

Local Role Model Opens Gym for Kids



After spending more than 16 years working for the Baltimore City Department of Recreation and Parks as a trainer at the Upton Boxing Center on Pennsylvania Avenue, Allison decided to open his own gym—the Time 2 Grind Boxing Gym located in the Transforming Life Church of God on Sipple Avenue. Allison says his gym is a haven for young children who want to learn a discipline and stay out of trouble. He holds sessions three days each week—Monday, Wednesday and Friday—and his gym has a portable boxing ring, punching bags and posters that allow visitors to get a real feel of what fighters experience when they're training. Photo: (Left to right) Curreem Sheppard; Darien Mason; Keon Bowers; Tyrell Samuels; Coach Mack Allison with the Bat Man shirt on behind him is Sebastian Prauswitz; Garry Lewis; Criss Zaringa; Theartis Battler; Tyrell Boyd and Kenneth Sheppard. (Front left to right) Tyric Booth; Aniya Booth (little girl); Curron Sheppard; Antoin Lewis; Santana Brown; Bishop Brown; JoJo; and Amaiya Walker.

(See article on page 10) Courtesy Photo

Wes Moore urges more advocacy, experiential learning for young people

By Bill Fleming

White House Fellow, Army veteran, best-selling author and social entrepreneur Wes Moore gave a rousing talk at Baltimore City Community College (BCCC) Wednesday, January 13, 2016, as he called on educators to combine advocacy, mentorship and social capital to move inner-city youth forward in a challenging age.

“How can we give more students the advocacy, and get more institutions to graduate students?” Moore asked members of the audience, comprised of faculty and staff of the college who came together for a day of staff development prior to the start of the spring semester.

“This is what led us to found BridgeEdU (www.bridgeedu.com)” he said, describing the program he started to assist young people to make the transition from high school to college, provide experiential learning through internships and ensure success by democratizing the pathway to college completion.

Moore, author of The New York Times and Wall Street Journal bestseller, “The Other Wes Moore” spoke of his own difficulty early in life finding a path.

“What did I want to do? I didn’t have a context,” he said. “I realized it was all about finding a way to gain experiences



Wes Moore called on educators to combine advocacy, mentorship and social capital to move inner-city youth forward in a challenging age on Wednesday, January 13, 2016 at Baltimore City Community College. Courtesy Photo/BCCC

which could connect with my true passions.” And connect with those passions he did— as a Johns Hopkins University Phi Beta Kappa graduate, Rhodes scholar at Oxford University, and White

House Fellow serving former Secretary of State Condoleezza Rice. Before this foray into the arena of peacemaking, he was an Army combat veteran in Afghanistan.

“Getting our kids into the game is more than just education,” he said. “It’s also about the critical relationships they will need. This social capital has to be developed, nurtured and accelerated.”



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Guest Editorials/Letters

Key to Finally Fulfilling that New Year's Health Resolution

By Dick Resch

The confetti and champagne bottles have been cleaned up. So now millions of Americans will embark on their New Year's resolution to— finally!— hit the gym and get healthy.

Most will, unfortunately, fail. Making and then promptly abandoning resolutions to exercise and adopt a healthier lifestyle have become something of a national pastime but there's a way to break the cycle. And it doesn't require shelling out beaucoup bucks for a personal trainer or foregoing dessert. The solution is as simple as it is effective— resolve to stand more.

Standing for just a couple more hours a day can be as beneficial as training for a marathon. It's the easiest way to finally fulfill that New Year's resolution to get fit.

Standing more is such a powerful approach to improving health precisely because it doesn't require radical lifestyle changes or a Herculean willpower.

Most Americans live sedentary lives. Nearly 90 percent are working in jobs that have them sitting all day. Then there's the time spent commuting in the car, eating, and watching TV. Add that all up, and the average American spends over six hours a day strapped to a seat.

However, sitting isn't a harmless comfort. At these volumes, it's deadly. Prolonged sitting prompts muscles to downshift their metabolism and burn less fat. That causes blood circulation to slow down and makes it easier for fatty acid to build up in the heart. Cardiovascular disease can be the eventual result.

In fact, a study in the American Journal of Epidemiology found that men who sit six or more hours a day are about 50 percent more likely to die from chronic disease, compared with those who sit three hours or fewer.

Even a small commitment to standing can generate massive health benefits. Dr. John Buckley of the University of Chester in the United Kingdom notes that standing for an extra three to four hours a day at work "is the equivalent of running about 10 marathons a year."

Standing also helps release endorphins, which heightens alertness and energy levels— and therefore makes people more productive.

That consequence should be of interest to employers. Encouraging standing can be a low-cost way to goose worker productivity— and thereby boost the bottom line.

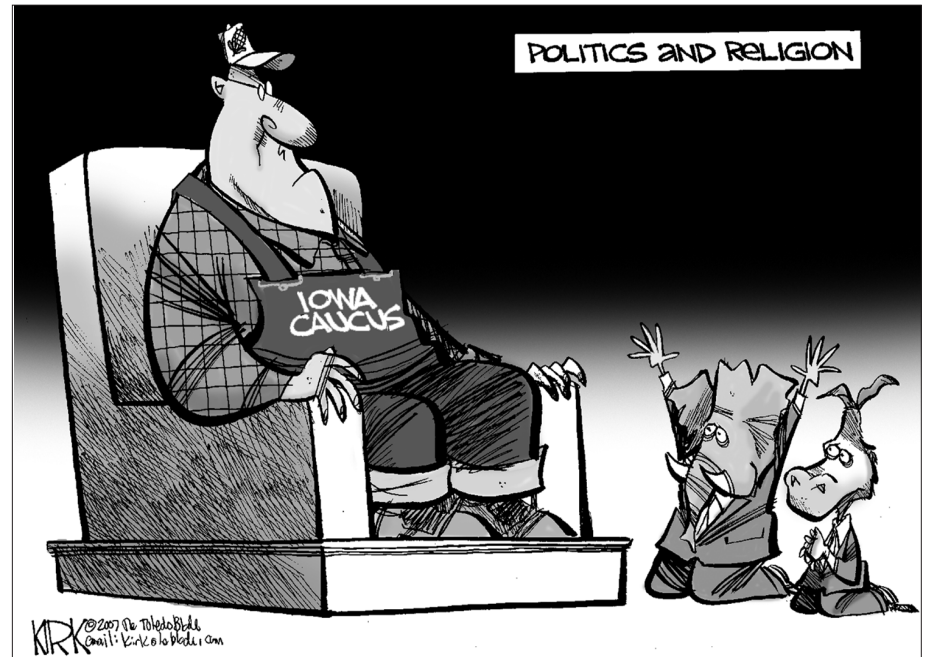
Employers can start by adopting an "Active Design" approach to their workspaces, structuring them so that they're conducive to regular movement. They can offer workers height-adjustable sit/stand desks instead of traditional seated ones. They can replace company cafeteria tables with high tops. Managers can switch to standing meetings.

Employers can also encourage people to take the stairs. Dr. Karen Lee at New York City's health department has noted that if the average adult climbed the stairs for just two minutes a day, she'd burn enough calories to prevent weight gain for the whole year.

All these little workplace enhancements add up to much healthier— and happier— employees.

Those who have resolved to improve their health in 2016 needn't fret about gym memberships or fad diets. They just have to start standing more. A couple more hours a day off the seat can make that yearly resolution a reality.

Dick Resch is CEO of KI Furniture. For more information, visit: www.ki.com.



Letters to the Editor:

Editor:

It's possible that Freddie Gray was paralyzed before he was put in the police van!

In my hometown of Tucson, Arizona, I heard on NPR (National Public Radio) that a policeman stepped on Freddie Gray's neck in an attempt to subdue him while being cuffed, as he lay face down on the pavement.

I am a Physical Therapist and have seen many quadriplegics (people paralyzed from the neck down). In the nationally shown video, Gray was held upright by two policemen while being dragged to the van. At no point did Gray move his feet or legs!

I speculate that his neck and spinal cord had already been broken, rendering him paralyzed. An earlier video would verify this.

M. Russell
Tucson, AZ

Editor:

Re: Navy Boats In Peril

As a former Navy enlisted and Navy officer, I am disappointed with the capture of our two riverine boats and crews by the Iranians in the Persian Gulf.

I understand one of the boats had a navigation problem, either mechanical or human error, and it wandered into Iranian waters. But why couldn't the other boat tow it away from Iranian waters?

Furthermore, why wasn't a warship accompanying the two small boats as they traversed waters in close proximity to an unfriendly country?

Why didn't the riverine boats communicate their problems to their commanding officer, who should have been monitoring their transit from Kuwait to Bahrain? If they did communicate their situation, what were the instructions they received from higher command?

It appears to me the personnel on the riverine boats and the command hierarchy viewed the movement of the boats as a routine operation, and they were caught off guard by the problems encountered, and they were not prepared to conduct contingency operations. It reminds me of the capture of the USS Pueblo off of North Korea many years ago.

This incident could embolden the Iranians and other unfriendly countries to test our military prowess.

Donald Moskowitz
Londonderry, NH

Michigan poisons poor to save a few bucks

*By Rev. Jesse Jackson, Sr.
NNPA News Wire Columnist*

Flint, Michigan is impoverished. The auto plants have closed. Forty percent of the city's 100,000 residents live below the poverty level. It is majority minority. It's been in fiscal crisis since 2011, with the state taking over budgetary control and a state-appointed "emergency manager" driving policy focused on cutting spending.

Flint residents are Americans, but like many impoverished Americans they are forgotten and state officials led by Governor Rick Snyder have shown that they consider the residents disposable.

In Flint, the water supply has been poisoned by lead. Police are now delivering bottled water from door to door but it may be too late for hundreds of kids who are already suffering from elevated levels of lead in their blood. The damage done is irreversible with lifelong conse-

quences, including lowered intelligence and long-term mental and emotional damage.

How did this happen? The emergency manager—accountable only to the governor and state officials—decided to save money by switching Flint's water supply from Lake Huron to a cheaper source, the Flint River. Only the river had been poisoned by waste from nearby

lem. High-level state officials knew that the water supply was lead poisoned for six months before declaring an emergency. Finally, a Flint pediatrician tested the blood of children and discovered lead levels double and even triple the prior amounts. State officials denounced her work before realizing the truth could no longer be hidden.

Finally, Governor Snyder ended the

civilization—plumbing, water systems, school houses, garbage collection and treatment, roads and public transport—are in squalor, lacking even the investment to keep them up to minimum standards. Impoverished neighborhoods often lack hospitals, grocery stores, and decent public spaces. The poor are left to fend for themselves, rising to attention only when violence breaks out, when innocents are shot, when tragedies like Flint become public.

The cost of this callousness—in lives lost, disease, mental damage, crime, drugs, hopelessness—are immense. This isn't about money. We pay more on the back end—in prisons and emergency rooms, cops and guards, prisons and addiction centers—than we would have to spend on the front-end investments that would give every child a chance.

Conservatives continue to call for dismantling environmental regulations. They slash budgets for policing violations by corporations or cities. They want to slash support for poverty programs and block-grant them to the states and localities. The next time you hear that rap, think of Flint, its poorest children betrayed by state officials. Think of Flint deprived even of safe water in order to save a few bucks. Think of Flint and investigate your own community—the horrors of Flint are not exclusive

“Impoverished neighborhoods often lack hospitals, grocery stores and decent public spaces. The poor are left to fend for themselves, rising to attention only when violence breaks out, when innocents are shot, when tragedies like Flint become public.”

factories for generations. The toxic wastes not only turned the water brown, it corroded the aged pipes of Flint's water system, unleashing lead into the water. Federal law required that the water be treated, but that would have cost \$100 a day, so it was not done.

Parents began to complain of rashes and hair loss. The state's environmental quality agency denied there was a prob-

denial. He declared an official emergency, and four days later called for delivering bottled water. The head of his environmental agency resigned. Snyder apologized for the catastrophe, but calls for him to resign continue to build.

Flint is not alone. Across America, in ghettos and barrios, reservations and rural valleys, the poor are isolated and too often forgotten. Systems basic to

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Windsor Mill Middle School Students Shine at ‘Night of Innovation’

By Ruth Young Tyler

For eleven-year-old sixth-graders Avante Morgan, Temitope Peters, Victor Chongwa and 10-year old Rianna Davis, using their school-issued HP Elitebook Revolve hybrid laptops has become as easy as their traditional textbooks. Infusing technology with traditional educational tools, the Windsor Mill Middle School (WMMS) scholars are embracing change and excelling in their core subjects.

“It’s no longer about the students sitting in rows and columns-sitting still and listening to the teacher talk for 60 to 90 minutes,” said Harvey Chamber, principal of Windsor Mill Middle School. “Students are now facilitators and in charge of their own learning.”

In partnership with Discovery Education and McGraw Hill, Windsor Mill Middle School (WMMS) hosted a Night of Innovation on December 3, 2015 where more than 13 demonstrations were conducted throughout the school to spotlight the impending technological advancements that will occur in all Baltimore County Public Schools (BCPS). Part of (S.T.A.T) Students and Teachers Accessing Tomorrow- the digital instructional and conversion, WMMS is one of 17 Lighthouse Schools within BCPS that will implement the change.

More than 30 trained student leaders escorted parents and guests around the school and served as hosts during breakout sessions. One student served as a reporter and conducted live interviews on the video-streaming app Periscope.

Sherri Jones, the mother of sixth grader Kiersten Jones, appreciates the online learning piece at WMMS that her daughter has embraced. Kiersten was initially apprehensive about attending a new school but once she arrived and saw all of the technology, her excitement increased. Kiersten said learning is fun since she started attending WMMS.

“She loves it,” said Sherri Jones. “The students have math every day and Kiersten is now in the G.T. [gifted and talented] class, which was not the case prior to attending WMMS.”

“Students are reading more, even if it is



(Left) Six-grade students at Windsor Mill Middle School (left to right) Avante Morgan, Temitope Peters, Rianna Davis, and Victor Chongwa holding their school-issued HP Elitebook Revolve hybrid laptops with Sonja Jackson, (back row, left) Language Arts Department Chair; and six grade reading teacher Philip Macek (back row, right) at the Night of Innovation on December 3, 2015. (Right) Sixth grade student Kiersten Jones attended the Night of Innovation with her mother Sherri Jones to explore the new educational technology. The event was held to spotlight the impending technological advancements that will occur in all Baltimore County Public Schools.



online,” said Jones. “And that’s a good thing.”

Ryan Imbriale, executive director of Innovative Learning at BCPS is focused on the goal while helping to guide the new program.

“What it boils down to from a pedagogical and mastery standpoint, teachers are the critical glue that holds mastery in the classroom,” said Imbriale.

Imbriale noted that teachers are able to benefit from the knowledge that tech-savvy students bring to the classroom. Educators should take advantage of those students who are able to problem-solve, as it pertains to the use of the technology.

“Overall, it’s a win-win situation,” said Imbriale.

The early evaluation results show that the students are more engaged, which translates into a higher level of collaboration and communication. There is a balance between using paper and pencil and the use of the device. At WMMS, access to digital learning provides real-time information, 3D modeling, science experiments and the ability to connect with others from around the world.

“This is about ensuring every student graduates globally and are competitive,” said Imbriale.

When students are engaged and excited about coming to school, there is a decrease in disciplinary issues and personalized learning is enhanced, according to Imbriale.

Principal Chambers is keenly aware of the area’s changing demographics. He noted WMMS is more of a suburban-urban school.

“Yes, we have a change in the demographics, but our students are not any less able to learn than any child in the county,” said Chambers. “When they have the right teacher in front of them, and the teacher conveys a caring and compassionate demeanor, the student is more engaged,” said Chambers.

According to Principal Chambers, the teacher to student ratio is one to 25, however math classes are much smaller to help raise the students’ scores. Since the change, preliminary math assessments have gained 24 percentage points.

“Technology built on the science of learning has the potential to personalize and improve education, but only if it’s

implemented thoughtfully and effectively. The Baltimore County Public Schools are a shining example of how technology can be used strategically to support the art of great teaching,” said Christine Willig, president of McGraw-Hill Education’s K-12 group. “We’re proud to be Baltimore County’s partner in improving learning outcomes district-wide.”

The sixth graders have been using the devices since the school year began. Over the next two years the program is on track to issue the device to seventh and eighth graders, too.

Principal Chambers says he is a proponent of the program and commends Dr. S. Dallas Dance, Superintendent of BCPS, for invigorating the learning and teaching process.

“I’d rather for you to be uncomfortable with learning new things, than to revert back to the old things and changing the date on an old lesson plan,” said Chambers. “I can’t speak for the other kids in other schools, but our students need something to excite them and the technology is doing just that.”

Local woman reveals cancer scare and advocacy work

By Stacy M. Brown

Tamika Felder was going through her daily routine, filing stories as a freelance journalist and simply living the life of a happy-go-lucky 25-year-old. Then, out of nowhere, she received the news from her doctors that she had cervical cancer, a disease that starts in the lower part of the uterus.

About 4,100 women will die from cervical cancer while doctors discover about 12,900 new cases of invasive cervical cancer each year, according to the American Cancer Society. For Felder, the disease not only meant concern for her well-being, but also meant she had to deal with the stigma attached.

“There were a few people who—because of the misinformation attached to cervical cancer—said cruel things because my cancer was linked to a sexually transmitted virus,” Felder said. “That was painful. When I was diagnosed, human papillomavirus (HPV), which is the virus that can cause cervical



Tamika Felder
Courtesy Photo

cancer, was not in the news as much as it is now. So, I felt all alone and embarrassed. But, I had to educate myself.”

Despite the misinformation and having her cervix and uterus removed which meant she would not be able to ever give birth, Felder decided to fight the disease and to help others to do the same.

She started a nonprofit, “Tamika and Friends,” an advocacy organization that

offers financial assistance to women with cervical cancer and to educate people about the disease.

Felder, who like many others are observing Cervical Health Awareness Month in January, now reaches women on an international level, getting the word out and giving support.

She has traveled to Dubai, London and across the United States helping to spread a positive campaign and to encourage others who have experienced the disease.

Recently, she founded another national nonprofit and online advocacy learning platform called “Cervivor,” which combines the words cervical and survivor.

Through her nonprofit, Felder has successfully built a network of more than 100 women, 40 of whom have graduated from her Cervivor School, a support and empowerment event for anyone looking to become involved in the cervical cancer movement.

Ultimately, Felder says her mission is to share the stories of more than 12,000 women who are diagnosed each year,

and she wants to help reduce the stigma behind this disease.

“I had an amazing support network and I knew that I was in good hands with my health care,” Felder said. “So my coping strategies became research and understanding for my disease. The more I learned, the more I was determined to beat it.”

Felder is also putting the finishing touches on a new book, “Ignite Your Life in 13 Steps,” which explores her triumph over cervical cancer and shares 13 ways she said an individual can ignite their life.

“Cancer completely changed my life. Once I finally embraced it and became a cancer advocate, it truly healed me, inside and out,” she said. “My cancer experience has defined who I am now as a person. I know that tomorrow is truly not promised. That life can change in an instant, and that it’s up to me to make a difference.”

To learn more about cervical cancer and Felder’s organization, visit: www.cervivor.org or www.tamikafelder.com.

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Coach Leslie Frazier will be steady influence on Ravens secondary

By Turron Davenport

The value of excellent coaching cannot be forgotten when identifying the reasons that an NFL franchise is successful. With the exception of a handful of players, the talent level is very similar among players in the league. The main difference is having a coach who is able to draw out the confidence within each player.

The Baltimore Ravens recently hired Leslie Frazier to be the secondary coach. Frazier has found success previously as a defensive coordinator and assistant coach. He will look to bring that success to the Ravens in 2016. Frazier was able to coach one of the best groups of cornerbacks during his first stop in the NFL, which came with the Philadelphia Eagles in 1999.

While with the Eagles, Frazier helped develop Al Harris, a young defensive back from Texas A&M Kingsfield University. He also worked with veteran corners Troy Vincent and Bobby Taylor. The Eagles drafted safety Brian Dawkins in 1996. He made the first of many Pro Bowls in 1999 and was named second team All-Pro in his first season working with Frazier. If things go as planned for the Ravens, he will have a similar effect on their safeties.

The Ravens have had a goal of increasing takeaways by the secondary over the last two seasons. They had a total of six interceptions last season, a franchise



Tampa Bay Buccaneers defensive coordinator Leslie Frazier watches his defense during pre-game warm ups at Raymond James Stadium in Tampa, Florida during a game in the 2015 season. Courtesy Photo/Tampa Bay Buccaneers

low. Jimmy Smith led the team with three interceptions. C.J. Mosley and Haloti Ngata led the team with two interceptions each in 2014. The team had a total of 11 interceptions that year.

Frazier became the defensive coordinator for the Cincinnati Bengals in 2003 and his impact was felt immediately. He was with the Bengals from 2003 to 2004. In just his first season with the Bengals, he helped turn the unit into a

group that increased takeaways from 24 in 2003 to 36 in 2004.

The Bengals had 36 takeaways in 2004 and ranked third in the NFL. The team also had 20 interceptions, which was the most for the Bengals since 1996. The Bengals' defense improved from 28th in the league in total yards allowed in 2003 to 19th in 2004, and declined in the two years following his dismissal.

The Ravens are hoping that Frazier

can have a similar influence on their defense. Former Indianapolis Colts head coach Tony Dungy hired Frazier to work with a young group of defensive backs in 2005. The Colts were able to score a lot of points, but they couldn't stop teams from scoring more.

Frazier helped improve the Colts passing defense improved from 15th in 2005 to second in 2006. One of the young defensive backs that he worked with during that time was Bob Sanders. Sanders went on to be named the NFL Defensive Player of the Year in 2007.

The Colts defense found a way to match the production from the offense and beat the Chicago Bears in the Super Bowl in 2007 as a result. Frazier won a Super Bowl as a player in 1985 with the Bears.

Next, Frazier spent an extensive amount of time with the Minnesota Vikings as a defensive coordinator and head coach. He was the defensive coordinator for the Tampa Bay Buccaneers prior to joining the Ravens staff this season.

Frazier should be able to have a strong influence on the Ravens secondary. He has coached a number of players that have been named all-pro. This would not be the first time that he has been called upon to help turn things around for a team. He will need to help the secondary find ways to get to the football if the Ravens plan on finding success on defense.

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Local Role Model Opens Gym for Kids

By Stacy M. Brown

Mack Allison says he had to lean heavily on his mother to learn the nuances of life and whatever he failed to glean from her, he learned from the hard-knock streets of Baltimore.

“I told myself that I was going to help people by being a role model,” Allison said. “I watched my childhood friends die or end up in jail.”

After spending more than 16 years working for the Baltimore City Department of Recreation and Parks as a trainer at the Upton Boxing Center on Pennsylvania Avenue, Allison decided to open his own gym—the Time 2 Grind Boxing Gym.

Located in the Transforming Life Church of God on Sipple Avenue, Allison says his gym is a haven for young children who want to learn a discipline and stay out of trouble.

“Recreation and Parks saved me from the streets. I started recreation boxing at the age of 11 with Urban Service Program under Coach Larry Middleton and Coach John Murdock,” Allison said.

A Charm City native, Allison says opening the gym allows him to reach young people in a more personal way.

He holds sessions three days each week—Monday, Wednesday and Friday—and his gym has a portable boxing ring, punching bags and posters that allow visitors to get a real feel of what fighters experience when they’re training.

“It has been a good atmosphere here and it is a chance for the children to do more than just get in trouble. It allows them to utilize their talents,” Allison said. “If you give them something positive, they’ll grab onto it because they just want something to do.”

Allison, a four-time national champion and three-time Grand National champion, also has three amateur boxing matches and 100 karate and kickboxing matches under his belt. He has worked as a trainer and corner man at more than 100 professional fights and Allison has authored books on helping amateurs train and become professionals.

Allison says all of that helped to shape

his life in the kind of positive ways that he wishes for the many children who come to Time 2 Grind gym.

In addition to his boxing and training prowess, Allison has written two how-to books that serve to help amateurs train and break into the business professionally.

“This is all primarily to help get the youth off the streets in the Northeast Baltimore area, where crime is increasing,” he said.

Since opening the gym in May, the young participants have been doing better in school, at home, and their self-esteem has increased, according to Allison.

“This program is designed to help kids build character and structure by teaching them the sport of boxing,” Allison said. “I want to teach the kids the sport of boxing to build discipline, not only for the sport, but life choices too.”

The boxing program is open on Monday, Wednesday, and Friday from 5:30 p.m. to 7 p.m. and all are welcome.



Tyric Booth



*Joshua Biggers works out on the punching bag.
Courtesy Photos*



Class in action

East Baltimore Development Rises from Ashes of Riots

By Stacy M. Brown

It may have been the easy thing to do for The Woda Group to pull the plug on its development and revitalization efforts in East Baltimore after riots marred peaceful demonstrations and later threatened to destroy an entire neighborhood in the aftermath of the death of Freddie Gray.

After all, the developer watched like the rest of the nation as one of its developments in the area, the Mary Harvin Center, burned on April 27, 2015, the day after Gray was buried.

Officials at the company could have reasoned that spiraling crime, seemingly unending poverty and an overall sense of despair was just too much to overcome. However, the opposite proved true and the Woda Group's commitment to help improve the area has continued.

"The emotion I felt when I watched the Mary Harvin Center burned was determination. I wasn't angry or upset and it surprised me but that's what I felt," said Kevin Bell, the senior vice president of the Woda Group, which just completed the development of Penn Square II, a \$16 million complex at the rear of the CVS Pharmacy that was destroyed by fire during the unrest that followed Gray's death.

"We said we were going to rebuild and do it the right way and there was never any thought that I had or anyone in our company of not doing this," Bell said. "Our focus was just moving ahead."

The grand opening of Penn Square II is scheduled for Thursday, January 28, 2016, five years after the opening of Penn Square I, which provides 91 garden-style apartments available to families earning between 40 percent and 60 percent of Baltimore's median income.

This second phase, which appeared threatened by the unrest, provides an additional 61 units of housing that offer easy access to public transportation, high-speed Internet, computer labs, a learning center and an on-site daycare.

"It's all in an effort to help the residents advance economically," Bell said, noting that his company has been behind development in other distressed communities.



PennSquare I (right) and II (left)
Photos: David Johnson

A fully integrated multifamily developer, general contractor and property management firm, The Woda Group has offices in Baltimore, Annapolis and in several cities around the country.

Bell said they're committed to providing quality affordable rental housing.

"We have a commitment, a responsibility to do whatever we can to help revitalize these communities," Bell said. "A lot of these communities weren't always distressed but something happened and that's where we come in."

The local neighborhood association also proved to be a catalyst for the latest development and the ongoing work to rebuild the Mary Harvin Center, Bell said.

"We try to work closely with the association and Annie Hall. The president of

the Penn North Community Association has been working closely with us for years and I think it's great that the community has her," he said. "The thing is, the community wants to be revitalized and they cannot be vital and vibrant again unless money is put into it. Community revitalization is like watering a garden. If you don't water it, it won't grow."

Bell says Penn Square is proof that when government and private resources come together, good things happen for communities.

"One of the important things is that this is a strong community with people in the neighborhood who are committed



PSII community room

to their community," Bell said. "Whenever you have a strong community association, there's fertile ground and that says there are folks we can work with."

Half of those with Glaucoma don't even know it, are you at risk?

American Academy of Ophthalmology urges people to learn their risk factors for blinding eye disease

San Francisco— Approximately 2.7 million Americans have the potentially blinding eye disease glaucoma, but only half are aware of it. Meanwhile, glaucoma incidence is on the rise. Researchers predict that glaucoma will affect as many as 6.3 million Americans by 2050. During Glaucoma Awareness Month in January, the American Academy of Ophthalmology is sharing a list of risk factors that can lead to the disease.

Glaucoma is a group of eye diseases that damage the optic nerve, which links the eyes to the brain. It is most commonly associated with elevated pressure inside the eye, known as intraocular pressure, or IOP. Without treatment, glaucoma can cause irreversible vision loss in a person's side vision, then in his or her central vision. With early diagnosis and treatment, sight can be preserved. However, glaucoma has no noticeable symptoms in its early stages, so it is imperative that people know the risk factors.

Certain factors can increase an individual's risk of developing glaucoma, including:

Family History— Individuals with a parent or sibling with glaucoma have a nine times higher risk of developing the disease, according to one study.

Older Age— As people age, their risk for glaucoma increases. Because this is the case for several eye diseases, the Academy recommends that adults start getting regular comprehensive eye exams at age 40. This is the age when early signs of eye disease and changes in

January is Glaucoma Awareness Month

Make a Resolution for Healthy Vision

www.nei.nih.gov/glaucoma

NIH National Eye Institute

National Eye Health Education Program NEHEP
A program of the National Institutes of Health

vision may first occur, even if you have seemingly perfect vision. It is important to get comprehensive eye exams from an ophthalmologist, a physician specializing in medical and surgical eye care.

African, Hispanic or Asian Heritage— People of African and Hispanic heritage are three times more likely to have the most common form of glaucoma than Caucasians. Glaucoma-related blindness is at least six times more prevalent in African Americans than in Caucasian Americans. Additionally, people of Asian heritage are at an increased risk of a sudden and acute form of glaucoma known as angle-closure glaucoma. Nearsightedness: People who are nearsighted are more likely to have glaucoma. One study even found that the more severe the nearsightedness, the higher the risk of glaucoma.

Type 2 Diabetes— Having type 2 diabetes increases risk of glaucoma. The longer a person has lived with diabetes, the greater their risk for glaucoma becomes.

Additionally, when the cornea—the clear, round dome on the front of the eye that covers the iris and pupil—is abnormally thin, IOP readings may be falsely low. This puts patients at increased risk for undiagnosed glaucoma. This is common among those who have had refractive surgery, such as LASIK or photorefractive keratectomy. Another risk factor associated with glaucoma is a history of eye trauma.

“Many of my patients are surprised to learn that one or more of these factors put them at an increased risk,” said Andrew Iwach, M.D., a clinical spokesperson for the American Academy of Ophthalmology and glaucoma specialist. “Being aware of your personal risk of glaucoma is the first step to saving your sight. If you are at risk, get an exam from an ophthalmologist—the sooner you do, the better we can protect you from vision loss.”

Glaucoma treatment ranges from medicated eye drops to a variety of surgeries that can help reduce high IOP. This may

involve procedures that make small changes in the eye to help fluid drain more easily. In some cases, small devices known as shunts or stents are inserted in the eye to increase the flow of the eye's fluid.

People age 65 or older and concerned about their eye disease risk may be eligible for a medical eye exam at no out-of-pocket cost through EyeCare America™. In addition, those who are at an increased risk for glaucoma may also qualify for a glaucoma exam through EyeCare America. This public service program from the Foundation of the American Academy of Ophthalmology matches volunteer ophthalmologists with eligible patients in need across the United States. To see if you, your friends or family members are eligible, visit: www.eyecareamerica.org.

To learn more about glaucoma, its risk factors and its treatment, visit: www.geteyesmart.org.

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Green Ambassador's top 20 energy efficient saving tips

By Cathy Allen

The average household in the United States will spend about \$1,392 to heat their homes this year, according to U.S. Department of Energy, but you can spend less with these simple yet effective energy efficient home saving tips.

- Cover all bare floors. Carpeting or rugs add comfort and heat retention, especially if there is little or no floor insulation.
- Raise the thermostat slowly to keep your bill lower. Quickly raising your heat pump's temperature activates a heat strip, which uses tons of energy.
- Lower Your Thermostat temperature. You can save three percent on your energy bill for each degree you lower your thermostat. Simply reduce the thermostat at night or when away.
- Limit Your Use of Portable Heaters. They are great for 'spot heating' but running a 1,500-watt heater 24/7 is very expensive.
- Heat Your Home with the Sun's Help. Leave window shades and blinds open during the daylight hours.
- Lower Your Thermostat every time you leave the house.
- Don't Block Air Vents with drapes and furniture.
- Change the Filters in your heating system every month for optimum efficiency.
- Close the Flue in Your Fireplace and install glass doors to keep the warm air in.
- Wash Clothes with Cold Water, you can save 40 cents on each load, decreasing your utility bill by \$63 per year.
- Check Your Hot Water Pipes for Leaks, which can drain your energy savings
- Shorten Your Showers to cut your heating hot water costs
- Insulate the first six feet of the hot and cold water pipes connected to the water heater. It'll keep your comfort high and your energy bills low.
- Get an insulation wrap for your old water heater. It will heat more effectively
- Set your water heater temperature to 140 degrees to 120 degrees— it will



Cathy Allen
The Green Ambassador
Courtesy Photo

save you money while keeping water hot enough for showers and washing dishes.

- Install a timer for your water heater that will turn off when you are not at home.
 - Install Low-flow faucets and shower heads, saves on water bill
 - Look for the Energy Star Labels when purchasing appliances. Save the consumer up 30 percent on related energy cost.
 - Seal Air Leaks and properly insulate your home can save you up to 20 percent on heating costs.
 - Stay Abreast of Environmental Issues from your elected officials to ensure energy efficient tax credits and incentives are offered in your state or local city.
- To find more energy efficient saving tips, visit: thegreenambassador.org.

Cathy Allen, The Green Ambassador - Ecobroker Associate Realtor® with Taylor Properties, International Certification in Energy Efficiency for Homes, Buildings and Land, Award-Winning Urban Environmentalist, Master Gardener- University of Maryland Baltimore City Extension, Chair She has spearheaded the planting of over half-million trees on the lawns of Baltimore City Public Schools.

Walmart welcomes applications for grants from Maryland nonprofits

Walmart Foundation to fund local programs focusing on hunger relief, healthy eating and career opportunity. Grants from \$25,000 to \$250,000 available

Baltimore— The Walmart Foundation opened the application period for its State Giving Program funding cycle recently, welcoming Maryland nonprofits with programs that focus on hunger relief, healthy eating or career opportunity to apply for funding. The deadline to submit grant requests is January 29, 2016.

Last year, through its State Giving Program, the Walmart Foundation awarded more than \$7.5 million in grants to Maryland organizations.

“The Walmart Foundation’s State Giving Program is another way we extend our mission to help people live better,” Walmart Director of Public Affairs and Government Relations Erik Hingst said. “In addition to the thousands of community service hours our associates perform and the in-kind donations that are spread throughout the communities we serve, these State Giving grants allow us to help nonprofit organizations fulfill their mission and continue on their path of service.”

In 2015, for example, the Walmart Foundation awarded Maryland’s REAL School Gardens a \$60,000 grant through its State Giving Program. The grant went toward supporting the nonprofit’s mission of uniting teachers, parents, businesses and students to design a learning garden tailored to each school’s unique needs.

Eligible applicants must have a current 501(c)(3) tax-exempt status in order to meet the program’s minimum funding criteria. Grant submissions are only accepted online at www.walmartfoundation.org/stategiving.



“Do it For Life” Health and Fitness Fair

Baltimore— The “Do It For Life” Health and Fitness Fair takes place on Saturday, January 23, 2016 from 10 a.m. to 2 p.m. at the Truth & Life Family Worship Center located at 6305 Sherwood Road in Baltimore.

The health fair will feature fitness & wellness experts, health care professionals, health screenings, skincare assessments, mini-makeovers, face painting, healthy snacks, giveaways, music and more! The event is FREE and open to community members of Baltimore City and Baltimore County.

The “Do It For Life” Health and Fitness Fair is designed to start off the 2016 New Year by empowering residents of Baltimore communities with information and resources to enhance their health and well being. It will be an educational and interactive event designed for outreach to provide basic preventive medicine and medical screenings. Presenters at the event include: The Rock Solid Fitness, LLC; Kim High, MA, OTR, CDP (Occupational Therapist); Ingrid Beardsley (Nutritionist); Home Health; Bureau of Community Health Services; Leslie Butler - In His Hands Massages, LLC; Eyecatcher Makeup Artistry; and Art Sippie.

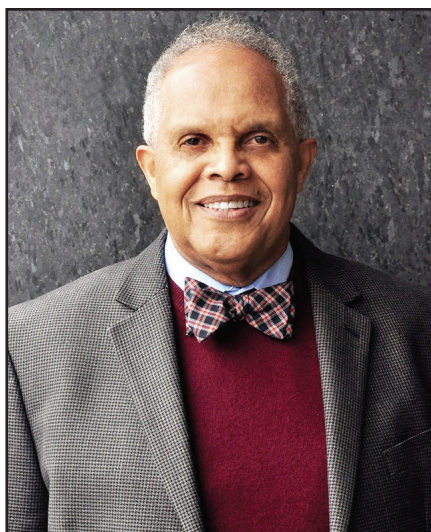


Executive Director Dr. Skipp Sanders Retires from RFL

Baltimore— The Reginald F. Lewis Museum Board of Directors bids farewell to Dr. Skipp Sanders after four years as executive director. Dr. Sanders will retire from his position at the end of January 2016. His tenure caps a career that spans more than four decades of service that also includes a long tenure at the Maryland State Department of Education.

Under Dr. Sanders' leadership, the museum presented several award-winning exhibitions, brought in new major donors, filled several key director-level positions, expanded the museum's exhibition space, and raised the organization's visibility nationally. He also set a vision for the museum as a place for all, regardless of background as he greeted each visitor with a warm, "Welcome to your cultural home!"

"Skipp has created a stellar legacy. He graciously agreed to stay on through the museum's 10th anniversary, where he oversaw a year of exciting events and culminating in a sell-out gala," said Board Chair Dr. Leslie King Hammond. "He has set the museum on a course for success that prioritizes being relevant, accessible, interactive, and thought-provoking. How did he do it? As a leader, he is a gracious humanitarian. His style elicits the very best out of each person. He led the staff with compassion, patience, and an integrity that was com-



*Dr. Skipp Sanders
Courtesy Photo*

elling and inspired. It is for all those reasons that we are sincerely indebted to Dr. Sanders and are well poised to enter our next chapter."

"It has been my honor and privilege to serve the museum. I care very much about this institution and look forward to seeing it continually evolve under the new executive director's helm. Thank you to our supporters and my staff, who shared my vision that a history and culture museum in the 21st century has an important role to play in highlighting our common humanity and providing guidance for our future," said Dr. Sanders.

A search, led by m/Oppenheim Associates, is currently underway for a new executive director. A public announcement about an interim director will be made in the coming weeks.

VA Maryland Health Care System is Seeking a Few Good Volunteers who like driving

Do you like to drive? Do you like to help others? Then, VA Maryland Health Care System needs YOU! The VA Maryland Health Care System is looking for volunteer drivers to drive VA vans to transport veterans to and from clinic appointments. To qualify as a volunteer driver, candidates must pass a background check and a physical; hold a current driver's license and private auto insurance; and complete an orientation. Vehicles (DAV Vans) will be provided. Volunteer drivers are especially needed in the Baltimore metro area, transporting veterans to and from their appointments at the Baltimore VA Medical Center. Any drivers up to this journey around the city, call Dallas Renninger at 410-605-7000, ext. 5505, or email him at dallas.renninger@va.gov



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Millions pledged for Bay Restoration, Land Conservation

Highest State Investment for Chesapeake Bay Trust Fund

Annapolis— Governor Larry Hogan announced an investment of \$53 million for the Chesapeake and Atlantic Coastal Bays Trust Fund and \$60 million over two years for land acquisition and preservation programs.

This marks the first time in state history that revenue dedicated for Chesapeake Bay restoration was not diverted to the General Fund. In addition, the governor's budget blueprint phases out planned financial transfers from land conservation and preservation programs, including Program Open Space.

"Maryland is leading the charge on many of the goals set forth in the Chesapeake Bay Watershed Agreement," Governor Larry Hogan said. "This dedicated funding for the Trust Fund will enhance our efforts even further, and cement our position as ecological and environmental leaders. Through these commitments, we signal our commitment to the restoration of the Chesapeake Bay and the improvement of our public lands, both locally and statewide."

The Chesapeake and Atlantic Coastal Bays Trust Fund helps Maryland accelerate bay restoration goals by focusing its resources on the most cost-effective restoration projects. To date, the fund has directed \$295 million to more than 1,850 projects aimed at reducing harm-

ful nutrient and sediment runoff into the bay. The budget would provide the highest level of funding for the trust fund since its formation.

Land acquisition, conservation, preservation and recreation programs, such as Program Open Space, are typically funded by the transfer tax and— under

funding to our land conservation programs, like Program Open Space and Rural Legacy, as well as fully funding the Chesapeake and Atlantic Coastal Bays Trust Fund, one of the most important tools targeting bay and water quality," Maryland Department of Natural Resources Secretary Mark Belton said.

"At first glance, this budget appears to be a welcome New Year's resolution by Maryland— to spend revenues on bay clean-up efforts that were intended just for those purposes. Shifting some of those funds to other purposes has become an Annapolis tradition. We still are examining exactly how the \$53 million in revenue in The Chesapeake and Atlantic Coastal Bays 2010 Trust Fund is proposed to be spent. How we spend the money is just as critical as the amount itself. Priority must be given to cost-effective and targeted measures, as well as those that leverage other dollars, such as expenditures that help local governments reduce polluted runoff." — Alison Probst, Maryland Executive Director of the Chesapeake Bay Foundation



CHESAPEAKE BAY FOUNDATION

Saving a National Treasure

previous administrations— have seen significant withdrawals to cover other administrative and legislative priorities. Those withdrawals will lessen under the budget and eventually end under new authorizing legislation.

"I am thrilled that we are restoring

"These 'green' investments— historic in shape, size and significance— will improve the health of local waterways, accelerate land conservation and preservation efforts, and ultimately restore the beauty, health and vitality of the bay."

Annapolis Film Festival Needs an Ad Sales Chairperson

The film festival is looking for a very special person to be its "Ad Sales Chairperson" who will be responsible for selling advertisements for the print program for the Annapolis Film Festival. Needs to be comfortable approaching businesses and individuals and selling on behalf of the festival. Will work with Resource Development Committee to coordinate outreach for ad sales. Will coordinate with Festival Production Office to generate ad sales and help drive revenue for the film festival. Dates needed: 1/14/16 - 3/7/16. All duties will be completed weeks before the festival starts, so our ad sales person will be able to enjoy the festival! For more information contact Susan Wheatley, Volunteer Committee Chair, at volunteer@annapolisfilmfestival.net.

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PLACE YOUR AD ON FACEBOOK/TWITTER;
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BUSINESS SERVICES

REACH 3.1 MILLION READERS five (5) days per week through the MDCC Daily Classified Connection Network. Place your ad in twelve (12) daily newspapers. Call 410-212-0616 TODAY - target readers throughout the Mid-Atlantic Region; email Wanda Smith @ wsmith@mddcpress.com.

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PLACE A BUSINESS CARD AD IN THE REGIONAL SMALL DISPLAY 2X2/2X4 ADVERTISING NETWORK Reach 3.6 Million readers with just one call, one bill and one ad placement in 71 newspapers in Maryland, Delaware and DC TODAY! For just \$1450.00, Get the reach, Get the results and for Just Pennies on the Dollars Now...call 1-855-721-6332 x 6 or email wsmith@mddcpress.com

GENERAL SERVICES

REACH 3.1 MILLION READERS FIVE (5) DAYS PER WEEK THROUGH THE MDCC DAILY CLASSIFIED CONNECTION NETWORK Place your ad in twelve (12) daily newspapers. Call 410-212-0616 TODAY - target readers throughout the Mid-Atlantic Region; email Wanda Smith @ wsmith@mddcpress.com

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OLD GUITARS WANTED! Gibson, Martin, Fender, Gretsch, Epiphone, Guild, Mosrite, Rickenbacker, Prairie State, D'Angelico, Stromberg, and Gibson Mandolins/Banjos. 1920's thru 1980's. TOP CASH PAID! 1-800-401-0440

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