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Native Baltimorean is an Ultimate Martial Arts Fighter, Trainer



Baltimore native Dorian Price (right) always had a love for martial arts. Price trains and competes in Muay Thai (a combat sport of Thailand), throughout the world. He is one of the few fighters/trainers to have competed in the UFC, been ranked in the world in MuayThai and trained some of the top UFC talent. (See article on page 16) Courtesy Photo

Focus on Feet Diabetes Campaign in Full Swing

By Stacy M. Brown

Medical professionals are delivering the old catch phrase, "feet don't fail me now" to help educate the public about the specific risks and foot complications faced by those with diabetes.

The American Podiatric Medical Association has started a "Reflect on Your Feet" campaign alerting individuals that diabetes can cause nerve damage called neuropathy, a loss of feeling in the feet.

"With diabetes a couple of different things occur and the most common we see is peripheral neuropathy where someone may have a numbness or tingling sensation that won't go away," said Dr. Rondrick Williamson, an African-American podiatrist who has been featured on television and in major U.S. magazines for his work. "Out of the 21 million Americans with diabetes, 60 percent will present with that type of symptom, which includes cold feet or numbness. It's dangerous too because you could walk over a bucket of hot coals or a bed of nails and not know how bad it is."

These injuries can become infected and can lead to amputation.

"Every 20 seconds, somewhere in the world a limb is lost as a result of diabetes," said APMA President Phillip E. Ward.

"A daily foot self-exam, along with



Dr. Rondrick Williamson
Courtesy Photo

regular visits to a podiatrist, is the best way to prevent foot complications and amputation. If you have trouble reaching your feet to inspect them, prop up a mirror on the floor or ask a friend or family member to help."

Podiatrists are physicians who are specially trained to treat foot conditions that can be caused by diabetes, such as neuropathy, infection, and ulcers. Studies have proven that podiatric medical care can reduce amputation rates by 45 to 85 percent, officials noted in a news release.

The "Reflect on Your Feet" campaign,

occurring during November's Diabetes Awareness Month, offers information about the specific risks associated with the disease, how to conduct a foot self-exam, when to see a podiatrist, and more.

For African-Americans, it's especially important to get screened for diabetes, Williamson said.

"In the population the first thing is that it could be hereditary because of a lot of African-Americans have parents or grandparents who are diabetic," he said. "In light of that, we need to think about our diet because we also tend to have hyper cholesterol and if there's a lot of obesity in our family lineage it adds to all of those things being contributing factors."

It's vital to receive a diabetes screening if there is a family history, he said. "Get screened periodically. Regardless of your age, as young as you are when you find out that your parents or family members have been diagnosed you should immediately be tested," Williamson said.

It's also important to conduct a foot self-exam, according to American Podiatric Medical Association officials.

A self-exam consists of checking for swelling, discoloration, excessive dry skin and looking between the toes for scrapes and cuts. This can be done using

a mirror or having a family member or loved one perform the check.

"Make sure you follow up with a doctor at least twice a year and properly protect your feet," Williamson said, noting that a diabetic patient shouldn't expose their feet to the elements.

"If they are wearing flip-flops or something like that, they can easily get a rock in their shoe and walk on it for hours and not appreciate that it's there," Williamson said.

"Diabetics should avoid pedicures and manicures because they don't want to risk bacteria, fungus or infection and they shouldn't soak their feet in warm water because sometimes they can't appreciate how hot the water is and they can get burned."

Finally, Williamson said, everyone should be screened and those with diabetes should remain in contact with their podiatrist.

"Diabetes is a manageable condition," he said. "I try to treat my patients like family and you have to be educated and know what looks normal and what doesn't. You also have to be comfortable calling your doctor and telling the doctor if you think something is wrong."

For more on the "Reflect on Your Feet" campaign and information about diabetes, visit www.apma.org/diabetes.

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Guest Editorials/Commentary

Rigged: Racial Bias in Jury Selection

Marc H. Morial, TriceEdneyWire.com

"Illegal and unconstitutional jury selection procedures cast doubt on the integrity of the whole judicial process. They create the appearance of bias in the decision of individual cases, and they increase the risk of actual bias as well." — Supreme Court Justice Thurgood Marshall, *Peters v. Kiff* (1972)

During the Reconstruction Era, Congress passed the Civil Rights Act of 1875. The act guaranteed all citizens, particularly African Americans, equal treatment and access to public accommodations, public transportation and protected their right to serve on juries. This week—140 years after the passage of the Civil Rights Act of 1875—the Supreme Court heard oral arguments in a Georgia death penalty case that serves as an intolerable reminder that people of color continue to be unlawfully excluded from jury service because of their race.

In 1987, Timothy Foster, an African American, was convicted and sentenced to death by an all-white jury in the murder of an elderly white woman. Foster, who was 18 years old at the time of the crime, is seeking a new trial on the basis of racial discrimination by the prosecution, who he claims deliberately singled out and purged all prospective black jurors. Coincidentally, Foster's death sentence came only a year after the Supreme Court had ruled in *Batson v. Kentucky* that excluding potential jurors based on race was unconstitutional and violated the equal protection clause of the Fourteenth Amendment.

The clear message of *Batson v. Kentucky* to not exclude jurors based on race failed to police the behavior of prosecutors in Timothy Foster's case. And Foster's case is a textbook example of racial discrimination that is often so hard to prove. In this rare instance of well-documented misconduct, prosecutors used a variety of methods to single out and remove potential black jurors. After getting access to the prosecution's jury selection notes in 2006, Foster's lawyer found "an arsenal of smoking guns in this case," including prosecutors highlighting the names of potential black jurors, circling the word "black" on questionnaires, and taking note of black jurors as "B#1" or "B#2."

Despite the efforts of our federal government and the Supreme Court to address and eliminate racial discrimination in the jury selection process, the practice continues to run rampant, and unchecked, throughout our criminal justice system—a system where more than half of the people on death row are people of color. African Americans make up 42 percent of that number, while they make up only 12 percent of the United States population.

Deliberately excluding people of color from juries only serves to undermine our confidence in the credibility of our nation's criminal justice system. How can we believe justice is being served if the system is so blatantly rigged? Studies have shown that diversity makes for a better jury. In comparison to all-white juries, racially diverse juries are said to take longer to deliberate, they consider a wider variety of perspectives when deciding and make fewer factual errors. We cannot allow our constitutional right to be judged by a jury of our peers to be abused based on a prosecutor's implicit or explicit racial bias—lives are at stake.

If we are going to effectively address prosecutorial misconduct, there must be real enforcement of rulings like *Batson v. Kentucky* to prevent the exclusion of jurors based on their race. Along with enforcement, there must be punishment. Right now, prosecutors are not taken to task when racial bias rears its ugly head during jury selection. With enforcement and monitoring, we can discover the patterns and punish the offenders. Foster's case has pulled back the curtain on an ugly and unlawful practice that we must remedy if we want a criminal justice system we can believe in.

Fortunately, we are decades past the all-white juries of the Jim Crow era, but we have a long way to go if we are committed to bring justice into our jury pools for all our nation's citizens.



Community Affairs

Comptroller Franchot reminds residents to "Shop Maryland" for holidays at local shops and stores



Annapolis, Md.—With Black Friday sales only a couple weeks away, Marylanders already are busily checking off items on their holiday shopping lists. Comptroller Peter Franchot is once again encouraging residents to Shop Maryland for the Holidays.

"Shopping at local businesses supports the more than 500,000 of our friends and neighbors who work in Maryland's retail sector," Comptroller Franchot said. "Holidays are about making memories with friends and family and giving back to our communities. As we head into the holiday season, what better way to spread holiday cheer and goodwill than patronizing the many local shops and cafes that serve as the bedrock of our local communities?"

The Maryland Retailers Association (MRA) says the holiday shopping season is important to retailers in communi-

ties throughout the state.

"The Maryland Retailers Association is thrilled to join Comptroller Franchot on his statewide tour encouraging Marylanders to shop local," said Cailey Locklair Tolle, president of the Maryland Retailers Association. "In addition to creating jobs and providing much needed tax revenue to the state, retailers give back to communities and stabilize neighborhoods. Shopping local is important for many reasons and we hope Marylanders will keep this in mind, not just for the holidays, but year-round."

Comptroller Franchot reminds consumers that in-state shopping puts citizens' hard-earned money back into their communities and supports local businesses that employ friends and neighbors. He also believes "shopping locally gets consumers the best product, service and experience for their dollar."

Page Opposite/Commentaries

Beyond T-Shirts and Hoodies

By James Clingman
NNPA Columnist

Recollections of my 1995 article on the business of college athletics danced in my head when I heard the news about the University of Missouri football team's refusal to play until the President of that University, Tim Wolfe, resigns or is dismissed. The players said, "due to his negligence toward marginalized students' experience" and his lax attitude regarding racial issues on campus, they would no longer participate in football activities. (Prior to the publishing date for this article, Tim Wolfe resigned.)

As I noted in 1995, and in several articles on college athletics and the billions of dollars they generate, money is the name of the game. When coaches of college teams earn several million dollars per year and half-billion dollar stadiums are being built, the actual laborers, the players, get lost in the shuffle.

Well, the players on the University of Missouri football team are far from being invisible as they are making a statement that has divulged an economic vulnerability. By the time you read this

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article, the situation may have been resolved, but even if it is there are lessons to be learned and actions to be replicated from this case.

According to an article on NBC Sports, if the University of Missouri had canceled the game with BYU, the Tigers would have been on the hook for \$1,000,000. Everything boils down to dollars, if you look deeply enough, and

The sacrifice these young people are making cannot be overstated, and I commend them for being strong and committed enough to put core values before fame. I also hope the issue is resolved before this article goes to press; while they deserve our support and accolades, they should not have to suffer a loss of individual scholarships and their chances to make it to the professional

**"According to an article on NBC Sports, if the University of Missouri had canceled the game with BYU, the Tigers would have been on the hook for \$1,000,000.
Everything boils down to dollars,
if you look deeply enough, and the young men
on Missouri's team are illuminating
that reality by their actions."**

the young men on Missouri's team are illuminating that reality by their actions. The same thing could be done in professional athletics as well, in an effort to change the business as usual approach to racial inequities and mistreatment in the general society. It would be much more effective than t-shirts and hoodies.

Instead of wearing shirts with a nice-sounding slogan on them, or hoodies that connote illegal killings of black folks, black armbands, or writing something on their shoes, Missouri football players chose the "nuclear option," as some in Congress would call it. They put their prospective livelihoods on the line, and they put their scholarships on the line by actually doing something substantive rather than symbolic in response to their legitimate concerns about the conditions on their campus.

ranks simply because they took a principled stand against racism. Other athletes have already fought that battle and some are still paying the price decades later.

Tommie Smith, John Carlos, Muhammad Ali, Curt Flood, and Craig Hodges, just to name a few, took their stands against the system and took the blows that their peers were unwilling to take. They paid a hefty price for having the temerity to stand up and speak out. The Missouri football players now find themselves in a crucible of consciousness, and we should stand with them and assure that they do not suffer the same fate as their forerunners. If they are "blacklisted" by the NFL, black people and other sympathizers should boycott NFL games.

I pray that someone other than the usual suspects, who are simply looking

for the nearest camera, microphone and a big check to boot, will come to the students' aide and help them work out their situation in the long term. They have done their part by exposing the underbelly of racial mistreatment at the University, and they have also exposed the school to a financial liability that more than likely does not end with Brigham Young University. How many more games are on Missouri's schedule?

The economic lesson from the players' threatened "work stoppage," juxtaposed against Jonathan Butler's life-threatening hunger strike, is quite revealing. Butler's life was virtually ignored, but when the dollars came into play, things changed right away. The message: A black life does not matter, but black dollars do matter. Considering all the critical issues facing black people in this country, we would do well to use economic power instead of relying on political influence to make appropriate changes to our overall condition.

We should celebrate the Missouri players for taking the "road less traveled" as they fight for their rights on their campus; they chose substance over symbolism, action over passivity. Rather than merely wearing their complaints on their chests or their shoes, they chose to wear their concerns on their hearts by letting the world know they are quite serious; they took their protest to the only level that gets results—the economic level.

Much respect to those young men and their supporters at the university!

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

Want to comment on the editorials or any other story?

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Top 12 Tips to Travel Better for the Holidays

Holiday travel should be joyous and stress-free; these tips from Travel Leaders will help Americans “Travel Better” during the holidays.

Plymouth, MN— This year, Airlines for America is predicting that there will be 25.3 million airline passengers traveling during the 12-day holiday period that extends from November 20 through December 1, 2015. Even with that staggering number, vacation plans—or that trip home to see the relatives—can run more smoothly when travelers follow these “Top 12 Tips to Travel Better for the Holidays” from America’s Travel Leaders.

“A strong economy, coupled with the lowest fuel prices since 2009, means more Americans will be hitting the roads and heading to airports this year during the holiday season—in fact, more than 87 percent of Travel Leaders Group travel agents say their bookings are higher than or equal to a year ago,” said Roger E. Block, President of Travel Leaders Franchise Group (TLFG), home to Travel Leaders Associates. “When you combine that with all available travel days through the New Year’s weekend, even more people will be traveling than usual. So, this is a prime time to remind travelers of some essential holiday tips that will help them ‘Travel Better’ so their focus can be on their family, friends and joyous celebrations.”

Here is a compilation of Travel Leaders’ “Top 12 Tips to Travel Better for the Holidays” for a happy, healthy and safe travel experience this holiday season.

1. Make a checklist and check it twice. Before any trip, it’s important to make a checklist of essential items like chargers for electronic devices or prescription medications. It’s easy to forget the items you use every day and you don’t want to spend your trip seeking replacements. Add to your list a portable battery charger with a USB connector as “back up” to your backup.

2. Bring digital and hard copies of identification cards and papers. It’s a good idea to have color photocopies and digital copies of all important identification documents, including: your pass-

port, boarding passes, front and back of credit cards and health insurance information. Also have extra ID photos cropped to passport size in case you have to order a replacement at the U.S. Embassy or Consulate. Be sure to pack all paper copies or flash drives in a separate location for extra safe-keeping.

3. Label prescription medication. In addition to packing enough prescriptions to last your entire trip, bring extra in case you come home later. Keep your medications in their original labeled containers then place in a clear plastic bag. While you’re at it, pack a mini first-aid kit for minor medical emergencies.

4. Check-in online. Airlines generally allow passengers to check in online 24 hours in advance, with a cutoff a couple of hours before boarding time. So make sure you’ve checked in well before you’re set to head to the airport. Have your boarding pass, paper or digital version, within easy reach, along with your ID, to save time as you approach the security checkpoint.

5. Keep valid identification at hand. Children under 18 are not required to provide identification when traveling with a companion, but passengers age 18 and older must show valid ID at the airport security checkpoint. Since most ID, like a driver’s license, has an expiration date, double-check that your ID will not expire before your return trip home.

6. Double check your baggage. Overhead space will be at a premium during the holiday travel season, especially as people bring gifts for friends and family or return home with gifts they’ve received. So when preparing to pack your bags, it’s crucial to check in advance whether your luggage meets the airline’s size and weight restrictions for checked baggage and carry-ons.



7. Save gift-wrapping for later. Speaking of gifts, wrapped packages are screened like any other item. So, to allow for an easy transition to the gate, carry your gifts unwrapped through security. Consider packing pre-cut paper and a small roll of tape so you can wrap them after you pass through security or when you reach your destination. Or, better yet, ship packages in advance.

8. Keep 3-1-1 in mind. The Transportation Security Administration (TSA) allows each passenger one quart-size bag of liquids and gels, including toothpaste, gel deodorant, and lotions. Each item must be 3.4 ounces or less. Medication, infant formula and juices for infants or toddlers are exempt from the rule, but keep them separate from the items in your one-quart bag.

9. Be prepared to take laptops out and shoes off. Laptop computers must be removed from their carrying cases and submitted separately for screening. (Small and portable items, including smartphones, tablets and portable games, don’t need to be removed from their cases.) At many airports, you’ll have to place your shoes and belt in the plastic bin that goes through the X-ray screening. The only exceptions are for passengers who are 75 and older, chil-

dren 12 and under, and travelers approved for Global Entry or TSA Precheck.

10. Leave early. From traffic that may be heavier than usual and hard-to-find parking spots, to longer lines for security screenings, you’ll ease your stress if you give yourself extra wiggle room in your schedule, whether traveling by train, plane or automobile. Arrive at the airport 75 minutes prior to departure for domestic flights and three hours before international flights.

11. Know your emergency contacts. In addition to contact information for next of kin or a close friend when traveling internationally, bring the contact information for the nearest U.S. Embassy or Consulate at your overseas destination.

12. Put your travel agent on speed dial. Bring the email and cell phone number of your travel agent with you, and provide your travel agent with your personal contact information, as well as pertinent health and travel insurance information. Your travel agent can rearrange your itinerary should you decide to extend your trip, or if there’s an emergency.

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Lawrence Guy's path to Ravens has been a long one

By Turron Davenport

Lawrence Guy has settled in with the Baltimore Ravens in his second year with the team.

Guy is a part of the Ravens defensive line rotation and has even started a few games while Chris Canty was injured. The Ravens is the third team that Guy has played for since coming to the NFL out of Arizona State in 2011.

Guy was selected by the Green Bay Packers in the seventh round of the 2011 NFL Draft. He suffered a concussion during the preseason and was placed on injured reserve by the Packers during his rookie season. The team waived Guy during the preseason and signed him to their practice squad before the regular season.

The Indianapolis Colts signed Guy to their active roster from the Packers practice squad. Guy started his first game for the Colts against the Kansas City Chiefs. Ironically, his first postseason start came against the Ravens in the 2013 wildcard game at M&T Bank Stadium, which was the start of the Ravens Super Bowl championship run after the 2012 season.

The Colts released Guy and he landed with the San Diego Chargers in 2013. He spent two years in San Diego before he was claimed off waivers by the Ravens. His first action as a Ravens came against the Colts, one of his former teams.

Guy provided depth along the defensive line when the Ravens lost players such as Haloti Ngata and Timmy Jernigan at different times. His play earned



Baltimore Ravens defensive end Lawrence Guy pursues Denver Broncos quarterback Peyton Manning during the season opening game at Sports Authority Field at Mile High Stadium in Denver, Colorado.

Courtesy Photo/nfl.com

him a contract from the Ravens. He signed a two-year, \$2.3 million contract

with the Ravens before the 2015 season. The deal includes a \$500,000 signing

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bonus, \$500,000 guaranteed, and an average annual salary of \$1,150,000.

The Ravens named Guy to their season-opening roster. He survived the heavy competition that ended up in a few veteran Ravens players being released. Guy is tied with C.J. Mosley for second on the team with three sacks.

Going through the release/resign process can take a toll on a player who is trying to fulfill his dreams of staying in the NFL. The emotional roller coaster can test a player's desire to keep playing. That is far from the case for Guy; his formula is simple.

"I just try to keep carrying out my assignments. I try to play my game and keep my technique sound," Guy said. "I want to keep going out there and playing hard, playing football the Ravens way."

There have been obstacles off the field as well. Guy suffers from both attention deficit hyperactive disorder and dyslexia. He took the disorder and turned it into a way to help others. Guy became a spokesperson for Arizona State University's disability resource center.

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PNC Bank Team Devoted to Mission to Support Underserved Communities

By Stacy M. Brown

Seson Taylor-Campbell admittedly has a soft spot when it comes to serving the local community.

Whether it's a nonprofit or a small startup, Taylor-Campbell, a development advisor for PNC Bank, wants to leave a special mark, one that clearly depicts the rise and change that the bank's Community Development Banking team has helped to bring about for ex-offenders, those once homeless and area youth who may have little to no idea about a savings account.

Taylor-Campbell's colleagues on the team, community consultants Lourdes Montes-Greenan and Franklin McNeil work hand-in-hand to identify community organizations with which the bank can create partnerships that will help uncover the unmet needs of small businesses in low-to-moderate income areas.

As market manager, Chris Rockey leads the team on lending, investing and services in the communities served by PNC.

"We're very collaborative, very dynamic and have strong personalities," said Rockey, a father of three who has been with PNC since 1999. "I feel that we have the best community development team and the most talented in the market. Everyone provides input and we do a consensus vote on everything, and everyone has to buy into whatever strategy we're trying to employ and they have to own it."

While the team works well together, it isn't always easy, said office manager and administrative assistant Angela McFadden, who joined the team in 2008 after a career at the Federal Reserve and the urging of McNeil.

"I can tell when something is wrong. I try to keep cohesiveness by using tact and diplomacy and without pointing fingers," said McFadden, who noted that her degrees in communications and human communications from Notre Dame have helped.

Her team has remained focused and



Chris Rockey
Market Manager



Seson Taylor-Campbell
Development Advisor



Lourdes Montes-Greenan
Community Consultant

has won the trust and support of many.

"When you're doing community development work, it is a gray area with lots of needs and it allows you to have flexibility, to be socially aware of every action," said Taylor-Campbell, a decades-long PNC employee who is a classically-trained pianist and violinist.

"There's so much need and sometimes it's difficult to focus on what area a need will be giving during a specific period. You want to be good at anticipating risk and how it may impact the communities that we look to serve."

At day's end, team members mostly go home happy, thrilled that they've made a difference.

"When you see eyes lighting up and you get that kind of 'Aha' moment, that's when you know the job is working," said Montes-Greenan, a wife and mother of a five year-old and a 13-month-old who became a U.S. citizen in 2011. "Many days I go home and I tell my husband that if I had every day like today when you see that smile that lets you know that you've benefited the community. Even with our school banking program where we teach children about savings—focusing on habits when it comes to savings—what's important is you see the behaviors changing and the good habits we're trying to bring, it's heaven on earth."



Franklin McNeil
Community Consultant



Angela McFadden
Office Manager

Since its inception in 2008, PNC's Community Development Banking has supported educational programs, provided direct services for students in classrooms, worked with startups and nonprofits and helped to enhance the quality of life through many initiatives, including hands-on financial literacy programs.

Community consultants play crucial roles by hosting and conducting free seminars on budgeting, credit and homeownership at nonprofits, schools and churches.

The team, which also works with community health organizations, schools and local governments, has been recognized

as a leader in the banking industry and they count as a distinct business unit devoted to improving low and moderate income neighborhoods and the quality of life for residents.

"A lot of things to me say this job is worth it," Taylor-Campbell said. "The most impact for me probably comes from the work that I do, specifically projects that have to do with affordable housing, economic development and urban revitalization. I have a soft spot and a compassion for serving underserved communities, helping ex-offenders and those who re-enter the market."

"It is time for corporate America to become 'the third pillar' of social change in our society, complementing the first two pillars of government and philanthropy. We need the entire private sector to begin committing itself not just to making profits but to fulfilling higher and larger purposes by contributing to building a better world." —Simon Mainwaring

NSBE sets goal of graduating 10,000 black engineers

By Stacy M. Brown

Just 19 percent of African-American fourth graders and 13 percent of the nation's black eighth graders were proficient in math this year, according to the National Assessment of Educational Progress.

Further, in an analysis conducted by the National Society of Black Engineers (NSBE), just 5.5 percent of African-American eighth graders completed calculus in 2005 and five years later just 1.1 percent of the nation's black college freshmen enrolled in an engineering program in 2010.

Today, the NSBE, one of the largest student-governed organizations in America, wants to boost the number of engineering degrees granted to black students to 10,000 annually by 2025.

The NSBE has launched a new outreach program that includes a pledge to encourage students to take STEM-related courses as early as the seventh grade. Participants would receive regular checkup emails from the NSBE, tips for parents to keep children engaged and scholarships.

According to the International Business Times, one reason for the low numbers surrounding black students and engineering is because relatively few African-American students have access to schools that offer high-level math classes.

An analysis of Department of Education Data by "Change the Equation," found that only 57 percent of black students attend high schools that offer calculus, biology and physics—prerequisites for most engineering programs.

Only 18 percent of black fourth graders and 14 percent of black eighth graders in the United States were proficient in math in 2013, according to the National Assessment of Educational Progress.

"What is the likelihood that a young child that is in a high-minority community interacts with an engineer?" There are none on television; there are likely none in their community," said Karl Reid, the executive director of NSBE. "We tend to emulate the people who we've identified as having had success."



The National Society of Black Engineers, one of the largest student-governed organizations in America, wants to boost the number of engineering degrees granted to black students to 10,000 annually by 2025. (Above) Students at a Summer Engineering Experience for Kids (SEEK) program event earlier this year. SEEK is the nation's largest summer engineering program geared towards African American pre-college students. SEEK was held at 17 different locations in 16 cities across the United States in July and August 2015.

Courtesy Photo/NSBE

For the NSBE's "Be 1 of 10,000" campaign, the organization wants 150,000 black students to start thinking about becoming engineers and to commit to achieving academic excellence in subjects such as algebra, chemistry and physics.

To support these efforts, the students will be granted a number of resources supporting those goals.

NSBE says it must "increase the STEM proficiency of students who are even closer to the start of the 'pipeline' to engineering careers" to reach its goal.

Also, to help African-American youths in all age groups, NSBE hopes to expand its Summer Engineering Experience for Kids (SEEK) program for students between the third and eighth grade.

At the high school level, the society is asking public schools to offer more calculus.

Since the ultimate goal is to see the students through their college graduation, the campaign will focus on more than just the STEM foundation instilled in the students.

The NSBE wants college students to receive tutoring and advice from other engineering students who are further along in the process, as well as to be mentored by professionals in the community. Study sessions and test preparation will be strongly encouraged.

The NSBE will also work with universities to be able to offer peer-to-peer and mentoring programs. The colleges and universities are then tasked with recruiting, enrolling and graduating more African American engineering students.

Tolu Oyelowo, NSBE's national academic excellence chair, told the engineering website PDNET, that he believes the 10,000 goal looks more

frightening than it actually is.

"Ten thousand looks like a big number, until we divide it among our 227 collegiate chapters across the U.S.," said Oyelowo, who is also a senior in biomedical engineering at North Carolina State University. "If each chapter graduates an additional three members by 2025, we will have met our goal."

Beyond educating more African-Americans, another benefit of making the campaign a success would be the increased implementation of STEM-trained students in the global workforce.

"Graduating 10,000 black engineers per year will generate benefits that extend far beyond our organization," Reid said. "By harnessing the STEM talent of greater numbers of African-Americans, we are expanding the corps of problem solvers and innovators in service to the nation."

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TURKEY DAY TIPS

The sight of a beautifully cooked, golden brown bird being brought to the table is one of the most memorable moments of any Thanksgiving gathering. Follow these tips to prepare the perfect centerpiece for your holiday meal:

Thawing Your Turkey

- * For every 5 pounds in weight, thaw in original wrapper for 24 hours in the refrigerator. Thaw faster by covering with cold water in the sink and soaking approximately 30 minutes per pound.
- * Refrigerate as soon as thawed or cook immediately. For best quality, do not refreeze uncooked turkey.

Roasting the Bird

- * Baste with extra virgin olive oil.
- * Place breast-side-up on rack in shallow roasting pan. Cook in 325 F oven.
- * For an unstuffed turkey, place a stalk or two of celery, seasonings, a cut-up onion and a handful of parsley in the cavity to keep it moist.
- * Lay "tent" of foil loosely over turkey to prevent over-browning.
- * Turkey is done when meat thermometer is 180 F or when the red stem on the pop-up thermometer rises.
- * For easier carving, let turkey stand at room temperature for at least 20 minutes.

A COMPLETE *Thanksgiving Dinner* MADE EASY

SIMPLE ROASTED TURKEY

Ingredients

1 12- to 14-pound turkey, giblets removed
3 carrots, chopped
1 stalk celery, chopped
2 medium onions, cut into wedges
6 tablespoons unsalted butter, melted
3/4 teaspoon Salt for Life Sea Salt Blend
1/4 teaspoon black pepper
1 cup cold water

Preparation

1. Heat oven to 425°F. Rinse turkey inside and out, and pat dry with paper towels. Place wings underneath body. If desired, tie drumsticks together using kitchen string.
 2. Place carrots, celery and onions in metal roasting pan. Transfer turkey to wire rack and place on top of vegetables. Drizzle skin with butter and, using fingers, spread it evenly. Season with salt and pepper.
 3. Roast turkey, uncovered, until browned, 30 to 45 minutes. Add 1 cup of cold water to pan. Cover turkey loosely with foil. Reduce oven temperature to 350°F. Roast until thermometer inserted in thigh registers 180°F, about 2 hours total.
 4. Let turkey rest for at least 30 minutes before carving.
- Serves: Yield 8 to 10 servings (plus leftovers)

Source: Salt for Life

HAVE YOUR SIDES AND EAT THEM TOO

While the turkey takes center stage on Thanksgiving, surrounding the centerpiece with a variety of delicious side dishes can take your turkey day to the next level. Here are a few popular sides to round out your table:

*** Potatoes:** While mashed potatoes and gravy are always a holiday hit, other serving options, such as roasted potatoes, scalloped potatoes or sweet potatoes, can add variety to a favorite traditional dish.

*** Fruits and vegetables:** From green bean casserole and cranberry sauce to roasted vegetables, corn pudding, candied yams and butternut squash, no table is full without a variety of fruits and veggies to choose from.

*** Noodles:** Outside of a traditional potato side, many turkey day tables offer pasta-based sides, such as homemade turkey noodles, macaroni and cheese or pasta salad.

*** Bread:** No Thanksgiving meal can be complete without cornbread, rolls or biscuits - which can also be used to make miniature turkey sandwiches after the meal is over - and a holiday classic, stuffing.

Food. Friends. Family. Football. Thanksgiving would be incomplete without any of them, but the most important is the holiday feast your family and friends have gathered to enjoy while the game plays in the background. Serving up a full holiday spread - from turkey to dessert - that is sure to bring everyone back for years to come is easy with these tips for every stage of the meal.

Leave Your Taste Buds Dancing for Joy

With rich, creamy, delicious flavors in every bite, this Sorghum Pecan Praline Cheesecake will leave everyone at your table satisfied. Luscious sorghum syrup, which is naturally high in fiber, iron and protein, surrounds, captures and complements the decadent cheesecake and praline pecan topping. Find more satisfying recipes using sorghum that will keep your taste buds tingling all season long, visit sorghum-checkoff.com.

Sorghum Pecan Praline Cheesecake

Recipe developed by Brenda Watts, Gaffney, South Carolina

Cheesecake:

- 6 tablespoons unsalted butter, melted
- 1 1/8 cups sorghum syrup, divided
- 1 3/4 cups graham cracker crumbs
- 4 packages (8 ounces each) cream cheese, softened
- 1/2 cup sour cream
- 1/3 cup packed light brown sugar
- 2 tablespoons all-purpose flour
- 1 cup sorghum syrup
- 1 1/2 teaspoons vanilla extract
- 4 large eggs

Pumpkin Pie Squares with Cinnamon Sugar Yogurt Topping

Total time: 1 hour, 20 minutes

Servings: 16

Crust:

- 1 cup graham cracker crumbs
- 1/2 cup old-fashioned oats
- 1/4 cup brown sugar
- 1/4 cup butter, melted
- 2 tablespoons low-fat milk
- cooking spray

Filling:

- 2 cups canned pumpkin
- 2 eggs
- 3/4 cup sugar
- 3/4 cup low-fat vanilla yogurt
- 1/2 cup low-fat milk
- 1 teaspoon cinnamon
- 1 teaspoon pumpkin spice
- 1/4 teaspoon salt
- 1/2 cup pecans, chopped

Topping:

- 1 package (6 ounces) pecan halves
- 2 tablespoons packed light brown sugar
- 4 tablespoons sorghum syrup, divided
- 6 tablespoons unsalted butter
- 1/2 cup packed light brown sugar
- 3 tablespoons heavy cream
- 1 teaspoon vanilla extract
- 1/8 teaspoon kosher salt

Heat oven to 325 F. Lightly spray bottom and sides of 9-inch non-stick springform pan with removable rim. Place pan over center of 3 18-inch sheets heavy-duty foil and securely wrap foil around outside bottom and sides of pan.

For cheesecake, in small bowl, combine butter and 2 tablespoons sorghum syrup. In medium bowl, toss graham cracker crumbs and sorghum butter mixture together until crumbs are moistened. Press crumb mixture evenly into bottom of prepared pan. Bake 8 minutes to form crust; remove from oven and cool 10 minutes over wire rack.

In large bowl use electric mixer on medium speed to beat cream cheese, sour cream, brown sugar and flour, 3 minutes, or until well blended and smooth. Gradually add 1 cup sorghum syrup, vanilla and eggs (one egg at a time) and continue beating 3 minutes longer from low speed increasing to medium speed, or until mixture is well blended and creamy. Pour filling evenly over crust in pan. Place pan in center of large baking pan (e.g., roasting pan) and pour 1-inch of hot water in large baking pan, around filled prepared pan.

Bake 1 hour and 15 minutes or until center is almost set but slightly jiggles. Remove from oven, remove cheesecake from baking pan and gently remove wrapped foil from cheesecake. Place cheesecake onto wire rack to cool 15 minutes. Run thin, sharp knife around edge of pan to loosen edges; cool in pan 2-3 hours in refrigerator.

Topping:

- 2 tablespoons sugar
- 1 teaspoon cinnamon
- 1 cup plain nonfat yogurt

Heat oven to 350 F.

In large bowl, mix together graham cracker crumbs, oats, brown sugar, butter and milk. Press into thin layer in a 9-by-13-inch pan greased with cooking spray. Bake for 10 minutes.

While crust is baking, in another bowl, beat together pumpkin through salt. Pour over crust and bake for 40 minutes or until set. Sprinkle pecans over filling and bake another 10-15 minutes or until center is set. Cool slightly in pan.

Mix together sugar and cinnamon. Mix in yogurt. Top each square with 1 tablespoon yogurt topping.



Meanwhile, prepare pecans. Increase oven temperature to 350 F. Line baking sheet with large sheet of parchment paper. In bowl, sprinkle brown sugar and drizzle 1 tablespoon sorghum syrup over pecans. Using large spoon, toss to evenly coat and spread pecans flat over parchment paper-lined pan. Bake pecans 8 minutes or until lightly browned and glazed. Place pan over wire cooling rack, use large spoon to separate and evenly coat pecans; let cool 10 minutes.

In heavy duty 1-quart non-stick saucepan, melt butter over medium heat. Add brown sugar and 3 tablespoons sorghum syrup into melted butter and cook 2 to 3 minutes or until blended and heated through, stirring constantly. Stir heavy cream, vanilla and salt into mixture; continue stirring constantly until praline mixture comes to a boil. Simmer until slightly thickened, about 3 minutes. Stir occasionally. Remove from heat and let cool.

To serve, remove rim of pan from cheesecake. Place cheesecake on large round serving plate. Place glazed pecans flat on top of cheesecake, starting at outer edges and ending in center. Spoon or pour praline topping evenly over top of cheesecake.



(Family Features)

Rambling Rose

**Another Renowned Musician
Gone Too Soon!**



Rosa Pryor Trusty

Hello my dear friends, I hope everything is well with you. This is a week to cry and rejoice at the same time. We celebrate the life of two people in different ways. I want you to help me celebrate life of two musicians who passed away within two weeks of each other and both be missed by family and friends.

A couple of weeks ago, a dear friend and musician, Philip "Sir Andre" Stancil, known for his gifted fingers on the keyboards and organ passed away. This week, Arnold Sterling another well known musician and alto saxophonist passed away on Thursday, November 12, 2015 very peacefully in his sleep. Arnold Sterling received his first horn at the age of 13 and taught himself to play. While attending Carver High School in Towson, Maryland, he formed a three-piece band and played for proms and dances.

In the late 60's he joined the Bill Byrd Trio featuring Johnny Polite on drums and Liz Figueroa as vocalist, enjoying a lengthy stay at Buck's Bar on Pennsylvania Avenue. During this time, he met his mentor and good friend the late Sonny Stitt, who took him under his wing and taught him a lot about the music business. Sterling joined Jimmy McGriff Band in the early 80's and traveled the country and overseas. He is featured on several of McGriff's albums and has also recorded several albums of his own. Prior to his death, he freelanced around the Baltimore/Washington, D.C. area, especially the Westminster Presbyterian Church Jazz and Blues shows on 4th and I Street. Arnold loved his "straight ahead" jazz and always said he would play his horn until God called him home. Well, God has called him home. Rest in peace my friend. No funeral arrangements have been announced at press time. Musicians can contact

Eleanor Janey, Ron Pender or Nevitta Ruddy who is also working on a musical tribute in his honor.

Let's go on to some happy stuff and I can't think of anything better than the "Milton Dugger Thanksgiving Reunion Party," scheduled for Saturday, November 28, 2015 from 6:30 p.m. to 11 p.m. at St Mary's Hall at the rear of 5500 York Road. This is Milton's annual event, and what a nice one it is. He and I will celebrate our birthdays—that is right! My birthday is November 27. I was a Thanksgiving baby and was born on Thanksgiving Day. I attend Milton's event every year if I am in town. It's cabaret style, BYOB and BYOF with live entertainment featuring "Saturday," The Blu Lights, Sheila Ross, Charles "Big Daddy" Stallings and Nevitta & Company with Ron Pender, Clayton McClinton and J.T. That is not all. There will be a special live performance by Arturus Jenkins, known for his acting on stage at the Arena Playhouse and his flair for artistic floral designs and Christian Harris doing scenes from "Flowers for Phyllis." For ticket information, call 410-218-3572.

I have another happy event to tell you about. My dear friend Marva Law is hosting a one of a kind spectacular show that will be full of fun, laughter, jaw-dropping excitement and side-splitting comedy featuring fabulous professional female and celebrity impersonators giving you an evening of entertainment you will always remember. She will feature some of the most talented entertainers in the industry with back-to-back performances sure to have you on the edge of your seat from the beginning to end. Marvelous Marva and her sparkling diamond legendary divas have been entertaining Baltimore for over 17 years. This year the production will be held at the



One of Marvelous Marva's Show stopper, female impersonator will take the stage along with 10 other acts performing Motown favorites at the Hippodrome Theatre on Sunday, November 22, 2015.

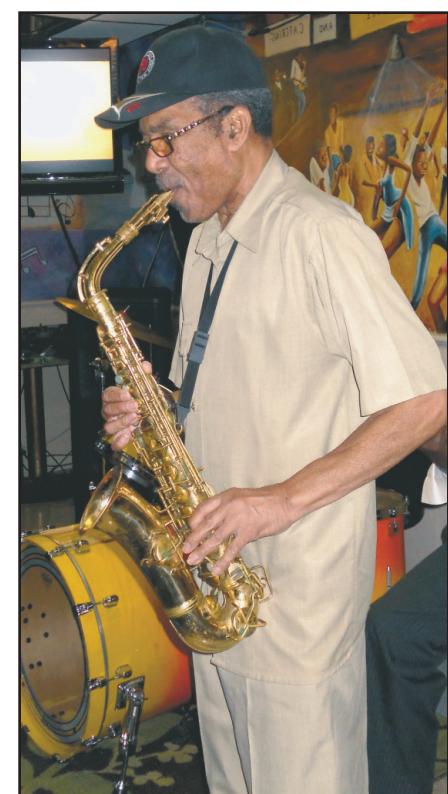
Hippodrome Theatre located at 12 N. Eutaw Street in Baltimore on Sunday, November 22, 2015 at 6 p.m. I will see you there! For ticket information, call 800-982-2787 or you can get your tickets at the Hippodrome Box office.

Well, my friends, I believe I am out of space. Remember to send me your press releases, flyers, pictures, announcements with dates, time, place, contact phone numbers and email address to rosapryor@aol.com. Do not send information through Facebook. Or you can call me at 410-833-9474. UNTIL THE NEXT TIME, I'M MUSICALLY YOURS.

Renowned alto saxophonist Arnold Sterling was born March 2, 1938 in Baltimore. He passed away on Thursday, November 12, 2015.



Evelyn McCallum celebrates her 95th Birthday recently at the Double Tree by Hilton Hotel in Pikesville, Maryland. McCallum is a Deaconess and a member of the Concord Baptist Church. She is a retired employee of the Baltimore Public Schools. She is also a June 1940 graduate of Frederick Douglass High School. God Bless you Ms. McCallum. May your journey in life continue in good health!



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**2.5
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Hot SALE
**2.99
EA**
MVP
16 Oz. Pkg. - Select Varieties
**Jimmy Dean
Roll Sausage**
Without MVP Card \$4.49 EA



Hot SALE
**6.99
EA**
MVP
22-30.6 Oz. - Select Varieties
**Maxwell House
Coffee**
Without MVP Card Regular Retail

Hot SALE
**2.99
EA**
MVP

12 Oz. - Select Varieties
**King's Hawaiian
Rolls**
Without MVP Card \$3.99 EA



Hot SALE
**2.5
FOR 2**
MVP

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



Hot SALE
**79¢
EA**
MVP

10.5 Oz. - Select Varieties
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or Mushroom Soup**
Without MVP Card \$1.69 EA



Hot SALE
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FOR 2**
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8 Oz. Brick - Select Varieties
Philadelphia Cream Cheese
Without MVP Card \$2.89 EA
Limit 4



Hot SALE
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**Thankful
FOR
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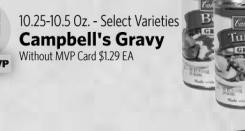
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MVP
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MVP
5-6 Oz. - Select Varieties
**Stove Top
Stuffing**
Without MVP Card \$2.59 EA



**Buy 1
Get 1
Free**
MVP
6-13.7 Oz. - Select Varieties
**Nabisco Ritz
Crackers**
Without MVP Card \$4.59 EA
Limit 2 Free

Holiday MEAL DEAL

November 11 - December 1

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- (4) Savannah Classics Sides Ready To Cook!
- (1) Pack King's Hawaiian Rolls Thaw & Serve!
- (1) Bakery Pie Just Thaw & Serve!

Find these items in the Frozen Foods Section!



Native Baltimorean is an Ultimate Martial Arts Fighter, Trainer

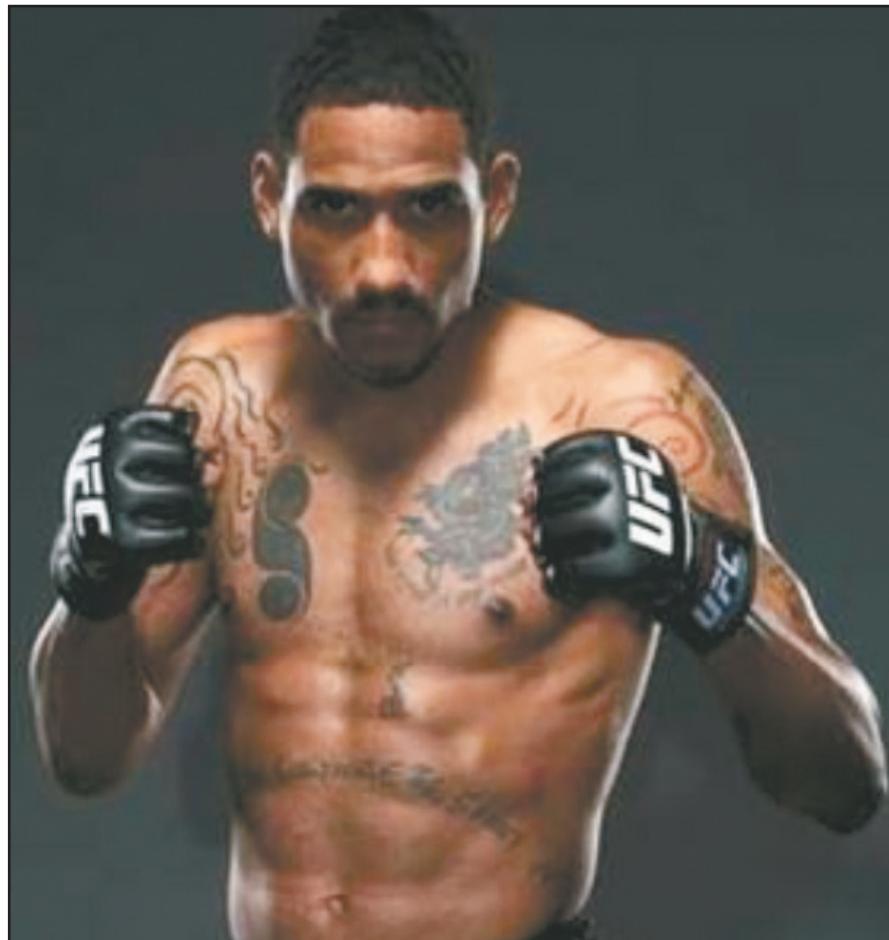
By Brenda Bowe Johnson

Baltimore native Dorian Price always had a love for martial arts. Price grew up in Baltimore and attended Towson High School until his sophomore year, then attended and graduated from Avon Old Farms Boarding School in Connecticut.

From an early age he always excelled in sports. In high school he played both basketball and football and received Division I scholarship offers for both sports. He played basketball for several recreation centers throughout Baltimore City. During time away from prep school, Dorian returned home to Baltimore to play in many of the summer leagues throughout the city.

A graduate of Hampton University with a degree in Sports Management and a graduate of the Ohio State University with a master's degree in Healthcare Administration Price realized that his love of combat sports had to be put into action.

During his years at Hampton he was able to foster his love for martial arts. Learning and training with many Navy SEALs under the direction of Frank Coccidi, a former Navy SEAL and leader of the now famous SEAL Team 6, Dorian was introduced to Muay Thai, a combat sport of Thailand that uses stand-up striking along with various clinching techniques. This physical and mental



Dorian Price, Martial Arts fighter and trainer
Courtesy Photo

discipline, which includes combat on shins is known as, "the art of eight

limbs" because it is characterized by the combined use of fists, elbows, knees and

shins. It is associated with good physical preparation that makes a full contact fighter very efficient.

Price was able to continue to develop his skill in combat sports while attending Ohio State. It was in Columbus, Ohio where he began training and was introduced to Mixed Martial Arts (MMA) by former college All American wrestler and Ultimate Fighter Champion (UFC) fighter Kevin Randleman as well as other national champions and UFC fighters.

Price continues to train and compete in Muay Thai throughout the world as well as to train UFC fighters all over the world. He is one of the few fighters/trainers to have competed in the UFC, been ranked in the world in Muay Thai and trained some of the top UFC talent. His current record as a trainer/coach in the UFC is a remarkable 10-1. These competitions have taken him to Thailand, Mexico, Germany, Holland, Poland, China, Korea, Hong Kong, Canada, Spain and other countries.

Dorian Price is the son of Donna Bates Price and Corbett Price who still live in Baltimore. He travels back to Baltimore often and is mainly a trainer now in Melbourne, Australia.

MLK Parade Application Deadline December 1, 2015

Baltimore—The Baltimore Office of Promotion & The Arts is now accepting applications for organizations interested in being a part of the 16th annual Dr. Martin Luther King, Jr. Parade. The parade celebrates the life of civil rights leader Dr. Martin Luther King, Jr. on Monday, January 18, 2016 at noon. Eligible applicants include cheer and dance squads, college and high school bands, community bands, equestrian groups, floats, honor/color guards, military groups and civic/community organizations. Parade participants are required to represent Dr. King's message and legacy. The application deadline is Tuesday, December 1, 2015. The application can be found on www.promotionandarts.org. The parade kicks off at the intersection of Martin Luther King, Jr. Boulevard and Eutaw

Street, proceeds south on Martin Luther King, Jr. Boulevard and disbands at Baltimore Street. The Dr. Martin Luther King, Jr. Parade continues to be an event for residents, visitors and communities to gather in Baltimore to celebrate the life of one of America's most influential civil rights, political and social icons. The parade promotes collaboration as more than 50 organizations such as community and high school bands, honor and color guards and local chapters of sororities and fraternities come together to honor the legacy of Dr. King. For more information on the Dr. Martin Luther King, Jr. Parade, call 410-752-8632 or visit www.promotionandarts.org.



Community Development Challenges For Minorities Topic of MSU Summit

By Stacy M. Brown

A disconnect exists between the need and importance to develop a conversation about the heart and soul of communities of color, according to Ron Hantz, president of the Network for Developing Conscious Communities (NDCC).

Hantz says that the NDCC wants to drive that conversation.

Headquartered in Washington, D.C., the NDCC is hosting a summit at Morgan State University in Baltimore on Saturday, November 21, 2015, "Community Development Challenges in Communities of Color." The summit starts at 7: 30 a.m.

Hantz says that minorities must have meaningful dialogue about effectively challenging institutional barriers that impede the economic, social and leadership development in their communities.

"Our ultimate goal should be to learn how to replicate best practices, how to develop indigenous leadership and how to build collaborative community based partnerships," he said.

The summit will bring together community development practitioners, governmental agencies, neighborhood groups, college students, and non-profit organizations to discuss community development.

"In many urban communities and neighborhoods throughout America, we need to reexamine our approach and strategies to community development," he



Ron Hantz, president of the Network for Developing Conscious Communities (NDCC).

said. "We need to create a movement based on having an intergenerational dialogue on what type of community development projects and programs are needed in communities of color to sustain conscious economic

growth, social development and spiritual expansion."

Hantz, who has more than 25 years of experience in the development of affordable housing, says the summit is the first of its kind in Baltimore to address the impact of race on community development.

"We want individuals to allow this summit to stand upon their steady shoulders," he said. "It's our families who sacrificed to make it possible for us to even desire success. And it's our teachers, preachers and community leaders who beat the odds themselves to now serve as our shining examples."

The outcome of the summit should result in a more informed debate on the critical issues facing leadership and resources in minority communities, Hantz said.

"The expectation for this summit is to provide an intergenerational platform for creating a broader dialogue on what is needed to sustain development efforts within neighborhoods of color, explore models to train and attract college students of color as professional and building community based partnerships to create sustainable community programs and projects,"

Objectives of the summit include efforts to "enhance and maximize the professional capacity of African-American community development practitioners so that they can successfully operate and practice in their community," Hantz said.

For more information about the summit, visit; www.ndccnetwork.org.

'Move Up In Maryland' Homeownership Initiative Launched in West Baltimore

Riverdale, Md.— HomeFree-USA, one of the nation's leading HUD-approved community based homeownership and financial counseling organizations opened its new office in Baltimore in the Pigtown neighborhood, and the launch of "Move Up in Maryland," a program intended to reinvigorate West Baltimore by reclaiming neighborhoods that have been ravaged by vacant properties and the painful effects of the financial crisis.

Move Up in Maryland's mission is to enhance families financially, provide employment opportunities, and expand homeownership opportunities through the reuse of vacant, abandoned, and foreclosed properties.

Starting in West Baltimore, Move Up in Maryland will acquire, rehabilitate and sell up to 50 formerly vacant properties in 2016. To date, Move Up in Maryland has acquired and rehabbed 23 Baltimore properties and is happy to have sold them to low- and moderate-income (LMI) families within 30 days of rehab completion. This revitalization program works in tandem with the HomeFree-USA homeownership preparation program, which has made the dream of homeownership a

reality for more than 7,000 first-time homebuyers.

When riots broke out in Baltimore last April, Charm City's future looked grim. But today there is new hope for West Baltimore.



"With increased homeownership and great looking neighborhoods, residents will be proud and the City will be positioned for further growth," commented Marcia Griffin, HomeFree-USA founder and president. "When residents have a financial stake in their commu-

nity, they take pride in their surroundings and contribute to their neighborhood's future which is intertwined with their own futures. HomeFree-USA aims to break the cycle of boarded-up row houses and abandoned properties. We feel that Baltimore is on the rise."

The program already has many supporters, including the Maryland Department of Housing and Community Development, Baltimore City, Susquehanna Bank, Bank of America and Ocwen Financial Corporation, a leading financial services holding company, whose initial grant allowed the initiative to move forward.

"Homeownership gives people hope for a better future," added Griffin. "With the help of organizations such as Ocwen, we are confident Move Up in Maryland will be the start of something great for the people of Baltimore."

HomeFree-USA is a HUD approved nonprofit homeownership and financial counseling leader. For more information, visit: <http://homefreeusa.org>.

Baltimore City Teacher named Maryland Teacher of the Year

By Ruth Young Tyler

Middle school teacher uses hands-on approach to education

Ryan Kaiser, a Baltimore City social studies teacher at Mount Washington Middle School, was selected as Maryland Teacher of the Year for 2015.

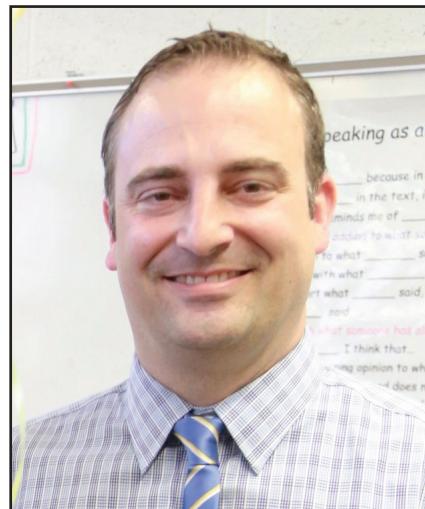
Kaiser recalls happy memories of his fourth grade learning experience when he and his parents went on vacation to the Rocky Mountains. That was when he acquired an affinity for environmental exploration. Through a hands-on approach, he enhanced his learning exponentially. The 10-year-old Kaiser realized that not everyone has the same learning experiences.

Kaiser comes from a family of educators. Both of his parents worked in the education field. His paternal and maternal grandfathers were both great storytellers, which inspired Kaiser's love for history. His grandfather met his grandmother at Yellowstone Lodge. His grandparents told him how as a young couple they carved "Buff loves Martha" into a large redwood tree. He says fifty years later the names are still etched in the bark of the tree.

Kaiser is only the second Baltimore City teacher to earn the prestigious title of "Teacher of the Year." He attributes his scholarly achievement to several components. He says working with other scholars on writing a national curriculum has helped him to hone his skills. Working with his colleagues throughout Baltimore City and building partnerships with other organizations has increased the teaching resources and opportunities.

Inevitably the students benefit from the educational opportunities.

"Without the whole spectrum this



(Left) Mount Washington Middle School social studies teacher Ryan Kaiser was named Maryland Teacher of the Year for 2015. Kaiser focuses on environmental exploration to enhance the learning experience. (Right) A young Ryan Kaiser (right) holds his binoculars while exploring the Rocky Mountains with his brother Doug Kaiser (left) and his father (middle) Dennis Kaiser on a family vacation.

Courtesy Photo

wouldn't happen," said Kaiser. "We need help from every teacher, administrator and all of the parents. If any one of those pieces were not involved, it would fall apart."

Kaiser takes his social studies students on scores of field trips during the school year. Some of the trips are low cost, in walking distance or sponsored by one of the many partnerships he has developed over the years.

"It's helping the learning come alive in the classroom," Kaiser said.

Kaiser relocated to Maryland nearly 10 years ago. He says he is still learning about the rich history in Baltimore.

"There's so much to do in Baltimore, Washington, D.C. and the east coast," said Kaiser. "I'm simultaneously teaching and learning with the students on these field trips."

He explains that he has to learn more so that he can teach the next group of students.

The social studies teacher continues

his personal development by reading about what he loves most—environmental exploration and the great national parks. He is currently reading a book by John Muir who went on environmental vacations in the 1800s. He describes nature's beauty and his adventures while hiking through the Redwood Forest in California. Subsequently, a national park was named after Muir.

Kaiser encourages parents and guardians to visit local parks that could be explored on the weekends and where hands-on learning can be applied.

"Look for schools that engage in that type of learning," said Kaiser.

During the summer, Kaiser operates the Baltimore Environmental Explorers Summer Camp. The program was cre-

ated in 2007. He initiated the outdoor exploration camp because of the lack of summer programming to prepare the students for the upcoming school year. The camp receives approximately \$70K in donations from a myriad of organizations and partnerships to sustain it. The camp accommodates 40 students for the summer. He encourages the campers to write letters about their adventures and experiences to mail to their supporters.

For more information about Kaiser's Baltimore Environmental Explorers Summer Camp, visit: www.beesppcs.weebly.com.

All year round, Kaiser implements creative ideas and resources to help educate area youth—"It's been a blast! I love it!" he said.

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HealthCare Access Maryland hosts insurance enrollment event in Towson

Trained navigators will work with Marylanders to enroll or re-enroll in Health Insurance in year three of the Affordable Care Act

Baltimore— HealthCare Access Maryland (HCAM) will host the first of four health insurance enrollment assistance events on Saturday, November 21, 2015 at the Sheraton Baltimore North Hotel located at 903 Dulaney Valley Road in Towson from 10 a.m. to 2 p.m.

Participants interested in learning about enrollment options should bring a valid state ID or driver's license, proof of income, Social Security card, and if applicable, tax information and immigration card. Bilingual staff will be available to assist on-site.

While the uninsured rate has fallen from year to year, there are still nearly 308,000 eligible, but uninsured residents in Maryland. This enrollment cycle, HCAM is targeting hard-to-reach consumers in Baltimore City, Baltimore County and Anne Arundel County who are eligible to enroll in a Qualified Health Plan but are still uninsured.

HCAM's offices in these areas will be open throughout the enrollment cycle to receive calls and appointments from consumers seeking free, in-person assis-



Future enrollment events will be held on dates listed:

Sunday, December 13, 2015 — 10 a.m. to 2 p.m.
Hyatt Regency Baltimore Inner Harbor
300 Light Street, Baltimore, Md. 21202

Wednesday, January 13, 2016 — 2 p.m. to 6 p.m.
Hispanic Community-Focused Event
Highlandtown Branch Library
3601 Eastern Avenue, Baltimore, MD 21224

Saturday, January 16, 2016 — 10 a.m. to 2 p.m.
Doubletree by Hilton Hotel Annapolis
210 Holiday Court, Annapolis, Md. 21202

tance with first-time enrollment or re-enrollment in a health insurance plan. The events in Towson, Baltimore City, Highlandtown and Annapolis are offered to accommodate the demand for enrollment help.

In 2016, eligible, uninsured Marylanders could face an increased penalty if coverage is not secured by the end of the enrollment period.

Open enrollment ends January 31, 2016. For more information or for details about extended hours, call 1-877-223-5201 or visit hcmaryland.org

A Monumental Occasion

The public is invited to the annual lighting of the Washington Monument features musical selections by area choirs, a spectacular fireworks show and refreshments on Thursday, December 3, 2015 at 5:30 p.m. at Mount Vernon Place, centered on the 600 block of North Charles Street. This event is produced in conjunction with Downtown Partnership of Baltimore and the Baltimore City Department of Recreation and Parks. For more information, call 410-752-8632 or visit www.promotionandarts.org.

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