

Diabetes advocate Robin Dorsey recognized for volunteer work



Robin Dorsey (middle), makes a stop diabetes sign while participating in the 2014 Step Out: National Capital Area Walk to Stop Diabetes. The signature fundraising walk was held at National Harbor. Dorsey has type 2 diabetes and volunteers as an American Diabetes Association Wellness Ambassador. She received The 2015 Outstanding Leadership Award from the American Diabetes Association (ADA) for her leadership and commitment as the committee co-chair of the 2015 Northern Virginia Tour de Cure and The 2015 Community Ambassador Award at the American Diabetes Champion reception on November 3, 2015. (See article on page 11) Courtesy Photo

The freshman year of adulthood

By Madina Tall

There are basic things that everyone needs to learn to operate in the world. Regardless of where you live or what language you speak, you should know your do's and don'ts. For example, don't run with scissors, but do wash your face in the morning. However, by the time one turns 23, there are some lessons that need to be learned if haven't already.

- Learn how to take someone to court. You never know when you may end up with a landlord that's a jerk.

- You learn a lot by helping others. Even though it seems like the benefit is only theirs, it is just as much yours.

- Learn how to unclog a bathtub with a snake. There will be a day when there is no one there to help you.

- Remember to appreciate the experience of life. Although none of us asked to be born, we were, and our time on earth is limited.

- Remember to trust the universe. You receive what you put out. Positive energy leads to positivity.

- Go on a cross country road trip. Nothing teaches you better than experiences themselves.

- Honesty is always the best policy. Although the lie you've come up with might seem like a life saver. It will only make your situation worse in the end. You stand more comfortably with the truth and you have less to worry about



By Madina Tall
Courtesy Photo

afterwards.

- Sometimes friends tell you the truth and it isn't what you want to hear. A real friend will tell you what is best for you and how to improve your situation. Keep these jewels around.

- Putting things off and procrastinating doesn't get you out of doing things you don't want to do. Either way, what is due is due. It is your decision to produce good quality in the time that was given or bad quality in a short use of time.

- Going out four nights a week can't last forever. You either just finished college

or you are on your way out. Taking shots and dancing on tables like you did freshman year should be done occasionally at this point. Leave that stuff for birthdays.

- Making sure you are happy should always come first. If you have not figured out your purpose in life yet, at least make sure you are happy in any decision that you make.

- You don't suddenly become a grown up and have a "Friends" style apartment in the city waiting for you. Living at home is very likely for young adults. Do not feel ashamed; however, start working towards your goals so you don't get too comfortable.

- Binge-watching television IS a hobby. Thanks to Shonda Rhimes, people of all ages are staying in on Saturday nights with popcorn and the remote instead of heels and martinis. Don't feel badly, you are not alone.

- Gut instinct is usually right. You know that weird feeling you get sometimes when you're not sure about something or you just feel like something is not quite right? That is your gut instinct—ALWAYS follow your gut.

- Friends come and go. Do not take it personally, people get so caught up in their lives and success that sometimes they forget about those who helped and supported them. It is just a part of life.

- Twenty-three is also the age when most people meet their spouse. If you've got a rotation going on, you might want to start thinking about dating down.

- Your environment matters—you will become the people you spend the most time with, so choose wisely.

- Hard work can get you far, but being smart can almost always get you further.

- The value of a college education is solely dependent upon the person going through it. Make it worth your while if you're going to invest in it.

- People are what they don't reveal. Whenever you meet someone, it is likely that you are meeting their representative and not the real them. The real "them" will come around in a few weeks. Be honest and pay attention.

- Your life is but a series of decisions. You can want to do everything (work out, eat healthy, have perfect relationships) but the happenings of life will get in the way. Don't define yourself by what you endure, but how you react.

Madina Tall is a Public Relations major at Morgan State University. She will be a regular contributor to The Baltimore Times with a column best described as mindful thoughts, advice and stories directed to the yearning youth.

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Guest Editorials/Commentary

Obama Says Women's Soccer Team Taught Nation Lesson

By Erika R. Whitehead

Howard University News Service

It may or may not have been the most delicate of phrasing, but President Obama made it clear what he thought was the message sent by the U.S. Women's National Soccer Team in its World Cup victory.

"This team taught all of America's children that 'playing like a girl' means you're a badass," Obama said of the women during a special White House presentation to honor the team.

The team beat Japan in the Women's World Cup final in July to claim its third title since 1991 and second since 1999. The president used his 11-minute speech to drive home the importance of women's equality both on and off the field.

"These champions deserve all the attention that they've been getting," he said. "After 16 long years, too many heartbreaks, they flew north to put America back on top of the soccer world. And they did it in style."

Obama kept his remarks jovial and lighthearted, congratulating bi-racial forward Sydney Leroux on her recent marriage and taking note of her dog's 10,000 Twitter followers, "which makes me thankful that Bo and Sunny don't have their own accounts, because I don't need them trolling me from my own house," he said.

He also mentioned that Megan Rapinoe's face was the inspiration behind the design of a California farmer's corn maze.

The president concluded his remarks with a reminder that the team stands for challenging outdated stereotypes and being the best.

"Playing like a girl means being the best," he said. "It means drawing the largest TV audience for a soccer match, men or women's, in American history. It means wearing our nation's crest on your jersey, taking yourself and your country to the top of the world."

"That's what American women do. That's what American girls do. That's why we celebrate this team. They've done it with class. They've done it with the right way. We are very, very proud of them."

Abby Wambach, a forward for the team, echoed Obama's remarks.

"This isn't just about soccer," Wambach said. "This is about women and equal opportunity across the board. I think that's what we're here for and that's what we represent."

Our whole team represents so many different people, so many different backgrounds and different walks of life. I think that's why we are America's team. We are the melting pot. We do represent every person in this country, and I think that's what makes our team so inspiring."

In May, the team launched #SheBelieves campaign, an effort to inspire young girls and young women to achieve their dreams and avoid common sexist stereotypes associated with their gender. Obama praised the team for launching this campaign.

For more information about the #SheBelieves campaign, visit: <http://www.ussoccer.com/stories/2015/05/12/16/37/150512-shebelieves-community-launch-rel>.



When President Obama welcomed the United States Women's National Soccer Team to the White House to honor the team and their victory in the 2015 FIFA Women's World Cup he was presented with a jersey with the number 44 on it.

Courtesy Photo/HU News Service



Community Affairs

New regulations to address impaired driving in Maryland

Annapolis— Governor Larry Hogan has announced an expansion of Maryland's Ignition Interlock program, which will help save lives by reducing the number of drunk drivers on Maryland roads. Beginning in 1989, Maryland's Ignition Interlock program instituted a device that prevents a car from starting when it detects a certain level of alcohol on the driver's breath.

Under current regulations, drivers who register a 0.15 blood alcohol level or higher are allowed to opt-in to the program and keep their license without having an administrative hearing, while those who register 0.08 to 0.15 are not allowed to opt-in to the program.

Governor Hogan's proposed regulations will allow all of these drivers the option of participating in the ignition interlock program and therefore, the ability to keep their license without an administrative hearing.

In addition to expanding the number of

people that can opt-in, the new regulations also will bring Maryland in compliance with ignition interlock device standards set by the National Highway Traffic Safety Administration.

"Our administration is committed to protecting all Marylanders by taking the common sense steps that will help to prevent drunk driving," Governor Hogan said. "These proposed regulations will make our roads and communities safer by ensuring that past drunk driving offenders cannot start their car after they have been drinking."

On average, there are 7,884 impaired driving crashes across Maryland in any given year. In those crashes, 170 people die every year due to impaired driving. All of these fatalities are preventable. In Maryland, drivers with a BAC of .08 or higher are charged with Driving Under the Influence (DUI) and those with a BAC of .04 are charged with Driving While Intoxicated (DWI).

"Every life lost is one too many," said Transportation Secretary Pete Rahn. "Expanding Ignition Interlock is a giant step forward in eliminating impaired driving fatalities on Maryland's highways!"

Can I Get an Amen?

By James Clingman
NNPA Columnist

On December 3, 2015 the Collective Empowerment Group (CEG), formerly known as the "Collective Banking Group (CBG) of Prince George's County and Vicinity," will celebrate a milestone achievement: Its 20th Anniversary. The CEG was established in 1995 by twenty-one churches, in response to discrimination and mistreatment by banks, some of which had financed church buildings but refused to make loans thereafter for renovations and business development.

Instead of wringing their hands, whining, and begging the banks to change, Jonathan Weaver, Pastor of Greater Mt. Nebo A.M.E. Church, rallied a few of his fellow ministers to respond appropriately to those banks. They used their collective leverage, via the members' of their respective congregations, to obtain reciprocity from the banks that they chose to be "in covenant" with. Banks began to "compete" for the churches' business by coming to the leaders of the CEG to make their presentations. In

other words the banks did not interview the churches; rather, the churches interviewed the banks.

Important to note are the reciprocal relationships that evolved from the initiative of the churches and their refusal to continue doing business as usual. Both sides won. The banks understood the value of being in what was called a "covenant relationship" with this newly formed dynamic group, and the churches understood the leverage they had by working collectively and cooperatively, across theological persuasions, toward business solutions for their members.

mutually beneficial relationships and opportunities not ordinarily available.

The CEG Strategic Partners, usually small business owners and service providers, not only gain access to the individual members of the CEG with whom they can do business; they respond by offering discounts and other special considerations to the CEG members. Having helped start a chapter of the CEG in Cincinnati, Ohio, I can personally attest to the benefits offered by CEG Strategic Partner businesses.

Innovative, practical, bold, and beneficial are just a few words that describe

"Innovative, practical, bold, and beneficial are just a few words that describe the CEG, its leadership, and individual members and partners. CEG churches do not continue to complain about how they are mistreated despite spending significant amounts with businesses and depositing large sums of money into banks that do not reciprocate."

The CBG became the CEG as a result of its growth from 21 churches to nearly 150 churches comprising 175,000 members and its desire to involve itself in other business relationships. The CEG's aim was to be more holistic in its approach to the myriad of issues affecting the daily lives of black people. Thus, as a result of CBG leadership recognizing the possibilities of doing even more business with other retailers, i.e. furniture stores, carpet outlets, and organizations involved in health, politics, insurance, professional services, and supplies, the name was changed along with the organization's scope of service. Not-for-profit entities were also invited to work with the CEG, again creating

the CEG, its leadership, and individual members and partners. CEG churches do not continue to complain about how they are mistreated despite spending significant amounts with businesses and depositing large sums of money into banks that do not reciprocate. CEG churches take the issue into their own hands, first by understanding the power of leverage and then by being willing to address any inequities that exist in their business relationships via their collective clout.

Just imagine the economic progress we would make if hundreds and even thousands more Black churches throughout this country would form CEG chapters and replicate what has been done in the original chapter and now in other local

chapters. After all, as Willie Sutton once said, "That's where the [black] money is."

Although I have written several newspaper columns about the CEG, I never tire of doing so because it has done such great work in the area of economic empowerment. And because I hear so many of our brothers and sisters asking, "What are the churches doing?" I am compelled to share CEG with any and all who will listen. Many churches across the country are doing some fantastic things on an individual basis; that cannot be denied. The CEG demonstrates what can be done collectively, and it graphically illustrates that there is, indeed, power in numbers. I am thrilled to have the opportunity to write about this outstanding organization, and I will continue to sing its praises for spreading the gospel of economic empowerment.

You can celebrate with the CEG and learn more about how it began and what it is doing now by attending their 20th Anniversary Gala in Bowie, Maryland.

For more information just go to www.collectiveempowermentgroup.org or call 301-699-8449.

Kudos, congrats and bravos to the CEG, its visionary, Pastor Jonathan Weaver, and its current leadership, President Anthony G. Maclin and Executive Director, Dr. Diane H. Johnson. Just as important are all of those who followed their lead, locally and nationally, to establish what has now become a two decades-old successful organization. Can I get an Amen?

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.

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Jazz Artist Releases Cookbook and Music

By Stacy M. Brown

As a young girl, Sherry Winston didn't have the time or even the skills to put on a jazz record while peeling potatoes and boiling a pot of water.

"My mother was a working mom and my dad was working, so when I'd come home my mother would call me and instruct me on what to cook," Winston said. "So, I've been cooking all of my life."

She has also been playing music, and the combination of good food and the sounds of great music all come together in Winston's new cookbook, "For Lover's Only, A Cookbook and More."

Winston, a jazz flutist, has certainly displayed her skills both in music and in the kitchen.

Having performed at major concert halls like the Kennedy Center, Carnegie Hall and the Lincoln Center, Winston is now cooking up delicious edibles like "Sexy" Chicken Wings with Garlic, Chicken Francese and Fish Tacos.

She describes her new tome as a how-to-book on entertaining that special someone from the moment they enter your home until the second they leave.

"You want to know how to set the tone for your guests," said Winston, who has performed with Stevie Wonder, Chaka Kahn, Peabo Bryson and Roberta Flack just to name a few.

All of the recipes found in the book are original and much of the music on the

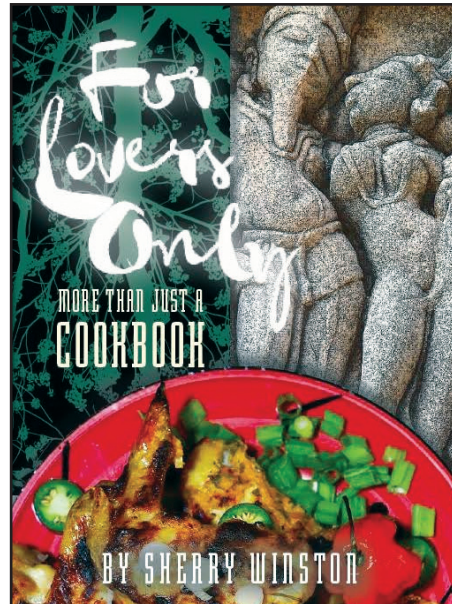


Jazz artist and now author Sherry Winston (left) describes her cookbook "For Lovers Only" as a how-to-book for entertaining that special someone from the moment they enter your home until they leave. All of the recipes in her cookbook are original and much of the music on the CD that accompanies it is either Winston's work or covers of her favorite artists such as Stevie Wonder and Earth Wind & Fire.

CD that accompanies it is either Winston's work or covers of her favorite artists such as Wonder and Earth Wind & Fire.

"From cooking with aphrodisiacs, music and wine suggestions, passion baths and massages, Sherry Winston creates the perfect ambience for love," the book's intro reads.

The jazz-infused love songs include



"That's the Way of the World," "A Valentine for You," "Romance Tonight," and Stevie Wonder's "All is Fair in Love."

"It is quiet music that's tasteful," said Winston, who first conceived of the idea nearly two decades ago while she was taking a break from performing at the Summer Olympics in Atlanta. "I spent a lot of time at the swimming pool and thought it was the perfect time to start a book."

Her busy music schedule has prevented Winston from completing the book until now.

A 1989 NAACP Image Award nomi-

nee, Louis Armstrong Award and Eubie Blake Award recipient and a Howard University Alumni, Winston has released 6 CD's with her first "Do It For Love," earning the top spot on the BRE and the Black Excellence music charts. Winston's singles, "Love Madness," and "Life is Love & Love is You," also earned top 10 spots on the Billboard music charts.

Her third CD "Love Is..." won the WBLS (New York) radio station's "Quiet Storm" award and reached top 10 at "Radio and Records," an industry tip sheet; while her fourth CD, "Life is Love & Love is You," features the late Grover Washington, Jr., saxophonist Najee, guitarist Norman Brown, and the late award winning vocalist, Jon Lucien. Bobby Lyle also is featured with a powerful keyboard solo.

Winston has also worked on the other side of the microphone as director of Jazz Promotion at Columbia, Arista and Elektra Records. She has promoted such well-known artists as Kenny G, Grover Washington, Jr., Wynton and Branford Marsalis, Harry Connick, Jr., Nancy Wilson and Ramsey Lewis.

"My work is a message to anyone who ever had a dream to not let people define you and to really believe in yourself," Winston said. "My attitude with my CD's is simple. I had 25 rejections before I got my first CD out. Now, I have a cookbook out."

To purchase the new cookbook and to learn more about Winston, visit www.sherrywinston.com.

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High school teammates key to Ravens secondary turn around

By *Turron Davenport*

Shareece Wright and Jimmy Smith were teammates at Colton High School in California. They played in the same secondary, Wright at one corner and Smith at the other. The two players also starred on offense. Wright was a stand-out running back and Smith played wide receiver.

Smith says that Wright initially taught him how to play football.

“To be honest, when I first started playing football, he was the one [who] taught me. Him and another one of my friends, they were like football gods in our area,” Smith said. “I was just a basketball kid trying to play football. They taught me a lot. We’ve always had a great relationship; we’ve always stayed in contact. It’s just kind of crazy that he’s here [in Baltimore].”

The two defensive backs are now fellow starters at cornerback for the Baltimore Ravens. Wright was released by the San Francisco 49ers after not getting what he felt was a true opportunity to earn a starting spot. He says the 49ers seemed to be undergoing a youth movement, which wasn’t the best situation for him because he signed a one-year deal prior to the season.

The veteran corner asked the 49ers to release him and he signed with the Ravens soon after his wish was granted.

Wright says that his former teammate Smith encouraged him to come to Baltimore. The Ravens were trying to sign Wright and it was a phone call from his friend that made the difference.

“They told me they were trying to pick him up and [asked me] to give him a call,” Smith said. “He was leaning towards going to the Seahawks.”

Both the Seahawks and the Ravens scheme present a solid match for Wright because of his man coverage ability and Wright chose to be reunited with his high school friend.

“Me and Jimmy have been best friends since high school. We hang out all of the time in the off season and always talked about if we had the opportunity to play on the same team one day like we did in high school,” Wright said. “We said it would be a blessing. The opportunity



Baltimore Ravens cornerback Shareece Wright speaking to the media after signing with the team earlier this season.
Photo by Turron Davenport

came and it helps to have him to help me adjust and have someone familiar in the building.”

The first game that Wright played as a Raven didn’t go very well. He was beaten for a long touchdown by former Ravens wide receiver Torrey Smith. Since then, Wright has shown great improvement. He has locked down a spot in the Ravens nickel package. Lardarius Webb and Jimmy Smith start on the outside, but Webb bumps inside when Wright comes into the game.

Smith isn’t having the kind of year that he feels he’s capable of. When asked if he thought that he was being tested by opposing quarterbacks, he said he is coming off of a foot injury and if he were a quarterback, he’d throw in his direction also.

Smith is still drawing the opposing team’s top wide receiver as his assignment from week to week and for the most part, he has done a solid job in man coverage. The problems have come when the Ravens go to zone schemes.

Smith is one of the best man/press corners in the NFL so he is always at his best when he is able to be disruptive at the line of scrimmage.

The Ravens defense is giving up 283.9 passing yards per game, which has put them in thirtieth place in the NFL. The team has given up a number of chuck plays to the teams they have faced. Wright and Smith will need to tighten up the coverage on the outside if the Ravens are to improve on passing defense.

Each week is an opportunity for Wright to gain experience and become familiar with the scheme. He has improved from week-to-week and the Ravens have employed more nickel packages that feature Wright on the outside.

Smith’s foot injury was a serious one and he is still working through the lingering effects that come with the injury. He is getting more confidence in his foot as the season goes on. Sooner or later, Smith has to make teams pay for testing him. The Ravens defense will be much better once he is able to start doing so.

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Homeowner event to assist borrowers in preserving homeownership

Upper Marlboro, Md.— The Maryland State Conference of NAACP Branches, along with Ocwen Financial Corporation, a leading financial services holding company, will hold the fourth local homeowner outreach event to help borrowers stay in their homes on Saturday, November 14, 2015. Homeowners in Prince George's County, surrounding areas in Maryland, and the Washington, D.C. metropolitan area, have the opportunity to meet with Ocwen Home Retention Agents and U.S. Department of Housing and Urban Development (HUD) approved financial counselors to explore loan modification options, including principal reduction.

According to RealtyTrac's August 2015 U.S. Foreclosure Market Report, Maryland posted the nation's second highest foreclosure rate for June, July and August 2015, with one in every 534 Maryland homes foreclosing in August. RealtyTrac also recently reported that, in the third quarter of 2015, Maryland's foreclosure rate ranked fourth in the nation. During the same time period, Washington, D.C. was among the nation's largest metro areas to record a year-over-year increase in foreclosure activity.

"While it is believed that the mortgage crisis has subsided in many parts of the country, Maryland homeowners, especially those in Prince George's County, are still struggling," said Edsel Brown, Chair of the Economic Development Committee, Maryland State Conference of NAACP Branches. "The Maryland

State Conference of NAACP Branches is committed to providing struggling homeowners the assistance they need to stay in their homes. That is why we are working with Ocwen – a mortgage servicer that not only says it cares about homeowners, but takes actionable steps to help borrowers on the local level find real solutions to their mortgage challenges."

The Maryland State Conference of NAACP Branches and Ocwen share the same goal of helping families trying to stay in their homes. Foreclosures have been, and continue to be, an epidemic in communities of color. It's a troubling reality that African Americans and other under-served groups continue to experience disproportionately high levels of unemployment, poverty, and foreclosures.

The "Help and Hope for Homeowners" event will be held on Saturday, November 14, 2015 from 8:30 a.m. to 4 p.m. at Largo High School located at 505 Largo Road in Upper Marlboro. Admission and parking are free for all attendees. Homeowners whose loans are serviced by Ocwen are encouraged to attend this event to meet with Ocwen Home Retention Agents and HUD-approved housing counselors.

To get the most out of the meetings with the counselors and home retention agents, homeowners are asked to bring: Photo ID (Required); Two most recent pay stubs, profit and loss statements, and/or bonus or commission records; Two most recent bank statements; Most recent tax return; Latest utility bill; a list of current expenses (or a budget or copies of their bills); and documents related to other mortgages, HOA dues, property taxes, and/or homeowner insurance

For more information, Ocwen homeowners are encouraged to call the NAACP-dedicated hotline at 855-459-2514.

SPACE IS LIMITED Doors will open at 4:30pm for TU students using their One Card. First come first seated for the general public. General Public seated at 4:45pm.

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MSU's First Patent Helps Alzheimer's Patients

By Stacy M. Brown

Dr. Jayfus Doswell has become accustomed to finding solutions to complex problems.

The Baltimore-born founder of The Juxtopia Group—a nonprofit established to reduce the critical STEM learning gap of underserved communities—has helped to find another solution to a problem that involves Alzheimer's disease.

And, this solution has proven to be historic.

To address cognitive degenerative disease disparities such as Alzheimer's, Juxtopia Group collaborated with Morgan State University's Dr. Kadir Aslan who invented a crystallization device to make the proteins found in the brains of people with cognitive degenerative diseases like Alzheimer's a lot clearer.

Aslan's research has led to the first patent at MSU in the school's 148-year history. The patented technology is metal-assisted and microwave-assisted evaporative crystallization.

"This will help scientists potentially develop new drug candidates against Alzheimer's disease," Aslan said. "To treat a disease, the scientist needs to understand the crystal structure of a protein that they suspect or know that is involved in the disease. Protein is really small and fluid, you can't see it with your own eyes and that's why we crystallize them so that we can see how the proteins are made up or what their structure is."

Aslan likened it to a functioning building with rooms, doors and electrical plumbing.

"If one room collapses then what happens is you can't use that room. That's the disease state of a protein. That's how Alzheimer's is caused when the proteins are non-functional or unhealthy," he said.

Doswell noted that MSU was having challenges to commercialize Aslan's patent so that it could benefit millions of people in United States suffering from diseases like Alzheimer's.

After a meeting, Doswell says he gathered his JUICE Network to solve the problem under the Health Informatics and Information Technology—or HITT—Disparities Campaign, which



Dr. Kadir Aslan, Assist. Dean for Research and Graduate Studies, Morgan State University.



Dr. Jayfus Doswell, founder of The Juxtopia Group

engages young engineering and entrepreneurship apprentices who are training in the art and science of biotechnology, engineering, health informatics, public health, media and urban entrepreneurship.

The campaign's mission is to create innovative science and technology solutions that prevent and eliminate healthcare disparities in Maryland communities, Doswell said.

"The JUICE Network responded by accomplishing [several] milestones towards the mission objective in less than 12 months," Doswell said.

The Juxtopia® Urban Innovation and Cooperative Entrepreneurship (JUICE) Network, established by Doswell, guides high-tech minority companies, colleges and universities, and federal labs to transition their inventions or innovative concepts to commercial products.

The network assisted MSU in obtaining several grants and securing the patent.

"Now, iCrystal is one of many JUICE Network member companies that are collaborating where each JUICE member company is focused on a different piece of the disparities problem with a shared mission of objective to HIIT Disparities," said Doswell, who two years ago was featured on the HistoryMakers, the nation's largest African-American video oral history collection that pre-

served the life stories of thousands of historic black figures.

The patent is important, particularly in minority communities, because the Alzheimer's Association reported that older African-Americans are twice as likely to suffer from aging-related dementia or Alzheimer's as their white counterparts.

An estimated 5.2 million Americans have Alzheimer's disease and estimates reveal that half of those individuals don't know that they have the disease. People in minority communities are often misdiagnosed or the diagnosis is simply missed, according to the Alzheimer's Association.

Also, according to Aslan's research, there has been increased interest in the area of controlled crystal formation in the pharmaceutical industry, particularly in the area of crystal size control and solid form purity.

Typically, the synthesized drugs are crystallized in the purest form possible and marketed in the forms of pills and tablets.

Additionally, crystallization is used for understanding of the molecular structures and interactions of proteins to develop new drug treatments that target specific human, animal, and plant diseases.

"With this patent, we're making a good step forward in developing tools and drugs for the cure of human disease such as Alzheimer's," Aslan said.

Doswell said he's proud of the new patent.

"My main motivation when I began mentoring came from an experience I had when I was rising up the corporate ladder," said Doswell, who holds a Ph.D. from George Mason University, and who also was named among the "stars who make things happen in Greater Baltimore" by the Economic Alliance of Greater Baltimore.

"I am most proud of what I have accomplished utilizing Juxtopia as an intervention to significantly and measurably achieve Juxtopia's mission of improving human performance and specifically helping minority companies secure funding, patents, and providing wrap around JUICE services to help companies create products for developing innovations for improving human performance," he said.

Doswell noted that he is also proud that he has continued to train "underrepresented minority children and students in STEM skills that may transform them from low-income existence to middle to upper class lifestyles" allowing him to serve as a role model.

Diabetes advocate Robin Dorsey recognized for volunteer work

By Andrea Blackstone

November is American Diabetes Month. According to the 2014 National Diabetes Statistics Report 29.1 million people in the U.S. have diabetes. The Center for Disease Control and Prevention (CDC) says nine out of 10 people are unaware that they have pre-diabetes. The CDC also reported that by 2050 as many as one in three adults living in the U.S. could have diabetes if current trends continue. Educating the public is a critical step in diabetes prevention and management.

On November 3, 2015, Robin Dorsey, who has type 2 diabetes, was recognized for her volunteerism and commitment to raising awareness about the condition. She received The 2015 Outstanding Leadership Award and The 2015 Community Ambassador Award at the American Diabetes Champion reception that was held at the Mexican Embassy in Washington, D.C. The 37-year-old American Diabetes Association (ADA) Wellness Ambassador implements diabetes/wellness education workshops in D.C. metro area communities. As a diabetes advocate, the Marylander shares her personal story about living with diabetes at local community events. Dorsey even speaks to legislators during Maryland State Delegate Diabetes Day in Annapolis.

The majority of Americans who have been diagnosed with diabetes have type 2. However, Dorsey noted that in 2016 she will return to speak to legislators about providing a safe harbor for diabetic children in schools. Although a type 1 diabetic does not produce insulin and insulin injections are needed for survival, all states have not passed a law requiring a certified nursing professional to help administer medication to children with diabetes who need immediate medical assistance. Dorsey regards diabetes as a national problem, not an individual one. She wants diabetics to be included in ongoing health discussions. "They talk about so many other health illnesses like cancer and heart disease,



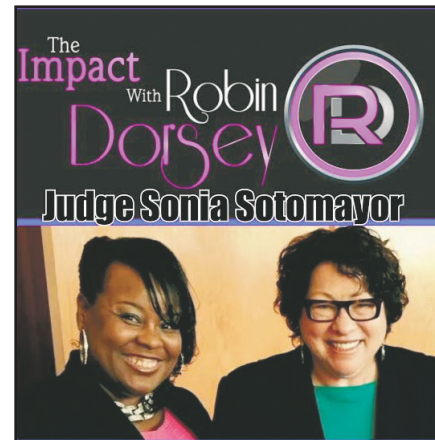
Prince George's County native Robin Dorsey (middle), received two awards for her diabetes advocacy work— The 2015 Outstanding Leadership Award from the American Diabetes Association (ADA) for her leadership and commitment as the Committee Co-Chair of the 2015 Northern Virginia Tour de Cure and The 2015 Community Ambassador Award at the American Diabetes Champion reception on November 3, 2015.

Courtesy Photos

but nobody wants to talk about diabetes and it affects so many people. And so it's almost like a dirty little secret so you feel alone and isolated even though (nearly) 30 million people have this disease," Dorsey said. "I was diagnosed with diabetes at the age of 29 when I was pregnant with my son. At that time it was called gestational diabetes. The doctors told me that after my son was born that the diabetes would go away, because I just developed it when I was pregnant."

Dorsey's gestational diabetes never went away. Since close relatives have diabetes, Dorsey was at a higher risk for having type 2 diabetes. She was in denial that she had the condition for several years. She ultimately shook off her depression and accepted her diagnosis after acknowledging she had to be there for her child.

"And that's when I started researching about diabetes on www.diabetes.org and I found out so much information. I found out some recipes and...that I wasn't alone. There's a whole network of people who have diabetes who actually want to talk about it," Dorsey said.



Robin Dorsey (left), and U.S. Supreme Court Justice, Sonia Sotomayor (right), at the College Bound closing ceremony at the Shakespeare Theatre ceremony in June 2015. Sotomayor is a type 1 diabetic. Dorsey is a type 2 diabetic.

Dorsey had to make adjustments like managing stress efficiently, monitoring cuts to prevent infections that could lead to amputation, committing to eating well-balanced meals and exercise.

Research and attending diabetes events led to Dorsey's volunteer work.

In 2014, she was featured in the healthy living magazine, *Diabetes Forecast*. Through her talk show that airs on DC TV Public Access called *The Impact with Robin Dorsey*— where non-profit organizations, extraordinary individuals and for-profit organizations making a difference are featured— Dorsey integrates her diabetes advocacy work. She recently filmed a public service announcement about diabetes.

Dorsey said that preventive maintenance is important to individuals who have been informed that they are pre-diabetic. Eating, exercising and behaving as if a person is already a diabetic can help prevent blood sugar levels from rising to the level of a full-fledged diabetic. Most importantly, Dorsey wants people living with diabetes to know that they are not alone.

"There are resources. There are people that want to talk about it," Dorsey said. "There are people who are managing it. If you want help, there is help and resources available through www.diabetes.org."

To view Dorsey's Stop Diabetes PSA, please visit www.robindorsey.com.

Baltimore Rapper Wins \$5G in Jack’N for Beats Contest



(Left) After three intense rounds, Baltimore native Osiris Green took home the crown as the 2015 Washington D.C. winner of the Jack Daniel’s® Tennessee Honey presents Jack’N For Beats: We Got Bars Tour. (Right) While promoting his upcoming album, “Top 5 Dead or Alive,” Jadakiss teamed up with Jack Daniel’s® Tennessee Honey as a special guest judge for the 2015 Jack’N for Beats: We Got Bars Tour finale in Washington D.C.

Courtesy Photo/Surpass Visuals/Jack’N for Beats

By Stacy M. Brown

Osiris Green came close to learning one of life’s oldest lessons—you snooze you lose!

The 25-year-old Baltimore rapper who had planned to simply take a nap, decided against some quick shut-eye and instead, entered the Jack Daniels Tennessee Honey Jack ‘n For Beats rap music contest held in Washington, D.C.

When it was all said and done, Green walked away with the \$5,000 grand prize, beating out more than 50 other aspiring hip-hop artists from Baltimore to Northern Virginia.

“I think everybody in the competition was very talented. No two people sounded alike,” Green said. “I was a little nervous up until the day of the competition.”

Green, whose delivery and high

energy impressed the crowd and the judges that included rap legend Jadakiss, was so nervous that he considered not attending the event.

He had entered the contest in 2014, but did not make the cut. When word of this year’s competition spread, Green says he still wasn’t convinced it was for him until he realized some of the changes that were made.

“Last year, you had to submit a video and I didn’t make it,” he said. “A friend told me that they’re doing it again this year and at first, I said I wasn’t interested but something told me to give it a shot. This year, they had a mobile truck that came to neighborhoods to make it more accessible for the artists. You got to interact and be more involved.”

“To be honest, I still wasn’t going to do

it and I was about to take a nap and then I happened to look online and noticed that it was being held about 10 minutes from my house so I got up and went because if you snooze you lose.”

Jack ‘n For Beats was originally piloted in Chicago, following the launch of Jack Daniel’s Tennessee Honey in 2011.

The competition was created to provide a platform for emerging hip-hop artists and the program was later expanded to cities such as Houston, Oakland, Los Angeles, Miami and Washington, D.C., according to officials at Jack Daniels.

Green, whose favorite artists include Eminem, Ludacris, Tech 9, Lil’ Wayne and OutKast, said he plans to celebrate his victory by releasing new music, including a new EP called “Asylum,” on his website, www.Speraticzent.com.

“After I won, I was talking to a couple of folks who do a lot of networking in the city and they said to ride momentum,” Green said. “I’m going to use my earnings to reinvest in my music as far as equipment because ironically my equipment started to break down before this competition and I was in a tight spot.”

Ideally, Green would love to join a hip-hop tour as an opening act, he said.

“Traveling and performing around the country and making connections and being able to support myself. That’s what I would like,” Green said.

Winning the Jack Daniels contest has at least provided a start, he said.

“Now, my phone has been going off nonstop,” Green said. “I will keep on pushing and work with as many people as I can.”

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Annapolis residents promote cancer awareness, stand with survivors

By *Andrea Blackstone*

Deborah Wilkerson-Wilson works as a taxi driver and entrepreneur, but once a year the Annapolis resident inspires community togetherness through in-person advocacy work. Wilkerson-Wilson became a local voice for cancer survivors and individuals who lost their battles against the disease after her sister, Terri Wilkerson passed away from cervical cancer at the young age of 43. Before Wilkerson's death, Wilkerson-Wilson promised to remind girls and women in the black community to get cervical and breast screenings.

"My sister [Terri] probably could have survived if she would have gotten help for it earlier. Her cervical cancer was treatable," Wilkerson-Wilson said, reflecting on her sister's death in 2006. "My sister and my mother [Joyce Johnson] were both going through chemotherapy at the same time."

After rain showers stopped on Saturday, November 7, 2015, Wilkerson-Wilson zipped around the perimeter of Hilltop Lane at the Pip Moyer Recreation Center Baseball Field in pink attire and green boots to secure event signage for the 4th Annual Passionately Pink Annapolis Breast Cancer and Cancer Awareness Candle Walk. Wilkerson-Wilson also promotes cancer awareness because her grandmothers, Catherine Hudson and Marybell Wilkerson both died from cancer long before her sister was diagnosed.

However, Wilkerson's mother is a cancer survivor who represents hope that sometimes cancer can be beaten with treatment.

Wilkerson-Wilson inspired other Annapolis residents and entrepreneurs like Eddie Cully to promote cancer awareness. Several years ago, Wilkerson-Wilson tapped into her Facebook network to ask if anyone wanted to help her to host a cancer event. Along with Wilkerson-Wilson's husband, Craig Wilson Sr., Cully offered assistance and now partners with Wilkerson-Wilson to host the walk.

"I would like for this to grow every year and for the medical field to find a

cure for cancer," Cully said.

His patterned pink tie inspired smiles as friends greeted him on their way to the baseball field. Along with youth volunteers and other adults, Cully arranged candle bags around the baseball field. His sisters-in-law—Terry Regina Cully and Phyllis Y. Brown died from cancer.

One hundred candle bags were decorated by fifth graders who attend Mills Parole Elementary School and Germantown Elementary School. Names of survivors and deceased individuals were written on labels of the remaining 100 candle bags. Event walkers completed the first lap around the baseball field to honor survivors of any type of cancer. The second was completed in remembrance of loved ones. The final lap promoted cancer awareness and symbolized hope for a cure.

This year's sponsors include: JP Towing; Chip's Towing Service; All Around Home Service; Sir Speedy; Party City; Home Depot; Dunkin Donuts; Annapolis Public Works; Renee Thompson and Zelda Brown. Donors include the Breast and Cervical Cancer Program/Anne Arundel County Department of Health. The Annapolis Police Department and individual donors contributed funds that will be given to Susan G. Komen and the American Cancer Society. The Annapolis Police Records Department organized a bake sale that raised \$125 to support Wilkerson-Wilson and Cully's donation efforts.

"Breast cancer affects everyone, not just the people who are diagnosed with it," Cpl. Amy Miguez, a spokeswoman for the Annapolis Police Department said.

In keeping with Wilkerson's final wish, information about The Anne Arundel County Department of Health's Breast and Cervical Cancer Program was available during the walk. Free breast exams, mammograms and Pap tests are offered to income eligible Anne Arundel County women over 40. For program details, call 410-222-6180.

Photo Credit: *Andrea Blackstone*



Deborah Wilkerson-Wilson and Eddie Cully hosted the 4th Annual Passionately Pink Annapolis Breast Cancer and Cancer Awareness Candle Walk at the Pip Moyer Recreation Center Baseball Field in Annapolis on Saturday, November 7, 2015 at the Pip Moyer Recreation Center Baseball Field. They are surrounded by some of the 30 walkers of all ages who showed up to show support for cancer survivors and people who are undergoing treatment for the disease and show interest in finding a cure for all kinds of cancer.



Annie Taylor, front, walks around the Pip Moyer Recreation Center Baseball Field in Annapolis to show support for cancer survivors, individuals in treatment and dearly departed individuals.



A brother and sister prepare to place bags around the Pip Moyer Recreation Center Baseball Field in Annapolis. Approximately 30 people attended the event.

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Awards program seeks nominations showcasing great work to help the Chesapeake Bay and local communities

Annapolis— The Chesapeake Bay Trust is currently seeking applications and nominations for its 2016 annual scholarship and awards program.

Launched in 1998, the Trust's Annual Awards Program honors students, teachers, individuals, communities, businesses and organizations for their work to promote education, improve local communities and help restore the Chesapeake Bay. Currently the Trust is soliciting applications for six awards: Teacher of the Year, Student of the Year, Honorable Arthur Dorman Scholarship, Ellen Fraites Wagner Award, the Melanie Teems Award and the Commercial Stewards Award. The winners of the Honorable Arthur Dorman and Student of the Year awards will receive \$5,000 scholarships and the Teacher of the Year will be awarded a \$2,500 grant to support environmental education at his or her school.

The deadline to submit a nomination is Friday, December 4, 2015 at 5 p.m. and all must be applied for online. All applicants must be residents of Maryland and can complete the application or be nominated by someone. The winners will be announced during the Chesapeake Bay Trust's Legislative Reception, which will be held on January 14, 2016 and must be able to attend the event. For complete details and to submit an online application, visit: www.cbtrust.org.

The Chesapeake Bay Trust's 2016 Awards Program includes:



Teacher of the Year— Awarded to a Maryland educator who has shown an outstanding commitment to environmental education, who motivates and inspires students, and serves as a respected resource to colleagues and community leaders. The winner will receive a \$2,500 grant to support environmental education work.

Student of the Year Scholarship— Awarded to a Maryland high school or college student who motivates and inspires others and participates in efforts to improve the local environment and/or community. The winner will receive a \$5,000 scholarship award.

Honorable Arthur Dorman Scholarship— Recognizes a Maryland high school or college student of color who motivates and inspires others and participates in efforts to improve the local environment and/or the community. The winner will receive a \$5,000 scholarship award.

Ellen Fraites Wagner Award— Recognizes an individual that works to improve the Chesapeake Bay and its tributaries, motivates and inspires others by promoting environmental awareness and leads restoration efforts.

Melanie Teems Award— Honors a project or program that engages citizens in efforts to improve the environment, serves as a model for other organizations, and uses the resources of the Chesapeake Bay Trust.

Commercial Stewards Award— Recognizes an outstanding corporate or commercial entity that strives to make a difference in the community and has made a significant contribution to Bay restoration and protection.

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Grammy® Nominated Gospel Artist Deitrick Haddon Releases New Studio Album

New York, NY— Three-time Grammy® nominated, multiple Stellar and Dove Award-winning inspirational artist, songwriter, producer and Pastor Deitrick Haddon has released his eighth studio album titled "Masterpiece."

Released through DH Visions/Entertainment One Music, "Masterpiece" serves as the follow up to 2013's R.E.D, which opened at #1 on Billboard's Gospel Chart.

A mixture of gospel, hip-hop, R&B and reggae, the first single "Restore Me Again" is receiving acclaim from critics and fans leading to anticipation for Masterpiece.

Composed of 16 soulful and inspirational tracks, Haddon expects this album to motivate and inspire, helping people to understand reason and purpose in life.

"Our lives are a work of art. God has a way of making the good, the bad and the ugly all make sense," Haddon said. "Every season we've lived through are small pieces of a carefully orchestrated puzzle designed by God himself! I believe when it's all said and done we will understand the journey better, see the big picture and declare it is a beautiful masterpiece!"

Masterpiece is available on iTunes and Amazon.



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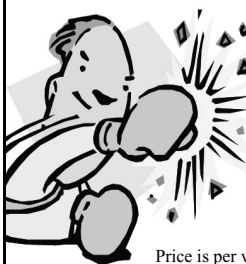
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