

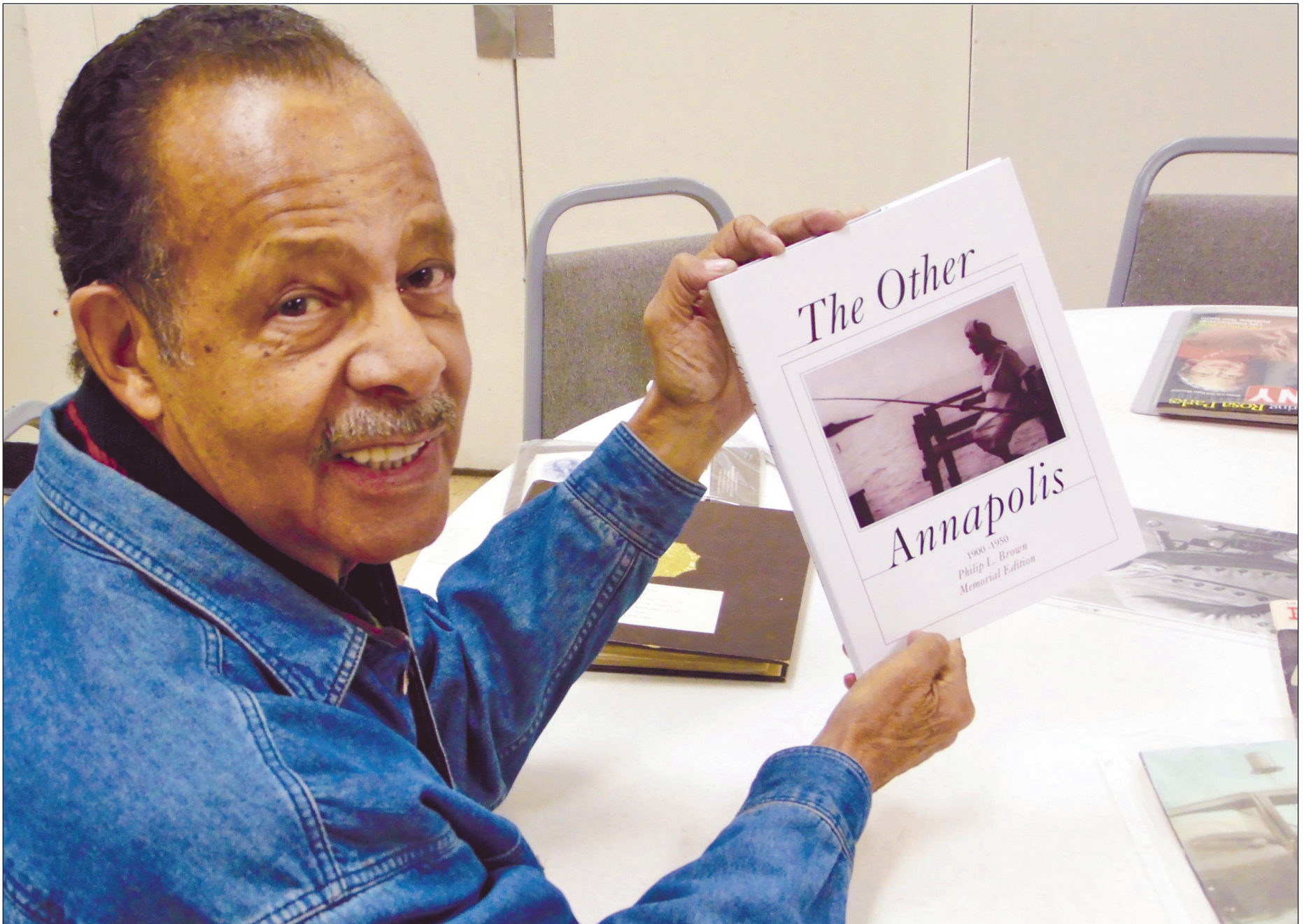
# THE BALTIMORE TIMES

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## ‘Other Annapolis’ photo collection offers lessons in ‘colored’ history



*Errol Brown, a second-generation historian, shows the book “The Other Annapolis: 1900-1950” written by his father, the late Philip Brown. The book along with 70 to 100 photos are part of The Other Annapolis Exhibit which will be on display at the American Legion Cook-Pinkney Post No. 141 through June 2015. The exhibit chronicles the lives of “colored” people through vintage photos before the civil rights movement up to the present time. The exhibit is free and open to the public. (See article on page 12)*

Photo: Andrea Blackstone

# Renowned pastor brings message for women to Baltimore

By Stacy M. Brown

Reverend R.C. Blakes Jr. has a message that he makes sure to try and get across when he is in the pulpit or when he is sitting in front of a television camera on the World Harvest International Network.

It's a message that viewers of the WORD Network are also familiar with as are listeners to Blakes' KKNO Christian Radio Station in New Orleans.

Now, Baltimore area residents will get a chance to hear that message, which is geared toward young women who may have had absentee fathers, never knew their dad or their father never took time to talk about what they could expect when dating or marrying.

"I believe that the talk between a father and daughter is so important and I became extremely concerned about the rapid and constant erosion of female dignity in our society and I thought I needed to do something to help them," said Blakes, the author of the book, "The Father Daughter Talk."

Blakes will appear at New Life Fellowship International Ministries in Hanover for three consecutive nights beginning at 7 p.m. on Thursday, March 12, and then on Friday, March 13 and Saturday, March 14. Each appearance will begin at 7 p.m. and each will highlight Blakes' "The Father Daughter Talk."

Blakes says he has three daughters of his own and he wanted his book and his message to be a guide to conversations that fathers and daughters must have. He says they are the most important discussions that will take place in both the parent and the child's life.

"Women are growing up without the affirmation of their father and, as a consequence, they come into adulthood with a lack of understanding of men and sexuality," Blakes said. "That is evident in music videos and television shows where there are video vixens, sex tapes, multiple sex partners and women are just objects."

Blakes says he wants to help as many women as possible to avoid the pitfalls of such a lifestyle.

"One of the cornerstones of my message is sexual integrity," he said. "Some of the testimonies I've gotten include women coming out of a sexually promiscuous lifestyle, women have stopped using their sexuality as a success strategy and they've dug deeper into investigating what a man's purpose is and they've come into their own. I'm hearing it and seeing it everyday."

The eldest son of Bishop R.C. Blakes, Sr. he and his brother, Samuel R. Blakes, have worked most of their lives in the ministry, most of which is geared toward families.

The longtime pastor primarily cares



Reverend R.C. Blakes Jr.  
Courtesy Photo/Baham Multimedia

for and oversees the New Home Family of Churches, which encompasses six locations from Louisiana to Texas.

Blakes has been a pastor for 25 years and he holds a Masters of Theology from Christian Bible College of Louisiana and has become a nationally sought after teacher and speaker. He said his message to young women has become a part of a constant conversation, particularly for those like him who have a big platform.

"My sole purpose for doing this is I have three daughters, two are grown and the other is on her way to college, so I have some personal investment in this," Blakes said. "When I see the plight of women, I see that there those who can be brilliant in the board room but an idiot in bedroom and it breaks my heart. So, I want to speak to this generation of women because life will take you to certain places even if you don't think it will."

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# Guest Commentary/Letters

## The Value of a Government-Owned Postal Service

By Bill Fletcher, Jr., NNPA Columnist

I remember reading a piece by a right-wing think-tank in 1990 calling for the privatization of the postal service. Their argument was fairly simple: it would allegedly save money. Although there were many refutations of this sick argument at that time—and since—the argument continues to be raised. And, as with any disease, if you do not stop it in its tracks, it continues to grow.

The United States Postal Service (USPS) has been under constant assault. Despite the suggestions that it is financially broke, the reality is that it is making money and at no cost to the taxpayer. What happened, however, was that Congress mandated that the postal service pre-fund their retirement for 75 years. No organization is ever asked to do this, but in demanding that the postal service make this commitment, Congress was putting a financial albatross around the neck of the postal service. And that 'albatross' also became a means to make demands that the USPS restructure itself.

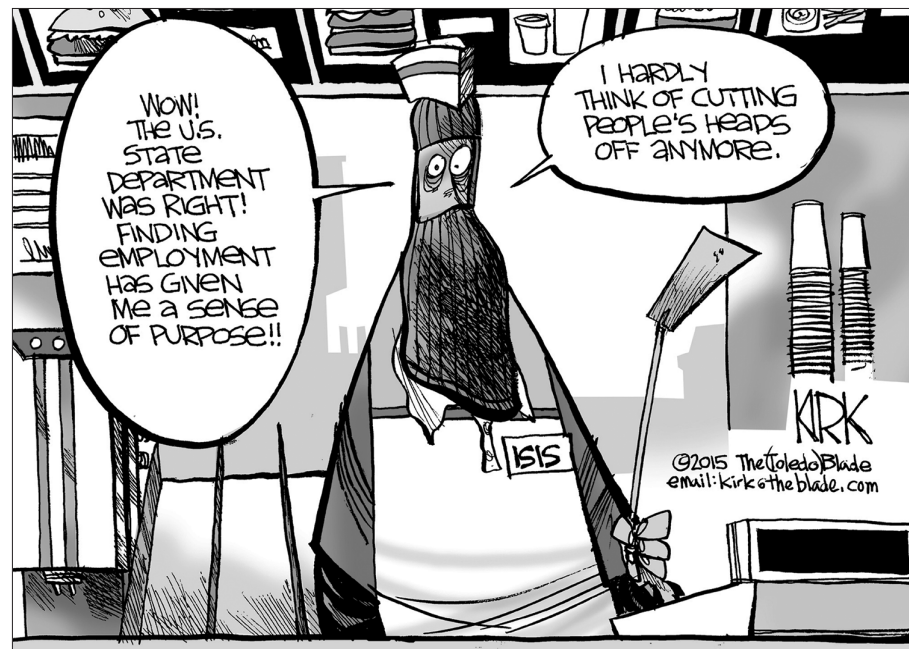
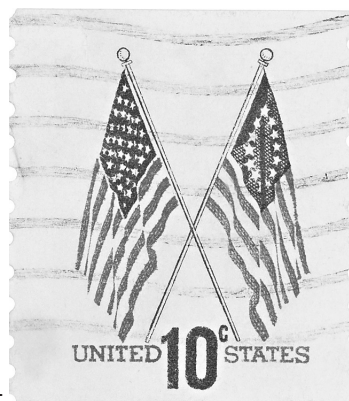
We need a fully public postal service. For one it is mandated by the U.S. Constitution, a fact that many people do not realize. Second, a public postal service means that everyone within the U.S. is subject to the same rate. A first class stamp will get your letter from D.C. to New York, but it will also get that letter to rural Michigan at no additional cost. Should the postal service be privatized, you can be guaranteed that that would change since the economics of the "market" would intervene making postal delivery to isolated and relatively isolated areas far more costly than mail between major metropolitan areas.

Efforts to privatize the postal service are taking subtle and not-so-subtle forms. As we can see from other experiments in privatization, in order to prepare the public for privatization it is important to discredit the public delivery of a specific service. This is most often done by financially strangling the institution, whether it is sanitation, water, education, or, in this case, the postal service. So, in the case of the postal service we have witnessed the reduction in the workforce; the shortening of hours in post offices; the shuttering and threat to shutter mail processing facilities; and the threat to reduce the number of days for mail delivery. The result of all such actions is the demoralization of the customer base and an opening to convince them that privatization is the path of deliverance.

While it is true that first class mail is and has been declining, packages, catalogues, etc., have become a very significant component of the mail stream. Yes, you can order almost anything on line, but the products have to be delivered by someone and that usually comes down to the U.S. Postal Service, United Parcel Service or FedEx. In a December 2014 study conducted by Consumer Reports, the USPS either tied for top rating (with UPS and FedEx) or was at the top by itself in terms of overall satisfaction and approval for its performance. Therefore, contrary to the myths that have been propagated, the postal service is both efficient and competent.

We need to protect the U.S. Postal Service and our right to a public postal system. Once it is lost to the private sector, all bets are off in terms of what we will be handed in return.

*Bill Fletcher, Jr. is the host of The Global African on Telesur-English. He is a racial justice, labor and global justice writer and activist. Follow him on Twitter, Facebook and at [www.billfletcherjr.com](http://www.billfletcherjr.com).*



## Letters to the Editor

**Editor:**

**Re: World Is At War**

President Obama refuses to refer to ISIL, Al Qaeda, Hamas, Hezbollah, the Quds Force, and others as Islamic terrorists. He tends to mischaracterize the attacks by the radical Islamic terrorists on Christians, Jews, and other non-Muslims, and he seems hesitant to vigorously take the fight to the terrorists. Why is that?

Our President referred to the attack on a Paris Jewish deli by saying "attackers randomly shot a bunch of folks in a deli in Paris." In fact the victims were sought out, shot and killed because they were Jews. In response to the beheading of the 21 Coptic Christians the White House said they were "Egyptian citi-

zens," and then stated ISIL attacks are "unconstrained by faith, sect or ethnicity." This rhetoric seems to be designed to downplay the seriousness of Islamic terrorist attacks and avoid offending Muslims.

The Obama administration talks about creating economic opportunities and jobs in the Islamic world as a cure for Islamic extremism.

How can this work when radical Islamic ideology states Islam is the only true religion and non-Muslims have to convert, or pay tribute or be killed?

The world is at war with the scourge of radical Islamic terrorism.

**Donald A. Moskowitz**  
Londonderry, NH

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## Don't Overlook Contributions of Clarence M. Mitchell, Jr.

By William Barber and Gary L. Bledsoe  
NNPA Guest Columnists

Looking at our nation and noting where we have come since 1965 gives us reason to celebrate. However, in our celebration we should be mindful that true equality was never achieved, and that instead of moving towards justice we are moving in the other direction.

Just a year ago we celebrated the 50th anniversary of the passage of the Civil Rights Act of 1964, though the Act has been and continues to be under attack from the right wing of this nation as some even ponder its "constitutionality."

Now we celebrate the 50th anniversary of the Voting Rights Act of 1965, just two years after the law was gutted by a decision by the Supreme Court that was not founded in law and where the Chief Justice incredulously opined that blacks in Mississippi had superior voter access than blacks in Massachusetts.

It is in this vein that we say that there should be a celebration, but there too must be a recognition of the work that must be done to repair the harm done by

the Shelby County decision. The ink wasn't dry on that decision before Southern states such as North Carolina, Texas and Mississippi started to take action to go back to how things were.

Blacks in all the old confederacy are now confronting an array of repressive laws such as unduly restrictive voter identification laws, cut backs on early voting, enhanced purging of voters, burdensome identification issuance or renewal laws, changing of voting sites to

Leader Everett Dirksen of Illinois and the NAACP's Clarence Mitchell, had indispensable roles as well. Sadly, the celebration of the 1964 Act largely ignored Mitchell and we hope this year's celebration does not do the same.

Clarence Mitchell was born into poverty, but rose to prominence as the NAACP's chief lobbyist and became widely known as the nation's 101st Senator. He was awarded the Presidential Medal of Freedom in 1980 by President

keep pressure on for members of Congress to support the bill. President Johnson was even quoted as saying no person forced his door open more than Clarence Mitchell.

As we celebrate Bloody Sunday and the march from Selma to Montgomery and other vital and important events from 1965, let us remember the heroes and martyrs— Dr. King, Rep. John Lewis (D-Ga.), Hosea Williams of SCLC, Amelia Boynton and Jimmie Lee Jackson. In addition to those great African-Americans we should celebrate the courageous actions of white Americans such as Rev. James Reeb and Viola Liuzzo who gave their lives so that we could have a better country. Let us remember Clarence Mitchell too!

Remembering Clarence Mitchell reminds us of how important an integrated strategy was before and is now. We must go to the streets as LBJ insisted, but the work in the halls of Congress and in the home states or districts of Congresspersons plays an essential and vital role as well. The strategy needed and included the NAACP and Mitchell and Roy Wilkins, SNCC with Lewis, Julian Bond and others and of course the SCLC with King, Hosea Williams, Andrew Young and others.

As we try to fix this law, let us restore it with substance and vitality in honor of all those great people, named and unnamed, who gave so much so that we might have the right to vote.

*William Barber is state president of the North Carolina NAACP and Gary L. Bledsoe is state president of the Texas NAACP.*

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***“Clarence Mitchell was born into poverty, but rose to prominence as the NAACP’s chief lobbyist and became widely known as the nation’s 101st Senator. He was awarded the Presidential Medal of Freedom in 1980 by President Jimmy Carter and the NAACP’s Spingarn Medal in 1969. Mitchell strategized with Johnson to keep waffling northern senators on board and utilized his friendships with Republicans and Democrats to help effectively persuade them to come on board.”***

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make it more difficult for people of color to vote and a facing host of other such discriminatory obstacles. We are hearing dog whistles every day in 2015.

In the wake of last weekend's celebration in Selma, we hope that the NAACP gets proper recognition for its essential role in the law's passage. We love and respect those great Americans such as Dr. Martin Luther King, Jr. and President Lyndon Baines Johnson who are deservedly given so much credit, but others, including Republican Senate

Jimmy Carter and the NAACP's Spingarn Medal in 1969. Mitchell strategized with Johnson to keep waffling northern senators on board and utilized his friendships with Republicans and Democrats to help effectively persuade them to come on board.

As the nation's chief civil rights lobbyist, he helped to organize and guide a coalition of diverse supporters from NAACP units, other civil rights, church and labor groups to address pressure points as they arose in Congress and to

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# Youth ambassadors teach peers about dating violence

By Laura Lee

On a brisk night in February there is a lot of noise coming from a fourth floor conference room at the Johns Hopkins Center for Adolescent Health in East Baltimore. The raucous sound rises and falls blending in with a recording of the Jeopardy theme song as eight Baltimore City teenagers play "Teen Years Jeopardy," a game designed by instructors to test their knowledge of healthy relationships.

A \$400 question, "What type of behavior could be considered abusive?" has ignited an intense debate among the seven girls and one boy in the group.

Some students say answer C, "Your partner takes a nap while you're talking about something important," is emotionally abusive. Experts say this is not considered abuse, but the teens disagree, which leads to a discussion about healthy communication.

Hopkins assistant Professor Teri Williams Powell uses the exercise as a learning opportunity. "It is absolutely disrespectful. Is it abusive? I don't think so." She said. "Not all situations of dating violence are as clear cut as we would like them to be. Keep this in mind as we're talking to young people that we should really listen to what people are saying."

The teens are training to become Youth Brand Ambassadors for the Dating Matters Program, a Centers for Disease Control and Prevention teen dating violence prevention initiative. The pilot program began in 2012 in Baltimore; Chicago; Fort Lauderdale, Florida; and Oakland, California—all cities with similar urban violence problems. Baltimore Dating Matters is part of the Baltimore City Health Department's Office of Youth Violence Prevention and supports the Healthy Baltimore 2015 priority area of Healthy Children and Adolescents.

The project serves twelve middle schools in the city neighborhoods of Upton; Westport; Curtis Bay; Franklin Square; Milton Montford; Cherry Hill; Sandtown-Winchester; and Middle East. The program focuses on giving sixth to eighth graders the skills to stop dating violence before it begins through a multi-pronged curriculum including teachers, parents and peers.

Preliminary numbers gathered by the health department indicate that 70 percent of Baltimore's middle school students who said they were in a relationship also said they had been victims of dating violence. Baltimore City Health Commissioner Dr. Leana Wen says despite the shockingly high numbers, dating violence is a preventable public health issue that begins with education.

"We know that young people who experience teen dating violence have a higher instance of psychological issues later; they're at higher risk for suicide and also at higher risk for risky sexual behavior and drug and alcohol abuse. So, stopping this issue before it starts and really educating teens about the problem is something we believe is a public health need. Outreach is important," said Dr. Wen.



*The Dating Matters Program is a Centers for Disease Control and Prevention teen dating violence prevention initiative. The program established in 12 city middle schools promotes healthy relationships. (Above) Dating Matters Youth Ambassadors prepare for a movie night at Cherry Hill Elementary/Middle School recently.*

**Courtesy Photo/Johns Hopkins Center for Adolescent Health**

The teens gathered in the conference room at the Hopkins Center for Adolescent Health are part of that outreach. As the communications arm for the Dating Matters Program called i2i, they undergo training before they visit middle schools to spread the word about healthy relationships and warning signs of dating violence. They organize activities including pep rallies, movie nights and whatever it takes to get through to the 11-14 year-olds they are trying to reach. Social media is also a big part of their strategy with daily posts to Twitter and Facebook about relationships.

Aisha Burgess, Interim Director for the Baltimore's Dating Matters program, says the curriculum is designed to encourage all kinds of healthy relationships, not just dating. According to Burgess, one of the best parts of the program is that it gives young people a vocabulary to address their feelings.

"When young people are able to identify what they're feeling, then they're better able to express and communicate it to others without resorting to violence or aggression," Burgess said. "We're teaching them healthy communication should look a certain way and once they start dating they'll know what to expect from their dating partners as well."

At the Center for Adolescent Health, Teen Years Jeopardy continues with group leader Katrina Brooks. Brooks, who is the community relations director for the center, tells the future ambassadors how to explain consent to a middle school student.

"We tell them that consent doesn't happen once. It's

continuous and it's clear. One of the examples that we give is, 'say you let a boy hold your hand. Does that now give him permission to put his arms around you?'" The students reply with a resounding, "no!"

"Or touch your behind?" she continued. "Or kiss you?"—both questions get a unanimous no!

"We use things like that to help middle schoolers understand that just because you give consent for one thing doesn't mean he has access to you or your personal belongings or your personal space without boundaries," Brooks said. "A lot of kids say, 'Oh Miss Trina, I gotta ask every little thing?' The answer is "yes" you have to ask every little thing."

Eleventh grader Zhateael Lawrence has been visiting middle schools as a Youth Brand Ambassador for two years and says it's making a difference in younger students' lives.

"When we talk to middle school kids about how to prevent themselves from being in unhealthy and unsafe relationships and we tell them the signs to look for, sometimes I do think we get through to them," said Lawrence. "Nowadays you see teens on the street doing bad things. You see little girls messing with boys and things like that. I didn't want to be like that. I want to be different and get off the streets and do something good with my life."

For more information about the Dating Matters Program visit: <http://health.baltimorecity.gov/Dating-Matters>.

# Postal Service previews Maya Angelou stamp image

Forever Stamp Image is a painting Resembling a Photograph

Washington, D.C.— The U.S. Postal Service previewed the Dr. Maya Angelou Forever Stamp image on Wednesday, March 4, 2015 and announced that the First-Day-of-Issue stamp dedication ceremony will take place on April 7, 2015 at 11 a.m. at the Warner Theater in Washington, D.C.

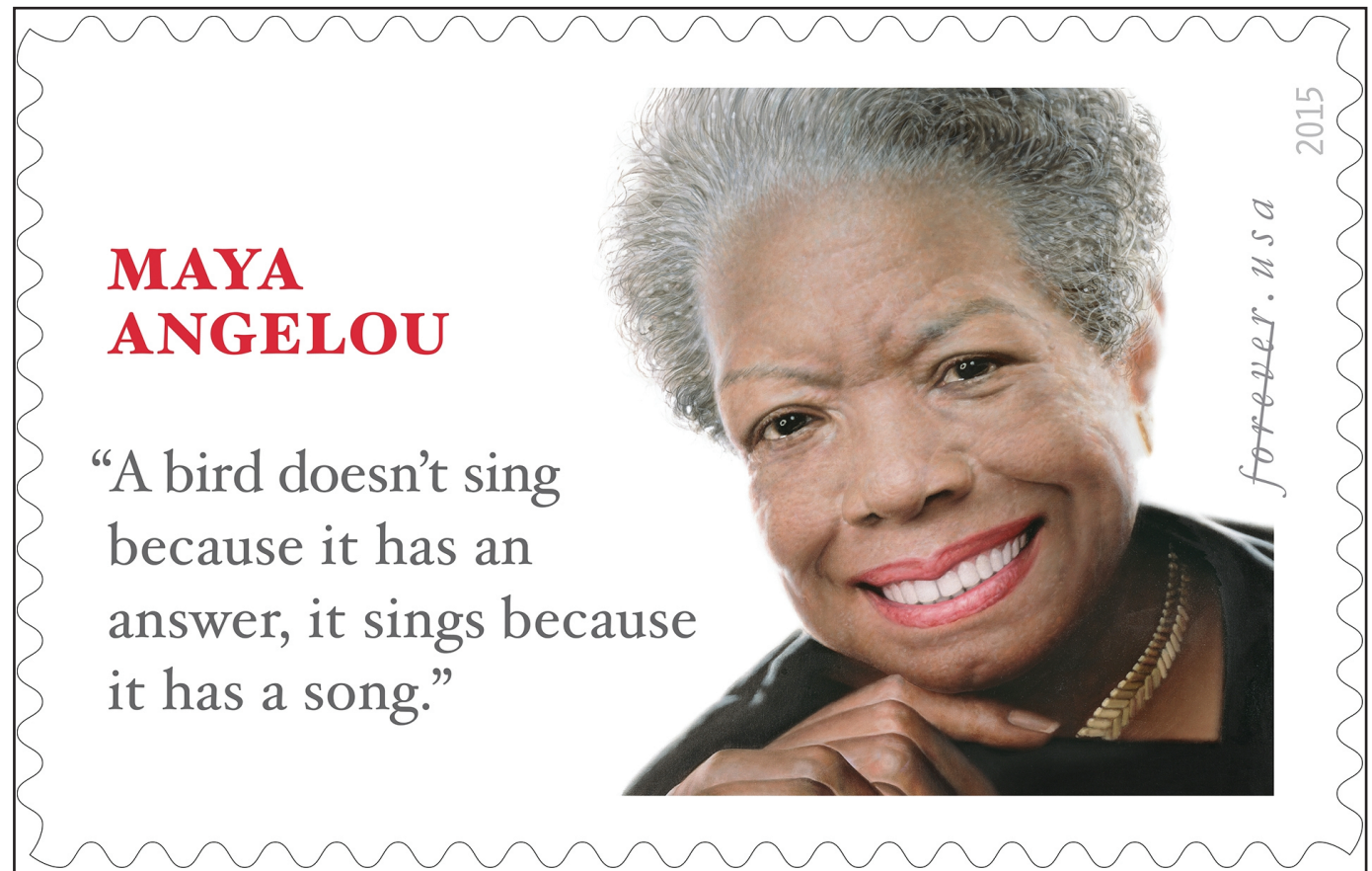
The event is free and open to the public. Seating is limited. The stamps may be pre-ordered now for delivery shortly after April 7, 2015.

As an author, poet, actress, and champion of civil rights, Angelou (1928–2014) was one of the most dynamic voices in 20th-century American literature. The book, “I Know Why the Caged Bird Sings,” an autobiographical account of her childhood, gained wide acclaim for its vivid depiction of African-American life in the South.

The stamp showcases Atlanta-based artist Ross Rossin’s 2013 48” x 48” oil-on-canvas portrait of Angelou. The large hyper-realistic painting is part of the Smithsonian National Portrait Gallery’s collection, where it will be on display through November 1, 2015. The stamp features this quotation by the pioneering author: “A bird doesn’t sing because it has an answer, it sings because it has a song.”

The stamp pane includes a short excerpt from Angelou’s book, “Letter to My Daughter.” It reads: “Try to be a rainbow in someone’s cloud.” Art director Ethel Kessler of Bethesda, Maryland, designed the stamp. Customers are encouraged to use social media to spread the news about the stamp using #MayaForever.

“Like an x-ray,” explained Rossin, “My brush searches beyond the façade, reaching the God particle, the spiritual soul that embodies us all. I see all the subjects of my paintings as humans. All I want to do is paint the truth. My paintings don’t look like photographs; photographs look like my paintings. The objective of my art is to transcend hyperrealism. It is nothing else but a language that ensures the connectivity



between the viewer, creator and the subject of my paintings. My ultimate goal is to bring the invisible energy through to this visible medium.”

“I always wanted to paint Maya as she was a voice that inspired millions— not just as an individual but as a legendary poet and a civil rights icon who transcended generations,” Rossin added. “I was compelled by the challenge to portray her forgiving smile and her aura of unconditional love and understanding that comes across when having a conversation with her.”

Rossin is a good friend of Ambassador Andrew Young, having forged a close personal relationship with the artist since rendering a portrait of Young several years ago, which also hangs in the National Portrait Gallery.

Knowing that Angelou’s birthday was

coming up, he felt the urge to introduce Rossin to her in 2013.

“I applaud the U.S. Postal Service for their decision to honor my beloved friend Maya with a Forever stamp, and for using Rossin’s portrait of her for this perennial image,” said Young. “He is a master portrait artist— a prodigy. It is an honor to be immortalized by his brush stroke.”

“During my visit to her Winston-

midst of her darkness. It is her energy, the God Particle, which struck me. Later that evening, Oprah Winfrey hosted a birthday party for Angelou. This was the critical moment when I saw Maya through the eyes of others. My personal experience around Maya’s aura led to the creation of an intimate yet universal painting, which later Maya enthusiastically approved.”

“This is exactly how I see myself and exactly how I wish to be remembered,” Rossin recalled of Angelou’s reaction to his work.

“I wanted to capture her laughter, her cry and the forgiveness and blessings that came from her face,” he added.

“It is not only her portrait that is bigger than life. It is she herself who is bigger than life. The portrait is evidence of her magic.”

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***“The stamp showcases Atlanta-based artist Ross Rossin’s 2013 48” x 48” oil-on-canvas portrait of Angelou. The large hyper-realistic painting is part of the Smithsonian National Portrait Gallery’s collection, where it will be on display through November 1, 2015.”***

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Salem, N.C. home I spoke with Maya for several hours about her life journey and courage of finding the light in the

portrait that is bigger than life. It is she herself who is bigger than life. The portrait is evidence of her magic.”

# It's now Brandon Williams' turn to anchor Ravens defensive line

By Turrón Davenport

The Baltimore Ravens were very pleased with the progression that second year defensive tackle Brandon Williams made last season. He took over as the zero technique in the Ravens three to four defense. That position was formerly occupied by Haloti Ngata.

The impressive play of Williams last season along with the emergence of rookie defensive tackle Timmy Jernigan allowed the Ravens to trade Ngata to the Detroit Lions. The move was done to save \$8.5 million in salary cap space since Ngata wouldn't restructure his contract to reduce his \$16 million cap number.

Brandon Williams was a third round draft pick for the Ravens in the 2013 NFL Draft. One of the things that he was known for was his upper body strength. Williams is able to do a handstand and walk on his hands despite being 6'1" and 335 pounds. That strength is exactly what allows him to generate inside pressure and push the pocket back into the quarterback's lap. It also allows him to occupy two gaps, which ties up two blockers and allows linebackers C.J. Mosley and Daryl Smith to have a free run at the ball carrier.

Ngata was not in the lineup for four games last season thanks to a suspension for violating the NFL's substance abuse policy. Williams had to team up with Timmy Jernigan and hold down the fort. The Ravens had dismal playoff hopes at that time. Finding out that the team would suffer the loss of Ngata didn't make things seem much better. The Ravens went 3 – 1 in their last four



*Brandon Williams #98 stands with teammates, #97 Timmy Jernigan; #57 C.J. Mosley and #95 Kapron Lewis-Moore before a play against the San Francisco 49ers in a preseason game last year.*

Courtesy Photo/www.baltimoreravens.com

games, all without Ngata. That put them back into playoff contention.

Stepping into the shoes of Haloti Ngata won't be a first time thing. Williams did so well, especially against the run. He became a classic two gapping defensive tackle. The Ravens moved Ngata to the three-technique after Williams took over his old job. The two of them were very disruptive against opposing defenses. Both Williams and Ngata are strong and athletic players that consistently get penetration into the opposition's backfield. Their last victory together was a divisional playoff game against the Pittsburgh Steelers last season in which they dominated the offensive line.

Williams benefited greatly from being able to learn from a veteran like Ngata

during his first two years in the NFL. "The dude is a beast," Williams said of Ngata. "He's Haloti Ngata. I first came here and saw him, I was like, 'That's definitely how you're supposed to look

when you're playing football.' So I definitely look up to him and Chris Canty. Trying to be a pro, trying to eat right, trying to work out, trying to emulate them as much as possible."

There is little doubt that the Ravens will miss the locker room leadership that Ngata brought to the team. Last year was the first time that Haloti Ngata didn't lead the Ravens defensive line in snaps. He finished with 504 snaps, second only to Brandon Williams' 524 snaps. Williams went from only getting eight percent of the defensive line's reps in 2013 to playing the most reps by a defensive lineman in 2014. His 524 snaps last season was the most by a Ravens nose tackle since 2008.

The 2015 season will be the year for Williams to truly step up and become the anchor of the Ravens defensive line. The Ravens may draft an interior defensive linemen to add depth to the roster. They have used early picks in the position in the last two years. The good thing is that they don't have to look for a starter at defensive tackle.

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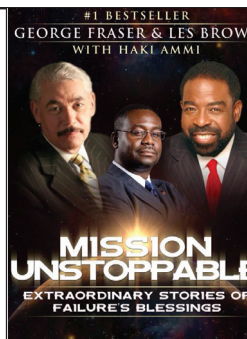
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## Associate Vice President for Student Affairs at MSU selected for White House honor

By Andrea Blackstone

On February 24, 2015, the White House recognized Tanya V. Rush, the Associate Vice President for Student Affairs at Morgan State University (MSU) in Baltimore, as an HBCU Champion of Change. For over thirty years, Rush has served students at MSU, which is also her alma mater. Ten other faculty and staff members who work at Historically Black Colleges and Universities (HBCUs) were also recognized as HBCU Champions of Change during Black History Month.



*Tanya V. Rush*  
Courtesy Photo

According to a press release issued by The White House Office of Communications, "HBCU Champions of Change are honored for their outstanding work to cultivate a rich learning environment and build initiatives that promote post-baccalaureate success."

"For more than a century, HBCUs have been exemplars in producing African American college graduates who lead their fields. A recent article from the National Science Foundation revealed that 21 of the top 50 institutions for producing African American graduates who go on to receive their doctorates in Science and Engineering (S&E) are HBCUs," Heather Foster, Associate Director of the Office of Public Engagement, noted on the Champions of Change White House blog.

As a part of the recognition, The White House live streamed a panel discussion featuring the HBCU Champions of Change. The inaugural event was moderated by E! News co-host and HBCU alum, Terrence Jenkins. Congressmen, guests of honorees and students enrolled at MSU and other institutions were in attendance. Two student leaders reportedly nominated the woman known on Morgan's campus as "Mama Rush."

"I was just grateful for the nomination," Rush said, "I felt as if I could represent my Morgan family, and the community in which I serve, because I realize that it is never about me. It's just the ability to represent those that I serve with. It was overwhelming and a little emotional, when I looked at the other honorees and heard their contributions," Rush said.

In her position, Rush represents the Vice President for Student Affairs in various capacities and special projects. She works to facilitate the successful matriculation of students, by helping to address their co-curricular needs, including financial assistance, residence life, student activities and governance, recreation, spiritual growth and development and student health. The HBCU Champion of Change is aware that some MSU students who study and live far away from home may need support and someone to hold them accountable.

"At Morgan, I am a member of a family and a community that endeavors to tie together the various life aspects and academics to support fulfillment of the entire person. We realize that failure to do so can result in students' academic achievement being compromised by a breakdown in other key life aspects," Rush said. "I do believe that at an HBCU there is something different about the commitment and the support that is provided. We hug them. We give them a high five. You have faculty, staff and students and even our director of public relations who are willing to take the time to maintain an open door policy."

Rush remarked that she feels blessed to have cultivated and maintained life-long relationships with generations of her students. "Some students do not need Mama Rush's brand of nurturing but many do. Even if they don't need it, they get it anyway; it's who I am and I see no reason to change now. It's an investment in the future!" Rush said on the White House blog.

To learn more about the HBCU Champions of Change, visit [www.whitehouse.gov/champions](http://www.whitehouse.gov/champions).

# Life in Baltimore: Weaving the Stories of Women's Lives

By Brenda Bowe-Johnson

*Part I: "Weaving the Stories of Women's Lives" is the 2015 Theme of National Women's History Month which is quite an appropriate theme for this group of women who are being honored. The stories of women's lives and their choices encourages girls and young women to think bigger and bolder. Knowing women's achievements challenge stereotypes and upends social assumptions about who women are and what women can accomplish today. Though women are in key positions in politics, CEO's of companies, and leaders in the communities, there are still many issues to be addressed which affect the daily lives of girls and young women. It is imperative that women continue to strive for excellence and share their stories with others.*

These ladies, all of whom graduated from schools in Baltimore, then graduated universities, and chose careers which led them back to their hometown. They are business owners, entrepreneurs, educators, attorneys, mothers and volunteers in the Baltimore community.

**Pamela King-Smith and Kara King-Bess**, both Certified Public Accountants, are the daughters of the late Benjamin L. King and Gloria W. King. Upon passing the Certified Public Accountant exam in 1957, Benjamin L. King opened his CPA firm in Baltimore. He developed his practice using contacts from his fraternity, Kappa Alpha Psi, and by networking with other African American businesses. In 1958 he partnered with Arthur Reynolds, the second African American to pass the exam in Maryland, and the firm became King, Reynolds & Co. Over the years the name has changed with various partners and is now known as King, King & Associates, PA. with siblings Pamela King Smith, Kara King Bess and Anthony G. King as owners.

Pamela King Smith graduated from Western High School, Virginia State University, with a BS in accounting and a MS in Taxation, University of Baltimore. Pamela states, "I followed in my father's footsteps and chose a career in accounting. He was the first African American in the State of Maryland to pass the CPA exam. He was an entrepreneur and I gained valuable experience working alongside him over the years. I liked the idea of working in a family business and being able to help others achieve their business goals." She is a member of the National Association of Black Accountants, the American Institute of Certified Public Accountants, the Maryland Association of Certified Public Accountants and Rho Xi Omega Chapter of Alpha Kappa Alpha Sorority, Inc.

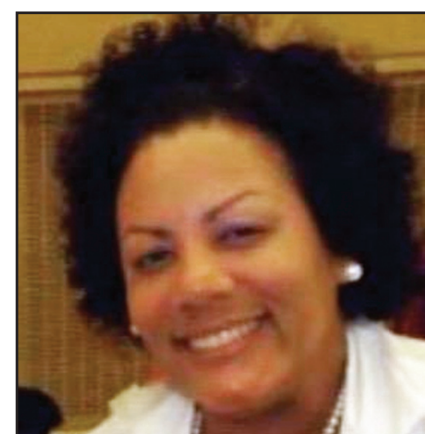
Kara King Bess graduated from Western High School, Virginia State University,



**Pamela King-Smith**



**Kara King-Bess**



**Cassandra D. Burnett**

with a BS in accounting and a MBA from Columbia University. She too, wanted a career in the family business. She is a member of the National Association of Black Accountants and Rho Xi Omega Chapter of Alpha Kappa Alpha Sorority, Inc. In addition, she is on the Board of Directors of the Greater Baltimore Medical Center and AAA Mid-Atlantic.

Kara states, "To whom much is given, much is expected. I understand this to mean that I must return the blessings I have been given. I do this by giving back to the community in which I was raised, the community in which I was educated, and the community in which I currently work."

King, King & Associates is a full service accounting and management consulting firm providing services such as tax preparation & defense, auditing, accounting and business advisory services. Over the past twenty-four years, the Kings can be seen during the tax season with "Tax Questions" on WBALTV-11. The office is located at 124 Slade Avenue.

Another young woman who has followed in her father's footsteps is Dr. **Cassandra D. Burnett**, general dentist. Dr. Burnett is the daughter of Dr. Sidney O. Burnett and Mrs. Faye V. Burnett. She graduated from Western High School, Towson State University and

Howard University College of Dentistry. Currently Dr. Burnett practices dentistry in the city of Baltimore. She is on the faculty at the University of Maryland, School of Dentistry in the PLUS clinic treating those individuals who are infected with the HIV/AIDS virus. Dr. Burnett states, "Dentistry is a second career for me. My career began as a Community Health Educator which was rewarding, however, I believed I could expand my reach of helping the community outside of just educating them about the importance of healthcare, but treating their ailments in hoping to make them a whole and healthier person. Oral healthcare, which is many times overlooked, affects the entire body and is an extremely important part of the overall health and wellbeing of a human being. Treating patient's oral needs and seeing how it improves other areas of their health, appearance, and life is truly gratifying."

Dr. Burnett has memberships in the American Dental Association, Maryland State Dental Association, Baltimore City Dental Association, and Maryland Dental Societies. She is also a member of Rho Xi Omega Chapter, Alpha Kappa Alpha Sorority, Inc. in which she participates on committees that volunteer

throughout the city and metropolitan area to help those persons less fortunate, provide scholarships to deserving students attending higher level educational institutions, and to improve the community as a whole. The quotation Dr. Cassandra Burnett lives by "If I can help somebody as I travel along the way, then my living shall not be in vain."

A full time Real Estate professional serving Baltimore and the surrounding counties is **Damaine Hurtt Cain**, daughter of the late Preston T. Hurtt and Mrs. Yvonne (Hurtt) Moten. She graduated from Western High School and University of Maryland Baltimore County with a Bachelor of Science degree in Information Systems Management. After working as a marketing analyst for a Fortune 500 company in Chicago, Damaine obtained a MBA from the University of Pittsburgh, Katz Graduate School of Business. After years in corporate America and while her children were young, she pursued real estate investing, and enjoying real estate and helping people. Currently, as a business professional with a vast knowledge of business and marketing, Damaine has the privilege of educating first time home buyers, and helping many clients purchase and sell homes.

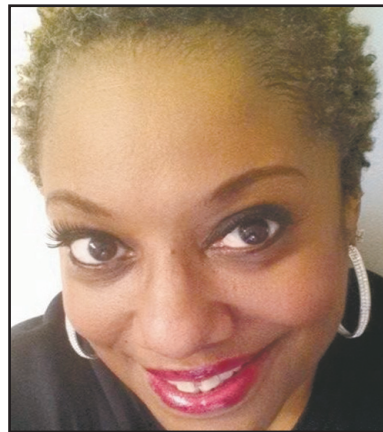


**Damaine Hurtt Cain**

Damiane is a member of Alpha Kappa Alpha Sorority, Inc. She is also a long-time member of New Psalmist Baptist Church. She is a wife and mother of two teenagers and very actively involved in her children's schools and athletic clubs. Damiane's quote to live by is "Faith is taking the first step even when you don't see the whole staircase." Martin Luther King, Jr.

**Judith L. Fitzgerald** graduated from Western High School, Lincoln University, Magna Cum Laude, with a major in Political Science and minor in Journalism, and Boston College Law School. She is the daughter of Franklin and Betty Fitzgerald. After graduating from law school, Ms Fitzgerald became the first black woman to clerk for Chief Justice Robert I.H. Hammerman of the Baltimore City Circuit Court. Later she began working at the Department of Housing and Urban Development in the Attorney Honors Program. Wanting to pursue a career in litigation, she became an Associate at the law firm of the late Robert Phillip Thompson, then ventured out on her own and opened the Law Offices of Judith L. Fitzgerald. Soon after she became Assistant Attorney General for the State of Maryland for several years. Ms. Fitzgerald left Baltimore for Atlanta, Georgia where she was Senior Counsel for the Atlanta Housing Authority and General Counsel for Tycor Real Estate Development.

In 2004 after the birth of her son, Gary, she decided it was time to return to the Baltimore area. It was his birth that prompted her "purpose" and that is education. She began teaching law at Baltimore City Community College, and then joined the faculty at Bowie State University



**Judith L. Fitzgerald**

in the Criminal Justice Department. While at Bowie, she was also Program Director/Principal Investigator for the MAC-CAE (National Intelligence Studies). This program was the recipient of a \$1.8 M grant in which she assisted in writing with Morgan State University. In addition, she did curriculum development as well as a new Criminal Justice program at Bowie and later became an adjunct professor in Criminal Law. Ms. Fitzgerald had a strong desire to teach in an advanced degree program which has led her to the faculty at Walden University where she currently teach in the Master's Program for Non-Profit Management, the Doctoral Program for Public Policy and Administration. While teaching at Walden University, she is pursuing a Ph.D. in Criminal Justice with a Specialization in Law and Public Policy.

**Tracey M. Barbour- Gillett** was just named as one of The Daily Records Maryland's Top 100 Women 2015. She is an amazing women who graduated from Western High School, American University and the University of Baltimore with a Masters in Public Administration. She is the daughter of the late Joseph H. Barbour and Gwendolyn H. Barbour. Mrs. Barbour-Gillett has worked with or for nonprofit organizations throughout the course of her 22 year career. Much of her work has focused on nonprofit sustainability and on access to capital and community development/neighborhood revitalization issues. She believes that nonprofit organizations provide critical services and support in our communities, and that many people who work in this field are committed to making a difference. Her



**Tracey M. Barbour- Gillett**

work in philanthropy has spanned 11 years which has given expertise in how foundations can provide critical support beyond grant dollars to support the work of nonprofit organizations.

Mrs. Barbour-Gillett chose this career because of her first work experiences and internships during college in Washington, DC, where there were always opportunities to work at nonprofits and community based organizations. She found the intersection between her interest in public policy and the desire to help people was most impact through 501©3 organizations. Mrs. Barbour-Gillett works for the Abell Foundation. Her affiliations include : President, Rho Xi Omega Chapter of Alpha Kappa Alpha Sorority, Inc. 2013 to present ; the Board of Directors, AIDS Interfaith Residential Services, Association of Baltimore Area Grantmakers-Baltimore Integration Partnership, Local Purchasing/Small Business Development Committee, 2014-2015; the Association of Baltimore Area Grantmakers- Neighborhood and Community Development Affinity Group, 2014; Baltimore Homeowners Preservation Coalition, Chair, 2012-2015 and the Cultured Pearls of Service, Inc., Board Member, 2013-2015.

**E. Francine Stokes McElveen**, a native Baltimorean serves as General Counsel for Coppin State University. She is the daughter of Robert and Alice Coleman and mother of four lovely adult children and three beautiful grandchildren. She is a graduate of Frederick Douglass Senior High School, received a Bachelor of Science Degree in mathematics from Morgan State University, obtained a Master of Science Degree



**E. Francine Stokes McElveen,**

from the Johns Hopkins University; and then earned a Juris Doctorate Degree from the University Of Baltimore, School of Law. Since graduating law school, she has held numerous positions in the law to include:

Law clerk to Judge Robert Bell, former Chief Judge of the Maryland Court Of Appeals, attorney with the States' Attorney's Office for Baltimore City, Special Assistant to the President of Morgan State University for Government Relations which has led to her current position as General Counsel for Coppin.

With a deep commitment to help others resolve conflicts and challenge inequities that are witnessed each and every day, Mrs. Stokes McElveen chose a career in law. She seeks to instill in others the resolve not to accept complacency but to voice dissatisfaction and to seek resolutions.

Over the years, she has been committed to serving others through community service. She is a former member of Boards of Directors for American Red Cross, Central Maryland Chapter, the National American Red Cross, Maryland Volunteer Lawyers Services the Johns Hopkins Club and the United States Food and Drug Administration, and Gastroenterology and Urology Panel. Other organization affiliations are President, Epsilon Omega Chapter, Alpha Kappa Alpha Sorority, Incorporated, and the Baltimore Chapter of the Links, Incorporated and the Baltimore Chapter of the Sophisticates, Incorporated. One of her favorite quotations is the words of Maya Angelou. "I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel."

# 'Other Annapolis' photo collection offers lessons in 'colored' history

By Andrea Blackstone

What was life like for "colored" people in Annapolis and other parts of Anne Arundel County? Errol Brown, a second-generation historian, can provide an in-depth analysis about people like Wesley A. Brown—the first black Naval Academy graduate. A photo mounted on a wall at American Legion Cook-Pinkney Post No. 141, located at 1707 Forest Drive in Annapolis tells a visual story of the midshipman's graduation day. Errol explained that when James Brown performed at Carr's Beach in 1965, he rode into Annapolis in a convoy of five pink Cadillac limousines. The performer reportedly drew a record crowd.

Errol, 71, provides insight about living in the other Annapolis during previous times. The Ellicott City resident offers a plethora of history lessons through his exhibit, "The Other Annapolis." The exhibit chronicles the lives of "colored" people and is open to the public at the American Legion Cook-Pinkney Post No. 141 through the end of June.

Vintage photos before the civil rights movement up to the present time are showcased. Many of the photos in the exhibit were taken by "colored" photographer, Thomas (Tommy) Baden. Additionally, books and collectibles are scattered around tables for review. These items provide additional information about Maryland's "colored" heroes, local residents and notable landmarks like Wiley H. Bates High School.

"It's an exhibit of "The Other Annapolis" collection. What we do is a time tunnel. We start with Benjamin Banneker. He was one of our oldest Maryland heroes," Errol said, pointing toward information about Banneker, during his guided tour.

Stories that Errol shared highlight the accomplishments and resilience of nationally and locally known changemakers. A portion of the photos displayed are from the late Lulu Hardesty's collection. Others came from Errol's personal collection that he inherited from his parents, the late Rachel Hall Brown and the late Philip Brown.

"They collected all of their lives. Each one of them lived to be one hundred years old and they were married 77 years. They taught school for a combined 85 years. They kept everything. They were keepers," Errol said.

Like his parents who made notable contributions in education, Errol is a trailblazer. At 18 years old, he enlisted in the U.S. Army. He later worked in the airline and insurance industries. The entrepreneur started his own transportation business. Errol was the first black person to own a messenger/courier service and limousine business in Columbia, Maryland in the 1970s. Exhibiting cars along with information was a hobby that helped the industrious veteran to utilize his skills a his-



**Errol Brown holds a copy of the booklet, "Researches, Sayings and Life of Wiley H. Bates," first published in 1928. Brown's late father republished Bates' book, which is a part of the exhibit "The Other Annapolis," running until the end of June at the American Legion Cook-Pinkney Post No. 141, located at 1707 Forest Drive in Annapolis.**  
Photos: Andrea Blackstone

torian. Errol served as president of the Banneker-Douglass Museum Foundation, the president of the Friends of the Banneker-Douglass Museum and is a founder of the Blacks of the Chesapeake Foundation.

"When my mother began to get older, and she was part of the Banneker-Douglass Museum, she brought me in the museum to help. After I got into it I fell in love with it," Errol said. "Growing up with my mother, father and teachers exposed me to black history. Loving our history came to me naturally."

The late Philip Brown is the author of "The Other Annapolis: 1900-1950." Errol republished the book in 2011. The memorial edition is available for sale at the American Legion Cook-Pinkney Post No. 141.

"I usually let people browse on their own. As they

browse, they usually come back and ask, 'What is this?' A lot of them come back and want to buy the book, "The Other Annapolis.""

Some Annapolitans purchase soul food dinners at the American Legion Cook-Pinkney Post No. 141 on Fridays. While there, many have taken a look at Errol's exhibit.

"I love the pictures. I see some people that I know. The exhibit is great. It is good for the community. It is good for this town," Larry Edwards, an Annapolis resident and member of the American Legion Cook-Pinkney Post No. 141 said.

A part of the American Legion's mission is to support the community and children. Visitors of all ages are invited to view the exhibit, which is open from 3 p.m. to 11 p.m. Tuesday to Thursday and Saturday. Friday hours are from noon to 11 p.m. To view the exhibit by appointment, contact Errol Brown at 443-995-4571.



# Md. mother, daughter duo inspire women and girls to achieve dreams

By Andrea Blackstone

Cheryl Wood, an international speaker, business coach, author and empowerment champion was selected to receive a 2015 Mother of Achievement Award from American Mothers, Inc. Wood is based in Prince Georges County, Maryland but has spoken all over the country and the Bahamas teaching women how to grow a successful and sustainable business. The award reportedly recognizes “outstanding women whose positive influences, talents and community service has made a significant impact in the lives of children and families.” The mother of three, who also speaks to girls about leadership, has won numerous awards, including the 2013 Willie Jolley Motivational Speaker Award.

“The work I do with women and girls empowers them to walk into their greatness. My target audience is women in business in those first five years of trying to learn how to clarify their message and who they want to serve,” Wood said.

Wood has made impressive strides in her field since 2009, when she once worked as a legal secretary. Like many working mothers, each weekday morning she dropped her children off at before care at six o’clock in the morning and did not see them again until the evening.

“I felt like I never saw my own kids, and when I did see them, I felt like I gave them the worse parts of me,” Wood said.

A desire to try something different led Wood to start a t-shirt business called “Moms R The Best,” which became a part-time venture. Slogans printed on the t-shirts were aimed at empowering and uplifting mothers. The latter part of 2010, Wood was invited to speak at an annual women’s conference that was held at Morgan State University. The event was structured to teach other mothers how to start their own businesses. Wood had not previously spoken to a public audience.

“After I did that, I knew that this is what I was supposed to be doing. Since then I have been growing the speaking business,” Wood said. “I felt fulfilled and I felt like I helped other people. That was the thing that I think was missing from my life.”



**Cheryl Wood is an empowerment champion, fearless mompreneur, speaker, author and coach who teaches other women how to grow a successful and sustainable business. She was recently selected to receive a 2015 Mother of Achievement Award from American Mothers, Inc.**  
Courtesy Photos

Although the mompreneur left her 15-year career behind, Wood did not immediately land paid speaking engagements.

While perfecting her craft, she was willing to speak to audiences as few as two people. “You have to believe in your value first to present it confidently to get paid what you are worth. I didn’t have the confidence, because I came from a legal background,” Wood said. “For the whole first year that I spoke, I spoke for free. I considered it as my year of experience and exposure. I know that experience and exposure will eventually lead you to profit.”

Others began to notice Wood’s speaking talent. Booking requests began to include corporate conferences and events.

“The audiences started to be larger and more influential, then the journey started to grow to another level,” Wood said joyfully.

Wood travels often but maintains a healthy work-family balance. She takes her family with her whenever she can, or she flies home the same day she speaks in other cities. The thought leader inspired her daughter, Jayana Wood, to follow in her footsteps. Jayana wrote her book, “Opening My Imagination,” at the

age of nine. The 11-year-old has already been featured as a keynote speaker at three events.

“My mother had written three books and she inspired lots of adults to do what they wanted to do in life, and so I wrote my book to inspire kids to do what they wanted to do at a young age. They don’t have to wait until they are an adult or older,” Jayana said. “I think I am learning that it is hard work. You can’t just sit down and think it is going to come to you. You have to get up and work hard for what you want to achieve in life.”

Jayana and Cheryl were hired to speak at a mother/daughter retreat in Atlanta, Georgia on April 24-25, 2015. Additionally, Jayana is currently working on her second book. On June 27, 2015, her mother will release an anthology that includes stories of 25 women from across the country called “The Fearless Living Experience.” Cheryl’s radio show, Play Time Is Over, features business guests. It streams live online via [www.listenvisionlive.com](http://www.listenvisionlive.com) every Tues. from 2-3 p.m. EST. Visit [www.cherylempowers.com](http://www.cherylempowers.com) for more information.



**Jayana Wood and Cheryl Wood are a mother and daughter team who work in business together. They are passionate about encouraging girls and women to embrace their dreams confidently. The entrepreneurs will be keynote speakers in Atlanta, Georgia on April 24-25, 2015.**

# Rambling Rose

Live Entertainment  
at the American Legion Post #263



Rosa Pryor Trusty

Hello everyone, I hope everything is well with you. While you are reading my column this week, I am onboard a cruise ship heading to Panama, Aruba, St. Maarten and a few other exotic places with warmer weather. I wish I could bring all of you with me. But, while I am gone, you have fun and keep warm. Hopefully when I return on March 29th there will be sunshine and no snow.

In the meantime let me tell you about my buddy, Carlos Hutchins and the live entertainment he is producing at the American Legion Post #263, located at 151 Winters Lane in Catonsville, Maryland from 5 p.m. to 9 p.m. every second and fourth Tuesday of the month—March 10 and March 24 this month. The kitchen is always open and the food is delicious. Carlos is booking some of the top bands, musicians and singers to entertain you while you support the American Legion and what it means to the community.

Okay, this next event is a little out of my area of interest and expertise, but I know many of my readers are historians and love this type of thing. I am talking about an exhibit at the Central Branch of the Pratt Library called, “The Amazing Race: The Atlantic Slave Trade through the Pages of Book Art.” It is a traveling exhibit about the transatlantic slave trade spotlighting certain aspects of the slave trade through art now thru May 31. The exhibit exemplifies the extraordinary strength, courage, and grace of the people and their descendants who survived this African diaspora to become valuable productive citizens of the Americas. This book arts exhibit is designed and created by Martha H. Edgerton (Bookbinder, Book and Paper Conservator, and Book & Paper Crafter) who has practiced these professions for over 35 years both in private practice and at major learning institutions including Enoch Pratt. Guest artist Linnette Copeland has practiced

bookbinding and book restoration for over 30 years at the Pratt Library. For more information about the exhibit, contact Vivian Fisher at 410-361-9288 or email: [vfisher@prattlibrary.org](mailto:vfisher@prattlibrary.org).

Blues Alley in Washington, D.C. has an interesting line up this weekend. Guitarist Peter White will be performing at this popular jazz restaurant and nightclub March 13-15. Show times are 8 p.m. and 10 p.m. all three nights. For ticket information, call 202-337-4141.

Get a jump on your calendar for the next week! Also coming up is Mike Binsky’s Jazz Show on Friday, March 20 at 8 p.m. headlining award-winning trombonist Steve Davis featuring Allyn Johnson on piano, Paul Carr on saxophone, Steve Novosel on bass and John Lamkin III on drums at An die Musik Live! located at 409 N. Charles Street on the second floor. For ticket information, call 410-385-2638.

The Casey Cares Foundation is having its 15th Anniversary Gala on March 21, from 6-11 p.m. at the American Visionary Art Museum featuring a cocktail hour with live jazz, seated dinner, premium open bar, dancing, auctions, raffles and much more. Proceeds from the event benefit the Casey Cares Foundation’s programs for critically ill children and their families. For more information, call 443-568-0064.

Okay, my dear friends, I have to go. My “Boo-Boo” and I with my Son, Keith and his wife Lisa are about to aboard this gorgeous cruise ship in Tampa Fl. Mannnnnnnnnnnn! I can’t wait to be pampered like a sheep dog in Hollywood. Now my friends, even though I will be away, my columns will keep you up to date. In the mean time you can still send me your flyers, notes and press releases to [rosapryor@aol.com](mailto:rosapryor@aol.com). Or call me at 410-833-9474. UNTIL THE NEXT TIME, I’M MUSICLLY YOURS.



*Jazz Expressways Foundation Jazz Breakfast is highly supported by jazz lovers all over the city. They will host their Annual Jazz Breakfast on Saturday, March 14, from 10 a.m. until 2 p.m. with live entertainment by Charles Arnette Quartet. Ticket includes a full breakfast buffet and it is BYOB at the Forest Park Senior Center, 4801 Liberty Road. For more information, call 410-532-8536.*



*Nomads Van Club of Baltimore will host their 42nd Anniversary Bull & Oyster Roast, Saturday, March 14 from 8 a.m. until 12 a.m. with open bar at Martin’s Eastwind, 9000 Pulaski Highway in Baltimore. This event is also Semi-formal. For more information, call SWAT at 410-367-7952.*

*John Lamkin Favorites Quintet with his wife Eartha Lamkin on vocal will be performing at Blues Alley, 1073 Wisconsin Avenue, NW, Washington, DC on March 16, 8 p.m. Musicians includes Bob Butta, on piano, Romeir Mendez on bass, Craig Alston on Sax and John Lamkin II, Trumpet and Flugelhorn. For ticket information, call 202-337-4141.*



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**2 \$4**  
FOR

**3<sup>49</sup>**  
EA **MVP**

4 Pack - Select Varieties  
**Dannon Greek Yogurt**  
Without MVP Card \$4.49 EA

**2 \$4**  
FOR **MVP**

4 Pack - Select Varieties  
**Del Monte Fruit Cups**  
Without MVP Card \$2.29 EA

**2 \$5**  
FOR **MVP**

10.8-13.1 Oz. - Select Varieties  
**Kellogg's Special K Cereal**  
Without MVP Card \$3.59 EA

**4<sup>99</sup>**  
EA **MVP**

6-8 Rolls Paper Towels  
**Sparkle**  
12 Double Rolls Bath Tissue  
**Angel Soft**  
Without MVP Card Regular Retail

**2 \$4**  
FOR **MVP**

5-10.88 Oz. - Select Varieties  
**Lean Cuisine Culinary Collection**  
Without MVP Card \$2.99 EA

**2 \$5**  
FOR **MVP**

6-8 Oz. - Select Varieties  
**Cabot Chunk or Kraft Shredded Cheese**  
Without MVP Card Regular Retail

**4 \$5**  
FOR **MVP**

4.4-12.2 Oz. - Select Varieties  
**Hamburger or Chicken Helper**  
Without MVP Card 2/\$4

**3<sup>99</sup>**  
LB **MVP**

Yellow or White  
**Food Lion Fresh Deli American or Hot Pepper Cheese**  
Without MVP Card \$4.99 LB

**5<sup>99</sup>**  
EA **MVP**

122.5-150 Oz. - Select Varieties  
**Arm & Hammer Liquid Laundry Detergent**  
Without MVP Card \$8.79 EA

**Shoot, Score**  
**SAVE**

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**9-13.7 Oz. - Select Varieties**  
**Sunshine Cheez-It Crackers**  
Without MVP Card \$3.99 EA  
Limit 2 Free

**2 \$10**  
FOR **MVP**

8 Pack - 20 Oz. Bottles - Select Varieties  
**Gatorade**  
Without MVP Card \$6.99 EA

**4<sup>99</sup>**  
EA **MVP**

18.3-33.3 Oz. - Select Varieties  
**DiGiorno 12" Pizza**  
Without MVP Card \$6.19 EA

**2 \$6**  
FOR **MVP**

40 Ct. - 19.8 Oz. - Select Varieties  
**Totino's Pizza Rolls**  
Without MVP Card \$3.79 EA

**10-10.5 Oz. - Select Varieties**  
**Lay's Family Size Potato Chips**  
Without MVP Card \$4.29 EA  
Limit 2 Free

# Indie Soul: Baltimore welcomes back CAA Tournament

## Northeastern University vs. William & Mary

Baltimore welcomed the return of the Colonial Athletic Association Tournament Championship (CAA) Tournament March 6-March 9, 2015 to the Royal Farms Arena. There were some wonderful and exciting games over the weekend. On Monday night, Northeastern University took on William & Mary for a chance at being crowned tournament winners and a chance to play in the NCAA Tournament.

Northeastern got off to a blazing start with help from the eventual MVP Quincy Ford who scored a game high 22 points on 8-of-10 shooting. William & Mary really had no answer for Ford who was the go to guy when his team needed a score. At one point Northeastern jumped out to a 22 point lead before William & Mary made a 16-0 run with a little over three minutes left in the game, but time was not on their side. William and Mary Coach Tony Shaver had nothing but praise for his team and the newly crowned champs. "I love our guys. We put up a heck of a fight," he said. "We just didn't play the

way we needed to play for the first 40 minutes. I tell you what, that team (Northeastern), is a great ball club and very well coached. We just lost to a better team."

Northeastern won it's first title since 1991. Northeastern Coach Bill Coen said, "I told my team if they play together they could win. William & Mary is a very explosive team and we just had to withstand their run." Northeastern guard David Walker added, "Coach has told us all year to just play like a team, trust one another and we could."

The CAA has one more year left in its contract with the City of Baltimore. "We love coming to Baltimore. The Arena is a great facility and I can't wait to come back," said Coach Walker.

Over 5000 people attended Monday night's game.

*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*



Northeastern University celebrates winning the CAA Tournament and making it to the NCAA Tournament. Photo: Phinisse Demps

## Indie Soul Entrepreneur of the Week: Tula Mae & Speakerbox Magazine

By Phinisse Demps

This week's Indie Soul Entrepreneur of the Week is the talented and passionate publisher of Speakerbox Magazine Tula Mae Speakerbox Magazine. Tula Mae is one of the best when it comes to getting the word out about artists and showcasing their talent in the Baltimore area.

Her magazine, Speakerbox Magazine (<http://speakerboxmagazine.com>) is an online publication specifically designed to showcase the underground talent of artists. They can be singers, hip-hop artists, or poets. As long as you are authentic and true to being a real artist, Tula Mae has your back. One of the greatest assets Indie Soul loves about Mae, is her incredible wisdom and knowledge that she is always willing to share with up and coming artists. If you don't want to hear the truth, then don't

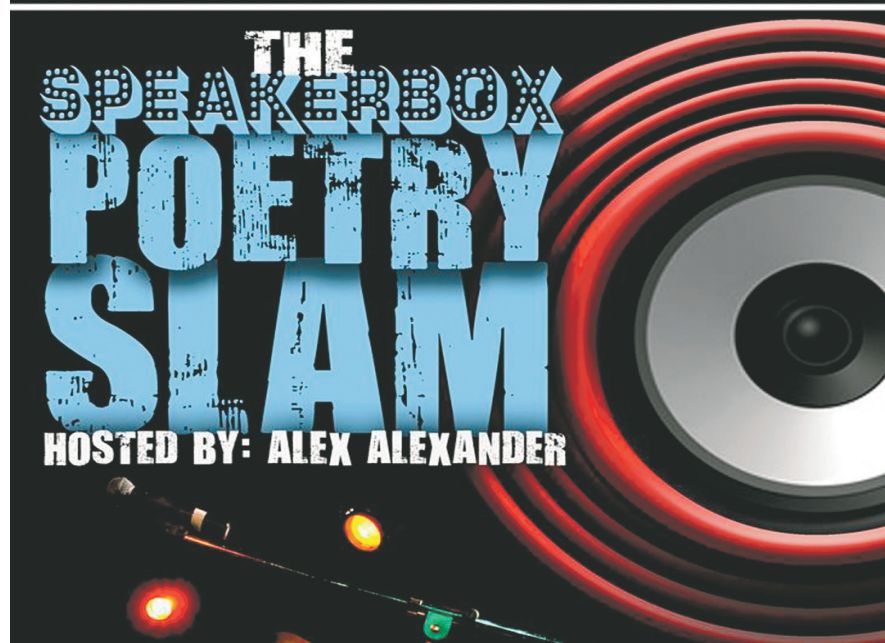
ask, because Tula Mae is all about being true to the music and the music scene here in Baltimore. She hosts music showcases in the Charles Village area where you can see and hear artists like Jonathan Gilmore and Ama Chandra. Mae is always looking for that next artist.

In April, in honor of National Poetry Month, Speakerbox Magazine presents The Speakerbox Poetry Slam! which will be held at the Living Well located at 2443 N. Charles Street in Baltimore. This event will feature special guest Taalam Acey.

Tula Mae is always doing something positive for the arts! That is why Speakerbox Magazine publisher Tula Mae is the Entrepreneur of the Week.

To reach Tula Mae and Speakerbox magazine, visit the website or Facebook:

ON THE RISE: A LIVE PERFORMANCE SERIES PRESENTS





## Indie Soul Book Review:

### 'The Half That's Never Been Told'

By Phinessa Demps

Sometimes when books come to Indie Soul, they sit on the desk for a few weeks before they are read. Every once in a while, once the book is opened, we find a gem!

This week's review is about such a book, which is about a Jewish guy from Washington D.C. who comes to love, record and influence reggae music for many decades.

In the book, "The Half That's Never Been Told," by Doctor Dread, born Gary Himelfarb, the reader gets to know Doctor Dread and will read about his life experiences, his recording company RAS (Real Authentic Sound) and his influences on Reggae music in general.

Real music heads will truly enjoy this book. Indie Soul advocates for independent artists particularly when it comes to the selling and distribution of their music, so it was hard not to feel a sense of satisfaction when reading how Doctor Dread started his record label and how he was able to do it his own way.

The list of artists who have worked with Doctor Dread reads like a who's who of Reggae Music, including: Inner Circle, Junior Reid, Black Uhuru, The Wailers, and many others.

For anyone who is a fan of Reggae music, this book is a must-have to add their Reggae music collection.



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## Nominate a changemaker working to reduce violence in Baltimore

Baltimore—Violence is a public health issue because it has an enormous impact on the health and wellness of individuals; especially youth. In celebration of the upcoming National Youth Violence Prevention Week (March 23-27), the Baltimore City Health Department is recognizing Baltimorephosis CHANGEMAKERS. Baltimore city is looking for adults and youth ages 12-18 who are making a difference by reducing violence in their community or school. Winners will be recognized in a ceremony during Youth Violence Prevention Week.

The Office of Youth Violence Prevention is dedicated to combating the epidemic of violence among our city's young people through innovative public health programming and policy initiatives. The office houses three programs exclusively within BCHD: Operation Safe Kids, Safe Streets, and Dating Matters. In addition, we work closely with community stakeholders, state and local agencies, and public health experts on both our own programs and on citywide anti-violence initiatives.

The nomination deadline is Tuesday, March 17, 2015. For more information visit: <http://tinyurl.com/p5ju97n>.

# Take five for your kidneys during National Kidney Month

Lutherville, Md.— March is National Kidney Month and the National Kidney Foundation is calling on all Americans to take five healthy steps for their kidneys.

The kidneys are the body's chemical factories, filtering waste and performing vital functions that control things like red blood cell production and blood pressure. But over time, the kidneys can become damaged with little or no physical symptoms to warn you that your kidneys are in trouble.

"Kidney disease is much more common than you may think. If you have diabetes, hypertension or a family history of kidney disease, you may be one of the 26 million American adults that have chronic kidney disease," said Dr. Sumeska Thavarajah, a n assistant professor, Department of Nephrology at Johns Hopkins School of Medicine and chair of the Medical Advisory Board for the National Kidney Foundation of Maryland.

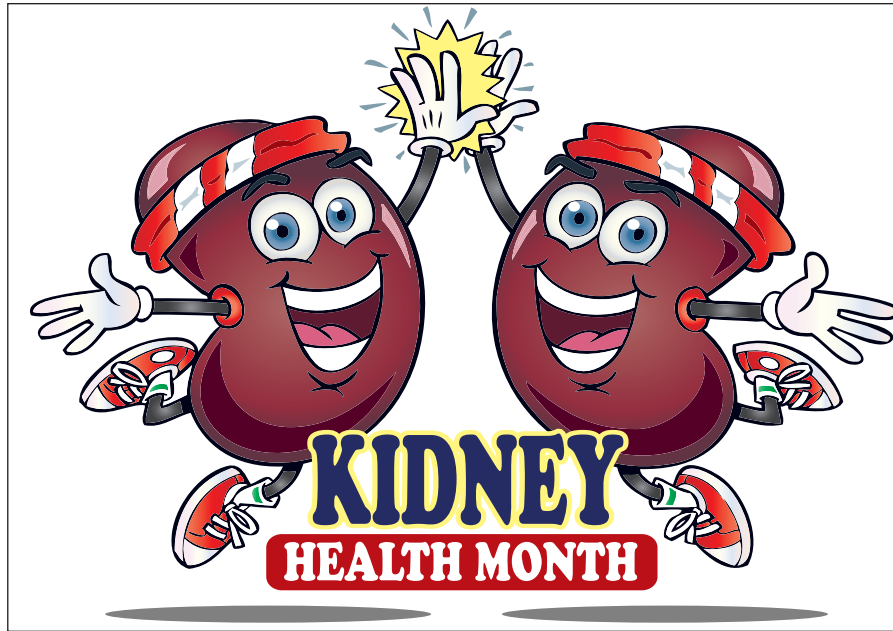
"Getting routine testing if you are at risk for kidney disease, eating a diet that is low in fat, sodium and sugar, and avoiding chronic use of medications like NSAIDs are all things you can do to help manage your risk of kidney disease," Dr. Thavarajah added.

All Americans can do five simple things to protect their kidneys:

**1. Get Tested!** Ask your doctor for an ACR urine test or a GFR blood test annually if you have diabetes, high blood pressure, are over age 60, or have a family history of kidney failure. Get screened for free through the National Kidney Foundation's KEEP Healthy program by visiting [www.kidney.org](http://www.kidney.org).

**2. Reduce NSAIDs.** Over the counter pain medicines, such as NSAIDs (nonsteroidal anti-inflammatory drugs), may alleviate your aches and pains, but they can harm the kidneys, especially if you already have kidney disease. Reduce your regular use of NSAIDs and never go over the recommended dosage.

**3. Cut the Processed Foods.** Processed foods can be significant sources of sodium, nitrates and phosphates, and have been linked to cancer, heart disease and kidney disease. Try adopting the DASH diet to guide your healthy eating habits.



**4. Exercise Regularly.** Your kidneys like it when you exercise. Regular exercise will keep your bones, muscles, blood vessels, heart and kidneys healthy. Getting active for at least 30 minutes a day can also help you control blood

pressure and lower blood sugar, which is vital to kidney health.

**5. Stay Well Hydrated.** Staying well hydrated helps your kidneys clear

sodium, urea and toxins from the body. Drinking plenty of water, and avoiding sugary beverages, is also one of the best ways to avoid painful kidney stones. Those with kidney problems or kidney failure may need to restrict their fluid intake, but for most people, drinking 1.5 to 2 liters (3 to 4 pints) of water per day is a healthy target.

For National Kidney Month and throughout the year, the National Kidney Foundation is offering free kidney health screenings. To locate a screening near you, or to learn more about the kidneys and risk factors for kidney disease, visit [www.kidneymd.org](http://www.kidneymd.org).

The National Kidney Foundation of Maryland, serving central and western Maryland, the Delmarva Peninsula and portions of West Virginia, is the area's only voluntary health agency dedicated to the prevention, treatment and cure of kidney and urinary tract diseases. For more information, visit [www.kidneymd.org](http://www.kidneymd.org).



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### NOTICE OF LETTING

Sealed Bids or Proposals, in duplicate addressed to the Board of Estimates of the Mayor and City Council of Baltimore and marked for **RP 13806-Slovan Drive and Parking Loop Improvements** will be received at the Office of the Comptroller, Room 204, City Hall, Baltimore, Maryland until 11:00 A.M. on **Wednesday, April 15, 2015**. Positively no bids will be received after 11:00 A.M. Bids will be publicly opened by the Board of Estimates in Room 215, City Hall at Noon.

The Contract Documents may be examined, without charge, at the Department of Public Works in Room 6 located on the first floor of the Abel Wolman Municipal Building, 200 N. Holliday Street, Baltimore, Maryland 21202 as of **Friday, March 13, 2015** and copies may be purchased for a non-refundable cost of **\$100.00**.

#### **Conditions and requirements of the Bid are found in the bid package.**

All contractors bidding on this Contract must first be prequalified by the City of Baltimore Contractors Qualification Committee. Interested parties should call 410-396-6883 or contact the Committee at 3000 Druid Park Drive, 1st Floor, Baltimore, Maryland 21215.

**If a bid is submitted by a joint venture (“JV”), then in that event, the document that established the JV shall be submitted with the bid for verification purposes.** The

Prequalification Category required for bidding on this project is **A02602-Bituminous Concrete Paving**

Cost Qualification Range for this work shall be **\$500,000.01 to \$1,000,000.00**.

A “Pre-Bidding Information” session will be conducted at **2600 Madison Avenue, Baltimore, MD 21217 on Tuesday, March 24, 2015 at 10:00 A.M.**

Principal Items of work for this project are:  
**Paving**

The MBE goal is **12%**  
The WBE goal is **2%**

**RP 13806**

APPROVED:  
Bernice H. Taylor  
Clerk, Board of Estimates

APPROVED:  
Rudolph S. Chow, P.E.  
Director of Public Works

## Legal Notices

CITY OF BALTIMORE  
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### NOTICE OF LETTING

Sealed Bids or Proposals, in duplicate addressed to the Board of Estimates of the Mayor and City Council of Baltimore and marked for **RP 13826R-Wegworth Park Improvements** will be received at the Office of the Comptroller, Room 204, City Hall, Baltimore, Maryland until 11:00 A.M. on **Wednesday, April 15, 2015**. Positively no bids will be received after 11:00 A.M. Bids will be publicly opened by the Board of Estimates in Room 215, City Hall at Noon.

The Contract Documents may be examined, without charge, at the Department of Public Works, Room 6 located on the first floor of the Abel Wolman Municipal Building, 200 N. Holliday Street, Baltimore, Maryland 21202 as of **Friday, March 13, 2015** and copies may be purchased for a non-refundable cost of **\$100.00**.

#### **Conditions and requirements of the Bid are found in the bid package.**

All contractors bidding on this Contract must first be prequalified by the City of Baltimore Contractors Qualification Committee. Interested parties should call 410-396-6883 or contact the Committee at 3000 Druid Park Drive, 1st Floor, Baltimore, Maryland 21215. **If a bid is submitted by a joint venture (“JV”), then in that event, the document that established the JV shall be submitted with the bid for verification purposes.** The

Prequalification Category required for bidding on this project is **G90132-Park Rehabilitation**

Cost Qualification Range for this work shall be **\$1,000,000.01 to \$2,000,000.00**.

A “Pre-Bidding Information” session will be conducted at **2600 Madison Avenue, Baltimore, Maryland 21217 on Tuesday, March 24, 2015 at 10:00 A.M.**

Principal Items of work for this project are:  
**Park Rehabilitation**

The MBE goal is **11%**  
The WBE goal is **3%**

**RP 13826R**

APPROVED:  
Bernice H. Taylor  
Clerk, Board of Estimates

APPROVED:  
Rudolph S. Chow, P.E.  
Director of Public Works

## Homeownership Event in the Baltimore

Baltimore—Bank of America is hosting a homeownership event in the Baltimore area to provide assistance to customers facing financial hardship and educational sessions for prospective homebuyers 27, March 2015 through 28, March 2015 at the Hilton Baltimore located at 401 West Pratt Street in Baltimore City.

New and returning homebuyers can learn everything they need to know to become a homeowner at a scheduled “Preparing for Homeownership” workshop discussing the mortgage process. Bank of America mortgage customers who are facing financial difficulties making their mortgage payments will be able to meet one-on-one with mortgage servicing specialists, who can review their file and discuss options that may be available to avoid foreclosure.

Preparing for Homeownership workshops beginning at 10:30 a.m., 12:30 p.m., 2:30 p.m., 4:30 p.m. Mortgage servicing specialists available from 9:30 a.m. 8:00 p.m.

For more information or to register, visit: [bankofamerica.com/homeownerevent](http://bankofamerica.com/homeownerevent) or call 1-844-830-1520. Complimentary hotel parking is available for all attendees!

## 12th Annual CBF Photo contest gets under way

Annapolis—The Chesapeake Bay Foundation (CBF) announces its 12th annual watershed photo contest. Photo submissions are being accepted between now and April 10, 2015. Photographers of all skill levels are encouraged to participate to win cash prizes of from \$100 to \$500, and to have their photos featured in CBF’s award-winning publications. This year we have added a new category specifically for high school students and the winner of this category will receive a 32 gigabyte iPad® mini.

We are seeking photographs that illustrate the positive aspects of the Bay and its rivers and streams. We want to see your vision of the Bay region—from Pennsylvania to Virginia, from the Shenandoah Mountains to the Eastern Shore. Images depicting people, wildlife, recreation, and farms within

the watershed will all be considered. All photos must include water from the Chesapeake Bay or a river, stream, creek, or other body of water in the Chesapeake Bay watershed.

“We constantly are impressed with the quality of the photos submitted,” said Jennifer Wallace, CBF managing editor and contest organizer. “It’s wonderful to see how connected and aware people are of our great rivers, streams, and the Bay.”

All winners will receive a one-year membership to CBF and winning photos may be displayed on CBF’s website, in a CBF e-newsletter, in CBF’s 2016 calendar, and in CBF’s award-winning magazine, Save the Bay.

Judging will be conducted by a panel of CBF employees on the basis of subject matter, composition, focus, lighting, uniqueness and impact. The public will also be able to vote online for their favorite photo in the Viewers’ Choice Gallery.

More information, contest rules and details are available online at [cbf.org/photocontest](http://cbf.org/photocontest).

### First Steps in Starting Your Own Business

March 16, 2015 — 7 p.m. to 8:30 p.m.

The Perry Hall Community Room at Rosedale Federal  
Pre-registration is required

To pre-register or for more information,  
contact Bonnie Barresi, coordinator

MCE Women’s Business Center at 410-776-8907 or  
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