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Annapolis native awarded fellowship in Computer Science

By Andrea Blackstone



Jeremy Blackstone, 23, knows what it means to embrace unforeseen challenges with courage and determination. The Annapolis native recently became the first of 12 incoming Ph.D. scholars selected to receive a fellowship from the Alfred P. Sloan Foundation Minority Ph.D. Program at the University of California, San Diego (UCSD), to pursue a doctorate in Computer Science and Engineering. The program is a multi-million dollar initiative to support underrepresented minority graduate students in STEM fields. Jeremy will receive \$40,000 over a four-year period, along with additional funding.

Jeremy is a Howard University (HU) alumnus who was previously awarded a Computer Science scholarship. He graduated magna cum laude in his undergraduate studies and earned a 3.8 GPA upon completion of his degree. Although the scholar says that he always showed an aptitude for excelling in science and mathematics, when he was growing up, he was uncertain about his future career field. Upon reflection, he says that his parents, Andres Blackstone and Beverly Blackstone motivated him to do his best.

“My mom [Beverly] would have homework mode when my brother [David] and I were in elementary and middle school. Basically, it was a time [after] we got home, until everyone was done their homework—no one could turn on the TV,” Jeremy said.

Bishop Avier Salter and First Lady Angela Salter at Victory City of Praise Ministries; Joseph Hargett, sexton of the Andrew Rankin Memorial the Chapel;

Jeremy Blackstone went into full cardiac arrest and was declared medically dead for 20 minutes at the age of 18. After overcoming health challenges that occurred during his senior year of high school, he was able to study Computer Science at Howard University. The Annapolis native was recently selected to receive a fellowship from the Alfred P. Sloan Foundation Minority Ph.D. Program at the University of California, San Diego (UCSD). The program supports underrepresented minority graduate students in STEM fields. He will receive \$40,000 over a four-year period, along with additional funding.

Courtesy Photo

Continued on page 13

Your Child's Friendships: How to be encouraging without hovering

By Mary Jo Rapini, MEd, LPC

School has already begun for most children, while for others school won't start for a few more weeks. Perhaps over the summer, your child got together with their friends on Facebook instead of face-to-face. Your child may have 1000 Facebook friends, but no real friends.

However with the new school year, your child will need some friends to talk to, spend time with, share sleepovers and growing-up drama.

You may feel at a loss as to helping your child. You don't want to be that helicopter over-protective parent, yet you doubt your child's ability to make face-to-face friends. The more they engage on Facebook or other social media outlets, the more awkward they become with face-to-face friends. It isn't healthy for your child to have only virtual friends. They don't live in a virtual world. They have to go to a real school, get a real job and interact with real people. Your child is at a disadvantage if



they don't know how to interact and make friendships.

How can you help and support your kids to find friends without hovering or getting in their way of making friends on their own? Here are suggestions for parents who don't want to hinder or hover, but do want their child to have lasting friendships:

1. Have reasonable expectations about your child's social skills. As school begins, encourage them to invite one or two kids over for pizza.
2. Make it a point to meet the parents of your child's friends.
3. Encourage friendships over popularity. Discouraging kids from manipulative friends is one thing, but insisting they only make friends with the popular

kids sends the wrong message.

4. Best friends share interests. If your child has a friend who shares their interests, suggest an outing they could invite a friend to attend.

5. Only get involved in a friendship dilemma if your child asks for help.

6. Separate your friendship needs from your child's, and don't assume they feel as you would.

7. If your child is a loner and seems depressed, don't hesitate to get professional guidance. Loners are more likely to get bullied and feel misunderstood. Their self-esteem is fragile and that is one of the reasons kids need friends.

They build each other up and help each other feel good about themselves.

Friendships are important for kids because they help the child feel supported and good about themselves.

Social media is a wonderful way to connect with long-distance friends, but virtual friends cannot replace the face-to-face communication friends share. Activities kids do with their friends is important in establishing a strong foundation of what healthy relationships look and feel like. Your self-esteem, confidence and attitude toward adult friends are established in childhood. Parents should encourage their children's friendships without directing them.

Mary Jo Rapini, MEd, LPC, is a licensed psychotherapist and co-author with Janine J. Sherman, of "Start Talking: A Girl's Guide for You and Your Mom About Health, Sex or Whatever." For more information about Rapini, visit: www.maryjorapini.com.

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Guest Editorials/Commentary

New Exit Polls Reveal: 100 Percent Death Rate!

By Glenn Mollette

Exit polls are conclusive— 100 percent of us will die. The way we die will vary somewhat, but die we will. Many people in the world will never vote, own a new house, drive a new car or eat in a nice restaurant but all will experience death.

My father-in-law passed suddenly last week. On a routine Thursday morning, he was taking my mother-in-law for a typical medical appointment and apparently had a heart attack while behind the wheel. He managed to pull off to the side of the road before he gasped and left the world with his wife in the passenger seat.

The trauma of receiving a call from a stranger stating he was not responsive nor could a heartbeat be found was very unexpected. He essentially did most of the same stuff we all did and we estimated he had another twenty years. Again, it was proven there are never any guarantees when it comes to additional time on this planet.

I don't know how anyone can totally prepare for death but being at peace with God and man should be at the forefront. This is surely a day-by-day activity because we all have days where we certainly are not pleasing our creator 100 percent. We go through life fretting, miffed at people, thinking bad thoughts and sometimes even doing the wrong things. We fall out with people or people fall out with us and often these relationships only go further south and they are never repaired before death.

As hard as it may be to believe, nobody ever had a bad thing to say about my father-in-law. He never had anything bad to say about anybody. I asked one of the clerks at a small store in town if he could think of anything bad about him and we both agreed it would be impossible. I realize no one is perfect but it's nice when everyone speaks so highly of you. They didn't even do that about Jesus.

You also need to either pay for your funeral costs before you die, have insurance or have some cash set aside for your family. A moderate funeral including grave, marker, casket, etc could easily cost you \$15,000. I said moderate but I suspect you could easily bump this up to \$18,000 and of course you can always go higher or more extravagant.

I am also including the cost of placing an obituary in our regional paper. Can you believe it cost our family over \$600 for an obituary? This was just one newspaper! No, newspapers do not run obituaries for free!

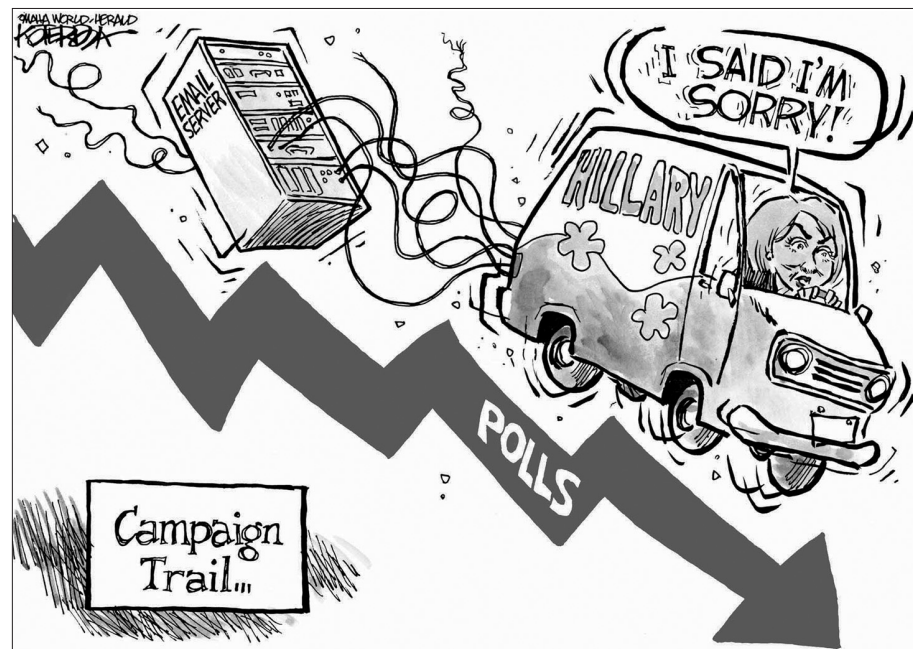
There are all kinds of little hidden expenses when it comes to funerals. Be forewarned my friend and be prepared.

Last weekend, a young couple we know lost two parents due to a motorcycle crash. I can only imagine the costs. I must hasten to say that the same funeral home that took care of my father-in-law also had two children from a family lost in a fire in our county. We were told the funeral home was taking care of all the costs.

I realize there are lots of things to write about today. I could write about the big Republican debate and the candidates who are politically dying before our eyes. Most of them are trying to suck in a few more breathes of oxygen before they finally expire into political has-beens.

However, after grieving with family and loved ones at the funeral home and graveside for the entire weekend, I just couldn't really think of anything that seemed more important. Please give some thought about being prepared for exiting this life.

Glenn Mollette is an American Syndicated Columnist and Author. He is the author of eleven books and his column appears in all fifty states. To contact him, visit: <https://www.facebook.com/GlennMollette>



Community Affairs

Sharonne Bonardi to serve as state's first African American deputy comptroller

Annapolis, Md.— Comptroller Peter Franchot has named Sharonne Bonardi as Deputy Comptroller, effective October 1, 2015. Bonardi has more than 15 years of experience within the office, serving as director of the Compliance Division since 2009 and prior to that, as Deputy Compliance Director and as manager of the Hearings and Appeals Section.

“Sharonne is one of Maryland’s truly exceptional public servants, and she has been vital to the nationally recognized success of our agency over these past eight years,” said Comptroller Franchot. “She is an effective and highly respected leader who will further enhance our ability to deliver timely and responsive taxpayer services, protect the security of our taxpayers and ensure that all Marylanders are paying their fair share.”

Bonardi, a resident of Woodstock, becomes the first African-American Deputy Comptroller in the 164-year history of the Office. During her tenure



Sharonne Bonardi
Courtesy Photo

in state service, she has served as an administrative law judge for the Office of Administrative Hearings and as an adjunct professor of English composition at Howard Community College. She holds a Bachelor of Arts degree from Trinity College, received her M.B.A from The Johns Hopkins University, Carey School of Business, and earned her Juris Doctor degree from the University of Maryland School of Law. Bonardi is active in the Tax Section of the Maryland State Bar Association, serves on the boards of the Girls Empowerment Mission and Jack and Jill of America, and is a member of the prestigious Alpha Kappa Alpha Sorority.

Debating the Debates

By Raynard Jackson

Every time I think the media has sunk below the point of no return on the scale of embarrassment; they prove to the world that there is truly no floor for how low they can go.

Of course I am talking about last week's Republican presidential debate hosted by the Comedy News Network (CNN). The on air talent did not try to hide the fact that their stated goal, individually and as a supposed news outlet, was to get the candidates to attack each other personally.

Both the preliminary and main debates each spent the first 20 minutes or so talking exclusively about Donald Trump; not about the policy positions of Trump, but rather about some personal comment he made about one of the candidates.

For CNN, the debates were all about theatrics and "gotcha" moments; it was all about ratings and ultimately money by selling advertising during the debates.

During future presidential elections, all debates, both Republican and Democrat, should be hosted by C-SPAN where they

are known to make the on air talent as invisible as possible. Debates should be about the issues that are affecting the American people, not all the sideshows that the media are interested in promoting.

Most of the elite media, with its openly liberal bias, makes these debates about them and their networks, not about the American people.

I am also very amazed and amused by the elite media's constant lecturing about diversity— see actor Matt Damon lecturing black film producer Effie Brown about the lack of diversity in Holly-

am not a journalist, I am a columnist, but yet I spend more time advocating for their members than they do— go figure.

We have had two Republican debates, yet not one question about how amnesty for illegals would further decimate the Why does the media and both the Republican and Democratic Party continue to ignore the more than 200-black owned newspapers in the U.S.? To my knowledge, there has never been a reporter from a black newspaper asked to be part of a presidential debate by either party.

connection to the issue.

When the most vulnerable of a society is stronger, those at the top are even stronger.

Yet the media has feigned righteous indignation all because last week Donald Trump didn't chastise a questioner at one of his town-hall meetings for castigating the Muslim community. Really?

Weak people take strong positions on weak issues; but I digress.

In these two presidential debates so far, I can guarantee that no blacks had any input into who the panelists would be or the questions that would be asked. Am I the only one who continues to notice the optics of these debates?

None of the candidates have been seen arriving at the venue with any blacks accompanying them; no blacks have been seen in the spin rooms after the debates representing any of the candidates on TV, radio, or newspapers; I am not aware of any blacks being involved in the debate preparations of any of the candidates.

For all the talk of the renewed focus on diversity within the Republican Party, there is absolutely no visible evidence of it anywhere. If the Republican Party and these various news networks are not able to identify blacks to participate in their efforts, please contact me and I will be more than happy to introduce you to very capable blacks with relevant experience.

Have you ever wondered where Republicans find white staffers for their campaigns? Have you ever wondered where the media finds all of their white on air talent? Hmmm, just wondering.

I will continue to speak and write about these issues because if they are not dealt with immediately, we Republicans will continue to lose the White House— and on this issue, there is no debate.

“Why does the media and both the Republican and Democratic Party continue to ignore the more than 200-black owned newspapers in the U.S.? To my knowledge, there has never been a reporter from a black newspaper asked to be part of a presidential debate by either party.”

wood— and yet they rarely display it when given the opportunity.

Why does the media and both the Republican and Democratic Party continue to ignore the more than 200-black owned newspapers in the U.S.? To my knowledge, there has never been a reporter from a black newspaper asked to be part of a presidential debate by either party.

CNN and FOX News think so little of their own black on air talent that they made a conscious decision to go with their default position— all white!

I also put the blame on the National Association of Black Journalists (NABJ). I don't know why they have not made a public fuss about the lack of diversity in these presidential debates. I

black community; not one question about “specific” Republican solutions to the high black unemployment rate under Obama; not one question about how Obama's policies have devastated Historically Black Colleges and Universities (HBCUs); not one question about “specific” Republican solutions to the shrinking percentage of loans from the Small Business Administration (SBA) to black businesses going from 8 percent under Bush to 1.8 percent under Obama.

Do you really think a white reporter is even aware of these indices affecting the black community or even care about them? This is why diversity is important; it makes you aware of things that normally would be of no consequence to you simply because you have no direct

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Green Street Academy Opens in West Baltimore

By Stacy M. Brown

The Green Street Academy building is as important to West Baltimore today, as the ground it stands on was decades ago.

The official grand opening of the six to twelfth grade charter school located in the formerly-vacant Gwynns Falls Junior High School was held on Monday, September 21, 2015.

The ceremony brought out a host of students, teachers and local officials including Democratic Representative Elijah Cummings who attended the historic former Gwynns Falls Park Junior High, who delivered the keynote address.

“I can barely recognize my old junior high school,” Cummings said during the ceremony. “I am inspired by the teaching philosophy and commitment to this neighborhood exhibited by everyone at this school. I know that the dedicated staff at this school will instill every student that walks in these halls to have confidence in their competence to make their future dreams a reality.”

The building is an actualization of the vision of this school—to be a driver of environmental and more importantly economic, sustainability in the community, according to Green Street Academy’s Executive Director, Dan Schochor.

“Since 2009, the idea has been in the works and we’ve been building for two years,” Schochor said of the \$23 million renovation that took place to make the opening a reality. “To get to this point makes it incredibly clear that the powerful vision of the school and getting the right people involved at the right time took the ability to maintain a certain amount of flexibility and the financial resources would not have come without all of those components.”



Green Street Academy is now located at 201 North Bend Road in West Baltimore, the site of the formerly-vacant Gwynns Falls Park Junior High School. After a \$23 million renovation, the official grand opening of the charter school was held on Monday, September 21, 2015. Courtesy Photos/Green Street Academy

Schochor and others successfully combined loans and donations, including a \$14 million loan from Bank of America and a \$2 million loan from the Reinvestment Fund, which develops projects, to renovate the building that will eventually accommodate 875 students from grades six to 12.

The need for more STEM labs, humanities classrooms, food service and athletic space, coupled with a desire to create a signature presence in the West Baltimore area, resulted in the former Gwynns Falls Park Junior High School being chosen as the new site of Green Street Academy, school officials noted.

“The school to this point has held an incredibly important place in community,” Schochor said. “Before we moved here we were located sort of on the outskirts of where our students were com-

ing from, not in the epicenter.

“We do know that West Baltimore needs access to high quality education. They need access to economics, healthy food and those are key components to being healthy and prepared,” he said.

Green Street Academy features a sustainability-focused curriculum that includes growing vegetables, chicken coops and talapia farms. Advanced technology, energy, construction, agriculture, healthcare and entrepreneurship are subjects touted at the school.

The school also boasts a virtual Reality Labs that will take students through active construction sites and partnerships with the United States Department of Forestry and the University of Maryland Medical School to provide students with competitive internship experiences and industry certifications.



Green Street Academy students show off produce made possible through the urban agriculture component of the charter school’s curriculum.

The Academy’s opening is a welcome break from the pattern of divestment from the once middle-class St. Joseph’s neighborhood in West Baltimore where the median income of the neighborhood is now \$36,000 [annually] and nearly half of the residents don’t have high school diplomas, according to a news release.

The Academy believes that its commitment to educating not only students, but parents and residents of the community, will be an integral element in supporting an upward mobility and economic sustainability for the entire St. Joseph’s neighborhood.

“We plan to offer certification and internship programs that will give out students a leg up, preparing whether they go to college or enter a career,” Schochor said.

“Our scholars, our students, they are benefiting right now and, in the intermediate sense, it will be our families and the community who benefits,” he said. “In the long term, Baltimore and its businesses that call the city home will benefit and we will not only try to accomplish all of our ambitious goals, but we will do it 875 students at a time.”

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Simple Steps Toward Saving Money

(Family Features) Putting money in a savings account seems simple enough, yet it's a struggle for many.

According to federal data by Statistics Brain, the average U.S. family's savings account held a balance of \$3,800 in 2014. While there has been an upward trend in the amount being socked away each year, increasing savings account balances can help Americans meet their long-term goals, such as retirement.

When building your savings account, take the task head on by defining a clear course of action and setting specific goals.

Know how you'll use the money. There are a variety of ways you can use your newly earned savings, from growing your savings balance to making a major purchase to paying down debt. Set an attainable goal, such as paying off a credit card, funding a down payment for a new house or making an extra mortgage payment.

Challenge yourself to save. If you need a little extra motivation, tackle a program that lets you gradually step up your savings game, such as the 52 Week Savings Challenge.

"A savings challenge is a great way to ensure you're not only stashing money away, but doing so on a regular basis," said John Heath, directing attorney for Lexington Law. "Creating a habit of saving money is the ultimate takeaway, and the simplest way to ensure a solid financial future for your family."

The challenge is simple: start off saving \$1 the first week, \$2 the second week, and eventually \$52 in the final week of the challenge. If you save each week throughout the year, you will be \$1,378 richer. You may find it helpful to set a weekly reminder to stay on track.

Remember, although the challenge suggests starting off with \$1 for the first week, you could decide to save more if your budget allows and come out an even bigger winner.

Ditch the money jar. By opening a savings account, you will be far less likely to "borrow" from yourself. Having an account also makes it easier to arrange for automatic recurring transfers that move money from your checking account to your savings account on a regular schedule. If your paycheck is delivered via direct deposit, you can also direct a portion of each check directly to savings.

Use accounts that give you a boost. Most financial institutions offer a variety of saving options to fit your needs. For example, if you meet certain criteria, you may be eligible to open a high-interest savings account to grow your savings even higher. Another route is to choose a savings account that imposes penalties for excessive withdrawals. While these accounts can feel restrictive, they provide a valuable deterrent for those who are too easily tempted to dip into their savings.

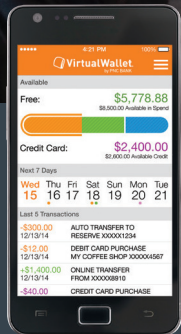
Treat your savings contribution like a bill. Create a budget that outlines all your expenses, and includes a line for savings. Thinking of your savings account as a debt to be paid will help hold you accountable for making regular deposits and limit any tendencies to spend what you may have been able to save.

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Ravens regroup after tough losses away

By Turrón Davenport

Harbaugh prepping "Purple Wall" for home opener

The Baltimore Ravens returned home after spending an extended amount of time away from Baltimore thanks to opening the season at Denver and in Oakland. The team decided to fly straight to San Jose after the game in Denver two Sundays ago rather than fly back to Baltimore only to fly across the country again to Oakland a few days later. The Ravens are glad to be back in a familiar setting after an unsuccessful road trip.

Head coach John Harbaugh says the team is looking forward to returning to M&T Bank Stadium for their first home game of the 2015 season on Sunday, September 25th.

"It's good to be home. You get eight [games] at home and eight on the road," Harbaugh said. "We're looking forward to getting one at home this week and seeing if we can make the most of it. It has been a long time since we played at home, and we're looking forward to that. We'll need the Purple Wall in full force on Sunday."

The Ravens did not start the season the



way that they wanted to. This is the first time that the team has started the season with two losses under Harbaugh's watch. They will play their first divisional game when they host the Cincinnati Bengals on Sunday. The Bengals are 2-0 and beat the Ravens when they last met in Baltimore in 2014.

Even though it's early in the season, the Ravens know that it is very important to win their first home game.

"We've had two tough losses on the road, and we'll re-group this week and put all of our focus on finding a way to

beat a tough division rival," Harbaugh said. "We have to find a way to make the plays we need to make when we need to make them, and hopefully, at home we can do those things."

The home field advantage is definitely important for the Ravens as they try to regroup. The veteran players are well aware that it will take more than just some home cooking to win.

"Obviously the games don't get easier. We have Cincinnati coming to town and they're playing good football," Marshall Yanda said after the Raiders game. "I just know we're 0 and 2 and we have to get better, and we're going to attack when we get back to Baltimore."

Ravens defensive lineman Chris Canty talked about how they have to earn victories on Sundays and that teams won't come to Baltimore feeling sorry for the Ravens. The Bengals will be coming to town with the intent of putting the Ravens away.

The Ravens are a better team at home, having won six of their ten wins last season at M&T Bank Stadium. They have the second best home record (36 wins, 7 losses) of all teams in the NFL since 2008 when coach Harbaugh first arrived in Baltimore. It is safe to say that winning in Baltimore doesn't come easily. The Ravens will need to pull everything together to avoid falling behind the Bengals by three games early in the season.

More Turrón Davenport articles about the Baltimore Ravens available at: www.baltimoretimes-online.com

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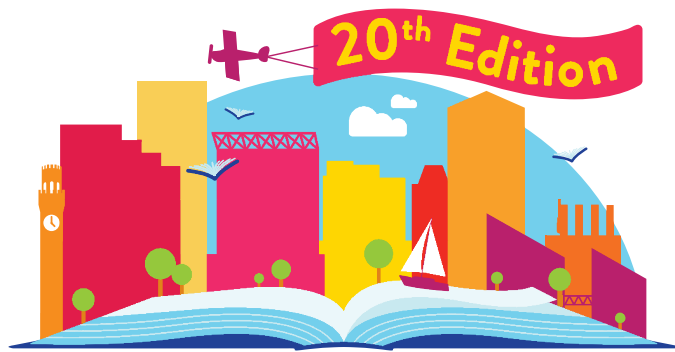
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Courtesy Photo/Free Fall Baltimore

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Baltimore five-year-old wins state title!

Baltimore— On August 13, 2015, five-year-old Gabrielle Giles, won the prestigious title of Miss Maryland Princess 2015 for the National American Miss Pageant. She will represent Maryland in the 2015 National American Miss national pageant in Hollywood, California, to be held during Thanksgiving week 2015. In addition to winning the state title for her age division, Gabrielle also swept her division with awards in the talent and casual wear competitions.

The National American Miss (NAM) pageant is a program organized to encourage positive achievement in today's youth. The NAM program awards scholarships to individuals based on achievement and service.

During the week of the national competition in California, Gabrielle will have the opportunity to win a national title and thousands of dollars towards her future education. She will also be able to travel the nation with the title of

National American Miss Princess, should she capture the national title.

Gabrielle is excited to be involved with NAM, as awards are provided for academic achievement, volunteer service and spirit of participation.

Additional scholarships are provided for talent, modeling, public speaking and other categories.

Gabrielle's parents and grandparents believe that this pageant system fits Gabrielle perfectly, as it allows her to develop her self-confidence and recognizes her community involvement with local senior homes and anti-bullying campaigns.

Gabrielle also has aspirations to become a triple threat Broadway star. She is well on her way, having already starred in six plays already. She is also training in dance and voice at the EYD Performing Arts School in Baltimore. Gabrielle is also a proud of client Be Victorious Pageant Prep in Baltimore, Maryland.



Five-year-old Gabrielle Giles from Baltimore won the prestigious title of Miss Maryland Princess 2015 for the National American Miss Pageant on August 13, 2015. She will represent Maryland at the 2015 National American Miss national pageant in Hollywood, California, which will held during Thanksgiving week in November this year.

Courtesy Photo



Celebrating 15 Years in 2015

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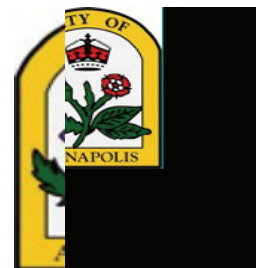
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Life in Baltimore: Enjoying the Retirement Lifestyle, Part II

By Brenda Bowe Johnson

Retirement should be a time to engage in activities that you always wanted to do but did not have the time. During this active life try something new, stay social, travel, and spend time with family and friends. The retirees who are highlighted here represent examples of leading an enjoyable lifestyle. They are truly grateful for these precious moments in their lives to share with children and grandchildren.

A retired principal, Carole Green starts her day thanking God for his goodness and exercising to continue a healthy lifestyle. Since retiring, she has taken courses in jewelry making, scrapbooking, line dancing, Zumba, Spanish, computer classes and African American short stories.

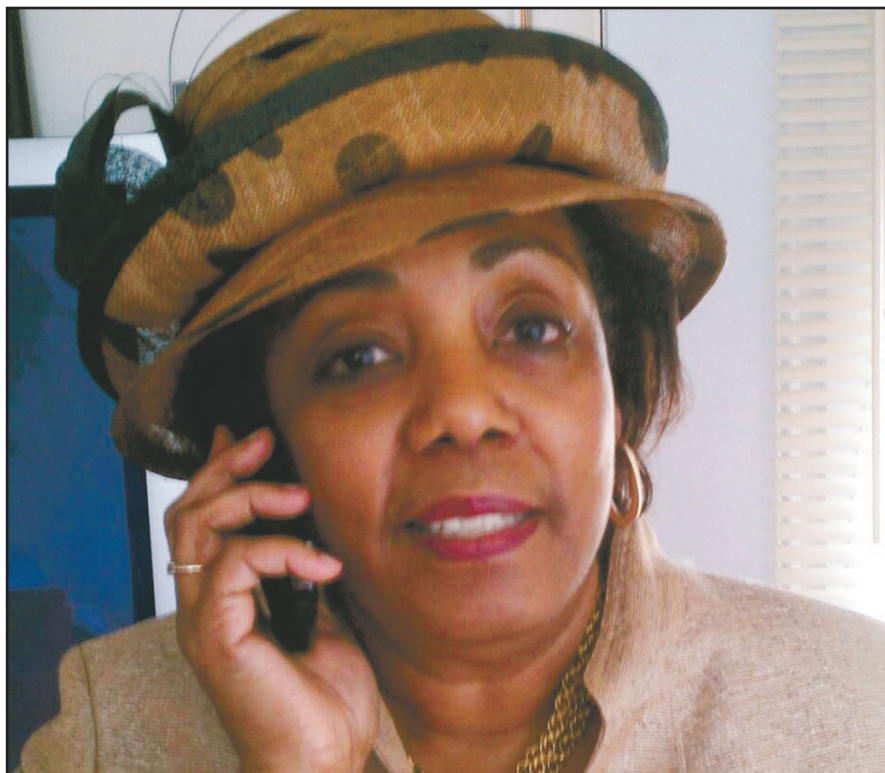
Green volunteers at Douglass Memorial Community Church's Strengthening Families Program. As a member of Women Behind the Community, Inc., Green serves on the education committee which mentors fourth and fifth grade girls at Edgewood Elementary School. She also volunteers at the organization's "Dressing Room," which provides clothing for women returning to work. She is also an active member of Delta Sigma Theta Sorority, Inc.

"I love spending time with my husband, grandchildren, family and having lunch with former co-workers," said Green.

Even though she has done some traveling, she has created a bucket list of places she would like to visit, including Rome and Japan. Carole suggests, "to be thankful for this time to do whatever you want, when you want, sometimes you have to say 'no' and make a bucket list and aim to check off activities."

"Retirement is a misnomer. My son said, 'Mom, you were tired and now you are getting retired,'" said JoAnn C. Jolivet. "During my twenty year career as military nurse and officer, I served in various diverse assignments and positions throughout the Army Medical Department."

Jolivet's last assignment was Deputy Commander for Nursing, U.S. Army



Carole Green

Hospital, Ft. Belvoir, Virginia. Four months into her retirement, a colleague recommended her for a position with the National Civilian Community Corps (NCCC), an AmeriCorps program. She served as the first Director of the North Atlantic campus of NCCC and was part of the team to successfully open the first NCCC program, which was in Maryland.

Since retirement from the military, Jolivet served two terms as president of Rho Xi Omega Chapter of Alpha Kappa Alpha Sorority, Inc., taught basic computer skills to elementary and middle school students, served as a Loaned Executive with United Way of Central Maryland, coordinator of the Student Enrichment Program at Coppin State University's College of Health Professions. She also served on the quality committees of two not-for-profit health-care institutions, and volunteered many hours in various community programs.

Currently, Jolivet is on board of trustees at the historic Union Baptist Church. An avid reader, she is a member

of Literarily Yours (LYBC) and Reading by the Dozen book clubs. According to JoAnn," LYBC is my Alpha Kappa Alpha Sister Circle and besides monthly meetings, we have hosted a meet the author and book discussion in Tobago and traveled together to Cancun and Brazil." She loves to travel and has traveled extensively in the United States and abroad. JoAnn says, "My favorite pastime is spending time with family, especially my two adorable grandchildren, and friends. I don't complain about the weather or other things over which I have no control. My daily routine is to thank God for this day and try to be a blessing to someone."

These impressive retirees have developed a lifestyle that is meaningful and healthful. Now that they are free to design their lives, they have chosen to volunteer their talents and skills in the community to enhance the lives of others. To those planning to retire there is plenty to do and plenty to achieve.



JoAnn C. Jolivet

Annapolis native awarded fellowship in Computer Science



Jeremy Blackstone started a small business called Enduo Soteria (ES) making Christian clothing. "Enduo" means to clothe oneself with. "Soteria" means "God's rescue that delivers out of destruction into His safety." From left to right, Olisa Kenneth Menakaya, Jeremy Blackstone, Hawi Bekele Bengessa, Devin Coney, and Camille Jones friends from Howard University wear sweatshirts that reflect faith. Courtesy Photos

Continued from page 1

Dr. Legand L. Burge III, the Computer Science Department Chair at HU; and Dr. Wayne Patterson, Jeremy's master's thesis advisor are among the many individuals who played and integral part in his academic endeavors. Additionally, Dr. Mugizi Robert Rwebangira connected Jeremy to research opportunities at UCSD.

"Being at Howard not only gave me the technical skills to go forward, but it also gave me mentoring from my professors, colleagues and others mentors of various positions at the university. It's basically a family environment, not just professional," Jeremy said.

Jeremy grew up attending Holy Temple Cathedral in Annapolis. After surviving a nearly fatal heart attack in 2010, the medical emergency led him to develop an even closer spiritual walk with God.

"It was during my senior year in high school, I was just playing a pick-up

game of basketball at the park, and all of the sudden I went into full cardiac arrest, and I was medically declared dead for 20 minutes," Jeremy said. "One of the guys that I was playing basketball against at the park that day happened to be an Emergency Medical Technician (EMT) in training, and there were three nurses at the park...so they were doing CPR for 20 minutes, until an ambulance showed up with the defibrillator to shock my heart back to life."

Jeremy was placed in a three-day, medically induced coma. Testing revealed that he needed open-heart surgery to correct a rare, unknown heart condition. Despite recovery time, the Annapolis High School graduate was able to walk during his graduation ceremony then later begin his freshman year at HU on time.

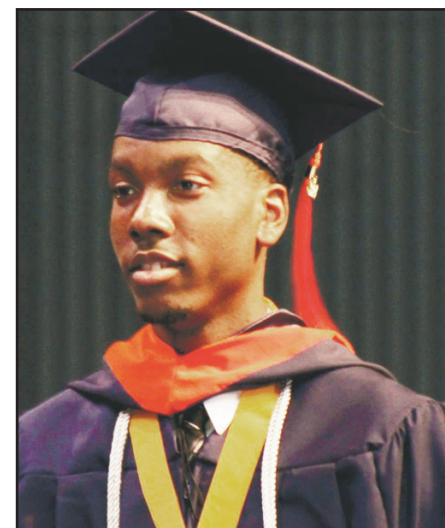
"People say all of the time that tomorrow isn't promised, but for me that became a reality, and so after that incident, I tried to live everyday as if it would

truly be my last day. So I got a lot more involved in my church and Bible studies when I got to Howard," Jeremy said. "I put God first, and I put my studies second, and there was pretty much not much room for anything else."

Through volunteering to tutor and mentoring other students, Jeremy discovered his passion for teaching. The Ph.D. student wants younger minority students to know that with hard work and support, they too can thrive in Computer Science. Jeremy's brother, David is currently studying it at HU. Jeremy serves as an example to many how to pursue a successful path and persevere.

"I definitely want to become a college professor," Jeremy said. "I want to be an encouragement to students who were like me, when I first started Computer Science, so they can see another successful minority professor who is able to relate to them."

Jeremy Blackstone is a cousin of writer Andrea Blackstone



Jeremy Blackstone receives his Bachelor of Science degree in Computer Science from Howard University. He credits the support that he received while studying at Howard University with allowing him to thrive in the field. Jeremy is now a Ph.D. student at the University of California, San Diego.

Rambling Rose

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Rosa Pryor Trusty

Hello everyone, I hope everything is well with you. I know I have received a couple of memos that some of my readers have lost someone in their family including a musician and my prayers are with you and your family. For those of you who are a little under the weather, just remember that no matter how you feel, some else somewhere else is worse off than you. So feel blessed.

This week, I want to talk to you about a couple of things, one is about "The Viola & Sandi Bridges Musical," which will be held at the Inner Court Ministries, 1804 Kavanaugh Street in Baltimore on Saturday, September 26 from 2-6 p.m. The program will include entertainment from Rebirth, The Wallace Sisters, The Positive Youth Expressions Choir, Minister Jonathan Wallace and many others. This event is to raise funds for the music program for the Positive Youth Expressions, Inc. For more information, call 410-945-7300.

The Mighty Men of Metropolitan AME Church and East River Jazz is hosting a "Journey Down Memory Lane" featuring the Strayhorn's Big Band Sound on Saturday, September 26, at 7 p.m. at the Frederick Douglass Hall, 1518 M. Street N.W. Washington, DC. The men of Metropolitan are reaching out to the beloved community through worship, liberation and service. This program will include Baltimore's Dunbar Alumni Jazz Band featuring vibraphonist, Warren Wolf. Light fare will be served and parking is free. For more information contact Vernard Gray at Vernard@rivereast-media.net.

The Eubie Blake National Jazz Institute and Cultural Center is hosting the "Billie Holiday: Life in Music" exhibit from September 25 thru October 3 at the Eubie Blake Center on Howard Street. This exhibition will allow visitors to view photos and rare film clips of Billie Holiday's

performances and interviews and to listen to her music recordings. The Eubie Blake Cultural Center is dedicated to promoting the history and legacy of African-American art and culture and is the perfect venue for the centennial exhibition. For more information, contact Stuart Hudgins 443-925-8771.

Another community event is celebrating life with local musicians, The Sound Storm Band and Habit Band perform Saturday, September 26 from 8 p.m.-1 a.m. at the Pikesville Community Hall, 40 East Sudbrook Land in Baltimore. For ticket information contact Swat at 443-416-4053 or Eric at 443-791-6161.

Blues music and entertainment are back in town and everybody in Baltimore who enjoys great music will appreciate these local jazz spots. The blues and jazz influences are very prominent in the city's nightlife. And as quietly as it is kept it is important to me too. The Club 347, 347 N. Calvert Street in Baltimore is a popular place for both jazz and blues live entertainment. Other places are: Cabaret at Germano's, 300 S. High Street in Baltimore and Bertha's Restaurant & Bar, 734 S. Broadway Street, this club used to be one of Ruby Glover's favorite spots.

The DC Blues Society presents live Blues Jam Session the first Sunday of every month from 4-8 p.m. at the American Legion Post, on Fenton Street at 905 Sligo Avenue in Silver Spring, Maryland. DCBS Jam is free and open to everyone and gives all blues players, experienced or not, an opportunity to perform. For more information, go to: jams@dcblues.org.

Well, my dear friends, it is about that time for me to go. I am out of space, but remember, if you need, me call me at 410-833-9474 or email me at, rosapryor@aol.com. UNTIL THE NEXT TIME, I'M MUSICALLY YOURS.



Brother and sister, Ephraim and Ebban Dorsey won the Rosa Pryor Music Scholarship Fund audition. Both are gifted and talented saxophonist. They will perform at the Rosa Pryor Music Scholarship Fund's Formal Black & Gold Scholarship & Awards Ball on Sunday, October 25 at the Forum Caterers and receive their scholarship. They also will perform with Justin Thomas and his band "Justefan Band." For ticket information, email me at: rosapryor@aol.com or go to www.rosapryormusic.com



Pamela "Ms. Maybelle" Leake will say "I Do" next week to the love of her life in a formal ceremony. Baltimore's own renowned comedian says, "This Is No Joke!" Wishing her love and happiness forever.



Sherry Whalton, renowned song stylist will perform with her band for the Rosa Pryor Music Scholarship Fund Press Reception Party on Thursday, October 8th from 6-9 p.m. at the Arch Social Club on Pennsylvania & North Avenues. It is open and free to the public with invitation. For more information and invitation, call 410-833-9474.

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Columbia triathlete Michele Tuttle Places at 2015 World ITU Triathlon

USA triathlete and registered dietitian, placed sixth in the Sprint World Championship (50-54 age group), third for the U.S. team, at the 2015 International Triathlon Union (ITU) triathlon in Chicago recently. With a time of 01:15:36, Michele Tuttle, who hails from Columbia, Maryland, beat her former record set during the 2013 London ITU triathlon. Tuttle also placed eighth in the Olympic Distance World Championship with an official time of 02:07:45.

“What a race today! Winds were a factor both on the swim and bike. So amazing to be out there competing with all these incredible athletes,” said Tuttle.

The Wheat Foods Council (WFC) sponsored Tuttle’s training to highlight the role of wheat foods in the diet. As a part of its sponsorship, the WFC featured Michele throughout her training this past year, and she shared insights about her workout regimen, dietary choices and the importance of wheat foods in her training.

“We could not be prouder of Michele,” declared Tim O’Connor, WFC president. “Her discipline and determination over the past year has been phenomenal. As a registered dietitian, she also knows the importance of making smart dietary choices, including wheat foods, to be at her best whether competing in triathlons or managing the daily stresses of a working mom. We look forward to having her as an ongoing member of the WFC team to educate consumers about the role of wheat foods as an essential component of a nutritious diet.”

“Not only does wheat factor into my pre- and post-race nutrition in terms of the nutrients it provides, but more importantly, I really love eating wheat-based foods like bread, pasta, cereal, bagels, and cookies. I eat a huge variety of foods, and even I have to watch my portions, but the truth is that life would not be much fun for me without wheat,” Tuttle said.

Tuttle competed at USA Triathlon (USAT) 2012 Nationals (Olympic and Sprint distances) and qualified for the 2013 World ITU Triathlon Championships in London. There, she won the bronze medal for the sprint distance (50-54 age-group) and placed 8th in the Olympic distance. She has been a USAT All-American triathlete since 2012 and is currently certified as a USAT Level I Triathlon Coach and US Masters Swimming Coach (Level 2).

For more information about Michele Tuttle’s training journey visit the Wheat Foods Council’s Facebook page or her on Twitter @irongirlrd. The Wheat Foods Council is a leading source of science-based information on wheat and wheat foods nutrition. For more information, visit the WFC website, www.wheatfoods.org.



Michele Tuttle (center) with Melissa Vess (left) and Anna Muench. Tuttle who is a USA triathlete and registered dietitian, placed sixth in the Sprint World Championship (50-54 age group), third for the U.S. team, at the 2015 International Triathlon Union (ITU) triathlon in Chicago. Courtesy Photos/Wheat Foods Council



Dietitian says regular whole grain consumption leads to healthier life

By Stacy M. Brown

Fewer than 10 percent of individuals eat more than the recommended three servings of whole grains per day and most, including African-Americans, need to eat more than the one serving per day they are averaging, according to Michele Tuttle, a dietitian and a Team USA triathlete.

Tuttle, a Columbia, Maryland native who placed sixth in the Sprint World Championships at the 2015 International Triathlon Union triathlon in Chicago earlier this month says the best way to get the recommended daily allowance of whole grains is to try whole wheat breads, pizza crusts, tortillas and pastas.

She says it's important to look for the words "whole grain" on the ingredient list of breakfast cereals and crackers and to try and eat brown rice, whole kernel corn, quinoa and oatmeal.

"Eating foods prepared at home can also make it easier to include more whole grains because we have more control over what we eat when we buy and prepare it ourselves," she said.

Like all grains, whole grains provide an array of nutrients that are beneficial to the body including fiber, vitamins B1 and B3, iron, magnesium, selenium, manganese and zinc, Tuttle said.

Eating three servings of whole grains daily along with other gains, fruits and vegetables, lean proteins and dairy foods has been linked with lower rates of many diseases like stroke, heart disease, diabetes, cancer and asthma.



Michele Tuttle

Any food made from wheat, rice, oats, corn, or another cereal is a grain product, according to the American Heart Association. Bread, pasta, oatmeal and grits are all grain products and there are two main types of grain products: whole grains and refined grains. Also, there are no bad grains, Tuttle said.

"Whole grains do contain more fiber than refined grains. The bacteria that live in our lower digestive systems like whole grains a lot and they react by producing more carbon dioxide and methane," she said. "It's actually quite healthy and means that good things are happening in your digestive tract. Keep eating the whole grains and you'll actually encourage more of the 'good' bacteria to flourish in your digestive tract."

One misnomer individuals tend to make is to dismiss refined grains as being unhealthy or harmful, Tuttle said, noting that refined grains are foods made from enriched white flour and they can include breads, cereals, tortillas and pasta.

"Pasta made from white flour can also be a major source of something called resistant starch, which forms when pasta has been cooked and then cooled, so eating leftover pasta is really healthy," she said. "Resistant starch encourages gut bacteria to produce short chain fatty acids and this is very good for the health of colon cells."

Nearly two-thirds of Americans say they heed the Dietary Guidelines advice to "make at least half your grains whole," with the majority of Americans eating more whole grains than they did five years ago.

The Boston-based nonprofit Oldways Whole Grains Council (WGC) released these findings and others from its 2015 Whole Grains Consumer Insights Survey in time for September's Whole Grains Month.

Reportedly, the push toward whole grains comes as studies show that eating whole grains lowers the risk of many chronic diseases, healthier blood-pressure levels and better weight control. As to whether some whole grains are healthier than others, Tuttle says, it's difficult to decipher.

"We rarely eat grains by themselves. Breads are usually eaten as part of sandwiches or in addition to other foods at a meal," she said. "Oats, barley and other grains are often mixed with other foods. So, eating any whole grain is going to mean that you are eating other foods too."

For recipes containing the recommended daily allowance of whole grains, visit www.Wheatfoods.org.

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Expert shares job, internship search tips

By Andrea Blackstone

Many job seekers may re-evaluate their employment goals and question effective strategies to find a new position, as the end of 2015 draws near. Marsha Harris, the founder of InternStaff, works with job candidates in the District of Columbia, Maryland and Virginia. She connects prospective interns and employees with employers and helps job seekers improve their resumes.

Harris, who has worked as a recruiter for over 10 years says that some companies hire interns who are in high school. The freshman year of college is the next best time to begin an internship.

“For any student, they need to have some internships on their resume. Competition is tight. They need to have something that is going to differentiate them, and set them apart from all of the other applicants,” Harris said. “These internships can help them to find permanent employment beyond college. Oftentimes, these interns become entry-level employees at these companies [where they interned] when they graduate.”

The job expert explained that if something inappropriate turns up after Googling an applicant, an employer may not give the individual further consideration.

“People put so many things online, and they think just because it’s their personal page an employer is not going to look at it. Most of the time they don’t, but there are times where they do,” Harris said. “There are so many people out there. You kind of have to get an idea of ‘Who am I hiring?’”

A job applicant can increase his or her chances of being called for an interview. Harris noted that that a submitted resume should include relevant experi-



Marsha Harris, owner of InternStaff will host a career fair at the Prince George's County campus of Strayer University located at 5110 Auth Way in Suitland, Md. on Friday, October 2, 2015 from 10 a.m. to 2 p.m. Employers from a variety of industries are scheduled to participate in the career fair. Please come dressed in business attire. The event is free and open to the public. Courtesy Photo

ence. All job requirements that were stated in the employment announcement should be addressed within the resume. Thoroughly fill out an online application and follow all instructions.

Submitting sloppy resumes to potential employers, and using inappropriate email addresses, when contacting them are common mistakes. Harris also recommends addressing potential red flags.

If job candidates have gaps in their resume, as a result of a situation such as a layoff, or in the case of a stay-at-home mother who wants to return to the work-

force, Harris advises that honesty is best policy. Specifics of the situation can be explained in the cover letter. Volunteering at a child’s school or at church can be valuable as long as the experience is relevant to the position for which you are applying.

“It’s experience whether it is paid or not,” Harris said, “For any of the roles, you can always find skills and duties that you performed that match whatever job you’re applying for. It’s important to highlight the relevant duties.”

If a job seeker wants to pursue an entry-level position in a new field, transferable experience and skills should be highlighted on the resume.

“First, I would say look in their personal network. Try to contact folks, or network with folks, that are in the field that they want to work in. Then, I would say look at some job descriptions for those entry-level jobs, and pull out what they’ve done in their old positions. They may find that they’ve actually performed several of the duties that are required for that new position, even though it is in a different field or industry,” Harris said.

Harris suggests trying to meet recruiters outside of the traditional applicant tracking system, or finding an open position through an internal contact, since recruiters often receive hundreds of submitted resumes when filling a position. Reaching out to alumni organizations, church career ministries or temping can speed up job search results. Online networking tools like LinkedIn, Facebook groups, Twitter and searching for career-focused events announced on Eventbrite, or building a networking through Meetup.com can be productive. Career fairs hosted by associations may increase job seekers’ chances of speaking with a decision maker. Companies like InternStaff can also help job candidates locate positions.

A career and internship-hiring event will be presented by Intern Staff on Friday, October 2, 2015 at 5110 Auth Way in Suitland, Maryland from 10 a.m. to 2 p.m. It will be open to students seeking internship positions and experienced professionals. For more information about the job fair or services offered by Harris, visit: www.internstaff.com.

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Sealed Bids or Proposals, in duplicate addressed to the Board of Estimates of the Mayor and City Council of Baltimore and marked for **BALTIMORE CITY NO. TR15003; RECONSTRUCTION OF FOOTWAYS CITYWIDE** will be received at the Office of the Comptroller, Room 204 City Hall, Baltimore, Maryland until 11:00 A.M. **October 21, 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 Service Center located on the first floor of the Abel Wolman Municipal Building, 200 N. Holliday Street, Baltimore, Maryland 21202 as of **September 25, 2015** and copies may be purchased for a non-refundable cost of **\$75.00**. **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, 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 **A02601 Portland Cement Concrete Paving**. Cost Qualification Range for this work shall be **\$500,000.00 to \$1,000,000.00**. A "Pre-Bidding Information" session will be conducted at **10:00 A.M. on October 9, 2015** at 417 E. Fayette Street, Charles L. Benton Building, Room 702. Principal Items of work for this project are 5" Concrete Sidewalk – 52,200 SF, 5" Concrete Sidewalk Damaged by Tree Roots – 40,000 SF, and Emergency Repairs for 5" Concrete Sidewalk by Tree Roots – 4,000 SF. The MBE goal is **27%** and WBE goal is **10%**.
APPROVED: Bernice H. Taylor, Clerk
Board of Estimates

Community asked to participate in protection plan for Upper Jones Falls Watershed and Chesapeake Bay

Towson, MD – Baltimore County's Department of Environmental Protection and Sustainability (EPS) invites members of the communities within the Upper Jones Falls Watershed to participate in an upcoming public meeting on September 29, 2015. The Upper Jones Falls watershed includes parts of Reisterstown, Owings Mills, Cockeysville, Lutherville, and Timonium.

This planning meeting is co-hosted by the non-profit Blue Water Baltimore, and will focus on the creation of the Upper Jones Falls Small Watershed Action Plan (SWAP). The meeting offers a chance for interested individuals and organizations to learn about the project methods, results, and how to get involved. Once finalized, a committee will take responsibility for implementing the recommendations of the SWAP report.

The community meeting will take place at the Irvine Nature Center located at 11201 Garrison Forest Road in Owings Mills on Tuesday, September 29, 2015 from 6:30 p.m. to 8 p.m. It is free and open to the public.

For more information on Baltimore County's Small Watershed Action Plans (SWAPs), call Amelia Atkins at 410-887-5705 or visit: www.baltimorecountymd.gov/Agencies/environment/watersheds/swap.html.

*Please send your community calendar events
for Baltimore area to: kreevie@btimes.com*

Open Call for Community Roles in Peabody Opera Theatre's Street Scene

Auditions for speaking parts in November production.

Baltimore— Peabody Opera Theatre invites interested members of the greater Baltimore community to audition for multiple speaking roles in its November production of Kurt Weill's Street Scene.

No stage or singing experience is necessary but a strong, resonant speaking voice will be preferred. Anyone wishing to audition will be asked to read lines from the script at open auditions scheduled to take place this Sunday, September 27, 2015 between 2 p.m. and 5 p.m. in Goodwin Hall on

Peabody's Mount Vernon campus.

Street Scene, which portrays the daily life and dramas of a working class American neighborhood, will be set in 1940s Baltimore and staged at the Lyric Opera House on November 13 and 15, 2015. The available roles include: Beat Cop, City Marshal, Ambulance Driver, Dr. Wilson, and Violin Pupil (who could either act as a 'prop player' or play "Humoresque"). Cast members must be available for evening rehearsals daily beginning November 1, 2015.

To reserve an audition time, email: jokul@peabody.jhu.edu or call 443-496-2472. A small number of singing roles are also available for solo children's voices, as well as a non-speaking part for a small, mixed-breed dog.

For more information about any of these parts, email: operaoffice@jhu.edu.

BGE seeking applications for emergency response and safety grants

Baltimore— Baltimore Gas and Electric (BGE) announced that applications for BGE Emergency Response and Safety Grants are now available and will be due by October 30, 2015. The program, now in its fourth year, supports nonprofit emergency response and public safety organizations throughout BGE's service area. To date, BGE has provided nearly \$1 million to 129 emergency response organizations, which share BGE's commitment to the safety of central Maryland residents.

BGE encourages eligible 501c3 organizations that respond to the community's needs during emergencies to apply for grants of up to \$10,000 each. Grant applications are available online at bge.com/emergencyrespondersgrant beginning today, Sept. 14, 2015 and will be due by Oct. 30, 2015.

BGE presented \$310,000 to last year's 48 grant recipients. A number of grant recipients spoke about how they use the grants in this brief video. In addition to supporting the emergency responder community in Maryland, BGE provides training for fire, police, 911 centers and emergency management organizations who routinely work around utility equipment. BGE is recognized for its own emergency response record, ranking among the top utilities in the nation for rapid response to gas emergency calls and in working to prevent damages to energy equipment.

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