

Saint Agnes Hospital's 'Red Dress Sunday' is on Valentine's Day



February is American Heart Month. Heart disease kills one woman every minute in the United States, with African American women at the highest risk. Saint Agnes Hospital launched Red Dress Sunday 12 years ago as an innovative, faith-based health education program designed to raise awareness of the devastating effects of heart disease among women. Saint Agnes Hospital will partner with an estimated 180 churches around Maryland for this year's Red Dress Sunday. (See article on page 10)

Courtesy Photo

African Americans should be especially aware of Heart Health

By Stacy M. Brown

Cardiovascular disease, which includes heart disease and stroke, is the leading cause of death for men and women in the United States.

However, Emmy-Award winning cardiologist and American Heart Association Spokeswoman Dr. Jennifer Mieres cautioned that African American women and men have a higher prevalence of risk factors for cardiovascular disease, particularly hypertension, diabetes, obesity and inactivity.

One of the focuses during American Heart Month, which is observed in February each year, is to encourage everyone to know their blood pressure, and if it's high, to make control a top goal.

"Cardiovascular diseases are the leading cause of death for African-American women, killing over 48,000 annually.

Only 36 percent of African American women and 34 percent of Latino women know that heart disease is their greatest health risk, compared with 65 percent of Caucasian women," Mieres said, citing AHA statistics. "Of African American women ages 20 and older, 48.3 percent have cardiovascular disease. Yet, only 14 percent believe that cardiovascular



Dr. Jennifer Mieres
Courtesy Photo

disease is their greatest health problem."

Further, only about 50 percent of African American women are aware of the signs and symptoms of a heart attack and that the impact of major cardiovascular risk factors combined is greater in women than men and in blacks than whites.

"Diabetes and high blood pressure may play the greatest role in leading to cardiovascular disease in women and

blacks. Recent clinical studies have found, that significant disparities exist in regard to heart failure, with women of color being most disproportionately affected." Mieres said.

Additionally, heart failure before the age of 50 is significantly more likely in blacks than whites, and the increase in heart failure incidence is likely due to untreated risk factors that occurred earlier in life, according to a medical study Mieres cited.

"Beginning in your 20's, everyone should have a baseline risk evaluation and at your next checkup, ask your doctor about taking tests, (including BMI, waist circumference, blood pressure, cholesterol, fasting blood glucose and a discussion about personal risk for heart disease)," Mieres said.

Risk factors for women include cigarette smoking, hypertension, dyslipidemia and a family history. For men, risk factors include obesity, physical inactivity, metabolic syndrome, poor exercise capacity, and systemic autoimmune collagen-vascular disease.

Mieres says every woman 40 and older needs to get a heart disease risk score and those under 40, should know their blood pressure and cholesterol levels.

A nuclear cardiologist and senior vice president of the North Shore- LIJ Health System's Office of Community and

Public Health, Mieres is the first chief diversity and inclusion officer for the system with oversight of the Katz Institute for Women's Health in New York and several education and healthcare access programs.

The documentary, "A Woman's Heart" earned Mieres an Emmy award.

She says some of the early warning signs that all should be aware of include pain, pressure, squeezing or stabbing pain in the chest. Pain radiating to the neck, shoulder, back, arm or jaw and a pounding heart, a change in heart rhythm, difficulty breathing, heartburn, nausea, vomiting, abdominal pain, cold sweats or clammy skin and dizziness.

Women should also be aware of symptoms that include sudden onset of weakness, shortness of breath, fatigue, body aches or overall feeling of illness without chest pain and an unusual feeling or mild discomfort in the back, chest, arm, neck or jaw that's not accompanied by chest pain.

"Heart disease is the leading cause of death among all women with black women at the highest risk," Mieres said. "The American Heart Association's 'Go Red for Women' campaign inspires women to make lifestyle changes, mobilize communities and shape policies to save lives."

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Opening Your Heart for Valentine's Day

By Arvin Paranjpe

In the United States, St. Valentine's Day is celebrated widely with candy, flowers and private expressions of affection. I proposed to my wife on Valentine's Day and my kindergartner daughter, who was born on its eve, observes it with heartfelt cards to friends and family. I never suspected that St. Valentine's Day, so sweet and whimsical, actually stands tribute for the ancient struggle against war and oppression.

Valentinus lived in the Roman Empire during the third century and is recognized officially as a saint by the Roman Catholic Church. At the time, Roman Emperor Claudias II was facing an intractable problem. His soldiers, whom he preferred to consider faceless fighting drones, would marry, start families and begin to find greater meaning and purpose to life. Their re-humanization made them worse fighters, less likely to kill and be killed. Claudias would not have this. He passed an edict that prohibited soldiers from marrying. All engagements were unceremoniously severed and chaplain-wedding services for soldiers came to a grinding halt.

Except one brave soul chose to continue. Valentinus, a modest priest, secretly married soldiers apparently in and around Rome. When Claudias received word, he imprisoned Valentinus and ordered his execution. Valentinus died around A.D. 270.

Though the Roman Empire has come and gone, don't think their methods have come to an end. In the United States, we subscribe to the falsehood that adults under 21 are too young to be trusted with alcohol but may kill, threaten to kill and be thrown in perilous, hostile situations that can permanently damage them emotionally and physically. Further, going AWOL (absent without leave) after signing up for military service is a criminal offense—punishable under martial law (the Uniform Code of Military Justice) to the tune of confinement for up to one year and forfeiture of all pay and allowances. This point takes some reflection.

Thankfully the ways of slavery and indentured servitude have lost all support in our civil rights laws, property laws, and contract law. Furthermore, modern courts abhor specific performance, the concept that the breaching defendant be forced to perform his or her contractual obligations against his or her will. But martial law goes much further in that it attempts to make the military service obligation irrevocable by threatening punishment through a criminal justice system, which is by its nature much harsher than the civil law system.

If you were an active duty member of the military service, what would be better? Losing your right to marry or face a military trial and likely imprisonment, if you refuse to participate in a military conflict?

The struggle against war and oppression continues to smolder. Not just in war-torn countries, but right here at home, in the customs and laws that we live under. Many great men and women have lost their lives in this struggle. But we can carry them in our heart when we withdraw our support for the accepted governmental practices that unjustly impede free will and dehumanizes us, and choose to support and promote constructive programs that do just the opposite.

So on Valentine's Day, let us bring new meaning to the countless paper and candy hearts by sharing with others heartfelt re-humanization as inspired by St. Valentinus.

Arvin Paranjpe, MS, JD, is a biotech specialist and writes for PeaceVoice.



Community Affairs

Comptroller Accepting Nominations for the 2016 William Donald Schaefer Helping People Award

Fifth Year of Honoring Individuals and Organizations Statewide

Annapolis— Returning for a fifth year, Comptroller Peter Franchot announced that his office is accepting nominations for the William Donald Schaefer Helping People Award.

Established in 2012 to honor the unparalleled legacy of public service left by former Mayor, Governor and Comptroller Schaefer, the award is presented in each of Maryland's 23 counties and Baltimore City to individuals and organizations with an unwavering commitment to helping people.

"Throughout our great state, there are many organizations and citizens, who like William Donald Schaefer, spend their lives helping others in their communities," Comptroller Franchot said. "I am very proud to honor those who go the extra mile to lend a hand, spend the time and offer hope and support to those who need it most. By doing so, these



groups and individuals make our state a better place."

Award recipients will be selected on their demonstration of:

- Improving the community;
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- Establishing a public/private partnership to improve the lives of fellow Marylanders.

Comptroller Franchot will personally present the award to each winner starting in April. The 2016 nomination form must be submitted by March 31, 2016. For more information and the nomination form, visit: www.comptroller.marylandtaxes.com then go to Initiatives.

Raising money or just raising Cain?

By James Clingman
NNPA News Wire Columnist

Bernie Sanders raised \$20 million with the average donation being just \$27.00. What is wrong with black folks? For decades conscious black leaders have cajoled, encouraged, admonished and begged us to raise money among ourselves, a small amount from a lot of people, you know, the way Marcus Garvey did, which we love to brag about but never emulate. What we have done instead is raise a lot of Cain about our collective economic predicament.

Why do we cloak ourselves in Garvey's legacy of rallying millions of black people and raising millions of dollars from black folks but do not pick up where he left off, by pooling some of our tremendous annual income to help our own people?

A massive pool of black dollars could leverage reciprocity from politicians and from the marketplace. If we were as serious about action as we are about our rhetoric, many of our problems would be solved in a "New York minute," as they

say. However, it seems we would rather just call radio talk shows and voice complaints about what the white man won't let us do, or what he's doing to us, or how corrupt his elections are, how we should pack up and leave (with no money, at that), and a myriad of other black economic and political woes.

We sign online petitions in support of some cause or another; we send letters to our representatives in the District of Columbia; we do our obligatory marches and demonstrations; we celebrate histor-

ical events; and fawn over memorials of fallen black heroes. Some of that is fine, but if those actions are not backed up by economic muscle, they will not advance us one iota.

Black Voters and Contributors (OMCBV&C), a group of folks from thirty-five states who are not just talking about pooling resources but are actually doing it. Together we have made a real difference in the lives of various black folks; we have supported black radio by buying advertisements and sponsoring individual shows, in addition to just listening and calling in. We support black-owned businesses by buying their products and services, and we are committed to a collective approach to

empowerment, and we have demonstrated that willingness through our actions.

Let's face it; black folks have little or no chance of achieving the many things we discuss unless we are organized and prepared to utilize our collective leverage to obtain reciprocity from the system in which we find ourselves. When are we going to follow through on the solutions we put forth in our conversations? As I wrote some time ago, "What is the result of our rhetoric?"

Politically and economically, we are in last place. Are we so complacent about our position in this nation that it has caused us to be paralyzed, frozen in our tracks, even at the thought of moving forward? Raising Cain instead of—or at least in addition to raising money to help ourselves, is a hopeless strategy for empowerment. Imagine one million conscious black people pooling our money to fund the Harvest Institute or the political campaign of a candidate we "decided" would run. Our schools, museums, media, financial institutions, conferences, businesses, co-ops, movements, foundations, endowments and any other black owned entity could all be funded by a committed group of conscious black folks.

Bernie did it; what's holding us back? As the old saying goes, "There's nothing between us but air and opportunity." Go to www.iamoneofthemillion.com and let's start taking care of ourselves. We can start with \$27.00 each.

James Clingman is the nation's most prolific writer on economic empowerment for black people. His latest book, Black Dollars Matter! Teach your dollars how to make more sense, is available on his website: Blackonomics.com.

“Why do we cloak ourselves in Garvey’s legacy of rallying millions of black people and raising millions of dollars from black folks but do not pick up where he left off, by pooling some of our tremendous annual income to help our own people?”

ical events; and fawn over memorials of fallen black heroes. Some of that is fine, but if those actions are not backed up by economic muscle, they will not advance us one iota.

If Bernie Sanders can raise \$20 million in \$27.00 increments, why can't we do the same thing? I'll tell you why; black dollars don't make any sense. We are so focused on the current political prospects of this candidate or that one, and we have lost complete sight of what is really important—and vital to our future: economic empowerment. Sometimes I think black folks have lost our ever-loving minds, well some of us at least.

On the other hand, I am proud to be a member of the One Million Conscious

obtaining reciprocity in the public policy arena by voting as an unwavering bloc.

We are dedicated to one another and to our collective goals and objectives, and we will not break ranks simply to please some politician, nor will we succumb to their attempts to buy us off. Our funding pool is from the "work of our own hands," as Martin Delany taught us. Our resolve is built on the shoulders of those strong elders who have made their transitions. We are organized and well on our way to becoming the largest group of conscious black people in this nation.

Most importantly, we are about action not rhetoric. We are willing to make the requisite sacrifices necessary to reach our goals of economic and political em-

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PNC Bank survey reveals importance of financial transparency in relationships

By Stacy M. Brown

While the mystical cupid is shooting his arrow directly at the hearts of couples whose love seems blind on Valentine's Day, some have called the day after the beginning of spats and even divorce.

A primary reason for that is money, according to multiple experts across different fields, including those skilled in financial management.

A recent PNC Wealth Management Survey may have the solution to keep couples from seeing red— during and after the lover's holiday.

The survey, which questioned 901 couples, revealed that the majority of affluent couples rely on financial transparency and trust, and most financial tensions stem from contribution imbalance.

"The primary thing, from my perspective, would be to communicate and make sure that you have open communications," said Sean Flynn, the investment director of Wealth Management at PNC.

"People who are in the best place in their relationship are the ones who relied on financial transparency and trust. Even if one person is ok with allowing the other to pay the bills and handle the finances, it's important to have that other individual involved. He or she should be a part of the budgeting process, spending decisions and setting thresholds as to what dollar amount will be spent on certain items," said Flynn, himself a newlywed.

For the survey, PNC commissioned a third party to identify attitudes about wealth from higher income individuals.

PNC found that financial transparency defines millionaire relationships as nearly six in 10 said they fully disclosed their financial situations before getting married or started to live with a partner. However, three in 10 did not discuss finances at all.

Further, the survey discovered that while only one in four couples said they argue over money, those who do are more likely to be unequal contributors to the household finances and are less likely to have disclosed their finances before marriage or moving in together.



The PNC Bank survey, which questioned 901 couples, revealed that the majority of affluent couples rely on financial transparency and trust in their relationship. Six in 10 said they fully disclosed their financial situations before getting married or started to live with a partner.

Of the 901 couples interviewed, 457 of them had \$1 million or more available to invest and 150 had at least \$5 million available to invest. However, the premise of the survey could also apply to those with little or no wealth, Flynn said.

"Absolutely it would," he said. "I think the intent was to find people that were in a good place financially and try to identify what habits they might be employing. What we found was any amount of affluence doesn't make people any happier or fight any less. In fact, it creates more problems."

Problems can arise when one partner is entering the relationship with a lot of inherited money and the other has limited resources, according to Flynn.

A conversation is certainly needed and honest financial discussions can help, including one in which both parties fully disclose their holdings and even their credit reports.

The survey further revealed that 93 percent of the couples said premarital

conversations about their financials proved helpful.

It also proved that the bliss of Valen-

among couples if the issue underneath the surface comes up. Certainly, holidays like Valentine's Day will bring



tine's Day doesn't have to morph into the misery of consternation on the morning after.

"For newer couples, hopefully they are in that blissful situation," Flynn said. "In reality, any holiday can increase stress

issues to the surface and it is also has to do with the season because Christmas is over and it's a new year and people are trying to buckle down and get their budget under control and they're starting to plan forward."

Year Up Baltimore graduate lands job as operations engineer

By Linwood Outlaw III

Tyson Lin didn't exactly know what he wanted to do with his life after finishing high school in 2014.

Lin, 19, wasn't sure if he would be able to pay for college, or even if he wanted to enroll right away. He took a job at a clothing store shortly after graduating but became annoyed by his own complacency.

Lin's sister suggested he apply to Year Up Professional Training Corps Baltimore based at Baltimore City Community College (BCCC). He was skeptical at first: The idea of receiving free training that can lead directly to good employment—essentially, being paid to attend class—seemed too good to be true. Nevertheless, Lin applied.

Fast forward a year later and Lin now works full time as an operations engineer for AOL. He intends to continue his college education this summer. Lin is glad he joined Year Up.

"The [Year Up] staff really knows what works. They're committed to helping us become better professionals, better people," he said. "They really want the best for you."

Lin was among 19 members of the Year Up Class of January 2016—Cohort 9—who graduated on January 29, 2016. Keynote speaker at commencement, OneBaltimore chair Michael E. Cryor, delivered what Year Up Baltimore executive director Roland R. Selby Jr. called "a powerful message—uplifting and encouraging for our students."

The ceremony culminated an intensive, yearlong program during which underserved but highly motivated young adults, ages 18-24, are groomed for meaningful careers at reputable companies and get a jump start on their college education—all at no cost to them.

Year Up was founded by former technology entrepreneur and Wall Street banker Gerald Chertavian in 2000 with the goal of "bridging the opportunity divide," by providing urban young adults sidelined by socioeconomic inequities the support, skills and experience needed to reach their potential.



Tyson Lin was among 19 members of the Year Up Class of January 2016—Cohort 9—who graduated on January 29, 2016. Year Up is a national program founded by Gerald Chertavian in 2000 with the goal of "bridging the opportunity divide" by providing urban young adults sidelined by socioeconomic inequities the support, skills and experience needed to reach their potential. The program is hosted by BCCC in Baltimore.

Photo by Keaton Ottley

Year Up participants must have a high school diploma or GED. For the first six months, students learn employability skills in a classroom setting. Over the next six months, they complete internships with a Year Up corporate partner. Students earn college credits and stipends during both phases of the program.


Eighty-seven percent of Year Up participants in Baltimore are Baltimore City residents, recruited from a pipeline of area social service and neighborhood organizations, high schools and the Mayor's Office of Employment Development. They have access to the same resources as any other student of the college.

"We're not just given internships. We have to earn them," said Alexis Martin, 18, a member of the Year Up Baltimore Cohort 10, which will graduate next

year. "It's all part of the high-expectation, high-support system Year Up uses to shape students into sought-after professionals."

"We want to give them the tools to succeed and get them to understand this is a continual process. When you enroll in Year Up, the expectation is you will begin working after completing the program and continue to pursue an education," Selby said.

Nationally, 85 percent of Year Up students are either employed or attending school full time within four months of graduating. Seventy-five percent of Year Up Baltimore students complete the program each year, and many of them land jobs. Other January 2016 graduates have IT jobs at Johns Hopkins Hospital, CareFirst, and Maxim Healthcare Services, among other companies.



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THINK GREEN.®

Broncos head coach Gary Kubiak rejuvenated coaching career with Ravens

By Turron Davenport

John Elway and the Denver Broncos recently won the Super Bowl under the guidance of head coach Gary Kubiak. Kubiak may never have been a viable option had it not been for John Harbaugh who stumbled upon the recently fired coach before the 2014 season.

Kubiak had fallen out of favor as the head coach of the Houston Texans. The Texans found success under Kubiak, having won the AFC South Division title in 2011 and 2012 but things fell apart in 2013 and Kubiak was fired after a 2-11 record.

Harbaugh interviewed Rick Dennison for an offensive assistant position and Dennison suggested Kubiak as a candidate for the Ravens offensive coordinator position. Kubiak was given control of the Ravens offense in 2014 and guided the team to numerous franchise bests on offense.

Joe Flacco turned in the best statistical season of his career under the tutelage of Dennison and Kubiak. He threw for 3,986 yards and 27 touchdowns in 2014—Both are career highs.

The Ravens averaged 25.6 points per game in 2014, which was the eighth highest average in the NFL. The running game produced 16 touchdowns, tying for fifth in the NFL.

Kubiak's zone blocking scheme was perfect for the Ravens offensive line and running backs. The running game struggled in 2013, finishing last in the NFL in yards per carry in 2013. They emerged as one of the best units in 2014 under offensive line coach Juan Castillo.

Kubiak was behind a couple of wise personnel decisions that really paid off for the Ravens. He wanted to be sure to bring in a few of his players when he coached the Texans. Owen Daniels was brought in to help veteran tight end Dennis Pitta and Crockett Gillmore learn the scheme as a rookie.

Daniels ended up leading all Ravens tight ends in receptions once Pitta went down with an injury.

Another move that proved to be wise was the addition of Justin Forsett.

Forsett entered training camp with an



Former Baltimore Ravens offensive coordinator Gary Kubiak preparing to call a play during the 2014 season. Kubiak is now head coach of the Super Bowl Champions Denver Broncos. Courtesy Photo/www.nfl.com

outside chance to make the roster, but he continued to make plays. A great opportunity presented itself when Ray Rice was suspended. Forsett knew Kubiak's

offense and excelled when given the chance to play. As a result, Forsett led the NFL in yards per carry (5.2) and signed a three-year deal to be the Ravens

running back for years to come.

None of those things would have happened had it not been for Kubiak's suggestions. According to Kubiak, he planned to return to Baltimore as the offensive coordinator last year.

Everything changed when John Elway decided to relieve John Fox of his head coaching duties. Suddenly, there was a legitimate suitor for Kubiak to once again become a head coach.

Elway and Kubiak were teammates in the 1980s. The two were Super Bowl champions as well, Elway as the quarterback and Kubiak as the offensive coordinator.

The Broncos went deep in the playoffs under Fox. They lost to the Seattle Seahawks in the Super Bowl in 2013. In 2014, they lost to the Indianapolis Colts at home in the divisional playoffs. Elway had seen enough.

The Broncos could not have just brought anyone in to replace Fox. Kubiak's success with the Ravens made him a valid candidate to take over in Denver. He took the job and the Broncos became Super Bowl champions.

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Tyrese Gibson joins Coca-Cola to support teens' quest for academic achievement

Atlanta— Six time Grammy-nominated R&B singer, author, philanthropist and internationally renowned film star Tyrese Gibson joins Coca-Cola to help inspire and empower teens to strive for their highest potential through the 2016 Coca-Cola Pay It Forward program.

Building on the program's five years of success, the Company will now offer up to 25 students a chance to win a \$5,000 scholarship and a trip to the second annual Coca-Cola Pay It Forward Academy. Now through March 31, parents, relatives, friends and mentors may nominate an aspiring teen for the Coca-Cola Pay It Forward program by visiting www.coke.com/payitforward.

"I have long recognized the importance of helping young people reach out to grab their dreams," said Gibson. "Returning to Coca-Cola, the place where I got my start, brings my story full circle and offers me another opportunity to help inspire, motivate and give back to our youth. Because it's not lonely at the top if you help someone else get there."

Gibson's foundation recently awarded



Six time Grammy-nominated R&B singer, author, philanthropist and internationally renowned film star Tyrese Gibson joins Coca-Cola to help inspire and empower teens to strive for their highest potential through the 2016 Coca-Cola "Pay It Forward" program.

Courtesy Photo

a \$50,000 scholarship to a Compton teen to assist with his pursuit of higher education. His foundation, #TheLoveCircle, focuses on empowering youth.

"The Coca-Cola Company has had a long relationship with Tyrese and he's a

part of our family," said Racquel Harris Mason, vice president, Coca-Cola and Coke Zero brands, Coca-Cola North America. "His support of education and passion for mentoring truly reflect the goals of the Coca-Cola Pay It Forward program and we're honored to partner with him as we work to empower the next generation."

The Coca-Cola Company invites all communities to help teens achieve their aspirations by nominating an eligible teen for the 2016 Coca-Cola Pay It Forward program; becoming a mentor; and/or donating to an academic scholar-

ship. Share ways you are paying it forward and join the discussion on Twitter, using #CokePayItForward.

The Coca-Cola Pay It Forward program is open to high school students, grades 9-12 (nominees must be 13 by June 3), and the moms/guardians who love and support their academic and philanthropic endeavors. Nominators must be 13 years of age or older. Eligible high school teens may also nominate themselves. Potential winners will be selected and notified on or around June 20, 2016. Each winning student will receive a \$5,000 scholarship to assist with his/her pursuit of higher education and a three-day trip to the Coca-Cola Pay It Forward Academy. Nominations must be received by March 31, 2016.

In 2015, the Academy's inaugural program hosted 22 teens and their moms/guardians. Attendees spent a jam-packed weekend in mentoring and Q&A sessions with notables such as Big Tigger and Judge Glenda Hatchett. The students also participated in breakout workshops on such topics as the importance of a personal brand, how to prepare for higher education and ways to manage finances.

Some of last year's winners will be featured in the 2016 Coca-Cola Pay It Forward program marketing materials and on www.coke.com/payitforward to help give encouragement and advice to potential new nominees.

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Saint Agnes Hospital's 'Red Dress Sunday' is on Valentine's Day

Event encourages women to take their health to heart

By Ursula V. Battle

Twelve years ago, Saint Agnes Hospital started Red Dress Sunday, an innovative, faith-based health education program designed by the hospital to raise awareness of the devastating effects of heart disease among women.

This year, the event fittingly falls on Sunday, February 14, 2016, which is Valentine's Day, a special time symbolized by a heart. February is also National Heart Month, a month-long observation, which seeks to raise awareness of heart health.

Saint Agnes Hospital will be partnering with an estimated 180 churches for this year's Red Dress Sunday, giving thousands of women—who will dress in red to symbolize their commitment—the information and tools they need to understand and minimize their risks.

Heart disease kills one woman every minute in the United States, with African American women at the highest risk.

St. Bernardine Roman Catholic Church located at 3812 Edmondson Avenue in Baltimore is the official "media church" for this year's Red Dress Sunday. The event will include a VIP Reception (7:30 a.m.-8:00 a.m.); Mass (8:00 a.m. – 9:30 a.m.) and a Health Fair (9:30 a.m. – 11:30 a.m.) The Mass and the Health Fair are free and open to the public.

Baltimore Mayor Stephanie Rawlings-Blake; Baltimore City Health Commissioner Dr. Leana Wen; Sr. Saint Agnes Hospital Vice President and Chief Nursing Officer Yolanda Copeland; and Saint Agnes Women's Heart Center Medical Director, Dr. Shannon Winakur, will be among the speakers. Cheryl Weems, a member of St. Bernadine, will serve as a Testimonial Speaker.

"Despite stunning improvements regarding heart health, the American Heart Association just put out information that notes that coronary heart disease remains understudied, undiagnosed, and untreated in women," said Dr. Winakur. "For the African-American community, it was very pertinent, and the statistics were chilling."

She added, "Many women die from sudden cardiac arrest which means we didn't have a chance to save them. The people who have sudden cardiac arrest is higher in black women than in white women. It highlights the need to talk about prevention."

The American Heart Association (AHA) report noted that racially and ethnically diverse women with Acute Myocardial Infarction (AMI) have distinct experiences in terms of presentation, risk factor burden, evidence-based care, and long-term outcomes. AMI is the medical term for a heart attack. A heart attack is a life-threatening condition that occurs when blood flow to the heart is abruptly cut off, causing tissue damage.

According to the AHA report, the prevalence of AMI is higher in black women than in all other racial and ethnic groups of women; black women also have a higher incidence of Sudden Cardiac Death (SCD) as the first manifestation of Coronary Heart Disease (CHD) than white women, and their survival rate after out-of-hospital arrest is about one third than that of whites.

"There are a number of reasons for this," said Dr. Winakur. "Part of it is access to care. Many women also don't want to bother anyone or be a burden. That's why so many women wait to go to the hospital. Many women help others, but don't want to ask for help themselves. That has to change, especially when it comes to our health. It's okay to take care of ourselves, because we are worth it."

Red Dress Sunday was first introduced in the community by St. Agnes when three local churches agreed to integrate messages about heart health into their Sunday services and provide their members with information and resources, while encouraging everyone to dress in red. Saint Agnes Hospital is located at 900 S. Caton Avenue.

Red Dress Sunday is among many efforts the hospital has implemented to combat heart disease among women. They also include the "60 Minute Heart Check." For \$60, women can receive a comprehensive heart assessment and



L-r: Carlos Ince, MD, Chief of Cardiology at Saint Agnes; Councilwoman Helen Holton; Dr. Shannon Winakur, Medical Director of the Women's Heart Center at Saint Agnes; and City Council President, Jack Young. Courtesy Photo

personal consultation to help them understand their heart condition and risk factors.

"There are a number of risk factors, but there are also a number of things women can do to prevent heart disease," said Dr. Winakur. "These things include exercising regularly, eating a healthy

diet, maintaining a healthy weight, and not smoking. If a person can do that, it would reduce their risk of heart disease 80 to 90 percent."

For more information about Red Dress Sunday, visit: www.RedDressSunday.com.

The Ten Commandments for Heart Health

Follow the Ten Commandments for Heart Health to cut your risk for heart disease.

- 1. Talk to your doctor about reducing your risk of heart disease.**
- 2. Know your risk factors for heart disease.**
- 3. Have your blood pressure checked regularly.**
- 4. Know your cholesterol numbers.**
- 5. Have your blood sugar level checked for diabetes.**
- 6. Do not smoke cigarettes or use other tobacco products.**
- 7. Eat for your heart health.**
- 8. Get regular physical activity.**
- 9. Aim for a healthy weight.**
- 10. Know the signs and symptoms of a heart attack and the importance of seeking medical help immediately.**

Source: www.stagnes.org

Toyota donates boots, socks to underserved area residents, homeless families

By Andrea Blackstone

On February 6, 2016, approximately 220 children, women and men showed up at The Salvation Army's warehouse, located at 400 East 29th Street in Baltimore to receive new winter boots, socks and a catered lunch through Toyota Motor North America's "Walk In My Boots" community outreach project.

Pre-selected homeless families, low-income individuals and children in need from The Salvation Army (TSA) Booth House Shelter on North Calvert Street; TSA Boys and Girls Club of Franklin Square; and TSA Baltimore Temple Corps Community Center comprised the group which received two essential items that will help their feet to stay dry during remaining winter months. Additionally, Meshelle, the Indie-Mom of Comedy who is a Baltimore native shared inspirational words. Toyota donated \$15,000 to TSA of Central Maryland to support their work of providing for children and families in crisis.

Celeste Hamilton, mother of an eight-year-old boy, received a surprised phone call from TSA informing her that she had been selected to participate in the event. Hamilton left a homeless shelter just two months ago. She remarked that she felt overjoyed and grateful to be included in Toyota's generous effort.

"I was previously (living) in one of the shelters. I'm no longer in there anymore, but they (TSA) still called me because I had signed up for it," Hamilton said.

"There are good corporations that do give back a lot, you just don't hear about it every day."

Michael Rouse, vice president of diversity, philanthropy and community affairs for Toyota Motor North America explained that the "Toyota Walk In My Boots" project successfully kicked off in Detroit five years ago. The company desired to do something for the community there in conjunction with the North American International Auto Show that was held. This year, while bringing the expanded philanthropic event to Baltimore for the first time, "Toyota Walk In My Boots" was held in concert with the 2016 Motor Trend International Auto Show.



Corey Proffitt (left), East Coast Communications manager for Toyota, and Michael Rouse, (right) vice president of diversity, philanthropy and community affairs for Toyota attended the "Toyota Walk In My Boots" outreach project in Baltimore on February 6, 2016. Photos: Gar Roberts



East Coast Communications manager for Toyota, and Michael Rouse, (right) vice president of diversity, philanthropy and community affairs for Toyota.

"In wintertime, people think about getting a coat and a hat, but people often-times forget about their feet and heat can leave your body through your feet, just as easily as it can through your head, so we... came up with the idea of giving warm socks and warm boots," Rouse said. "We look for communities where we think there is a need, and this area is one of those communities that was identified, and so we're here."

Rouse added that more than 2,000 pairs of boots have been given away



Alva P. Adams-Mason, director of African American business strategy for Toyota founded the "Toyota Walk In My Boots" project.

since the successful project has been implemented in other cities, such as Chicago and the District of Columbia.

Alva P. Adams-Mason, director of African American business strategy for Toyota, founded the "Toyota Walk In My Boots" project. She explained that her desire to do something impactful for individuals in communities resulted in creation of it, while working with Crystal Williams, who is a public relations and communications consultant.

"I really, really enjoy being able to

give back and so Toyota gave me the wherewithal to be creative and come up with that ("Toyota Walk In My Boots") and they're very supportive," Adams-Mason said, "I get such an adrenaline rush out of this. I'm just overjoyed all of the time. Sometimes I just think about it and it brings me to tears, because it is so important as we move along in life that we think about others, and that we bring others along with us."

Major Gene A. Hogg, area commander of TSA of Central Maryland, said that when Toyota called about coming to give-away winter boots and socks, he welcomed the offer to help families that are assisted through the faith-based non-profit organization which offers a variety of programs and services.

"I think it's an incredible blessing for the family, because... you can go out and spend \$30, \$40 a pair for a boot. And if you've got four or five children, and you're already trying to put food on the table and pay rent, how big of a blessing is that?" Hogg said with a big smile. "I want to say thank you to Toyota for doing this for us. It is an incredible blessing for us."



Darnesia Chase (seated) tries on boots while spending time with comedienne and Baltimore native Meshelle.

Rambling Rose

*Happy Valentine's Day
to all Baltimore Couples*



Rosa Pryor Trusty

Hello everyone, I hope all is well and the snow around your home is all melted so you can go out and enjoy life. I want to say Happy Valentine's Day to all the lovebirds who read my column. Unfortunately, I cannot list all my couples with photos, but know that I love you too. Each year, I try to pick a few for the space allows me..

I want you to know that no matter how long you've been married or **have** been together as a couple, your sweetheart should be special every day but this weekend should be hearts and flowers all the way. Each year, I try to inform the man of the couple what his duties are for this day.

I believe Valentine's Day is a special day to express your love, and to celebrate the spirit of love with the symbols of a greeting card, flowers, dinner, rings and most of all commit yourself one on one. To me, Valentine's Day means all of the above and romancing with dim lights, soft music and a cocktail.

I can get you started with a few suggestions where you and yours can go this weekend. Space is limited, so I am unable to give too many details, just enough for you to have a choice. First we have:

*The Jazz Club Series Experience "Unforgettable" event hosted by Randy Dennis & Jazzy on Friday, February 12 8 p.m. until 12 a.m. at the Forum Caterers, 4210 Primrose Avenue. A tribute to the Legends: Natalie Cole, The Whispers, David Bowie, and Gladys Knights & the Pips performed by Slagz Band & Ms. Shay. Call 410-963-9238.

***Caton Castle Lounge** on Hilton and Caton Avenue, The Mark Meadows Trio performing on Saturday, February 13, 6-10 p.m.

***Alpha Phi Omega Cocktail Sip**, American Legion Auxiliary Unit 263 presents a Pre Valentine's Day Red & White Cocktail Sip on Saturday, February 13 from 9 p.m. -2 a.m.at the American

Legion Post 263, 151 Winters Lane, Catonsville, Md. For more information, call 410-570-7209

***Next Phaze** (Eubie Black Jazz Lounge 4th Fl.) presents Pre-Valentine's Day Dinner Concert on Friday, February 12, 7-13 featuring Rodney Kelley Jazz Experience. For tickets call, 443-900-9699.

***Woman Power, Inc.** is giving a Cabaret at the Kappa House, 1207 Eutaw Place on Saturday, February 13 from 6-10 p.m. BYOB and BYOF. For tickets call 410-521-1052.

***Valentine's Day Gospel Concert** on Sunday, Feb 14 starting at 3:30 p.m. at Manifest Wonders Christian Center, 3600 Edmondson Avenue. Featuring; The Hope of Glory Gospel Singers, Kenny Davis & The Melodyaires, Bells of Joy, Sister Penny Moses & her Singers, Juda United Gospel Singers and much more. For tickets call 410-358-9661.

***Lexington Market Black History** celebration for the month of February, Blacks in Wax Exhibit and Buffalo Soldiers Exhibits and Rosa Pryor Book Signing on Thursday, Friday & Saturday, February 11th thru 13th.

***Eubie Blake Cultural Center** presents a Valentine's Weekend Special Event with "An Evening of Song on Saturday, February 13, 7 p.m. with live music, dance and spoken word. Cash bar and dinner menu is available. For more information, go to: eubieblakecenter@gmail.com.

Now that we have **set** the move to be romantic, spiritual and fun, let's have another cocktail.

Well, my dear friends, I know I am out of space, so if you need me call me at 410-833-9474 or email me at rosapryor@aol.com. Do not face Book me if you want me to talk about your event. UNTIL THE NEXT TIME, I'M MUSICALLY YOURS.



Pamela "Ms. Maybelle" Leak and her husband Lamont E. Hill Jr. Pamela is a renowned comedian in Baltimore and talk show host with Larry Young.



Juanita and husband Grofton Brown. Juanita is the former co-owner of the Sportsmen's Lounge.

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Call 410-366-3900 ext 3022

Reading program offers children chance to earn free admission to National Aquarium



Mayor Stephanie Rawlings-Blake reads a book from the “Read to Reef” Book Club to students. Courtesy Photo

Baltimore— The National Aquarium, in partnership with the Enoch Pratt Free Library System and alongside Mayor Stephanie Rawlings-Blake, announced the launch of the Read to Reef Book Club. The Read to Reef Book Club offers free admission to the National Aquarium for any child up to fifth grade with a Pratt Library card who participates in the reading program.

“Children are the key to the future of our blue planet. This partnership affords us a remarkable opportunity to inspire and educate by bringing together the great books of our renowned Enoch Pratt Free Library and the exhibits of our world-class National Aquarium,” said John Racanelli, National Aquarium CEO. “The Read to Reef Book Club will give Marylanders access to their Aquarium even as they learn about the importance of aquatic treasures like our own Chesapeake Bay.”

“We are excited to team up with the National Aquarium on this new and exciting reading program,” said Carla D. Hayden, CEO of the Enoch Pratt Free Library. “The Aquarium is committed to literacy, reading and enriching the minds of children in Baltimore. People already know the Pratt Library for its Summer Reading Program. With the help of the Read to Reef Book Club, we have the opportunity to encourage families to make reading a habit during a different time of the year and to remind them that

reading reaps many rewards. In this case, not only do children have the opportunity to enjoy quality books and build their love of reading, but they can earn a trip to the magnificent National Aquarium here in Baltimore.”

Any child up to fifth grade who has a Pratt Library card is eligible to join the Read to Reef Book Club. To participate, readers can visit their local Pratt Library branch to receive a bookmark that suggests aquatic/conservation-themed books to read. Once participants have read five books, they can present their bookmark to their local branch of the Pratt Library for a voucher to the National Aquarium. The voucher is good for the child and up to three guests and can be redeemed at will call for entry tickets on the day of their visit.

“I celebrate that these two great Baltimore institutions are joining forces to invest in our children, the future of our communities,” says Stephanie Rawlings-Blake, Mayor of Baltimore. “It is so important that our youth develop not only a love of reading, but an awareness of the environment around them and how they can preserve and protect it.”

The Aquarium is making 2,500 vouchers available, which means 2,500 children can participate and up to 10,000 people can experience the Aquarium for free. All bookmarks must be validated at the library by April 30, and Aquarium vouchers must be used by June 19,

Self-taught artist wins 2016 Sue Hess Maryland Arts Advocate of the Year Award

By Andrea Blackstone

When Herb Massie was growing up in Sandtown, he exhibited drawing talent at five years old and aspired to become an artist. Later in life, as a self-taught community artist he nurtured his passion while helping others. Massie, who is also the director of community engagement at Baltimore Clayworks, is primarily known for teaching art, creating mosaics, sculptures and clay forms and demonstrating his belief that art has a healing effect on people.

Massie was recently selected to receive the 2016 Sue Hess Maryland Arts Advocate of the Year Award by Maryland Citizens for the Arts (MCA)— a state arts advocacy group membership organization.

The award which started in 2009, honors Sue Hess, who is the founder of MCA and the longest serving board member. Baltimore Clayworks is a Mt. Washington-based nonprofit ceramic arts center with a mission to develop, promote and sustain an artist-centered community.

Massie's award will be presented to him during Maryland Arts Advocacy Day on February 17, 2017 at St. John's College in Annapolis. Maryland Arts Day is reportedly the largest annual gathering of arts professionals in Maryland. Participants representing every county can connect with lawmakers from legislative districts to show support for the arts, discuss the importance of it and reinforce the economic impact.

"Just to be acknowledged— period— for the work that we do is gratifying enough, but to receive an award like this validates my day-to-day struggles with trying to bridge communities together, helping to create sustainable programming and giving a voice to communities," Massie said. "It brings a lot of joy to me."

Clay for All! Satellite studios are permanent Baltimore Clayworks program locations where Massie teaches art classes at partnering organizations. He can be found instructing people of varying ages at Jubilee Arts and seniors at the Zeta Center; teaching ex-offenders at



Self-taught artist and director of community engagement for Baltimore Clayworks, Herb Massie works on the mosaic on the fountain at the corner of Pennsylvania Avenue and Pressman Street in Baltimore City in partnership with the Living Legacy Foundation and Jubilee Arts. For over 20 years, Massie has been teaching art to students ranging in age from five to 91. He now gives people who are recovering from addiction an opportunity to experience art hands-on through his work, and teaches ex-offenders reentering society.

Courtesy Photo

the Tuerk House who are reentering society; and working with individuals who are recovering from addictions at Man Alive Lane Treatment Center.

Before working at Baltimore Clayworks, Massie created his own opportunities to get to where he is today. He knocked on doors to find avenues where he could gain professional art experience and make changes to improve the community. Massie volunteered to teach painting, drawing and clay work, after deciding to invest in art supplies.

"I've had several jobs, from cleaning floors to sitting at a desk, but I always continued to draw. I always continued to paint," Massie said. "So I don't know, about 20 plus years ago, I reflected on my life and I decided that if I was ever going to pursue my dream, I would have to make certain sacrifices."

After giving back to community mem

bers at Baltimore City recreation centers, Massie developed an appealing lecturing and drawing style that contributed to his current ability to teach and connect with others effectively.

"I think that the thing that really stuck out with Herb is his absolute dedication to community engagement, and that's a theme that we have really been sort of highlighting for the last year in terms of another role that arts organizations play in helping to stabilize and strengthen communities," John Schratwieser, executive director of MCA said. "The whole purpose [of the Sue Hess Maryland Arts Advocate of the Year Award] is to acknowledge somebody who is really doing great work, sort of promoting and advocating for the arts and the role the arts play in [the] quality of life and economic vitality of the state."

Schratwieser also said that this year

marks the largest number of nominees who were considered for the award. A committee reviewed 16 nominations, then rated each applicants' impact and reach.

Sarah McCann, executive director at Baltimore Clayworks, nominated Massie for the Sue Hess Maryland Arts Advocate of the Year Award. After knowing him for eight years, she observed Massie's impact and ability to inspire others within local communities on numerous occasions.

"He's [Herb] been working with youth. He's been working with families. He's been working with senior adults and adults in addiction recovery for many, many years and he is just so inspiring to all of those people and really provides them with the space and the place to have a voice," McCann said.

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“Jazz Singers” Exhibition opens at Library of Congress

An exhibition opening this week at the Library of Congress offers perspectives on the art of vocal jazz, featuring singers and song stylists from the 1920s to the present.

Washington, D.C.— “Jazz Singers” opened on Thursday, February 11, 2016 in the Performing Arts Reading Room Foyer on the first level of the Library’s James Madison Memorial Building, 101 Independence Avenue S.E., Washington, D.C. The exhibition is free and open to the public from 8:30 a.m. to 5 p.m., Monday through Saturday. It closes on July 23, 2016.

Rare video clips, photographic portraits, candid snapshots, musical scores, personal notes, correspondence, drawings and watercolors will reveal the sometimes exuberant, sometimes painful, but always vibrant art and life of jazz singers. The materials are drawn mainly from the Library of Congress Music Division’s collections, including the photographs of William P. Gottlieb and the papers of Max Roach, Chet Baker and Shirley Horn. Additional items are from the Library’s Prints and Photographs Division, Motion Picture, Broadcasting and Recorded Sound Division and American Folklife Center.

Jazz singers interpret a wide range of material, including torch songs, novelty and dance tunes and standards borrowed from film, Broadway shows, Tin Pan Alley, the blues and other genres. They might reinvent or transform them by using idiomatic approaches to times and syncopation. In the last few decades, more and more jazz singers are writing original material.

Exhibition highlights include a letter from Jelly Roll Morton to Alan Lomax; a Chet Baker suicide note; a rarely seen Romare Bearden sketch; a handwritten letter from Mary Lou Williams to Carmen McRae suggesting songs she might like to record; a holograph score by Gil



Evans written for Helen Merrill; and film and television clips with Billie Holiday, Sarah Vaughan, Fats Waller, Ella Fitzgerald, Jimmy Rushing, Luciana Souza and others.

The curator of the exhibition is Larry Appelbaum, senior music reference specialist in the Music Division at the Library of Congress and the exhibition director is Betsy Nahum-Miller, a senior exhibit director in the Library’s Interpretive Programs Office. An online version of the exhibition will be available on the opening date at loc.gov/exhibits.

The Library of Congress Music Division, with more than 21 million items, holds the world’s largest music collection. Particular areas of strength include opera (scores and librettos), stage and screen musicals, chamber music, jazz and American popular song. The divi-

sion is home to approximately 600 archival collections, most of them the personal papers (including music scores as well as correspondence, photographs, legal and financial documents, programs, clippings and other materials) documenting the lives and careers of stellar composers and performers. For more information, visit loc.gov/tr/perform/.

The Library of Congress, the nation’s first-established federal cultural institution and the largest library in the world, holds more than 160 million items in various languages, disciplines and formats. The Library serves the U.S. Congress and the nation both on-site in its reading rooms on Capitol Hill and through its award-winning website at loc.gov.

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