

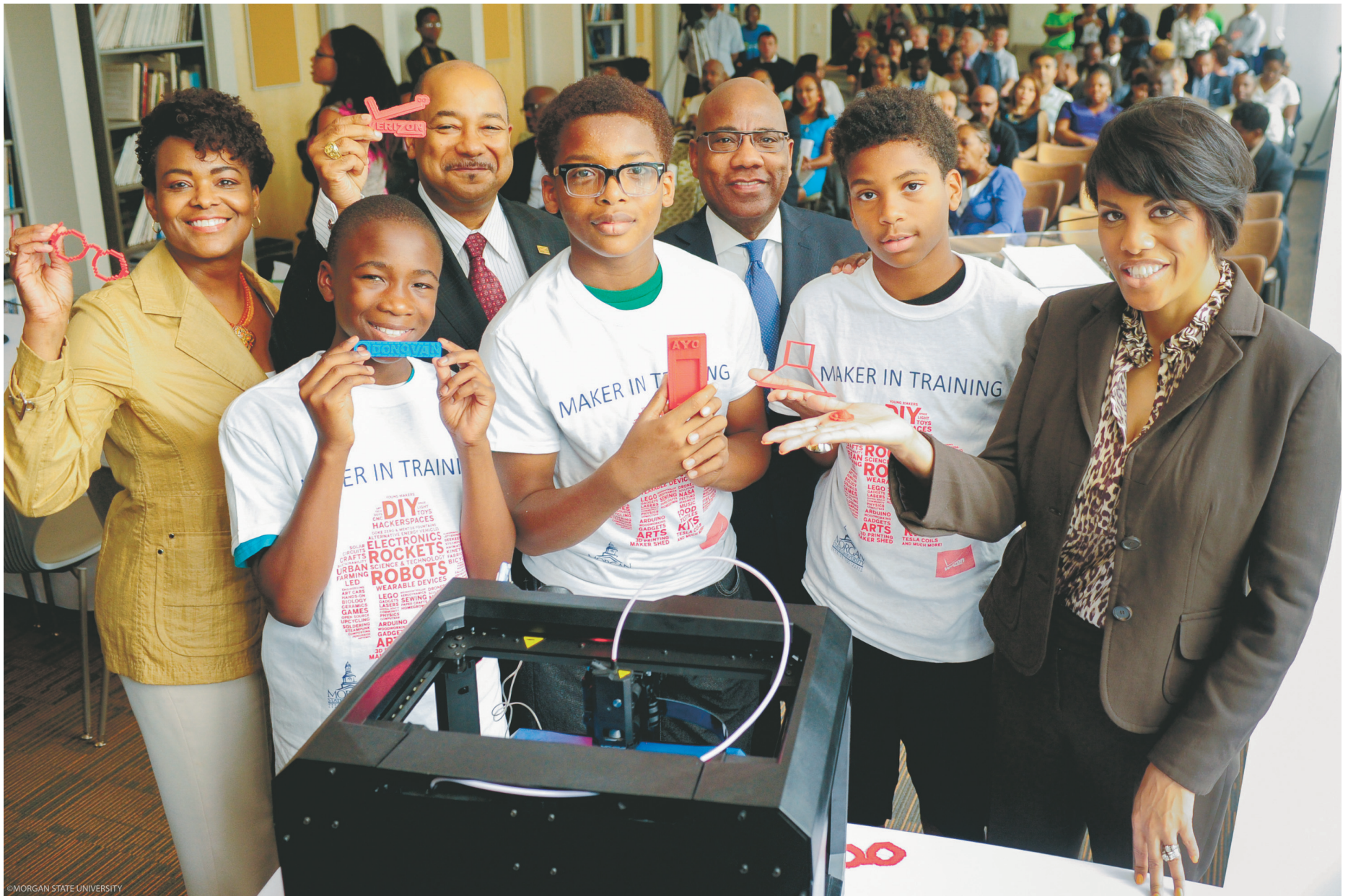
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Minority Male Makers: Verizon invests in STEM education for minority boys



The “Minority Male Makers” program was developed by Verizon to address the the underrepresentation of minority males in STEM fields. The pioneering program uses technology instruction, mentorship and long-term support to give students a chance for a brighter future. (Back row, left to right) Rose Kirk, Verizon Foundation President; Tony Lewis, Verizon Vice President of State Government Affairs; and Dr. David Wilson, Morgan State University President. (Front row, left to right) Minority Male Makers students Donovan, Ayo and Loden share 3D printed objects with Baltimore City Mayor, Stephanie Rawlings-Blake at the Verizon Minority Male Makers showcase event at Morgan State University in Baltimore on Tuesday, July 14, 2015. (Story on page 14)

Courtesy Photo/Morgan State University

Replacing Your Social Security Card?

Know before you go!

By Fontaine Joynes

Social Security District Manager in Baltimore

Keeping your Social Security number card in a safe place is vital to protecting you against identity theft. Never keep it in your purse or wallet — this is the most common way people lose their card. No matter how hard you try to keep track of your important documents, sometimes they get lost or even stolen.

Getting a replacement Social Security number card is free, but you will have to provide the proper documents to get a new one. Being prepared will save you time at the Social Security office or card center. If you are replacing your card, you will need original or certified copies of the required documents, which include:

1. Proof of citizenship: If you have not already established your U.S. citizenship with us, we need to see proof of U.S. citizenship. We can accept only certain documents as proof of U.S. citizenship, like your U.S. birth certificate or U.S. passport.

2. Identity: We can accept only certain documents as proof of identity. An acceptable document must be current (not expired) and show your name, identifying information (date of birth or age), and preferably, a recent photograph. For example, as proof of identity, we must see your: U.S. driver's license; State-issued non-driver identification card; or a U.S. passport.

If you do not have one of these specific documents, or you cannot get a replacement for one of them within ten days, we will ask to see other documents, including an: Employee identification card; School identification card; Health insurance card (not Medicare card); or U.S. military identification card.

Remember, you are limited to three replacement cards in a year or ten in your lifetime. Legal name changes and other exceptions do not count toward these limits. Also, you may not be affected by these limits if you can prove you need the card to prevent a significant hardship.

What's more important than having your card is knowing your Social Security number. This is how we identify you, tally your wages correctly and how we eventually issue you accurate retirement benefits. You might not even need your card for identification purposes if you know and consistently use your correct number.

For more information about replacing a lost or stolen Social Security number card, visit: www.socialsecurity.gov/ssnumber.



Tips to consider when refinancing your home

By Jamie Rockymore

Buying a home is a great thing, but what happens after the big purchase? Now that the walls are painted and the bedrooms are all in place, it's not unusual for homeowners to think about refinancing. For this article, I spoke to Mortgage Loan Officer Denise M. Flynn from PNC Bank. Flynn was able to discuss with me some of the key things a homeowner needs to know when refinancing on their home.

Commonly, people receive phone calls or letters in the mail about refinancing. It may sound like a good idea, but it all depends on the your financial situation. If you want to lower your mortgage payment or to shorten the length of a mortgage, talk to a mortgage loan officer first.

Prior to taking refinancing into serious consideration, it's good to wait at least a year or two to build equity. When enough equity is built in the escrow account, it's possible you won't have to deal with closing costs. If you have to pay closing costs out of pocket, there are programs for homeowners who want to refinance. Therefore talking to a mortgage loan officer is a must. Go into a bank (preferably your current bank) and ask for a mortgage check up. Take your mortgage bill and see what a mortgage loan officer can do for you. It's important to also maintain a good credit score, and credit history prior to refinancing. And just in case you are curious, refinancing doesn't hurt or help your credit, it just benefits the homeowner.

Life happens and financial situations occur all the time, and if there is anyway you can save money, you may want to look into refinancing.

It's also okay to refinance more than once. It is always good to free up some money when you can. As an example, if you received an adjustable interest rate when you purchased you home, you can turn it into a fixed interest rate.

For more information about refinancing your home, visit: <https://www.pnc.com/homehq/en/home/refinance-my-home/refinancing-demystified.html>.



Denise M. Flynn
Mortgage Loan Officer
PNC Bank
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The Quiet Killer: Sitting in the Dark

By Dick Resch

Americans are working more than ever—and it's slowly killing them. The typical employee now logs 47 hours a week at work—and spends nearly six hours a day sitting, often in a windowless office or cubicle.

He loses two hours of life for every hour he sits, according to Dr. James Levine of the Mayo Clinic-Arizona State University Obesity Solutions Initiative. And he's a zombie for the hours he has left. A lack of natural light during the workday leads to less sleep at night.

Companies must reverse these trends—for the sake of not just their employees but also their own bottom line. They can do so by adopting an "Active Design" approach to their workspaces—one that promotes physical activity throughout the day and encourages workers to adhere to a healthier lifestyle.

More than two in three adults are overweight or obese. Sitting all day at work is a big reason why. Extra pounds don't just harm those who have packed them on. Overweight or obese Americans miss 450 million more days of work than their healthier coworkers. These absences result in more than \$153 billion in lost productivity.

Those who work in a conventional modern office, with its rows of fluorescent-lit cubicles aren't just obese, they're tired, too.

The human body needs access to natural light. Dark or artificially illuminated workspaces throw off the body's circadian rhythm—the internal clock that tells us when to go to bed and get up. It's no surprise, then, that workers with access to natural light sleep 46 minutes more each night than do their windowless colleagues.

To fight these ills, companies must redesign their workspaces. "Active Design" shows the way.

Active Design capitalizes on the latest in health and wellness research to create workspaces that unwittingly compel people to, well, be active at work. The goal is to make workers healthier without them even realizing it.

Employees are more likely to move if they can see each other and freely interact. Open-plan workspaces encourage people to walk over to a colleague to discuss a project face-to-face rather than email or call. The result is more movement, an increase in collaboration, and a more engaged workforce.

By tearing down the walls between workers, an open office also allows in more natural light. Employees are also more likely to move around when they can work in settings beyond their desk—like informal lounge spaces, cafe areas, or smaller meeting rooms.

When workers are back at their desks, they should have the option to sit or stand while working. A height-adjustable sit/stand desk can allow them to do so.

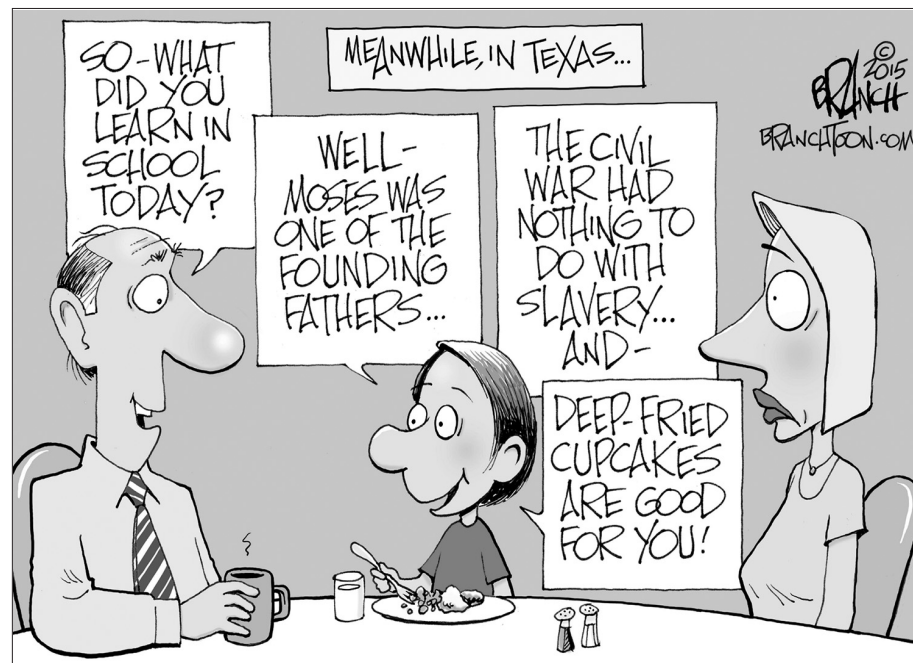
The health impact of such a desk can be astounding. One study found that standing at least three hours every workday for a year was equivalent to running 10 marathons. Standing for two hours a day burns 30 percent more calories than sitting.

Active Design also covers what we put into our bodies. That means making healthy food options and café spaces available during working hours.

Google is famous for its lavish cafeterias and gourmet cuisine. But the search titan subtly nudges its workers to eat healthily by serving small plates, color coding dishes according to how healthy they are, and putting junk food behind healthier options.

Workplace inactivity is endangering the lives of American workers. Companies can ward off that threat by making their workplaces more active. Doing so won't just empower workers to live healthier lives—it'll also shore up American businesses' financial health.

Dick Resch is CEO of KI Furniture.



Community Affairs

Enterprise to develop affordable homes for families in Baltimore City

Baltimore— Enterprise Homes, Inc. closed recently on financing to build 68 new, affordable apartments at 211 West Mulberry Street in Baltimore City.

Harkins Builders will begin construction on the \$22.3 million building this month and expects to be ready for occupancy in the summer of 2016.

Called Mulberry at Park, the new development will feature 34 one-bedroom, 27 two-bedroom and seven three-bedroom apartments of which 13 will accommodate persons with physical disabilities.

Designed by Marks Thomas Architects, the building's architecture is designed to speak to and complement the historic architecture in the surrounding neighborhood. Amenities will include a cyber café/lounge, outdoor terrace, fitness room and underground parking. The development will meet Enterprise Green Communities Criteria and LEED Silver standards.



Bank of America will provide \$15.8 million in construction financing as well as tax credit equity and permanent financing. Additional construction financing will be provided by the State of Maryland Department of Housing and Community Development (\$1.5 million) and the City of Baltimore (\$870,000).

"We're committed to building affordable homes for families, for people who work and struggle to afford a place to call home," said Chickie Grayson, president and CEO, Enterprise Homes. "This new community brings us closer to our goal of ending housing insecurity within a generation by creating opportunity for people and providing them with connections to jobs, good schools, transit and health care."

The Math and the “After-Math” of the Confederate Flag

By James Clingman
NNPA Columnist

Now that the confederate flag has been taken down, complete with honor guard and pomp and circumstance, what are black folks going to do now? Another question is, “What does the math of the aftermath look like?” Everything boils down to economics/business at some point, so let’s take a look at the past few weeks to see what has really taken place.

After all the bluster, the tears, the rallies, the sermons, the rhymes, and the confrontations between pro- and anti-flag folks, the sales of confederate flags show an exponential increase. Like never before, folks are driving around with two and sometimes more flags attached to and unfurled on their vehicles.

Stores that sell the flags experienced Christmas in July when it came to their sales revenues. The flag was in high demand, and still is. Thus, the math connected to the aftermath of the flag controversy has already resulted in profits for those who sell it, Walmart’s and Amazon’s decision to discontinue sales

notwithstanding. Confederate flag hats, shirts, posters, underwear, etc. have suddenly experienced high demand as well. I am not mad at those folks for profiting from the flag. It’s simply part of the “After-Math” involved in protests and other collective strivings. I can hear the storeowners now saying, “Yee-Haaaah!” as they make their way to the bank.

ing championship events there. Uh oh, here comes the money. What will South Carolina black vendors and contractors get from that?

On several occasions, I saw South Carolina State Senator Marlon Kimpson saying on CNN that the most important thing for black people in his state is economic empowerment. He warned that

economic inclusion in government purchasing and development.

Now that the private sector has shown its willingness to capitulate to the pressure, go to them and demand they also capitulate to calls for equity in their construction, professional services, and supplier deals. In other words, blacks in South Carolina should do the “After-Math” of the flag brouhaha and make sure their benefit is more than just a good feeling. And what about the University of South Carolina, which makes a tremendous amount of money from the participation by black athletes in their various programs? How many black companies have contracts with that school?

Black folks celebrated the unveiling of the MLK statue, but a Chinese man got the \$10 million to sculpt it and used stone not from Elberton, Georgia, but from China. Each year thousands of people go to Selma and stand on the bridge, crying and making speeches; from their vantage point they can see 40 percent poverty in the town they celebrate. What is the economic “After-Math” of 50 years of that?

The beat goes on with superfluous issues such as flags and now maybe even the carved images on Stone Mountain, but in the aftermath of these kinds of symbolic victories, black folks must also take a very close look at the “After-Math.”

Jim Clingman, founder of the Greater Cincinnati African American Chamber of Commerce, is the nation’s most prolific writer on economic empowerment for black people. He can be reached through his website: blackonomics.com.

“On several occasions, I saw South Carolina State Senator Marlon Kimpson saying on CNN that the most important thing for black people in his state is economic empowerment. He warned that folks should never lose sight of that, even in the aftermath of such a tragedy. Of course, he is right, but will black folks have seats on the money train coming through the state because the flag is gone?”

Now let’s look at the “After-Math” for black folks. First, the discussion of the flag literally overshadowed the fact that nine, black folks had been killed by Dylann Roof. If that flag had not been in the photos of him, it would not have even come up as an issue and would probably still be flying on the state capitol grounds. It became the focus of our attention rather than the victims of that heinous crime, as if the flag made this guy go to that church and shoot these people. Heck, if the flag had that much power, there would be a lot more us dead from its mesmerizing allure and gravitational pull on mass murderers of black people.

Many blacks are now left with a feeling of euphoric victory because the flag is down; they have called off a 15-year boycott of the state and the NCAA announced it has lifted its ban on hold-

folks should never lose sight of that, even in the aftermath of such a tragedy. Of course, he is right, but will black folks have seats on the money train coming through the state because the flag is gone?

I had the privilege of speaking to a group of black business owners in Columbia, S.C. on July 11, 2015, after which many of the attendees shared their feelings about the flag controversy. Their words were similar to Kimpson’s. They felt the flag was a distraction, a diversion to what is really important to black people as we try to survive and thrive in the land of plenty. They know what time is it. I told them now is the time to really test Governor Haley’s compassion and empathy for black people. I suggested they go to her and make demands for reciprocity for their tax dollars by opening up the channels for

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Local students taking 'stock' in education through SIF program

By Stacy M. Brown

Financial literacy is sometimes a subject that stumps educators. It's also no secret that, outside of Wall Street, there are many adults who find the stock market difficult to follow, much less invest in.

However, a successful program called Stocks in the Future is helping middle school students from underserved communities become financially literate. The program provides hundreds of sixth, seventh and eighth graders from low-income families or from the inner city a financial investment course that contains rewards of real money, which they can use to invest in companies like Facebook.

"We want to encourage the students and teach them to invest in themselves," said Rebecca Lange-Thernes, the executive director of Stocks in the Future, or SIF. "The concentration is on learning to invest in publicly traded companies and they have about nine choices. Sometimes the choices change but we have Coca-Cola, EA Sports, Facebook, companies they know and love."

More than 200 students graduated from the three-level program in May, a feat, which coincided with the program's 15th anniversary.

Upon graduation, students gain full ownership of their accumulated stock portfolio, providing them with a good start moving forward. The program has also sparked a competitive spirit among students, which officials say, helps them to succeed.

Lange-Thernes pointed out that Sharlene, a seventh grader at Violetville Elementary/Middle School watched as classmates used their "SIF dollars" to make stock purchases. She had not earned any incentive dollars to invest



Students who participated in "Stocks in the Future," a program, which aims to help middle school students from underserved communities become financially literate. The program provides hundreds of sixth, seventh and eighth graders from low-income families or from the inner city a financial investment course that contains rewards of real money, which they can use to invest in companies like Facebook.
Courtesy Photo/Stocks in the Future

due to poor attendance and stagnant grades. The disappointment was enough for her to express frustration to her SIF teacher, who had a heart-to-heart conversation with her about why she had few dollars to invest.

Sharlene then made a conscious decision to prioritize school this year and her teacher reported that she ended the first quarter with near-perfect attendance.

"I learned that if I want something, I have to come to school and work hard for it," Sharlene said. "Last year, I was failing Math but this year I'm passing."

Gaining a personal understanding of how SIF's program could impact her daily school life became Sharlene's tipping point working toward a personal

goal, Lange-Thernes said.

Officials noted that SIF reverses fifth graders' poor attendance and by the sixth grade, the absenteeism rates drop by four days during the year.

Three-year SIF students who have participated in the program in sixth, seventh and eighth grades, attend school two-weeks more during that timeframe than their peers and two SIF program pilots and evaluation results show SIF helps the students master important new vocabulary, to better comprehend nonfiction articles on investing/current events, and to apply their mathematical knowledge.

"I've been with the organization for six years ... I'm always energized by the

enthusiasm that the students have when it comes to learning this information," Lange-Thernes said. They get really excited and when you see that it makes you excited. There is a lot of positive energy that comes out of our program."

Lange-Thernes says the hook is real money.

"It's not the main concentration but it's a good hook as far as getting their attention," she said. "Once you have the hook, they review math skills, art, and concepts in social studies and then they start to learn the importance of coming to school every day and doing well academically."

For more information about SIF, visit www.stocksinthefuture.org.

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Ravens Eugene Monroe looking forward to a healthy season

By *Turron Davenport*

The offensive line is one of the stronger positions on the Baltimore Ravens roster. The players have drawn some attention as being the lone unit that can rival the Dallas Cowboys for best in the NFL.

However, that is not of utmost importance to left tackle Eugene Monroe, the anchor of the offensive line. The seventh year veteran didn't pull any punches when he was asked about being recognized as one of the best units.

"It doesn't matter. The only thing that matters is winning games," Monroe said. "That's the most important thing, so I couldn't care less what accolades are given to us. It really doesn't matter. It doesn't change our performance on Sundays. What's important is winning games."

Most important to Monroe is staying healthy this season. He hasn't played a full season since 2012 when he started 16 games for the Jacksonville Jaguars, the team that made him the eighth selection in the 2009 NFL Draft. He started 15 games in 2013 when he was traded from Jacksonville to the Ravens. Eleven of those starts were for the Ravens and the other four were for the Jaguars. A minor knee procedure limited Monroe to 11 starts last year with the Ravens.

Monroe says that the main objective for an athlete, especially a football player is training for injury prevention.

"In terms of staying healthy, the most you can do is get your body to a point where you've done everything under the sun to ensure that you're strong enough to prevent whatever injury may occur," Monroe said.

He referred to the other benefits from training as "knocking out every stone in the pillar." The other stones that Monroe was referring to would be the benefit of improving strength, speed and stamina.

There are some injuries that simply can't be avoided no matter how much training is done. One example would be last year when Monroe sprained his ankle. He suffered the injury in week 16



Ravens left tackle Eugene Monroe (right) gets ready to take part in a drill during last month's mini-camp at the Ravens practice facility in Owings Mills.

Courtesy Photo/Baltimore Ravens

against the Houston Texans and it kept him out of the regular season finale against the Cleveland Browns. Monroe also missed the AFC Wild Card game against the rival Pittsburgh Steelers.

Keeping the same unit together and remaining healthy is something that was a common thread when talking to Monroe and his fellow linemen Kelechi Osemele and Marshall Yanda. Osemele felt that having the whole crew back was very important. "Continuity is important when you're working as an offensive line, because everybody kind of has to move as one piece, and I feel like we're definitely going to have that with everybody coming back healthy."

Monroe reported to mini-camp with a noticeably slimmer physique. He says that his weight was about the same as before but his goal was to carry less body fat. He says that carrying less body fat improves stamina and that will be a major key to maintain during the stretch run of a long season. Monroe also feels

lighter on his feet, which he says will be an added bonus.

"Absolutely, I am lighter, and really the main kicker is being able to sustain when it's third-and-long and the [defensive] end is thinking, 'Oh, I got him. He's tired.' No, there's no fatiguing," Monroe said with a smile.

The streamlined physique is something that Monroe attributes to having his own personal trainer who helped him develop a program after looking at last season. The new regimen honed in on everything that he needed to do in order to come back strong.

Monroe scoffed at the off season accolades that have been placed on the offensive line but he still feels that the unit can be great and needs to come back healthy.

"We have a great group. We have everyone back, which is fortunate, so we're just looking to build and be better than we were last year. And I think we have the guys with the right attitude, the right work ethic [and] the right commitment to being great," Monroe said.

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Maryland entrepreneur talks to blacks, minorities about nuclear engineering

By Stacy M. Brown

Charles Wilson isn't shy about discussing poverty and the issues that face many inner city and poverty-stricken youth on a regular basis. The Maryland entrepreneur doesn't just point out the problems, he offers solutions that are partly based on his own life experience.

That experience includes a stint in the United States Navy at age 17, becoming a husband and father at the age of 18 and overcoming definitive odds to assert himself as a true leader, motivator and example of what Science, Technology, Engineering and Mathematics (STEM) can do to quickly change the fortunes of the hopeless.

"The first thing for me is exposure and making our young people [are] aware of what career opportunities exists. We see the same story lines about STEM and nuclear energy, that there isn't information and that no one is aware of the opportunities," said Wilson, the manag-



Charles Wilson
Courtesy Photo

ing partner at CW Consulting Group, co-founder for The Legacy Initiative, and a member of the American Association of Blacks in Energy in Washington.

Wilson is also a senior reactor operator trainer, one of the most highly regarded and respected accomplishments in the commercial nuclear industry.

"No one goes out into these cities and communities talking about having a career in nuclear energy, but when you see a black man who has been successful and once the kids are exposed to potential careers, [you can] provide a map with specific goals and it becomes real," he said.

Wilson makes it a habit of showing young individuals his paycheck stubs because that's when they appear to understand that the effort is worth pursuing, he said. It's also a method that he uses to display his unique connection to them.

Wilson grew up in the rough and hard-scrabble streets of Chicago. After graduating from high school, he had no plans or goals set. He joined the Navy and excelled on high-level aptitude exams, most critically the Nuclear Propulsion Exam, which led him on his career path of becoming a nuclear chemist. Within two years, he earned 140 college credit hours and held a job that entailed chemistry on nuclear reactors.

"That, I didn't see coming but I scored the highest and was in a class with five [white] males," he said. "I was 17 and they were in college, but I was the only one who passed the exam."

After three years on a submarine and six years in the Navy, Wilson took a job with the Exelon Corporation as a nuclear chemist and nuclear chemistry instructor.

"This part of my journey forced me to be more strategic in my thinking and planning. It not only helps me become

more focused and more responsible, but it allows me to help others, including some of my family members," Wilson said.

A member of the American Association of Blacks in Energy in Washington, D.C., Wilson co-founded the Legacy Initiative, a nonprofit that has already provided successful mentorship to more than 2,500 students.

Wilson is scheduled to meet with Baltimore colleges, stakeholders, economic development council members and others to implement a program locally that will provide grants and scholarships to help facilitate training for youth.

"We want to create among the students an army of future mentors and we want to invest in new mentors," Wilson said, noting that he knows it will take some time but he wants to eradicate youth unemployment, a critical element in breaking the cycle of poverty.

"I want to deliver to these young people something to aspire to. These STEM and nuclear jobs are high paying jobs with highly skilled workers," he said. "These are jobs that can be had with just a high school diploma and two years of certification so you're talking about a turnaround from high school in a relative short period of time as opposed to the traditional four-year college education and all of the loan and other debt that it carries."

Wilson says the quick turnaround is important to young, often inpatient individuals.

"Because, they've been disappointed so much and lied to so many times and sold dreams, you have to make it real to them and I show them that this is real and when they look at me, they can see themselves because I'm still a relatively young man," he said.

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Baltimore youth help beautify Sandtown through art

By Andrea Blackstone

Locations around Sandtown will be getting a colorful facelift, with the help of the Baltimore Office of Promotion & The Arts (BOPA), a community-based nonprofit called Jubilee Arts, YouthWorks, master teaching artists, 80 young people and funders. Since June 29, 2015, Baltimore City youth have been participating in a summer employment opportunity to complete a project called Art @ Work: Sandtown, through Baltimore's YouthWorks initiative. Youth ages 14-21 who mostly reside in Sandtown—the community that experienced civil unrest after Freddie Gray's death in April—are working with master teaching artists to complete seven highly visible murals, along with customized mosaic address signs and flower pots, for the stoops of the 1200 block of Stricker Street.

In a press release, Todd Marcus, executive director of Newborn Holistic Ministries, which manages Jubilee Arts, stated that the project will be a meaningful collective response to events of April 27. Art @ Work: Sandtown has introduced youth to career opportunities in the arts, offered gainful employment in a positive learning environment, and provided Sandtown youth with the tools to express themselves through the arts, while helping them to beautify the community.

Nora Howell, program director at Jubilee Arts, explained that eight professional artists in Baltimore were invited to participate in the project to lead eight groups of young people as artist apprentices. Although the murals will help beautify Sandtown, youth were also required to learn and utilize research and public speaking skills during the project. Within the first two weeks of the five-week summer employment program, youth learned to interview community residents to develop mural concepts and ideas. Each apprentice was trained to understand how to approach strangers. They knocked on doors, requesting ideas to learn what Sandtown residents wanted to see represented through art. They reportedly



Eighty Baltimore City youth ages 14 to 21 are currently involved in summer employment opportunity called Art@Work: Sandtown. This photo illustrates how one completed mural will look in Sandtown-Winchester, after youth help to complete it under the guidance of a master teaching artist. Courtesy Photos

spoke to over a few hundred individuals. On July 10, 2015, teams presented mural ideas and design concepts to community members in a town hall meeting held at the Arch Social Club on Pennsylvania Avenue in west Baltimore.

“All [of] the concepts were generated in collaboration between the youth and [Sandtown] residents. The murals are all about positive things. There was a lot of feedback from residents wanting positive, inspirational imagery,” Howell said. “Even now when I look at the before pictures, even though it’s not finished, it looks so much better to have a fresh coat of paint and for things to not be so dreary.”

Howell added that many Sandtown residents are proud to see young people having an opportunity to work and do something good. Participating in Art @ Work: Sandtown has been a pride building activity for youth and community members.

“It makes me feel good, because I know that I’m fixing the neighborhood up to look beautiful, and let everybody see my artwork and what I can do,” said 15-year-old Mordecai Wells. “They [Sandtown residents] have been congratulating me. They said that in the future

I’m going to look back and see the good that I did in the city.”

Herb Massie, director of community engagement for a community arts outreach program called Baltimore Clayworks is a master teaching artist for Art @ Work: Sandtown. Massie is working with a group of youth to create 24 personalized mosaic address signs and flower pots for the 1200 block of Stricker Street. Residents are required to sign a contract granting permission for the items to be installed.

“The biggest logistical problem is trying to catch residents at their homes. We’ve been getting phone calls from different residents,” Massie said, expressing his joy to help uplift the neighborhood where he once grew up. “It’s humbling, and it’s gratifying, and it’s what each person should do, whether they live in the community or outside of the community. It’s about rebuilding lives and creating dialogue and participating in your neighborhood.”

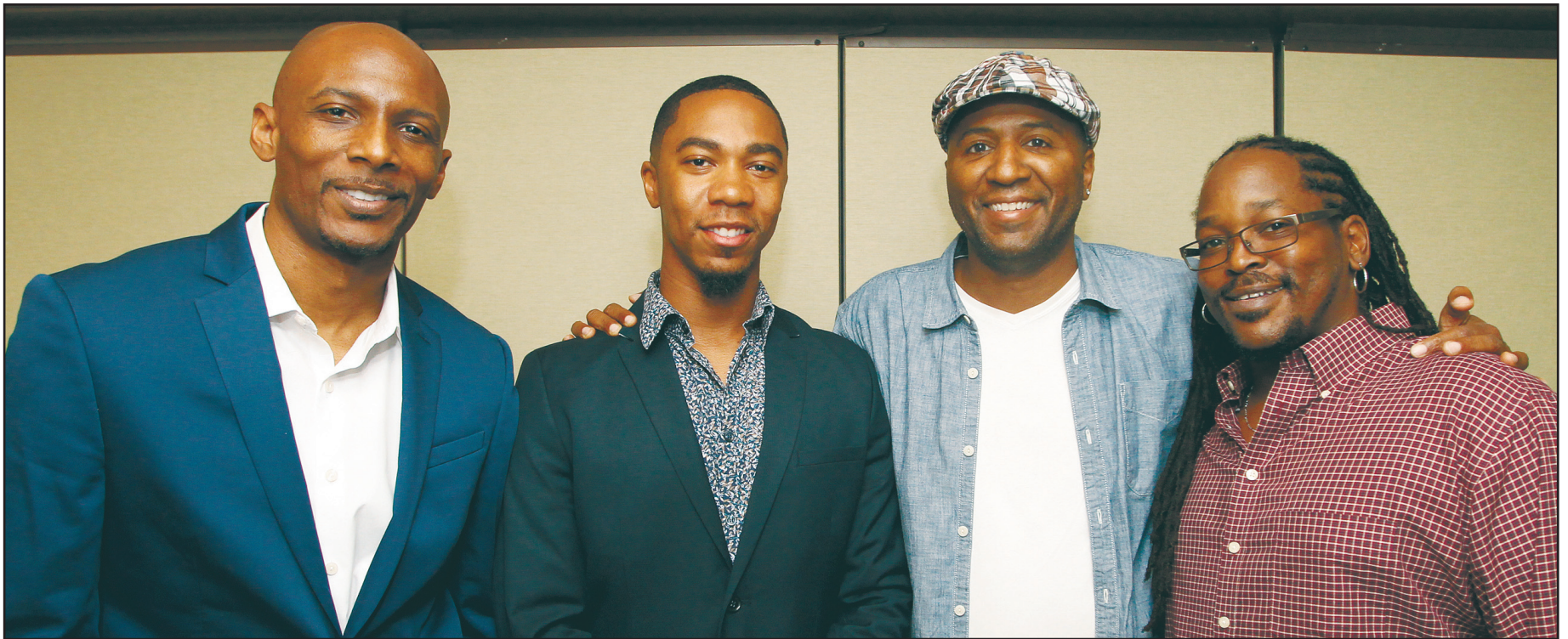
The youth employment program ends July 31, 2015. On August 1, a community celebration marking the completion of the mural projects will be held at Jubilee Arts Center. Tours will be held to allow residents, youth, parents and stakeholders to view each mural in various Sandtown locations.

For more information, visit: www.jubileearts.org or call 410-728-1199.



Donta Paul works on a mural in Sandtown-Winchester neighborhood.

Md. native, recent graduate, wins McDonald's Lovin' Video Competition



The first McDonald's Lovin' Video Competition awarded up-and-coming filmmaker Richard T. Fields (center left) \$2,500 for his submission, "Puppy Love," which embodied his idea of sharing the love. Culminating at the 19th annual American Black Film Festival in New York City on Sunday, June 14, 2015, veteran film director, Malcolm D. Lee (center right) mentored Fields, along with other finalists: Travis Dent (far left) and Brian Shackelford (far right). Courtesy Photos

By Andrea Blackstone

A series of exciting events began to unfold in Richard T. Fields' life in May and June of this year. Although the 26-year-old recently earned his master of fine arts degree (MFA) in Film and Electronic Media from American University (AU) in Washington, D.C, he has already begun to gain noteworthy recognition as a filmmaker. The Prince George's County, Maryland native who served as a 2015 student commencement speaker at AU also won the first McDonald's Lovin' Video Competition.

"Coming through film school, we have a lot of supervision and oversight for our projects. This contest was really the first project that I wrote and directed on my own without critique of professors. The fact that I was able to win this contest kind of gives more confidence in my ability to write, create, direct new things that people are really receptive to. It really makes me want to continue to do that," Fields said.

To complement McDonald's new "Lovin'" campaign, 72 entrants who participated in the nationwide contest were challenged to create one 90-second to two-minute film, displaying their definition of love. Fields explained that the idea for his submission, "Puppy Love" evolved from life experiences. Fields credits his mother, Michelle Phipps, as being his biggest supporter.

"I was raised by a single mother. I am an only child and I am very close to my grandmother as well. So those elements were put into the film. And then a lot of people on my father's side of the family, including my dad, are all military people, so I built that element in there as well," Fields said.

Fields had an immediate idea to combine those concepts after Sonya Dunn—a colleague with whom he worked on another short film—forwarded an email to him about the competition. While filming the winning entry in Maryland, Fields aspired to send a message about the sacrifices of military families, along with other messages.

"After a young girl's mother leaves for war, she (the young girl) finds love through a new friend," Fields said, referring to the theme of his short film. "I was trying to send that message, and I tried to do it in a way that was relatable to everyone, even if it's not a military family. I feel like everybody can relate to a parent having to go do something that your child doesn't exactly understand at that point in time. We don't always understand the decisions that our parents are making in that actual moment, even if it is to our benefit."

McDonald's USA and the American Black Film Festival partnered to offer up-and-coming filmmakers an opportunity to compete to win a film equipment package valued at \$2,500, have a film featured on prominent websites, such as McDonald's 365Black.com, and

receive mentoring from Malcolm D. Lee. The writer and director is well known for his work, "The Best Man" and "The Best Man Holiday." Along with Fields, Brian Shackelford of Los Angeles, California; and Travis Dent of Baton Rouge, Louisiana were selected to attend the 19th annual American Black Film Festival in New York City on June 11-14.

Winning a gift certificate that will enable Fields to purchase his own film equipment was perfect timing. The new AU graduate who once had access to equipment at the university can continue working on new film projects, while starting a production company.

"What's on my plate right now is I just completed a short film called "Courting Lewis Baker," which is a roughly 15-minute short drama about a young man who is searching to reconnect with his father. I'm in the process of submitting that in the film festivals to hopefully get that more exposure. And while that's going on, I've written a feature film. I'm writing my second one, and one of those two projects should be the next film that I make."

Additionally, Lee's mentorship helped Fields to receive industry advice for a great portion of a day. He also found out some steps that Lee took to build his career.

"What was nice to hear was what he [Lee] was telling us his story about how he got started. A lot of the things that he was doing at this [my] age are the same things that I'm doing right now," Fields said.

Debate meets social justice at Coppin State University

By Ken Morgan, Ph.D.

Coppin State University is hosting the third annual Leaders of a Beautiful Struggle (LBS) - Eddie Conway Liberation Institute (ECLI) Debate Camp for High School Students this summer.

The three-week residential debate learning boot camp's mission is to integrate debate with facilitating social justice in the black community. The camp began July 12 and runs until August 1.

The LBS is "a community think-tank, designed to produce and advocate for policy solutions to problems faced by everyday people in Baltimore," according to co-founder Dayvon Love. LBS founders are former national college level competition winning debaters.

Adam Jackson, CEO of LBS, and ECLI program director said, "LBS is a model for using debate as a tool to get involved with social justice issues." He added, "ECLI is the only debate boot camp hosted by an HBCU."

Adam Jackson and Assistant program Director Brion Gill run the program with a staff of 15 people. Staff members are composed of African American former college national debate champions and ECLI alumni. They designed the program out of their own debating experiences.

"There was no social justice debate camp in the country," said Jackson.

"We wanted to create an environment where you put your mind, body and spirit in the debate," said Gill.

This year's students hail from the Baltimore metro area and from as far away as Dallas, Texas. The group is 95 percent black. Sixteen are female and thirteen are male. Students are between 14 and 18 years old.

Camper Abbie Booker has learned a lot during her time at Coppin. "This is the only camp that is an asset to my identity and the way I choose to express myself," she noted.

"I learn things that I would not learn in the regular school curriculum," said Baltimorean Morgan Kirkman. Morgan, who wants to be a civil rights attorney or



Participants at the 3rd Annual Leaders of a Beautiful Struggle (LBS) - Eddie Conway Liberation Institute (ECLI) Debate Camp for High School Students at Coppin State University, which began July 12 and runs until August 1, 2015. The mission of the three-week residential debate learning boot camp is to integrate debate with facilitating social justice in the black community. This year the students are from the Baltimore area and as far away as Dallas, Texas.

Courtesy Photo/Coppin State University

a sports psychologist, said she found a sense of community and belonging at debate camp.

Salecia Barney who is the only black debater in her high school said, "The camp helps me build better arguments. It helps me be a better activist and reshapes the way I look at the world."

Michael Franklin was inspired to come to the boot camp by a friend. He liked the idea of critical debate and wanted to use it to do more work in his community.

"I want to develop arguments to learn how to become a strong leader to produce change," said Larry Taylor III. He wants to be an attorney and one day become president of the United States.

A typical day for students starts at 8

a.m. in the morning when they eat breakfast. The students are then divided into two debate labs. They work from 9 a.m. to 4 p.m. with an hour's break for lunch. Lab facilitators instruct students on debating skills and techniques integrated with social justice content and cultural identity.

The students take field trips, work on community projects and do volunteer work to deepen their experiences.

Staff work individually with students on a debate topic taken from the main topic. The main debate topic this summer is "The U.S. government should curtail its domestic surveillance."

After a dinner break, campers interact with staff to review their work and

prepare for team debate competition between the two student labs.

Boot campers get to show off their skills on the last two days in the Mumia Abu Jamal debate tournament. The tournament is open to the public.

The ECLI mirrors part of Coppin's HBCU mission to integrate academic excellence with community engagement and enhancement. Collins and other faculty familiar with the program hope not only to build a debate team, but also to inject debate techniques into the academic curriculum.

Giving an insightful wink Collins said, "We hope to recruit many of these students to Coppin."

"The challenge of social justice is to evoke a sense of community that we need to make our nation a better place, just as we make it a safer place." —Marian Wright Edelman



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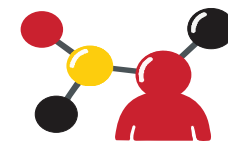
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PATIENTS

Minority Male Makers: Verizon invests in STEM education for minority boys

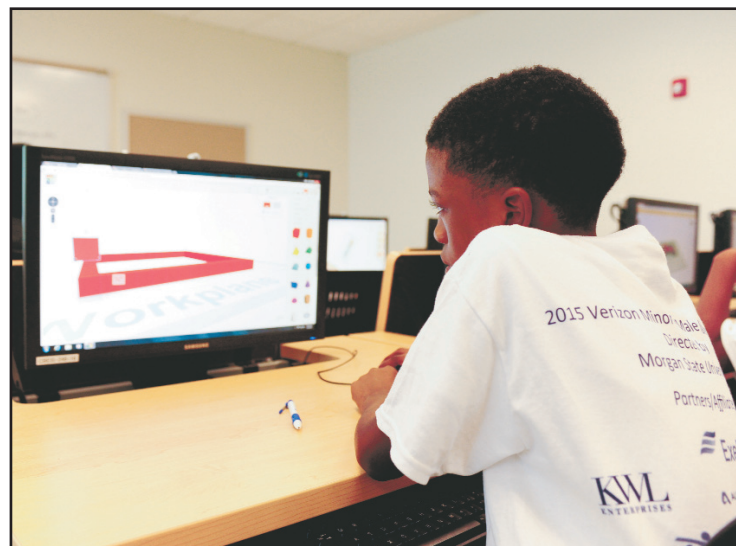
Addressing the under representation of minority males in STEM fields, the "Minority Male Makers" program uses technology instruction, mentorship and long-term support to give students a chance for a brighter future.

Baltimore— This summer marks the official launch of the Minority Male Makers program, a first-of-its-kind, two-year program created by Verizon, that gives minority middle school boys hands-on learning experiences with advanced technology and opening their eyes to many of the exciting professional possibilities that STEM (science, technology, engineering, and math) and entrepreneurship skills can offer. Ultimately, the Minority Male Makers Program aims to empower a new generation of minority men by giving them lifelong technology and entrepreneurship skills to build the innovations of tomorrow and create brighter futures for themselves and their families.

Morgan State University is one of four leading Historically Black Colleges and Universities in the nation that are directing this pioneering program, instructing the students daily during intensive, all-day technology classes on campus this summer. The students will also be partnered with minority college men as mentors, in collaboration with the National CARES Mentoring Movement.

Students are currently participating in all-day workshops, four to five days per week, for approximately four weeks at Morgan State University, which began July 6 and runs until July 31, 2015.

Morgan's curriculum for the program is unique and focuses on skills such as collaboration, critical thinking, problem solving and a range of STEM disciplines, such as app design and develop-



(Left) Tony Lewis, Vice President of State Government Affairs, Verizon was the moderator at the launch of Verizon's "Minority Male Makers" program on July 14, 2015 at Morgan State University in Baltimore. The event featured a panel discussion with educational leaders, STEM field professionals, community leaders, and young men participating in the Minority Male Maker program. The goal of the program is to encourage these young men to attend college, introduce them to STEM field career options and skills, as well as motivate them to be successful. Courtesy Photos/Morgan State University

ment; computer programming; basic coding; modeling; 3D design and printing; and robotics. During the 2015-2016 school year, the students will participate in check-in sessions once to twice a month, which will include mentoring and support in their academic progress.

The impacts of the program will be measured by a combination of pre- and post-test surveys conducted with the students at various stages of the program. Changes in students' performances on standardized and achievement assessments will also be tracked to determine impacts from the program.

Minority Male Makers has been in development for more than a year and was developed by Verizon to address an urgent need. Minority males are severely underrepresented in STEM fields and are less likely than Caucasian peers to graduate from high school in four years

and pursue college, according to experts. While, in recent years much attention has been paid to empowering girls in

these subject areas, very few programs exist that specifically work with boys to spark their interest in STEM disciplines.

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Baltimore resident feeling 'fabulous' about diabetes program

By Stacy M. Brown

India Harris counts among the nearly 1.2 million Americans who have pre-diabetes and who are at risk of developing the debilitating disease.

However, Harris, a Baltimore resident, is getting better and has been able to avoid the pitfalls that some find difficult to avoid, particularly when they stray from proper diet and exercise.

"I was diagnosed with pre-diabetes two years ago and a year ago I joined the gym, changed my diet and lost weight," Harris said. "But, I gained the weight back."

Then, earlier this year Harris attended an American Diabetes Association (ADA) screening event and began participating in a science-based and culturally relevant community initiative called, "Fabulous YOU!"

The program is an interactive learning experience designed to address diabetes management for a select cohort of women who are living with or at high-risk for diabetes.

"The 'Fabulous YOU!' program has been great. I lost eight pounds so far and it has increased my motivation, my self-esteem and my health and awareness has accelerated," said Harris, who has also lost two inches off of her waist.

Harris' overall goal is to lose 40 pounds and seven inches of her waist.

"I met Tracy [Newsome, the director of mission delivery at ADA-Maryland] at a health expo in March and she gave me the information about the program," Harris said. "I really didn't think 'Fabulous YOU!' would help but it's different because of the camaraderie we have with the others."

ADA officials say nearly 12.6 million women in the country are affected by diabetes, and the incidence of type 2 diabetes is more than double in the African-American community.

To address this, the Maryland chapter of the ADA held a screening event in March, in which they invited more than 100 women to take ADA's Diabetes Risk Test.

Of the women taking the test, the ADA



India Harris
Courtesy Photo

selected 50 to participate in "Fabulous You!"—a nine-month, educational, interactive diabetes wellness program geared toward helping women take control of their health.

The program began with "Diabetes Care Day," a women's screening event, to capture biometrics and level of commitment toward improving health.

It features cooking demonstrations, supermarket tours, fitness demonstrations, motivational talks and incentives. Participants are connected to mentors who support them in achieving their goals during and after the program, as well as medication management provided by the University Of Maryland School of Pharmacy.

Harris said she'd been struggling with high hemoglobin A1C levels and vision problems as a result of her diabetes.

She now has glaucoma, blind spots and diminished peripheral vision in her left eye but she said she's determined to make a change in her life which is why she joined "Fabulous YOU!"

"My energy level is higher now, I have a better metabolism and things are going well," Harris said. "What this is, we are trying to improve women's health and mental health. You have to have that mental attitude, the overall will to change your lifestyle and eating habits."

Harris says a meal plan also helps to keep her focus and allows her to recognize if she's eating too many sweets, meats or other kinds of food.

"It really makes a difference," she said. "I'm motivated and I look forward to going back each week."

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CITY OF BALTIMORE DEPARTMENT OF TRANSPORTATION 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 **BALTIMORE CITY NO. TR15019; CONDUIT SYSTEM REPAIRS AT VARIOUS LOCATIONS CITYWIDE (JOC)** will be received at the Office of the Comptroller, Room 204 City Hall, Baltimore, Maryland until 11:00 A.M. **September 9, 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 **July 24, 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 pre-qualified 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 **B02553 Duct Line Construction**. Cost Qualification Range for this work shall be **\$2,000,000.00 to \$3,000,000.00**. A "Pre-Bidding Information" session will be conducted at **10:00 A.M. on August 7, 2015** at 417 E. Fayette Street, Charles L. Benton Building, Room 724. Principal Items of work for this project are Rodding Existing Conduit Ducts – 20,000 LF, Break Out Existing Ducts to Clear Obstructions – 2,000 LF, Concrete Encased Ducts – 2,700 LF, Cast in Place Electrical Manhole – 20 CY, and Precast Manholes - 4 EA. The MBE goal is **6%** and WBE goal is **1%**. APPROVED: Bernice H. Taylor, Clerk Board of Estimates

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Legal Notices

CITY OF BALTIMORE DEPARTMENT OF PUBLIC WORKS OFFICE OF ENGINEERING & CONSTRUCTION

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 **Sanitary Contract No. 903-Improvements to Patapsco Sewershed** will be received at the Office of the Comptroller, Room 204, City Hall, Baltimore, Maryland until 11:00 A.M. on **Wednesday, August 26, 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, July 24, 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, 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 **B02552-Sewer Construction or G90099-Cured-in-Place Pipe Lining**

Cost Qualification Range for this work shall be **\$20,000,000.01 to \$30,000,000.00**. A "Pre-Bidding Information" session will be conducted at **300 Abel Wolman Municipal Building, Large Conference Room on July 30, 2015 at 10:00 A.M.** The CCTV videos of the sewers included in this project will be made available for viewing/copying to interested parties at the Office of Whitman, Requardt & Associates, LLP, 801 South Caroline, Baltimore, MD 21231. Refer to IB-8 for additional details
Principal Items of work for this project are:

- Sewer cleaning and closed circuit television (CCTV) inspection
- Cured-in-Place pipe (CIPP) lining of sanitary sewers
- Excavate and replace segments of sanitary

Legal Notices

sewer via point repairs
•Manhole repair and rehabilitation work
•Sewer house connection (SHC) repair and rehabilitation work
•New manhole and cleanout installation work

This project is a recipient of the State Revolving Loan

The MBE goal is 17%
The WBE goal is 16%

SANITARY CONTRACT NO. 903

APPROVED:
Bernice H. Taylor
Clerk, Board of Estimates

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

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Mayor Introduces Fun Wagon

By Stacy M. Brown

Baltimore Mayor Stephanie Rawlings-Blake spent part of Wednesday, July 15, 2015 showing off her hula-hoop skills to the delight of young ones, parents and officials at the Robert C. Marshall Recreation Center on Pennsylvania Avenue in Baltimore City.

"This isn't as easy as it might look," the mayor said as several children joined in and begin twirling their hips and balancing hula-hoops, a practice that turned into one big block party and acted as a prelude for summer activities in Baltimore.

Rawlings-Blake was at the recreation center to help unveil this summer's Fun Wagon, a trailer that will travel through city neighborhoods carrying games, toys and athletic equipment to young individuals.

The city's Fun Wagon program began 48 years ago with the goal of providing fun activities to young individuals in the community who lacked recreational centers where they live and to keep them occupied over the summer.

This year's wagon was made possible through a \$70,000 donation from Walmart, according to Rawlings-Blake's staff members.

The Fun Wagon is expected to serve more than 2,500 children and their families through the Baltimore City Recreation and Parks Department's "Docs in the Park" program, which encourages and facilitates outdoor activities that keep children engaged and moving during the summer.

Through her spokesperson, Rawlings-Blake said doctors regularly prescribe activities and local families can "fill their prescription" for outdoor fun and games during "Docs in the Park" events.



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