

## Baltimore Man Rides for Cancer and his 'Queen'



*Wendell Smith will participate in the 2015 Ride to Conquer Cancer, a two-day cycling adventure that will stretch from the nation's capital to Baltimore and Howard counties. The event will take place Saturday, September 19 and Sunday, September 20, 2015. Smith is riding for love and cancer as a tribute to his life-long partner Regina Turner, who died in 2014 of pancreatic cancer. Funds raised from this year's ride are expected to benefit the Johns Hopkins Kimmel Cancer Center in Lutherville, Maryland, Sibley Memorial in Northwest, Washington, D.C., and Suburban and Howard County General Hospitals. (See article on page 16) Courtesy Photo*



# WWII Veteran Celebrates 108th Birthday

By Stacy M. Brown

Alyce Dixon has been called one of the spunkiest centenarians in the District of Columbia. She has also been called feisty, funny and simply amazing.

At 108-years-old, Dixon certainly has every right to define herself.

"I tell it like it is," she said. "I speak my mind."

Born in Boston on September 11, 1907, when Theodore Roosevelt was president, Dixon has seen 18 more presidents elected including the first African-American, Barack Obama.

Though her complexion may confuse some, officials at the VA Medical Center said she often reminds everyone that she's black and she's proud.

Dixon was one of nine children and she says the key to longevity can be found in two words— giving and sharing.

"If you have something that other people need, you have to share," Dixon said. "When I was young I didn't even have good shoes but I wasn't worried about it. I lived in a Jewish neighborhood and the girls were very giving there, they let me use their skates and ride their bikes. I just believe in sharing and giving. If you have a little bit of something and someone else needs it, share."

Dixon, the oldest resident at the VA Medical Center, has been there for approximately 15 years. She has made quite an impression on the residents and staff.

"I tell everyone to dress nice for yourself and you'll feel better about yourself, even if you don't feel good," she said. "Wear your jewelry, fix your hair. No one has to tell you that you look good ... do it for yourself."

At the age of 16, when watching the actress Alyce Mills, Dixon changed the spelling of her name from Alice to Alyce.

Her family moved to Washington in 1924 and she later attended Howard University. Dixon then got married but says she didn't want children because she felt as though she had already raised a family as one of the oldest of nine children. Later, she divorced her husband because of an \$18 grocery allowance.

"I used to manage his paycheck until he found out I was sending money home to my family," she said. After he started managing the money and providing



*WWII Veteran Alyce Dixon celebrates her 108th birthday on Friday, September 11, 2015 at the Washington DC Veterans Affairs Medical Center's Community Living Center where she resides. Dixon is one of the nation's oldest living Veterans.*

Courtesy Photo

her an allowance, Dixon says it didn't sit well with her because she was just too independent for that situation.

"I found myself a job, an apartment and a roommate. I didn't need him or his money," she said.

Dixon moved back to Washington, and by 1940,

she was working her first tour as a civilian at the Pentagon.

"I was there before the building was completed. I worked as a buying specialist and I purchased things. I purchased everything from pencils to airplanes," she said.

Dixon then joined the Women's Auxiliary Army Corps and then the Army. After completing basic training in Massachusetts, Dixon worked in Iowa doing administrative work.

Her first camp was Fort Clark, Texas and then she was assigned to the 6888th Central Postal Directory Battalion, the only unit of African-American women in the Corps to serve overseas during World War II.

"None of the mail had been distributed during three battles when we arrived in Birmingham, England and there were letters stacked to the ceiling of the building and much of the mail had been there for as long as two years waiting to be sent to soldiers in the field," Dixon said. "We had to sort through 92 billion pieces of mail, including packages. The general told us it would take six months to completely sort all that mail and we had it sorted and delivered in three months. We worked three shifts a day, seven days a week."

After three years in the Army, Dixon went back to work at the Pentagon.

Last year, she had a private meeting in the Oval Office with Obama and D.C. Delegate Eleanor Holmes Norton.

"She has the unique ability to bring joy to others, and is known especially for her bubbly personality and comedic storytelling," Norton said in a 2011 House floor speech commemorating Dixon's birthday.

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# Guest Editorials/Letters

## Misty Copeland danced her way to the top

By Benjamin F. Chavis, Jr.  
NNPA Columnist

Fighting for freedom and equality comes in numerous different forms, vessels and vocations, particularly in a society with a history of stereotypical distortions about human capacity and ability based on race and ethnicity. Therefore, it is important to note whenever there is an irrefutable exposure of some of those false myths and caricatures.

This is especially the case whenever African Americans are successful in achieving the highest level in any field of endeavor. It helps to shatter the false notion of racial inferiority that still too often pervades the mindset of too many people.

Misty Danielle Copeland has gracefully danced her way to the pinnacle of ballet in America and deserves our respect and profound appreciation. She did not allow the hardships of poverty—including sharing a small, low-budget hotel room with her mother and five siblings—and the doubts of others about her potential for greatness to kill her spirit or thirst for excellence.

I believe this resilient story of Misty Copeland is inspirational and motivational for African American millennials and others who strive for excellence in a world that routinely discounts the three Ps—purpose, promise and potential. We need to change the current narrative about African American youth. Our young people need to be encouraged to excel and the example of Misty Copeland can and should serve that purpose.

Keep in mind that Copeland did not have the opportunity to really study the art of ballet until she was a teenager. Most successful ballerinas start at much earlier age to fashion their discipline through formal ballet instruction and preparation. That meant that Misty had to work harder and study harder to catch up to the others. Thus, one quality that stands out in the career development of Copeland was her sheer determination and tenacity to achieve her dreams.

Sylvia DelaCerna is Misty's mother and, to her credit, she allowed her daughter to have mentors who helped Misty immensely on her long journey to the top of the ballet world. One takeaway is that often a committed mentor can make a big difference in a young person's drive to achieve excellence in their career development. One such mentor was Cynthia Bradley, who lived near Los Angeles and helped Misty to focus on developing her ballet skills.

Misty began studying ballet at 13 years old. When she turned 14, she won her first ballet contest and became a rare young solo ballet artist. The next year, at the age of 15 Misty Copeland won first place at the Los Angeles Music Center Spotlight Awards for ballet. Fast forward to June 30, 2015 when she became the first female African American to be promoted to "principal dancer" in the 75-year history of the prestigious American Ballet Theater.

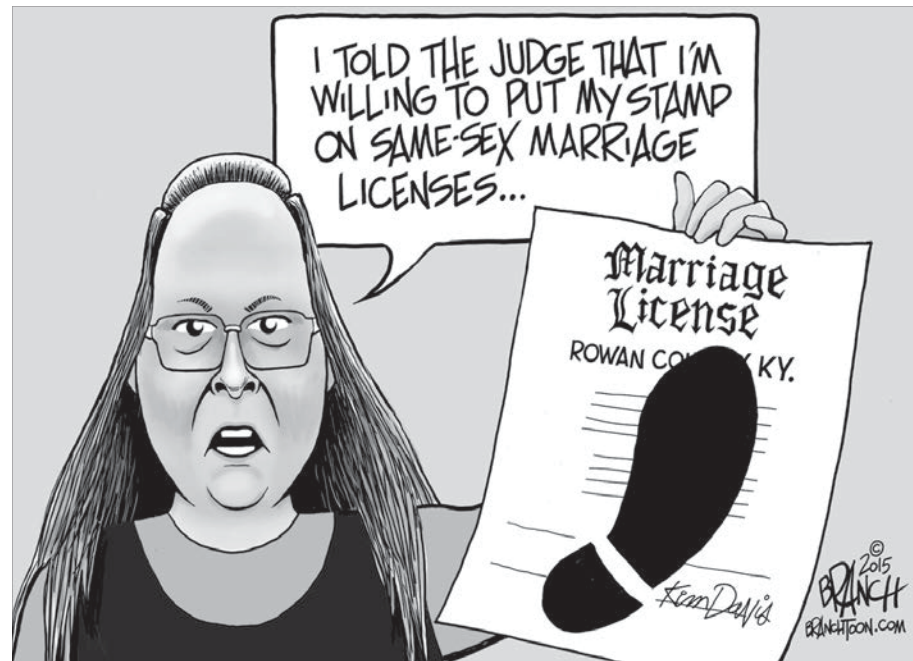
The tremendous achievement of Misty Copeland cannot be overstated. Now, millions of young African American girls and others can realistically aspire to become a world famous ballet dancer.

"Success is not easy and I think everyone should know that hard work and perseverance and being open to giving back are so much more powerful than stepping all over people to get to the top," Copeland said.

That's wise counsel for everyone, especially our younger brothers and sisters.

We thank Misty Copeland for her dedication and we salute her for her contributions to the struggle for racial equality on the stage and in the community where she now gives back to a new generation of dancers who are literally aspiring to follow in her footsteps.

*Benjamin F. Chavis, Jr. is the President and CEO of the National Newspaper Publishers Association (NNPA) and can be reached at: dr.bchavis@nnpa.org.*



## Letters to the Editor

**Editor:**

**Re: *It's a Myth That Only New Car Dealers Can Service Vehicles Under Warranty***

True or false: Until your vehicle is out-of-warranty it must be serviced by the new car dealer or the factory warranty will be void. Although you may have answered "true," the correct answer is "false."

It's the law that consumers can have routine repairs performed by their local independent repair shop or do the work themselves without affecting the warranty. The Magnuson-Moss Warranty Act, enforced by the Federal Trade Commission (FTC), prohibits a manufacturer from voiding the vehicle warranty because service was done by a non-dealer.

According to the FTC, "It's illegal for a dealer to deny your warranty coverage simply because you had routine maintenance or repairs performed by someone

else. Routine maintenance often includes oil changes, tire rotations, belt replacement, fluid checks and flushes, new brake pads and inspections." It is also important to note that the "Magnuson-Moss Warranty Act makes it illegal for companies to void your warranty or deny coverage under the warranty simply because you used an aftermarket or recycled part."

The council strongly recommends adhering to scheduled maintenance requirements and keeping records and receipts for all vehicle service. If a warranty claim arises, these records will provide proof that maintenance has been performed in accordance with the manufacturers' recommendations and requirements.

**Rich White**  
Executive Director  
Car Care Council  
Bethesda, MD

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## *You are the key to solutions!*

By James Clingman  
NNPA Columnist

With as much meaningless and non-redeeming information being discussed on radio and TV among black folks, I often wonder if we even want to hear solutions to our problems, much less do anything to help solve them. It seems we want to spend most of our time posing silly questions and discussing issues that lead to yet another problem. It is apparent, and obvious in some circles, that many black folks simply want mindless, no-reason-to-think, and no-reason-to-work topics of discussion in their public and personal discourse. These brothers and sisters should take a new look at the word, "solutions."

The most important letter in that word is the "u." It is amazing how many of our people love to talk about our problems and, not as often, the solutions to those problems and never raise a hand or spend a dollar to solve the problems about which they speak. All the rhetoric in the world will not solve our problems.

We must be willing to work on the solutions.

There is a role for each one who wants to work on solutions. However, too many of us sit back and say what needs to be done without coming to the realization that the "u" in solutions means "you." The word, "solutions" is speaking directly to you; it is asking what are "u" willing to do to effect positive change for black people?

but the first step is to look at the "u" in the solutions we propose.

I used to teach in my business planning class that ideas are a dime a dozen; everyone's idea is the best thing to come along but, unfortunately, those ideas go to the graveyard with the person because he or she never moves to the action required to bring the idea to fruition. Economic freedom takes work and it takes sacrifice, as Bev Smith said on her

ever going to end up where we say we need to be in this nation, those sacrifices must be made—on an individual basis on behalf of the collective. Right on, Bev Smith!

Marcus Jackson, 31 years of age, and others in his age group within the OMCBV&C, are leading the way to true empowerment, uncompromising in their political and economic positions, and willing to go that extra mile and spend that extra dollar toward that end. They proudly declare "I am one of the million!" and they understand the work they must do and the sacrifices they must make for our people, just as 32-year-old David Walker, 36-year-old Malcolm X, 33-year-old Martin Luther King, and 30-year-old Marcus Garvey did, as he set out for the U.S. to meet with Booker T. Washington and take up the economic empowerment mantle.

The "u" in the solutions most of us speak about is the key to our advancement, to achieving our goals, and empowering ourselves. It all begins with "u." The OMCBV&C, with members in 31 states, is the key organizational movement that is doing the work necessary to move us beyond the problems and closer to impactful life-changing solutions. It's not yet at the one million mark so there is still room for "u."

Go to [www.iamoneofthemillion.com](http://www.iamoneofthemillion.com) and read the information; if "u" find something "u" like, sign up and add your "u" to the solutions to our problems.

*Jim Clingman, founder of the Greater Cincinnati African American Chamber of Commerce, is the nation's most prolific writer on economic empowerment for black people. He can be reached through his website: [blackonomics.com](http://blackonomics.com).*

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***"The 20/80 Rule says 20 percent of the people in a group do 80 percent of the work. We do not have the luxury to comply with that rule within our movements and organizations. Our issues require an 'all hands on deck' approach. There is something each of us can do, but the first step is to look at the "u" in the solutions we propose."***

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We often hear brothers and sisters say what "we need" to do, but many of them aren't doing one thing to help achieve what they say, "we need" to do. If we would simply charge ourselves, as well as to others, to get to work, the "u" in solutions would take on a more personal aura. Standing on the sidelines and pointing out what Black folks need to do, without bringing your resources to the table, increases the load on those doing the work.

The 20/80 Rule says 20 percent of the people in a group do 80 percent of the work. We do not have the luxury to comply with that rule within our movements and organizations. Our issues require an "all hands on deck" approach. There is something each of us can do,

show one evening as she interviewed a young rising star named Marcus Jackson from Philadelphia.

Jackson heads the State of Pennsylvania contingent of the One Million Conscious Black Voters and Contributors (OMCBV&C), and he spoke eloquently, coherently and practically about the need for black folks to consider their individual contribution to our quest for political and economic empowerment.

Bev Smith was obviously taken by the young man as she offered her response by first agreeing with Jackson's contentions and then by telling her audience that his is the example they should emulate. She said, yes, it's hard work, it does require sacrifice even to the extent of not getting paid for your time, but if we are

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# A Teacher's Dream Fulfilled

By Brenda Bowe Johnson

Native Baltimorean Sabernia D. Fresnel is a graduate of Paul Laurence Dunbar High School, the University of Maryland Eastern Shore and Towson State University. After receiving a bachelor's degree in education, she spent eight years as a classroom teacher in the Baltimore City Public School System.

Fresnel's experience as a teacher planted the seeds of public service and a passion for children bloomed within her. She discovered a love of mentoring, which led to an administrative role as a Title I Specialist for the school system. Shortly thereafter, her dreams became reality when she opened her own childcare center, Milestones Children's Center.

With teaching experience and a Master's degree in Human Resource Development and Educational Leadership, Fresnel aims to educate, empower and nurture children through her beloved Milestones Children Center.

Each year the center's staff of sixty educators serves more than 1,000 children ranging from infants to school age. The programs run year-round and include summer camp.

The Baltimore County center will host a "Back to School Fall Festival" on September 18, 2015 from 3 p.m. to 6 p.m.

The Baltimore City location serves school age children and includes an after school program between September and June, as well as summer camp. In addition, there is a partnership with Leith Walk Elementary/Middle School currently serving three hundred children.

Recently, Fresnel and her husband Jean-Claude Fresnel, Jr. launched a family fun center, Jumping Jamboree. Through Jumping Jamboree, they hope



(Left) Sabernia D. Fresnel, teacher turned education entrepreneur (Right) Sabernia and her husband Jean-Claude Fresnel, Jr. and their three children, Reagan, Myles and Braxton



Courtesy Photo

to provide a place for safe, nurturing family-friendly opportunities. Jumping Jamboree is open to the public Monday through Sunday from 10 to 12. Also, schools, childcare centers and church groups are welcome for team building activities, physical education and parties. More information is available at [jumpingjam.com](http://jumpingjam.com)

Committed to establishing a balanced and happy home life while fulfilling her career, Fresnel attributes her success to God, who she believes bestowed gifts upon her to fulfill both desires. She hopes Jumping Jamboree can assist others in finding equal success and balance in their home life and careers.

Fresnel is the mother of three beautiful children, Reagan, Miles and Braxton.

She is an active member of Alpha Kappa Alpha Sorority, Inc.; Upsilon Epsilon

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# Spotlighting The Bobby Engram Foundation during National Sickle Cell Awareness Month

By Turrón Davenport

The Bobby Engram Foundation strives to provide hope, courage and opportunity to underprivileged children who suffer from chronic pain that affects their lives physically or emotionally. Imagine being a father and seeing your daughters suffer through unbearable pain. Even worse, imagine not being able to make the pain go away.

This is what Baltimore Ravens wide receivers coach Bobby Engram encountered with his oldest daughter Bobbi and then with his other daughter Phoebe.

Engram has the trait for the hereditary blood disorder known as sickle cell. His wife Deanna also has that trait. This meant there was a one-in-four chance that one of their children would be born with the disease. Fortunately, his two sons Dean and Trey have not been struck with the disease.

Sickle cell disease affects the body's red blood cells, turning the cells into the shape of a crescent moon. The abnormal shape causes the blood to clump, which in turn causes severe pain. The severe pain is referred to as "pain crises" and causes a variety of problems that can complicate a child's life such as hip pain, joint pain and much more.

"You're confused and frustrated. You're angry. You go through this range of emotions and then you accept it," Engram said. "You learn and you educate yourself. It's a tough and horrible disease to grow up with. It can be an emotional drain on everyone. This is a real thing that needs to be dealt with. There's a lot that people don't know about sickle cell disease, like that it affects almost all races. It affects millions. It is the most common genetic blood disease in the country."

The United Nations classifies sickle cell anemia as "one of the most gangrenous common genetic diseases" in the world. It can lead to death. September was first recognized as National Sickle Cell Awareness Month in 1983 by the federal government to increase awareness of this painful disease and recognize it as a public health problem.

Those who suffer from sickle cell disease have to live with chronic pain throughout their lives. Sometimes the



*Baltimore Ravens wide receivers' coach Bobby Engram (center) speaks to some of the kids at a Ravens 'Rise' youth football camp last year. Since relocating to Baltimore last year, Engram hopes to become firmly entrenched in the community.*

Photo by Turrón Davenport

pain is so severe that it requires being admitted to the hospital and being treated with narcotics.

The disease causes deformed red blood cells to block the blood flow in a blood vessel. As a result, oxygen and nutrients don't reach the area that's covered by the blood vessels. Tissue in the affected area becomes very inflamed and at times it dies. The painful condition is described, "as though small heart attacks are occurring throughout the body."

The Bobby Engram Foundation was started as a result of his daughter Bobbi's desire to help other children who experienced her type of pain. Engram enjoyed a long, productive career in the NFL, which allowed him to be able to provide the best care for his daughters. Unfortunately, they still had to endure the pain and suffering that sickle cell disease presents. The NFL was and still is a platform for Engram to raise awareness, search for a cure and help other families cope with the strains that the disease puts on them.

The fact that this idea started with a child who had a heart big enough to look past her own pain is astonishing. It clearly touched Engram.

"She told me 'I want to help. How can I help other people?' For a kid to have that kind of insight, that was very pow-

erful to us. Everything happens for a reason. She's why the foundation is in existence. Sometimes kids are so honest and they have wisdom beyond their years. She is a blessing."

The Bobby Engram Foundation has done extensive work with the Seattle community. Engram was a member of the Seattle Seahawks when the foundation was first created. While in Seattle, the Bobby Engram Foundation organized walks to raise awareness for sickle cell in the Seattle area. They did trait testing to let people know if they did carry the sickle cell trait. They also did some genetic counseling with the children's hospital and worked with the Sickle Cell Task Force of Seattle.

Engram retired from the NFL as a player in 2011 but accepted a job as an offensive assistant coach for Jim Harbaugh, who was entering his first year as an NFL head coach with the San Francisco 49ers. In 2012, Engram became the wide receivers coach for the University of Pittsburgh football team.

The transition from player to coach caused the Bobby Engram Foundation to take a slight step back as Engram had to relocate to the East Coast. While in Pittsburgh, he continued to champion his foundation's cause by taking part in educational seminars to teach people in the

Pittsburgh community about sickle cell.

The Baltimore Ravens hired Engram to be their wide receiver' coach last year. Head coach John Harbaugh's brother, Jim was the first head coach that Engram coached with in the NFL. Jim told John that hiring Engram would have an impact on the Ravens because of the type of leader that Engram is: "He came highly recommended. He did an outstanding job at San Francisco and Pitt. He's an impressive person. He has helped our offense and our receivers become better."

Engram hopes to become firmly entrenched in the Baltimore community. The Ravens certainly got a very good coach and the Baltimore community got an even better contributor. Engram has already made plans to get the Bobby Engram Foundation rolling in the Baltimore area.

"We're in the process of revamping our website, reorganizing the donor model, fundraising and those things so that in the next year, we can do significant things in the Baltimore community," Engram said.

Bobby Engram is a man who should be a role model for young men, especially fathers. He is a part of what is good about sports. Engram saw his status as a professional athlete as an opportunity to impact lives and acted upon it.





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# Baltimore student earns swimming medal at 2015 AAU Junior Olympic Games

By *Andrea Blackstone*

On July 31, 2015, 9-year-old Kennedy Stokes won a medal for the 100 Breast at the annual AAU Junior Olympic Games that was held in Newport News, Virginia. The outgoing Baltimorean competed against 50-75 other girls in the 9-10 age group from various states and placed sixth overall.

Kennedy competed in more than one swimming category, during the Games. The AAU Junior Olympic games are regarded as the largest national multi-sport event for youth in the United States.

"I felt excited and good at the same time," Kennedy said, reflecting on earning a medal at the AAU Junior Olympic Games. "[It] Swimming is my favorite thing to do, and I feel like I am going to get somewhere in life."

Her father, Omar Stokes, introduced her to the water. Kennedy later learned how to swim through Aqua Eagle Swim Club (AESC). The swim team is currently all African-American. AESC is based in Baltimore City. Eleven out of 12 months a year, Kennedy practices and competes with the Aqua Eagle Swim Club team, although she joined another swim club for a portion of this past summer.

Omar and his wife, Anikka attend their daughter Kennedy's swim meets and practices. Kennedy likes to execute the difficult butterfly stroke. Her mother likes to watch her daughter in action. The Stokes strive to immerse themselves in Kennedy's swimming pursuits. Both Omar and Anikka say that they want their daughter to know that they fully support her. Kennedy has been swimming seriously for almost three years.

"Oftentimes children at that age [nine] don't demonstrate the drive and the commitment to pursue greatness that I see with her (Kennedy). Swimming is an individual sport, but it's on a team, so she is able to take coaching (and) constructive criticism. She has developed a bond with her teammates. She knows how to win graciously and how to lose graciously. Those are just some of the things that I am most proud of," Anikka said. "She also knows what it takes to achieve her goals. Going to the Junior Olympics was a goal that she set for herself. Once she attained that goal by getting the (qualifying) time, she set a new

goal that she wanted to medal."

Swim teams are predominately Caucasian. Kennedy's parents also want their daughter to understand that it is a privilege for her to swim, so they have taken time to provide history and background.

Omar, who was once a swimmer, said that Kennedy has matured through tough times. He evaluates his daughter's progress and feels that Kennedy's wins or losses are not as important as her personal development and athletic growth.

"She just makes me proud. I compare her to myself at such a young age. She's already surpassed what I have done in the past," Omar said.

Despite Kennedy's parent's high level of support, Anikka considers her mother, Bernadette Caldwell to be Kennedy's number one fan.

"She came with us to the Junior Olympics," Anikka said. "Kennedy has support from her family and my mother really leads that charge."

Anikka describes her daughter as well rounded. She participates in community service projects with her swim club. One Saturday a month, Kennedy volunteers with Heart Health along with Caldwell. Hospitals, churches and volunteers work together to provide preliminary checkups while educating African Americans about heart health, weight loss and diseases. Additionally, the fourth grader who attends the Friends School of Baltimore loves school, creating art, playing kickball and soccer. She is a disciplined student who is known to be a very compassionate person and good listener.

A new swim season begins for Kennedy on September 14, 2015. She will return to the Aqua Eagle Swim Club team. Last season Kennedy practiced three days a week for approximately three hours each time. This season, she will be practice five days a week. Anikka says that Kennedy is up for the challenge of trying to make the state championship. The young student athlete remains ready to work hard. At such a young age, she already reflects her mother's sentiments about greatness.

"If you're going to be in the water, do something great in it," Anikka said, reflecting on the racial history of African-Americans in swimming.



*Over the summer, Kennedy Stokes, 9, won a medal for the 100 Breast at the annual AAU Junior Olympic Games that was held in Newport News, Virginia. She learned how to swim through Aqua Eagle Swim Club (AESC), located in Baltimore City.*

*Courtesy Photo*

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**#VISITBALTIMORE**



# Life In Baltimore: Enjoying the Retirement Lifestyle, Part I

By Brenda Bowe Johnson

As many people contemplate retirement there are many things to consider before making the move. After financial assessment and planning, the next question is "What will I do?"

You want to have an enjoyable life after working all those years. You have progressed to a stage in life where you have time to do whatever you want. No longer do you need to worry with raising a family, or running a business, working for a boss, or any other obligation that kept you from doing the things you wanted to do as a younger adult.

Retirement should be a time to reinvent yourself, and to engage in travel and activities you enjoy. Now you need something that will keep your retirement age jumping and hopping. The first step is making sure you are healthy enough to enjoy your free time. An active life also means finding people that you enjoy being with. Try something that you always wanted to do but did not have the time, money or courage to do.

Six ways to transition into an enjoyable retirement lifestyle are:

- Stay active: Trade inactive time for active time by walking, or exercising regularly. Maybe join a dance class. Do a weekly physical activity to improve blood circulation and release endorphins.

- Learn something new: Don't stop learning—the options are endless. Enroll in a class, learn a language, read your way through a book list, join a book club, learn a new skill.

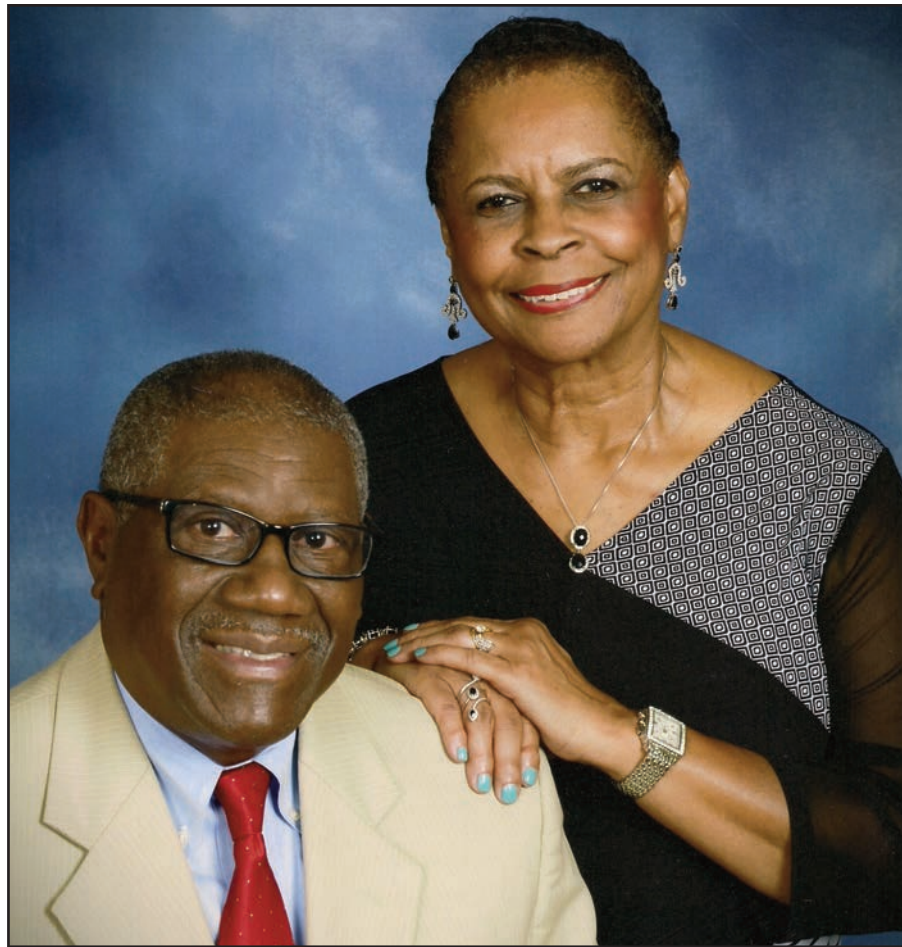
- Stay social: See old friends, volunteer service to an organization, spend time with family, engage in activities at the senior center, focus on a new career, and join people you like for lunch or dinner.

- Spend time with young people: Volunteer at a school, be a mentor, coach a team, or teach in a continuing education program at college or university.

- Travel: Go on a road trip with friends or travel overseas to another country.

- Join a cause: Join an organization that you believe in.

The retirees who are highlighted in this



*Retirees Russell Jolivet and Ernestine Jones-Jolivet*  
Courtesy Photo

article represent examples of leading an enjoyable lifestyle. Though their activities vary, their ideals are basically the same, that is, being active, being grateful and giving to the community through volunteering.

Russell Jolivet is an avid golfer who retired eleven years ago as chief of Human Resources at the Enoch Pratt Free Library. He recommends having a hobby that you can participate in at least three days a week and set time to volunteer. Russell works part time at the Forest Park Municipal Golf Course, plays golf and volunteers his skills at the University of Maryland Rehabilitation Hospital teaching golf skills to former patients to facilitate their recovery. He and his wife, Ernestine have traveled extensively.

When asked how she spends her time, Ernestine Jones-Jolivet, a retired master teacher said, "Enjoying life, thanking God for each new day and spending quality time with my two beautiful granddaughters who are in middle school."

Ernestine considers herself a health advocate since the death of her mother from Alzheimer's disease and her father from vascular dementia.

"From the time my mother was diagnosed with Alzheimer's, my family has worked relentlessly to help bring awareness to the African American community about this devastating disease that affects African Americans disproportionately. We know that knowledge is power so we decided that education was the best way to help our community," Jones-Jolivet said.

When her parents died, family and friends were asked to make donations to the Alzheimer's Association in lieu of flowers, which proved to be the beginning of her efforts to educate the community about the disease that robs people of their memories. The first Caregiver Conference was held in 1992. With monetary donations along with contributions and resources from the Alzheimer's Association, Coppin State University, Helene Fuld School of Nursing and Johns Hopkins Medicine and others, Jones-Jolivet and her family established The Pythias A. and Virginia I. Jones African American Community Forum On Memory Loss.

This forum is free and open to the public. The 10th anniversary of the forum was commemorated November 2014 with a poster entitled "Now and Forever" by the local artist Larry Poncho Brown. The eleventh forum will be held at Coppin State University on Saturday, November 7, 2015.

"Losing both parents to dementia, my steps have been ordered by God to be a health advocate. My goal is to one day see a world without Alzheimer's," Jones-Jolivet said.

For the past six years, Jones-Jolivet has served on the board of directors of the Alzheimer's Greater Maryland Chapter. She and husband Russell danced in the 2010 Alzheimer's Memory Ball, "Dancing Stars" raising approximately \$27,000.00 to fund support services, educational programs and research. She was appointed by Governors Martin O'Malley and Larry Hogan to Maryland's Virginia I. Jones Alzheimer's and Related Disorders Council, which is named after her mother. She began Alzheimer's Awareness Purple Sunday, now Purple Weekend, which is in its fourth year.

Jones-Jolivet suggests to anyone planning to retire to thank God everyday and enjoy life and that way you should never get bored because there is plenty to do.

"To whom much is given much is expected. Share your time and talents with family, church, friends and those in need. The Alzheimer's Association is always seeking volunteers or mentor a student," Jones-Jolivet said.

***"Don't simply retire from something; have something to retire to." ~Harry Emerson Fosdick***



# Light of Truth Center, Inc. Celebrates “Sweet 16”

By Ursula V. Battle

Light of Truth Center, Inc. (LTC) is celebrating its “Sweet 16” Birthday. In celebration of its birthday, the life-changing, non-profit organization will host “Women of Jazz Supporting Women in Recovery” on Friday, September 25, 2015 from 7 p.m. until 11 p.m. The event will take place at Diamondz Event Center, 9980 Liberty Road, Randallstown, MD 21133. The event will feature the Ollie Wright, Chandra Hassan, and all-female jazz artists. During the event, longtime LTC supporter Ginny Robinson will be presented with the organization’s first ever “Impact Award.” Evening highlights will also include a silent auction, dinner, and dancing.

Founded by Vaile Leonard, LTC provides residential therapeutic treatment for women recovering from addictions. LTC operates homes located at 224 N. Patterson Park Avenue and 1736 Payson Street; and embraces an innovative, three-phase process of recovery, transition, and restoration. According to Leonard, the process substantially increases the probability of each participant’s success and sustained restoration.

Women living in the homes work on a self-improvement plan while living as a family unit to support their own and each other’s recovery process. The homes have been credited with helping dozens of women overcome drug addiction.

“This event represents our continued growth and expansion in the wake of challenges,” said Leonard, who is a former heroin addict. “This is our year of transformation. This is the year of the ‘Mountaintop Experience’. We are just about at the mountaintop. We have worked hard and we are rolling up our sleeves for the next leg of the climb.”

She added, “The purpose of the event is to celebrate recovery, and to introduce LTC to a diverse group of people. We are always looking for new groups of social influence. This event provides a wonderful opportunity for me to talk about why we do what we do. We are still volunteer-run, but will need to have to make the



**Light of Truth (LTC) Founder Vaile Leonard, stands amid her former neighborhood where she once “copped” drugs. She is now 23 years clean, and her organization is celebrating it’s 16th birthday.**

Photo: Ursula V. Battle



**Lameteria Hall,  
LTC Executive Director**

transition from volunteer to paid staff. Fundamental systems have to be in place. For me, it’s all about keeping the doors open for the women we serve.”

Current and former LTC participants will also participate in the event.

“This is the first year we are doing it publicly,” said Leonard. “We have to talk about the courage it takes to change rather than the horror of addiction. It takes courage for a woman to allow someone to take care of her children while she is healing herself. We are celebrating that. We want to change the conversation around addiction from a moral



**Ginny Robertson, honoree**

dilemma to neural adaptive disorder.”

She continued, “It’s how our bodies function when it comes to repetitive behavior such as eating, gambling, smoking or biting your nails. Our brain works in a similar way when it comes to repetitiveness. We want to change the conversation and talk about what it takes to change and how much courage it takes. It requires a level of surrender many people never get to.”

Leonard also talked about the event’s honoree and other supporters.

“Ginny Robertson has been an extraordinary, phenomenal, and outstanding contributor and supporter of Light of Truth

Center,” said Leonard. “Every year she turns her home into a boutique from top to bottom and raises money for us. It has kept us in the black year after year and we wanted to honor her for doing that. Our other supporters include One God One Thought Center for Better Living. Our supporters keep us afloat, and we are blessed to have them.”

Leonard said the event provides an inspirational platform for all.

“We have to work around the lack of funding and provide people with what they need,” she said. “I am so grateful people didn’t give up on me. I have been 23 years clean now.”

Lameteria Hall is the organization’s executive director.

“I have served on LTC’s board of directors and volunteered consistently over the 16 years,” said Hall. “I have always been inspired by Vaile’s passion for service. She has been in it for the long haul, and her passion is so strong. The people she draws to her come in with that strong passion for serving. It is impact versus just making a difference. We are encouraging everyone to be a part of this wonderful, celebratory event.”

For more information or to purchase tickets call (443) 393-2109 or visit [www.lightoftruthcenter.org](http://www.lightoftruthcenter.org)

***“That which we persist in doing becomes easier - not that the nature of the task has changed, but our ability to do has increased.” ~Ralph Waldo Emerson***



# Rambling Rose

## After Labor Day Entertainment



Rosa Pryor Trusty

Hello my dear friends, I hope everyone had a happy, safe and memorable Labor Day Weekend. The weather was perfect here in Baltimore. It was like it was God's gift to us.

My Boo-Boo and I had a fantastic time in Baltimore—going to the cookouts of my friends and fans. I thank you. This is the first time we spent Labor Day Weekend in Baltimore in almost 25 years. We are usually away in Philadelphia covering the Tony Williams Jazz Festival. This was their last year—the festival is discontinued.

This week we will have more fun, enjoying this beautiful weather for outdoor events, as well as the indoor venues. First the “Jazzway 6004” is back from their summer vacation with a season full of exciting concerts. The fall season will kick off with Lafayette Gilchrist and Inside Out Band on Saturday, September 12 at 8 p.m. Also, Vince Evans and Sine Qua Non, led by bassist Michael Bowie with special guest Warren Wolf on vibes. For you jazz lovers, this will be a show you don't want to miss. The “Jazzway 6004” is located at 6004 Hollins Avenue, Baltimore, Maryland 21210 and for ticket information, call 410-952-4528.

Oh! This will be a fun thing to do, especially considering it's free! On Wednesday, September 16, 10 a.m. to 3 p.m. visit Brian Neal's “Fall Expo”, which is the ultimate shopping experience with vendors of all kind including food, beverages, clothes, jewelry, hats & gloves, handbags, arts & crafts, household needs and books including my books. Yes, I will be there doing a book signing, so bring your cash, credit cards and checks and go shopping for your early Christmas gifts. Vendor space is still available—food vendors are also welcome. This event will be held at the

State Office Complex, 201 W. Preston Street. For more information, call 410-767-8376. I will see you there!

The Most Worshipful Prince Hall Grand Lodge of Maryland is having their “Prince Hall Day” on September 12 and will be held at Lamont's Entertainment Complex, 4400 Livingston Road, Indian Head, Maryland from 1-5 p.m. As part of the Prince Hall Day weekend activities, the Annual Prince Hall Day Children's Cookout will be held in conjunction with the “Prince Hall Day”. The Children's Cookout will include an afternoon of fun with free pony rides, laser tag, video games, volley ball, soccer, magic shows, clowns, free face painting, various of games, prizes and free food. For more information, contact: R.W. Kevin L. Barney, at 410-699-4966 or 443-925-9216.

While I am thinking about it, I want to say to you all, a big THANK YOU! For years you have supported me and my column “Rambling Rose” which began almost 30 years ago here with the Baltimore Times on Joy and Peter Bramble's dining room table. There is a story that goes with that, which I will tell you at another time, hopefully at our event. I would love to meet those of you who have been following my column who I haven't met yet face to face yet. I would love to meet you and give you a hug. I am inviting you to the Baltimore Times 30th Anniversary kick-off celebration with some live jazz music, some wine, light fare and fun on September 17 from 6-9 p.m. at the Frederick Douglass-Isaac Myers Maritime Park, 1417 Thames Street in Baltimore. For more information, call 410-366-3900.

The WEMCO Club's Ladies Auxiliary is hosting a “Wine and Cheese Jazz Fest” featuring the “Reggie Wingfield



*The Slagz Band is back for the Forum Jazz Club Series on Friday, September 11, 2015 at the Forum Caterers located at 4210 Primrose Avenue in Baltimore from 7 p.m. to 11 p.m. The event is hosted by Randy Dennis and “Jazzy Tarsha.” For more information, call: 410-358-1101.*



*Marjorie “Marge” Green passed away on Wednesday, September 2, 2015. Viewing is Monday, September 14, 2015 from 4 p.m. to 8 p.m. at Vaughn C. Green Funeral Services located at 8728 Liberty Road in Randallstown. The Service will be held on Tuesday, September 15, 2015 at Concord Baptist Church located at 5204 Liberty Heights Avenue in Baltimore. The wake begins at 10 a.m. and the service begins at 10:30 a.m. “Rambling Rose” sends sincere condolences to the family.*

Band” at the Penn Hills Family Service Center, 2018 Lincoln Road in Verona, Pennsylvania on Saturday, September 12 from 2-7 p.m. For more information, call Herlanna Thompson at 412-566-0547.

The Old School All White Virgo Cabaret is Sunday, September 13 from 5-9 p.m. at the Patapsco Arena, 3301 Annapolis Road featuring the Rollex Band. It is cash bar and BYOF. This event is hosted by DJ Mike Jones and his buddies DJ TC Flash and DJ Davey D. For more information, call 443-525-5016.

Before I run out of space, I just want



*Baltimore-based pianist Lafayette Gilchrist has eleven albums to his credit as a leader and sideman. He will make a special performance on Saturday, September 12, 2015 at 8 p.m. with his band at the Jazzway 6004 located at 6004 Hollins Avenue in Baltimore. Show time is 8 p.m. For ticket information, call 410-952-4528.*

to thank certain people who have made me feel special and feel like a celebrity. In the past couple of weeks, I was honored by Carlos Hutchins's CH Production and his organization; The Pimlico Merchants Association; and Pat Johnson's African-American Author's Expo. I appreciate the love and recognition.

Well, my dear friends, I am out of space and out of time, Remember, if you need me, just call me at 410-833-9474 or email me at rosapryor@aol.com. UNTIL THE NEXT TIME, I'M MUSICALLY YOURS.



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September 9 - September 15, 2015

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EA  
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**Hot SALE**  
99¢  
EA  
MVP

12-16 Oz. - Select Varieties  
**Food Lion Pasta**  
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quarter back

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LB  
MVP

Yellow or White  
**Food Lion Fresh Deli American or Hot Pepper Cheese**  
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**Hot SALE**  
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Select Varieties  
**Freschetta Pizza**  
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**Hot SALE**  
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**Hostess Snack Cakes**  
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MVP



# Baltimore Man Rides for Cancer and his 'Queen'

By Stacy M. Brown

For Wendell Smith, 150-miles on a bicycle are a challenge.

But, the Baltimore resident plans to ace that challenge because he's riding for two reasons: love and cancer.

"Cancer took my queen so I'm riding because I'm hoping that something or some drug will be developed to end cancer," said Smith, whose longtime partner, Regina Turner died in 2014 of pancreatic cancer, a disease that accounts for 3 percent of all cancers and 7 percent of all cancer deaths.

What's more, medical officials said the incidence of pancreatic cancer is 50 percent to 90 percent higher in African-Americans than in any other racial group in the United States.

With that in mind, Smith and hundreds of others are planning to participate in the 2015 Ride to Conquer Cancer, a two-day cycling adventure that will stretch from the nation's capital to Baltimore and Howard counties. The event will take place Saturday, September 19 and Sunday 20, 2015.

Funds raised from this year's ride are expected to benefit the Johns Hopkins Kimmel Cancer Center in Lutherville, Maryland, Sibley Memorial in Northwest, Washington, D.C., and Suburban and Howard County General Hospitals. Organizers said the ride is for anyone who wants to challenge themselves for a great cause.

"All you need is motivation, a bike and a helmet," according to the slogan posted by the nonprofit organization "Ride to Conquer Cancer."

The hospitals involved are using scientific discoveries to determine which treatments and screening interventions will work best for each patient, officials said in a news release.

The two-day cycling adventure begins with an Opening Ceremony at Robert F. Kennedy Stadium in Washington D.C. For Smith, the ride will help him to honor Turner and be among others who've experienced similar tragedies. Already, it has motivated Smith in ways he hadn't previously thought of.

"I was just sitting around and the first thing I heard about the ride made me sign up," Smith said.

Turner, whom Smith refers to as his



Wendell Smith and his late partner, Regina Turner. Courtesy Photo

queen, had initially been diagnosed with acid reflux. But, severe pains and complications led Smith and Turner to the emergency room in September 2013.

"The doctor told us that it was cancer. I looked at that as though god had been preparing me because from that moment I never left my queen's side," Smith said.

"Everybody deals with death in different ways and I knew this was coming. I had never experienced the death of a loved one from cancer so it was all new and it was hard because she wouldn't eat anything," he said.

Finally, Smith convinced her to take in some broth from chicken noodle soup. "She wouldn't eat the noodles, so I told her that we'd have a meal together, I'd eat the noodles and she'd drink the broth and she did," he said.

In March of 2014, after sharing their chicken noodle soup together, Turner died in Smith's arms.

"That morning, I didn't have to work so I was at home and it was quite the emotional rollercoaster for the both of us," he said.

"Seeing my queen like this with her not being able to remember things and seeing

her go from 190 pounds to 80 pounds was devastating. It was all strange but it was my queen and I wasn't leaving her side."

The Ride for Cancer is another way in which he will again be by Turner's side, Smith said.

Organizers plan to line the route at every 10-to-20 mile intervals with fully stocked Pit Stops containing lots of snacks and plenty of hydration. Following the first day, participants will camp out and be feted with cold drinks, food, massages and entertainment.

The ride continues the next morning and culminates with what organizers said will be a high-energy celebration. "It will be nice to do something like this for Regina," Smith said. "My goal is just like they say in the slogan that there is power in numbers and together we can defeat this thing. A lot of times you really don't pay a lot of attention to stuff till it hits home and I had no one in my family to die of cancer so I'm doing this for my queen."

For more information about the ride, to register or to make a donation, visit [www.ridetovictory.org](http://www.ridetovictory.org).

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# Local Artist to Exhibit Rams Head Photographs

By Stacy M. Brown

It's a bit of a struggle for Renita R. Clarke to come up with a short list of her favorite artists. Herb Ritts; Jonathan Mannion; Chan Andre'; Jemal Countess; and even her dear friends and mentors Leslie Alessandro and Mike Quain can't be forgotten, she said.

However, for anyone planning to attend Clarke's first open exhibit on Sunday, September 20, 2015 at the Red Lion Hotel in Baltimore, she might just make a few lists with an array of photographs taken during visits to some of her favorite local venues.

Clarke's Exhibition "Rams Head in Black & White" features photographs of concerts and events she has covered as a photographer at Rams Head locations like Rams Head Live in Baltimore and Rams Head Onstage in Annapolis.

"Being born and raised in Maryland, Rams Head was the go-to spot for me growing up and seeing concerts and great local bands," Clarke said. "I was so excited to be able to shoot at venues



(Left) Local photographer Renita R. Clarke (Right) This photograph of a DJ at Rams Head will be part of Renita Clarke's upcoming photo exhibition "Rams Head in Black & White" on Sunday, September 20, 2015 at the Red Lion Hotel located at 207 E. Redwood Street in Baltimore starting at 5.15 p.m. Courtesy Photos

in which I grew up, so this is why I decided to make my first exhibit about some of my favorite moments from the Rams Head Group venues."

The exhibit features Clarke's photographs of events including the Sundance Film Festival, the Tribeca Film Festival and various concerts held at Rams Head.

Clarke has worked with such high profile clients as Pepsi, YouTube and BET.

"I've been passionate about photography since 1993, when I tinkered with an old Kodak box camera that I came upon," she said. "After a period of shooting, exploring and self-learning, I turned what was once a hobby into a career."

When Clarke photographs a subject, she says her goal is to always capture the moment that evokes some sort of feeling or emotion. She also says that it's important because everyone comes away satisfied, including the photographer.

"I want the person or the audience to come away with a complete experience.

This makes the end product worthwhile," she said.

With the launch and new partnership with "Studio Tre' 154 Production," Clarke said she will be able to expand her love for photography to videography as an added medium.

"I love people and movement. I love people watching and that's why I love shooting people because you can catch a great moment with one single word spoken," Clarke said, adding that she next plans to work on a photo book that will feature her favorite black & white images that she's shot throughout the years. "I'm excited about the future," she said. "I'm looking forward to the next image creation experience."

The Rams Head in Black & White Exhibit, which is free and open to the public will be held at the Red Lion Hotel, located at 207 E. Redwood Street in Baltimore.

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# Plant in September for a beautiful garden now and in the spring

By Melinda Myers

Don't pack away that shovel and trowel yet. Fall is a great time to plant a few new additions in the landscape. Here are just a few ideas for adding immediate and long-term beauty to your garden.

Add cool season annuals like pansies, snapdragons, ornamental kale and stocks to brighten the fall garden. Those in milder regions will enjoy them throughout the winter. Consider adding cold hardy pansies. They provide color in the fall garden, survive most winters, and are back blooming in the spring just as the snow melts.

Fall is also a good time to plant perennials, trees and shrubs. The soil is warm and the air cooler, so the plants are less stressed and establish more quickly. Select plants suited to the growing conditions and be sure to give them plenty of room to reach their mature size.

Plant trees so the root flare, the place where the roots curve away from the trunk, is even with the soil surface. Dig a hole, the same depth as the rootball, and two to five times wider. Roughen the sides of the hole and backfill with the existing soil. Water thoroughly and spread a two to three inch layer of mulch over the soil surface, keeping the mulch away from the tree trunk.

Follow a similar planting procedure for shrubs. Plant these so the crown, the place where the stems meet the roots, is even with the soil surface. And be sure to keep the mulch away from the stems.

Plant daffodils, tulips, hyacinths and other bulbs in fall for extra color next spring. Set the bulbs at a depth of two to three times their height deep. Then cover them with soil and sprinkle on a low nitrogen slow release fertilizer, like Milorganite ([milorganite.com](http://milorganite.com)). This organic nitrogen fertilizer promotes rooting without stimulating fall growth subject to winterkill.

Start planting spring flowering bulbs after the nighttime temperatures hover between 40 and 50 degrees. Be patient—waiting until the soil cools reduces the risk of early sprouting that often occurs during a warm fall.

Those gardening in the far south and along the gulf coast can purchase pre-cooled bulbs to compensate for the warm winters or the chilling can be done



**Plant daffodils and other spring flowering bulbs in the fall for extra color next spring.**  
Photo credit: Melinda Myers, LLC.

at home by storing the bulbs in a 35 to 45 degree location for at least 14 weeks before planting.

Those tired of battling the animals may want to plant resistant bulbs such as daffodils, hyacinths, Fritillaria, alliums, Camassia, glory-of-the snow, snowdrops, squills, and grape hyacinths. You may find it is easier to avoid the problem than battle the animals with repellents and scare tactics.

Plant a few short season vegetables in your garden for fresh-from-the garden flavor this fall. Simply count the days from planting to the average first fall frost to determine how many growing days are left in your area. Select vegetables that will mature and can be harvested in that amount of time. Leaf lettuce, spinach, mustard greens, radishes and carrots are fast growing, cool weather tolerant vegetables that

make great additions to the fall garden and your dinner plate.

Get these vegetables off to a good start with a side dressing of low nitrogen fertilizer. Incorporate it into the soil prior to planting or sprinkle a narrow band along the row of plants. This organic nitrogen will provide needed nutrients without damaging the tender seedlings.

Extend the harvest season with the help of floating row covers. These fabrics allow air, light and water through while trapping the heat around the plants. No construction is needed; just loosely cover the plants with the fabric, secure the edges with pipes, boards or landscape staples and let the plants provide the support.

So be sure to get a jump on next spring's garden season with a bit of fall planting now.

*Melinda Myers has more than 30 years of horticulture experience and has written over 20 gardening books. Her website: [www.melindamyers.com](http://www.melindamyers.com) offers gardening videos and tips.*

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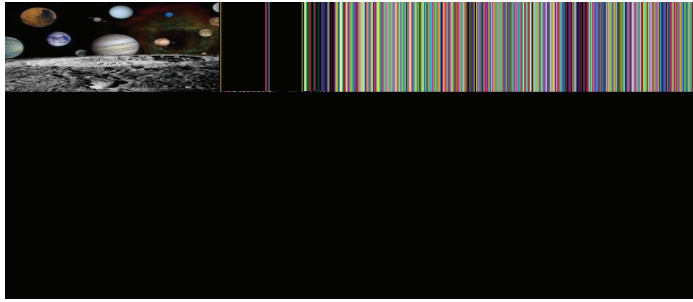
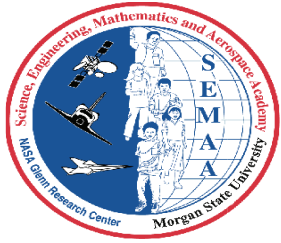
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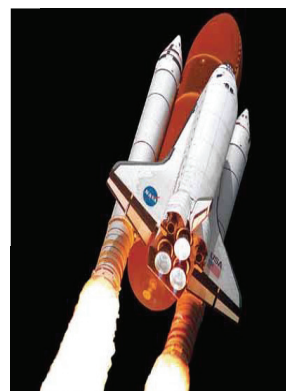
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## September Proclaimed National Blood Cancer Awareness Month in MD

*Administration to Host American Red  
Cross Blood Drive*

Annapolis— Governor Larry Hogan issued a statewide proclamation announcing September as National Blood Cancer Awareness Month in Maryland. In addition, the governor announced that on Tuesday, September 15, 2015, the administration will host an American Red Cross blood drive at the State House, where a Bloodmobile will be set up to take donations.

“Going through my own treatments, I have witnessed the incredible strength and resolve in people who are fighting battles much more difficult than my own and their courage has been an inspiration to me,” said Governor Hogan. “This experience has shown me first-hand that cancer has no boundaries and affects nearly everyone in some way. Raising awareness is a critical factor in the fight against cancer and I encourage all Marylanders to join with me in supporting those battling this disease.”

The American Red Cross Bloodmobile will be set up on School Street, in front of Government House, from 10 a.m. to 3:30 p.m. on Tuesday, September 15, 2015

“The American Red Cross currently has an urgent need for blood and platelet donors to prevent an emergency shortage and there isn’t a better time to donate than during National Blood Cancer Awareness Month,” said Governor Hogan.

According to the Leukemia & Lymphoma Society (LLS), in the United States, an estimated 1,185,053 people are living with or are in remission from leukemia, lymphoma, myeloma or another form of blood cancer with an estimated 156,420 new cases expected to be diagnosed in 2015. Leukemia, lymphoma, myeloma, and other blood cancers will kill an estimated 55,350 people in the United States this year alone.

Lymphoma is the most common blood cancer in adults and the third-most-common cancer overall in children. For more information on blood cancer, visit: [www.lls.org](http://www.lls.org).



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Request for Proposal (RFP) documents may be obtained from the Purchasing office by contacting Heidi Frist, Senior Purchasing Agent, by e-mail: [hmfrist@aacc.edu](mailto:hmfrist@aacc.edu).

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## Recycle! Reuse! Resell!

Annapolis— Find your next favorite treasures at the annual Recycle! Reuse! Resell! Junque Sale September 25-26, 2015, at the First Presbyterian Church of Annapolis located at 171 Duke of Gloucester Street. Shop from 11 a.m. to 8 p.m. Friday, September 25, and from 9 to 11 a.m. on Saturday, September 26.

Popular items include books for all ages, toys, games, puzzles, bikes, holiday decorations, office supplies, tools, gardening items, crafts, linens, lamps, kitchen utensils and small appliances and small pieces of furniture.

Sale proceeds allow the church's Presbyterian Women in the Congregation to contribute to community agencies that support the needy and to provide scholarships for mission work. For updates, visit <http://www.annapolis-presbyterian.com/>

## Volunteers Needed for 2015 Kunta Kinte Heritage Festival

Volunteer opportunities are available to help with the 2015 Kunta Kinte Heritage Festival being held at Annapolis City Dock. The annual Kunta Kinte Heritage Festival, coordinated by Kunta Kinte Celebrations, Inc., celebrates the cultural heritage of people of African descent and raises awareness to the challenges encountered by all ethnic groups striving to preserve their culture. The festival will be held at the Susan Campbell Park at Annapolis City Dock, Saturday, September 26, 2015 from 10 a.m. to 7 p.m. Volunteer opportunities are available for: set up, selling refreshments, clean up, children's activities tent, greeters and more. Volunteer sign-up is available online at the following VolunteerSpot webpage <http://vols.pt/D5q1dg>. For more information contact [KuntaKinteCelebrations@gmail.com](mailto:KuntaKinteCelebrations@gmail.com) or visit [www.kuntakinte.org](http://www.kuntakinte.org).

*Please send your community calendar events  
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## AACC Student Wins Culinary Rising Star Award



*Martha Walton received the first Clark Raines Rising Star Award for her stellar performance as part of the winning My Thai team in the Mid-Atlantic Master Chef Tournament. Helping to present the award were (left to right) Lee Raines, Susan Raines and Janie Raines, twin brother, sister and mother, respectively, of the late Clark Raines; Martha Walton, award recipient; and Tina DeRenzis, friend of the late Clark Raines.*

*Courtesy Photo/AACC*

Annapolis— Martha Walton of Gibson Island was named the first recipient of the Clark Raines Rising Star Award at the Mason-Dixon Master Chef Tournament on Sunday, August 16, 2015. The award recognizes Walton, who was part of the winning My Thai team, as an up-and-coming sous chef.

Walton was the prep cook under Chef Jirat Suphrom-In in the competition. She is majoring in Baking and Pastry Arts in the Hotel, Culinary Arts and Tourism (HCAT) Institute at Anne Arundel Community College. The other member of the My Thai team was the sous chef, Zach Le Doux, who graduated in May with honors from the HCAT culinary and baking programs.

Walton, who is the student representative on the HCAT Advisory Committee, also is majoring in horticulture and landscape design, planning to use knowledge from all three majors to create a sustainable baking and pastry shop. She has received awards for her cakes for the past two years at the National Capital Area Cake Show in Virginia.

Le Doux also aspires to be an entrepreneur, planning one day to open a sustainable Italian restaurant. Before graduating from AACC, he participated in the HCAT Italian Culinary Internship working one summer in a restaurant along the Amalfi Coast in Italy to get firsthand experience with Italian cooking processes.

The Mason-Dixon Master Chef Tournament, which was set in Baltimore this year, is the largest culinary competition of its kind in the Mid-Atlantic. The Clark Raines Rising Star Award was named after longtime tournament sponsor and advocate Clark Raines, who died in the spring. Erik Folkart, CEO and emcee of the Mason-Dixon Master Chef Tournament, said Raines recognized potential in people and often helped them realize their goals, so the tournament felt creating this award would be a proper tribute to that legacy.



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