

The Annapolis Times

Vol. 23 No. 47 September 18 - 24, 2015

A Baltimore Times/Times of Baltimore Publication

CSM Receives INSIGHT Into Diversity 2015 HEED Award



Students from the St. Charles Children's Learning Center at the College of Southern Maryland, CSM students and members of the community learned about the culture and history of the Piscataway Conoy Tribe of Southern Maryland during a previous event sponsored by the College of Southern Maryland Institutional Equity and Diversity Office at the La Plata Campus. (See article on page 18) Courtesy Photo

Can weight loss or a common medication prevent cancer recurrence?

By Dr. Jessica Yeh

Being overweight is a common problem that increases the risk and decreases survival of certain cancers. About 65 percent of adults in Maryland are overweight. And, there are more than 260 thousand cancer survivors in Maryland; this number is expected to increase because of improvements in treatment and early detection. Studies suggest an association between excess weight and cancer, but we don't fully understand why. For this reason, researchers at the Johns Hopkins University are conducting a research study on weight loss and a common medication (Metformin) that might affect the risk of cancer recurrence.

The new study, SPIRIT, funded by the State of Maryland and the Johns Hopkins Sidney Kimmel Comprehensive Cancer Center, is a research program for cancer survivors who are overweight. The program aims to get a better understanding of how weight loss and a common medication (Metformin) may affect a hormone produced by our body (IGF1) that is potentially related to cancer survival. In this study, researchers will gather information about cancer survivors' health, and then assign eligible participants to one of the three groups: Self-directed weight loss; Health coach-directed weight loss; and Metformin treatment. For each participant, the group assignment will be randomly done, like drawing a number from a hat.

Researchers will then compare the three groups and their IGF-1 hormone level and other health outcomes. The researchers intend to enroll 120 people in SPIRIT.

The Johns Hopkins University ProHealth Center in Gwynn Oak, Maryland is now starting enrollment in the SPIRIT program. The ProHealth Center is located off of Security Boulevard and convenient to get to from I-695 or route 40-W. Participants in SPIRIT will be asked to attend six visits over the course of one year, which include blood tests, blood pressure measurement, and other measurements. Each participant will receive up to \$300 for their participation in Spirit. Most importantly, the results from this study may ultimately benefit cancer survivors, their families, and more cancer survivors.

For more information about SPIRIT, email: spirit@jhmi.edu; or call Johns Hopkins ProHealth at 410-281-1600. More information is available by visiting the study website: <http://www.hopkinsmedicine.org/gim/research/prohealth/>



Dr. Jessica Yeh
Courtesy Photo

Casino launches recruitment efforts for young adults

New Maryland Gaming Legislation Lowers Hiring Age of Casino Employees to 18+ Starting October 1, 2015

Hanover, Md.— Maryland Live! Casino, an affiliate of The Cordish Companies, has launched a new hiring initiative aimed at recruiting young adults aged 18 and up for all available positions at the Hanover, Maryland, casino. The campaign follows the passage of new Maryland gaming legislation that lowers the allowable hiring age of casino employees to 18, beginning October 1, 2015, opening the door for qualified young adults to start their career early and obtain a well-paying casino job. HB1111 was passed by the Maryland General Assembly during the 2015 Legislative Session and signed into law by Governor Hogan on April 14, 2015.

Job opportunities are available in all departments, with the exception of bartenders, who must still be 21 years of age. In addition, younger candidates interested in pursuing a job as a table games dealer must first successfully complete a dealer school training course before being considered for a position. Anne Arundel Community College is currently offering Dealer School informational sessions to individuals inter-

ested in learning what it takes to be a casino dealer. Visit www.aacc.edu for dates and information.

"This is an incredible opportunity for young adults seeking to embark on a career in the gaming industry or simply to secure a well-paying job while going to school," said Rob Norton, President, Maryland Live! Casino. "We're always looking for dynamic employees who are inspired by new challenges, who are happy and excited to come to work every day, and who want to have a lot of fun and engage the customer. Quality customer service is an integral part of the Maryland Live! Casino experience."

One of the top employers in the state, Maryland Live! Casino currently employs approximately 3,000 team members. Full-time and part-time positions with benefits are available in casino operations, marketing, facilities, food and beverage, environmental services, security, information technology, human resources, and finance. All applicants aged 18 and older will be considered; however, candidates aged 18-20 will not be eligible to work until October 1, 2015.

Job descriptions and requirements are posted online now at www.jobsmariylandlivecasino.com. Interested individuals are encouraged to register online for an account, which will expedite the application process for their desired position. Maryland Live! Casino is an Equal Opportunity Employer, offering competitive salaries, generous benefits, and unlimited career potential.

Marian House 5K Race to Embrace Independence Run and Walk Lake Montebello, Baltimore City Saturday, September 26, 2015

Registration: 7:30 a.m. and Race: at 9 a.m.

More information or to register, visit: www.marianhouse.org/5k.

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The Annapolis Times

(USPS 5840) is published every Friday by *The Baltimore Times/Times of Baltimore*, 2513 N. Charles Street, Baltimore, MD 21218. Subscriptions by mail \$60 per year. Standard bulk postage paid at Baltimore, MD 21233.

Postmaster send address changes to:

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Trump's Attack on Immigrants of Color

By Bill Fletcher, Jr.
NNPA Columnist

I want to direct this column quite explicitly to African Americans. When you hear Donald Trump wail against immigrants, I hope that you understand that he is also talking about you.

I realize that many African Americans—too many, as far as I am concerned—believe that immigrants from Asia and Latin America are the source of our economic problems. They are not, but I will get to that in a moment. What is more urgent, however, is that we appreciate that what Trump and others are doing is not really crusading against immigrants but crusading against people of color.

Let's think about this for a moment. Trump attacks Mexicans, quite explicitly, suggesting that they are bringing crime to the United States. Well, the facts prove otherwise. Immigrants, legal or undocumented, are less likely to be criminals but let's stick with this for a moment. If, for the sake of argument, Trump wanted to make a case against immigrants, why does he not once mention Russians? The Russian mafia is known to be among the most dangerous criminal outfits in the U.S.A. So, if we are talking about immigrants bringing in crime, why not the Russians?

There is a very simple reason. The issue with immigrants, for people such as Trump, is not that they are immigrants but that they are immigrants of color. There is a fear among a section of the white population that the United States will soon cease to be a predominantly white country and that all hell will break loose. For completely opportunistic reasons they want to enlist you—African Americans—in this battle against immigrants of color.

It does not stop with immigrants of color. Trump is the person who would not let go of his "birther" allegations that President Obama was, allegedly, not born here. This was aimed at suggesting that an African American could not be a legitimate president. Trump continued this, in a pattern with which we are now familiar, irrespective of the facts.

The "birther" arguments go hand-in-hand with his anti-immigrant of color stand, i.e., if you are not white, you are—at best—a guest in the United States.

There is no question that immigrants have an impact on the job market but what has been going on for centuries is that businesses use new and vulnerable workforces as a way of trying to divide up the larger workforce.

One hundred years ago, underpaid African American workers from the South were used accordingly by businesses in the North and Midwest in an attempt to undermine white-dominated unions. Many of these white workers, instead of organizing with black workers against the antics of the employers, turned on the black workers as if they were the problem. Trump, et.al., are trying to do the same thing today.

Jobs are not being moved to other countries or to rural parts of the United States by undocumented workers, they are being moved by businesses that care more about the bottom line than the fact that you will be on the unemployment line. Donald Trump is part of that select group that has made this situation possible and thrives while the rest of us fight like crabs in a barrel.

Bill Fletcher, Jr. is the host of The Global African on Telesur-English. Follow him on Twitter, Facebook and at www.billfletcherjr.com.



Bill Fletcher, Jr.
Courtesy Photo



Community Affairs

Maryland WholeHome:

Helping families invest in their homes

Baltimore— Maryland WholeHome is a statewide initiative that brings together the resources available to help homeowners learn how they can make their homes healthier, safer and more energy efficient through the Department of Housing and Community Development's (DHCD) low interest loans and grants.

The initiative was launched on Thursday, September 10, 2015 in the historic Eastern Shore town of Snow Hill. DHCD staff members will be taking their presentation across the state to share with other residents in small town communities.

The Maryland WholeHome initiative is part of Governor Larry Hogan's ongoing effort to make state government more customer-oriented and user-friendly.

The program's title pretty much defines its scope: from roof repair to plumbing in the cellar, DHCD programs can help homeowners make improvements that ultimately will save them money.

Resources are available to:

- ✍ Replace or repair roofs and porches
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- ✍ Install energy conservation materials and insulation
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- ✍ Seal air and whole house envelope
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To learn more about our DHCD's special loans programs, call 1-800-638-7781. To learn more about DHCD's energy programs, call 1-855-583-8976. For additional information on all DHCD programs, visit <http://dhcd.maryland.gov>.

The Main Thing We Must Do!

By James Clingman
NNPA Columnist

What do you consider to be the most important issue facing black people in America? Jobs? The criminal justice system? The education system? Reparations? Violence? Global warming? Immigration? All of these issues and others you may mention fall under the broad auspices of economics and/or politics. The essence of our problems in both areas is our disorganization. We can complain about the issues mentioned above for eternity, but until we make up our minds to keep the main thing the main thing, our problems will persist.

Marcus Garvey and others have told us the greatest issues facing black people are disunity and disorganization. I totally agree with that. Much of our current condition is rooted in our failure to organize ourselves into a force to be reckoned with, especially in areas that make a difference. The two most important aspects of our society, when it comes to power, are economics and politics; I prefer the term, “public policy.” If

we would stop majoring in the minors, our condition would change.

Our economic wherewithal is so dispersed, thus powerless, because we virtually give it away without reciprocity in the marketplace. We brag about black spending “power” but we fail to use it to our advantage; it is power only for those with whom we spend it. An organized effort that utilizes black dollars to solve many of the problems from which we suffer is the paramount strategy for black people.

must organize our resources toward the very practical model of reward and punishment. With the knowledge of what we face and what controls this society we must leverage our resources to obtain more, just as people use their money to leverage higher loans from banks. You have probably heard the saying, “You have to bring something to get something.” Organized, focused, collective, leverage should be thought of in that vein.

Keeping the main thing the main thing is the imperative for organization, focus,

when black people practiced economic self-reliance and mutual support. We lost our way, and in some cases were led astray, by slick political enticements and even slicker politicians who were— and still are— only concerned with their individual economic security. We chose the political path and abandoned our economic base, the “Main Thing,” in the mid-1960s and have been paying the price for it ever since.

This is yet another call from “blackonomics” to black people to finally throw off the yoke of the mundane, the mediocre, and the minor things that plague us and continue to keep us from pursuing the “Main Thing.” How? I’m glad you asked. I will offer one movement and one organization.

The movement: One Million Conscientious Black Voters and Contributors (www.iamoneofthemillion.com). Learn about it and sign up if you are so inclined. This movement is the answer to many of the issues we tussle with on a daily basis.

The organization: The Collective Empowerment Group (www.collectiveempowermentgroup.org). Celebrating its 20th anniversary this year, the CEG comprises hundreds of churches working together around business issues to leverage the billions of dollars spent by their members within their communities. Start a chapter in your city.

Get busy brothers and sisters. Organize first, and then always keep the “Main Thing” the “Main Thing.”

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.

***“We brag about black spending ‘power’
but we fail to use it to our advantage;
it is power only for those with whom we spend it.
An organized effort that utilizes black dollars
to solve many of the problems from
which we suffer is the paramount
strategy for black people.”***

Black political influence remains mere influence rather than real power because we give away our “precious” votes, thinking the simple act of voting will somehow cause the two major parties to stop ignoring us and taking us for granted. We still have elected officials and others telling black folks that all we need to do is “vote” to solve our problems. How ridiculous is that? We out voted white people in the last presidential election, and what do we have to show for it? And please don’t fall back on the low voter turnout during primaries; in 2014, total voter participation was low, but blacks failed to show because there was nothing on the table that specifically addressed our needs. There still isn’t.

It is with that understanding that we

and a commitment to sacrifice, which in turn, will result in progressive action and economic empowerment. How can we allow ourselves to be weak when we have the intellectual and financial capacity to strengthen ourselves? Why do we continue to be such a pliable people when it comes to political persuasion, when we have all that it takes to mold ourselves into a viable people that can determine our own fate?

The answers to those questions and more are found in the “Main Thing.” Economic power is the main thing in this land of plenty, and after building it, stewarding it, supporting it, sacrificing for it, and creating wealth for it and those who reside here, isn’t time we do the same for ourselves and our children?

There was a time, not so long ago,

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Resilient business owner reopens clothing boutique after riots

By Andrea Blackstone

Taylor Alexander, 23, reopened her Baltimore-based business— Flawless Damsels Boutique— for a second time on August 29, 2015.

Shortly after graduating from Bethune-Cookman University (B-CU), she put her Business Management degree to use. An online business that she started in college selling waist trainers and diet plans led to the addition of a storefront location. The ambitious entrepreneur maxed out her credit cards, and wiped out her savings account to finance opening Flawless Damsels Boutique, located at 2414 E. Monument Street in Baltimore City.

Alexander, who sells women's clothing, waist trainers, makeup, jewelry, shoes, diet products, hand bags and additional items thrived since it opened in September of 2013.

Despite a strong start, Alexander was forced to close her small business on April 27, 2015. Boards on the windows served as a reminder of riots that erupted after Freddie Gray's death. The damage sustained at Flawless Damsels Boutique was assessed at over \$60,000. The store was Alexander's sole source of income. She lost everything, including the computer that houses her business records. Flawless Damsels Boutique was one of nearly 380 businesses that were damaged in Baltimore.

"My business was vandalized and looted during the riots for Freddie Gray. It's been almost four months. I've had to completely close because they [looters] took all of [the] inventory, broke the windows and the doors. I had to completely rebuild from the ground up," Alexander said. "I always wanted to come back and conduct business here. I didn't take anything that happened personal. I just decided to get back to doing what I love."

Alexander remained optimistic that she would reopen, although she was unsure how she would persevere. Customers and community supporters showed up to help dispose of glass and broken items before the building was secured. Donations of goods, services and more than

\$6,250 raised from a Gofundme campaign were some of the personal resources offered to help Alexander begin to pull everything back together. However, a forgivable loan awarded by the Baltimore Development Corporation (BDC) was the resource that has allowed Alexander to get a fresh start. She was also offered free counseling from the Small Business Resource Center.

Evidence of Alexander's resilience was apparent during the joy-filled grand reopening. The store was well stocked with clothing selections and accessories leading up to the fall season.

"Some people are more excited than I am," Alexander said, during the event.

Well-wishers like Mary Aikins-Afful streamed in with smiles and hugs as a deejay played upbeat music. Aikins-Afful reportedly met Alexander while walking at Lake Montebello in Baltimore with a small group of people. Alexander told them about the grand opening. The gracious supporter was one of Alexander's first customers.

"I am almost overwhelmed. This is very impressive. A1 classy," Mary Aikins-Afful said, perusing displayed fashions.

Models from "3 Divas Designs & Studios" participated in a sidewalk fashion show. Complimentary cupcakes were provided by Andeindra Bell, owner of Cupsey Cakesey By Dee.

Theresa Ervin, CEO of the modeling agency and Bell participated in the reopening of Flawless Damsels to support Alexander, who is a fellow member of a sister circle of supportive business owners.

Ayana Howard, 22, a senior who attends Lincoln University grew up with Alexander said, "It is very impressive to see a young woman work this hard for something she really loves. She didn't think twice about stopping the store. She got right back on her feet. I am very proud of her."

Howard works at Flawless Damsels when she is not away in college. She



Taylor Alexander's store Flawless Damsels was completely destroyed after unrest erupted in Baltimore in response to Freddie Gray's death earlier this year. With hardwork, determination and the help of a forgivable loan from the Baltimore Development Corporation, she reopened the store on August 29, 2015.

Photos by Andrea Blackstone

remarked that Taylor worked very hard to open her store after graduating from B-CU.

Alexander was overwhelmed by all the support that she received. The resilient

business owner is grateful for the blessing of a new beginning.

"Baltimore—I just want to say thank you," Alexander said, referring to the outpouring of support.



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Ravens Kelechi Osemele positioning for big contract

By Turrón Davenport

The Baltimore Ravens offensive line is one of the more stable units of the team. When healthy, the team arguably has the best line in the NFL other than the Dallas Cowboys. One of the key offensive linemen on running plays for the Ravens— especially for the interior runs— is Kelechi Osemele who is in a contract year and has a goal of making the Pro Bowl in 2015.

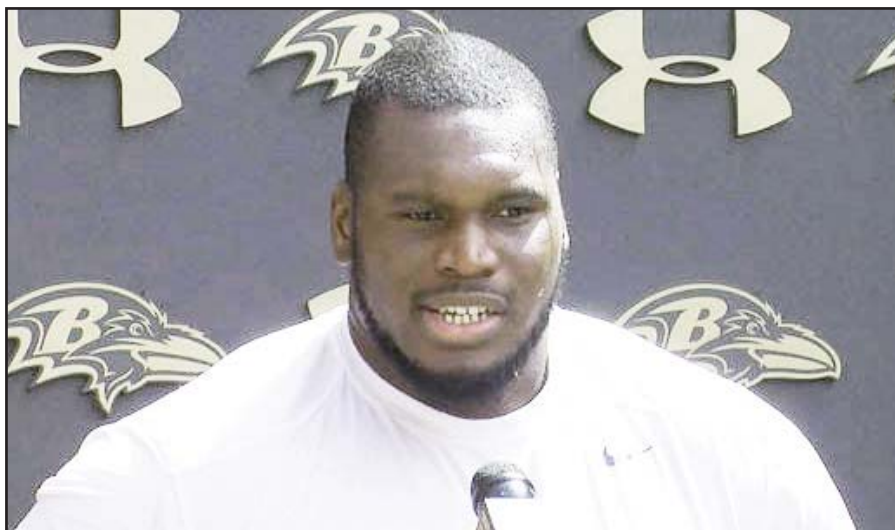
Osemele is completely healthy and ready to go for it all in his fourth NFL season. There was a time when playing football was in question for the young lineman. He missed nine games after suffering a back injury in October of 2013. He continued to play with the injury for almost a month but was placed on injured reserve on November 8, 2013.

The Ravens training staff had to force Osemele to scale back his rehab workouts because he was doing too much to get back in shape for the following season. This work ethic was instilled in Osemele by his mother, Imelda. She worked four jobs to take care of her four children because their father moved back to Nigeria to start a business when the children were very young. Kelechi saw his mother come back from work exhausted from the long hours that she put in.

Osemele used to imagine being able to make life easier for his mother when he was younger. He only had two goals when he was growing up, but they were tied into each other.

“The two big things that I wanted to do when I was a kid were to play in the NFL and buy my mom a house. That’s what it’s been about for a long, long time.” Osemele said.

He reached his second goal during the off-season when he bought his mother a



Ravens offensive lineman Kelechi Osemele speaks to the media after practice during training camp at the Under Armour Training Center in Owings Mills, Maryland.

Photo by Turrón Davenport

large house in the Houston suburb of Katy, Texas.

Meeting goals is something that Osemele has plenty of experience with. He has now set his sights on a new goal, to be named a Pro Bowler. The timing of the goal is perfect as he is playing for a new contract this season. The idea of being recognized as one of the best at his position is frequently on Osemele’s mind.

“If I’m honest, it is something I wake up thinking about every morning, so it’s important to me. I’m not going to shy away from saying it’s definitely a goal of mine and something that I’m working towards.” Osemele said. “But obviously, winning is what matters the most, so I think if I listen to Juan [Castillo] and work on my technique and the things that I need to, I think everything else will take care of itself.”

Even though the Ravens have a new offensive coordinator in Marc Trestman, they will still utilize many of the zone running plays that worked so well for

the team last year. Making a mark as a top offensive lineman will take plenty of hard work but requires good coaching as well to maintain technique and make adjustments when needed.

To his advantage, Osemele has one of

the better offensive line coaches to lean upon. Ravens offensive line coach Juan Castillo has what he believes is the formula for Osemele’s ascension to Pro Bowl status.

“K.O. wants to be a Pro Bowl player. He wants to be recognized by his peers as one of the best guards in the NFL, and the way you do that is by film. The film doesn’t lie, and K.O. understands that. If you make mistakes, you see it on tape, and K.O. wants to be really good on tape.” Castillo said. “If you do that, your peers will vote you to the Pro Bowl.”

The Ravens opened the season against the Denver Broncos and struggled to run the ball, only gaining a total of 73 rushing yards in the game. Osemele and the offensive line will have their hands full against Khalil Mack, Justin Tuck and the Oakland Raiders on Sunday, September 20, 2015. The Ravens will look to rebound this week, and Osemele’s ‘play until the whistle’ mentality will play a larger role in getting the running game back on track.

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Small businesses benefit communities by boosting local economy

Owning a business is the goal of many would-be entrepreneurs. Being your own boss has certain perks, including making your own hours and not having to report to anyone but yourself.

However, owning a business is a lot of work, especially for new business owners trying to get their businesses off the ground. According to Bloomberg, eight out of 10 entrepreneurs who start businesses fail within 18 months of opening their doors. The Small Business Association indicates the numbers are not so dire, saying 30 percent of new businesses fail in the first two years of operation; 50 percent during the first five years; and 66 percent during the first 10.

Local businesses face an uphill battle to survive, but there are many things residents can do to support these valuable additions to their communities.

•Shop locally. Shopping locally not only supports local businesses, but it also contributes to the local economy. Shopping locally keeps money in the community, which can benefit everyone.

Shopping locally produces a trickle-down effect, as local businesses that are thriving may patronize other local businesses, and so on. This, in turn, helps grow other businesses in the community, making it a nicer place to live and work.

•Spread the word. Word-of-mouth advertising is effective. A respected member of the community who shares a good experience with a local business may propel others to patronize the business. Speak up when you feel a business owner has provided an exceptional level of service. Recommend a company to friends and neighbors. You also may want to review a business via online rating websites such as Yelp or Angie's List.

•Attend grand openings. Each community is unique, and often the vibe of a community is defined by the businesses that call that community home. Attend grand openings to show you are invested in the quality and vitality of your community. When others see a business doing well, they may be more inclined to shop there as well.



•Apply for work. Another way to support a local business is to work for one. Small local businesses employ millions of people across the country, and many foster great working environments. In addition, small businesses are known for their customer service, and employees often become experts in their products


and services because of the hands-on experience they gain while working for small businesses.

Supporting and celebrating local businesses can instill a sense of community pride and benefit the local economy in a myriad of ways.

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Promise Heights lifts a back-to-school burden for West Baltimore parents

By Patricia Fanning
University of Maryland, Baltimore

For the second year in a row, the Promise Heights initiative led by the University of Maryland School of Social Work (SSW) helped families cope with one of the challenges of getting their children back to school—immunizations.

To meet state vaccination requirements for the 2015-16 academic year, some seventh-grade students lacked not just one but two shots to protect their health, as well as the health of classmates. Certain shots are also needed at other grade levels, and if parents don't take steps to comply, the students will not be permitted to attend school.

To help students get their shots up to date and to avoid the risk of missing classes, Promise Heights held a free immunization clinic in the West Baltimore neighborhood of Upton/Druid Heights on Monday, September 14, 2015 in the library of Booker T. Washington Middle School for the Arts. Sixteen middle school students were immunized.

Dr. Yvette L. Rooks of University Family Medicine conducted the clinic with medical assistant, Victoria Roary. Both health professionals are from the University of Maryland School of Medicine, where Dr. Rooks is an assistant professor.



Booker T. Washington seventh-grader Keyon Williams appears relieved after being vaccinated by medical assistant Victoria Roary (left), and Dr. Yvette Rooks both of University Family Medicine. Keyon and fifteen other middle school students were immunized at the Promise Heights Initiative vaccination clinic on Monday, September 14, 2015. Photo Credit: University of Maryland, Baltimore

The Promise Heights initiative, which works to improve the lives of youngsters from cradle to college or career, is supported by partners at the University of Maryland, Baltimore and beyond. Booker T. Washington is one of the initiative's Community Schools, which

receive multiple wraparound services to help students succeed.

Bronwyn Mayden, executive director of Promise Heights and an SSW assistant dean and Rachel Donegan, Promise Heights program director, organized the clinic.

The vaccines were supplied by the Baltimore City Health Department, which was represented by Tiffany Washington-Goyal. The clinic was held in collaboration with the Baltimore City Public Schools and supported by Principal Jessica Blackmon-Stewart.

Many of the seventh-graders were accompanied by their parents, who provided moral support and encouragement for some reluctant youngsters.

Students entering seventh grade require a dose of Tdap vaccine and a dose of Meningococcal vaccine. The Maryland Department of Health and Mental Hygiene's immunization requirements for public schools can be found at: <http://phpa.dhmdh.maryland.gov/OIDEO/IMMUN/SitePages/immunization-Information.aspx>.

Open Society Institute-Baltimore "Talking About Race" Series Media Bias and Black Communities

Tuesday, September 29, 2015 at 7 p.m.

Wheeler Auditorium at the Enoch Pratt Free Library
400 Cathedral Street in Baltimore

Rashad Robinson, executive director of ColorOfChange and Stacey Patton, reporter for The Chronicle of Higher Education will dissect the ways that television, newspaper and radio news can shape stories in ways that distort the reality of black lives—and reinforce negative stereotypes.

For more information, visit: www.osi-baltimore.org

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Neighbor to Family Keeping Siblings Together

By Stacy M. Brown

For seven years, Gordon Johnson served as head of the Illinois Department of Children and Family Services. And for seven years, Johnson witnessed the horrors and agony of children being removed from their home and parents, and then torn from their siblings and placed into foster care.

Understanding that the child welfare system should help troubled children and families not by making their situation worse, but by making sure they would eventually reunite drove Johnson to start Neighbor to Family Inc., a non-profit with a mission to revolutionize foster care by keeping siblings together while building healthier families and stronger communities.

Since 1994, Johnson has introduced Neighbor to Family in a number of cities, including Baltimore 13 years ago where the program has flourished.

“We are very important to the Baltimore area because we are the only program in the region that focuses on keeping siblings together,” said Donna McCarter, the executive director of Neighbor to Family Baltimore. “We all know the importance of keeping siblings together and although it might seem like a no-brainer, other factors such as economics often trumps the value of the sibling bond.”

The organization continues to grow and in September it will hand out its annual “Siblings of the Year” award to the Maddox siblings, a Baltimore family that for decades has run a successful printing business.

Former Baltimore City State’s Attorney Patricia Coats Jessamy will be the keynote speaker at the annual awards dinner and fundraiser to be held on Wednesday, September 30, 2015 at The Forum Caterers on Primrose Avenue in Baltimore at 6 p.m. The event is part of the group’s mission to present and honor sibling groups who have made an impact on their family and community.

Jessamy served as the elected State’s Attorney for the City of Baltimore from February 1995 to December 31, 2010.



*Neighbor To Family Founder Gordon Johnson (left) and Kurt Kelly, CEO for the Coalition for Children.
Courtesy Photos*

She attributes much of her success to her mother who earned her GED after all eight of her children reached adulthood.

“My mother instilled in me a civic responsibility and an unwavering integrity,” Jessamy said. “Being State’s Attorney was definitely professionally fulfilling, but being a wife, parent and grandparent are the most important roles I have played in life.”

The essential ingredients of the “Neighbor” program include placing siblings together in a single home; holding birth parents accountable for the long-term well-being of the children; making sure that the role of the foster parent is professionalized and that the planning for permanency is a consistent,

purposeful team effort.

“The program works. It does make a difference and it will save states not only money but the harm they are perpetrating on our children and families,” Johnson said in a statement.

McCarter says there are many things that have been accomplished that make everyone associated with the organization proud.

“When we see families together enjoying each other in spite of the foster care label or barriers it gives us an incredible sense of satisfaction,” McCarter said. “This is one of the reasons why fundraisers such as the dinner are important because it gives us unrestricted funds to do more activities for the chil-

dren and their families.”

Some of the children who have been assisted by the program have gone on to graduate and attend college while others who were functioning below grade level in school have begun to flourish, McCarter said.

“We believe remaining with your siblings is a contributing factor to all of the youth successes,” she said.

Proceeds from the annual dinner will help provide activities for Baltimore area foster children. Limited sponsorship and advertising opportunities remain available. For more information call 410-496-8151 or visit: www.NTF.org/Baltimore.

Brothers spread message of optimism, show 'Life is Good'

By Stacy M. Brown

When John Jacobs and his brother Bert started selling T-shirts out of a van 20 years ago, neither could envision that their message of "Life is Good" would lead to a \$100 million enterprise and act as a catalyst to help encourage and support those who maybe facing the difficulties that every day life poses.

John Jacobs stopped in Baltimore as part of their "Life is Good" book tour, an eight-week experience where the brothers are rallying communities around the country to focus on the good in the world and to support children who need it most.

They plan to visit more than 40 communities, including Los Angeles, New York, and Washington, D.C., on a mission to help residents discover, embrace and spread optimism.

The tour coincides with the release of the brothers' new book, "Life is Good: The Book: How to Live with Purpose and Enjoy the Ride."

"My mother always had a positive attitude and she's our biggest influence," Jacobs said. "Our business is very much based on retaining a childlike sense of joy and wonder at the world. I know that can sound corny but going to work, and thinking of it as a 'get to' rather than a 'have to.' You don't have to go to a meeting; you get to go to a meeting because you have a job that pays you. You don't have to go buy groceries when you get home because we live in a land of abundance and you have legs. That's really a mindset shift."

The brothers' "Life is Good" brand started in 1994. They were traveling across the country in a van with less than \$100 and a bunch of T-shirts that featured a stick figure whom they named "Jake."

"We just thought something was going to work and then it hit us," Jacobs said. Now, the business has grown into a \$100 million enterprise and that's without the traditional approach of billboards and big magazine ads, but their dependence upon everyday people to spread the word.



John and Bert Jacobs, founders of the "Life is Good" company.

Courtesy Photos

The company grew as the brothers expanded to sell a full line of clothing for men, women and children. Their popularity easily measured by the millions of social media friends and followers and for their desire to help young people by mentoring and teaching them about life.

At least 10 percent of the company's profits are donated to kids in need through the Life is Good Kids Foundation. They also provide resources for childcare professionals by way of the Life is Good Playmakers, an organization that partners with teachers, social workers and child specialists to help children overcome poverty, violence and illness.

"Kids are the ultimate optimists," Jacobs said. "Our nonprofit helps kids overcome poverty and illness. We're visiting a lot of nonprofits that our nonprofits have trained as Life is Good Playmakers and donating to other nonprofits that do similar work with kids."

"The childcare workers are the heroes that are on the front lines everyday. We

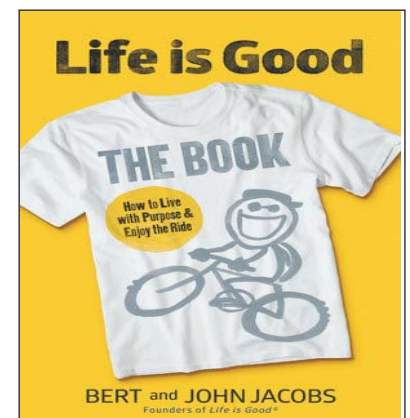
get to thank them in person and encourage them to keep doing the heroic work that they're doing. That's extremely fulfilling. It's one of the ultimate rewards, seeing the fruition of the nonprofit work and the fruition of the message we're trying to send."

The new book also carries the message of optimism. The brothers describe it as a book of wisdom that celebrates the power of optimism. It chronicles the personal and professional journeys of the Jacob brothers from their upbringing in Boston to their unlikely success.

They illuminate what they identify as ten key "superpowers" that are accessible to everyone: openness, courage, simplicity, humor, gratitude, fun, compassion, creativity, authenticity, and love.

The 271-page hardcover book is published by National Geographic, and includes inspirational stories from letters that they've received over the years.

"We wanted to share stories, not only our own but of the Life is Good commu-



nity," Jacobs said. "We learned early on to listen to people, and that has carried us. The letters ... We found that optimism is at its most powerful in the darkest of times."

The book is available at most retailers including amazon.com and barnesandnoble.com. For more information about the brothers and their company, visit: www.lifeisgood.com.

Runners and families race to embrace independence

Register to run in Marian House's 7th Annual 5K Run/Walk on September 26th during National Recovery Month

Baltimore— During National Recovery Month, runners and walkers of all ages will lace up their sneakers for the 7th Annual Marian House Race to Embrace Independence 5K Run/Walk and One-Mile Family Fun Run on Saturday, September 26, 2015.

The 5K Race to Embrace Independence raises critical funds for Marian House, an independent non-profit located in the Better Waverly neighborhood of Baltimore City that works to provide housing and comprehensive support services to women recovering from homelessness, addiction, mental illness, incarceration and/or trauma. Marian House strives to support women moving from dependence to independence.

“Over 50 percent of our residents suffer from the disease of mental illness and over 90 percent are recovering from substance abuse. These two illnesses create a very complex relationship and often the undeniable link between the two can be overlooked. That is one of the reasons we committed to hosting our 5K run during National Recovery Month,” says Katie Allston, executive director of Marian House. We hope to build awareness as well as take the day to celebrate the many accomplishment s of our women.

Every September, the Substance Abuse and Mental Health Services Administration (SAMHSA), the agency within the U.S. Department of Health and Human Services that leads public health efforts to advance the behavioral health of the nation, sponsors Recovery Month to increase awareness and understanding of mental and substance use issues and celebrate the people who recover.

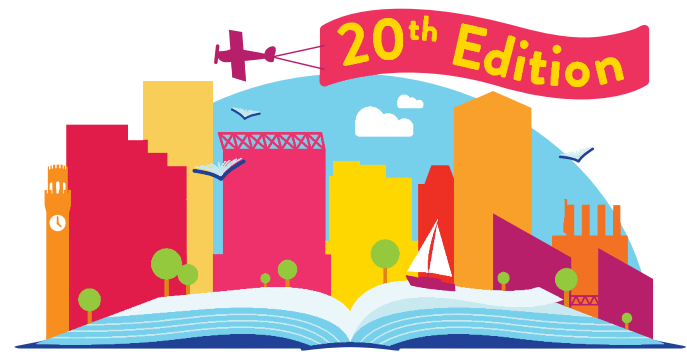


This year's event will feature something for everyone. In addition to the 5K race and One-Mile Fun Run, participants and their supporters will be able to enjoy the Family Race Village that will feature food, entertainment and activities for all ages. Strollers are welcome.

Registration for the race begins at 7:30 a.m. and both events start at 9 a.m. The first 500 adults to register will receive a Marian House 5K tech shirt. Children who participate will also receive a t-shirt. On-site registration will be available; however, interested participants are encouraged to pre-register at www.marianhouse.org/5k.

Individuals unable to make the event, but still interested in supporting Marian House can make a donation online: www.marianhouse.org.

Marian House is a non-profit located in the Better Waverly neighborhood of Baltimore City that provides high quality rehabilitative services and housing to women and their children. Key services include transitional housing, employment assistance, life-skills training, rehabilitation counseling, financial guidance, family reunification and more. For more information, visit www.marianhouse.org.



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Library of Congress:

Main Reading Room Open House on Columbus Day



Washington, D.C.— Twice each year, the Library of Congress opens its magnificent Main Reading Room for a special open house to share information about how the public can access the Library's resources year-round. The second open house of the year will take place on the federal Columbus Day holiday, Monday, October 12, 2015, from 10 a.m. to 3 p.m. The Main Reading Room is located on the first floor of the Library's Thomas Jefferson Building, 10 First St., S.E., Washington, D.C.

Reference librarians will be on hand to demonstrate services, instruct on how to obtain a reader-registration card and answer questions. No other reference services will be available and all other Library of Congress reading rooms and buildings will be closed. Photography is allowed; however visitors may not use mono-, bi- or tripods. Visitors can join the conversation that day on Twitter and Instagram using the tag #LibraryOpenHouse.

Reference librarians from numerous divisions will be available to demonstrate the Library's online resources and discuss access to the Library's vast onsite collections, including services and collections for use in family history research.

The Jefferson Building will open to the public from 8:30 a.m. to 4:30 p.m. Docent-led tours of the building will not be available on the holiday. In lieu of the normal tour schedule, docents will be available to talk with visitors about the historic Thomas Jefferson Building, its history, the Library's collections and exhibitions between 10 a.m. and 3:30 p.m. Among current exhibitions in the Jefferson building are "The Civil Rights Act of 1964: A Long Struggle For Freedom" and "First Among Many: The Bay Psalm Book and Early Moments in American Printing." Docents will be on hand inside both exhibitions to show highlights and answer questions for the duration of the open house.

On display in the Southwest Gallery on the second floor through January 2, 2016, "The Civil Rights Act of 1964: A Long Struggle For Freedom" highlights major legal and legislative struggles and victories leading to its passage, shedding light on individuals—both prominent leaders and private citizens—who participated in the decades-long campaign for equality. "The Civil Rights Act of 1964: A Long Struggle for Freedom" is made possible by a generous grant from Newman's Own Foundation, with additional support from History®.

Housed in the South Gallery on the second floor through January 2, 2016, "First Among Many" tells the story of American printing as it evolved from a colonial necessity to the clarion of freedom. In addition to the Library's copy of the Bay Psalm Book, the first book to be printed in what is now the United States, the exhibition features iconic treasures that represent the launching of an approach to publication particular to the American press.

More information about the Library and the exhibitions is available at the orientation desks, at www.loc.gov/visit/ or by calling 202-707-8000. Request ADA accommodations five business days in advance at 202-707-6362 or ada@loc.gov.

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 **365BLACK AWARDS**

Meet Audri Scott Williams: Walking Around the Globe for Peace

By Ursula V. Battle

Peacewalker Audri Scott Williams has walked all around the world for peace. She is the Global Trustee of the United Religions Initiative (URI), was the vision keeper who led the “Trail of Dreams World Peace Walk”, and the “13 Moon Walk 4 Peace” across America. She has received numerous awards for her service to humanity, and emulates the efforts of Rev. Dr. Martin Luther King, Jr.

On Saturday, September 19, 2015, the humanitarian and author will be in Baltimore to participate in the “Baltimore Beloved Community Awakening Walk For a Transformed City.”

“I walk because we will never change the world if we sit and complain,” said Scott Williams. “I walk for peace, love, and transformation. I am the grandmother of 14. I want my grandchildren to grow up saying ‘this is what my grandmother did.’ Doing our part to help make the world a better place encourages future generations to do their part.”

She added, “This is my calling. When you drive through a community, you really don’t see what is going on. But when you walk through a community, you are seeing what is going on, and engaging with people by talking to them, because you are right there and in it.”

Scott Williams currently serves as a global trustee on the URI Global Council and is co-founder of the Quantum Leap Transformational Center. She has authored several books including: “Awakening the Heart of the Beloved Community,” and produced documentaries about her journeys.

“You go where you are called,” said Scott Williams who lives in Alabama, and has organized several walks in that state. “When ‘The Call’ comes, you know that God is sending you there, and you just show up. What’s revealed is so powerful and transformative.”

She added, “I also walk to raise awareness about mass incarceration and its long-term impact on our communities. I also walk to raise awareness about stopping human slavery.”



(Left-right): Audri Scott Williams and Karen Hunter Watson in Egypt during a Trail of Dreams World Peace Walk. Courtesy Photos

Scott Williams served as the Interim Global Indigenous Coordinator for the United Religions Initiative (2013-2014) and co-convenor of the historic Hidden Seeds Global Indigenous Gathering in Northern California (2014). She was an apprentice with the Worldwide Indigenous Science Network where she escorted and documented indigenous “wisdom keepers” around the world. She is a former Dean of Instruction at the Institute of Divine Wisdom in Atlanta, Georgia, and has roots in Maryland, having served as the Dean of Continuing Education and Community Service at Charles County Community College.

She holds a master’s degree in Liberal Arts from Naropa University/Creation Spirituality in Indigenous Science, and a bachelor’s degree in Criminology from the University of Tampa.

Her educational experience also includes post-graduate studies at Harvard University, University of Maryland, and American University.

Scott Williams is the recipient of numerous honors and awards including the “Presidential Certificate of Merit” bestowed upon her by former President Bill Clinton, HBO’s “Hearing Her Voice, Telling Her Story” Award; Volvo for Life American Heroes Award; and the 2008 “URI Bowes Award” which was presented in India.

“As a global Peacewalker, I advocate for evolutionary change in the world,” said Scott Williams. “The goal is to create a sustainable and viable world for generations to come.”

For more information about Scott Williams, visit <http://www.audriscottwilliams.com>



Audri Scott Williams

Recycle your room air conditioners and dehumidifiers

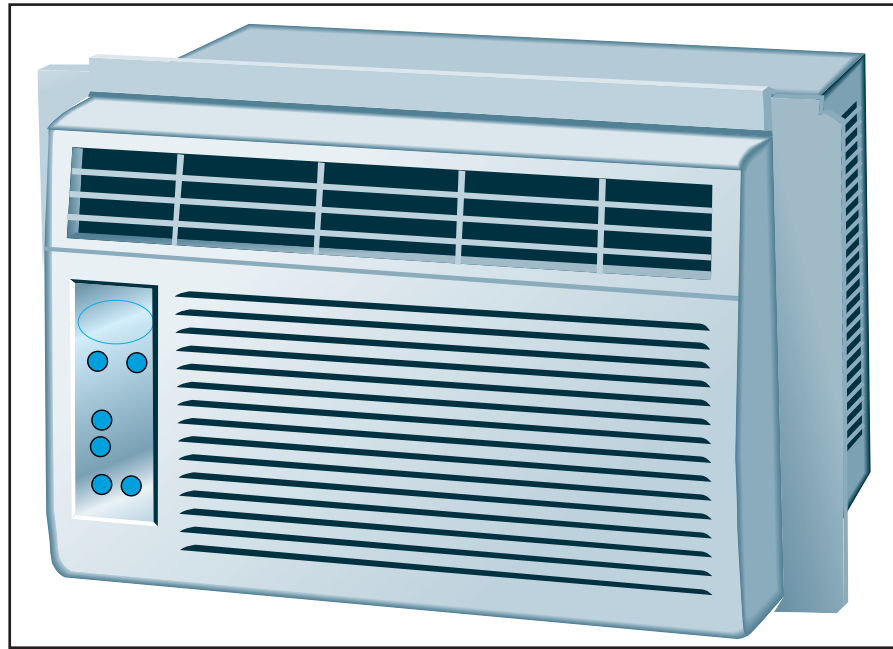
Drop off working appliances on Saturday, September 19, 2015 at the Baltimore Polytechnic Institute

Baltimore— Baltimore Gas and Electric Company (BGE) announced that it will have a recycling drop-off location in Baltimore for working room air conditioners and dehumidifiers.

For each eligible appliance a BGE residential customer drops off for recycling, they will receive \$25 from the BGE Smart Energy Savers Program®, up to two room air conditioning units and/or two dehumidifiers.

The event is scheduled for Saturday, September 19, 2015, from 9 a.m. to 2 p.m. at the Baltimore Polytechnic Institute located at 1400 West Cold Spring Lane in Baltimore. The event will be held rain or shine, and BGE representatives will be on hand to unload the eligible appliances from customers' vehicles.

Units must be in working condition to be eligible. Customers will receive a check for \$25 in the mail approximately four weeks after the event. More infor-



On Saturday, September 19, 2015, BGE residential customers that drop off a working air conditioner or dehumidifier for recycling will receive \$25 from the BGE Smart Energy Savers Program®. The drop off location is the Baltimore Polytechnic Institute located at 1400 West Cold Spring Lane in Baltimore City from 9 am. to 2 pm. For more information about the program, visit: BGESmartEnergy.com/RecycleMyAC or by calling 866-898-1901.

mation is available at BGESmartEnergy.com/RecycleMyAC or by calling 866-898-1901.

“Older room air conditioning units and dehumidifiers are less energy efficient than newer models, so many customers are upgrading to ENERGY STAR® certified models that use 15 percent less energy than standard models and that saves on energy costs,” said Chris Walls, manager of energy efficient programs for BGE. “Recycling your old appliances helps prevent them from entering landfills, where they can release harmful toxins and greenhouse gases into the environment. By participating in this event, BGE customers are helping Maryland reduce energy use and waste.”

The BGE Smart Energy Savers Program also offers a \$50 reward for recycling old working refrigerators and freezers. To participate, customers can contact BGE to schedule a pickup, and BGE will haul away their old refrigerators and freezers at no additional cost. Each household is limited to recycling two refrigerators or freezers through this program. Appliances must be in working (cooling) condition and measure 10 to 30 cubic feet, which is the standard size for most refrigerators and freezers.

Room air conditioning units and dehumidifiers also may be recycled through this program, but only if picked up at the same time as an eligible refrigerator or freezer. Appointments are required and can be scheduled at BGERecycleMyOldFridge.com or by calling 866-898-1901.

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. Collectively, the programs help contain the cost of energy and improve reliability. The programs also help to reduce peak demand and slow the growth in energy consumption to lessen the need for more power plants. BGE offers energy-saving solutions for renters, homeowners, large and small business customers, nonprofits and institutional customers. More information is available at BGESmartEnergy.com.

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CSM Receives INSIGHT Into Diversity 2015 HEED Award

The College of Southern Maryland has received the 2015 Higher Education Excellence in Diversity (HEED) Award from INSIGHT Into Diversity magazine, the oldest and largest diversity-focused publication in higher education. As a recipient of the annual HEED Award, a national honor recognizing U.S. colleges and universities that demonstrate an outstanding commitment to diversity and inclusion, CSM will be featured along with 91 other recipients in the November 2015 issue of INSIGHT Into Diversity magazine.

“This is a great honor as we have worked hard to ensure that CSM is a welcoming place to work and get an education. We have become a leader in providing programs and services that meet the needs of our diverse community,” said CSM President Dr. Brad Gottfried.

“The HEED Award process consists of a comprehensive and rigorous application that includes questions relating to the recruitment and retention of students and employees — and best practices for both— continued leadership support for diversity, and other aspects of campus diversity and inclusion. We take a holistic approach to reviewing each application in deciding who will be named a HEED Award recipient. Our standards are high, and we look for institutions where diversity and inclusion are woven into the work being accomplished every day across a campus,” said Lenore Pearlstein, INSIGHT Into Diversity’s publisher.

One of 11 community colleges in the nation to receive this designation, CSM was only one of four higher education institutions within Maryland awarded the HEED. CSM is a comprehensive tri-county regional community college that fosters academic excellence and enhances lives in Southern Maryland with the guiding principles of diversity, excellence, innovation, integrity, knowledge, respect and teamwork. Recognized as a leading practitioner in diversity and inclusion, CSM has previously earned the Alliance for Workplace Excellence’s Diversity Champion Award for creating and maintaining a diverse and inclusive culture.

The college has created initiatives and programs, for example, such as the Diversity Institute, which addresses pressing social issues that face Southern Maryland as well as modeling how a community can address diversity issues in a productive manner; a Men of Excellence mentoring initiative to improve recruitment, retention, graduation and transfer rates for African American males who enter CSM as first-time students; and Choose Civility Southern Maryland, a community-wide campaign to enhance respect, empathy, consideration and tolerance.

“Diversity is about ensuring that everyone has a voice and that members of our community (students, faculty, staff and members of the administration) feel like they matter and that they belong. The college has taken a proactive approach to provide an open environment by welcoming community partnerships, being a resource to employees at CSM and creating a climate where the values of diversity and community are a reality for all,” said CSM Associate Vice President for Institutional Equity and Diversity Makeba Clay.

Through CSM’s Institutional Equity and Diversity Office, CSM provides academic enrichment and celebrates diversity awareness through programming for Asian, Pacific Islander, Hispanic/Latino, Native American, African-American Heritage and Women’s History months, as well as other cultural celebrations.

INSIGHT Into Diversity magazine is the largest and oldest diversity publication in higher education today and is known for its annual HEED Award, the only award recognizing colleges and universities for outstanding diversity and inclusion efforts across their campuses. In addition to its online job board, INSIGHT Into Diversity presents timely, thought-provoking news and feature stories on matters of diversity and inclusion across higher education and beyond. Articles include interviews with innovators and experts, as well as profiles of best practices and exemplary programs. Readers will also discover career opportunities that connect job seekers with institutions and businesses that embrace a



Students and members of the community joined in a ceremonial dance of the Piscataway Conoy Tribe of Southern Maryland during a previous event sponsored by the College of Southern Maryland Institutional Equity and Diversity Office at the La Plata Campus.

diverse and inclusive workforce. Current, archived and digital issues of the magazine are available at www.insightintodiversity.com.

For information about the 2015 HEED Award, visit www.insightintodiversity.com. For more about CSM, visit www.csmd.edu.

Academy Art Museum Celebrates 18th Annual Craft Show

2015 Craft Show “Blown Away” Features Over 60 Juried Artists

The Academy Art Museum will celebrate its 18th Annual Craft Show, “Blown Away,” October 16-18, 2015 in Easton, Maryland. The Craft Show has significantly expanded over its 18-year history. Initially designed to showcase select works by local artists, today the Show has become the most prestigious and largest juried craft show on the Delmarva Peninsula. It now incorporates the best of the best local and nationally known artists, which exemplifies quality at every price point.

Last year’s show achieved record setting attendance and crafts sales and garnered the attention of award-winning artists who have applied to participate in the 2015 show. Over half of this year’s 60-juried artists are new to the Show. Items from the artists’ collections available for purchase encompass all craft mediums: jewelry, wood, ceramics, metal, mixed media, sculpture, basketry, paper, and fibers. The best of the best artists, both locally and nationally, exemplify quality at every price point.

Among the featured artists from Annapolis are jewelry makers Cynthia Alderdice and Lois Mansfield of Annapolis and wood artist Tom Yates of Annapolis. In addition, there will be three featured artists in the Show - award-winning glass blowers Julia and Robin Rogers of Norfolk, VA; local Eastern Shore mosaic artist, Sue Stockman, and Washington, DC neon glass artist, Craig Kraft. As a special addition, featured artists Julia Rogers, Adjunct Faculty, Chrysler Museum Glass Studio and Robin Rogers, Assistant Manager, Chrysler Museum Glass Studio, will present live glass blowing in the Museum’s courtyard at this year’s Show – a rare opportunity to experience the science, art, and magic of glass blowing.

Also of special interest at this year’s Show is Honorary Chair and Visionary Artist for 2015 Emilio Santini of Williamsburg, VA, whose extraordinary glass works will be on display in the Museum’s atrium. Santini was born in Murano, Italy – the “garden” of Venice.

He traces his family roots to over 500 hundred years of glass blowing tradition in that area. His exhibitions span the globe with selected collections represented in the Corning Museum of Glass, the Chrysler Museum, the Sheffield Museum (UK) and the Museo di Arte Contemporanea Ca’Pesaro in Venice.

The 2015 Craft Show promises to offer something for everyone. Guests can experience intriguing outdoor sculpture in its natural space where the artist intended it to be. Strolling musicians and a delicious lunch will delight Show attendees. Back by popular demand will be the Little Crafter’s Room, which will enable parents to enjoy a child-free hour to explore and shop at the Show ahead of the holiday rush. Again this year, many area businesses, organizations, and individuals are partnering with the Museum by sponsoring exhibitor booths.

The Annual Craft Show Preview Party will be held on Friday October 16, 2015. This preview event sold out last year and tickets are expected to be equally in demand this year. A favorite Talbot County Chef will cater the party. To sweeten the evening, tasting stations featuring local beer, wine, and spirits will be set up throughout the Museum and the Waterfowl Building. The coveted annual Show Awards will be given to selected artists at the party.

The Craft Show is one of the major fundraisers for the Museum and an easy way to support its many community-based programs for all ages. Major sponsors of the 2015 Craft Show include Pohanka of Salisbury, Ameriprise Financial, WCEI Radio, APG Chesapeake, and Easton Utilities. Tickets for the show on Saturday or Sunday are \$10 for Museum members and \$12 for non-members and will be on sale at the door. Tickets for the Preview Party are \$100 per person and can be purchased in advance at the Museum. For more information about this event, visit academycraftshow.org or call 410-822-2787



Among the featured artists in this year’s Academy Art Museum Craft Show is wood sculptor Tom Yates of Annapolis. Yates uses a combination of tools to form his creations, from axes and chain saws, to angle grinders and Dremel tools for more detailed work.



Emilio Santini, Italian, b. 1955, Urna, 1997, Flame worked glass, 17 1/2 x 4 in. (44.5 x 10.2 cm), Chrysler Museum of Art, Norfolk, VA, Gift of Scott Waitzer. 98.5.



One of the Show’s featured artists, Julia Rogers with her assistant, creating a glass vase. Photo: Paul Fine

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How to make money work in a marriage!

Money-minded psychologist says, "Avoid Financial Infidelity"

News and Experts— Children, sex, in-laws, work stress— how couples handle these issues says plenty about a marriage and, often, a divorce. Not surprising to many, however, the No. 1 predictor of divorce is money, according to a study from Kansas State University.

More specifically, researchers say that arguing about money, especially early in a relationship, is the best predictor of divorce— despite a couple's economic bracket.

"As with sex, for example, arguments about money are probably connected to deeper, underlying issues, such as trust, self-esteem, identity, etc.," says Dr. Anne Brennan Malec, a clinical psychologist and marriage and family therapist with a background in accounting and business.

"Like most other areas of conflict, frequent communication and formulating a plan for how to address the financial situation allows many, if not most, issues to be adequately and respectfully resolved."

Dr. Malec, author of the book "Marriage in Modern Life: Why It Works, When It Works" offers constructive solutions for marital money stressors:

•**Be partners in your common cause.** When one partner carries most of the financial burden, it can thrust that partner into an almost parental role over the other. This is a form of asymmetry that can affect other areas of the relationship and erode a marriage, creating resentment by each partner for different reasons. Whether or not you make roughly the same amount of money as your spouse— or none at all because you're a stay-at-home parent— stay involved in the goings on of your household's finances. Understand what you can and cannot afford as a family. Communication is crucial. Discuss your feelings about money and how both of you contribute to the overall wellbeing of your family.

•**Avoid financial infidelity.** Every couple has to determine how their joint and individual expenses will be shared. Account for the necessities, from rent or mortgage to groceries and more. Account for all of your typical expenses, which may include date night and individual interests or hobbies. Respect individual interests – whether or not they are reasonable expenses, understand that they are important to your partner and may help the relationship. If one shops too much or spends too much on cars, find a way to compromise. Having



an agreed-upon monthly budget helps minimize financial tension, and to spend more requires a good explanation.

•**Be open to money issues beyond the marriage.** Most adults have some degree of debt because of a college loan, child support, a medical history or a host of other reasons. Ideally, you will have discussed and come to terms with a spouse's debt before marriage. Also, consider the potential upsides to having a prenuptial agreement, especially when one or both of you come to the marriage with significant assets or debts, or when children are involved.

•**Have annual discussions about a spouse's stay-at-home status.** There are many good reasons for a mother or a father to stay home and raise children, but you should revisit this decision once a year to determine if it still works for the family. The spouse who chooses to stay at home should make him or herself fully aware of the potential risk of doing so. Can you afford a one-income household? Will the stay-at-home spouse be able to re-enter the workforce? Will you be fulfilled at home? These are valid questions to seriously consider each year.

Dr. Anne Brennan Malec is the founder and managing partner of Symmetry Counseling, a group counseling, coaching and psychotherapy practice in Chicago. For more information, visit: www.symmetrycounseling.com.

BGE seeking applications for emergency response and safety grants

Baltimore— Baltimore Gas and Electric (BGE) announced that applications for BGE Emergency Response and Safety Grants are now available and will be due by October 30, 2015. The program, now in its fourth year, supports nonprofit emergency response and public safety organizations throughout BGE's service area. To date, BGE has provided nearly \$1 million to 129 emergency response organizations, which share BGE's commitment to the safety of central Maryland residents.

BGE encourages eligible 501c3 organizations that respond to the community's needs during emergencies to apply for grants of up to \$10,000 each. Grant applications are available online at bge.com/emergencyrespondersgrant beginning today, Sept. 14, 2015 and will be due by Oct. 30, 2015.

BGE presented \$310,000 to last year's 48 grant recipients. A number of grant recipients spoke about how they use the grants in this brief video. In addition to supporting the emergency responder community in Maryland, BGE provides training for fire, police, 911 centers and emergency management organizations who routinely work around utility equipment. BGE is recognized for its own emergency response record, ranking among the top utilities in the nation for rapid response to gas emergency calls and in working to prevent damages to energy equipment.

BGE plays an integral role in working with Maryland communities to address economic development, public safety, civic issues and other initiatives that help enhance our neighborhoods. Through the use of shareholder dollars, BGE supports programs that deliver measurable and sustainable impact in areas of education, environment, community development and arts and culture.

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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/>.

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Kids Nearly New Sales 1&1 THIS Sat, Sept 19, 8a-1p THIS Sun, Sept 20, 9a-2p Families selling their kids stuff, NB-teen seasonal clothing, 1000s books, toy furniture and equipment FREE admission/food available www.KNNSale.com SUNDAY BAZAAR Exhibition Building THIS Sun, Sept 20, 9a-2p Handcrafters, Antiques Collectibles, Shabby Chic items for sale. See website for listing of vendors www.HCSazaar.com ENJOY THE SALES

HEALTH & FITNESS

VIAGRA!! PACKAGES STARTING AT \$99.00 FOR 52 PILLS.
The original little blue pill your #1 trusted provider for 10 years. Insured and Guaranteed Delivery. Call today 1-888-410-0494

CANADA DRUG CENTER is your choice for safe and affordable medications. Our licensed Canadian mail order pharmacy will provide you with savings of up to 90% on all your medication needs. Call today 1-800-418-8975, for \$10.00 off your first prescription and free shipping.

CPAP/BIPAP supplies at little or no cost from Allied Medical Supply Network! Fresh supplies delivered right to your door. Insurance may cover all costs. 800-902-9352

GET HELP NOW! ONE BUT-TON SENIOR MEDICAL ALERT. Falls, Fires & Emergencies happen. 24/7 Protection. Only \$14.99/mo. Call NOW 888-772-9801

KNEE PAIN? BACK PAIN? SHOULDER PAIN?
Get a pain-relieving brace - little or NO cost to you. Medicare Patients Call Health Hotline Now! 1-800-900-5406

LOWEST PRICES ON HEALTH INSURANCE We have the best rates from top companies! Call Now! 855-895-8361

IF YOU OR SOMEONE YOU KNOW HAS TAKEN XARELTO and then suffered a serious bleeding event, you may be entitled to compensation. Please call 844-306-9063

HEALTH & FITNESS

VIAGRA AND CIALIS USERS!
50 PILLS SPECIAL - \$99.00. FREE Shipping! 100% guaranteed. CALL NOW! 844-586-6399

MISCELLANEOUS

ACORN STAIRLIFTS: THE AFFORDABLE solution to your stairs! **limited time - \$250 Off Your Stairlift Purchase!** Buy Direct & SAVE. Please call 1-800-304-4489 for FREE DVD and brochure.

ADVERTISE YOUR PRODUCT OR SERVICE NATIONWIDE or by region in over 7 million households in North America's best suburbs! Place your classified ad in over 570 suburban newspapers just like this one. Call Classified Avenue at 888-486-2466

DISH NETWORK - GET MORE FOR LESS!
Starting \$19.99/month (for 12 months), PLUS Bundle & SAVE (Fast Internet for \$15 more/month) 800-278-1401

FREE \$50 WALMART GIFT CARD & 3 FREE of YOUR FAVORITE MAGAZINES! To claim this free offer, Call 855-954-3224

FREE BOOK on Selling Goods due to downsizing/estate settlement. Only 80 available. Contact MaxSold Downsizing/Estate Services: 202-350-9388, easy@maxsold.com or MaxSold.com/book by Nov.15.

GET CABLE TV, INTERNET & PHONE WITH FREE HD Equipment and install for under \$3 a day! Call Now! 855-419-3334

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Act Now- \$19.99/mo. Free 3-Months of HBO, starz, SHOWTIME & CINEMAX FREE GENIE HD/DVR Upgrade! 2014 NFL Sunday Ticket Included with Select Packages. New Customers Only! IV Support. Holdings LLC- An authorized DirectV Dealer Some exclusions apply - Call for details 1-800-897-4169

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Your ad here pays off.

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All Real Estate advertised herein is subject to the federal Fair Housing Act which makes it illegal to indicate any preference, limitation or discrimination based on race, color, religion, sex, handicap, familial status or national origin, or an intention to make any such preference, limitation or discrimination. We will not knowingly accept any advertising for Real Estate which is in violation of the law. All persons are hereby informed that all dwellings advertised are available on an equal opportunity basis. If you believe that you may have been discriminated against in connection with the sale, rental or financing of housing, call The United States Department of Housing and Urban Development. (HUD) 1-800-669-9777

MISCELLANEOUS

KILL BED BUGS! Buy Harris Bed Bug Killer Complete Treatment Program/Kit. Harris Mattress Covers add Extra Protection! Available: ACE Hardware. Buy Online: homedepot.com

KILL ROACHES! Buy Harris Roach Tablets. Eliminate Bugs-Guaranteed. No Mess, Odorless, Long Lasting. Available at Ace Hardware & The Home Depot

Box Your Ad!

You'll be noticed.

MISCELLANEOUS

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Place a business card-size ad in 71 Maryland, Delaware and DC newspapers for one low price!

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DISCOUNT COUPON \$2.00 OFF REGULAR ADULT ADMISSION
Children Under 12 FREE with Parents

RV SUPER SALE SEPT. 17-20
MD RECREATIONAL VEHICLE DEALERS ASSOC.
Maryland State Fairgrounds - Timonium
GPS - 2200 York Rd.
Lutherville/Timonium, MD 21093
I-83 One Exit North of I-695 Balto. Beltway
10 AM - 7 PM Thursday - Saturday
10 AM - 6 PM Sunday
FREE PARKING
ADDITIONAL DISCOUNT COUPONS AVAILABLE AT TIMONIUMRVSHOW.COM

MILITARY FREE FRIDAY (with SERVICE ID)
One coupon required per purchased ticket at gate.

PLACE A BUSINESS CARD AD IN THE STATEWIDE DISPLAY 2X2 ADVERTISING NETWORK - Reach 3.6 million readers with just one call, one bill and one ad placement in 82 newspapers in Maryland, Delaware and DC TODAY! For just \$1450.00. Get the reach, Get the results and for just Pennies on the Dollars Now...call 1-855-721-6332 x 6 or email wsmith@mddcpress.com

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SWANTEDS COMIC BOOKS
Original art & movie memorabilia, sports, non-sports cards, ESPECIALLY 1960s Collector/Investor, paying cash! Call WILL: 800-242-6130 buying@getcash-forcomics.com

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MISCELLANEOUS

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OLD GUITARS WANTED!
Gibson, Martin, Fender, Gretsch, Epiphone, Guild, Mosrite, Rickenbacker, Prairie State, D'Angelico, Stromberg, and Gibson Mandolins/Banjoes. 1920's thru 1980's. TOP CASH PAID! 1-800-401-0440

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MISCELLANEOUS

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