

Verizon Hosts Statewide Black History Month Celebration



Verizon hosted its 6th annual Black History Month open house at the Reginald F. Lewis Museum in downtown Baltimore on Saturday, February 28, 2015. The program included entertainment, speakers, and a special recognition of community leaders, innovators and essay contest winners. There were door prizes, historical presentations, arts & crafts, and educational gifts for the first 200 children. (Above): Zoe Lashley and Latease Lashley participated in the free event. (See pages 12-13)

Photo: Tyrone R. Eaton

Senator Mikulski announces retirement

By Stacy M. Brown

United States Senator Barbara Mikulski (D-MD) has championed equal rights for all, equal pay for women and has successfully ended discrimination against women in health care. She also spearheaded a change in government regulations that previously forced elderly couples to spend all their assets and lose their homes before qualifying for help in paying for nursing homes.

She has also helped more than two million seniors retain their homes despite a rugged economy and persistent threats to retirement, social security and other benefits.

That Mikulski says she would prefer to spend the two years remaining in her term campaigning for Maryland residents rather than campaigning for herself comes as little surprise to those who know the 78-year-old Democrat who was first elected to the Senate in 1986.

"No problem is too big or too small," Mikulski said, repeating a mantra that she has become legend for.

On Monday, March 2, 2015, Mikulski, who has served longer in Congress than any other woman in history, announced that she is retiring.

"This has been a hard decision to make," she said, before calming any fears that she was retiring because of health issues. She also said she isn't frustrated, that it was just time to move on.

Among her long list of accomplishments, Mikulski became the first woman to chair the Senate Appropriations Committee in 2012, and she now serves as the ranking Democratic member on the committee that controls federal spending.

"Her dedication to working with mem-



On Monday, March 2, 2015, U.S. Senator Barbara Mikulski announced that she is retiring. Mikulski, who has served longer in Congress than any other woman in history.

Courtesy Photo

bers on both sides of the aisle has earned her a great amount of respect in both the Appropriations Committee and the Senate," said Alabama Republican Senator Richard Shelby.

Even President Barack Obama weighed in on the value Mikulski brought to Congress and he noted the respect she earned in Washington and around the nation.

"She's a legendary senator, an institution whose legacy will span generations," the president said in a news release. "Barbara has wielded her gavel and used her booming voice to advocate on behalf of paycheck fairness, child-care, health care, education, women's rights and countless issues that have

contributed to the strength of America's families," Obama said.

Political Science Professor Roy Meyers of the University of Maryland, Baltimore County told NPR that Mikulski's legacy crossed party lines.

"Many of the women that came into the Senate and the House, regardless of whether they were Republicans or Democrats, really viewed her as a role model," Meyers said, adding that the senator was "a ground-breaker in terms of making sure the voices of women legislators were taken seriously."

Mikulski established the Office of Women's Health and ultimately ended the exclusion of women in federally-funded research protocols on illnesses

directly impacting women, which led to a historic study on hormone treatment for women and saving lives.

She helped to put an end to gender discrimination in health insurance during health care reform making sure that women would no longer be charged 40 percent more for the same coverage as men and they'd no longer be denied coverage because they had chosen to have a C-section or were the victim of domestic violence.

Mikulski grew up in the Highlandtown neighborhood of East Baltimore where learned the values of hard work, neighbor helping neighbor and heartfelt patriotism, according to her official biography. She often watched her father open the family grocery store early so that local steelworkers could buy lunch before the morning shift.

Her first election was a successful run for Baltimore City Council in 1971, where she served for five years. In 1976, she ran for Congress and won, representing Maryland's 3rd district for 10 years. In 1986, she ran for Senate and won, becoming the first Democratic woman Senator elected in her own right.

She was re-elected with large majorities in 1992, 1998, 2004 and 2010.

Although she has had a number of other accomplishments, Mikulski says among the things she wants to focus on before leaving office is to make sure women receive equal pay for equal work. She says that she also wants to make college affordable and wants to see an increase in the childcare tax deduction.

"Though I'm turning a new page, make no mistake," she said. "We're not writing the last chapter."

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Learning to be a citizen

By Lee H. Hamilton

The question usually comes toward the end of a public meeting. Some knotty problem is being discussed, and someone in the audience will raise his or her hand and ask, "Okay, so what can I do about it?"

I love that question. Not because I've ever answered it to my satisfaction, but because it bespeaks such a constructive outlook. Democracy is no spectator sport and citizens are not passive consumers. I'm always invigorated when I run into people who understand this but that doesn't make answering the question any easier.

The usual advice that politicians give is to vote, work for a candidate, let your elected officials know what you think, join an organization of like-minded citizens, and participate in community life. This is good counsel—but only as far as it goes. With a little more time now to answer the question, I'd add a few points.

First, it's important that citizens appreciate how hard it is to solve problems in a representative democracy. Every issue—even a stop sign at a corner—is more complex than it appears. The best way to learn this is to become an expert on a single topic. You can't study every issue, but you can pick one and dig in, whether it's a big problem like climate change or a smaller one, such as how to get food delivered to shut-ins in your community.

Understanding and appreciating all aspects of the issue is the best way to see how and where you can make progress. It also makes you more patient with others—including elected officials—who are trying to resolve other thorny challenges.

It's also vital to learn that solving problems means working together with all kinds of people. It requires bringing different points of view together, developing connections to key players in your community, talking face-to-face with others who may not agree with you, and communicating your ideas effectively—including to the media. This is the surest way I know to understand differences and to learn that these differences can exist without personal animosity. That, in turn, is a key step toward recognizing the common ground on which you can build agreement.

Many of the people I know who answered the call of citizenship did so to resolve a specific issue: getting the railroad signal at a crossing to work; improving food labeling so diabetics could know how much sugar packaged food contains; improving a watershed to help a community manage its water supply. Sometimes, people want to address a situation they don't like—what they consider to be over-spending, or a politician whose priorities they disagree with. Sometimes they just want to contribute to the direction and success of their community.

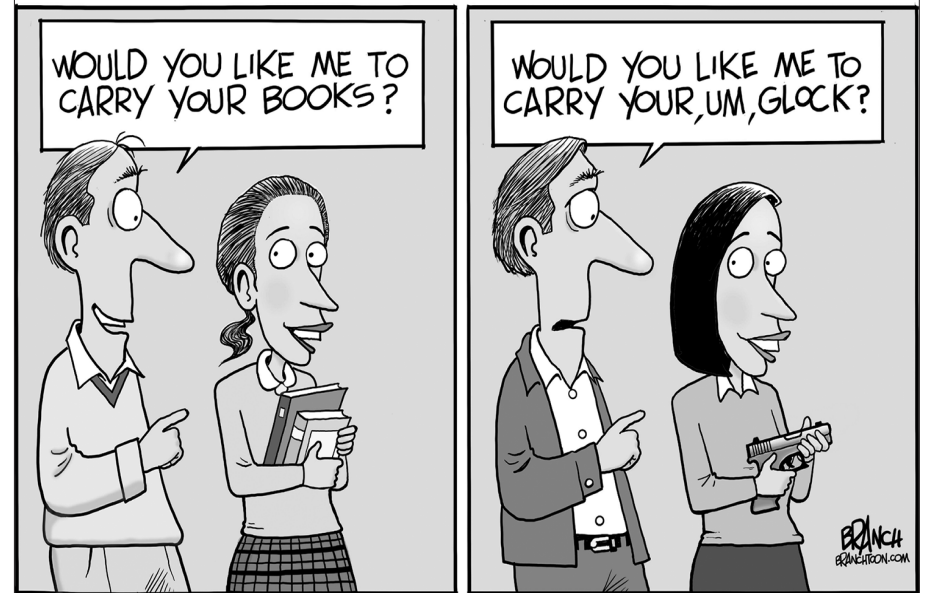
There is a key lesson that comes from trying to solve a particular problem: it tends to make you less ideological and more pragmatic. It forces you to examine the options in front of you and the resources at hand to help you pursue them. You have to judge whether a given option can gather sufficient support in the community to go forward, and realize that you can't solve everything; sometimes you have to put particular problems aside and come back to them another day, when circumstances have shifted.

There are plenty of people who find all this frustrating and give up. Many others devote their lives to it, whether as community participants, engaged activists, or public servants. Politics is not a game for everyone and there are many other ways to be involved in community life. Regardless of the avenue they choose, it's the people who step forward who refresh this country and make it stronger.

Our Constitution's preamble begins, "We the people of the United States, in order to form a more perfect union...." At heart, that's what getting involved means: shouldering the challenges, sharing responsibilities and opportunities that democracy thrusts upon us as we pursue a more perfect union. That's what I want to say to the people who ask, "What can I do about it?"

Lee Hamilton is director of the Center on Congress at Indiana University. He was a member of the U.S. House of Representatives for 34 years.

CAMPUS CARRY - THEN AND NOW



Community Affairs

12th Annual MammoJam Music Festival Returns



Baltimore— The 12th Annual MammoJam Music Festival will be held on Saturday, March 21, 2015 at Baltimore's famed 8x10 located at 10 East Cross Street in Baltimore at 6:30 p.m.

Proceeds from the event will support local breast cancer screening and treatment programs for low-income women.

This year's show has a distinct local flavor as Baltimore blues legend Ursula Ricks returns as the headliner for the second consecutive year. The lineup also includes the passion, funk and humor of Brooks Long and the Mad Dog No Good and South Baltimore favorites Roses n Rust.

"Once again Baltimore's local artists show how they can really make an impact on our community," said festival founder Bill Romani. "Each year our friends in the music industry and our dedicated volunteers reach to new levels

in support the women and families touched by breast cancer."

MammoJam is a nonprofit, all-volunteer organization dedicated to promoting breast cancer screening and treatment programs for underinsured and low-income women. Since October 2003, all of MammoJam's proceeds have provided annual support to local organizations like the Hoffberger Breast Center at Mercy Medical Center and Harbor Hospital's Breast and Cervical Cancer Center in their fight against breast cancer. MammoJam provides annual funding to support a community outreach translator at Harbor Hospital that has brought breast cancer screening and treatment to over 400 Hispanic women since 2010.

For more information about the festival or for tickets, visit: www.mammojam.org. Tickets will also be available at 8x10.

Black Dollars Matter!

By James Clingman
NNPA Columnist

The protest slogans addressing our latest struggle for justice and equity compel me to come up with a new phrase. The signs and T-Shirts emblazoned with “I Can’t Breathe!” “No Justice, No Peace!” and the latest, “Black Lives Matter,” carry connotations related to action. I often wonder what the folks who wear the T-shirts and hold the signs are doing to back up the slogans they spout. More importantly, I wonder who makes the shirts and who sells them. With that in mind, my slogan for action— economic action is, “Black Dollars Matter!”

The “I Can’t Breathe” shirts worn by the Brooklyn Nets and Cleveland Cavaliers, for instance, were sold by NYC Customs, a shop in Long Island, owned by Helen Mihalatos, a friend of Rameen Aminzadeh, member of Justice League of NYC. The initial gesture and resulting “hook-up” came from Nets team member, Jarrett Jack, followed by help from LeBron James and Russell Simmons’

political director, Michael Skolnick. The shirts were ordered by Jay-Z, who bought 1,000 more shirts after the basketball game.

I truly hope those “Big Ballers” and “Shot Callers” had enough consciousness to give the profits to Eric Garner’s family. The Washington Post reported that “Skolnick obtained shirts from a store in Long Island City, whose owner confirmed in an interview that the shirts were manufactured by Gildan, a large Canada-based apparel company.

business transaction and a financial benefit for the Garner family.” Sound reasonable?

Instead we now have “I Can’t Breathe” shirts sold on Amazon and elsewhere as if they are some kind of novelty rather than a sincere, compassionate, and meaningful response to the homicidal death of Eric Garner, the originator of the “I can’t breathe” phrase. We saw him take his last breath; he was the one who couldn’t breathe for real. The above travesty reminds me of an

no reciprocity other than symbolic gestures that make us feel good.

It’s great for athletes to wear shirts with slogans, but they should move to the next step of starting initiatives that not only sustain their gestures but build economic empowerment for black people. Our athletes and celebrities, as they protest inequities and injustice, should keep in mind that “Black Dollars Matter,” and they should consider that as they come up with their solutions to effect real change within the systems against which they protest— and so should we.

After the chanting, the marching, the protests and demonstrations, the outrage, the threats, and the unjustified killings of our people with impunity, if all we do is sit back and wait on the next crisis, why should we even bother with the above actions in the first place? We must be smarter and we must be conscious. We must always be aware that money runs this country and it has its place in everything, yes, even in the deaths of our people.

Indeed, black lives matter above all; but to those who kill us, those who economically exploit us, and those who are indifferent toward us, black lives don’t matter as much as black dollars do. Start a “Black Dollars Matter” campaign. Make some shirts displaying that attention-grabbing slogan, and act upon it. “Black Dollars Matter,” but only if they start making more sense.

James Clingman, founder of the Greater Cincinnati African American Chamber of Commerce, is the nation’s most prolific writer on economic empowerment for Black people. He can be reached through his website, blackonomics.com.

“It’s great for athletes to wear shirts with slogans, but they should move to the next step of starting initiatives that not only sustain their gestures but build economic empowerment for black people.”

According to pro-labor activists, Gildan has a poor record when it comes to respecting workers in its manufacturing plants in Haiti.” The story discloses that Gildan’s workers are paid \$6 per day for their work. Skolnick’s response was, “I think we want to assume sometimes when we’re ordering shirts that they’re not being made in a sweatshop; we’ve got to do better.” You think?

Now you would think that someone in this chain of events involving T-shirts that carry the last words of a black man killed on the streets of New York City by police officers would be conscious enough to say, “Hold up! Let’s not just go for the symbolism of wearing shirts on the basketball court; let’s make a substantive statement as well, via a black

article I wrote after Trayvon Martin was killed, titled, “The Profit of Protest.”

In light of the hype of “I Can’t Breathe” and now the phrase, “Black Lives Matter,” the slogan we should emblazon on shirts, and instill in our brains, the one by which we should live and the one that, if inculcated into our daily lives, will move us from the rhetoric of freedom to the action of freedom is, “Black Dollars Matter!”

Despite the wasteful and nonsensical spending by black folks, from the poorest to the super-rich flamboyant celebrities, we must all realize that “Black Dollars Matter” and they should matter to us first. Right now, they matter most to everyone else; and other folks are doing everything they can to get more of our dollars with

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Education Matters:

New partnership offers students opportunity to earn AA degree tuition free

By Jayne Matthews Hopson

Good news for parents who seek to save thousands in higher education expenses and help for students looking to jump-start their college studies. This fall, Bard High School Early College (BHSEC), will offer city high school students the opportunity to enroll in a tuition-free college course of study that makes it possible to earn both a high school diploma and an associate in arts degree upon completion of the twelfth grade.

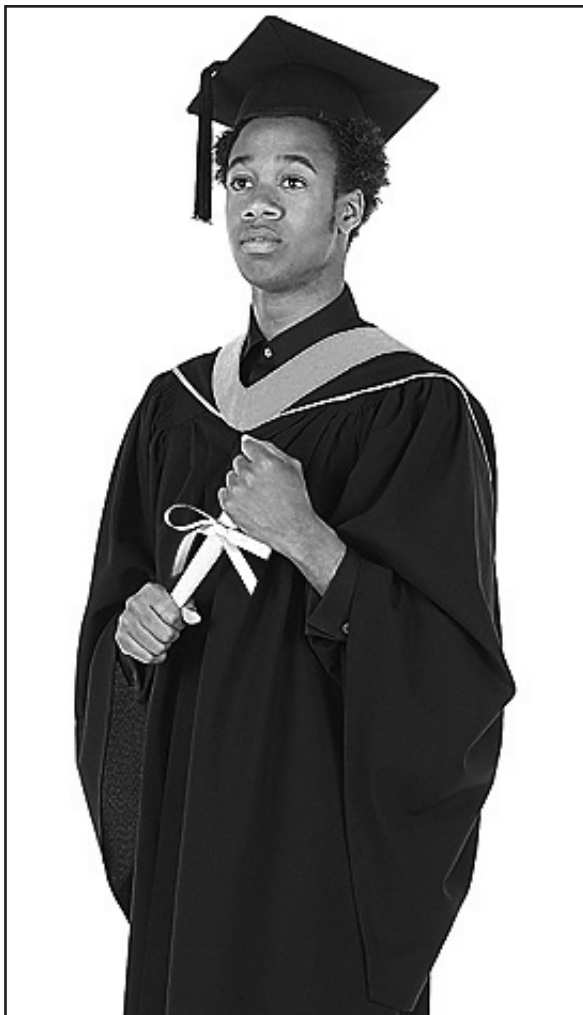
This innovative collaboration between Baltimore City Public Schools and BHSEC was formed based upon the belief that “intellectually curious high school-age students, irrespective of background, are ready and eager to do serious college work, that their ambition should be taken seriously, and that a liberal arts education can effectively engage them and prepare them to excel as the next generation of leaders.”

All eighth through tenth grade students living in Baltimore City may apply. Students accepted into the program will benefit from Bard College’s 13 years of experience running successful early colleges. Their junior and senior years of high school will be spent taking college classes. The college courses are free. Successful students will have as many as 60 transferable college credits, a savings of thousands of dollars in freshman and sophomore year costs.

Bard College joined the early college movement in 1979, when it merged with Simon's Rock—the nation's first private, residential college offering a liberal arts and sciences degree program designed for students of high school age. In 2001, the leadership of Bard College partnered with the New York City Department of Education to create the first public Bard High School Early College. Since that time, Bard has built a record of success running early college programs in Ohio, New York, Louisiana and New Jersey.

Core Principals

- Inspire and prepare high school-age students to become leaders across fields through a rigorous course of study that emphasizes critical thinking, writing, inquiry and discourse.
- Increase college access, affordability, and completion



for adolescents by allowing them to earn up to two years of tuition-free, transferable Bard College credits and an associate’s degree.

•Bridge the gap between high school and college by bringing the key characteristics of liberal arts college classrooms to public school settings.

Program Overview

•The Curriculum: Bard Early College offers high school courses and core and elective college courses across the liberal arts and sciences, providing students with a strong general education foundation. Courses

are small, writing, inquiry and discussion-based seminar classes that help students develop the writing, communication, and analytical and problem-solving skills necessary for success in college and beyond. Bard Early College’s college curriculum is modeled on that of Bard College, including the four-semester Great Books seminar sequence and “Writing and Thinking” workshops that start the academic year.

•Faculty: Bard Early College students are taught by college professors— faculty with terminal degrees in their fields of study— throughout their Bard Early College education. These professors are experts in their fields and active scholars who inspire students through their passion for their subjects. Bard Early College offers students great access to professors, both in and outside of the classroom.

•Student Supports: Bard Early College students receive a number of individualized supports to ensure their smooth transition from high school to college, at Bard Early College and beyond. Support services include faculty office hours, an advisory program, the Learning Commons, which offers professional and peer tutoring a college skills course, and college counseling services to help students transfer their college credits and find a B.A.-granting college that meets their needs.

•College Acceptances and Graduation Rates: More than 95 percent of Bard High School Early College students matriculate to a four-year college after graduating from the early college program, and more than 90 percent of matriculating students complete their bachelor's degrees. Students can transfer their credits from the early college program to a four-year institution, reducing the time to degree completion. In recent classes, more than a third of students have finished their bachelor's degrees within three years.

BHSEC Baltimore is currently accepting applications from rising ninth grade and 11th grade students in Baltimore City. The application includes an individual interview and an academic assessment. BHSEC seeks students who demonstrate academic ambition and intellectual curiosity.

To apply, register for an admission session by email: baltimore@bhsec.bard.edu or call 410-941-0189.

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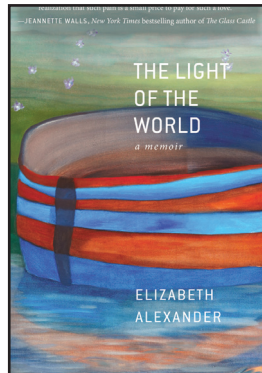
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Elizabeth Alexander - *The Light of the World*

Following the death of her husband, artist and chef Ficre Ghebreyesus, poet Elizabeth Alexander found herself at an existential crossroads. Her new memoir, *The Light of the World*, describes a very personal and yet universal quest for meaning, understanding, and acceptance. Elizabeth Alexander composed and read "Praise Song for the Day" at President Barack Obama's 2009 inauguration. The author of six books of poetry, she is the inaugural Frederick Iseman Professor of Poetry at Yale University and was recently elected a Chancellor of the Academy of American Poets.



Elizabeth Alexander

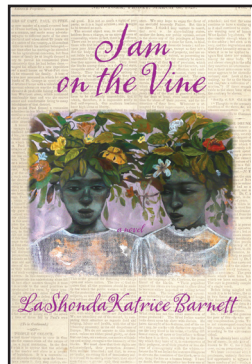


LaShonda Katrice Barnett - *JAM! On the Vine*

LaShonda Katrice Barnett is the author of a story collection and editor of *I Got Thunder: Black Women Songwriters On Their Craft and Off the Record: Conversations with African American & Brazilian Women Musicians*. She has taught literature and history at Columbia University, Sarah Lawrence College, Hunter College, and Brown University. Her debut novel, *JAM! On the Vine*, tells the story of Ivoe Williams who founds the first female-run African American newspaper in Kansas City in the early 20th century. She risks her freedom and her life to report on the atrocities of segregation in the American prison system.



LaShonda Katrice Barnett

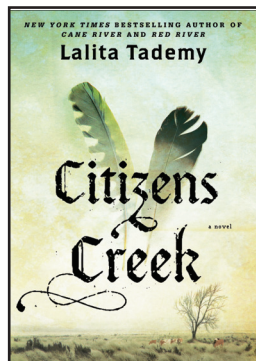


Lalita Tademy - *Citizens Creek*

Lalita Tademy is the author of the bestselling novels, *Cane River* and *Red River*. Set against the backdrop of Alabama in 1822, her new novel, *Citizens Creek*, follows the lives of "Cow Tom," a young slave boy who is sold to work on a plantation for a Creek Indian Chief, and his beloved granddaughter, Rose, whom he nicknamed Little Warrior. Through Cow Tom and Rose, Tademy shows the strength and determination of not allowing negative circumstances or influences to stand in the way of success.



Lalita Tademy



Reception and book signing immediately following in the 2nd floor corridor. The Ivy Bookshop will have copies of the authors' books for sale.

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dreamMakerS help children cope when parents have MS

By Stacy M. Brown

Laura Rigney first became aware of the nonprofit dreamMakerS when a friend added her name to the organization's email list. Rigney says she feels fortunate that she joined.

"I have been attending dreamMakerS events for the past three years and it has made a huge impact on the lives of me and my children," said Rigney, a divorced mother of three children, Aidan, 9; Tristan, 11; and Kaitlin, 14.

Like more than 2.5 million individuals around the world, including 400,000 Americans, Rigney suffers with multiple sclerosis, the unpredictable and often disabling disease of the central nervous system that disrupts the flow of information within the brain, between the brain and the body.

A family nurse practitioner, Rigney joined dreamMakerS, an organization created by Liza Levenson Sulinski, a fourth grade teacher from Bethesda. The organization is dedicated to providing programming to meet the needs of children of parents with multiple sclerosis (MS).

The goal of dreamMakerS is to create a community for children and families living with MS. Sulinski said MS has always been a part of her family's life even before they knew there was a name for it. She said her dad stayed behind on family vacations because the sand was too unsteady for him to walk on and he suffered from double vision and had difficulty remembering the names of friends.

"When my dad took me to visit colleges, I was the only high school student without a parent joining me on the

tours," Sulinski noted on her website.

It's that experience and others that underscore the reason for dreamMakerS and the various programs the organization hosts, including the upcoming day for families scheduled for 10 a.m. Saturday, March 14 at Johns Hopkins Hospital.

The event is a partnership with the Johns Hopkins MS Center and is part of "Brain Awareness Week" through the Dana Foundation in New York.

Activities will include simulations of MS symptoms, art projects like "build a brain," opportunities for kids to learn about how MS affects brains and then bodies, and time for them to learn about doctors' appointments their parents attend.

"The upcoming family day is important because we all need to become more educated in MS and how to deal with it as a family," Rigney said.

"The day we attended our first dreamMakerS event, our lives changed for the better. They did not have to explain to the other children because the other children understood," she said. "We get to see familiar faces going through similar daily struggles. While the children do their activities, the parents get to talk and share both experiences in life as well as with MS with each other."

Founded four years ago, dreamMakerS has operated primarily in the Greater Washington, D.C. area, only recently expanding to Howard County and Baltimore.

All of the programs offered are free to families living with MS and officials said they hope to reach as many as possible.

For African-Americans, Sulinski says

two recent studies indicate MS is more common than in other groups. There is also new research that shows that African Americans may have more relapses and more physical disability.

"Being a child of someone with MS is extremely stressful. MS symptoms can vary day by day and hour by hour," Rigney said. "My children have had to be forced to grow

up fast. They are often playing the role of caretaker to me when I am having rough days. They feel guilty if I have symptoms attending an event of theirs. It is hard for them to explain this to their peers. They are a lot of misconceptions about MS and its prognosis."

Also, Rigney said that many with MS have even had a difficult time getting a proper diagnosis because individuals may have experienced unique symptoms or the disease may not have appeared on an MRI early enough.

She said it's important to meet others



Liza Levenson Sulinski, the founder of dreamMakerS with Tristan and Aidan, whose mother Laura Rigney suffers from multiple sclerosis (MS).

Courtesy Photo/dreamMakerS

with MS so sufferers won't feel alone.

"Education is the key to spreading the word about MS. I am in a multicultural family. I am white and my children are half white and half black," Rigney said. "It has an impact because I do agree that there is little awareness in general of MS, but even more in vulnerable communities. It is important that all populations are aware of MS so that they can recognize it when it occurs. Early treatment makes a huge difference."

For more information about dreamMakerS, visit www.msdreammakers.org.

Support a local Author and get a most Empowering, Uplifting & Inspirational book .

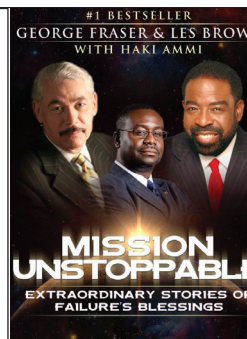
Mission Unstoppable by Les Brown, Dr. George C. Fraser, Haki Ammi and 31 Co-Authors.

Book Signing

Saturday March 14th 12 to 2 pm.

Terra Cafe

101 East 25th St corner of St. Paul and 25th.



Urban Males and Education

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New Era Academy
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Dr. Freeman Hrabowski, III
President, University of Maryland
Baltimore County (UMBC)

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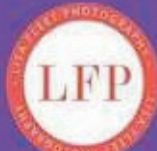
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Transformative Art Prize Applications Open for 2015

Baltimore— The Baltimore Office of Promotion & The Arts and PNC Bank announce the return of the PNC Transformative Art Prize for 2015! The award supports communities in their efforts to improve their surroundings with long-term, lasting visual & performing art projects. Neighborhoods are asked to partner with artists and/or arts organizations to reinvent public spaces using art. Qualified community-based non-profits may be granted funding up to \$30,000.

An application and guidelines are available at www.promotionandarts.org/grants. The deadline for submissions is Wednesday, April 8, 2015 at 4 p.m. Award winners will be announced in late May.

The 2015 PNC Transformative Art Prize is a program of the Baltimore Office of Promotion & The Arts in partnership with the Baltimore City Department of Housing and Community Development. Additional support is provided by PNC Bank.

“We are excited to once again partner with the Baltimore Office of Promotion & The Arts to offer the city’s communities the opportunity to create transformative art,” said Laura Gamble, PNC Bank regional president of Greater Maryland, “These projects serve as gateways to neighborhoods, inviting more residents, and in turn businesses, to the city. This is a great way to show PNC’s continued commitment to community and economic development.”

For more information about the PNC Transformative Art Prize, call 410-752-8632 or visit: www.promotionandarts.org.

Interested community groups and artists are encouraged to attend one of the following PNC Transformative Art Prize Information Sessions:

Saturday, March 7, 11 a.m. to 12:30 p.m.
School 33 Art Center, 1427 Light Street

Wednesday, March 11, 6 p.m. to 7:30 p.m.
Pennsylvania Avenue Branch of Enoch Pratt Free Library, 1531 W. North Avenue

Saturday, March 14, 11 a.m. to 12:3 p.m.
Cherry Hill Branch, Enoch Pratt Free Library, 606 Cherry Hill Road

Monday, March 16, 6 p.m. to 7:30 p.m.
Southeast Anchor Branch, Enoch Pratt Free Library, 3601 Eastern Avenue

Tuesday, March 24, 6 p.m. to 7:30 p.m.
Walbrook Branch, Enoch Pratt Free Library, 3203 W. North Avenue

Topics will include details about the prize, visual examples of transformative art and advice about artists and/or arts organization partnerships.

A conversation with LaShonda Katrice Barnett

By Laura Lee

Author of 'Jam on the Vine' speaks at Enoch Pratt main branch on March 7

"Jam on the Vine," the debut novel by author LaShonda Katrice Barnett is a lush historical novel set at the turn of the 20th century that sheds light on black life in America post-emancipation. The story follows Ivoe Williams, the daughter of a Muslim cook and a metal smith from her humble beginnings in central-east Texas to her trailblazing career as a journalist and the first African American female newspaper publisher. Along the way Ivoe goes to college, discovers her sexuality and chronicles the injustices of Jim Crow.

The Baltimore Times recently spoke to Barnett about her new book, boxing, and what she loves about Charm City.

BT: What inspired you to write 'Jam on the Vine'?

LKB: I come from a family that has always revered the black press. The black press really had significant import in my family when I was growing up. So I thought that I would build a novel in which an African American woman character starts her own newspaper.

BT: If you could back in time and meet a figure from history, who would that be?

LKB: Certainly Ida B. Wells who inspired my protagonist, Ivoe in "Jam." She's been a hero of mine forever. I remember that she was the first person that I wrote a black history report on in 3rd grade. I mean, she single-handedly took on an anti-lynching crusade at the end of the 19th century and really exposed all of the rumors and the accepted logic for why black men were supposedly being lynched. She was really a powerhouse. I'd definitely want to meet Ida B. Wells.

BT: You're very clear in the novel that Ivoe is gay. Why is her sexuality important?

LKB: I wanted to create a lesbian character on purpose because I feel that one of the ways American culture maligns black gay people, in fact all gay people, is by erasing

us from history. So when I was writing this story I thought this is a prime opportunity to make this woman who launches a black newspaper also queer, just to point out the fact that black gay people have always been here.

BT: There's a scene in the book where the father, Ennis takes his youngest daughter to a music store where she is molested by police as Ennis helplessly looks on. Was that scene as hard to write as it was to read?

LKB: Ennis is simply trying to buy a cylinder, what we call a record, for his daughter and because he is a black man who has money, he is accused of a crime he did not commit and his daughter is molested right before his very eyes and he can't do a damn thing about it.

My people actually come from the same area in Texas where the first half of "Jam" unfolds and those stories are prevalent. The ways in which— even after emancipation and even with freedom—the very fine line people always had to walk 24/7 because any act that was considered out of place could result in you losing your life. That was a very hard scene for me to write because I was very much in touch with the stories where family members and family friends were completely innocent and were embarked upon something very basic, something as simple as buying music and being caught up in a heinous situation like Irabelle and her daddy and the sheriff.

BT: What was your favorite part of the story to write?

LKB: I loved writing about Ivoe going to college. I can't think of a novel that features an African American female character that is allowed to go to college and to pursue her love for learning and a career, not a historical black novel, so I was very proud to be able to tell that story and delighted to fol-

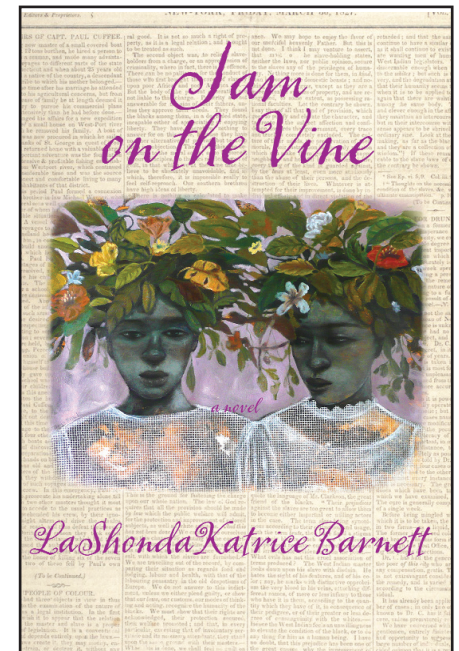


LaShonda Katrice Barnett Author of 'Jam on the Vine' speaks at Enoch Pratt Library main branch 300 Cathedral Street on March 7 at 1:00
Photo Credit Rachel Eliza

low a black woman living at the end of the 19th century and early 20th century onto a college campus. A lot of our ancestors made their way out of no way which is what Ivoe's parents do. Lemon and her husband Ennis, they find a way to make sure their daughter goes off to school to become somebody and I was very excited to be able to write about that.

BT: You talked about balance. It was striking how you realistically described the dangers of being African American in the early 20th century, but you also offer some hope.

LKB: it was very important to me to write about a functional black family and it was also the only way that I could get through the novel. I thought to myself, historically speaking, Jim Crow was always at the backs of black people's minds. You could not set foot outside your house without worrying about whether or not you were going to make it. That's just the truth of the matter. Every single bit of research that I put my fingers on underscored this point. It was a very dangerous time. So I thought I have to bring some light into this story. Be-



cause the fact of the matter is we're still here. It wasn't always horrific. We are a people capable of passion and love and ingenuity and that to me explains why we're still here. If you've got Jim Crow at your back when you leave the house, then at least inside the house let's create an atmosphere of love.

BT: Your character Berdis, ends up working at the Belvedere hotel in Baltimore. What is your connection to the city?

LKB: (Laughing) I don't have a connection to Baltimore! Last week I was in Mt. Vernon at a lovely B&B called Empire House and when I got out of the cab to go to the bed and breakfast right next door was the Belvedere where Berdis works! I just chuckled. As soon as I dropped my bag off I went in to the Belvedere I walked all around the hotel and had a meal at a restaurant called the Owl. I was so tickled that I was there. I wanted to show different parts of America and that's probably because of my scholarly interest in American studies, my Ph. D in American studies. That's why I have Ivoe going to Omaha and Ennis is in Kansas and I wanted Berdis to come east for the Peabody Conservatory. That was my draw to Baltimore and I like Baltimore. It's an interesting city, especially artistically speaking. There's a very rich writer's scene because of Johns Hopkins Creative writing program so it's a city full of poets and fiction writers. There's a lot happening here. It's full of character.

BT: What's your next project?

LKB: I'm working on chapter 6 of my new

Continued on Page 19

Oprah Book Club novelist to read from new book at the Womens International Literary Festival at Pratt Library main branch March 7

By Stacy M. Brown

Lalita Tademy chooses to write books about real people who have experienced tough times like slavery and those who have been victimized by racism or other kinds of discrimination. The New York Times bestselling author and an “Oprah Book Club” honoree says the characters in her books always prevail.

“I suppose I like to show that no matter how improbable circumstances can be, they can be overcome,” said Tademy,

whose first two published novels, “Cane River,” and “Red River,” were true stories about Tademy’s family. “The strength and the spirit of individuals I write about are amazing.”

On Saturday, March 7, 2015, Tademy will join three other female writers to discuss the intersection of place, time and culture in literature and in the lives of women at the Enoch Pratt Free Library’s Wheeler Auditorium at 1 p.m. The discussion to be moderated by Linda A. Duggins of the Hachette Book Group, is part of the library’s Women’s History Month Literary Festival.

Tademy is expected to discuss her latest novel, “Citizens Creek.”

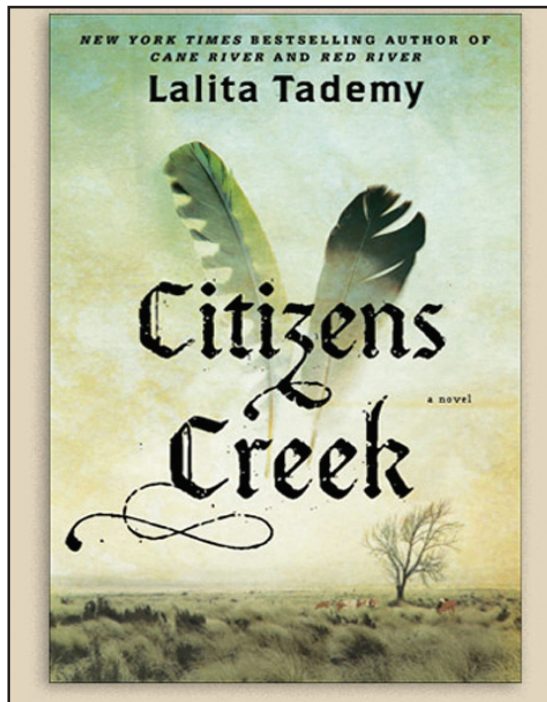
The author’s latest isn’t about her family, but it does focus on a slave who enjoyed a gift for learning and understanding various languages.

The slave, named Cow Tom, was born in Alabama in 1810 and by his 10th birthday he was sold to a Creek Indian chief.

As the new country developed in the west, Indians, settlers and blacks came into constant contact, Cow Tom became the primary translator for his master. He was hired out to U.S. military generals and became the first black Creek chief after the



Meet Lalita Tademy at the Enoch Pratt Library, 300 Cathedral Street, Baltimore March 7, 1:00 pm.



Civil War.

“I got the idea from a book called ‘Staking a Claim’ by Jonathan Greenberg. I focused on two characters, Cow Tom and his granddaughter Rose, and they are based on real and fascinating people who lived in the 1800’s and early 1900’s,” Tademy said. “From the moment I read about them, I was pulled in by the uniqueness of their personal stories, set against the turbulent backdrop of slaves owned by Creek Indians, the land appetite of the U.S government and subsequent removal of Indians from their homelands into Indian Territory that eventually became Oklahoma along with their slave property, the forced choosing of sides within the Creek nation between Union and Confederate during the Civil War, the position of black Freedmen as members of the tribe after the Civil War, and the required pioneer spirit of women who ran or helped run ranches as the westward expansion unfolded.”

For Tademy, Cow Tom and Rose perfectly fit her desire to write about ordinary people who had an extraordinary experience but still had marginalized voices. “That’s really what I like to do when I write, to bring voices forward that haven’t necessarily been heard before and to look

at history in a different way,” she said.

Reviewers and critics hardly have argued.

“Some books hold words between their pages, Citizens Creek is one of them,” said reviewers at Bookpage.

“It’s a sweeping story that tracks one family across three generations in early nineteenth century Alabama. Heavy stuff, yes. But Tademy is quite masterful with it,” said another reviewer for Juicy Magazine.

“Tademy offers a forgotten trail of American history to find an intriguing tale of love, family and perseverance, in the struggles of proud African Creeks,” Kirkus Reviews noted.

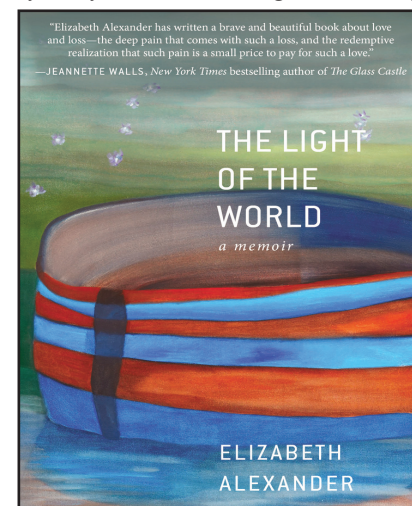
Written in two parts portraying the parallel lives of Cow Tom and Rose, Citizens Creek is a beautifully rendered novel that takes the reader deep into a little known chapter of American history. “It is a breathtaking tale of identity, community and family— and above all, the power of an individual’s will to make a difference,” another reviewer wrote.

Through it all, the 432-page novel proves to be a vital history lesson and an education for all who read it, Tademy said.

“I think that we can learn something



Elizabeth Alexander
Photo Credit: Eliza Giffiths



Following the death of her husband, artist and chef Fiere Ghebreyesus, poet Elizabeth Alexander found herself at an existential crossroads. Her new memoir, *The Light of the World*, describes a very personal and yet universal quest for meaning, understanding, and acceptance. Elizabeth Alexander will be reading at the Women’s International Literary Festival on March 7th at the Pratt Library at 1 p.m.

from that today,” she said. “Things are not going to necessarily be fair or to go your way, but you still have to figure out a way to navigate through it, and it can’t just be by complaining.”

Verizon Hosts Statewide Black History Month Celebration

Verizon hosted its 6th annual Black History Month open house for guests of all ages at the Reginald F. Lewis Museum in downtown Baltimore on Saturday, February 28, 2015. The event was free and open to the public. The museum, which is celebrating its 10th anniversary, is a leading resource for information and inspiration about the lives of African-American Marylanders – from the state’s earliest history to the present and future. During the open house, visitors took the opportunity to explore the museum, visit vendor tables and participate in a full day of activities. The program included entertainment, speakers, and a special recognition of community leaders, innovators and essay contest winners.

Black History Month Essay Contest Winners from various Maryland schools received Certificates of Excellence. The winners were Sarah Campbell, 2nd Place, High School; Cassandra Ferrante, 1st Place, High School; Jack Humphreys, 3rd Place, Middle School; Abrar Sheikh, 1st Place, Middle School; and Jaiden Nguyen, 1st Place, Elementary School.

Key Marylanders and innovators were honored at the Black History Month event. The 2015 Honorees include: Joy Bramble, owner/publisher of The Baltimore Times; Vince Canales, president of the Maryland Fraternal Order of Police; Wanda Draper, director of programming/public affairs, WBAL-TV 11; Solomon Graham, founder of Quality Biological Incorporated; Rev. Dr. Cleveland Mason II, president of the United Baptist Missionary Convention; Glenard S. Middleton, Sr., executive director of Maryland Council 67 and president of Maryland Public Employees, Local 44; Wannetta Thompson, executive director of GVCA Outreach, Inc.; Rev. Dr. Jonathan Weaver, founder of The Collective Empowerment Group; Dr. David Wilson, president of Morgan State University; Janice Wilson, president of the Charles County Branch NAACP; and A. Skipp Sanders, Ed.D., executive director of the Reginald F. Lewis Museum

Photos: Tyrone R. Eaton



(First row, left to right): J. Howard Henderson, president/ CEO, Greater Baltimore Urban League; Solomon Graham, founder of Quality Biological Incorporated; Rev. Dr. Cleveland Mason II, president of the United Baptist Missionary Convention; Janice Wilson, president of the Charles County Branch NAACP; Anthony A. Lewis, Verizon’s mid-Atlantic region vice president of state government affairs; Dr. David Wilson, president of Morgan State University. (Second row): Joy Bramble, owner/publisher of The Baltimore Times; wife of Vince Canales; Vince Canales, president of the Maryland Fraternal Order of Police; Wanda Draper, director of programming/public affairs, WBAL-TV 11; A. Skipp Sanders, Ed.D., executive director of the Reginald F. Lewis Museum; Glenard S. Middleton, Sr., executive director of Maryland Council 67 president of Maryland Public Employees, Local 44; Wannetta Thompson, executive director of GVCA Outreach, Inc; and representative who accepted award for Rev. Jonathan L. Weaver.



Maryland State Conference NAACP essay winners received Certificates of Excellence. (L-r): Sarah Campbell, 2nd Place, High School; Cassandra Ferrante, 1st Place, High School; Jack Humphreys, 3rd Place, Middle School; Abrar Sheikh, 1st Place, Middle School; and Jaiden Nguyen, 1st Place, Elementary School.



The audience was informed by Lady Brion to snap their fingers rather than applaud to acknowledge when they really liked what she said!



Spoken word artist Lady Brion brought the house down with her poetic performance.



The guys on their way to enjoy their event activities.



State Senator Catherine Pugh and WOLB talk show host, Larry Young pick the raffle winners for tablets donated by Radio 1.



Visitors stopped by vendors' tables.



L-r: J. Howard Henderson, president/CEO, Greater Baltimore Urban League; Tabb J. Bishop, vice president, Verizon; A. Skipp Sanders, Ed.D., executive director of the Reginald F. Lewis Museum; and Anthony A. Lewis, Verizon's mid-Atlantic region vice president of state government affairs,



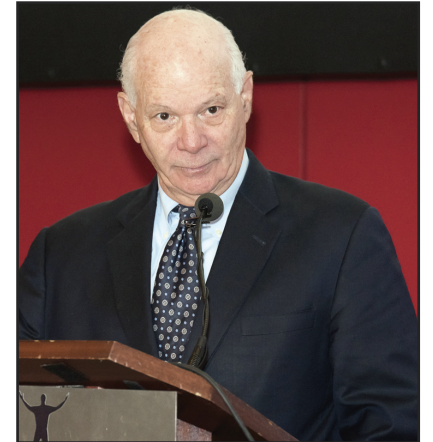
Gerald Stansbury, president of the Maryland State Conference NAACP



Isiah "Ike" Leggett, Montgomery County Executive.



Md. State Delegate Barbara A. Robinson tells the story of her life.



U.S. Senator Benjamin L. Cardin recounted emotions of meeting with Harriet Ross Tubman's descendants

Hair Catastrophe Leads To Successful Business

By Stacy M. Brown

For some women, having a bad hair day can lead to many other problems.

If you listen to Yve-Car Momperousse, there cannot have been many who have experienced worse than she after a trip to a hair stylist about seven years ago.

“I called it a hair catastrophe,” said Momperousse, who has managed several nonprofits in three states including Pennsylvania, New York and New Jersey. “I had been growing my hair naturally, and I went to a hairdresser and asked to have my hair pressed. The hairdresser decided to use a lot of heat to straighten my hair and burned me badly.”

Momperousse said she turned to her mother back in Haiti for a remedy, as she had done with countless other ailments. Her mother reached for old reliable, Haitian Black Castor Oil. That’s when Momperousse decided to start Kreyol Essence, a company that creates skin and hair care products based on Haitian traditions.

“I knew the Haitian Black Castor Oil my mother used on me as a child to strengthen, grow, and moisturize my mane was the one thing that could restore my natural hair to its former glory,” she said. “It wasn’t readily available in my neighborhood [in Philadelphia] and I could not find it on line. My mom had to send me some from her Haiti stash, so I decided to make sure that I, and anyone else who needed the oil, could have access to it by creating Kreyol Essence.”

Momperousse, who operates the business with her fiancée, Stéphane Jean-Baptiste says that another reason for starting the business was to help stimulate Haiti’s fallen economy.

She had planned to open in 2010, but the terrible earthquake that rocked the country forced her to focus on relief work rather than being an entrepreneur.

“That’s where my mom, who is always the voice of reason, came in again and told me that I had to stop the relief work and follow my dreams,” Momperousse said. “Now more than ever, our people will need jobs and a way to be self-sufficient and my mom said to me that when the donations stop, how will the country survive? She said she needed me to persevere in making this dream a reality, as the lives of many were at stake.”

Helping to provide jobs for many in her homeland has only made the success of Kreyol Essence all the more enjoyable, according to Momperousse.

She and Jean-Baptiste say it was their destiny and their responsibility to have a social impact, which remains the core of their business model.

Momperousse says the company will eventually create jobs for as many as 400 women and farmers, and by planting castor beans they are tackling soil erosion, deforestation and green house gas emissions.



(L-R): Stéphane Jean-Baptiste and Yve-Car Momperousse, owners of Kreyol Essence, a company that creates hair and skin care products based on Haitian traditions. Photo courtesy of Kreyol Essence.

“This helps with the environment and it saves the lives of those who survived the earthquake,” she said, adding that Kreyol Essence provides the only 100 percent organic Haitian castor oil on the mainstream market.

The oil, extracted by hand using traditional Haitian methods, has proven to deliver unparalleled healing and hydrating properties, she said.

The product includes 100 percent organic and aromatic Palma Christi: Haitian Black castor oil; Palma Shea hair and body butter all designed to infuse the skin and hair with moisture.

The company also offers a variety of other organic hair and skin products, including handcrafted soap that’s packed with premium ingredients like goat’s milk and citrus peels that’s designed to gently exfoliate skin.

“The Haitian approach to caring and maintaining hair is closely aligned with herbal medicine. Many women rely on ingredients found in the mountains, family recipes, and what we call the country’s liquid gold, Haitian Black Castor Oil,” she said.

“Food is also used in cosmetic concoctions. When you purchase Kreyol Essence products you are investing in yourself and the people of Haiti. So, support the beautiful women and men who hand make these products and celebrate social and beauty innovation.”

For more information about the Kreyol Essence, visit: www.KreyolEssence.com.

Annapolis native offers entrepreneurship lessons during National Women's History Month

By Andrea Blackstone

Women's History Month offers an excellent opportunity to highlight local women who step out in faith like Ericka Wilkins. The Annapolitan and her parents—Rosemary Wilkins and Willie Wilkins—offer lessons in determination to own a family business. Around 1989, Ericka became the co-owner of a beauty supply store. It was an unplanned endeavor for a 21-year-old with multiple skills and interests. Ericka embraced the challenge. Since she began working in the business full time, the entrepreneur and hair stylist has never turned back.

“My parents wanted to own a business. Mom thought consignment was the way to go, so we opened a consignment business on West Street. We were in danger of losing our home and were approaching eviction from the building where we were located at the time. Someone came along and said they had something to consign. Mom said we were going out of business. They suggested putting some of their beauty supplies in the store. That is how we ended up in the beauty supply business,” Ericka said. “It started taking off. People started buying hair items, so we transitioned from a consignment store to a beauty supply.”

Although Ericka originally aspired to become a doctor, she completed a three-year cosmetology program at Center of Applied Technology South (CAPS) located in Edgewater. Her interest in hair care began as a teenager. She earned her cosmetology license in high school.

“I got into pre-med program at Catholic University. I interned at the National Rehabilitation Center in D.C. I realized that I did not like that field as much as I thought I did. I felt like I was boxed in,” Ericka said. “My scholarship ended the same year. I wasn't one who wanted a bunch of student loans. I planned to take a year off, save some money and go back to school, but I just stayed in the business.”

While Ericka attended college, her parents opened up a second Rosemary's Beauty Supply location on the Eastern Shore. She decided to work there while her parents worked at the Annapolis location. Her father held down another job. Ericka integrated her cosmetology skills, by building up a clientele who were seeking hair care services.

“A cosmetology career allowed me a little more freedom and space,” Ericka said.

Today, she divides her time working in Chester, Md. on the Eastern Shore, and in Annapolis as a stylist and salon owner. Studio Styles Salon and Barber Shop is located at 2242 Bay Ridge Ave. in Annapolis.

Two barbers and three stylists work with Ericka. She provides natural hairstyle services, braided looks, dread maintenance and chemical services. However, she is



Ericka Wilkins and her parents started a beauty supply business in Annapolis in the late eighties. Over the years, they have given back to community area youth. Rosemary's Beauty and Barber Supplies recently opened a new location at 2240 Bay Ridge Avenue in Annapolis.

also skilled in working with all hair types.

Her customers range from ages five to 70. The retail part of her business is located next door. A soft opening of Rosemary's Beauty and Barber Supplies was held in Annapolis a few months ago.

Although Ericka did pursue a career in medicine, she remains in the business of helping others. For the last fifteen years, Ericka has been dedicated to working with community youth. She currently serves as an advisor of Super Leaders at Annapolis Senior High School. She helps to provide life skill support, while working “to shape students to become the best people they can be.” Many students stay in touch with her after graduation. Her parents and sister, Cassandra Wilkins, have also been supportive of youth. The Wilkins family has become extended family to many who encounter them.

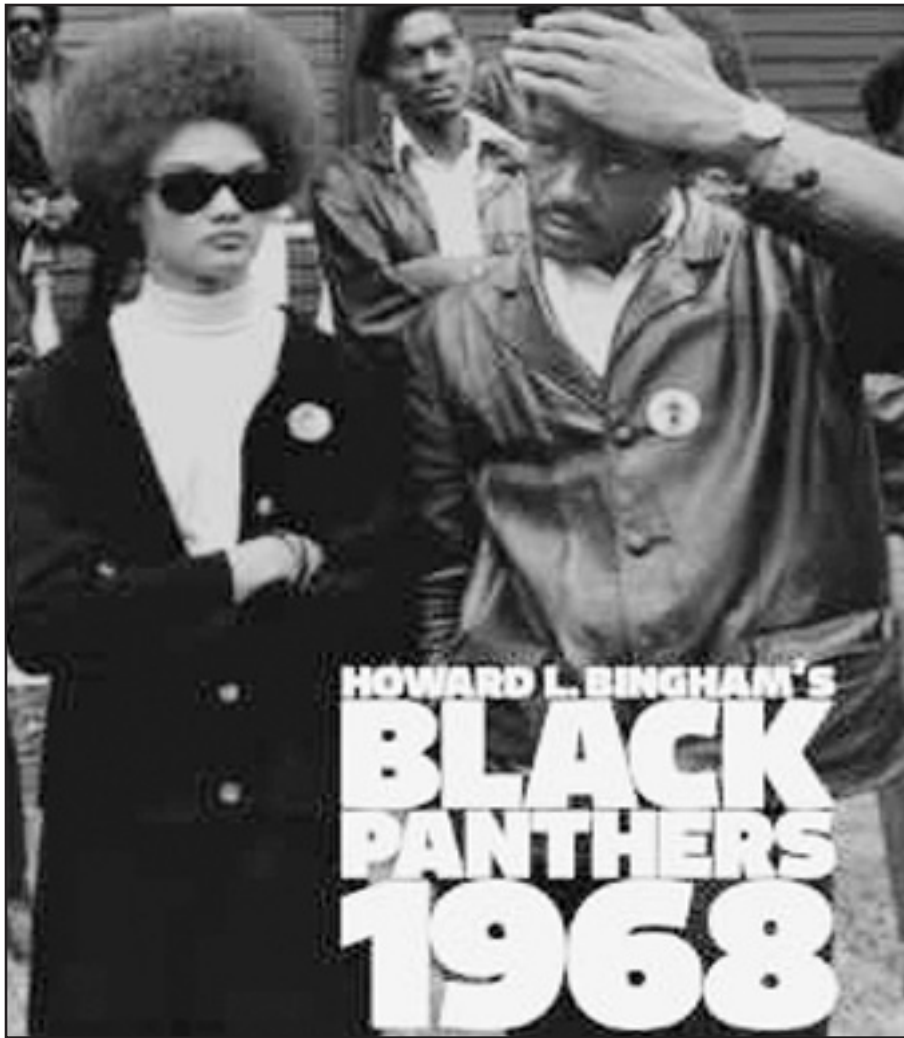
Over the years, Ericka's caring nature and talent have helped her to stay popular with customers. She provides

hair styling services for chemotherapy patients and individuals who seek to overcome hair challenges.

“I like mission impossible situations and troubleshooting. I enjoy making people feel good about themselves and giving them the look that they want to achieve,” Ericka said. “Being a business owner takes a lot of hard work. It requires a lot of long hours, but I like having the ability to make decisions and design my life how I want it be. I think it's exciting to own a business.”

Ericka plans to have a spring grand opening for Rosemary's Beauty and Barber Supplies, located at 2240 Bay Ridge Avenue in Annapolis. Currently, store hours are Monday to Saturday, 10 a.m. to 6 p.m.

For more information, connect with Ericka on Facebook via <https://www.facebook.com/RosemarysBeautyandBarberSupplies/about> or call 410-643-5952.



Black Panthers 1968 Cover

Courtesy Photo

Indie Soul Book Review:

Howard L. Bingham's Black Panthers 1968

By Phinisse Demps

Parents and guardians are responsible for teaching black history of to our children. One group that is often misunderstood, and forgotten about is the Black Panthers. This week Indie Soul wants you to checkout the book Howard L. Bingham's "Black Panthers 1968."

The synopsis of the book is as follows: Life magazine sent writer Gilbert Moore and photographer Howard Bingham to document and tell the story of the Black Panthers. The very secretive Panthers and their Minister of Information, Eldridge Cleaver would only allow Life to do the story if Bingham was the photographer. Bingham and Moore followed

the Panthers for months from Oakland to New York to Los Angeles only to have the story pulled due to a disagreement between Moore and the magazine.

The book contains information about the Panthers and what they were trying to accomplish. The book was released in 2009 and is very hard to come by. Indie Soul picked up a copy locally at Red Emma's Bookstore, but did find that you can purchase online at Amazon. This book is truly a conversation and educational tool to teach and share with others with the goal in mind to educate about our history no matter how controversial one might think a subject is, it is still our history.

Indie Soul Spotlight: Dia Simms

By Phinisse Demps

Dia Simms was the keynote speaker at a business conference hosted by The Greater Baltimore Urban League on February 19, 2015. Simms is president of Combs Wine & Spirits, a Sean Combs Company. Simms oversees the strategic execution of all brands under the House of Combs. The charge includes brands such as Revolt TV, Aquahydrate, Sean John, Ciroc Ultra Premium Vodka and DeLeon Tequila. She also sits on the boards of the Boys and Girls Club of Harlem and Network for Teaching Entrepreneurship (National). She is also married and has a daughter.

Indie Soul had the chance to catch up with the Morgan State University graduate to discuss women in business, entrepreneurship and Madison Avenue when she was in Baltimore last month.

"Entrepreneurs are under represented on Madison Avenue on a leadership front. Minorities and women are missing. We need to make sure our high school students know that being an advertising director is viable career. When others who are in the field see interest we need to reach out and offer mentorship. We need to give back," Simms said.

"Entrepreneurs should use social media and public relations. These platforms are very useful with small budgets. Using social media, you can have better conversations when reaching out to promote your brand. [An] entrepre-



neur's job is to find the right people for your brand to represent you. Using social media can you make your brand just as effective as the big companies.' Know who you are going after. Be selective and specific. Social Media is the most efficient tool to get the word out."

What drives Simms, as she explains, is her extraordinary relationship with time. "People let 10 years go by and still talk about the same thing as they were going to be or do 10 years ago. I am truly grateful for all that I have done. If you are start from a place of being grateful you can be successful," Simms said.

Her words of advice for women are, "Keep doing for what you are doing. Do not be scared of your femininity that you bring to the leadership role by being a woman. Don't shy away from who you are."

Next for Simms other than potty training a toddler is introducing the new Tequila Deleon for Ciroc.

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

*"The secret of success
is constancy to purpose."*

- Benjamin Franklin



Singer/Songwriter/Musician David Chance Courtesy photo

David Chance of Ruff Endz talks about his new entertainment endeavor

By Phinesse Demps

It was February 11, 2002, a few days before Valentine's Day and a couple of months before wedding season when Baltimore group, Ruff Endz, released a song entitled "Someone To Love". The song hit the airwaves and became the anthem for folks in love and about to be married. "In the music business, you never know what song strikes home for people. That song was a huge hit for us and because of the success of that song, we thought we were on our way," reflects David Chance, one half of the group Ruff Endz. So what happened?

"This business is funny. When you deliver on your end, the record label tries to keep you in a box and wants you to keep making the music that will make hits and never let you grow musically or they spend money on other projects they feel will make more money and fail to promote your music. Not to mention, you have people thinking you are making so much money and when you come back they don't understand why are you home or where is the money?" adds Chance.

Chance admits he had great times on the road touring, hanging out with peo-

ple he admired and being able to afford the finer things in life, but says something was missing. Chance adds "I have always been a spiritual person. Family was raised that way. I felt like something was missing. For me, that relationship was God and understanding that I was for another purpose."

David Chance had time to think about things as the group continued to struggle with labels, managers, and wondering if they ever would get that to write and perform again. "I have no hard feeling about my experience, but I decided to walk away from the labels, living that lifestyle, and to go in another direction. Still doing music, but it would be more inspiration and very soulful, which is what radio is missing today" states Chance. Chance has started his record label, Chance Music Group (www.chancemusicgroup.com). According to David: "I am going to do the kind of music that inspires. I also going to make the type of music for adults that deals with love, the problems, the good and bad, but all coming from a spiritual place."

Indie Soul welcomes your questions and comments. To contact Phinesse Demps, call 410-366-3900 ext. 3016 or 410-501-0193.

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Replace 'entitlement' in praise and create self-respect

By Mary Jo Rapini, MEd, LPC

No matter where you are, if little ones are around, it won't take long before you'll hear "You're so smart," "You're so pretty," as well as, "You're the best on the team."

It's normal to think your child is brilliant, better looking and more capable than anyone's child you know; however, that attitude taken to extreme might be moving us toward creating a society of kids who feel entitled.

Surveys from freshman classes show that kids work less in college than they did 10 years ago, and they think more highly of themselves. The majority of freshman college students score high on narcissism. What did we expect? These kids have been raised by parents who praised their every move. With that praise, they have instilled an attitude of entitlement. Kids actually believe they deserve a high paying job, a beautiful home and exotic trips. When you talk to them in depth, and ask them how they plan to acquire these privileges, they have no plan other than knowing their parents had it, so they will too.

The sad part is, they won't. In fact, they cannot because they have not suffered consequences of not being good at something. Their weaknesses have been overlooked or brushed aside in an attempt to build their confidence with praise.

Praise doesn't build confidence; in fact, too much praise makes a child less motivated to take risks and try new things. If you continually tell a child how well they spell, they expect and are motivated to get more praise for spelling. Forget the other subjects, or sports, because they get praised for spelling well. This narrows the child's world and they don't branch out or build confidence by trying new things and failing at some.

A much wiser approach is something we call "process praise." Process praise means you begin to notice and comment on the strategy the child used to figure something out. You focus less on natural talents and more on effort. You teach them that the brain, just like their other muscles, can grow, which helps the child



understand that the more effort they make, the more success they will likely see. This helps children understand that challenges are good, and the brain can learn new ways of doing things.

Here are three suggestions for starting a plan of process praise:

*Don't praise as much as you may have in the past. When you do praise, begin with praising effort or attempts at trying new things. Telling a child you like the way they tried something new is going to be more helpful to them than praising them for something at which they are already good.

*Praise their strategy, or thinking. "Wow, you really had to use your out-of-the box thinking to come up with that plan."

*Never lie to them or tell them they are good at something they are not. Kids know the truth. If you say it's a good job and it isn't, they will stop trusting you or believing you.

Kids get discouraged and when parents give blanket praise such as "You're so smart" or "You're such a good

pitcher," kids begin to think this is what they are, or do. A child can be compassionate, smart, musical, and so much more. When parents teach kids to accept challenges, try new things and risk not being the best, they challenge them to grow and exercise their brain. In a world of entitlement and everyone being a winner, we've gone too far. Everyone has natural talents and weaknesses. The key is to help a child feel confident

enough in their strengths to risk appearing weak in areas that need more strengthening.

Let's bring back good old-fashioned effort and teach our kids the value of working toward their dreams.

Mary Jo Rapini, MEd, LPC, is a licensed psychotherapist. For more information about Mary Jo Rapini, visit: www.maryjorapini.com.

Maryland Senior Citizens Fall of Fame seeks Nominations

The Maryland Senior Citizens Hall of Fame, Inc. is seeking nominations of Maryland residents, 65 years of age or older, who as active volunteers have made outstanding contributions to improve the lives of others in the community.

Nominations will be reviewed and up to 50 qualified nominees will be selected for induction into the 2015 Maryland Senior Citizens Hall of Fame.

Nomination forms and specific details for eligibility are available at mschf.org or by written request to MSCHF 800 Southerly Road, Box 1, Towson, MD 21286-8403. All nomination forms must be postmarked by April 30, 2015.

Go To Bed! Doctor's Orders

WASHINGTON — Your lack of sleep not only is affecting your health, but also the health and safety of those around you. Daylight savings time doesn't make it easier, so the nation's emergency physicians are warning about the dangers of sleep deprivation.

"Sleep deprivation has been linked to chronic diseases, such as cancer, hypertension and diabetes," said Dr. Michael Gerardi, president of the American College of Emergency Physicians. "You may think it's minor now, but you could be doing serious damage to your body by not resting it properly."

About 70 million people in the United States suffer from chronic sleep problems, according to the Centers for Disease Control and Prevention (CDC).

Here are some statistics about how much sleep we need versus how much sleep we get.

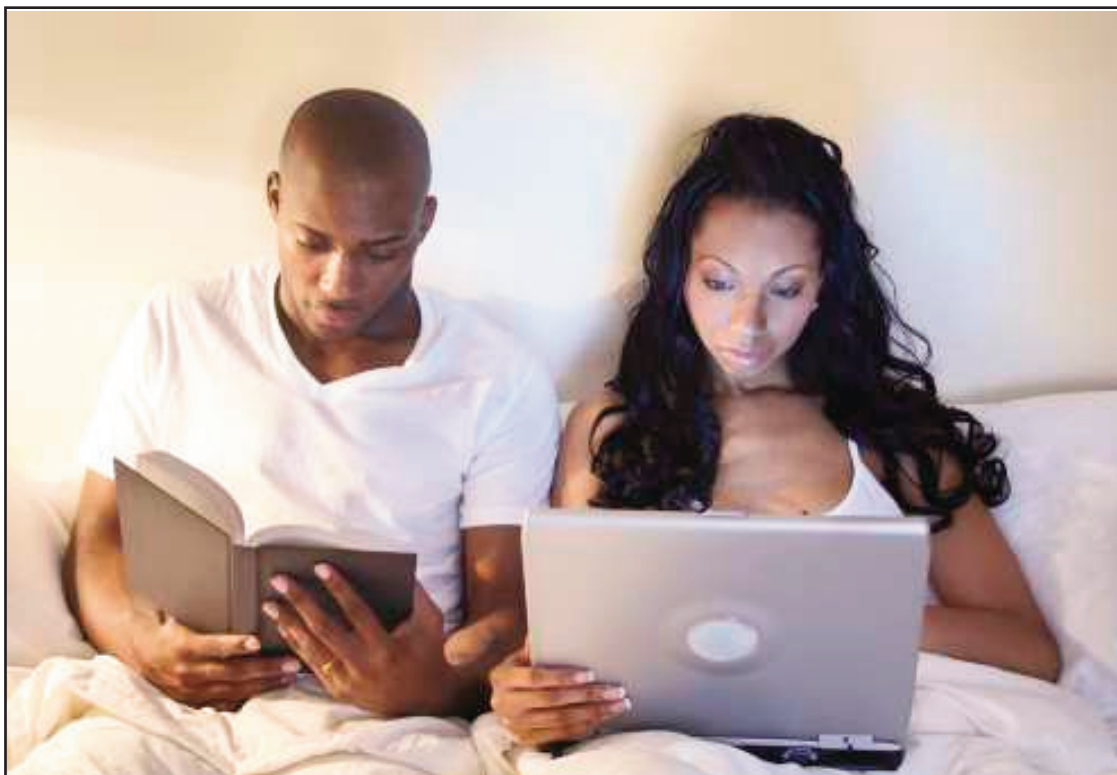
- * School-age children need at least 10 hours of sleep daily, according to the National Institutes of Health.

- * Teenagers should be getting about 9-10 hours each night.

- * On average, only 30 percent of high school students get at least 8 hours on an average school night.

- * Adults need at least 7-8 hours of sleep each night.

- * Nearly 30 percent of adults get an average only 6 hours of sleep per day. Sleep deprivation can be potentially



Adults need at least 7-8 hours of sleep each night, but nearly 30 percent of adults get an average only 6 hours of sleep per day.

dangerous for other people, especially if you're driving a vehicle. The National Sleep Foundation reports that about 60 percent of adult drivers say that they've driven at some point in the past year while feeling drowsy — some have even nodded off while driving the car. Approximately 11 million drivers have almost had or did have an accident because they either fell asleep at the wheel or were too tired to drive. Oftentimes emergency physicians treat many of these accident victims who were lucky enough to survive.

Additionally, if you share a home or a bedroom with a partner, your lack of sleep could also be affecting his or her sleep pattern.

Sleep hygiene is just as important as getting daily exercise or eating a proper

diet. Experts advise people to set a routine and live by it.

- * Go to bed at the same time each night and wake at the same time each morning.

- * Avoid caffeine and alcohol before bed.

- * Avoid large meals before bed.

- * Avoid nicotine.

- * Make sure your bed is comfortable.

If you are waking regularly during the night, you might need to have a sleep study done or you may need to do something to make yourself more comfortable in bed.

ACEP is the national medical specialty society representing emergency medicine. ACEP is committed to advancing emergency care through continuing education, research and public education.

"I'm not a very good sleeper. But you know what? I'm willing to put in a few extra hours every day to get better. That's just the kind of hard worker I am."

—Jarod Kintz, Whenever You're Gone, I'm Here For You

A conversation with LaShonda Katrice Barnett

Continued from page 10

novel called "God's Follies." It's set in Manhattan during the gilded age. I love historical fiction and it's a heist story. It's about two women that pull off a great heist. So it's a very different story than "Jam" but it is historical and it will introduce you to a little known African American character, a woman by the name of Stephanie Sinclair who was very famous and who lived in Harlem during the 1920's. Just like Ida B wells inspired the character Ivoe, Stephanie Sinclair has inspired the new character. Thank God for black women's history! I will be busy for the rest of my life!

BT: What 's a fun fact you'd like to share about yourself?

LKB: I like to box and I'm a major jazz head. Outside of my poodle and my human relationships, I love jazz more than anything on the planet. I was talking to a friend of mine who is a well-known bass player and he reminded me that so many jazz players also boxed. Miles Davis was a fantastic boxer and he could have had a career. He had to choose between the trumpet and boxing he was so good.

BT: What role does the black press have to play in today's world??

LKB: It's critical because even though the mainstream press supposedly still has its eye on black America we know at the end of the day that's not true. I can tell you how many times I've seen stories that are particular to black America in the New York Times; not often. The black press is as important today as it was 100 years ago because journalists who write for black newspapers are our boots on the ground. They've got their ear to the vine and they are the ones still today in 2015 who are capturing the stories that are crucial to black lives.

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ANTIQUES

DC BIG FLEA MARCH 7-8

An Amazing Treasure Hunt! Over 600 Booths! Metro DC's Largest Antique Event! Dulles Expo-Chantilly, VA

4320 Chantilly Shop Ctr, 20151
Adm \$8 Sat 9-6 Sun 11-5

AUCTION & ESTATE SALES

AUCTION - CONSTRUCTION EQUIPMENT & TRUCKS, MARCH 10TH, 9 AM,

March 10th, 9 AM, Richmond, VA. Excavators, Dozers, Dumps & More. Accepting Items Daily thru 3/6. Motleys Asset Disposition Group, 804-232-3300x4, www.motleys.com/industrial, VAAL #16.

AUCTION - WOOD FLOORING

Manufacturer, Bid 3/5 - 3/12, Items Located: Crewe, VA. Dust Collectors, Wood Working Equipment, Staining Equipment, Misc. Wood Working Tools. Motleys Asset Disposition Group, 804-232-3300x4, www.motleys.com/industrial, VAAL #16.

GARAGE/YARD SALES

SUNDAY BAZAAR

Howard County Fairgrds Sun, April 12, 9am-3pm GOT STUFF TO SELL? Crafters, Flea Marketers household, collectibles Antiques, sport equip. more. 12'x12' booth \$38 Sat night/Sun morn setup. applications/rules on web www.HCSbazaar.com

SUNDAY BAZAAR

Howard County Fairgrds Sun, April 12, 9am-3pm crafts, flea, flowers, food household, collectible Antiques, sport equip. more. 12'x12' booth info. applications/rules on web www.HCSbazaar.com

MISCELLANEOUS

HEALTH & FITNESS

CANADA DRUG CENTER is your choice for safe and affordable medications. Our licensed Canadian mail order pharmacy will provide you with savings of up to 90% on all your medication needs. Call today 1-800-418-8975, for \$10.00 off your first prescription and free shipping.

GOT KNEE PAIN?

Back Pain? Shoulder Pain? Get a pain-relieving brace - little or NO cost to you. Medicare Patients Call Health Hotline Now! 1-800-900-540

THE #1 WORST EXERCISE FOR AGING. Did you know certain exercises accelerate the aging process, while others slow, or even REVERSE aging? Discover the secret routines to FIGHT aging process. Visit www.ReverseAging123.com

UNIQUE OIL PROVEN TO REGROW LOST HAIR Go to www.ReGrowYourHair123.com to discover how you can END hair loss & even regrow lost hair cheaply, easily, & NATURALLY

VIAGRA AND CIALIS USERS! 50 Pills SPECIAL - \$99.00. FREE Shipping! 100% guaranteed. CALL NOW! 855-409-4132

VIAGRA - PFIZER BRAND - Lowest Price from USA Pharmacies. No doctor visit needed! Discreet Home Delivery. Call 855-684-5241

WHEELCHAIR AND SCOOTER REPAIR. Medicare Accepted. Fast Friendly Service. BBB Rated. Loaners Available. CALL 1-800-450-7709

MISCELLANEOUS

ACORN STAIRLIFTS. THE AFFORDABLE solution to your stairs! **Limited time - \$250 Off Your Stairlift Purchase!** Buy Direct & SAVE. Please call 1-800-304-4489 for FREE DVD and brochure.

VACATION RENTAL

Outer Banks, North Carolina - Vacation Rentals

- Over 600 vacation homes in all price ranges!
- Kitty Hawk, Kill Devil Hills, Nags Head, and Southern Shores to Corolla
- 2 to 18 bedrooms most with private pool/hot tub
- Linens and towels are provided (call for exception)

Reserve your family vacation today!

877-642-3224 . www.brindleybeach.com

MISCELLANEOUS

PLACE A BUSINESS CARD AD IN THE STATEWIDE

Display 2x2 Advertising Network - Reach 3.6 Million readers with just one call, one bill and one ad placement in 82 newspapers in Maryland, Delaware and DC TODAY! For just \$1450.00. Get the reach, Get the results and for Just Pennies on the Dollars Now...call 1-855-721-6332 x 6 or email wsmith@mddcpress.com

PROTECT YOUR HOME -

ADT Authorized Dealer: Burglary, Fire, and Emergency Alerts 24 hours a day, 7 days a week! CALL TODAY, INSTALLED TOMORROW! 888-858-9457 (M-F 9am-9pm ET)

WANT A LARGER FOOTPRINT

in the marketplace consider advertising in the MDDC Display 2x2 or 2x4 Advertising Network. Reach 3.6 million readers every week by placing your ad in 82 newspapers in Maryland, Delaware and the District of Columbia. With just one phone call, your business and/or product will be seen by 3.6 million readers HURRY...space is limited, CALL TODAY! Call 1-855-721-6332 x 6 or 301-852-8933 email wsmith@mddcpress.com or visit our website at www.mddcpress.com

Box Your Ad!

You'll be noticed.

VACATION RENTAL

COMMERCIAL SPACE

GLEN BURNIE OFFICE

CONDO FOR RENT BY OWNER Zoned C-2 Professional; This ground floor unit has private entrance, contains individual heating and A/C, fully carpeted, private lavatory & plenty of free & onsite parking. 743 sq. ft. Glen Prof. Center Crain Hwy, S.W. Call 8 am to 4 pm 410-582-0601

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VACATION RENTAL

REAL ESTATE

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All Real Estate advertised herein is subject to the federal Fair Housing Act which makes it illegal to indicate any preference, limitation or discrimination based on race, color, religion, sex, handicap, familial status or national origin, or an intention to make any such preference, limitation or discrimination. We will not knowingly accept any advertising for Real Estate which is in violation of the law. All persons are hereby informed that all dwellings advertised are available on an equal opportunity basis. If you believe that you may have been discriminated against in connection with the sale, rental or financing of housing, call The United States Department of Housing and Urban Development. (HUD)

1-800-669-9777

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...in The Annapolis Times Classifieds.

1-800-884-8797



The mediator

XFINITY® on the X1 Entertainment Operating System®

In our house, we never fight over the remote. That's because XFINITY Internet delivers the fastest in-home WiFi. Now we can stream movies and shows anytime, on any screen. Plus, we can see what's on live TV and XFINITY On Demand™ all in one place with the search engine on our TV. X1 is perfect for this dad, who's got everything under control.

<p style="font-size: 8px; margin: 0;">XFINITY X1 TV & Internet</p> <p style="font-size: 24px; margin: 0;">\$89⁹⁹</p> <p style="font-size: 8px; margin: 0;">per month for 12 months</p>	<p style="font-size: 24px; margin: 0;">HBO®</p> <p style="font-size: 10px; margin: 0;">included for 12 months</p>	<p style="font-size: 10px; margin: 0;">Plus, upgrade to</p> <p style="font-size: 18px; margin: 0;">BLAST!® Internet</p> <p style="font-size: 10px; margin: 0;">Free for 12 months</p>
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Call **1-855-687-0625** or visit **comcast.com/X1** today



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