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Upcycling, recycled clothes raise funds for home for pregnant teens



Tracy Yvette Arnold is the CEO/Community developer and founder of Arnold Place. The Maryland resident plans to open a transitional home for homeless, pregnant teens and youth ages 13-22 who have been diagnosed with HIV/AIDS. Arnold is collecting items to raise funds for acquisition of a building located in Oxon Hill, Maryland. She collects plastic containers, clothing and shoes in any condition that will be upcycled and recycled to raise money for her nonprofit. The One Million Upcycling Campaign is a fundraiser designed to collect one million pairs of shoes, one million pounds of clothing and one million pounds of empty plastic women toiletry containers. (See article on page 11) Photo: Andrea Blackstone

Gina Neely touring to promote healthy eating

By Stacy M. Brown

Celebrity Chef Gina Neely is traveling around the country to help individuals find different ways in which they can celebrate seafood.

Neely, known for her hit Food Channel Network show “Down Home with the Neelys,” is a Seafood Ambassador with the Seafood Nutrition Partnership, a nonprofit with a mission to inspire a healthier America through partnerships that raise awareness about the nutritional benefits of eating seafood.

The tour arrived in the nation’s capital on Wednesday, October 7, 2015.

“With seafood, many people feel it’s overwhelming and they wonder whether they can cook it,” Neely said in a web posting prior to her visit to Washington, D.C.

“We are encouraging people to eat seafood at least two times a week because it reduces your risk of a heart attack,” she said, noting that being a Seafood Ambassador is personal because her father died of a heart attack.

With Neely aboard as an ambassador, the Seafood Nutrition Partnership has launched a national public health campaign, a three-year effort to educate Americans about the link between seafood nutrition and heart health.

The campaign will initially focus on nine cities with high rates of cardiovascular disease.



Gina Neely has become a seafood ambassador with the Seafood Nutrition Partnership, a nonprofit with a mission to inspire a healthier America through partnerships that raise awareness about the nutritional benefits of eating seafood. Courtesy Photo

“We’re going to Birmingham, Alabama; Lexington, Kentucky; Toledo, Ohio; West Virginia and other places,” Neely said.

Heart disease is the leading cause of death in the United States, taking the lives of more Americans prematurely than any other preventable disease, organization officials said in a news release.

The grassroots education campaign was launched during October—National Seafood Month.

Neely says the U.S. Department of Agriculture and the U.S. Department of Health and Human Services dietary guidelines include eating seafood twice a week. Research has revealed that such a diet reduces the risk of heart disease by 36 percent.

Last year, the Seafood Nutrition Partnership concluded its “Eating Heart Healthy” pilot program, which was conducted in partnership with Brigham & Women’s Hospital in Boston targeting low-income women with a high rate of cardiovascular disease. The program was designed to help women curb their risk of heart disease through a seafood-rich diet.

For four weeks, female residents of Roxbury Tenants of Harvard, a nonprofit affordable housing community for low- and moderate-income families, participated in heart health focused talks and cooking demonstrations, sampled omega-3 capsules, and were provided seafood recipes that can feed a family of four for \$10 per meal.

At the end of the program, it was esti-

mated that 92 percent of participants lowered their risk of sudden cardiac death, and 6 in 10 participants were at a lower risk for general cardiac problems.

“I try to eat well, but it’s difficult to cook healthy meals when you work full-time,” said Jacquie Boston, an Eating Heart Healthy program participant and resident of Roxbury Tenants of Harvard. “The Eating Heart Healthy program transformed my life and my family’s life. Now, I have the skills to prepare heart healthy meals.”

Neely, who recently turned 50, says she changed her eating habits because she “wants to be around to partner with people who are all about health.”

“It fell right into my hands,” Neely said of her ambassadorship with the Seafood Nutrition Partnership. “Everything you put in your body should be good and we should exercise because our heart is like an engine and just like a car, we’ve got to keep it moving and take care of our body.”

For healthy recipes and more information, visit www.seafoodnutrition.org.

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Guest Editorial/Commentary

Alabama's New Jim Crow Far from Subtle

By Rev. Jesse Jackson Sr.
TriceEdneyWire.com

In Alabama, 50 years after Selma, voting rights are once more under assault. Even as Alabama finally took down its confederate flags this year, it has raised new obstacles to voting.

The Supreme Court's decision in *Shelby County v. Holder* to gut the Voting Rights Act, supported by the five conservative justices alone, opened the floodgates to legislation in over 21 states erecting new obstacles to make voting more difficult. These have included limiting the days for early voting, eliminating Sunday voting, requiring various forms of ID, shutting down voting sites and more. Alabama—the home of Selma and the Bloody Sunday police riot that spurred the passage of the original Voting Rights Act 50 years ago—is one of the leaders in the new forms of voter suppression.

Alabama passed a bill, requiring for the first time, a photo ID to vote, affecting African Americans, the poor, the young and the old disproportionately. Now Alabama is using a budget squeeze to shut down 31 satellite offices that issue driver's licenses, the most popular form of voter ID. This new Jim Crow isn't subtle.

Al.com columnist John Archibald reported that eight of the 10 Alabama counties with the highest percentage of nonwhite registered voters saw their driver's license offices closed. "Every single county in which blacks make up more than 75 percent of registered voters will see their driver license office closed," Archibald wrote, "Every one." First the state demands that you get a photo ID, and then it makes it harder to do so, particularly in areas heavily populated by African Americans. Not surprisingly, civil rights activists are asking the Justice Department to intervene.

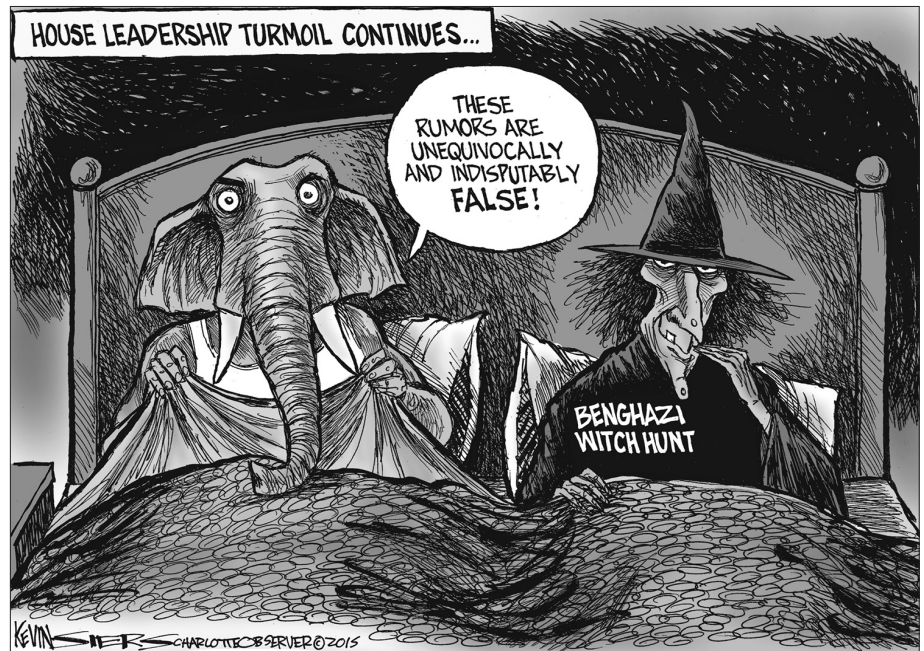
Rep. Terri A. Sewell, who represents Selma and is the only Democratic member of the Alabama congressional delegation, called the restrictions "eerily reminiscent of past, discriminatory practices such as poll taxes and literacy tests that restricted the black vote." State officials claim that other ways of obtaining photo identification is available for voters. However this is Alabama, infamous for its segregationist history, for its rejectionist Governor George Wallace, for bloody Sunday in Selma, for the murder of four little girls in the bombing of the Birmingham church. Under the original Voting Rights Act, Alabama's measures would have required pre-clearance from the Justice Department.

With the bipartisan leadership of Rep. John Conyers, Sen. Pat Leahy, and Rep. Jim Sensenbrenner, a bill to resuscitate the Voting Rights Act is now pending in Congress, although it has yet to get a vote. It revives pre-clearance measures, applying them to states with five violations of federal law to their voting changes over the past 15 years. While the old law applied to nine Southern States and parts of several others, this standard would apply only to Georgia, Louisiana, Mississippi and Texas.

Yes, Alabama would still be exempt from pre-clearance as would other states with an extensive history of voting discrimination such as North Carolina, South Carolina, Florida, Arizona and Virginia.

The right to vote is fundamental to any Republic. Voting should be facilitated, not obstructed. We should register citizens automatically. Early voting should be extended and easy. Voting day should be a holiday, so workers have time to cast their votes. American voting rates are scandalously low, largely because we make registration and voting so difficult.

It is particularly outrageous that 50 years after Selma, when the country celebrates the courage of the civil rights marchers, we still witness efforts to suppress the vote, skewed to discriminate against minorities. Alabama's actions demand a Justice Department investigation—and that demand should be met immediately!



Community Affairs

Famed Activist Angela Davis to deliver Margaret Brent Lecture at St. Mary's College

St. Mary's City, Md.— Political activist, scholar and author Angela Davis will deliver the 2015 Margaret Brent Lecture at St. Mary's College of Maryland on Thursday, October 29, 2015 at 4 p.m. in the Michael P. O'Brien Athletics & Recreation Center Arena located at 8952 E. Fisher Road in St. Mary's City, Maryland.

The lecture entitled, "Racial Justice, Feminism and the Prison Industrial Complex," is sponsored by the St. Mary's College Women, Gender, and Sexuality Studies Program; Office of the President, Lecture & Fine Arts Committee; and Center for the Study of Democracy.

Davis is an iconic civil rights activist and social justice advocate whose work as an educator in the university and the broader public sphere has always emphasized the importance of community-building in struggles for economic, racial, and gender justice. Her recent work has focused on social problems



associated with mass incarceration and the general criminalization of impoverished and minority communities. She is the author of nine books, including her most recent "The Meaning of Freedom and Other Difficult Dialogs." Davis is Distinguished Professor Emerita of the History of Consciousness and of Feminist Studies at the University of California, Santa Cruz.

The Margaret Brent Lecture Series was established at St. Mary's College in 1981 to honor distinguished public service among women. Margaret Brent was a single, economically self-supporting businesswoman and landowner in St. Mary's City in the mid-1600s. She was an unofficial legal advocate and representative, organizer of the defenses of St. Mary's City, and is best known for her request to the governor for the right to vote.

No Due Process for 'Standing While Black'

By Julianne Malveaux
NNPA Columnist

Is Patrick Lynch, president of the New York Patrolmen's Benevolent Association, obliged to defend his members even when they are wrong? The open letter posted on the PBA website and printed in the New York Daily News lacks credibility and contributes to the fractured state of police-community relations. He has cautioned the media, and others, about rushing to judgment of James Frascatore, the walking assault machine that tackled former tennis star James Blake, put his knee to Blake's back, and then cuffed him. This was captured by a security camera; the footage is ubiquitous online.

Lynch said, "No one should ever jump to an uninformed conclusion based on a few seconds of video."

Lynch makes every excuse that he can for Frascatore and chides, "pundits and editorial writers" because "they have never faced the dangers that police officers routinely do."

Comments about Blake's false arrest

and further cover-up are "irresponsible, unjust, and un-American." Lynch says Frascatore deserves "due process, not summary professional execution called for by editorial writers."

Due process is the legal requirement that the state must respect all the legal rights due to a person. When did James Blake get due process? Frascatore tack-

led Blake with neither provocation nor even conversation. Either Lynch didn't watch the video or he doesn't care that there is a pugilistic police officer that has no regard for due process when he interacts with the public.

his comments in the wake of Eric Garner's murder) has talked himself onto a limb with his passionate, but baseless defense of a police "officer."

If there were due process, Frascatore would have been arrested for assaulting Blake. However, police officers accused of wrongdoing hide behind their uniforms and rarely pay for their crimes. If

inconsistencies between Frascatore's statements and the recording Hines made. It recommended, "retraining" Frascatore. Hines also sued the city for false arrest and settled out of court. Warren Diggs still has a federal civil rights lawsuit against the city.

The Diggs case reveals Frascatore as an accomplished liar who doesn't mind breaking the rules. Just as there was an attempt to cover up the Blake arrest, there was also an attempt to justify the brutal assault of Warren Diggs and the false arrest of Nafeesah Hines. Due process, Patrick Lynch?

As Blake has so gracefully said, all police officers are not like Frascatore. He declined to accuse the NYPD, just the out-of-control officer. He accepted the apologies of the police commissioner and the mayor but he insists that something must be done about excessive force, and he has indicated that he might pursue a lawsuit otherwise.

The NYPD says they have spent millions on training and retraining. Did Frascatore ever get the training the CCRB recommended? Why not monitor those officers who have been "retrained" to see if they have changed their ways? Why not prioritize investigation of those with repeat complaints so that bad apples like Frascatore are terminated before they do more damage?

Patrick Lynch does his members a disservice when he excuses the behavior of officers like James Frascatore whose only due process should move him out of the NYPD. Due process means arresting Frascatore for assaulting James Blake.

Julianne Malveaux is an author and economist based in Washington, D.C. She can be reached at www.julianne-malveaux.com

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led Blake with neither provocation nor even conversation. Either Lynch didn't watch the video or he doesn't care that there is a pugilistic police officer that has no regard for due process when he interacts with the public.

Frascatore should have been history in the NYPD some time ago. He has only been part of the NYPD for four years, yet five complaints against him have been filed with the Civilian Complaint Review Board (CCRB). All of these complaints involve the excessive use of force. Frascatore is fast with his fists (he is accused of punching people in the head, the mouth, and in the torso); tragedy would be compounded if he were using a gun. For all of Frascatore's abuse of power, it took his assault of Blake to get him desk duty. Blake has very reasonably called for Frascatore's firing. But loudmouth Lynch (consider

there were due process, a man with five complaints before the CCRB would have been put on desk duty, if not suspended or fired, some time ago.

The New York Daily News reported on a 2013 incident where Frascatore and two others followed bicyclist Warren Diggs home. Once there, they demanded identification from him and proceeded to punch him in the head and pummel his body— before he could retrieve his identification. Diggs' significant other, Nafeesah Hines, saw part of the fracas and began recording it. She asked officers for their names and badge numbers— two complied but Frascatore refused.

When Hines went to move Diggs' bicycle from the sidewalk and into their home, she was told that she was tampering with evidence and was arrested. The Civilian Complaint Review Board found

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PNC Bank Helps to Inspire Women, Minority Business Owners

By Stacy M. Brown

Like good neighbors and responsible community partners, PNC Bank endeavors to support businesses that lack some of the resources of powerful corporate entrepreneurs.

The bank has regularly spearheaded or jumped aboard projects and events geared toward women small business owners.

Specifically, PNC has targeted programs that help Baltimore women realize their potential of becoming financially successful business owners.

“PNC is invested in the success of the local communities we serve and we are committed to supporting those with low to moderate income in small businesses while providing technical support so that small businesses can grow,” said Séson Taylor-Campbell, a development advisor for PNC Community Development Banking.

On Tuesday, October 6, 2015, PNC sponsored “Mind Your Business: Ladies Who Launch,” a seminar and workshop at Morgan State University designed to provide valuable information and networking opportunities for young—mostly African-American—women entrepreneurs.

The event included details on how to write a business plan; how to effectively communicate and how to create a marketing and social media plan. It also walked participants through various social, racial and gender challenges that are still prevalent in business.

Participants were also provided information on structuring a business, obtaining an MBE or WBE certification with the city of Baltimore and how to create profitable, mission-driven programs.

PNC experts also walked new and aspiring entrepreneurs through the process of obtaining business from the government and large institutions.

“It’s important that the small business owner develop a relationship with the bank,” Taylor-Campbell said. “Often mom and pop businesses, sole proprietors and small business owners don’t have the time or the resources to take a moment to go to the bank.”

Laura Gamble, PNC’s regional president for Greater Maryland said, building a new business takes a special determi-



On Tuesday, October 6, 2015, PNC sponsored the “Mind Your Business: Ladies Who Launch,” seminar and workshop at Morgan State University designed to provide valuable information and networking opportunities for young—mostly African-American—women entrepreneurs. Conference participants were also provided information about structuring a business, obtaining an MBE or WBE certification with the City of Baltimore and how to create profitable, mission-driven programs.

Photo Credit: Tyrone R. Eaton

nation and a unique vision.

“PNC has a real focus on working with women business owners,” said Gamble, who noted that the bank readily provides resources to help support the success of women business owners.

“Being a business owner can be really lonely,” she said. “It’s so helpful to get together [having this seminar] because women business owners are among the fastest growing group of businesses owners and, from PNC’s perspective, we look at what we can do to help further grow these businesses.”

PNC has partnered for more than two years to stage the “Mind Your Business” seminar with Baltimore’s What Weekly and the nonprofit Women’s Exchange.

Next year, the Women’s Exchange plans to offer expanded workshops and seminars throughout the city for women who have a passion for business.

PNC Bank officials say they too, will

continue to support women entrepreneurs.

“We are looking at what we can do to help. We have women in business advocates at PNC and we are always looking at ways in which we can offer support,” Gamble said.



The seminar kicked-off with a talk by Maryland State Senator Catherine Pugh, a successful businesswoman who is also president and CEO of C.E. Pugh & Company, a public relations consultant firm.

“My parents promised all seven of us—my siblings—a high school diploma because to them that was suc-

cess,” Pugh said. “But a cousin of mine saw the potential in me and told me that what he wanted me to do was [to] control my own destiny, and so I earned my way through college.”

Pugh noted that she worked two full-time jobs—an 11 p.m. to 7 a.m. shift in a nursing home and an 8 a.m. to 4 p.m. shift as a secretary—before earning an MBA from Morgan State University.

In the mid-1970s, Pugh founded Baltimore’s first African-American business newspaper, The African American News, where she served as managing editor for seven years. Later, she served as the dean and director for Strayer Business College in Baltimore which has since become one of the most respected adult-focused universities in the country.

“The importance of events like this is that you have to take advantage of situations,” Pugh said. “Pass information on and understand what’s available to you.”

PNC walks the walk for women business owners

By Stacy M. Brown

PNC's involvement in the "Mind Your Business: Ladies Who Launch" seminar at Morgan State University is just one of the many ways in which the bank has reached out to women who aspire to start their own enterprise or those who have an already up and running operation.

Bank officials aren't just talking the talk—they are walking the walk.

"PNC has a real focus on working with women business owners and more than 1,500 of our employees have been certified as Women Business Advocates who understand the opportunities and the challenges that women who own businesses have to make," said Laura Gamble, the bank's regional president for greater Maryland.

Women's Business Advocates at PNC are bankers especially committed to supporting the achievement of women who own or run businesses.

In addition to delivering the financial products, services and resources needed to thrive, the advocates often play leadership roles in organizations that mentor or connect women in business, according to Gamble.

"They create opportunities for business-women by hosting events that bring people together. They elevate women business owners by nominating them for community awards and recognition," she said. "And, most of all, while they recognize that a businesswoman doesn't need special treatment to be successful, they'll treat [everyone] with the respect their business accomplishments deserve."

The advocate program is the bank's recognition that it isn't easy to start or even run a business.

Women who start and run companies, regardless of the size, often face obstacles that men don't, said Séson Taylor-Campbell, a development advisor for PNC Community Development Banking.

That is why PNC offers the Women's Business Advocate program, which features banking professionals whom Taylor-Campbell says, understand the pressures, challenges and opportunities for women business owners and female executives.

Both Taylor-Campbell and Gamble say the advocates represents PNC's way of communicating the bank's intent to understand the business, earn the trust of the business owner and support their company's and individual's personal



(Left to right) Laura Gamble, Regional President Greater Maryland, PNC Bank; and Séson Taylor-Campbell, development advisor for PNC Community Development Banking at the "Mind Your Business: Ladies Who Launch," seminar and workshop at Morgan State University. Photo Credit: Tyrone R. Eaton

financial success.

At PNC, a banker who is certified as a Women's Business Advocate is a man or woman who has completed a training curriculum and voluntarily applied for the certification designation.

In addition to their responsibilities as a banker, PNC-Certified advocates have also committed to hosting or participating in organizations and events in the community

that nurture, network and recognize women in business and the causes you care about, according to bank officials.

As a result, the advocates are tuned-in to issues that concern business owners and likely have connections to resources that may be especially helpful.

"We're very passionate about that at PNC, and I definitely share that passion," Gamble said.

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Ravens celebrate Breast Cancer Awareness Month

By Turren Davenport

The Baltimore Ravens have made a commitment to supporting Breast Cancer Awareness Month with a variety of initiatives throughout the month of October. The October 11 home game against the Cleveland Browns kicked off a week of events designed to bring awareness to an issue that affects a large population of women in the United States.

Sunday, October 11th

Ravens staff, family members and volunteers distributed over 50,000 pink ribbons to fans as they entered M&T Bank Stadium on Sunday before the Ravens' Breast Cancer Awareness game. In collaboration with the American Cancer Society's (ACS) campaign, "A Crucial Catch: Annual Screening Saves Lives," women 40 and older were reminded about the importance of having an annual mammogram.

The Ravens honored a group of approximately 20 breast cancer survivors and women currently undergoing treatment. The attendees were honored with an on-field ceremonial tribute.

Ravens players and coaches wore pink items throughout the game, including cleats, gloves, hats, wristbands, Gatorade towels and more. Ravens cheerleaders used pink pom-poms, while team mascot Poe wore a pink New Era baseball cap. Members of Baltimore's Marching Ravens wore wear pink



plumes. The Ravens Gameday magazine was highlighted with a pink hue also.

Game-worn pink merchandise, along with special game balls and pink coins, are being auctioned off at www.nflauction.nfl.com. The proceeds benefit the ACS's Community Health Advocates implementing Nationwide Grants for Empowerment and Equity (CHANGE) program. The program has raised more than \$8 million to raise breast cancer awareness, along with funding prevention and research efforts. This is all a result of the "A Crucial Catch" campaign.

Courtesy Photo/www.letsgoravens.com

Most of the funding comes from the sale of pink NFL Auction items.

Tuesday, October 13th

The American Cancer Society and the NFL's "A Crucial Catch" campaign has provided funding to support increased access to breast cancer education and screening resources for those in underserved communities. The ACS has awarded \$50,000 in Community Health Advocate funds. The funds were awarded by implementing National Grants for Empowerment (CHANGE), a grant to the Family Health Centers of

Baltimore in Cherry Hill.

They have also made continuing efforts to increase breast cancer screenings in the community. As part of the grant, the Ravens participated in A Crucial Catch Day on Tuesday, October 13. The event was a nationwide event held in cities across the country to help women receive breast cancer education and screenings. Pre-registered women learned ways to reduce the risk of breast cancer and the importance of early detection at the Family Health Centers of Baltimore in Cherry Hill.

Sunday, October 18th

The Ravens have also partnered with the American Cancer Society through support of the nonprofit's Making Strides Against Breast Cancer event on Sunday, October 18. Ravens fans are encouraged to join Team Purple and will receive a commemorative t-shirt. For more information, visit: <http://main.acsevents.org/goto/RavensTeamPurple>

Monday, October 19th

The efforts for Breast Cancer Awareness Month continue on Monday, October 19 when the Ravens will host a "Sip & Paint Night" at M&T Bank Stadium. This event is for pre-registered participants who are currently battling or have overcome breast cancer. Anyone attending will be able to indulge in refreshments, hors d'oeuvres and take part in a Ravens-themed instructional painting session provided by Trevino Paint of Pikesville, Maryland.

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International MSU student awarded NextGen Scholarship from local business

By Andrea Blackstone

Carisse Lansiquot, a 22-year-old international student at Morgan State University (MSU), is the 2015 recipient of the NextGen Scholarship awarded by P.E.R.K. Consulting. The college junior is the second recipient of the \$1,000 scholarship sponsored by the Beltsville, Maryland based advisory firm.

The scholarship assists deserving international and non-citizen students residing in or attending a college in the Washington metropolitan area.

Andrena Sawyer, CEO and founder of P.E.R.K. Consulting, says 84 applicants representing 24 countries, including the United States and five continents competed for the scholarship.

Lansiquot's well-written essay about how much her mother inspired her influenced Sawyer to vote for the chemistry major. Sawyer says a four-person scholarship panel votes to determine who should receive the local scholarship. Along with other factors, Lansiquot's story revealed what the community can do for international students who need support.

"From her application, Carisse seemed to be a good balance of what it looks like when a student is grounded but when they're also very gifted. Her application gave us a picture of a very well-rounded student. She was a 4.0 student, but she was engaged in something like six or seven different activities," Sawyer said.

The scholarship money is intended for a school-related need, such as tuition, books or housing. Lansiquot, who offers mentorship to young women in high school who wish to pursue STEM degrees when she returns to her home in St. Lucia, says she feels blessed to be a NextGen Scholarship recipient.

Sawyer had the idea of starting the scholarship in 2013, when she started P.E.R.K. Consulting, although the philanthropic effort was not implemented until last year. She explained that international students are not eligible for (FAFSA) Free Application for Federal Student Aid, which is a primary source of financial aid for many students. For this reason, a NextGen Scholarship is not available to U.S. citizens.

Sawyer knows firsthand about the lack of resources available for international students.

"I am actually Sierra Leonean. I was born in Free-town. I lived there until I was about nine years old and so when I went to college, my status was an international student, even though I had been in this county for about 10 years at that point. I was still an international student because I wasn't a U.S. citizen," Sawyer said. "At our [P.E.R.K. Consulting] anniversary event last year in 2014, we asked people to donate [money], so all of the proceeds from that event went to the scholarship fund. That night we raised about \$700. This year



Andrena Sawyer, CEO and founder of P.E.R.K. Consulting hugs Carisse Lansiquot after the student was presented with a certificate of award. Lansiquot was the 2015 recipient of the NextGen Scholarship that is awarded by P.E.R.K. Consulting. Photos: Andrea Blackstone

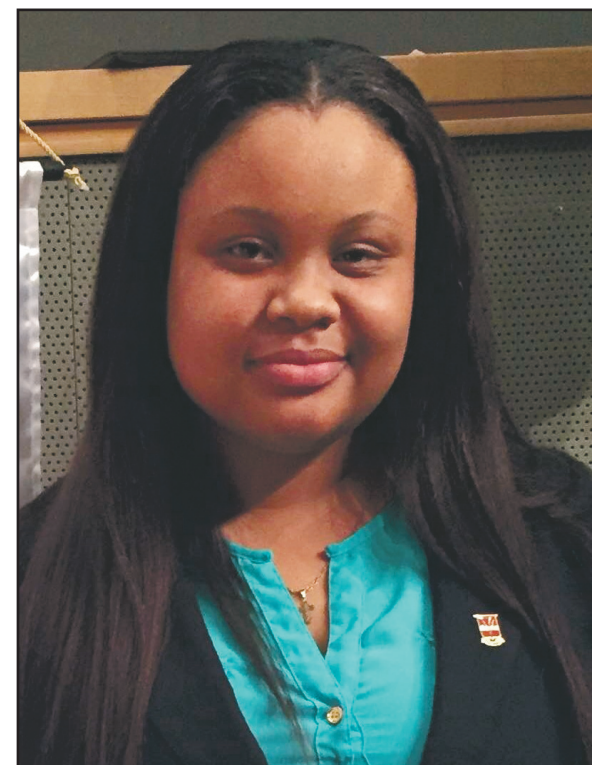
we pretty much did the same thing where we allowed people to donate at different events."

On Saturday, October 3, 2015, Lansiquot received her scholarship check and certificate of award during P.E.R.K. Consulting's annual professional development conference for women called "Embracing YOU Women's Conference" in Silver Spring, Maryland.

"I felt very excited when I found out [that I was selected as this year's scholarship recipient] because the money will go a long way in helping me to pay my tuition next semester," Lansiquot said. "All my family is from Saint Lucia. I am the only one up here."

Qualifying applicants for P.E.R.K. Consulting's NextGen Scholarship must have a minimum of a 3.0 GPA and be college-accepted high school seniors or current undergraduate international or non-citizens students attending a two-year or four-year college. Approximately 30 percent of this year's applications came from international students already attending a college in the United States and the majority of applications were submitted by international students who will attend college in the U.S.

In the future, Sawyer would like to see more local students apply for the scholarship. She estimates that an announcement for the open application period will be made through P.E.R.K.'s social media pages and website in mid-February. More information about the NextGen Scholarship can be found at www.perkconsulting.net/about/nextgen.



International student Carisse Lansiquot is a chemistry major at Morgan State University. Lansiquot is from St. Lucia in the Caribbean.

Upcycling, recycled clothes raise funds for home for pregnant teens

By Andrea Blackstone

Tracy Yvette Arnold is a faith-filled woman who is on a mission to help pregnant girls and underserved young women in Maryland. On October 31, 2015 the CEO/community developer and founder of Arnold Place will receive keys to a home that is located at 801 Owens Rd. in Oxon Hill.

Arnold, who has always wanted to do something to benefit the less fortunate, will begin putting cosmetic touches on the transitional home that will open in November in Prince George's County. The transitional home is not government funded. Funds raised thus far for Arnold Place came from upcycling. Approximately 13-26 homeless pregnant teens and pregnant women ages 13-22 who have been diagnosed with HIV/AIDS can soon find refuge through the non-profit organization, Arnold Place.

"We just won't be offering housing. This is a holistic approach..." Arnold said.

A housemother will be on-site 24 hours. Counselors and other professionals will lead required weekly classes in areas such as financial literacy, personal hygiene, parenting and anger management. Older participants will be encouraged to finish high school, if they have not done so. Employment assistance will help prepare them for independent living. Foster care children may also reside at Arnold Place.

An online campaign requesting one million people to donate \$5 to Arnold Place through www.arnoldplace.org kicked off on October 12. Monetary donations will help Arnold to purchase the leased transitional home and contribute to operating costs.

Additionally, the goal of the One Million Upcycling Campaign is to collect one million pairs of shoes, one million pounds of clothing and one million pounds of empty plastic containers, such as shampoo bottles and hygiene products used by women. A recycling company pays Arnold for them. They use plastic containers for the construction of playgrounds, toys and strollers.

"People can donate (clothes) and they can have stains on them, holes in them,



Tracy Yvette Arnold sorts through donations for Arnold Place at her residence in Prince George's County, Md. The non-profit founder is asking for the public's help to secure more designated collection sites of empty hygiene containers for women, donated clothing in any condition and financial contributions to raise money for a transitional home for homeless girls and young women in Md. An online fundraising campaign kicked off on Oct. 12, 2015. Arnold is asking one million people to donate \$5 for Arnold Place. Students in Prince George's County, Md. can earn community hours by helping Arnold to collect clothing.

missing buttons and anything like that. What happens is the recycling company gives us a dollar amount per pound. They recycle them and make new clothing and new shoes for third world countries," Arnold said. "We also collect women hygiene products from hair salons and anything that deals with a woman, whether it's a plastic soap bottle, a conditioner bottle, shampoo or dye—anything like that."

Arnold's innovative fundraising efforts are gaining momentum. Rosedale, Timonium and Glen Burnie, are among 14 Salon Plaza locations that support Arnold Place by collecting empty plastic containers used by hair stylists who rent booths. Collection receptacles are picked up when they are full. MGM Grand—a casino located in Prince George's

County—collects clothing for Arnold place. Arnold is a member of The Temple of Praise that is located in the District of Columbia. Her church has been a major supporter. Other business owners and churches have joined forces to collect items. In the future, Arnold will enhance fundraising efforts with creating a pop-up shop. A requested donation of \$20 for selecting five pieces of collected clothing items in excellent condition will be offered to bargain shoppers.

Why is Arnold so driven to give back? She is also a mortgage broker who once owned a successful company, Mortgage Consultants for Life (MCL). The company closed in 2010, due to the economy's downward spiral. Arnold lost seven homes and filed for bankruptcy. She never forgot how she was treated

while seeking help herself. Arnold says her idea was inspired by God. She recalls hearing about a defunct program in which empty toilet tissue rolls could be turned in for money. The entrepreneur was inspired to birth a new dream called Arnold Place.

"I want to be able to freely give back to these girls (and women) in a big way," Arnold said.

Please visit www.arnoldplace.org to donate to the \$5 campaign through PayPal, or to learn more about the transitional home or upcycling program. Collection sites for donations in D.C. Maryland, Va., including Baltimore and Annapolis, are still needed. Clothing and shoes are also wanted. Arnold can be reached by phone at 202-431-9811.

Alzheimer's Association's African-American Memory Loss Forum Returns to CSU

Timonium Md. – The Alzheimer's Association Greater Maryland Chapter will host the 11th Annual Pythias A. and Virginia I. Jones African-American Community Forum on Memory Loss, Saturday, November 7, 2015 from 8:30 a.m. to 3:30 p.m., at Coppin State University located at 2500 W. North Avenue in Baltimore.

Over 400 family caregivers, health professionals, business leaders and policymakers are expected to attend the event, which is named in honor of the parents of State Senator Verna L. Jones-Rodwell, Ernestine Jones Jolivet, Alvin A. Jones, Pythias D. Jones, MD and the late Gilda Jones-Garrett, who were affected by dementia.

Research suggests that the prevalence, incidence and cumulative

risk of Alzheimer's disease appear to be much higher in African-Americans, and older African-Americans are about twice as likely to have Alzheimer's and other dementias than older whites.

Additionally, blood pressure and diabetes, which are more prevalent in African-American and Hispanic people, may increase one's risk for Alzheimer's disease and other dementia.

"Although the rate of Alzheimer's in African-Americans is higher than in white people, they are less likely to have a diagnosis," said Cass Naugle, executive director of the Alzheimer's Association Greater Maryland Chapter. "This Forum is an opportunity to speak directly to the African-American community about the disease, the risk factors, how to plan and what services are available."

Lisa Barnes, Ph.D. (Rush University Medical Center) will open the Forum with the plenary talk on the risk factors



Participants at last year's the Pythias A. and Virginia I. Jones African-American Community Forum on Memory Loss hosted by Alzheimer's Association Greater Maryland Chapter. Courtesy Photo

for dementia in older African-Americans. Morning and afternoon breakout sessions will cover legal and financial planning, medication management, causes of dementia and how to diagnose them, healthy habits and managing caregiver stress.

The closing panel discussion will explore programs and services to help dementia caregivers. Additionally, attendees can receive nutrition consultations and blood pressure screenings, and schedule Glaucoma screenings.

Event admission is free and includes a continental breakfast and lunch, courtesy of the Alzheimer's Association and event sponsors: Allegis Group, Baltimore City Health System, Coppin State University's Helene Fuld School of Nursing, Johns Hopkins Memory & Alzheimer's Treatment Center, Pharmasite Research and WeCare Private Duty Services.

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Thought We Were Writing the Blues

Teaneck, N.J.— “Thought we were writing the blues, but they called it rock ’n’ roll,” said Rose Marie McCoy during an interview for a radio documentary about her life and music. That statement became the title of her biography, the story of how an African American female broke into the white, male-dominated music business in 1952 to become one of the most sought after songwriters of the 1950s and ‘60s, greatly contributing to the crossover from segregated Rhythm & Blues to international Rock ’n’ Roll and paving the way for the female pop specialists who followed.

“I don’t know of any other songwriter that has accomplished what she has,” said Al Bell, former owner of Stax Records and past president of Motown Records Group. “Getting so many songs recorded by established artists: Ruth Brown, Elvis Presley, Nat King Cole, Aretha Franklin, James Brown, Sarah Vaughan, Shirley Caesar, Etta James, Dinah Washington. The list goes on and on. And look at the diversity of styles: gospel, blues, Rhythm and Blues, jazz, pop, country. It’s incredible what she has done.”

Though her legacy has caught the attention of the Smithsonian Institute, which is collecting information about her for its newest museum, the National Museum of African American History and Culture, scheduled to open next year, the Songwriters Hall of Fame has not yet honored her.

“I can only find two black female songwriters who have been honored so far by the Songwriters Hall of Fame, Sylvia Moy and Valerie Simpson. Both worked for Motown, but Rose Marie McCoy, being a fiercely independent woman, chose to make her way as an independ-



Rose Marie McCoy was one of the most sought after songwriters of the 1950s and 1960s. She greatly contributed to the crossover from segregated Rhythm & Blues to international Rock ’n’ Roll.

Courtesy Photo

ent songwriter,” explains Arlene Corsano, Rose Marie McCoy’s biographer. “Without the backing of a large company she may never be inducted.”

Rose Marie McCoy’s last songs were recorded in 2013. Though she passed on in January 2015, her music lives on. Songs she wrote that were recorded

decades ago get new life as newer artists discover them. Rhythm & Blues songs that did not get much exposure in the 1950s are now used in movies and television shows. Efforts to petition the Songwriters Hall of Fame are under way and her story is now available in a book.

“Thought We Were Writing the Blues: But They Called It Rock ’n’ Roll” is not only a story of the music business, filled with behind-the-scenes of songwriters, musicians, mobsters and legendary singers, it’s also a heartwarming rags-to-riches story of a woman blessed with a great deal of talent, and just as important, the necessary personal qualities to become successful: determination, persistence, sell assurance, and the propensity to take risks.

“Thought We Were Writing the Blues” is available at Barnes & Noble at BarnesandNoble.com.

Information about on-going efforts to secure Rose Marie McCoy’s legacy can be found in the News & Reviews section at RoseMarieMcCoyMusic.com.

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Annapolis Dragon Boat Club marks Breast Cancer Awareness Month

October Fundraiser to help support cancer survivors

Annapolis, Md.— For Joni Adrian Morgan of Annapolis, being diagnosed and treated for breast cancer was a life-changing event. The mother of two endured surgery, chemotherapy, a stem cell transplant and radiation. After doctors declared her year long treatment a success, Joni was still looking over her shoulder. Would the cancer ever come back?

“For me, the years after I finished the treatments were frightening,” said Joni, who is now 57, an executive with Annapolis-based iJET, International, and retired from the CIA. “You’re done with your doctors, you’re done with your support groups, you’re still living with it. You don’t necessarily want to talk to your family about it because you don’t want to worry them. You don’t want to talk to your friends because they’re done with that. But you are left by yourself to struggle with the fear.”

Then, Joni discovered the Annapolis Dragon Boat Club, which was founded in 2010 to support the recovery of survivors of breast and other cancers. Many of the club’s 55 members are breast cancer survivors. Twice a week club members— mostly women but some men— climb into two 44-foot long dragon boats and get a paddling workout along Spa Creek. A Canadian study has found that the workout helps with breast cancer survivors’ physical recovery.

“I love the athleticism of it,” says Joni, who is also the club’s race team captain. “It is a workout. But being out there with a group that understands exactly what you are going through physically and psychologically is also great. It is about the camaraderie.”

To mark Breast Cancer Awareness Month in October, the club is holding its “Paddles Up” fundraiser at the Annapolis Waterfront Marriott on October 25, 2015 between 2 p.m. and 6 p.m. The money raised will go toward the club’s slip fees, boat maintenance costs, insurance and other expenses. Pusser’s Caribbean Grille at the Marriott is sponsoring the event.



Joni Adrain Morgan discovered the Annapolis Dragon Boat Club, which was founded in 2010 to support the recovery of survivors of breast and other cancers. Many of the club’s 55 members are breast cancer survivors. Courtesy Photos



Twice a week club members— mostly women but some men— climb into two 44-foot long dragon boats and get a paddling workout along Spa Creek.

Tickets, at \$50 apiece, are available to the general public. The event will include food, drinks and entertainment as well as silent and live auctions. Additionally, each individual ticket is an entry into a raffle for a \$100 gift card for Pusser’s Caribbean Grille.

Tickets can be purchased at McGarvey’s Saloon located at 8 Market Space in Annapolis or at annapolisdragonboatclub.org. The website also accepts donations, which are tax deductible.

The club’s sleek four-foot wide pink dragon boat, complete with a drag-head, is a familiar site on Spa Creek

on Tuesday and Thursday evenings. Club members sit two abreast in 11 rows with a coach calling out drills in front and a helmsperson in back. The club this year has borrowed a second boat from Catholic Charities in Baltimore but hopes to be able to acquire its own second boat soon. The club also holds regular “soft paddles” for those who are undergoing cancer treatment and others who don’t have the stamina for the more rigorous practices.

While the club has a breast cancer recovery focus, anyone is welcome to join. Its mission is to promote the develop-

ment of healthy bodies and spirits for men and women, to support recovery from breast cancer and all other cancers, and to grow friendships and teamwork. The club has a race team that goes to regattas up and down the East Coast, and its members can choose to compete or just participate in the club’s weekly “open paddle” sessions.

“I love being on the water. I love Spa Creek,” Joni says. “Because we paddle in the evenings the light is so beautiful. It is rejuvenating.”

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AACC Panel to Focus on Preventing, Detecting and Stopping Abuse during Domestic Violence Awareness Month

Annapolis— As the students create their T-shirts on domestic violence, the stories come out. A sister, a friend, a neighbor— people no one would have guessed could be victims— had indeed experienced relationship violence.



Anne Arundel Community College still will hang the handmade T-shirts depicting that abuse in a Clothesline Project Display on October 20 and 21, 2015

across the Quad between the Dragan Science and the Humanities buildings. Once again, the AACC Legal Studies Institute is sponsoring a panel to discuss this important issue. But this time the focus is on recognizing, preventing and stopping the abuse.

The panel, “Domestic Violence: Prevent, Detect, Stop,” is at 6:30 p.m. Thursday, October 22, in the Cade Center for Fine Arts Room 219 and is open to the community.

The event is free and is part of the college’s recognition of Domestic Violence Awareness Month.

State Board of Elections

Voter Education Workshop

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Learn how to help when disaster strikes!

Annapolis— When a disaster strikes, individuals want to do something to help. This often creates the challenge of having many people who want to assist, but do not know how to help. Our area was fortunate to only experience heavy rain this past week.

The public is invited to join the Anne Arundel County Volunteer Center and Anne Arundel County Office of Emergency Management on Saturday, October 24, 2015 at the Office of Emergency Management, Henry L. Hein Bldg., 7480 Baltimore Annapolis Blvd. in Glen Burnie, Maryland. Learn how volunteers can reduce panic and confusion after an emergency occurs. Train with us to lesson response and recovery time.

If you want to be able to assist next time, you need to attend this October 24th training. Help the Volunteer Center implement the plan to respond during any type of emergency. We need a coordinated response to offers of help from people who may come to Anne Arundel County seeking ways to volunteer and aid the recovery of our community.

Ten to fifteen participants are needed from 10:00 am – 12 Noon to train and learn how to refer spontaneous volunteers to disaster agencies needing volunteer help after an emergency.

Up to fifty participants are needed from 1:00 – 3:00 pm to role play being spontaneous volunteers who want to help our community after a simulated emergency.

Registration is required. Lunch will be provided for people who can participate for the entire 10 a.m. to 3 p.m. event. For more information and to register, see “Oct. 24th” on the Opportunity Calendar at www.aacvc.org or contact Bill Crabbs at 410-897-9207 or e-mail bill@aacvc.org.

Jill Scott’s Blues Babe Foundation partners with Hallmark for scholarship contest


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To apply, students must be current postsecondary undergraduates pursuing a career in the writing arts, and must be enrolled full-time at a four-year college or university for spring and fall 2016.

For more information and an application, visit <https://www.scholarsapply.org/mahogany>.

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