteers over 18 years of age will require a background check. Contact: Terry Ann Karloff at 410-764-4602 Ext.1 or 1-800-272-0094 Ext. 1 or TerryAnn.Karloff@redcross.org. For more information, visit: www.redcross-blood.org/gcp.

Donors of all blood types are currently needed. There is an urgent need for donors with blood types O negative, O positive, B negative and A negative. Make an appointment today to donate blood or platelets. One donation can help save up to three lives. Please visit us online at redcrossblood.org or call 1-800-RED CROSS to schedule your appointment to donate.

Legal Notice

ANNE ARUNDEL COMMUNITY COLLEGE REQUEST FOR BIDS PROJECT NO. C2015-16-B SCANNER

Anne Arundel Community College (AACC) requests bids for a SMA Map Master L Large Flatbed Scanner (25"x50" scan area) or equal. **Bids will be accepted until 2:00 p.m. EST on March 5, 2015.**

Request for Bid (RFB) documents may be obtained from the Purchasing office by contacting Lisa Tollenger, Purchasing Agent, by e-mail: latollenger@aacc.edu.

Anne Arundel Community College is an Equal Opportunity/Affirmative Action/Title IX/ADA/Title 504 Compliant Institution. Minority, small and woman-owned businesses are encouraged to submit Proposals for this project.

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