

Hogan Sworn in as Maryland's 62nd governor



Republican Larry Hogan Jr., took the oath of office on Wednesday, January 21, 2015 as Maryland's 62nd governor. Boyd Rutherford, who ran alongside Hogan for lieutenant governor, also took the oath of office, becoming just the third African-American to hold that position in the state. Reportedly, Hogan and Rutherford will inherit a \$750 million deficit and the governor says that he will focus on making a government that works for everyone. He also said he will be guided by four principals, including: fiscal responsibility, economic growth, reform and fairness. (Story on page 13)

Courtesy Photo/Office of the Governor

'Selma' reaches both young and old

By Stacy M. Brown

The civil rights film, "Selma," which was produced by Oprah Winfrey has opened nationwide and while many have concluded that Oscar voters essentially snubbed the movie, it still received a Best Picture nomination from the academy, which will announce winners next month.

While critics and some historians have raised serious questions about the dialogue in the film between Martin Luther King Jr. and President Lyndon B. Johnson, "Selma" has become a hot talking point for African-Americans who lived during the tumultuous Civil Rights Era and young blacks who still know very little about King.

"The story is relevant and how you tell the story to young folks makes the difference," said Baltimore resident George Arrington, 80.

A retired IRS employee, Arrington is familiar with civil rights protests. He led a sit in at a Woolworth store during his college days at Virginia State University.

"I'm a child of that era and I attended segregated schools," he said. "I took my children and my grandchildren to see the 'Selma' movie because it's important that everybody has an idea of our complete history."

Directed by Ava DuVernay, "Selma" is

based on the 1965 marches from Selma to Montgomery, Alabama. It delves into the many discussions between King and Johnson about civil rights and other concerns facing African-Americans and other minorities.

Democratic Georgia Representative and Civil Rights icon John Lewis called the film powerful.

"It's very moving. It is so real," Lewis said. "It says something about the distance we've come in laying down the burden of race."

Lewis, 74, who was among those to have taken part in those historic marches, said the film conveys the inner significance of the ongoing struggle for human dignity in America, which is one of the cornerstones of the nation's identity.

"It breaks through our too-often bored and uninformed perception of our history, and it confronts us with the real human drama our nation struggled to face 50 years ago," he said.

Meredith Hurston, a Baltimore resident and principal consultant for M Squared Health in nearby Brooklandville said the movie proved very timely. She said her mother was a Freedom Rider and "Selma" provided visuals to a story she had only heard about as a child growing up.

"It brought context to the church bombing with the four little girls. It



(Left to right) Andre Holland, who portrays Andrew Young; David Oyelowo, who portrays Dr. Martin Luther King, Jr.; and Carmen Ejogo, who portrays, Coretta Scott King, wife of Dr. King in the movie Selma, which opened nationwide on January 16, 2015. Courtesy Photo/Paramount Pictures

depicted just how far white supremacists were willing to take their disdain for African-Americans and those in solidarity with them," said Hurston, 39.

Matthew Lynch, the dean of the school of education, psychology and interdisciplinary studies and an associate professor of education at historically black Virginia Union University also saw the film and said the movement still matters today.

"I think it is one of the most important movies on the topic of the Civil Rights movement that has ever been created," Lynch said. "The movement seemed so far removed from the students in our classrooms today. Their parents weren't even alive when all of it took place so it's important to bring it to life again through something like a movie that I believe will be a powerful teaching tool for years to come."

Actor, hip-hop star and playwright Jaron Marquis Garrett said the film made him appreciate the shared struggle faced today by blacks in the wake of the deaths of Ferguson, Missouri teenager Michael Brown, Florida teenager Trayvon Martin and Eric Garner of New York.

"It is our duty and purpose to fight for the life and dignity of humanity," said Garrett, 31, president and CEO of Dreamapolis, which works to help urban entrepreneurs start businesses by connecting them with critical tools and resources.

"The blood and tears of our fathers and mothers have stained this earth for us to walk proudly upon it," Garrett said. "For us to live a life that is anything less than great is to do our ancestors over the past 500 years a great dishonor."

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The Importance of Hope

By Laura Finley

Hackers target 19,000 French websites after extremists rampage leaving 17 dead. Two people are killed as police thwart a terror attack in Belgium. Former Detroit Rotary Club president gets life sentence for arranging the murder of his wife. Twenty Mexican state officials are being investigated for covering up threats and torture of witnesses to alleged extrajudicial killings. These are all stories in my local newspaper today.

It is easy to get depressed about all that is wrong in the world, to feel as though we are doomed. Yet many do indeed remain hopeful that a more peaceful world is possible. Too often, those of us who keep a sunnier outlook are dubbed simplistic or even silly—a bunch of hippies holding hands and singing Kumbaya. However, research in psychology and sociology shows that hope is more than naïve optimism. It is perhaps the most important part of actualizing our goals, be they personal or collective.

Scholars argue that hope is the combination of agency and pathways. That is, when we are hopeful, we not only develop appropriate and challenging goals but believe that we have the ability to achieve them despite the challenges that may lie ahead. Hopeful people encounter challenges or difficulties with the belief that better times and things lie ahead. Those with no hope either make no goals, or set goals that are too easy or next-to-impossible to achieve. They then get either bored or dejected and quit.

Further, studies have found that hopeful people earn higher grade point averages, are more likely to graduate from high school and college, and generate more and higher quality ideas in the workplace. Those who remain hopeful rate higher on measures of overall happiness.

Pediatrician Smita Malholtra identified five characteristics of resilient or hopeful people:

First, they practice mindfulness, which she describes as “the art of paying attention to your life on purpose.” They pay attention not only to what is wrong but also what is right in their lives.

Second, resilient people resist the urge to compare themselves to others, “they are their own measuring stick of success.”

Third, they see every setback as an opportunity for transformation. Instead of devastating us, challenges offer stepping-stones for change.

Fourth, resilient people maintain a sense of humor, finding opportunities to laugh even at the mundane—a quality associated with lower blood pressure and increased vascular blood flow.

Finally, they do not seek excessive control but rather are willing to go with the flow, adapting as needed.

According to Shane Lopez, Ph.D., author of “Hope Matters,” hope can be learned. The best way to learn hope is to practice more of those things we are excited about and to surround ourselves with people who are hopeful. People who have experienced great trauma but survived, even thrived, have much to teach others about hope and resilience. As Lopez explains, “Hope has the power to make bad times temporary.” People who have hope have both the ability to respond in negative times but are also initiators, ultimately, they are the people who have the most power to effect change.

Gandhi was hopeful. Martin Luther King Jr. was hopeful. Mother Theresa was hopeful. Indeed, all of the people associated with nonviolent social change have much to teach us about confronting obstacles with a sense of our own agency.

Laura Finley, Ph.D., teaches in the Barry University Department of Sociology & Criminology and is syndicated by PeaceVoice

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Community Affairs

State Senator Pugh guest of First Lady during State of the Union Address

Baltimore— Senator Catherine E. Pugh, Majority Leader of the Maryland Senate joined First Lady Michelle Obama in her box, as a special guest during President Barack Obama's 2015 State of the Union Address at the Capitol in Washington, D.C.

Guests are selected from a group of individuals that demonstrate the ideals of the President and the themes he lays out during his address. The White House created a page for Senator Pugh, which is located at <http://www.whitehouse.gov/blog/2015/01/19/meet-state-senator-catherine-pugh-guest-first-lady-state-union>.

For nearly thirty years, guests have been invited by the First Lady to sit in her viewing box as she, the Second Lady, members of Congress and the entire United States watch the President deliver the State of the Union address.

“I am so humbled to be included among

the guest who will sit with the First Lady in her box,” said Senator Pugh. “The fight for working families is important for our state and important for our nation that is why I am proud to reintroduce the paid sick leave legislation, titled The Healthy Working Families Act. I also want to thank Melissa Broome and the Jobs Opportunities Task Force who have helped me carry this banner over the years.

Senator Catherine Pugh isn't just Maryland's Senate Majority Leader, she is also a small business owner who knows firsthand how important it is that employers take care of their employees. She has passed over 100 bills since being elected in 1999, and she's been a tireless advocate on behalf of working families.

A believer that workers should never have to choose between taking care of their families and going to work, Senator Pugh recently introduced the “Healthy Working Families Act,” legislation that would provide Maryland workers with earned paid sick leave. She also worked with Maryland's Women Caucus on a minimum wage increase to \$10.10, making a difference in the lives of families across Maryland.

To Help Students Succeed, College Administrators Must Think Globally

By Edward Guiliano, Ph.D.

College administrators looking to improve students' educational experience shouldn't just think outside the box—they should think outside the country. A recent survey of employers reveals that a majority of U.S. businesses actively seek applicants with intercultural communications skills. College grads who can operate across different cultures have a serious advantage.

Universities can empower their students to develop such skills by taking advantage of emerging trends in technology, recognizing global business trends, and rethinking international and experiential study.

What is it that students gain from an international education? For one thing they are likely to discover that citizens of the world do not necessarily look at issues or problems the same way they and their friends do. Exposure to diverse ways of thinking helps develop the ability to think in new and different ways. This is what drives innovation. We need to be educating students to the strengths

of diversity. After all, global experience is a 21st-century leadership prerequisite.

At New York Institute of Technology, which I lead, relatively low-cost web portals and large telepresence classrooms are the backbone of our "distance learning classrooms," where students from around the world learn together under one virtual roof. With the help of video uplinks and multiple monitors, our students in the Middle East, Canada and China can take part in debates in New York—live.

English language education programs of their own—both at their international and domestic campuses. No matter where they're located geographically, foreign-born students will benefit enormously from the ability to communicate fluently in English.

What constitutes English fluency for the workplace of the future is open to debate and evolution, but in the age of the Internet and WeChat, it certainly involves heightened listening and speaking skills as well as cultural literacies beyond textbook

city and a partner university abroad.

Some excellent programs are already in operation. The University of Kansas has partnered with the Korea University of Technology to enable students to earn joint degrees in engineering subspecialties. The North Carolina University system offers a one-year master's in global management in conjunction with University Paul Cezanne Graduate School of Management in France. At New York Institute of Technology, we offer dual degree programs with partner institutions in Brazil, Turkey, China, and other countries.

About 30 percent of U.S. universities now offer graduate-level dual degree programs.

Much more needs to be done at the undergraduate level, however, if we are going to graduate future leaders able to function in our global and digital economy. From architecture to semi-conductors, American business will be competing on a global platform. It would be nice to know and communicate well with counterparts wherever they might be. A former classmate would make an ideal partner.

As everything from business to academic research and entertainment becomes more globalized, colleges and universities have an obligation to expose students directly to other cultures, values, and points of view. With the variety of technologies and education models available to today's learning institutions, there are countless opportunities to equip students with the cultural competencies required for success.

Edward Guiliano, Ph.D., is president and CEO of New York Institute of Technology.

“Increasingly, however, opportunities for international study are growing broader and deeper. Notably, dual-degree programs let students split their coursework between their own university and a partner university abroad.”

Collaboration between students on opposite sides of the globe fosters a sense of connectivity. Students can teach and learn from their peers, even though they are 12 time zones apart.

Technology isn't the only thing narrowing the gap between cultures; so is language.

English is already the global language of business and the primary language of the Internet. Over 80 percent of the world's peer-reviewed academic publications are in English, and top universities in Germany and Italy recently announced plans to teach graduate courses exclusively in English to improve students' job prospects.

American universities can complement this trend by starting or strengthening

reading and writing. The American higher education system would also do well to encourage enrollment from international students and to draw on teaching talent from all over the world.

Modernizing their approach toward international study is another way for institutions to prepare students for the globalized economy. Traditionally, "study abroad" has meant spending a semester or two at a foreign university. Fully 96 percent of students who studied abroad report that their time outside the U.S. influenced their career plans.

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Education Matters: History of School Uniforms

By Jayne Matthews Hopson

Recently a teacher used class time to wash, comb and style the hair of a student who frequently came to school with a matted, lint filled mane. Following her good grooming lesson, the teacher proudly posted before and after photographs of the third grader on Facebook. She commented that the child who was withdrawn and rarely spoke up in class, has shown signs of self-confidence and engagement. The teacher's decision to groom the girl's hair sparked heated debate on whether she overstepped her role as an educator.

While most people sided with the teacher, her actions chide us to further consider if there is a link between good grooming and good grades. At first glance it may seem shallow to attribute academic success to a student's hair-style, clothing or shoes. However in my observation, children who come to class neat and well cared for, have a better school experience. I am not saying a new dress and a fresh hairdo is a surefire route to better grades. Nevertheless, something as superficial as a child's appearance can be one of the factors that contribute to a student's capacity for success.

Anyone who questions the clothing/learning connection should consider the long, storied history of school uniforms. Education blogger Reshu Mehrotra writes, "When a student dons a school uniform, he/she is ushered into an environment which encourages learning and teaches the value of harmony and equality among every classmate. In many countries uniforms are used to blend the students irrespective of their caste, color, creed and status. In a way, mandatory uniforms are beneficial because children are not condemned for their status nor face teasing over petty issues."

Britain, an empire, which at one time ruled over most of the world is credited with initiating and proliferating policies that mandated school uniforms. "Uniforms were first worn by orphan children who represented the lower class, then slowly found its way to the [upper classes]" says Mehrotra. "The idea behind standardized dress started in Cambridge around the 16th century. Even though it was met with great opposition by students, school uniform gradually became a status symbol."

The 1920s were the golden age of English school uniforms. Mehrotra says "A typical uniform had a blazer, shirt, short pants, knee socks, flat heeled shoes

and a cap for boys. The boys wore caps decorated with school emblems and dark solid colored blazers. The boys also donned plain colored shirts with ties, belts and short pants. The girls on the other hand wore gymslips a form of dress, which had skirts embedded with shirts. The colors used for the dress were generally in darker shades. Girls, too, had to wear knee length socks and flat heeled shoes."

Across the pond in America, school uniforms were the exclusive domain of elite private schools until public schools introduced their use as a way to stem violence among students fighting over expensive designer clothes, professional sports wear and athletic shoes. New school uniform guidelines and policies were implemented in 1979 by President Bill Clinton, who wanted to stop gang warfare over clothing.

Statistically, reports indicate "only 25 percent of primary schools and around 10 percent of secondary schools in the United States have strictly implemented the uniform policy."

Although policies requiring students to wear uniforms have not been widely adopted, there are basic dress codes coming into practice. In some public schools, boys must wear trousers, button down shirts, turtleneck, and sweaters;

upper schools may require sports coats and ties. After years when students could wear almost anything to class, it is not unusual for girls to be required don skirts of a length determined by the school. Leggings may be allowed but with skirts; shoes with heels may be banned.

The jury is still out on whether school uniforms stem violence, eliminate distractions or level the playing field for students of various economic backgrounds. Clearly, clothing choice should not play a prominent role in grade school education. Yet, the reality says otherwise. The merit of school uniforms is "one of the most debated topics among parents and educators." Some critics are adamant that uniforms have "no impact on the thought process of a student, nor does it considerably reduce inequality among the masses." Countering that argument, proponents feel school uniforms and dress codes are an effective way to give students an early introduction to work environments, and re-enforce the discipline necessary to excel in academics.

Jayne Matthews Hopson writes about educational matters because "only the educated are free."



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Baltimore Actress Appears in 'Whitney' Biopic

By Stacy M. Brown

Noree Victoria grew up on the hard-scrabble streets of Baltimore, but to say she has never looked back is completely wrong. Not just because she comes home several times a year, but because the Milford Mill High School graduate is always thinking about her Charm City roots.

"I'm from Baltimore. It's special because we have a different culture and everyone has challenges. But, you can't help but come from Baltimore and maintain a certain humility about yourself," Victoria said.

She also grew up as a big fan of the late pop superstar Whitney Houston and when casting calls went out for the Lifetime biopic of the famed singer, Victoria tried out for the lead role.

"But, I have two left feet, so I didn't get that part," she said.

Producers did, however, cast her in the film as "Sheryl," an associate of Houston's longtime love and former husband

Bobby Brown. Victoria says she had the time of her life making the movie, which first aired on Saturday, January 17, 2015.

"It was electric, Yaya DaCosta [who portrays Houston] was great and, between (director) Angela Bassett and her energy and the music and the chemistry, it was amazing," said Victoria, who also has a feature role on TV One's "The Rickey Smiley Show."

Victoria also will appear as Liz in the upcoming film, "The Choice," based on author Nicholas Sparks' novel of the same name.

"Whitney" details the life of the pop star and focuses on her sensational marriage to Brown, who is portrayed by Arlen Escarpeta, the former lead singer of the pop group, New Edition.

While former "America's Top Model" runner-up DaCosta has earned critical acclaim for her portrayal of Houston, singer Deborah Cox was called on to deliver Houston's legendary vocals which included such smash hit songs as "I Will Always Love You," "The Greatest Love



Noree Victoria play "Sheryl," an associate of Whitney Houston's longtime love and former husband Bobby Brown in the "Whitney" Biopic on Lifetime Network
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of All," and "Saving All My Love."

While many of Houston's family members and critics objected to the making of the film, the singer's cousin, superstar Dionne Warwick, praised the movie and Bassett, who starred alongside Houston in the 1995 hit movie, "Waiting to Exhale."

The movie chronicles the career successes of Houston and the tumultuous marriage to Bobby Brown. It also includes the couples' drinking and substance abuse habits, ultimately leading to Houston's death in 2012 at the age of 48.

Ironically, Victoria says that on the night Houston died she was at a pre-Grammy party with a lot of Hollywood types and many of Houston's friends.

"I just remember having a nice time, everybody smiling and then all of a sud-

den everyone was on their cell phones and then the mood turned somber and everyone started heading for the doors," Victoria said. "She was one of the greatest artists of our time. Her story is definitely one that begs to be told and music history is incomplete without it.

The film does the singer's legacy well, according to Victoria.

"With the direction and vision of Angela Bassett, I believe that [the film's] audiences won't be disappointed," she said.

"Angela is so very passionate and patient, and visual and hands-on. She has a sensual style of directing that's both fierce and compassionate. I watched her on set and saw that she let every character live within her. That's not easy to do. I'm proud of her and honored to have had my craft in her care."

Torrey Smith wants to stay in Baltimore

By Turron Davenport

The Baltimore Ravens are getting ready to move into the off-season and have some decisions to make regarding free agents. Wide receiver Torrey Smith could command a nice salary if he hits the open market. He is set to become an unrestricted free agent. He is firmly entrenched in the Baltimore community and has made it no secret that he wants to stay. A big decision will have to be made by the Ravens front office.

Torrey Smith has done a lot of work in the Baltimore area. His foundation, the Torrey Smith Foundation has funded the construction of multiple reading rooms, which he calls a "reading oasis" for local high schools. Smith has done a lot during the holidays as well. He provided a Thanksgiving dinner for multiple families and spent time with elementary school students before Christmas.

The Smith family is deeply rooted in the Baltimore area. His wife Chanel Smith says that Baltimore is home for their young family. She was a star hurdler for the University of Maryland track team while Torrey was a star football player there. This has been their home ever since.

Smith says that he would rather not go into free agency and that he wants to get a deal done.

"If I had my way, obviously, I'd like to get something done beforehand so I can stay here. It's a horrible feeling knowing that it's a possibility that I might not be here next year. I understand it's a business and nothing is guaranteed." Smith



Baltimore Ravens wide receiver Torrey Smith takes the field prior to the game against the Jacksonville Jaguars on December 14, 2014 at M&T Bank Stadium in Baltimore.
Courtesy Photo/baltimore Ravens.com

said. "It's kind of like home now. It's kind of tough to leave home at times. I genuinely love the people here, from the owner to everyone who makes this building go. I really love being here."

According to Joel Corry, an NFL salary cap expert for CBS Sports and the National Football Post, Torrey Smith needed to convince teams that he is a number one receiver. He said that Smith

needed to prove that he can be the primary option consistently but will be a very desirable player if he hits free agency. Corry said Smith can expect to be paid like a high second receiver in the neighborhood of \$6 million per year.

Ravens head coach John Harbaugh is a big fan of Torrey Smith and wants him back.

"I love Torrey. He's been a huge part

of what we've done since he got here. He's been a great part of the community, all those things, he's made a ton of plays for us." Harbaugh said. "Personally, and I think I speak for everybody when I say that we like Torrey a lot. We'd like to have him back but we'll just have to see how it plays out."

Statistically, Smith didn't have an outstanding year, posting 49 receptions for 767 yards. He did however score 11 touchdowns. Smith also drew more pass interference/illegal contact calls than any other receiver. This was a year that Smith was hoping to establish himself and set things up to get a big time contract.

One thing that bodes well for Smith is the fact that he didn't sulk or complain to the media about not getting as many targets at the start of the year. That is a testament to his character. He is a team first guy and that showed when he tried to fight through a knee injury to help his team as they made a late playoff push. A lot of players wouldn't be willing to risk further injury in contract year but Smith knows that "Playing like a Raven" means that the team comes first.

It's safe to say that Smith will be back with the Ravens. They are fully aware of his value both on and off of the field. Community outreach is something that the Ravens place a lot of importance on and Torrey Smith surely does an outstanding job of being involved in the community. He is a fan favorite and if he has it his way, he will be a Raven for life.

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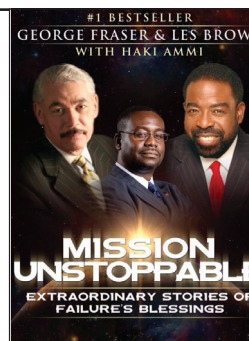
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Changes in Your Life May Mean Changes in Your Insurance Needs

Chantilly, Va.— Major purchases and lifestyle changes, such as marriage, divorce or retirement, can have a profound effect on your insurance needs, so reviewing your coverage annually is always a good idea, according to Patrick Bain, president of Long & Foster Insurance.

“Making sure you’re properly insured is important. If you don’t have enough coverage, you could end up paying for it later,” Bain said. “Conversely, you could save money if your current coverage is more than you need. It’s always good to do a regular checkup of your policies and provide updates to your insurance agent, who can also help you find money-saving discounts.”

The Insurance Information Institute recommends you consider the following questions when reviewing your policies:

- Have you gotten married or divorced? If you tied the knot, you may qualify for discounts on your insurance policies if you and your spouse combine them. You may also want to update your homeowners’ insurance, increase your insurance to cover new household goods and jewelry, and consider adding life insurance. If you got divorced, you should inform your insurer as you will need to set up separate auto and homeowners policies.
 - Have you had a baby? If you have recently added a child to your family, whether by birth or adoption, it is important to review your life insurance and disability income protection.
 - Did your teenager get a driver’s license? It is generally cheaper to add your teenagers to your auto insurance policy than for them to purchase their own. If they are going to be driving their own car, consider insuring it with your company so you can get a multi-car discount.
 - Have you switched jobs or experienced a significant change in your income? If you had life and disability insurance through your former employer and your new employer does not provide equivalent protection, you can replace the "lost" coverage with individual policies.
 - Have you done extensive renovations on your home? If you made major improvements to your home, you risk being underinsured if you don't report the changes to your insurance company. And don't overlook new structures outside of your home, such as sheds and gazebos.
 - Have you acquired any new valuables such as jewelry or electronics? A standard homeowner's policy offers only limited coverage for highly valuable items. If you purchased or received gifts that exceed these limits, consider supplementing your policy with a "floater," a separate policy that provides additional insurance for your valuables and covers them for perils not included in your policy such as accidental loss.
 - Have you signed a lease on a house or apartment? If you are renting a home, your landlord is responsible for insuring the structure of the building, but not for insuring your possessions.
 - Have you retired? If you commuted regularly to your job, then in retirement your mileage has likely plummeted. If so, you should report it to your auto insurer because it could significantly lower the cost of your premiums. Furthermore, drivers over the age of 50 to 55 may get a discount, depending on the insurance company.
- For more information, visit: www.iii.org or www.longandfosterinsurance.com.



Award-winning Annapolis native releases musical masterpiece

By Andrea Blackstone

Delray Richardson released his fifth album “Mahogany Masterpiece: The Return of Hip Hop” under his own label, Del-Funk-Boy Music Publishing on January 9, 2015. Richardson offers worldwide music fans a flavorful blend of memorable hip-hop songs.

“I like to call it authentic street corner hip-hop. It’s not like what’s out there today. This is one of those albums that will stick to your ribs,” Richardson said. “It’s five or six years in the making. I put my last record out in 2008. I like to live in between records so I’m not repetitive. I have a little more life under my belt.”

The independent music artist who moved from Maryland to California in 1994 now lives in Long Beach.

“Back then, it was always about trying to get a major deal with a record company. I met people who do music licensing and publishing, then I learned a little more about the business aspect of the music, so I kept doing my thing on my own and selling CDs. I make more money, minus the exposure and people calling you a star, behind the scenes. I like having royalty checks come in more than I wanted to be famous,” Richardson said.

Richardson reportedly turned down a six-figure record deal offered by a major record label, because he prefers to earn \$8.89 from the sale of each record sold through CD Baby, instead of \$0.12 from a major label. The business savvy artist who grew up in Robinwood—a public housing community—is now a prominent entrepreneur, songwriter, producer and singer. He once performed as “MC Delphonic” and sang in a go-go band as a lead singer of Those Boys. Richardson collaborated to produce mix tapes with a friend, Charles Ford (“Reds”), who had a studio in his basement at Harbor House Apartments. While reflecting on the old days of singing and rapping, during weekend performances at the Elks Club and The American Legion, Richardson notes a critical turning point in his teens.

“What I saw when I got locked up for selling drugs was that if I could survive there, I could survive anywhere,” Richardson said. “I was doing music all at the same time. The undercover police officer that I sold the drugs to, I also sold the tape. Buying one of my tapes was a requirement if you wanted to buy drugs. That was just the entrepreneur in me. I didn’t want to sell drugs, but that’s what we were doing at that time.”

Richardson has made remarkable strides since the days of selling \$5 tapes in Annapolis. May 23, was proclaimed Delray Richardson Day in Annapolis by former Annapolis Mayor Ellen Moyer in 2008.

Along with Troy Stansbury, who founded a nonprofit called A Glimpse Of Paradise Inc., Richardson often visits juvenile institutions like Cheltenham Youth Facil-



One of Delray Richardson's biggest accomplishments is being the co-writer with some of the biggest names in hip-hop history. He received gold and platinum plaques for co-writing "One Day At A Time" on the Tupac Resurrection soundtrack that was redone by Eminem. As of 2011, the platinum selling album has reportedly sold over 2,000,000 worldwide.

Courtesy Photos/Del-Funk-Boy-Music

ity to remind young people that they have alternatives, whenever he returns to Annapolis.

“We made it out. We always try to give back and never forget where we come from,” Richardson said.

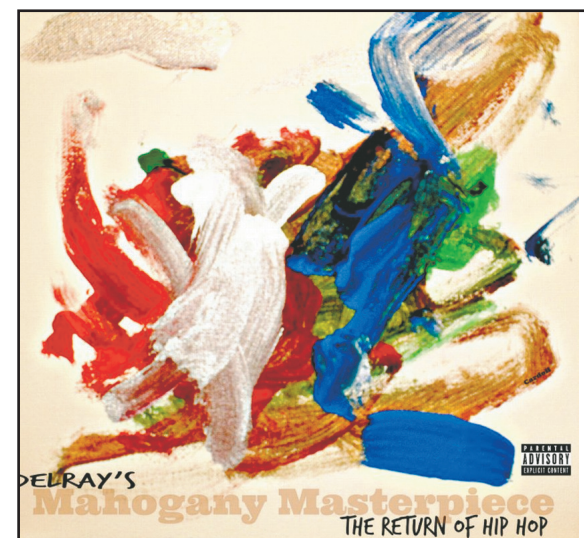
Richardson met the late Tupac Shakur at Bowie State University. They later co-wrote “One Day at a Time,” which was redone by Eminem for the “Tupac: Resurrection” soundtrack. It was renamed Em’s version.

“What I think I’m most proud of is being named a co-writer next to some of the biggest names in hip-hop history like Melle Mel, Tupac, Eminem, Dr. Dre, 50 Cent and The Game. I am also proud of selling over a million records with Tupac and The Game for each album. These are the reasons I don’t really trip off of not being with a major label.”

Richardson plans to return to Annapolis, after local music fans have a chance to immerse themselves in his new music.

“What I always like to do is bring it home first. I’m going to have an official record release party on May 23,” Richardson said. “I think my new album is some of my best work. I think as you grow older, you get wiser. Therefore, you are able to contribute more, versus when you were younger, you didn’t know as much,” the 41-year-old said.

“Mahogany Masterpiece: The Return of Hip Hop” is



"Mahogany Masterpiece: The Return of Hip Hop" was released January 9, 2015.

available for purchase from CD Baby or iTunes. Visit www.delfunkboy-music-sports-management.com and <https://www.facebook.com/delray.richardson> for updates. Listen to free samples of Richardson's music via <http://delfunkboymusic.com/>.

During Cervical Health Awareness Month, Maryland women urged to get Pap tests, HPV vaccinations for boys and girls

Baltimore— Of all cancers that affect women, cervical cancer is one of the most preventable. The human papillomavirus (HPV) causes cervical cancer and other cancers. For Cervical Health Awareness Month, Maryland is recommending that women get Pap tests and that preteens get HPV vaccinations.

In 2015, an estimated 230 women in Maryland will be told that they have cervical cancer. Seventy-three Maryland women will die from the disease this year. In order to eliminate these preventable illnesses and deaths, it is essential that individuals, families, healthcare providers and public health focus on promoting regular Pap tests among women 21 and older, as well as HPV vaccinations of preteen boys and girls.

“There is a great opportunity in Maryland to prevent even more cervical cancer diagnoses each year, by increasing cancer screening and HPV vaccination rates,” said Dr. Laura Herrera Scott, Acting Secretary of the Maryland Department of Health and Mental Hygiene. “HPV vaccinations amount to cancer prevention.”

In Maryland, the majority of women aged 21 to 65 years, about 88 percent, have had a Pap test in the past three years. However, younger women (aged 21 to 29 years) and non-white and non-black women are not getting screened as often as their counterparts. The HPV vaccine is highly recommended for girls and boys, 11 or 12 years old (and up until age 26 for those who have not been



vaccinated yet). However, here in Maryland, only 31 percent of girls have had all three doses of the vaccine. Only 20 percent of boys have had their first dose.

There are many options for obtaining and paying for Pap tests and the HPV vaccine. Health insurance can cover this cancer screening and vaccine. For example, lower-income women 40 to 64 years old who do not have health insurance or who have out-of-pocket costs might be eligible for a Pap test at no cost. Call 1-800-477-9774 to discuss the eligibility requirements. Medicaid enrollment through Maryland Health Connection is available year-round, if Marylanders qualify.

The Center for Cancer Prevention and Control works to promote cervical cancer screening and is dedicated to the implementation of initiatives aimed at decreasing cervical cancer mortality rates in Maryland. For informative videos and other materials, please call 1-800-477-9774 or visit <http://phpa.dhmdh.maryland.gov/cancer/SitePages/HPV.aspx>.

**Baltimore African American Tourism Council, Inc. presents
3rd Langston Hughes Literary Forum & Book Fair
Saturday, February 7, 2014
10 a.m. to 3 p.m.
Shake & Bake Family Fun Center
1601 Pennsylvania Avenue in Baltimore
Featuring two dozen authors selling and signing books**

Six ways a hug a day keeps illness away

By Mary Jo Rapini, MEd, LPC

New research suggests that prevention of infections and reducing stress-related illness might be as simple as a hug from a trusted person. The findings of this latest research were published in Psychological Science. It found that the physical act of hugging is associated with protection from the effects of depression and anxiety, as well as lessening the number of stress-induced infections and severe illness symptoms.

The research team studied hugging as an example of social support, because hugs are typically a marker of having a more intimate and close relationship with another person. People who have



ongoing conflicts with others are less able to fight off cold viruses and infection. The interesting fact is what hugging represents to the participants. They stated that hugging made them feel more connected, more supported, more validated and intimate with the hugger, which had a direct effect on their immune system. The researchers went on to say that those who receive more hugs are somewhat more protected from infection. For more information about the study, visit:

(<http://www.myfoxboston.com/story/27704132/six-ways-a-hug-a-day-keeps-illness-away>).

If you've decided that this is your year to be on a health kick, in addition to watching your diet and exercising, you may want to add hugging to your list of daily activities. Here are six ways to protect your health and relationships with hugs:

*Studies show people who are hugged regularly by their close friends and family have reduced blood pressure, lower heart rates and feel more connected to one another.

*People who are contented in their marriages report frequent hugging and non-sexual touching.

*Couples who report hugging or cuddling frequently also report feeling more emotionally connected to their partner. They also reported feeling more secure than non-hugging/minimal-touch couples.

*Ten minutes of hand-holding or hugging greatly reduced couples' reported stress and the harmful effects of stress on their body.

*The release of oxytocin in the body from hugging helps foster a healthy immune system.

*Children who grow up watching their parents hug feel more secure and perform better in school.

*As you begin the new year, don't forget the most important gift you can give all year round, the gift of belonging, being valued and being emotionally connected to your loved ones. Something as simple as a hug can provide those feelings and it doesn't cost you a thing.

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

*We love to hear from our readers!
Facebook.com/TheBaltimoreTimes*

BGE Employees Participate in Day of Service to Celebrate Life and Legacy of Dr. Martin Luther King Jr.

Baltimore— In celebration, recognition and honor of the life and legacy of Dr. Martin Luther King Jr., Baltimore Gas and Electric Company (BGE) employees teamed up for a day of service with three community service organizations across Baltimore. BGE employee volunteers and members of the employee resource group, Exelon's African-American Resource Alliance (EAARA), Baltimore Chapter, participated in "A Day ON," with local nonprofits Art with a Heart, The Loading Dock and The Sixth Branch.

BGE employees volunteered at a neighborhood cleanup with The Sixth Branch in East Baltimore's Darley Park community, creating a safe park for residents and their families. This is the fourth year The Sixth Branch has led a neighborhood cleanup in East Baltimore communities in honor of Martin Luther King Jr. Day. The 6th Branch is a non-profit organization utilizing the leadership and organizational skills of military veterans to execute aggressive community service initiatives at the local level. The Sixth Branch builds community by bringing together service-mined veterans and civilians to serve its communities on the home front.

BGE employees also volunteered with The Loading Dock, Maryland's premier building materials reuse facility, which offers affordable, interesting finds to people who need inexpensive housing improvement and building materials and are interested in keeping material out of the waste stream. BGE volunteers spent the day sorting, organizing and cleaning donated building materials, creating displays, relocating donated materials from one area of the warehouse and showroom to another, pricing materials for sale and taking inventory.

BGE employee volunteers and members of the employee resource group, Exelon's African-American Resource Alliance (EAARA), Baltimore Chapter, spent the day with Art with a Heart, working to finish community enhancement projects in the Art with a Heart studio space. Art with a Heart brings 10,000



Art with a Heart



The Sixth Branch



The Loading Dock

Courtesy Photos/BGE



The Sixth Branch

visual art classes to abused, neglected and abandoned children; homeless people; battered women and their children; mentally and physically disabled adults; low-income senior citizens; elementary, middle, and high school students; youth in after-school programs; and children receiving long-term health care.

BGE and its employees embrace the spirit of Dr. Martin Luther King Jr. not just in celebration of the January 19th holiday, but year-round. Through BGE's employee volunteer network, 'Energy

for the Community,' BGE employees lend their time and passion to corporate citizenship activities. In 2014, BGE employees donated more than 24,000 volunteer hours to various nonprofit organizations. In addition, BGE contributed nearly \$3.7 million to charitable organizations in support of more than 275 non-profit organizations across Central Maryland. For more information on BGE's commitment to corporate philanthropy and employee volunteering efforts, visit bge.com.

Since its founding nearly 200 years ago, BGE has played an integral role in working with Maryland communities to address economic development, public safety, civic issues and other initiatives that help enhance our neighborhoods. Through the use of shareholder dollars, BGE supports programs that deliver measurable and sustainable impact in areas of education, environment, community development and arts and culture.

Hogan Sworn in as Maryland's 62nd governor

By Stacy M. Brown

Two months after his stunning, yet decisive victory over Democrat Anthony Brown, Republican Larry Hogan Jr., took the oath of office on Wednesday, January 21, 2015 as Maryland's 62nd governor.

With his wife Yumi who becomes the first Asian-American first lady in state history, his children and New Jersey Governor Chris Christie in attendance, Hogan said he was grateful for the challenge ahead and he also looked forward to putting aside partisanship in order to do what's right for the citizens of Maryland.

"Forty years ago, a Maryland congressman, a Republican, sat on the House Judiciary Committee during Watergate, and the entire world was watching," Hogan said.

"Would this man be willing to buck his own party, his own president, to do what he thought was right for the country?"

The new governor noted that, despite tremendous pressure, that statesman put aside partisanship and made the tough decision, and became the first Republican to come out for the impeachment of President Nixon.

"That man was my dad, former Congressman Lawrence J. Hogan, Sr., who is here with us today," Hogan said, proudly. "He put aside party politics and his own personal considerations in order to do the right thing for the nation. He taught me more about integrity in one day than most men learn in a lifetime, and I am so proud to be his son."

Former Governor Robert Ehrlich also joined the crowd of invited guests and spectators who watched outside the Maryland State House in Annapolis as Maryland Court of Appeals Chief Judge Mary Ellen Barbera conducted Hogan's swearing in.

Boyd Rutherford, who ran alongside Hogan for lieutenant governor, also took the oath of office, becoming just the third African-American to hold that position in the state.

Reportedly, Hogan and Rutherford will inherit a \$750 million deficit and the governor says that he will focus on mak-



Governor Larry Hogan delivers his inaugural address to a crowd of more than 1,000 on Wednesday, January 20, 2015 on the steps of the State House in Annapolis, Maryland.

Courtesy Photo/Office of the Governor

ing a government that works for everyone. He also said that he will be guided by four principals, including: fiscal responsibility, economic growth, reform and fairness.

"Today, we celebrate a new beginning for Maryland, remembering our past, while striving for a better and more promising future. The question isn't

whether Maryland is a great state," Hogan said. "The question is, what will we do, all of us, to reinvigorate this great state that we all love? What will we do to ensure that our future is better than our present or our past?"

Hogan says the time has come to cast aside the status quo and to build a better future.

"We must set the bar higher, and create a bolder vision of the future. Let's create a Maryland that is thriving, growing, innovating, and is responsive to the needs of all its citizens," he said. "Let's strive to make Maryland the best place in America to work, raise a family, start a business, and even to retire."

Tax ID Theft Highlight Major Scam

By Stacy M. Brown

One of the most pervasive scams related to identity theft is an ongoing telephone scam where taxpayers receive calls from scammers who purport to be tax agents from the IRS.

“They claim to be calling about unpaid back taxes and proceed to threaten the unwitting taxpayers with arrest, lawsuits, suspension of their driver’s license and more,” said Michael Raanan, a former IRS agent who now owns and operates a professional tax resolution firm in California. “This is the biggest phone scam the IRS has ever had and it’s already netted over \$5 million after hitting all 50 states and now Canada.”

He explained, “In many cases, the caller is able to recite the social security number of the taxpayer. The caller already has the person’s name, address and mobile phone number.”

As tax season swings into full gear, officials say they want to remind residents that identity theft remains the largest complaint category at the Federal Trade Commission (FTC) and within that category—tax identity theft has emerged as the largest of all subcategories.

To that end, the FTC’s Tax Identity Theft Awareness Week kicks off on Monday, January 26 and officials said imposter scams and similar ruses count as a new twist targeting taxpayers.

“As of August 2014, the treasury inspector general for tax administration had received over 210,000 complaints with victims losing about \$11 million to these scams,” Lisa Lake, of the FTC’s division of consumer and business education, said in a news release.

“The FTC’s Sentinel data also shows a significant spike with tens of thousands of these complaints in 2014.”

The IRS imposter schemes typically are carried out by someone calling or sending an email pretending to be from the IRS. The scammers rig the caller identification mode to make it appear that the call is originating from the IRS. Many times the 202 area code will show because of the government agency’s D.C. location.

The scam artists likely have discov-



ered the target’s last four digits of their social security number and they may also use a fake IRS identification number.

Officials said scammers ask individuals to wire money or put funds on a bank or money card while threatening arrest, deportation or loss of driver’s license. Further, the scammers sometimes will make a follow up call pretending to be a representative of the Department of Motor Vehicles or the police.

“I had my ID stolen and it was used by someone to file federal taxes for the tax year of 2013,” said local resident Gary Feld. “It was caught, but the IRS said it would still be another six months before they get around to processing my refund.”

Raanan says although the IRS scam came to light in 2013, taxpayers throughout the country still receive unsolicited phone calls from individuals claiming to be from the IRS. Many of the calls appear to target seniors and mi-

norities.

“The potential phone scam victims are told that they owe taxes that must be paid immediately to the IRS or that they are entitled to big refunds once they pay certain penalties. When unsuccessful the first time, sometimes the IRS phone scammers call back trying a new strategy and from a new number,” Raanan said.

Among the tell tale signs to look for, Raanan says scammers generally use common names and surnames to identify themselves. Some victims have also reported being able to hear background noise of other calls being conducted to mimic a call site.

“Unfortunately, the scammers have worked out an effective system. After calling the unwitting victim on their cell phone, the taxpayer is persuaded to remain on the phone and instructed to travel to a local convenience store or Wal-Mart to purchase a Green Dot cash

card. After the purchase, the victim then proceeds to provide the scammer with the account number on the back of the card, which is henceforth as good as cash in the thief’s pocket,” Raanan said.

The largest reported loss to a single victim was over \$100,000 to a taxpayer who stayed on the line with the scam artist for about seven hours.

“In general, taxpayers should be aware the IRS does not initiate contact with taxpayers by email or phone calls to request personal or financial information,” Raanan said. “IRS protocol requires a series of letters or notices to be sent to taxpayers by mail when communicating about their federal tax account.”

The FTC will host a free webinar during Tax Identity Theft Week on Tuesday, January 27, 2015 at 2 p.m. For more information or to register, visit: www.ftc.gov/taxidtheft.



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Indie Soul: MLK Day Celebrations at Reginald F. Lewis Museum



The Reginald F. Lewis Museum presented “A Community Roundtable Conversation: Healing Beyond Ferguson” at the MLK Day Commemoration on January 19, 2015. The discussion was hosted by Farajii Muhammad. The panel included (Left to right): Reverend Al Hathaway, Judge Robert M. Bell, Baltimore City Police Commissioner Anthony Batts, Baltimore City Councilman Nick Mosby, Dr. Lovell Smith, Chris Roberts and Farajii Muhammad.



The Freedom Riders musical performance was performed by In Process, an African-American women’s acappella ensemble. They performed songs that the Freedom Riders sang during the Civil Rights Movement.

Photos: Phinisse Demps

Baltimore Security Officers To Pray for Chance To Achieve MLK’s Dream at City Hall Vigil



SEIU 32BJ Security Officers hold a Martin Luther King Day Vigil outside City Hall in Baltimore City on Friday, January 16, 2015.

Photo Credit: Rick Reinhard

By Phinisse Demps

At a candlelight vigil on Friday, January 16, 2015, Baltimore security officers, local clergy and elected officials called on city security contractors to provide officers the opportunity to achieve Martin Luther King Jr.’s dream. Leaders urged contractors to follow a City Council resolution supporting officers’ efforts “to negotiate for family”—sustaining wages, access to quality health care and a healthy working environment.”

King was defending the rights of sanitation workers in Memphis, Tennessee when he was assassinated in 1968.

Since September 2014, 32BJ SEIU has been negotiating with major security contractors for a first-ever union contract covering 500 private security officers who protect Baltimore residents, busi-

nesses, universities, hospitals, and public institutions.

With more than 145,000 members in 11 states, 32BJ SEIU is the largest property service workers union in the country. Members are office cleaners, security officers, doormen, porters, maintenance workers, bus drivers and aides, window cleaners, school cleaners and food service workers. 32BJ is based in New York City, and operates in eight states and Washington, D.C. It is affiliated with the Service Employees International Union, a labor union representing over 2 million workers.

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

MLK Celebration at the Walter's Art Museum



The Baltimore Urban Debate League: (Left to right) Maria Cedillo, Rejjia Camphor, Katie S. Arevalo, Jared Bey, Matthew Boykin-Derrill, Wayne Von Young Jr., Tanesha Blackledge and team advisor Trinya Smith.

By Phinesse Demps

I have a dream that my four little children will one day live in a nation where they will not be judged by the color of their skin, but by the content of their character. — Martin Luther King, Jr.

On Saturday, January 17, 2015 the Walters Art Museum celebrated the life and legacy of Dr. Martin Luther King Jr. with a family festival. The day's events started at 10 a.m. and included: MLK's I Have A Dream Speech, and a performance by the Baltimore City College Choir. The Baltimore Urban Debate League spoke about what Martin Luther King, Jr. means to them and how he influenced them.

Children participated in the Passport Through Peace art activity. According to staff member Lauren Megan, "This activity is about Dr. King's worldview of Peace." One of the children who visited the Passport Through Peace room was five-year-old Laoran Rome from Columbia, Maryland and her mother Keda. When Laoran was asked why she came to the event, she said, "For Dr. Martin Luther King."

Waltee, the Walters beloved lion cub also participated in events at the museum.

The Walters Art Museum has wonderful activities all year long and offers many events for the entire family. For more information, visit: www.thewalters.org.



Five-year-old Laoran Rome from Columbia, Md. and her mother Keda at the Passport for Peace activity.

Author, mother offers tips for raising black boys

Patricia Joseph's new book, "Raising Black Boys to Men: A Mother's Guide to Raising Thugless Sons" reveals tips, strategies and a real-world blueprint for raising responsible children in a society that glorifies gang culture.

"Raising Black Boys to Men: A Mother's Guide to Raising Thugless Sons" is a candid book of one mother's journey: her successes, trials and errors, in raising her three boys, in a society that glorifies thug-life. Author, Patricia Joseph, who successfully navigated the lives of her three sons, through the ever present negative influences in society, felt compelled to write about her experience in raising thugless sons. Patricia credits much of her success to just "good, ole-fashion child rearing."

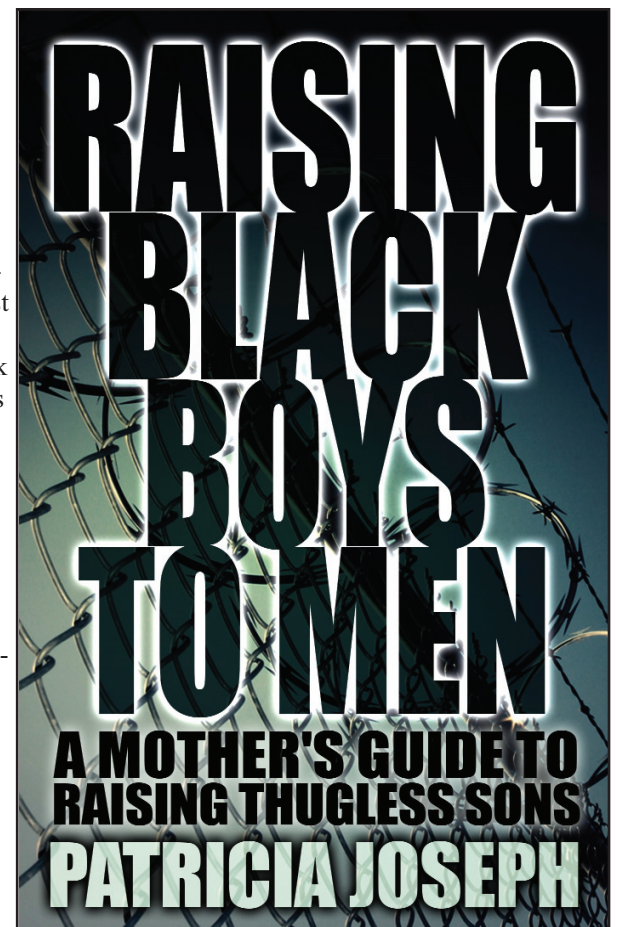
In her book, Joseph provides simple anecdotes and tips, to help mothers faced with the challenges of raising black boys. She cleverly sprinkles humor throughout the book, and provides laughter to the role of parenting. The book is a short, quick-read, which can be read in a few hours. At the end of each chapter, Patricia provides "Mom Tips," which are little nuggets of information, for moms to reference long after reading the book.

Readers will enjoy the heart-felt emotion of Patricia's call-to-action: "Save Our Sons." Also, readers will come to understand the unique challenges African-American mothers' face, with raising their boys. Patricia takes no prisoners, when she writes about the incarceration rates, and illiteracy of young, Black men. At the end of the book, Patricia provides readers with a list of "Recommended Reading," as a supplement to further their knowledge and increase awareness.

"From my own upbringing I was acutely aware that raising African American sons would present its own unique challenges, many of which would be forced on them by the pressures and prejudices of wider society," said Joseph. "But I was committed to giving them the same chances as everyone else—a responsibility that would ultimately fall on me."

Continuing, "I learned so much that I had to share it. Right now, a mother somewhere is crying over losing her son to a pointless crime, or racked by guilt at an incarceration that could have been avoided. If parents adopt the right strategies early enough, raising thugless sons is 100 percent possible and life-changing for all."

"Raising Black Boys to Men: A Mother's Guide to Raising Thugless Sons," is now available for purchase at: <http://amzn.to/1xUF9kE>. For more information and buy Patricia Joseph or the book, visit <http://raisingblackboystomen.wordpress.com>.



Best Buddies of Maryland Needs Volunteers

Best Buddies enhances the lives of people with intellectual disabilities by providing opportunities for one-on-one friendship and integrated employment. Volunteers, 18 and older, will be matched with an adult who has an intellectual disability. Matches are based on age, gender, proximity and similar interests. Once matched, the pair is asked to maintain weekly contact, via phone or email, and visit twice a month. Some monthly outings include going to concerts, dining out, watching movies and more. Volunteers are needed in Baltimore City and surrounding counties. For an application and more information contact: Tom Waite at 410-327-9812 ext. 38 or tomwaite@bestbuddies.org or visit the website: www.bestbuddiesmaryland.org.

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Five myths about losing weight this year

Medical doctor breaks down why it's not your fault

News and Experts— More than a third of adults in the United States, 35.1 percent, are obese, according to the Centers for Disease Control. Nearly 70 percent are at least overweight, and obesity in adolescents has quadrupled in the past three decades.

“Despite all the attention, an unhealthy amount of body fat remains an insidious problem,” says Dr. Eleazar Kadile, who specializes in treating patients with obesity and associated chronic disease.

“Most of us know we’re facing a national health crisis, yet diets for millions of Americans continue to be based in heavily processed foods. Obese people often live in perpetual shame, and many others believe they are right to blame the overweight and obese for their problem.”

Dr. Kadile, director of the Center for Integrative Medicine and author of “Stop Dying Fat” (www.kppmd.com), says poor attitudes and lack of understanding contribute significantly to this national crisis, which contributes to our national healthcare difficulties. He debunks five myths about being overweight and obese.

•“It’s your fault that you’re fat.” Obesity is caused by complex imbalances within a person’s body and his or her environment. Some imbalances are exacerbated by poor dietary choices based on bad dietary information, personal history and psychological patterns. Together, the physiological, psychological, social and environmental causes of the disease of obesity create a predicament that obese people are drawn into and unable to get out of.

•Obese people are among the “fat and happy.” Large people can be masters at suppressing the indignities they suffer in society. The obese often have to pay first-class fare since cheaper seats for transportation are designed for thinner

people. Most advertisements employ beautiful people who are thin, and rarely attractive actors who are larger. National campaigns to battle obesity do not focus on the factors beyond diet and exercise that keep people overweight. Obese patients also spend an average of nearly \$1,500 more each year on medical care than other Americans.

•Obese and overweight people just need the right diet. There’s no shortage of diets promoted by beautiful people who promise amazing results. If only overweight people eat what they eat, then they’ll be beautiful, too. But that’s just not true. What and how one eats is just a part of an excessive body mass index level. Other important factors to



achieving a healthy BMI include good information regarding one’s health, sustained motivation to change, continuous learning, vigilance and an ability to be extremely honest.

•Food is not an obese individual’s friend; exercise is. Eat less; exercise more; lose weight— those have been the commandments in the religion of weight loss. But most obese people have tried this and it hasn’t worked. More than being a source of pleasure, comfort and survival, food is medicine.

“I’ve developed a complementary set of protocols that target an obese person’s specific set of problems,” Dr. Kadile says. “Sometimes, you need to eat fat—the right kind— in order to burn fat. And, many exercises can actually harm an obese person. You can’t impose cookie-cutter solutions to this complex problem and expect them to work.”

•Fat people need to “just do it”— lose weight. This attitude is not based in reality; it’s an over-simplistic response for a frustrating problem.

“Morbidly obese patients need plenty of preparation,” he says. “When a patient comes to me, I go through a rigorous list of questions regarding medical and family history. I ask about eating, sleeping and activity patterns, as well as medical conditions, emotional patterns, stress histories, good times and bad times, etc. I also have them go through an extensive battery of medical tests. That’s the effective and safe way of doing it.”

In other words, “just do it” just doesn’t cover it.

Dr. Eleazar Kadile is the director of the Center for Integrative Medicine in Green Bay, Wisconsin. He is a complementary physician who specializes in treating patients with obesity, who may suffer from heart disease, hypertension, type-2 diabetes, arthritis, depression or ADHD. For more information, visit: www.kppmd.com.

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