
THE BALTIMORE TIMES

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October 23 - 29, 2015

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Children will decorate pumpkins at Lexington Market Trick or Treating for Halloween on Saturday, October 31, 2015 from 2 p.m. to 4 p.m. They will be able to go trick or treating throughout the market vendors, cooking demonstrations and live music.

(Courtesy Photo Rambling Rose column)

Dedicated government employee honored at retirement party

By Stacy M. Brown

When it comes to retirement parties, one would be hard-pressed to host a more exciting send-off from a long government career than the party for Baltimore resident Patricia Burns.

In her own description of the September 25, 2015 event at Martin's West in Windsor Mill, Burns, who worked for more 35 years as an employment specialist and in various other capacities at the state Department of Labor Licensing and Regulations, kicked off her stilettos and partied through the night.

"It was so much fun," said Burns, who, among other tasks helped to provide services to jobseekers who were ex-offenders. Burns assisted them in expediting their re-entry into employment.

"We did a little bit of everything at the party, from exercise to a fashion show and nutrition instructions," Burns said.

The farewell to government employment party included appearances by longtime Maryland Democratic Congressman Elijah Cummings; former NAACP president and five-term Mary-



A party was held on September 25, 2015 for Pat Burns who retired after working for 35 years in various capacities for the State of Maryland. (Left) Clarence Burns, Pat's husband; Ernestine Shepherd; Pat Burns; and Weight Watchers CEO Joanne McCorkle-Smith; (Middle) Pat with her daughter Lauren Burns and grandchildren Justin and Layla Burns; and (Right) Pat's son Sean Burns with Adrienne Jones, Speaker Protem, Maryland House of Delegates.

land Democratic Congressman Kweisi Mfume; Weight Watchers CEO Joanne McCorkle-Smith; and Toastmasters International president Mohammed Murad of Dubai.

To top off the pomp and circumstance that permeated the ceremonies, citations

were received from President Barack Obama; Maryland Governor Larry Hogan; and Democratic Maryland State Senator Delores Kelley; Delegate Keith Haynes and Batimore City Comptroller Joan Pratt.

"I'm very politically active too, so they all came and supported me and they sent citations," Burns said.

In addition to state big wigs and other high-profile heavy hitters, Burns' husband Clarence Burns; daughter Lauren Burns and grandchildren Justin and Laila Burns; and son Sean Burns also accompanied her

throughout her big and memorable night.

Also, for those wondering whether Burns will seek to vacation or just relax during her retirement, she said she is writing still another chapter.

"I'm a motivational speaker and I've already been asked to talk to young people who have had problems with the law," she said, adding that she'll also keep busy volunteering with the SEED Academy headed by her former boss Emelda Johnson. "I will be busy with helping young people stay engaged in education and in the arts," Burns said.

Jill Scott's Blues Babe Foundation partners with Hallmark for scholarship contest



"To be able to give inner-city students the opportunity to receive a scholarship and pursue a career in writing is phenomenal." —Jill Scott

Hallmark's Mahogany brand and the Blues Babe Foundation, brainchild of Grammy Award-winning singer/songwriter Jill Scott, are providing two \$10,000 scholarships to current undergraduate students pursuing a career in the writing arts. Scholarships are offered for full-time study at an accredited four-year college or university. Award recipients also will be invited to attend a three-day, all-expenses-paid workshop at Hallmark's headquarters in Kansas City during the spring or summer of 2016.

To apply, students must be current postsecondary undergraduates pursuing a career in the writing arts, and must be enrolled full-time at a four-year college or university for spring and fall 2016. For more information and an application, visit <https://www.scholarsapply.org/mahogany>.

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Guest Editorial/Commentary

Breast Cancer Awareness Month: Raising Awareness and Saving Lives

By Marc H. Morial, *TriceEdneyWire.com*

Breast cancer is the most common cancer among women in the United States. It strikes blindly, touching women of all racial and ethnic groups. While race is not a risk factor for breast cancer, black and Hispanic women— who are less likely to get breast cancer than white women— are dying from the devastating disease at higher rates. To save thousands more lives, we must continue to make strides and improvements in prevention, diagnosis and treatment, while comprehensively addressing the stunning health disparities that consign so many women of color to preventable deaths.

The wide disparity in deaths and survival rates (black women have a five-year survival rate of 77 percent in comparison to 90 percent for white women) can be attributed to a variety of factors, ranging from biology to access to quality health care. According to the Black Women's Health Imperative, breast cancer tends to appear in black women at a younger age and in more advanced forms. Women of color are more likely to be diagnosed with more aggressive cancers and later stage breast cancers because, historically, black women have been less likely to get regular mammograms, their cancers are more likely to be advanced when they are finally diagnosed. This is why screening, and screening early, matters. While screening can neither eliminate nor undo the design of biology, the earlier you can detect and begin to treat breast cancer, the lower your risk of dying.

Women of color— particularly black women who are 40 percent more likely to die of breast cancer than white women— need access to quality preventative measures like mammograms to reduce their risk. State and private programs that provide low to no-cost mammograms for women have helped closed the gap between the health insurance haves and have-nots. Through the Affordable Care Act, obstacles to regular screenings have practically been eliminated for all women. Under the ACA, most health insurers are required to cover recommended preventative services— including mammograms— at no out-of-pocket cost.

Despite the increase in access to screening, women of color also tend to get follow-up care later than white women. Black women often experience follow-up times of over 60 days after a receiving an abnormal mammogram result. When time is of the essence, waiting for follow-up care may lead to the cancer becoming more aggressive and it may increase its spread in the body.

Low-income and uninsured women in the 21 states that refused to expand Medicaid under the Affordable Care Act are less likely to have breast and cervical cancer screenings than other women. Expanding Medicare in those states could mean the difference between finding early stage cancer when it's more easily treatable and finding it after it becomes life threatening.

Treatment is another area where disparities are potentially costing us lives. According to the Centers for Disease Control and Prevention, only 69 percent of black women start treatment within 30 days of receiving a diagnosis of breast cancer, compared to the 83 percent of white women who begin within 30 days. Black women are also less likely to receive (or are resistant to receiving), certain surgeries, radiation and hormone therapies. While strides are being made in care continuum, women of color must be educated about their options and have access— from care to treatment— to improve their outcomes.

Think about this: nearly 1,800 fewer black women would die of breast cancer if death rates were the same as white women, according to the CDC. That's 1,800 more birthdays, weddings and graduations we could all be celebrating today. We know what to do, but knowing is only half the battle. Sign up for a mammogram today or encourage all the women you know and love to make that potentially life-saving appointment.



Community Affairs

National Aquarium announces return of “Pay What You Want Day”

Guests donate an amount of their choice for Aquarium admittance on November 1, 2015

Baltimore— As part of its continuing effort to extend community access to Marylanders, the National Aquarium announced the return of “Pay What You Want Day” on Sunday, November 1, 2015. Made possible with the generous support of T. Rowe Price, Maryland residents will once again be allowed to donate an amount of their choice for Aquarium admittance.

“We’re pleased to offer opportunities for our community to visit for less, through programs like this and many others,” said John Racanelli, National Aquarium CEO. “Our conservation mission starts at home, and ensuring that our local residents can visit their aquarium and connect with their 20,000

aquatic neighbors is one of our top priorities.”

The National Aquarium welcomed more than 7,500 people to its first-ever “Pay What You Want Day” on January 11. Pay What You Want Day is part of the National Aquarium’s continuing effort to encourage Marylanders to reconnect with the world’s aquatic treasures and commit to protecting the Chesapeake and all aquatic habitats. Other opportunities include:

- *The Aquarium’s Half-Price Friday Nights program presented by M & T Bank, which offers guests special pricing on Friday nights after 5 p.m.

- *Maryland Mornings, which launched in 2012 and runs from September through February, providing Maryland residents who visit before noon Sunday to Friday \$10 off adult tickets and \$5 off senior/children tickets;

- *Dollar Days, where visitors can enjoy a \$1 admission fee for two days every December in conjunction with many other local cultural organizations.

For more information on the National Aquarium’s community programs, or to plan your visit, go to aqua.org/youraquarium.

Dysfunction Exacts a Cost

By Lee H. Hamilton

Earlier this month, *The Economist*, a renowned British weekly, ran an editorial advocating an end to the U.S. dollar's supremacy as the world's chief currency. The magazine offered several economic motives and one supremely political one. "For how long," its editors wrote, "will countries be ready to tie their financial systems to America's fractious and dysfunctional politics?"

I want to be blunt here. Congress's inaction on a host of important issues—its inability to deal with our problems—is doing real damage to our country. It undermines our ability to lead in the world and causes undue economic and social hardship at home.

What strikes me hardest about that sentence in *The Economist* is that it reflects a sobering truth: people both at home and abroad now accept that our current unworkable politics shows no sign of changing and could intensify. We are getting a reputation as a nation that cannot deal with many of its problems.

The truth is always complex. You will find plenty of mayors, governors, state legislators, and even federal officials who don't have the luxury of gamesmanship; they confront problems and solve them, often with great creativity. Those who discount us forget that we have a deep bench.

Yet if you look ahead at the next few months, it's hard to avoid a sinking feeling. The leadership battles put the Con-

gress in even greater disarray just before a series of critical fiscal deadlines. Congress has to raise the debt ceiling by early November. It needs to craft a long-term budget deal. It has to come up with a multi-year plan for highway spending. It needs to reauthorize the Export-Import Bank, which helps American businesses sell their goods overseas. It has to decide what to do with a series of tax breaks that are due to expire. These things will not happen without a great deal of turmoil.

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“Yet if we're to get out of this mess, the starting point is to recognize the political reality of divided government. The parties have a right to their own hopes and aspirations, but they also need to take seriously the responsibility to govern. They need to find a way past the unhappiness and anger that are evident in the country at large.”

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That's because congressional politics today are bewildering, free-swinging, unscripted, and unprecedented. I can't

choice on members of Congress: to protest, make speeches, and strike ideological positions; or to govern. Too many members are opting for the first choice.

Yet if we're to get out of this mess, the starting point is to recognize the political reality of divided government. The parties have a right to their own hopes and aspirations, but they also need to take seriously the responsibility to govern. They need to find a way past the unhappiness and anger that are evident in the country at large.

Given the seriousness of our problems and the lack of progress on the policy

agenda Congress is supposed to handle, there's really only one way forward: through negotiation and compromise. This has never been easy—learning to compromise on the issues without compromising one's own principles—but it's especially challenging now, when I worry that striking a deal has become a lost art.

Still, certain steps seem obvious. The congressional leadership must let the Congress work its will. Members should be allowed to vote straightforwardly on the major policy issues of the day, without leadership manipulating the process to control the result. The House should reject the Hastert Rule, under which a majority of the majority caucus is required to bring a bill to the floor. And both houses need to stop the outrageous use of huge omnibus bills adopted by short cutting time-tested regular order procedures.

If Congress does not learn to compromise and negotiate, the country is headed for even deeper trouble than we are currently in. U.S. world leadership will slip, our ability to deal with economic and social issues at home will deteriorate, and the electorate will become even more embittered. Our future is in Congress's hands. It would be nice if they recognized it.

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

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National Black HIV/AIDS Awareness Day campaign working with HBCUs to raise awareness

Washington, D.C.— Just as students are returning to campus embarking on new classes, student activities and volunteerism, the National Black HIV/AIDS Awareness Day (NBHAAD) campaign is giving students an active role in raising awareness of the message “Get Educated, Get Tested, Get Involved, and Get Treatment.”

The Student Ambassador Program will accept applications from students who are interested and committed to addressing challenges surrounding HIV/AIDS on their college campuses. This work is more important than ever as the Centers for Disease Control and Prevention (CDC) reports that African Americans and blacks account for 47 percent of the nation’s new HIV infections. Moreover, among the African American and black communities, persons aged 15-24 years old comprise 27 percent of new HIV diagnosis in 2013, an estimated 5,868 diagnoses. Historically Black Colleges and Universities (HBCUs) continue to play a significant role in social change around the country surrounding this epidemic.

“As a proud product of an HBCU, I know how HBCUs play a vital role in our response to the HIV and AIDS epidemic by educating students and preparing the next generation in efforts towards promoting prevention, testing, treatment and care. These efforts are particularly important for HBCUs to mobilize and engage because young African Americans are significantly affected by the impact of HIV and AIDS, but we can be the greatest game changers,” Amber Mazyck, a recent graduate of Bethune Cookman College and student ambassador, lends her voice in the discussion on student involvement in raising awareness around HIV/AIDS.

NBHAAD’s HBCU Initiative provides

student communities access to outreach materials and resources for HIV/AIDS education, testing, and treatment. Student ambassadors will be empowered to create safe spaces at events, so students have the freedom to discuss topics related to HIV/AIDS in black communities in a supportive environment. Student Ambassadors’ creativity and innovative spirit will help in planning events and hosting activities for the Annual February 7th commemoration of National Black HIV/AIDS Awareness Day. Student Ambassadors may also provide information on local testing sites and linkage to care opportunities for those living with HIV/AIDS and/or newly diagnosed. Student Ambassadors participating in the program will have ongoing professional development and public health resources from local, regional and national public health entities, particularly in HIV/AIDS and STI prevention and support.

Participating in HIV/AIDS awareness efforts position ambassadors to have a direct impact in encouraging others to make wiser and safer decisions. Student ambassadors are empowered to coordinate

activities in collaboration with other organizations, faculty, and health centers. Some suggested activities to increase awareness are health fairs, town hall meetings, candle light vigils, fashion shows, and social media engagement.

Social media greatly influenced past HIV/AIDS awareness efforts, serving as a major component at HBCU campus events. Indeed, Fort Valley State University held a two-day event in observance of NBHAAD, which provided free HIV testing and information about HIV/AIDS wherein social media played a central role. Many inspirational events held throughout the country on black college campuses sparked conversation, raised awareness, and integrated social media in innovative ways.

“We have learned how to engage students to spread the word [about HIV]. You must have something of substance before students will follow you or retweet. It’s about finding the balance between educational and personal messages. We encourage students to speak about HIV as they would any other topic via general conversation. Social media is a way student’s get information in real

time,” said Joell Royal, Project Coordinator for Howard University’s SHOP Project.

The goal is for the Student Ambassador initiative to be an even greater success in the 2015-2016 academic year by engaging more college campuses and recruiting additional students to get involved. The National Black HIV/AIDS Awareness Day Strategic Leadership Council (NBHAAD SLC) plans to make an even greater presence as it comes off the heels of its 15th year anniversary. By receiving the latest information and resources on HIV/AIDS in the African American and Black communities, those with undiagnosed HIV infections, and those diagnosed with HIV/AIDS will have the tools to live longer, healthier lives with consistent, accessible linkage to care and treatment services.

The National Black HIV/AIDS Awareness Day initiative encourages students to apply for the student ambassador program before the closing deadline of January 9, 2016. For additional information and/or guidance, visit: www.national-blackaidsday.org/

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Now is the time to review Medicare health, drug coverage options

Medicare's fall open enrollment period runs October 15 through December 7

New York, NY—Everyone with Medicare should review their choices during the Fall Open Enrollment Period, according to the Medicare Rights Center, a national, nonprofit consumer service organization. Even people who are currently happy with their plan should do so, because plans make changes to their benefit packages every year.

The Fall Open Enrollment Period runs from October 15 through December 7. During this time, people with Medicare can make changes to their health and drug coverage options without restriction. They have the right to make as many changes as they need.

"This open enrollment season is especially important in light of today's news that there will be no Social Security cost of living adjustment (COLA) for next year," said Joe Baker, president of the Medicare Rights Center. "People with Medicare should take the time to evaluate their plan choices and select the plan that best meets their health and financial needs."

While there will be no COLA, the Part B premium is expected to increase significantly for some people with Medicare, including new enrollees, individuals not collecting Social Security benefits, and beneficiaries already paying higher premiums. State Medicaid programs will also pick up these higher premium costs for people with both Medicare and Medicaid. In addition, the Part B deductible is expected to increase to \$223 for all beneficiaries, most significantly affecting those who lack adequate supplemental coverage.

Baker added, "We urge Congress to act quickly to halt expected increases in Part B costs. Older adults and people with disabilities cannot shoulder these unprecedented increases, especially those living on low and fixed incomes. Half of all people with Medicare are living on annual incomes of \$24,150 or less."

To date, almost 100,000 people have signed a petition sponsored by the Medicare Rights Center and allied partners urging Congress to act swiftly to bring down these unprecedented increases.

Besides weighing the cost of coverage,



Medicare beneficiaries need to be aware of other possible changes to their current plan, including to provider and pharmacy networks or other coverage rules. People with Medicare should refer to their Annual Notice of Change (ANOC), which they should have received on or before September 30, 2015 which details any such changes. While reviewing their options, it is important for people with Medicare to contact the plan to confirm

information about costs and coverage, and once beneficiaries select a plan, they can enroll by calling 1-800-MEDICARE.

For more information about increases in Part B premiums and the hold harmless provision, visit Medicare Interactive.

For more detailed information about the Fall Open Enrollment Period, visit: <http://www.medicarerights.org/pdf/fall-open-enrollment-resource-for-journalists.pdf>.

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Ray Lewis discusses Atlanta murder, Baltimore riots in new memoir

By Turrón Davenport

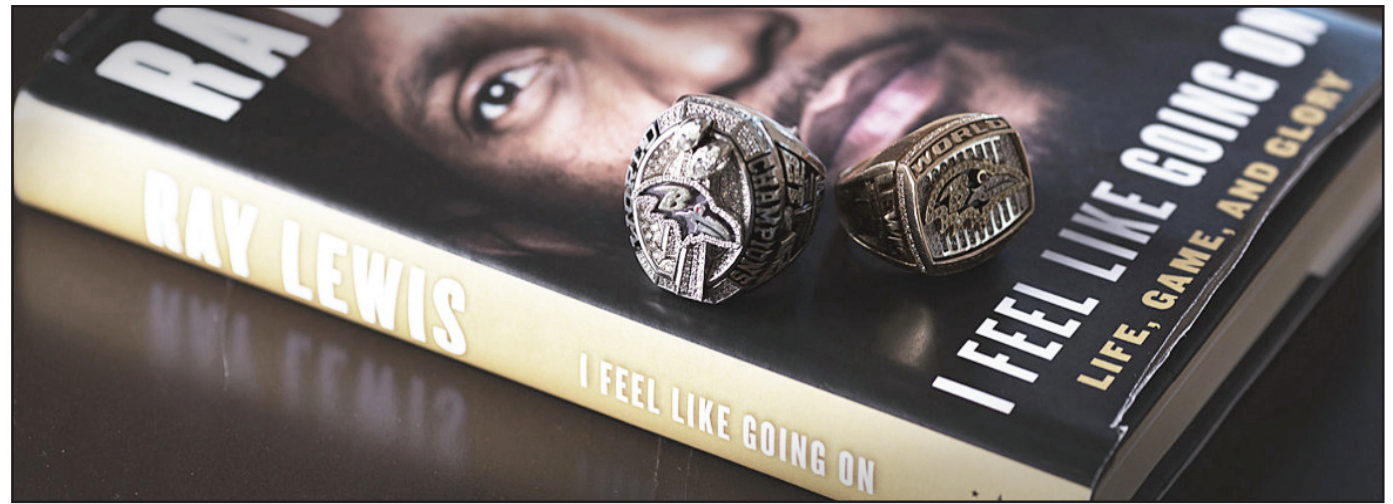
There are few athletes who have the motivational ability that Baltimore Ravens legend Ray Lewis does. Lewis has been through some of the highest moments in life as well as the lowest. He touches on all of those moments in his newly released book, "I Feel Like Going On: Life, Game, And Glory,"

In the book, he talks about one of the darkest times in his life, when he was accused of murder. Lewis will forever be linked to the unsolved mystery that occurred in Atlanta when two men were stabbed to death outside of a nightclub.

He recalls the story in a chapter of the book, simply called "Atlanta." He offers his own side of the story and shares some things that have gone untold.

Lewis explains what happened that night and that he was shocked when he realized the limo he was in was being connected to the murders.

Lewis also tells the story of redemption when he led the 2000 Ravens to their first Super Bowl victory. Fans in other cities called him a murderer when he took the field that season and many



people protested when he was found not guilty. Through it all, Lewis kept his eyes on the prize and used the experience to build character.

Growing up wasn't the easiest thing for Lewis. The book tells the story of how as a youngster he watched his mother suffer from abuse.

Lewis says he still carries a deck of cards to this day to remind him of how he coped with the anger that he felt when he witnessed the abuse. He would turn each card over and do pushups

according to the number that was on the card. He would do ten pushups for every face card that he turned over.

Lewis has been a pillar of the Baltimore community, even after retirement. He led the Ravens into the community immediately after the riots after the death of Freddie Gray.

Lewis writes about how his city was turned upside down after the young man died in the custody of the Baltimore Police Department.

In a chapter called, "Postgame: My

Courtesy Photo/www.raylewis.com

City is Burning." Lewis describes how he was out in the community preaching the message of peace and patience. He worked to discourage the people from rioting in street.

There are few athletes who have the effect that Ray Lewis has had on the Baltimore. The two will forever be connected.

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Life in Baltimore:

Young Baltimorean attains goal of becoming a scientist

By Brenda Bowe Johnson

Baltimore native Tonya N. Taylor, Ph.D. knew she wanted to be a scientist from a young age because she wanted to help her brother who had cerebral palsy.

A graduate of St. Paul's School for Girls, Taylor completed her undergraduate studies majoring in chemistry at Duke University. In 2010, she graduated from Emory University receiving Ph.D. in molecular and systems pharmacology. Currently Tonya works in medical affairs at Shire Pharmaceutical in neuroscience.

"Ever since my mother helped me with my first science fair project in the first grade, there has never been any other option for me," Taylor said.

Her interest in neuroscience stemmed from her brother who had cerebral palsy. While studying pharmacology in graduate school, she was fortunate to have an amazing graduate adviser who encouraged her to think creatively and pushed



Tonya N. Taylor, Ph.D.
Courtesy Photo

medical affairs for a pharmaceutical company, Shire. As a medical science liaison, she meets with researchers and doctors to learn about the needs of patients, facilitate scientific exchange, and educate health-care providers on disease states. This career change has allowed her to make a bigger impact on patients' lives.

Dr. Taylor is a member of the Society for Neuroscience and the Healthcare Businesswoman's Association. She has volunteered with local middle and high schools judging state science fair competitions. She enjoys assisting with local and state science fairs because it provides the opportunity to encourage more children to pursue careers in science.

She has received several awards and fellowships including the Neuroscience Scholars Program, Society of Neurosciences; a pre-doctoral National Research Service Award from NIH; and Emory Graduate Diversity Fellowship, Emory University.

Dr. Taylor is the daughter of Kenneth and Pearl Taylor. She has been able to travel and live abroad during her career and always uses it as a way to learn more about people and learn other perspectives.

Taylor says she lives her life according to the words of author Henry Miller who wrote: "One's destination is never a place, but a new way of seeing things."

H.O.P.E. Academy Needs Teachers!

Rev. P. M. Smith, pastor of Huber Memorial Church and founder of H.O.P.E. Academy, is looking for teachers for the school. The school is in need of teachers for pre-kindergarten, first and second grades. If you or someone you know would like to work in a Christian environment, contact the school. Detailed information about the school can be found at: <http://hopeacademybaltimore.org/>. H.O.P.E. Academy is located at 1808 Edison Highway in Baltimore MD 21213 Telephone: 410-327-9020 Fax: 410-327-9023

Baltimore Farmers' Market & Bazaar Accepting Applications for 2016

Baltimore— The Baltimore Office of Promotion & The Arts is now accepting applications for the 39th annual Baltimore Farmers' Market & Bazaar! Farmers, concessionaires and bazaar vendors can find applications and guidelines online at www.promotionandarts.org.

Participants must apply by Thursday, December 31, 2015. Current vendors at the 2015 Baltimore Farmers' Market & Bazaar must reapply for 2016. The market's 2016 season runs Sundays from April 17 through December 18. Located on Saratoga Street between Holliday and Gay streets, underneath the Jones Falls Expressway (JFX), the Baltimore Farmers' Market & Bazaar is presented by Mayor Stephanie Rawlings-Blake and managed by the Baltimore Office of Promotion & The Arts.

For 2016, the bazaar seeks to increase the participation of local, producer-only artisans and craftspeople. For more information on the Baltimore Farmers' Market & Bazaar, call 410-752-8632 or visit www.promotionandarts.org.

her to work harder than she thought she could. He encouraged her to question, accept mistakes, and keep experimenting.

Until 2014, Taylor pursued a career in academic science studying Parkinson's and Alzheimer's diseases using mouse models of both diseases. Last year, she decided to switch career paths to work in

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St. Vincent de Paul Completes Expansion of Sarah's Hope



Mayor Stephanie Rawlings-Blake and other community leaders joined St. Vincent de Paul of Baltimore at the grand opening event for the newly renovated Sarah's Hope family shelter in the Sandtown-Winchester neighborhood of Baltimore City. Courtesy Photo



Baltimore City's Largest Homeless Shelter for Families Located in Sandtown-Winchester Neighborhood

Baltimore— Mayor Stephanie Rawlings-Blake joined St. Vincent de Paul of Baltimore and other community leaders at the grand opening event for the newly renovated Sarah's Hope family shelter in the Sandtown-Winchester neighborhood of Baltimore City.

The \$8 million project doubled the shelter's capacity to 150 beds to meet increased demands, making it the city's largest homeless shelter for families. The renovations created family style living units, expanded space for improved services, and added a new early childhood center for homeless children operated by PACT. The new Sarah's Hope allows Baltimore City to meet the requirements of the federal HEARTH act by accommodating families with older adolescent males, intact families, and families headed by single fathers. Sarah's Hope's intensive and comprehensive services minimize the length of time families are homeless by helping families overcome barriers to housing, increase their self-sufficiency, and quickly return to permanent housing. The Sarah's Hope capital project was supported by the City of Baltimore, the State of Maryland, The Harry and Jeanette Weinberg Foundation, the late Willard Hackerman, and other local foundations, corporations, and individuals.

"This is a huge leap forward in our effort to provide resources that will have a positive impact on families struggling with poverty and homelessness in Baltimore City," said Mayor Rawlings-Blake. "The completion of this project not only allows St. Vincent de Paul to better serve the families who come through Sarah's Hope with more accommodating living arrangements and the comprehensive services they need to improve their lives, but it offers a wonderful recreation facility for the families in the adjacent Sandtown-Winchester community."

Families who are homeless, nationally and in Baltimore, represent about one third of the homeless population, and have been the fastest growing segment of the homeless population in recent years. While homelessness for anyone is tragic, the challenges faced by homeless families far exceed those of individuals. Homeless families often face many barriers to housing arising from physical and mental health needs; substance abuse; domestic violence; poor credit; lack of education; low wages; and unemployment.

Homeless children experience emotional and behavioral problems at triple the rate of non-homeless children, including high rates of depression, anxiety, low self-esteem, and stress. Children who have been homeless are four times more likely to have developmental problems and/or educational delays, and twice as likely to have learning disabilities. The



longer a family is homeless, the more difficult it becomes for that family to regain permanent housing and self-sufficiency, and the greater the negative impact for children. For these reasons, the focus of Sarah's Hope is to minimize the length of time that families are homeless.

Operated by St. Vincent de Paul of Baltimore since 2008, Sarah's Hope is located in the Sandtown-Winchester neighborhood of Baltimore City. Prior to the renovation, Sarah's Hope's capacity was 75 beds, limiting it to serving approximately 100 homeless families each year. The shelter has always operated year-round at nearly 100 percent capacity, and fielded hundreds of phone calls each month from homeless families who had to be turned away due to lack of available beds.

By doubling its capacity through this

expansion, Sarah's Hope is now expected to serve around 200 families a year. Sarah's Hope provides homeless families with the comprehensive stabilization and self-sufficiency services they need to return to permanent housing as quickly as possible. Sarah's Hope provides comprehensive services including shelter, meals, youth activities, adult education classes, basic healthcare, case management, housing placement, and referrals for benefits and other resources.

Sarah's Hope also plans to extend resources to the local residents of the Sandtown-Winchester community. A new multi-purpose room in the renovated building allows community members to host meetings and events, and a community playground and green space is planned on the property in a second phase.

Marsean Oyler returns to Baltimore with cast of 'Disney On Ice: 100 Years of Magic'

By Andrea Blackstone

At just 21-years -old, Marsean Oyler brings Disney characters and stories to life on ice, along with a cast of talented performers. From October 28, 2015 to November 1, 2015, Oyler will perform at the Royal Farms Arena in Baltimore City in the Feld Entertainment production—“Disney On Ice: 100 Years of Magic.”

Oyler joined Feld Entertainment—the producer and presenter of Disney on Ice—in 2013.

If the Knoxville, Tenn. native had not fallen in love with skating at the age of 13, or auditioned live to join Disney On Ice: 100 Years of Magic, Oyler would probably be in school studying to be a nurse anesthetist. Like many young adults Oyler's age, playing video games, eating out at restaurants, going to see movies and shopping are some pastimes that Oyler considers to be fun.

The part of Oyler's life that is not typical of most young adults is the rare opportunity to tour all over the United States and internationally, while creating memories that will last a lifetime for audiences who love all things Disney. Oyler is a true performer at heart. Landing a double flip is a favorite memory. It is just one indication of Oyler's commitment to deliver impressive performances that will make audiences want to return to see the performer wow them again. The skater is willing to earn to a successful career, by doing what it takes to make dreams come true.

“This is my third tour with them [Disney] this year,” Oyler said. “It's just really great. It just shows that it doesn't matter where you come from, what you look like or who you are. People come to see the skating and that's what it's all about. The come for the performance and the entertainment.”

Oyler has grown accustomed to hitting the road for seven to nine month long show tour adventures with his “tour family.” According to Oyler, being away so long makes returning home that much better, when the time to head back to Tennessee finally arrives.

As a part of the ensemble of “Disney



Marsean Oyler is among the cast of “Disney On Ice: 100 Years of Magic,” when the production comes to the Royal Farms Arena in Baltimore on October 28, 2015 through November 1, 2015. The skater loved performing in Baltimore before and looks forward to returning again.

On Ice: 100 Years of Magic,” Oyler entertains excited children who fill arenas for a chance to see their favorite characters brought to life before their eyes. During performances, Oyler often spots adults dressed up as their favorite characters, too. Sometimes they come alone to experience the magic of watching the performers spin, flip, do cartwheels and showcase other daring moves in colorful costumes on ice. Helping families and nostalgic adults relive memories of Mickey Mouse, Minnie Mouse, Donald Duck, Goofy and Disney Princesses, such as Cinderella, Rapunzel requires the combination of unique ability and skill to deliver timeless stories.



*“Disney Mickey,” Mickey's Marching Band
Courtesy Photos*

“We have something for everyone. It's a classic show. We have a lot of characters like Pinocchio and a lot more contemporary characters such as Nemo and Elsa and Anna and the whole Frozen gang,” said Oyler, “We really do have a fast-paced, energetic [marching band] opening number that I think everyone will like.”

Learning all of the new choreography when first joining the show was Oyler's toughest performance challenge. The long-time love of skating helped Oyler to meet the challenge of the new opportunity.

After being introduced to skating, Oyler trained at Knoxville Figure Skating Club and knew that skating professionally was a long-term goal. When the performer's parents said to choose between skating or continuing to take

gymnastics lessons, Oyler chose skating and was well supported by family friends and coaches like Konstantin Baradakov.

The Disney performer advises children who have a dream, or who desire to do something like skating, to work hard and give it their all if it is what they want. Oyler also reminds everyone that it is never too late to find a passion and successfully achieve a dream.

“I started skating when I was about 13. I was a late bloomer,” Oyler said. “My friend was [taking] hockey lessons and he invited me to come with him so I did, and I loved it ever since!”

For more information, performance time and to purchase tickets, call 1-800-745-3000 or visit: www.ticketmaster.com.

Rambling Rose



Rosa Pryor Trusty

Happy Halloween Parties, Balls

Hello my dear friends, as you can see, the leaves are turning brown and falling off the trees, and outdoor plants are turning to dead sticks. I believe fall is here and winter is on its way! As you see from my photos there is still a lot going on. Pull out your fur coats from storage ladies, and guys get your long johns out of the winter closet. In the meantime enjoy the cool, crisp weather.

Just in case you have heard rumors that I am closing down my organization, "The Rosa Pryor Music Scholarship Fund, Inc." after almost 25 years, it is true. Due to the fact that I'm tired and my body is weak because of health issues, I have to let it go. I hate leaving the children who need me to help them financially to embrace their musical talent, and the veteran musicians who need to be recognized, but my health comes first. Don't worry, in some way, shape or form, I will still be helping children and musicians.

I am proud of what I have accomplished so far without ever having a sponsor—I have given 104 children between the ages of 5-17 scholarships and have honored over 115 musicians, giving them their flowers while they can still smell them. I was able to do this with your donations and ticket sales for my annual Gospel Prayer Breakfast fundraiser every March, my Oldies but Goodies Crab Feast fundraiser every July and of course my Black & Gold Ball every October, which is the event where we present the children with their scholarships. You know who you are.

My dear friends, here is where I need your help. We still need your donations to help with the children's scholarships. If you are unable to come to my event you can send your donation in the mail. Even better, purchase tickets to be at my last event at the "Rosa Pryor Music Scholarship Fund Black & Gold Formal Ball" on Sunday, October 25 from 4-8 p.m. at the Forum Caterers. This will be a beautiful, elegant, and first class formal Black & Gold attire event. I am planning on going out with a big bang.

We are giving three lovely children financial scholarships who will perform for you at the Ball and we are honoring 16 musicians, entertainment promoters and music educators who will be there in person including; Brenda Alford, Charles Covington, Carlos Hutchins, Ellington Churchill, Gary Grainger, Gary Richardson, George Gray, Glen Grainger, John Milton Wesley, Steve Turner, Ralph Magwood, Sharon Dupree, Oliver Williams Ira Glover, Richard "Rick" Johnson and Gary "Rico" Barton. I know many of you know some of these

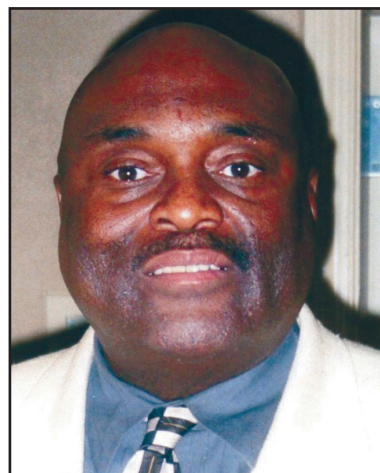
people and they are overdue to be recognized.

For tickets to this event, contact me at 410-833-9474 or email me at rosapryor@aol.com or you can go to my website: www.rosapryor-music.com to send donations or pay for tickets by credit card. Or you can just send your check to: 214 Conewood Avenue, Reisterstown, Maryland 21136. I thank you all for your love and support.

I am now out of space and out of time, remember if you need me, call me or email me at rosapryor@aol.com. UNTIL THE NEXT TIME, I'M MUSICALLY YOURS.



MarvaD Events & DJ KennyD will host an Adult Costume Cabaret on Halloween night, Saturday, October 31, 2015 from 9 p.m. until 1 a.m. at the Diamondz Events Hall located at 9980 Liberty Road in Randallstown, Maryland. Entertainment will be provided by the Panama Band and a costume contest and it is BYOB and BYOF, free set-ups are included. For ticket information, call 410-599-9159.



Darlene Douglass and Charles Faison are the Mistress and Master of Ceremony at the Farewell Black & Gold Scholarship & Award Ball for the Rosa Pryor Music Scholarship Fund on Sunday, October 25, 2015 from 4 p.m. to 8 p.m. at the Forum Caterers. For tickets, call 410-833-9474.



Multifaceted musician Justin Thomas and a 1997 recipient of the Rosa Pryor Music Scholarship Fund returns to Baltimore from California as a national recording artist with his band to perform at the Rosa Pryor Music Scholarship Fund formal Black & Gold Ball on October 25, 2015 at the Forum Caterers.

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Obituary



Dr. Ogden Mayo Belt

Father • Mathematician • Dentist • United States Army
April 1948 – September 2015

I didn't know my Uncle Ogden, Dr. Belt, as well as I thought....

But what I do know is incredible!

My dad's younger brother, Ogden, was an adoring father to my 3 beautiful first cousins – Ragan, Kriste, and Jennipher. His support, love, and guidance produced the 3 intelligent, beautiful, and strong women today. Ragan the eldest is a dedicated Special Educator, Kriste a phenomenal vocalist and performer, and Jenn, the youngest of the 3, a Spartan in the banking and finance industry with enough accolades and 'tombstones' to make any Wall-Streeter envious.

My Uncle Ogden passes leaving his older brother, my dad, Leon to continue the Belt Brothers' legacy. Their relationship, education, and focus allowed them to be pioneers and leaders in their hometown of Baltimore. Both proudly served in our Nation's Armed Services - Ogden in the United States Army and Leon in the United States Air Force. After serving their country they embarked on another service of sorts – to become entrepreneurs and create viable business in their West Baltimore community, Ogden as a dentist and Leon as an attorney.

Retired (but never far from work) Ogden was able to enjoy more time with his family and friends. In his last weeks before passing Ogden and Leon had one last ride together traveling from Baltimore to Leon's home outside of Atlanta. In Covington they fished, cooked, laughed, played golf, and listened to oldies once played on 8-Trak now in Leon's classic Porsche convertible cruising through the same streets where "In the Heat of the Night" filmed. Shortly, after returning to Baltimore from his visit with his brother Leon, Ogden passed away at home in his sleep with peace.

As the youngest brother and son of 5 I see a future where someone may pen my life in similar fashion -- recounting my achievements and fondest memories in my life – my family, friends, my hopes, and dreams for my Family's legacy.

My prayer is that my life may mirror in some regard the grace, power, intelligence, dignity, success, commitment, humor, and love with which my Uncle Ogden displayed while here with us.

My heart extends fully from West Los Angeles to West Baltimore and beyond to my cousins Ragan, Kriste, and Jenn – to my Aunt Patricia and to my father Leon Belt, Sr. as they mourn the loss of my late uncle Dr. Ogden Mayo Belt.

Dr. Belt is survived by his amazing and wonderful wife, Patricia, partner and mother for more than 30 years.

With Peace, Respect, and Love Always,
Reuel Pendleton Belt
Youngest brother to Elizabeth, Deidre, Rashid & Leon Jr. Belt.

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Five tips for using household appliances more efficiently

When you get your monthly electricity bill, do you ever wonder which appliances consume the most power?

The U.S. Department of Energy reports that major appliances in your home account for 13 percent of household energy costs. Our homes are a hub of activity for many energy-hungry appliances. Your refrigerator, clothes dryer and water heater use most of the electricity, according to this list.

There are many ways to lower your electricity bill and enhance your quality of life. This is a list of five tips for using appliances efficiently:

1. Is your refrigerator too cold? Cut energy use in your refrigerator and freezer by adjusting the temperature settings. Keep refrigerator temperatures at 35 to 38 degrees Fahrenheit, and freezer temperatures at 0 to 5 degrees. Adjusting the temperature 10 degrees lower than the recommended level can increase energy use by 25 percent.

2. Small laundry loads waste energy and water. Wash and dry only full loads and use lower temperature settings. According to Consumer Reports, doing



Small changes to the way you use household appliances can add up to big results over time.

Photo by Aaron Beall

laundry in cold water can save you \$60 annually.

3. Save up to five percent on water heating costs by changing the water heater thermostat to 120 degrees to get comfortable hot water for most household uses. Learn more water heating tips from our previous post.

4. Using the same principle as the clothes washer, always wash full loads on the dishwasher. Use less water and energy by running the dishwasher once in the evening. Whether it's half-full or completely full, the dishwasher uses the same amount of water for every use.

5. Don't pay for phantom electricity. Even when they're off, televisions, phone chargers and hair dryers that are plugged-in are still using energy. Before you leave the house, take the time to unplug all electronics that are in standby mode.

Lastly, when it's time to shop for new appliances, look for products with the ENERGY STAR and EnergyGuide labels for long-term savings.

Innovative financing is available for energy efficiency improvements to your home through the "Be SMART Home Loan" program, which covers appliance replacement and upgrades. Be SMART offers flexible financing of up to \$25,000 for eligible homeowners.

For more ways to save energy, visit the U.S. Department of Energy's website: www.energy.gov.

Fees reduced to connect homes to natural gas this fall

Residential customers also can save \$150 to \$1,450 with rebates on gas equipment

Baltimore— BGE's Smart Energy Savers Program® reminds eligible residential customers that now is the perfect time to make the switch to natural gas for home and water heating. Before the cold weather sets in and the holiday season gets underway, customers can begin making their homes more comfortable and energy efficient— and save big on connecting to natural gas.

For eligible customers, BGE's Natural Gas Connection Program waives the fee— up to \$2,000 based on their home's proximity to BGE's main gas line— to connect to natural gas, as long as a customer replaces their heat pump or electric water heater with a high-efficiency gas furnace or high-efficiency gas water heater. In addition, customers can save even more with rebates on

high-efficiency heating and cooling equipment, as well as lower annual energy costs.

Equipment rebates are available as follows:

- \$150 rebate for installing an Energy Star® certified gas water heater
- \$300 rebate for installing a high-efficiency gas furnace
- \$500–\$1,000 rebate for installing a high-efficiency central air conditioning system

When it comes to energy costs, a high-efficiency gas water heater can save an average of \$332 a year, while a high-efficiency gas furnace can save an average of \$377 annually. Switching to a natural gas furnace and water heater, homeowners could save as much as 45 percent on energy costs annually compared to electric systems, depending on their home and existing equipment.

"More than 900 residential customers have already enrolled to make the

switch," says Chris Walls, BGE's manager of residential energy efficiency programs. "Eligible customers shouldn't wait until their heat pump or water heater fails, but should act now to save money and energy. Even if they are not ready to replace their heat pump, they can replace their electric water heater with a high-efficiency natural gas water heater now, and still get the Natural Gas Connection discount."

Now is the time to connect and make the switch to natural gas. To learn more about the Natural Gas Connection Program and to see if your home is eligible, visit: BGESmartEnergy.com/Gas or call 877-685-7377 to talk to a natural gas expert.

The BGE Smart Energy Savers Program is a suite of programs that enable customers to control energy use, leading to more efficient use of electricity and lowering energy bills from where they otherwise would be.

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