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Baltimore Native, Ailey Dancer Receives Princess Grace Award



Baltimore native Courtney Celeste Spears is the recipient of the prestigious Princess Grace Foundation-USA Award, which provides more than \$1 million to artists in theater, dance performance, choreography and film. The annual awards continue the legacy of Princess Grace Kelly of Monaco, who helped emerging artists pursue their artistic goals during her lifetime. Spears, a graduate of the Baltimore School for the Arts and currently a senior in the Ailey/Fordham University BFA program in dance with a minor in communications studies was selected as one of two scholarship recipients for 2015. (Story on page 10)

Photo Credit: Kyle Rorman

Health Habits: I learned them from my Dad

By Meri Raffetto, RDN

As a mother of five-year old triplets I'm starting to see exactly how children learn healthy habits. It doesn't always come from talking at them or trying to explain by reading child friendly stories or using carrot shaped puppets to get the message out about developing healthy habits. They learn from observing our behavior.

Our generation seems a bit different than our parents' in that we make life busier than it needs to be, pushing out time for exercise, relaxation and eating properly. A recent study published July 21 in the American Journal of Men's Health tracked 10,000 men from adolescence to adulthood and found that men are gaining weight after becoming first time fathers while non fathers are losing weight in the same time frame.

Whether the weight gain is coming from a decrease in time to exercise, eating off your kids' plate or living a stress filled existence, the thing is... your kids are watching your actions and it's making an impact on their own choices. As the old saying goes, "actions speak louder than words." Instead of just focusing on telling children how to eat or stay active I believe it's time to look inward and see if we're setting our kids up for success. What do they witness on a daily basis from our own actions? What

did we learn from our parent's actions?

The above questions made me reflect on my own childhood and the lessons that I learned from simply observing my dad and I'm happy to report they were some good ones.

He never used the term exercise; he just enjoyed certain activities. My dad was always active. He was an avid outdoorsman who loved any type of fishing whether it was lake, river, ocean fishing or even ice fishing... he did it all. He also was known to golf and play handball. Some of these activities are slow moving but the point is I always witnessed him enjoying being active. What I took from this was that movement can simply be enjoyable and not a chore we have to do to stay healthy.

He didn't label foods healthy; he just enjoyed and ate them. We didn't hear the message that we needed to eat vegetables or the opposite, that vegetables aren't tasty. We watched my dad eat vegetables and thoroughly enjoy them. Every single night of my childhood whether we had spaghetti, hamburgers or pizza we always had a salad with oil and vinegar dressing. Most often that salad was accompanied by an additional vegetable serving. My dad simply enjoyed his vegetables and needless to say it rubbed off on us kids. All four of his children enjoy vegetables and it seems very normal to us to have several



servings with our dinner.

He didn't speak of stress management; he simply took a morning walk and observed nature. We lived near a large wooded lot growing up and my dad typically got up early and stood in front of the sliding glass door with his cup of coffee and observed the various wildlife that congregated in the back yard. He was very peaceful and still. It seemed almost meditative and you felt the need to quietly tip toe past him so you didn't disturb this peaceful interlude.

Nearly every day he took his dog for a morning walk in the wooded lot. When I'd join him we didn't do a lot of chit chatting. Just walking and taking in the cool crisp morning and the smell of the pine needles crunching beneath our feet. There is a great gift of stress manage-

ment I received in learning how to be still and quiet, especially in the non-stop loud world we live in today.

Dads, you have a great opportunity to teach your kids by your actions. It doesn't have to be monumental. It's the simple things they'll learn like eating veggies each day, taking a walk or enjoying a fun physically active game. Your actions are what they'll remember the most and adopt into their own lives.

Meri Raffetto is a Registered Dietitian and founder of Real Living Nutrition Services, an online weight loss and wellness program inspired by the Mediterranean Diet. Raffetto is also a member of Men's Health Network Board of Advisors.

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Where the presidency is headed

By Lee H. Hamilton

Before the ins and outs of the 2016 presidential contest become a preoccupation for many of us, it seems a good time to step back and look at the office of the presidency for which so many candidates are vying. The presidency inherited by whoever wins next November will be substantially changed from the position his or her predecessors occupied a few decades ago.

The President is now the chief—and sometimes the sole actor—in American government. He far outweighs the other so-called “co-equal” branches. The media covers the White House extensively, and the other branches much less so. People don’t expect Congress or the Supreme Court to solve the country’s problems.

Instead, they look to the president for initiatives, for remedies—and increasingly and sadly to serve as a de facto pastor to the nation when we confront a tragedy.

The branch that came first in our founders’ minds, Congress, is now of secondary importance. This has been a long, slow development, the result not so much of court cases, legislation, or even deliberate planning, but of countless decisions by congressional leaders that have handed power to the president so as to avoid tough decisions on Capitol Hill. There may be limitations imposed by the courts or public opinion, but the system of checks and balances that our system was supposed to operate under has been severely weakened.

Not even the press can hold the president to account any more, except under extraordinary circumstances. For one thing, it’s very hard to grill the president these days. The tradition of regular presidential news conferences has all but disappeared—and when the press corps does get a chance to ask questions, the White House carefully manages the event.

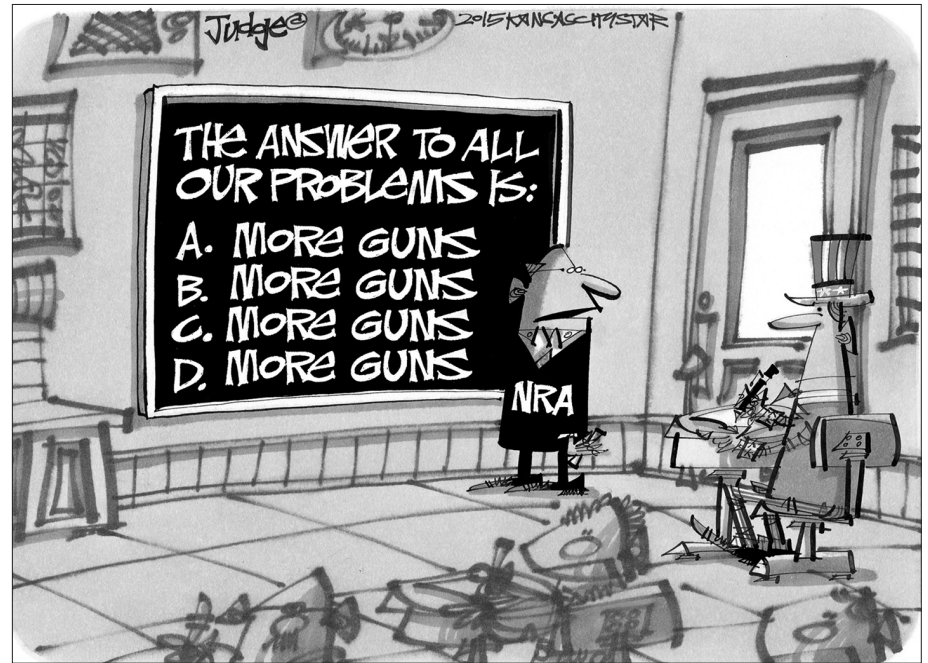
This makes it very hard to find a forum or a place where people outside the White House bubble, can ask the president probing questions and press for thorough explanations of a policy or problem. I’ve long favored a regular question-and-answer period in Congress that would be publicly televised—a chance for the president’s supporters and opponents to probe his or her thinking. At a minimum, we should get regular and extensive press conferences. Instead, the only media-related event that happens regularly is the morning meeting among White House staff to figure out how to get the president on the evening news in the most favorable light. It’s a form of manipulation that greatly reduces accountability.

Which is a shame not just for the obvious reasons, but also because the federal government cries out for more accountability these days. Whoever is president next, he or she would do well to pay more attention to effective management of the vast executive establishment than has been the practice until now. Otherwise, the breakdowns in the operation of government to which we’ve grown accustomed will continue.

Every president comes into office insisting he’ll spend a lot of time on making the government work better, but is invariably distracted by the rush of events. This is not entirely the president’s fault. The Congressional Research Service estimates that 1,200 to 1,400 positions are subject to confirmation by the Senate, and presidents often have a hard time getting the people they want into position. That needs to change, perhaps by requiring an up-or-down vote on a nominee within 90 days.

To sum it up, while the president’s accumulation of power is a serious problem in the big picture, it nonetheless is a fact. We ought to make it easier for him to get the people he needs in a position to make government work more effectively.

Lee Hamilton is Director of the Center on Congress at Indiana University; Distinguished Scholar, IU School of Global and International Studies; and Professor of Practice, IU School of Public and Environmental Affairs. He was a member of the U.S. House of Representatives for 34 years.



Community Affairs

Renters' Tax Credit Deadline Approaching

September 1 deadline is less than one month away

Baltimore— Qualified renters in Maryland are running out of time to take advantage of available tax credits, just as their home owning counterparts do. The Renter’s Tax Credit program gives qualified renters in Maryland the potential to receive a credit up to \$750.

The program is designed to help renters whose monthly rent exceeds a fixed amount in relation to their income. If they qualify, they may be able to receive a credit up to, but not exceeding, \$750. Not every Marylander who rents their home can take advantage of the credit. In order to qualify for the program, renters must meet specific eligibility requirements: Be legally responsible for the rent; Be age 60 or over, or 100 percent disabled; Be a surviving spouse of one who otherwise would have been eligible; or, if a resident is under age 60, they must have had at least one dependent under the age of 18 living with them, and didn’t receive fed-

eral or state housing subsidies or reside in public housing, and the combined income of all residents of the home is below the allowable guidelines during the year they apply for the credit.

The deadline to apply for the credit is September 1 of the year in which the credit will apply. Although, waiting until the last minute is never recommended. “We always encourage residents to file as early as possible to avoid any last minute filing backlog,” says Agency Director Sean Powell.

Applications are available at local libraries, senior centers and social security offices, as well as online, via email, or by calling the Tax Credits Telephone Service at 410-767-4433 (in Baltimore) or toll-free 1-800-944-7403.

For all of calendar year 2014, the agency received more than 11,000 applications, issuing nearly 8,000 credits, for a total of \$2.4 million in tax credits for Marylanders who rent their homes.

For more information and specific guidelines about qualifications for the Renter’s Tax Credit, visit the agency’s website or call the Tax Credits Telephone Service at 410-767-4433 (in Baltimore) or toll-free 1-800-944-7403.

Black lives should matter to black killers, too

By Lekan Oguntoyinbo
NNPA Columnist

I applaud the Black Lives Matter Movement for renewing attention on police violence against blacks, an issue that is old as the republic—for black lives do matter. And black lives should always matter—even when the killers are not hyper-aggressive cops, white supremacists or other emblems of oppression.

In 2011, the most recent year for which data was available, more than 6,000 blacks were murdered, according to the FBI, most often by other blacks. The U.S. Bureau of Justice Statistics estimates that more than 90 percent of blacks are killed by blacks. Around the world, hundreds of thousands of blacks die at the hands of other blacks as a result of warfare, ethnic and religious conflict and police and military brutality.

In fact, many crimes committed by cops against blacks pale in comparison to black-on-black crimes.

Tuesday night in St. Louis, for example, two males were killed in separate

shootings and eight others were shot and wounded in six shootings.

A few weeks ago in a Detroit neighborhood, patrolling police officers spotted two men in a car. One of them appeared to have a gun. When the cops tried to pull them over, they sped off and a chase ensued. The driver of the fleeing car nosed his car onto the sidewalk and ran over a six-year-old child, killing him instantly. He didn't stop. He ran over

laid them on the sidewalk in full view of passing motorists and shot them dead in broad daylight.

The conflict in the Democratic Republic of the Congo has resulted in the deaths of more people than any other conflict since World War II. To date, more than five million people have been killed. The conflict also has drawn in several neighboring countries. Some analysts have called the Congo crisis the

down their homes and businesses. Black South Africans see the black expats as an economic threat. And the list goes on and on.

For the record, I am sickened by stories of police brutality against blacks, by the footage of the killings of Walter Scott and Samuel Dubose and by the gross insensitivity of the Ferguson police who left Michael Brown's lifeless body baking on asphalt for four hours. But I am even more horrified by what blacks do to each other in this country and around the world. Pushing the idea that black lives matter has to involve more than slogans, hash tags and protest rallies. And it must be more complex than urging federal officials to investigate police misconduct.

We have to place a higher value on black lives in our own communities, block-by-block, city-by-city and nation-by-nation. It's hard to persuade white authorities to respect our human rights and treat us with dignity when many of us don't do the same. Until we get just as fired up about black-on-black violence in North St. Louis, in Detroit, on Chicago's South Side, in South Central Los Angeles, in Lagos, in Kinshasa, in Kingston, in Port Au Prince and in the favelas of Rio de Janeiro as we do about cop killings, the phrase "Black Lives Matter" will remain no more than a pithy slogan and the killings of blacks will continue unabated.

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"In 2011, the most recent year for which data was available, more than 6,000 blacks were murdered, according to the FBI, most often by other blacks. The U.S. Bureau of Justice Statistics estimates that more than 90 percent of blacks are killed by blacks."

another child, a three-year-old who died within a few hours, before he was apprehended.

A few years ago, Al-Jazeera posted footage online of military personnel in Nigeria, the world's largest black country, murdering young men on a busy street of a large northern Nigerian city. The men were suspected of being affiliated with the terrorist group, Boko Haram. The soldiers had conducted a house-to-house search in a neighborhood believed to be sympathetic to the group. They pulled young men who fit particular profiles out of their homes,

closest thing to a world war in more than 70 years.

In Nigeria, large numbers of people are abducted each year and used as human sacrifices. Children are particularly vulnerable to these predators. In parts of Tanzania, kidnappers frequently target albinos for ritual sacrifices. The belief is that the gods give you greater rewards if you present them with an albino.

On at least two occasions in the last five years, large numbers of blacks in South Africa have viciously attacked expatriate blacks from other African countries, killing scores and burning

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New Film in a 'Search for Black Wealth'

By Stacy M. Brown

Even though screenings for the film were sold out long ago, interest in "Generation One: The Search for Black Wealth," generated the type of buzz usually reserved for an anticipated, high-budget blockbuster. Crowds flocked to showings last month in Atlanta, Washington and Chicago.

"It's our fifth documentary now and we felt like the next step in the progression is wealth, or more specifically, the lack of wealth in the black community and the time to release this is perfect," said Lamar Tyler, one half of the filmmaking duo of Lamar and Ronnie Tyler.

The power couple, whom Ebony Magazine named as one of its coolest black families in America, are the creators of "Black and Married with Kids," the largest independent African-American marriage and parenting website that boasts about 500,000 Facebook fans.

The new film presents compelling advice about the who, what and why of building financial wealth, according to the Tylers.

"We spend a trillion dollars a year and most of it goes outside of our community," said Lamar Tyler, a former Prince George's County resident. "We have to start supporting our own business and make sure we invest in our own community to ensure that our dollars recycle."

The film, reviewed favorably by Black Enterprise Magazine, boldly lays out how the gaping disparity between black and white wealth came to be and then speaks to some of the black community's most provocative, innovative problem solvers and financial experts for solutions. The result is not just a compelling discussion of the issues but an irresistible call to action and resolution—one with the potential to resonate for generations.

"With the 2007 recession, the housing crisis and soaring unemployment rates leaving black America's wallet trapped



Creators of the film "Generation One: The Search for Black Wealth," Lamar and Ronnie Tyler were named as one of the coolest black families in America by Ebony Magazine
Courtesy Photos

in the crosshairs of the United States' financial crisis, the lack of generational wealth in the African-American community has never been in sharper focus," Tyler said.

The movie takes a hard look at the numbers, giving historical context to early wealth creation in the black community and taps the expertise of the nation's top financial experts to weigh in not only on how blacks fell behind, but offers surefire strategies families can implement to begin building a strong financial legacy for generations to come, according to Tyler.

"What I found from working on the project and with different experts and talking to people in the community, is that there are a lot of issues with wealth and the problem really is an education problem," Tyler said. "So many people watching the film told us that they didn't know a lot of what was presented. The reason they didn't know is that most of the time, blacks don't have access to the information."

Already, "Generation One" has sold out theaters in three major cities and Tyler says he'll soon add more locations. There

have been more than 123,000 likes on Facebook and 89,000 shares for the film.

"It's important. The film is important because some of the things can be traced to mainstream culture. There is a self-centered message that's repeatedly built into our heads," Tyler said. "But, it's important to know that wealth creation isn't for you, it's for your children, and their children, and their children. This film looks at historical reasons for why things are they way they currently stand, including that during the Great Depression, a lot of Americans had their mortgage loans forgiven but they still allowed blacks to go into foreclosure and lose their homes."

The film is available on DVD. For more information, visit www.generation1movie.com.

LAMAR & RONNIE TYLER PRESENT

"This will be the last generation that starts from scratch. We will build wealth."

GENERATION ONE

THE SEARCH FOR BLACK WEALTH

With the 2007 recession, the housing crisis and soaring unemployment rates leaving Black America's wallet trapped in the crosshairs of the United States' financial crisis, the lack of generational wealth in the African American community has never been in sharper focus. Generation One takes a hard look at the numbers, giving historical context to early wealth creation in the black community and tapping the expertise of the nation's top financial experts to weigh in not only on how Blacks fell behind, but surefire strategies families can implement to begin building a strong financial legacy for generations to come.

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For Ravens linebacker Courtney Upshaw, it's all about the team

By Turrón Davenport

The Baltimore Ravens used a second round pick to select linebacker Courtney Upshaw in the 2012 NFL Draft. Upshaw came to the Ravens after being named a first team All-American at Alabama. He put up outstanding numbers in college. Things changed once he got to the NFL. Upshaw became a player whose contribution didn't show in the box score but he earned the utmost respect from his teammates. He put the team first. That's what he describes as "the Raven way."

Upshaw has become a run stuffing outside linebacker for the Ravens. He has to give up a large amount of pass rushing opportunities to Elvis Dumervil but has not complained at all. Getting involved in the physical aspect of the game is something that Upshaw relishes.

"I love it— being able to go in and battle tight ends and do stuff like that. I was never a cover guy in college," Upshaw said. "Being here and being able to drop in coverage— I haven't gotten an interception or anything like that— but it's fun for me."

This year marks the final year of a four-year contract worth \$5,296,698 that Upshaw signed in 2012. Many players set personal goals for themselves, especially in a contract year. That's not the case for Upshaw.

"I want to just go out and produce and do more. I can sit here and say, 'Oh, I set this goal for myself,'" Upshaw said. "Honestly, I just want to get that first sack, and then I'll get to clicking from there. But right now, it's all about just



Ravens linebacker Courtney Upshaw works through a bag drill during training camp at the Ravens facility in Owing Mills, Maryland.

Courtesy Photo/www.baltimoreravens.com

doing more— doing more year one, year two to [year] three. I just want to do more to help this team win."

The goal for Upshaw was to focus on increasing his opportunities to rush the passer. Upshaw would like to get more sacks, something that he hasn't been able to do much during his career. He only has three career sacks in three seasons. Upshaw didn't register a sack during the regular season last year but did get a sack against the Pittsburgh Steelers in the divisional playoff round.

The biggest play of Upshaw's career

didn't come on a sack however. The Ravens reached the Super Bowl in Upshaw's rookie season. Upshaw had a

key play when he forced running back Lamichael James to fumble the ball during the Ravens victory over the San Francisco 49ers.

Upshaw wants to continue to be a force against the run and be a reliable option to cover tight ends. As he said, "I'm just trying to better myself as a whole." Improving in all aspects of the game will allow Upshaw to be a contributor to the team.

The expectations for Upshaw have always been there. He initially was a straight-line pass rusher but has evolved into an outside linebacker who can play on almost any down. The primary job that Upshaw has now is a selfless one. He has to aggressively set the edge against the run, funneling runners back into the teeth of the defense.

The Ravens pride themselves on stopping the run. They want to control the line of scrimmage. A player like Upshaw helps them do so. The organization will face a decision at the end of the season. Upshaw is a team first player, but he wants to make it an easy decision for the team when it comes to whether or not he is signed to a long term contract.

More Baltimore Ravens stories by Turrón Davenport available at: www.baltimoretimes-online.com

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Seven painting projects for weekend warriors

(Family Features)—Homeowners are often advised to keep the home neutral and avoid decorating with anything too bold or personal. But in order to make a house your home, the decor should reflect your personality and style. The good news is you don't have to make permanent commitments. Paint is an easy and cost-effective way to infuse color and patterns that transform the aesthetic of a room or piece of furniture.

Regardless of whether you're a masterful weekend warrior or first-time do-it-yourselfer, paint projects don't have to be time-intensive or overwhelming—a little paint and creativity can go a long way toward refreshing your space.

"The key to achieving professional-looking results is using the right tools," said interior decorator Martin Amado. "That's why I start all my painting projects by going to Lowe's to pick up high-quality paint brushes, a can of paint and 3M Safe Release Painter's Tape with Advanced Edge-Lock Paint Line Protector."

Amado suggests these painting projects you can accomplish with just one can of paint:

1. Color block your furniture. Take the dining room from drab to fab by painting the bottom halves of table legs and chairs in a bold, solid color. Change the look each season to impress guests on every occasion.

2. Invent your own artwork. Unleash your inner



artist and create unique designs on canvas or fiberboard. Use painter's tape to make abstract designs and add your favorite paint color before finishing each piece with a decal or monogram.

3. Enhance your tired armoires. Play dress up with your furniture, and give armoire doors a makeover. Paint a colorful border around the front of the door and adhere adhesive hooks in the middle for a stylish, yet functional, new piece.

4. Skip store-bought photo frames. Instead of purchasing frames for your gallery wall, paint basic shapes directly on the wall. Mount artwork or photos onto the painted backdrops for a picture-perfect place to preserve your favorite memories.

5. Design a lavish headboard for less. Save money and instead splurge on style by painting a "frame" on the wall just above your bed. Rectangular shapes work best for most beds and you can get creative by trying patterns such as stripes, chevron and diamonds.

6. Install faux panel moulding. No moulding? No problem! Buy inexpensive frames and paint them the same color as your baseboard trim. Adhere the frames to the wall (without the backing and glass) for a simple, yet dramatic, look.

7. Make a statement (wall). Pick your favorite pattern trends and bring them to life on one wall of the living room or bedroom. If you're not ready to take on patterns, bold and bright colors will do the trick.

For more tips to transform your rooms with paint, visit www.3MDIY.com.

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Baltimore Native, Ailey Dancer Receives Princess Grace Award

By Stacy M. Brown

She started dancing at the age of three after her mother went to a Target store and picked out a ballet outfit just to see how her toddler would look in it and for Courtney Celeste Spears, it's like she never took the leotard off.

"I freaked out and when I got the outfit, I was like, 'I want to do ballet' and my mom laughed and told me that I hadn't even started dancing yet," said Spears, a graduate of the Baltimore School for the Arts and currently a senior in the Ailey/Fordham University BFA program in dance with a minor in communications studies. "My mom then took me to ballet class and the rest is history."

History that now includes being the recipient of the prestigious Princess Grace Foundation-USA Award, which provides more than \$1 million to artists in theater, dance performance, choreography and film. The annual awards continue the legacy of Princess Grace Kelly of Monaco, who helped emerging artists pursue their artistic goals during her lifetime.

Spears was selected as one of two dance scholarship recipients for 2015.

"I started crying when I heard that I had gotten the scholarship," she said. "I was very dramatic and I had to apologize to the representative on other line because I just busted out in tears. It didn't hit me until I got an email from them and that's when I realized that I didn't dream it."

Spears says that she has enjoyed every moment of her dance experience. She also says she didn't realize when she was younger that dance was something she could do professionally.

"Then I went to a really small studio in Columbia, Maryland and that was the beginning of the transformation of my love of dance from a hobby to a passion," she said.

Ballet teacher Maureen Wheeler told Spears that she had a bright future and recommended that she attend the Baltimore School for the Performing Arts.

"It was there that I thought about dance as a career option and now things changed from love and passion to want-



Courtney Celeste Spears, a graduate of the Baltimore School for the Arts and currently a senior in the Ailey/Fordham University BFA program in dance with a minor in communications studies received the prestigious Princess Grace Foundation-USA Award. Spears was selected as one of two scholarship recipients for 2015. Photo Credit: Kyle Rorman

ing to make a career out of dance," Spears said.

In addition to Fordham and Ailey, Spears attended summer programs at Cedar Lake 360, the Juilliard School, and the American Ballet Theatre where she performed works by Matthew Rushing; Igal Perry; Francesca Harper; Nicholas Villeneuve; Christian von Howard; Hope Boykin; and George Balanchine.

She represented Fordham University


on the cover of Dance Spirit magazine's September 2013 "Higher Education" issue and was the 2014 recipient of the Denise Jefferson Memorial Scholarship.

"Fordham was the first school I auditioned for and the last one I found out about. I auditioned and knew I wanted to be in New York City," Spears said. "I could hop on a bus and come back home in three hours so I was thrilled and my school is a two second walk to Lincoln

Center, so I was beyond ecstatic."

Spears says she has plans to travel the world.

"I love culture, food and traveling and I truly love that this career allows me to see the world and see this dream that I have," she said. "I want to start a foundation too where I can help be a bridge for children who have natural talent because I was very fortunate to have a wonderful support system."



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Governor Hogan Announces ‘Maryland Grand Slam’ Program

Annapolis— Governor Larry Hogan announced “Maryland Grand Slam,” a \$2 million program to build stronger communities in Baltimore through homeownership. These funds will be maximized with an additional \$1 million from the City of Baltimore following the approval by the city’s spending board. Both state and city funds will provide grants to home buyers purchasing through the Maryland Mortgage Program, the state’s premier home loan product.

The new Maryland Grand Slam will help make homeownership more accessible by offering prospective buyers four ways to reduce the cost of buying a home, including \$7,500 in down payment assistance grants. The initiative builds upon the governor’s comprehensive and ongoing efforts to help the city rebound from the civil unrest in April.

“Maryland Grand Slam will help change Maryland for the better by giving hardworking families that extra boost they need to get into the home of their dreams,” Governor Hogan said.

The four benefits of Maryland Grand Slam are:

*\$5,000 for down payment assistance in the form of an outright grant from the state. The Hogan administration has allocated \$2 million from Maryland’s rainy day fund for this initiative, a decision affirmed by the state’s Board of Public Works in June.

*\$2,500 for additional down payment assistance from the City of Baltimore, also in the form of a grant. Baltimore’s Board of Estimates approved the program on Wednesday.

*A federal tax credit through the Maryland HomeCredit program that can save the homeowner tens of thousands of dollars over the life of the loan. In addition, Maryland is waiving its usual fee for a savings of as much as \$450.

*A 0.25 percent discount on the already low Maryland Mortgage Program interest rate.

For more information about Maryland Grand Slam and other Maryland Mortgage Program products, visit <http://mmp.maryland.gov>.

Forgotten Black Church Transformed into Memorable Museum



Cherry Hill African Union Methodist Protestant Church in Granite, Maryland before renovation.



By Stacy M. Brown

For years, Louis S. Diggs has researched and documented African-American life in communities in and around Baltimore County while publishing 10 books about black history. A book he wrote in 2001 helped him and his mentor, Lenwood Johnson, uncover a forgotten black community near Randallstown called Granite.

In Granite, Diggs says he and Johnson encountered a distraught woman who pleaded with them to save her old church. The 19th century building that housed the Cherry Hill African Union Methodist Protestant Church—the area’s only black church in the 1800s—was close to caving in, according to Diggs.

But, thanks to Diggs’ love of black history, the desire to research his own roots and to help others research theirs, and a \$400,000 grant secured by Maryland Delegate Adrienne Jones, Diggs and Johnson have restored the building.

The Diggs/Johnson Museum will include more than 9,000 photographs Diggs has collected over the years and numerous artifacts and other collectibles. The museum is scheduled to open on August 22, 2015.

“I was born and raised in Baltimore City and my father left my mom and I and my four siblings when I was a baby and I never spent a day in my father’s house,” Diggs said, in explaining the desire to research his own history. “I spent 20 years in the Army and 20 years teaching and I noticed that the children couldn’t find anything on their history so

I started teaching them how to research and they were so pleased to find the bit of history about themselves that they found.”

The new museum will help Diggs and others continue to teach about history and ancestry. He said the building with its own rich history is a great place to start. The cornerstone of the building is dated 1887 but in Diggs’ research he discovered a news clipping from June 19, 1869 that said a terrible storm passed over Granite and caused a lot of destruction, including damaging the black church. He also found that the Cherry Hill church was built in 1827 but was later abandoned.

“There were the Jesuits from St. Mary’s County who came to Granite to build Woodstock College and they brought their freed slaves to build the college and work there,” Diggs said, chronicling the groups that have been affiliated with the church.

Eventually, freed blacks purchased the property and rebuilt it, and it remained functioning until about the early 1970s.

The church took various names over the years, including African Union First Colored Methodist Protestant Congregation, Sacred Heart Chapel of the Church of God and Cherry Hill AUMP.

Diggs says that he and Johnson were able to contact Helen Johnson, the last minister of the Cherry Hill church who pleaded with them to restore the building before she died.

“The idea of converting the church to a museum came from Delegate Adrienne Jones because she knew that I was getting up in age and she felt that the thousands



(Left to right) Roger Katzenberg, the Preservation Architect; Louis S. Diggs, President of the Friends of Cherry Hill; Delegate Adrienne Jones, board member; and Brian Brystry, president, Progressive Contracting Company, Inc.

Courtesy Photos

of photographs I have created of African-American life in Baltimore County needed to be protected, stored and shared with the wider community, and that both Lenwood and I would always have a place to share our experiences and researching the history of African-American life and communities in Baltimore County that has never been documented,” Diggs said.

Diggs said the building now has a new floor and roof as well as windows and frames.

A bathroom has been put into the building and the original pulpit has been restored.

With the restoration complete – Diggs said a private donor gave

\$10,000 for a projector and screen that will be used for lectures and classes – everyone is excited about the grand opening.

“I love black history, I love history,” he said. “Now, we’ll be better equipped to teach others about their history and I’m very excited about this.”



Renovated interior of sanctuary

Inspired Baltimorean opens SAFE Center for youth

By Andrea Blackstone

A safe haven where youth can learn during the summertime, on weekends and after school will open its doors during a grand opening on Saturday, August 15, 2015.

Van Brooks, 27, founded Safe Alternative Foundation for Education (S.A.F.E.). Through outreach and speaking engagements, Brooks shares the importance of obtaining an education and having an alternate career plan in life, in the event that a first plan is altered as his was when his athletic career was cut short by a devastating injury.

SAFE Center, located at 1501 W. Lexington St. in Baltimore, will allow the foundation to further its mission. Focus areas will include science, technology, engineering, art, math (S.T.E.A.M), literacy, health and fitness. Brooks anticipates he will operate the SAFE Center with the assistance of volunteers for the first six months. After enough funding becomes available, Brooks says that a few of SAFE'S current volunteers will be hired.

Youth will be invited to visit the SAFE Center beginning Tuesday, August 18, 2015, although formal programs are not scheduled to begin until mid-September.

"The first couple of weeks is just for the kids to come and go, and kind of get to know us, to know we are there, to know what we offer, and it's a way for us to get to know the kids as well. Before we start programs, we're going to bring in potential partners to present their programs that they offer to the kids, and then the kids will then decide whether or not if that's something they would want to have at the center," Brooks said.

The Baltimorean grew up in the community where the center is located. He recalls using facilities and participating in free activities, which Brooks says gradually disappeared over the years.

"We'll actually be one of the only facilities in the area offering the things that we are going to offer for free," Brooks said.

Brooks' primary goal was to become a professional athlete, until he was paralyzed as a teenager in 2004. He broke his neck while attempting to make a football tackle. The former athlete was led to start his foundation, and launch the SAFE Center, which will focus on offering pro-



A youth center called the SAFE Center, founded by Van Brooks opens in the Franklin Square community of West Baltimore City. Free programs for middle schoolers will include science, technology, engineering, art, math (S.T.E.A.M), literacy and physical fitness. A block party and grand opening will be held from 1-4 p.m. on Aug. 15, 2015 at 1501 Lexington St. in Baltimore, Md.



Youth from Safe Alternative Foundation for Education's 2015 football program work on an activity about distraction with Van Brooks, rear, during a classroom session. Brooks is a 2014 Open Society Institute of Baltimore Community Fellow and Towson University

Courtesy Photos

grams for middle school students.

"Everything I went through inspired the foundation and the center," Brooks said. "In 2012, eight years after my injury, I was able to take my first steps on my own. A couple of days after that, I woke up from a dream that said, 'Hey, start this foundation.' So that was a direct result of my paralysis. The mission comes from what I went through after my paralysis. I was 16 years old, so I was still a kid, and still had my life ahead of me. All I did was focus on athletics, and I didn't focus on my education. When my athletic ability was taken away from me, the only thing I had to fall back on was my education."

As a result of his personal experience, Brooks now promotes the message of youth having a back-up career plan. Today, the Towson University alumnus is fully independent. Brooks credits an incredible support system with helping him to navigate through life after paralysis.

"My way of trying to repay them back is to give those in need the support that I received," Brooks said.

Sakina Stamper, 29, is a senior attending the University of Baltimore. She also wants to pay it forward. The business administration major specializing in entrepreneurship is Brooks' intern. Stamper, who grew up in Baltimore City, said that she always wanted to be a part of a non-profit and wants to start her own someday. Stamper has been helping Brooks to prepare for SAFE Center's grand opening, which will include a block party, back-to-school giveaway, prizes and other activities.

"I feel really, really great about giving back and helping people. It's something that I've always done on my own," Stamper said. "This capacity that I'm doing it now, it just feels so great because this is all for the children, and letting them know that they are not alone, and that we are doing our best to change the direction that the world is going in."

Brooks is still pursuing additional sponsor and donors for the SAFE Center. As smaller needs arise, individuals may donate items through a Walmart wish list. Monetary donations are accepted via www.safealternative.org/donate. For more info about the SAFE Center, visit: www.safealternative.org.

Rambling Rose

*The African American Authors
and Empowerment Expo*



Rosa Pryor Trusty

Hello my dear friends and “Rambling Rose” fans. First, I want to thank you for reading and telling your friends if they want to know what is going on in the entertainment world in Baltimore, to pick up The Baltimore Times and look for me. There is a lot going on in the next couple of weeks and I don’t want you to miss any of it. Starting with this Friday, August 14th, the Liberty Road Business Association presents its last outdoor community festival and concert from 6-9 p.m. with vendors and live entertainment. Folks, this is really nice, I have been out there every Friday since they started in June. Supporters bring their folding chairs and umbrellas to enjoy the bands while they shop from the vendors. This is free and open to the public. Check it out for the last time this year.

The Author’s Expo will be an enjoyable place to go with your family and hang out. It will be held on Saturday, August 15th 11 a.m. to 5 p.m. at the Radisson (formally the North Baltimore Plaza Hotel) at 2004 Greenspring Drive in Timonium, Maryland. There will be hundreds of authors from all over the country doing book signings, including: Dr. Hattie N. Washington; Dr. George C. Fraser; Nikki Woods; Janis Gaye; Haki Ammi and Sylvia Traymore. There will be workshops, speaking panels, financial empowerment, health & wellness booths, entertainment, prizes, games for the children, youth writers challenge, and vendors selling arts & crafts and many other items. Take your credit cards, cash and checkbooks with you and support the authors. I will see you there with both of my books, “African American Entertainment in Baltimore” and “African American Community, History & Entertainment in Maryland.”

I want to personally congratulate my dear friend Dr. Martin the 32nd Anniversary of the National Great Blacks In Wax Museum, which moved to its current lo-

cation on East North Avenue in 1988.

One of my favorite events coming up is the “Lenny Moore and Greg Hatza Sportsmen’s Lounge Reunion” on Saturday, August 22 from 6-10 p.m. at the Caton Castle Lounge, 20 S. Caton Avenue (off Hilton). Honey Child! Mark your calendar for this one. There are a whole lot of us still around that used to hang out at the Sportsmen’s Lounge back in the day on Gwynn Oak Avenue. I am so looking forward to seeing you all again. Greg Hatza will be on organ, Peter Fraize on sax; Brian Kookon on guitar, Robert Shahid on drums and special guest, Sam King on sax. I will see you there. For ticket information, call 410-566-7086 and tell them “Rambling Rose” told you.

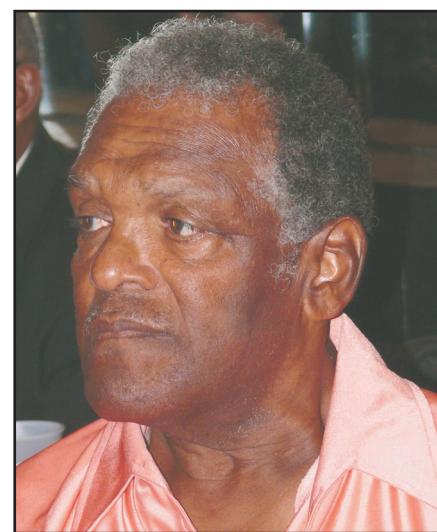
I also want you to mark your calendar for another event that will blow your mind. It is a must you are there. I am talking about “The WMEL HONORS” presented by DJ Mel Entertainment with special performances by Skip Mahoney & the Casuals, The Stubbs Girls, and the Dynamic Superiors on Sunday, August 23 from 5-10:30 p.m. at the VFW Hall #6506, 8777 Philadelphia Road, in Rosedale, Maryland. Some of the honorees are: The Dells; The Manhattans; The Delfonics; Ray, Goodman & Brown; Chris Jasper; Rena Scott; The Original Vandellas; The Dramatics; The Stylistics; Jean Carne; Howard Hewitt and Enchantment. Family members of Marvin Gaye, David Ruffin, Jimmy Ruffin & Levert and yours truly, Rosa “Rambling Rose” Pryor will be there doing a book signing. This is a black tie formal event. Tickets include dinner, entertainment, VIP open bar, hors d’oeuvres and much more. For tickets, call DJ Mel at 443-804-9781.

Okay folks, I am out of space, I have to go, but 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.



Randy Dennis, Magic 95.9 Radio Personality is hosting the Jazz Club Series with Jazzy Tarsha at the Forum Caterers, 4210 Primrose Avenue on August 14th and 28th, 7 p.m. featuring the Rhythm Method Band and the Rollex Band.

Patricia Johnson, the founder of the African American Author’s Expo and Multi-Cultural Book Fair will host her 6th Annual event on Saturday August 15 from 11 a.m. to 5 p.m. at the Radisson Hotel, 2004 Greenspring Drive, Timonium, Maryland. Open and free to the public. Yours truly, “Rambling Rose” will be one of the 100’s of authors that will be there. For more information, log onto: www.aaaexpo.net



NFL Hall of Fame Lenny Moore and renowned Baltimore’s own gifted organist, Greg Hatza will host the “Sportsman Lounge Reunion” on Saturday August 22 from 6-10 p.m. at the Caton Castle Lounge, 20 S. Caton Avenue. For more information, call 410-566-7086.



Congratulations to Dr. Joanne M. Martin, President/Co-founder of the National Great Blacks in Wax Museum, celebrates 32 years, located 1601-03 East North Avenue, Baltimore, Maryland. For more information, call 410-563-3404.

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HotSALE
2⁹⁹
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Value Pack
73% Lean Ground Beef
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or Salami**

Without MVP Card \$5.99 LB

HotSALE
2 \$4
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14.5-24 Oz.
Select Varieties
Prego Pasta Sauce
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WOW!
2 \$5
FOR

MVP

6-12.87 Oz. - Select Varieties
**Stouffer's
Red Box Entrees**
Without MVP Card \$2.99 EA

HotSALE
1⁹⁹
EA

MVP

32 Oz. - Select Varieties
Smuckers Grape Jelly

13-16.3 Oz. - Select Varieties

**Peter Pan
Peanut Butter**
Without MVP Card \$2.39 EA

WOW!
1⁹⁹
EA

MVP

HotSALE
2⁹⁹
EA

MVP

30 Oz. - Select Varieties
Hellmann's Mayonnaise
Without MVP Card \$3.89 EA

single item at 1/2 price
**BUY 1
GET 1
FREE**

MVP

10-10.5 Oz. - Select Varieties
Lay's Family Size Potato Chips
Limit 2 Free

WOW!
2²⁹
EA

MVP

10-14 Oz. - Select Varieties
**Kraft Deluxe or Velveeta
Shells & Cheese Dinner**
Without MVP Card \$2.79 EA

HotSALE
2 \$5
FOR

MVP

48 Oz. - Select Varieties
**Turkey Hill
Ice Cream**
Without MVP Card \$3.39 EA

HotSALE
2 \$5
FOR

MVP

8.5-15.4 Oz. - Select Varieties
Nabisco Oreo Cookies
Without MVP Card \$3.99 EA
Limit 4

single item at 1/2 price
**BUY 1
GET 1
FREE**

MVP

20 Oz.
**Sara Lee Honey
Wheat Bread**
Without MVP Card \$2.99 EA

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2 \$4 MVP HotSALE

-\$1 Off 2 MVP

2 \$3 MVP

with Savings Center Coupon

7-10.5 Oz. - Select Varieties
Cheetos or Fritos Corn Chips
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2 \$6
FOR

MVP

59 Oz.
Select Varieties
**Simply
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**BUY 1
GET 1
FREE**

MVP

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**Thomas' English
Muffins or Bagels**
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HotSALE
2⁹⁹
EA

MVP

16 Oz. Pkg.
Select Varieties
**Jimmy Dean
Roll Sausage**
Without MVP Card \$4.49 EA

HotSALE
2 \$4
FOR

MVP

8.4-16.4 Oz.
Select Varieties
**Eggo Waffles
or Pancakes**
Without MVP Card \$2.99 EA

HotSALE
1⁹⁹
EA

MVP

9.3-15 Oz. - Select Varieties
Kellogg's Cereal
**Froot Loops,
Apple Jacks or Corn Pops**
Without MVP Card Regular Retail

HotSALE
2 \$5
FOR

MVP

12 Ct.
**Homestyle
Glazed Donuts**
Without MVP Card \$3.49 EA

Tips for cleansing your body the healthy way this summer

By Andrea Blackstone

Lisa Consiglio-Ryan takes the guesswork out of eating healthier and cleansing the body. The former elementary schoolteacher and master teacher, has a passion for helping busy women embrace clean living. After finding relief from fibromyalgia and other health challenges by eating healthy foods and regular acupuncture, she discovered a second career as a certified integrative nutrition health coach. For the last five years, Consiglio-Ryan has helped others exchange processed foods for anti-inflammatory whole foods including plants, greens, gluten-free grains and organic produce.

Through her coaching business—Whole Health Designs, LLC—Consiglio-Ryan teaches nutrition courses online, runs a clean living community and makes organic, cleansing juices for customers in Annapolis, Baltimore and the Washington, D.C. area. She offers programs such as the “Raw Renewal 7 Day Detox.” The summer program incorporates eating raw foods and taking a break from animal protein. Each participant gives up processed foods for seven days to give their body’s digestive system a cleansing break. Consiglio-Ryan recommends completing a seven-day summer raw food cleanse once per season, followed by clean eating. What does cleansing mean in plain language?

“My definition of cleansing is actually just giving your body a break, so that you can learn what your body needs for your unique body. We are so different, so it is really taking time to pay attention to what works for your unique body,” Consiglio-Ryan said. “It’s a great way to give your system a break by eating anti-inflammatory foods. Those foods are your fruits, your vegetables, quinoa—things like that are not going to be heavy on your system, because when you become acidic and inflamed, that leads to chronic disease over time. We really want to prevent that.”

A first cleanse can help set healthy eating habits in motion, such as taking the time to understand when buying organic fruits and vegetables is most beneficial.



(Left) Lisa Consiglio-Ryan is a clean living advocate who offers health coaching, detox programs and juice cleanses. Over 1000 people from eight countries have completed her summer “Raw Renewal 7 Day Detox” program. (Right) Avocado Plus Tomato Salad with Hot Stuff Dressing. Recipe at: www.baltimoretimes-online.com. For more information about the “Raw Renewal 7 Day Detox” program, visit: <http://wholehealthdesigns.com>.

Photo Credit: Alison Harbaugh at Sugar Farm Productions

Consiglio-Ryan recommends consulting The Environmental Working Group (EWG) via www.ewg.org to review food scores. She also suggests becoming familiar with The Dirty Dozen list, which names fruits and vegetables with the highest amount of pesticide residue, and The Clean 15 list, which identifies fruits and vegetables containing the least amount of pesticides.

“What I would do—especially if you’re working with your budget—is that you will definitely buy organic for anything on The Dirty Dozen list, such as apples, things like that. There is really no negotiating...with that because really when you’re detoxing [cleansing], you’re trying to get rid of toxins [in your body], you’re not trying to put them back. If you have an avocado in your smoothie, no worries if it is conventional. Save a little bit of money and do that,” Consiglio-Ryan said.

The health coach said that during cleansing, consuming nutrient-rich foods allows people to eat more food without weight gain. Consiglio-Ryan explained that after her female clients complete a cleanse, they typically lose an average of four to six pounds. Men usually shed 10,

although results vary depending on body type for both sexes. Glowing, clear skin, bright eyes, clearer emotional awareness, better sleep and increased energy are often additional benefits that result from completing the Raw Renewal 7 Day Detox.



Raw Power Smoothie Pops

For recipe, visit:

www.baltimoretimes-online.com

Before beginning any cleansing program, Consiglio-Ryan suggests setting some type of goal or intention.

“Actually, I like to write mine down and put it up in my office, or some peo-

ple tell friends or family, ‘I am doing this because.’ If we don’t know the intention behind whatever plan we’re starting, when enthusiasm lags, we’re either going to give up or really have a hard time,” Consiglio-Ryan said.

She explained that cleansing can be difficult at first for individuals who are accustomed to drinking caffeine, coffee, alcohol and things that are very acidic and inflammatory. People who eat sugar-filled or processed foods may also experience more challenges while attempting to cleanse their bodies.

As a second step, the health coach also mentioned the importance of thinking about your water intake while cleansing.

“You really want to flush out your toxins as much as possible, and water helps with that,” Consiglio-Ryan said.

The third step would involve planning by having a shopping list for recipes, following a regimen and organizing meal preparation. Consiglio-Ryan reminded that change takes time. Having a coach or guide can prevent the return of old eating habits.

“Planning equals success,” Consiglio-Ryan said. “If you have your plan set, there is really no way you will fail.”

Get your crabs curbside at Phillips Inner Harbor location

By Jamie Rocknore

It's difficult to live in Maryland and not know about Phillips restaurants. This summer, Phillips has spiced things up by introducing "Curbside Crabs!"

Phillips crabs are well known all over Maryland with locations at Baltimore's Inner Harbor; Annapolis; Ocean City; and Arundel Mills just to name a few. Their menu features fresh seafood caught in the Chesapeake Bay.

Curbside Crabs is an easy process, which is available at the Baltimore Inner Harbor location. It allows customers to pre-order crabs and have them brought out to their car.

When the order is ready, a text is sent to the customer let them know and the customer replies upon arrival. Then the order is taken out to the customer—it's that easy!

The crabs are \$55 a dozen for medium crabs. Other size crabs are available on request. This price is in effect until



September 30, 2015.

Before operating the restaurants, A.E. Phillip and Son caught crabs, fish and oysters and brought them to be sold at Lexington Market. Business was booming and the idea for a restaurant came about. Their first restaurant was built in 1956 in Ocean City, Maryland, and is still open today.

Shirley Phillip, the wife of A.E. Phillip created memorable recipes including: crabcakes and Maryland crab soup, which have been passed down from chef-to-chef and are still being served today.

Recently, I had a chance to enjoy the wonderful crabs and crabcakes at Phillips located at Baltimore's Inner Harbor. The service was great and Phillips caters to their guests in a swift and professional manner. So the next you are thinking of eating some crabs, take advantage of the Curbside Crabs before the summer ends!

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**CITY OF BALTIMORE
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NOTICE OF LETTING

Sealed Bids or Proposals, in duplicate addressed to the Board of Estimates of the Mayor and City Council of Baltimore and marked for **RP 15819-Leakin Park Challenge Course** will be received at the Office of the Comptroller, Room 204, City Hall, Baltimore, Maryland until 11:00 A.M. on **Wednesday, September 23, 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 **August 14, 2015** and copies may be purchased for a non-refundable cost of **\$100.00**.

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

All contractors bidding on this Contract must first be prequalified by the City of Baltimore Contractors Qualification Committee. Interested parties should call 410-396-6883 or contact the Committee at 3000 Druid Park Drive, 1st Floor, Baltimore, Maryland 21215. **If a bid is submitted by a joint venture ("JV"), then in that event, the document that established the JV shall be submitted with the bid for verification purposes.** The Prequalification Category required for bidding on this project is **G90138-Challenge Course Construction**

Cost Qualification Range for this work shall be **\$100,000.01 to \$500,000.00**.

A "Pre-Bidding Information" session will be conducted at **2600 Madison Avenue, Baltimore, Maryland 21217 on Tuesday, August 25, 2015 at 10:00 A.M.**

Principal Items of work for this project are: **Challenge Course Installation**

The MBE goal is **0%**
The WBE goal is **0%**

RP 15819

APPROVED:
Bernice H. Taylor
Clerk, Board of Estimates

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

Legal Notices

**CITY OF BALTIMORE
DEPARTMENT OF GENERAL
SERVICES**

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 **GS 14826R-Waxter Center Interior Renovations** will be received at the Office of the Comptroller, Room 204, City Hall, Baltimore, Maryland until 11:00 A.M. on **Wednesday, September 16, 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, in Room 6 located on the first floor of the Abel Wolman Municipal Building, 200 N. Holliday Street, Baltimore, Maryland 21202 as of **Friday, August 14, 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 **E13004-Rehabilitation of Structures** Cost Qualification Range for this work shall be **\$500,000.01 to \$1,000,000.00** A "Pre-Bidding Information" session will be conducted at **The Site: 861 Park Avenue (1000 Cathedral Street) Baltimore, MD 21201 on Tuesday, August 25, 2015 at 10:00 A.M.**

Principal Items of work for this project are:

- 1. Interior Demolition**
- 2. Interior Finishes**
- 3. HVAC**
- 4. Plumbing**

The MBE goal is **27%**
The WBE goal is **10%**

CONTRACT NO. GS 14826R

APPROVED:
Bernice H. Taylor
Clerk, Board of Estimates

APPROVED:
Steve Sharkey
Director, Department of General Services

Legal Notices

**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 **TR15008RR, URGENT NEED CONTRACT CITYWIDE**, 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 **August 14, 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, 1st Floor, Baltimore, Maryland 21215. **If a bid is submitted by a joint venture ("JV"), then in that event, the document that established the JV shall be submitted with the bid for verification purposes.** The Prequalification Category required for bidding on this project are **A02602 Bituminous Paving and D02620 Curbs, Gutters, & Sidewalk**. Cost Qualification Range for this work shall be **\$1,000,000.00 to \$1,500,000.00**. A "Pre-Bidding Information" session will be conducted at **10:00 A.M. on August 28, 2015** at 417 E. Fayette Street, Charles L. Benton Building, 7th Floor. Principal Items of work for this project are Asphalt Superpave for Surface (various types) – 3,425 Ton and Removal of Hotmix Asphalt – 18,500 SY. The MBE goal is **19%** and WBE goal is **6%**. APPROVED: Bernice H. Taylor, Clerk Board of Estimates

**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 **TR15018R, CONDUIT SYSTEM NEW CONSTRUCTION AT VARIOUS LOCATIONS CITYWIDE (JOC)**, will be received at the Office of the Comptroller, Room 204 City Hall, Baltimore,

Legal Notices

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 **August 14, 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, 1st Floor, Baltimore, Maryland 21215. **If a bid is submitted by a joint venture ("JV"), then in that event, the document that established the JV shall be submitted with the bid for verification purposes.** The Prequalification Category required for bidding on this project is **B02553 Duct Line Construction**. Cost Qualification Range for this work shall be **\$1,000,000.00 to \$2,000,000.00**. A "Pre-Bidding Information" session will be conducted at **10:00 A.M. on August 28, 2015** at 417 E. Fayette Street, Charles L. Benton Building. Principal Items of work for this project are Concrete Encased Ducts 2,250 LF +/-, Cast in Place Electrical Manholes 40 CY, and Precast Line and Junction Manholes 4EA. The MBE goal is **9%** and WBE goal is **2%**. APPROVED: Bernice H. Taylor, Clerk Board of Estimates

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PC Construction is seeking subcontractors that fall under Minority and Women-owned Business categories for two bids. Guilford Water Pumping Station on August 26th, 2015 and Guilford Finished Water Reservoir September 9th, 2015. Both Jobs are located in Baltimore, MD.

Please Contact Joe Daigneault at 802-651-1221 or email jdaigneault@pcconstruction.com.

**To place Legal Notices in
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Legal Notices

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. TRI5021; STREET CLEANING PARKING RESTRICTION SIGNING PROGRAM, REGION I** 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 **August 14, 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 **G909927 Traffic Sign Installation**. Cost Qualification Range for this work shall be **\$1,000,000.00 to \$1,300,000.00**. A "Pre-Bidding Information" session will be conducted at **10:00 A.M. on August 21, 2015** at 417 E. Fayette Street, Charles L. Benton Building, Room 700. Principal Items of work for this project are "Furnish and Install Signs" – 32,950 SF. The MBE goal is **5%** and WBE goal is **2%**. APPROVED: Bernice H. Taylor, Clerk Board of Estimates

FTC Launches New Site for Victims of Identity Theft

The FTC has launched IdentityTheft.gov—a new resource to help people report and recover from identity theft. It's available in Spanish, too, at RobodelIdentidad.gov. In 2014, the Federal Trade Commission received over 330,000 complaints related to identity theft. IdentityTheft.gov can help people understand which critical steps to take first. It provides detailed advice, easy-to-print checklists, and sample letters. The site also has advice for people whose information has been exposed in a data breach. People can continue to get identity theft resources to share at ftc.gov/idtheft.

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NOTICE TO BID

Minority Subcontractor/Supplier Schummer, Inc. seeking Certified Minority Subcontractors for: Contract #S769719, Mayo WRF ENR F.M. – Quiet Waters Park, Anne Arundel County, MD. Bids due in our office 9/1/15. Certified MBE's & WBE's for: Excavation, Paving, Pipelaying, Directional Drilling, Plumbing, Installation, Aggregates, and Trucking. Fax Quotes to: 410-798-1709 or email schummerinc@aol.com. For more information call 410-956-8080.

NOTICE TO BID

Minority Subcontractor/Supplier Schummer, Inc. seeking Certified Minority Subcontractors for: Contract #S769717, Mayo WRF ENR F.M. – Loch Haven, Anne Arundel County, MD. Bids due in our office 9/7/15. Certified MBE's & WBE's for: Excavation, Paving, Pipelaying, Directional Drilling, Plumbing, Installation, Aggregates, and Trucking. Fax Quotes to: 410-798-1709 or email schummerinc@aol.com. For more information call 410-956-8080.

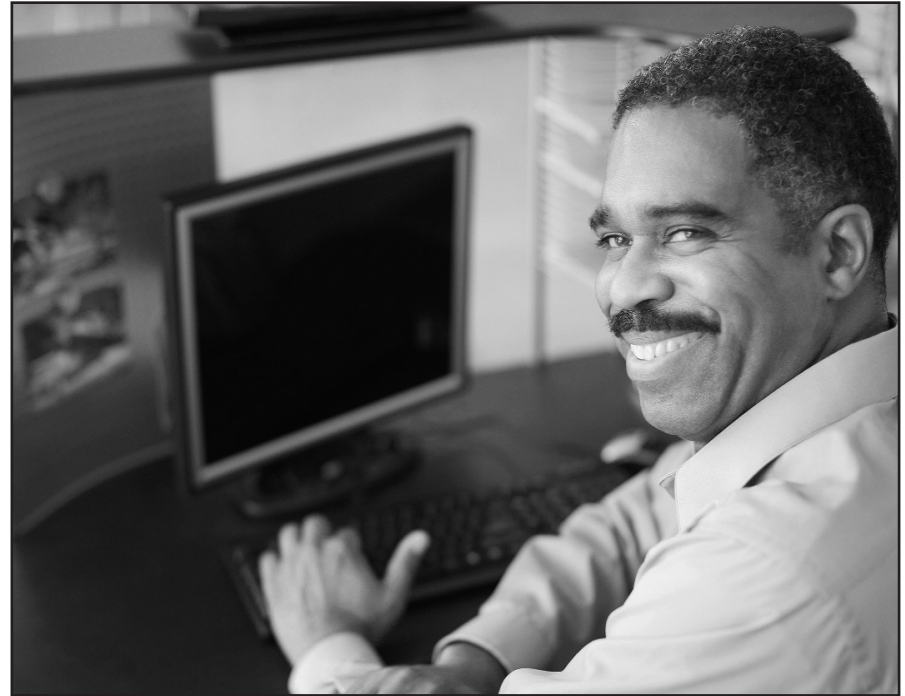
Fall fishing in Eastern and Mid-Bay Areas

The Free State Fly Fishers invite the public to attend the free September monthly meeting with Lenny Rudow speaking on "Fall Fishing in the Eastern and Mid-Bay Areas" on Wednesday, September 2, 2015 at 7:30 p.m. at the Davidsonville Family Recreation Center located at Queen Anne Bridge Road in Davidsonville, Maryland, behind Ford Hall. Lenny will bring his Bay fishing books for sale. For more information email: George Vincent at k3gv@verizon.net or call: 301-249-6399.

Your Social Security Record at your Fingertips

By Fontaine Joynes

Social Security District Manager, Baltimore



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