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Baltimore woman receives national caregiver award for devoted service



Kathy Carter, a caregiver with BrightStar Care of Baltimore, has taken on more than just her licensed role of CNA and Med Tech, but rather the role of best friend to those she works with. Her devotion was recognized this week when BrightStar Care, one of the nation's leading providers of in-home care, named her as its 2016 National Caregiver of the Year. (See article on page 13) Courtesy Photo

Author's books explain foster care and adoption to children

Baltimore— Both parents and children will learn about the foster care system and how to adopt a foster child in author Blaque Diamond's three-book series, "She Named Me Stacey," "A Temporary Home for Stacey," and "Stacey F., My Forever Mommy."

Both a foster parent and a parent of adopted children, Diamond will sign and sell her books along with over 40 authors on Saturday, October 15, 2016, at the 7th Annual African American Author's Expo and Multicultural Book Fair at Morgan State University, Student Center in Baltimore City.

With three biological children and having raised nine nieces and nephews, four of whom are now adults, two of whom she was granted custody and three of whom she adopted from the NYC foster care system, Diamond has first-hand experience with both the foster care and adoption procedures as well as working in the social world field. By using the character, Stacey F., Diamond utilizes her social work background and personal experience to give insight into what it's like to parent, foster and adopt a child through the child welfare system.

"Having experienced the joys of being a foster mother and adopting children and also knowing the legal side of the foster care/adoption, I wrote this book in simple words so that both children and parents can understand," Diamond said.

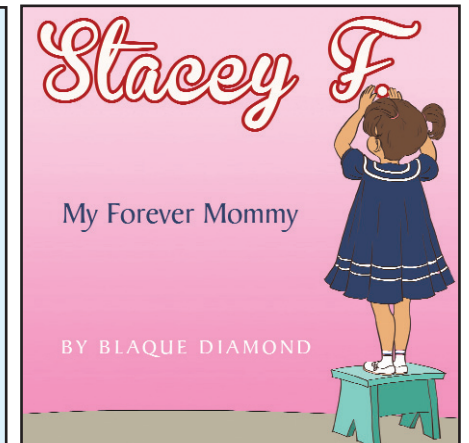
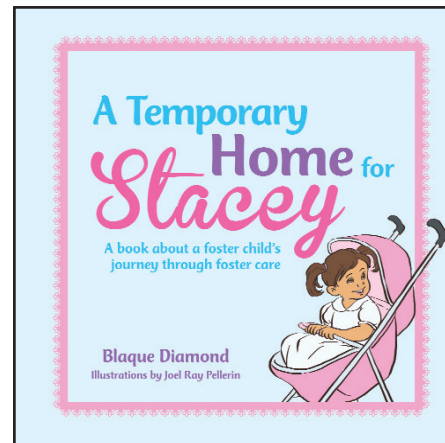
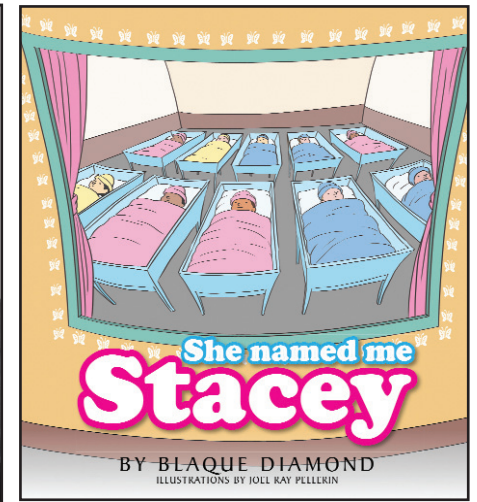
"I have long wished for a book that explains a child's journey through the foster care system to adoption, that was simple enough for a child to understand, but specific enough for a foster and adoptive parent to read to and with the child.

Author, Blaque Diamond, has done this brilliantly, in a three-book progression, that explains the journey from birth, to foster care, to adoption," said Tami Morningstar, a 28-year veteran on the front lines of child welfare in Baltimore City.

She Named Me Stacey: The first book in her series, She Named Me Stacey offers a vivid representation of both timely and well-informed decisions made in the best interest of Stacey. Diamond shows how a mother's decision can impact her child's life as well as the life of others.

A Temporary Home for Stacey: The second book in the series, A Temporary Home for Stacey opens readers' eyes to the process that foster child(ren) encounters to have one single, stable foster care placement. This book shares challenges and lesson-filled occurrences for foster parents, adoptive parents, and anyone wishing to parent.

Stacey F., My Forever Mommy: Stacey F. My Forever Mommy tells the story of Stacey as she transitions from a temporary family to her forever family. This book is tailor-made for families exploring foster care and adoption.



Author Blaque Diamond will sign and sell her books along with over 40 authors on Saturday, October 15, 2016, at the 7th Annual African American Author's Expo and Multicultural Book Fair at Morgan State University, Student Center in Baltimore City.

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Guest Editorials/Commentary

Give Communities of Color a Voice in Reshaping Education

By Wade Henderson

For the first time in our nation's history, the majority of students in public schools are students of color. But in most places, communities of color still have little meaningful say in how their states manage and resource education. As a result, too many students in this new majority are in overcrowded classes and inadequate facilities where teachers are overworked, underpaid and stuck with a curriculum that lacks rigor and relevance.

All students deserve the opportunity to learn and work hard in a healthy environment with excellent teachers, but even 62 years after *Brown v. Board of Education*, our nation is reeling from the unfulfilled promise of an equal education for all. Educational equity is vital to our nation; two-thirds of all future jobs will require some level of higher education, and research suggests that within the next 10 years, our economy will face a deficit of 11 million skilled workers. Continuing policies that fail to prepare all students for college and careers is an immoral and self-defeating choice that stunts our nation's economic potential—and mocks our democratic ideals.

But now there is an opportunity for states, districts and schools to make a better choice. The Every Student Succeeds Act, or ESSA, the federal education law Congress passed late last year, requires that parents and communities be meaningfully engaged in determining how states equitably educate their children.

Under ESSA, every single state and school district is confronted with a question of enormous consequence: Will they work with new majority communities to develop plans and policies that ensure excellent schools for all children? Or will they continue to make their decisions in a bubble, avoid accountability and do a disservice to students in the process?

Progress is not guaranteed. For this new law to improve education for every student, states need to put communities in the driver's seat and focus on the interests of marginalized students. We have always had strong, clear and diverse voices demanding that our education system serve the interests of their children—but decision-makers rarely listen.

Recent research shows that black and Latino parents understand what the problems exist in their children's schools—and they have clear ideas about what should change. They know that the schools their children attend don't get as much funding as schools White children attend; they know their children aren't getting as good an education as White children; and they know that race is at least one of the reasons why. But they also believe good teaching and high expectations are critical and they want both for their children.

This is all information that states should be taking into account when determining their policies and programs under the new law. And to do that, states, districts, and schools have to engage new majority parents and communities. They have to build strong accountability systems that identify and target meaningful support and improvement in any school where all students—or any group of students—are not learning. They have to provide robust data and reporting about how well schools are educating students and they have to provide them in formats and languages that parents can understand. And, as communities of color demand, they have to distribute resources—high-quality teachers, challenging coursework, up-to-date facilities and classroom materials—more equitably.

Last year during the debate over the new law, states argued that they were in the best position to make decisions that would benefit all students. Now is the time to prove it.

Every single child in this great country deserves a world-class education. But that can't happen if states and districts ignore the priorities of the families they serve. Experience shows that this can be done. All we need is the will to sit down, open our minds and listen to what all families are saying.

Wade Henderson is president and CEO of The Leadership Conference on Civil and Human Rights, a coalition of more than 200 diverse civil rights organizations. To learn more about their work at <http://www.civilrights.org>.



Commentary

Getting Our Act Together For America

By Glenn Mollette

The November 8, 2016, Presidential vote is coming soon. The votes will be cast and either Hillary Clinton or Donald Trump will be our next President. In January 2017, Barack Obama will move out of The White House and either Trump or Clinton will move in.

We will have a new President, and regardless who is elected a lot of people in our country will be unhappy. A lot of people were unhappy four years ago and have always been at every election.

By the time this is over will the Clinton people and the Trump people even be able to speak a civil word to each other? If you are going to have a peaceful gathering with your family or large number of friends you will probably be wise to not mention either name. The mere mention of either name brings a rise of rhetoric, debate and unfortunate anger. Most Americans who have given our issues and candidates much thought have a lot of passion about this election and each candidate.

Social media has created a somewhat safe haven for people to share with candor how they feel about things related to this election. However, open support for either candidate means you can figure approximately fifty percent of your social media friends are ticked off at you and probably do not like you.

When this election is over we had better try working together in this nation. I don't see how we can survive another four years if we continue to fight and bite each other. Our inner cities need for all of us to come together. Our military needs a united America.

Can you imagine fighting on the battlefield representing America while most of whom you are representing are fighting each other? Our children and grandchildren need us to pull together.

There will not be an America to enjoy if we don't get our act together in this country!

Glenn Mollette is a syndicated columnist and author of 11 books. His column appears in all 50 states. To contact him, email: GMollette@aol.com.

Easing America's Pain Epidemic: Managing opioid addiction in the black community

By Patricia Maryland, Dr.PH
NNPA Newswire Guest Columnist

A patient-centered approach to improving the health of the African American community

As America grapples with prescription opioid addiction, an epidemic shattering communities across our nation, healthcare providers face a challenging question: How can we help patients treat and manage their pain while reducing the risk of addiction?

Pain management is a serious health issue, as chronic cases of pain now affect more Americans than diabetes, heart disease and cancer combined. Not only does persistent pain afflict the emotional and financial well-being of people and their families, it also exacts a significant strain on our country—in the form of healthcare costs, long-term disability and lost worker productivity.

Pain does not discriminate based on background or health status, yet research points to substantial disparities in the prevalence, treatment and outcomes of pain. For many African-Americans and

other minorities, understanding why these disparities exist is paramount to achieving pain care equity and improving quality of life.

Minorities are not at a higher risk for pain-related conditions than their white counterparts, but African-Americans consistently receive less-adequate treatment for acute and chronic pain—even after controlling for age, gender and pain intensity. What's more, research also shows that minorities are more likely to be pre-

scribed less-effective, non-opioid medications or opioids at a lower prescription dosage—than whites even when pain severity levels are comparable. That is not to say opioids are always the preferred tool for treating pain. Indeed, when appropriately administered, opioids can help patients relieve or manage their pain. However, the prescription of less-effective medications or lower dosages does signal a troubling gap in instances when opioids can be an effective, pragmatic solution for African American patients.

Access is another instrumental lever in erasing the pain care gap. The Afford-

able Care Act (ACA) widened helped to increase access to the doors to healthcare considerably for African-Americans, but too many individuals remain uninsured or unable to access basic medical services, including pain relief. Encouraging loved ones to take advantage of the opportunities provided by the ACA can help them access the care and treatment they need to live comfortably.

But access alone is not enough. Equally important is building trust with the healthcare community so that pain-related conditions can be treated, managed and prevented. We know some African-Americans continue to be skeptical of the healthcare system, and that lack of trust can lead African American patients to underreport their pain levels, only furthering inadequate pain management. African American patients must

take charge of their health and feel empowered to honestly communicate and set expectations with healthcare providers in order to receive the right care at the right time. At Ascension, we're working to achieve equitable pain management across all minority groups. We know our field is at a tipping point, and a failure to treat pain is not only poor medicine, it's denying our brothers and sisters a basic human right. That's why we are working in concert with our patients to develop national, comprehensive guidelines to pain management—standards that embed healthcare equity with our understanding of patient history and cultural sensitivity.

Guided by this understanding and deepened by our relationships with our patients, we are committed to the highest standard of pain management along the care continuum. This work also requires we actively engage African American patients and explore all pathways to care, including non-medicine, integrated forms of therapy. There is still much more work to do to truly and fully eradicate disparities in pain management, and every member of our community has a role to play. Too many of our family members, friends and neighbors are hurting—often in silence—from pain in many different forms. Together, healthcare providers and the communities we serve can empower and support vulnerable patients along their pathway to relief.

Patricia A. Maryland, Dr.PH, is the President of Healthcare Operations and Chief Operating Officer for Ascension Health, the healthcare delivery subsidiary of Ascension, the nation's largest non-profit and largest Catholic health system.

“Many factors are at play in understanding why African American patients are more likely to receive inadequate pain treatment, but physician bias is perhaps the biggest factor.

While most physicians are strong advocates for health equity, negative preconceptions can creep into how pain is addressed in the clinical setting.”

The Baltimore Times

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Me and Pops: Showing Boys Path to Becoming Men

By Deborah Bailey

Even though it was the first football weekend in Baltimore, fathers and sons, uncles and nephews, mentors and mentees put down the pigskin to spend a day engaged in learning what it takes to shape boys into men at the “Me and Pops” event on Saturday, September 24, 2016, sponsored by the PATIENTS (Patient-Centered Involvement in Evaluating the Effectiveness of Treatments) Program, Pharmaceutical Health Sciences Research Department and the University of Maryland School of Pharmacy.

The first annual Me and Pops event was an opportunity for the PATIENTS program to extend its reach to African American boys, young men and their adult male role models in West Baltimore and Baltimore County, according to Rodney Elliott, former University of Maryland basketball player and current student and co-coordinator of the Me and Pops event.

Damien Cooper, director of Neighborhood Relations for City Council President Bernard C. Young and founder of Project Pneuma, brought a vanload of young men to spend the day soaking up the inspirational atmosphere. Project Pneuma is a mentoring organization teaching Baltimore boys and youth how to remain calm and better handle stressful situations.

“We like to give our young men exposure to real life and new possibilities. When they get an opportunity to get out of their communities and see men who look like them and who are making it, then they want to work harder, be a little smarter; focus on doing what’s right in the community,” Cooper said.

Marques Howard, age 13 who attends Cross County Elementary/Middle School said the Me and Pops event reinforced the lessons he learned through Project Pneuma. “Today I learned again that there are multiple ways of resolving conflict without violence. Sometimes you just have to get your parents involved,” said Howard.

Seminars were filled with good advice from successful professionals like Sergeant Louis Hopson of the Baltimore City Police Department. Hopson, like all of the professionals invited to speak to the young boys and men at the Me and Pops event, remains close to community causes. He spent the day showing the



young men ranging in age from eight to 18 that their lives mattered.

“Our children are that important. I’m a shift commander at Juvenile Booking and a shift commander at Central Booking. I see young people come in all the time,” Hopson said. “I can count on one hand how many times I’ve seen a father come in to pick their child up. The first male they meet is a police officer and judge and that’s not how it should be.”

“Young black men learn through emulation. They need opportunities to watch adult males and repeat what they see,” Hopson said to the audience.

Hopson along with University of Maryland Medical Resident Geden Frank and Ako “Chana” Onyango, director of Community Mediation of Baltimore and other established professionals spoke with youth participants during the event’s two interactive panels. Youth asked the panelists personal questions about the path to success, relationships and about their life regrets.

Panelists were honest with the young men, like successful businessman Rod Stokes who confirmed the relationship between reading and success in a way young people could understand.

“I wish I would have read books earlier,” Stokes said. “I read everything I can about everybody I want to be like but what if I started that practice earlier in my life,” Stokes asked the wide-eyed young men. “I may not know every successful entrepreneur personally but I’ve met them through their books,” Stokes said.

Participants and parents ended the day



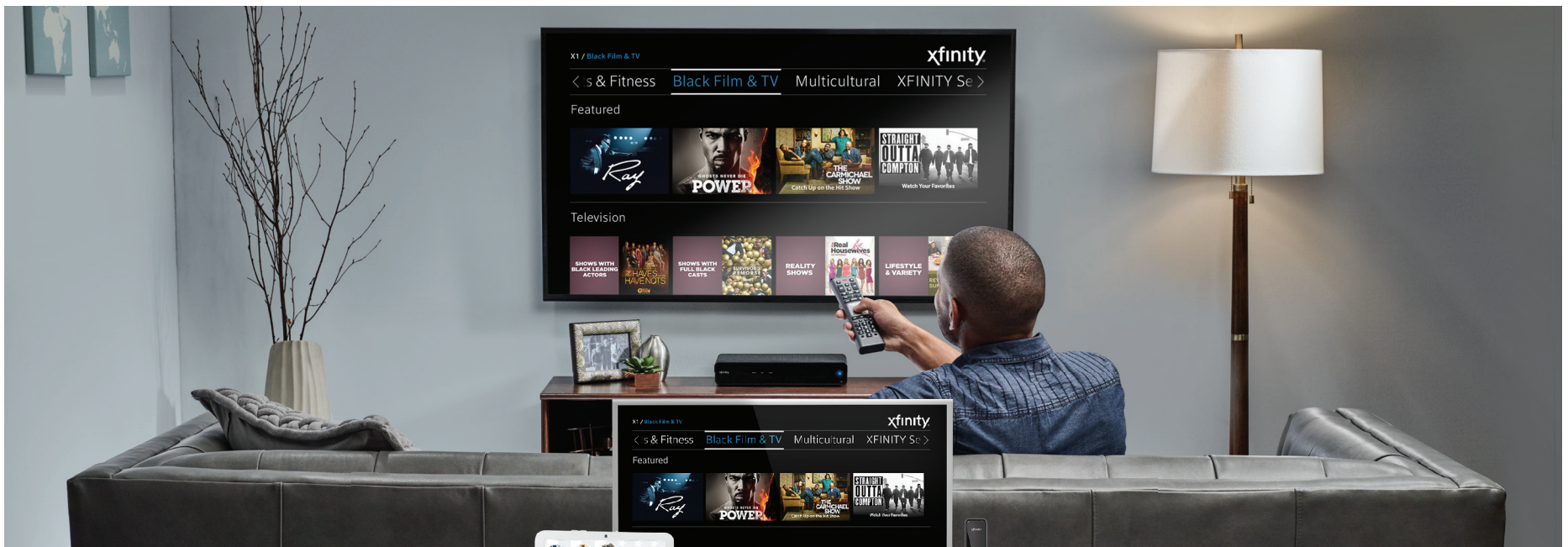
(Top left) Rodney Elliott (left) and Dr. Jasel Martin (right), who organized the event in her role at the University of Maryland School of Pharmacy with the lucky winner of the Raven’s Raffle, which included two Baltimore Ravens tickets, a Ravens blanket, a football, Ravens calendar, Ravens keytag and other Ravens promotional material, as well as the book “Affirm: I Am Powerful Enough,” by Marvin Mack. Three young men also won raffles that day for Under Armour shoes. (Top right) Timothy Rich, Sr. with his two sons, Timothy, Jr. and Tamauri. (Above) Youth from Project Pneuma, a mentoring organization fully participated in the day’s events. Each participant at the Me and Pops event received an Under Armour shirt. Photos by Tenny Joseph, UM School of Pharmacy Student

shooting hoops at the University of Maryland at Baltimore’s penthouse basketball court.

Martin believes the day was the start of a tradition for the University of Maryland Baltimore, the state’s premier flagship health-focused university.

“You cannot understand someone’s

health condition and how to improve their health condition unless you understand their social conditions and cultural traditions,” Martin said. “The young men had a great day—a very interactive day. I’d like to see a continued connection to the young men that are here today while we reach out to others.”



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Ravens need a spark to jumpstart running game

By Turron Davenport

Through four games, the Baltimore Ravens averaged only 94.2 rushing yards per game—a far cry from the successful ground and pound Ravens' running teams of the past.

Under the leadership of offensive coordinator, Gary Kubiak, the Ravens and their zone-blocking scheme averaged 126 rushing yards per game. They ran their way to a close defeat at the hands of the New England Patriots on the road in the divisional playoffs.

Now, under the guidance of offensive coordinator Marc Trestman, the Ravens rushing attack is struggling. Through four games, Baltimore only has three rushing touchdowns.

Even though they are 3-1 and sitting atop of the AFC North, something has to change.

Head coach John Harbaugh is trying to find a way to jumpstart the running game and made a surprise decision to deactivate Justin Forsett.

"We were looking for a spark, I guess, more than anything," Harbaugh said after their loss to the Oakland Raiders on Sunday. "It's nothing against Justin Forsett, for sure. Justin came out this week, and he knew the situation, practiced great and just did a great job like he always does."

Harbaugh said they wanted to see if they can kick start the running game by giving Terrence West the start and using Buck Allen to spell him.

"That was the idea," Harbaugh said. "I think I need to make clear—that doesn't mean we think Justin Forsett was the problem with the running game, by any chance. But, you've got to try to do something."

The Ravens found some success running the football but Baltimore lost the lead on the final drive by the Raiders. West was able to pick up 113 rushing yards on 21 carries, and he scored a rare rushing touchdown. His 100-yard rush-



Terrence West takes the field before the Baltimore Ravens vs. Oakland Raiders game at M&T Bank Stadium in Baltimore, Maryland on October 2, 2016. West was given the start in the game.
Courtesy Photo/nfl.com

ing performance was the first by a Ravens running back since week five of the 2015 season when Forsett rushed for 121 yards in a loss to the Cleveland Browns on October 11, 2015. That is almost a full calendar year.

Now in his second season with his hometown team, West was glad to see the running game get back on track.

"It feels good to contribute and put it all on the line, and do what I need to do to help this team win, any way [I can]," West said after the Ravens loss on Sunday. "The offensive line did a great job opening up the holes, and I took advantage of it."

The Ravens will next host their beltway rivals in the Washington Redskins. Washington is giving up an eye-popping 133 yards rushing per game. Their run defense is among the bottom three in the NFL.

Sunday will present a golden opportunity for the Ravens to run the football successfully and notch another win on the season.

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Reginald F. Lewis Museum hosts teen summit

Baltimore— The Reginald F. Lewis Museum hosts “Teen Summit: Stop the Violence” on Saturday, October 22, 2016 from 10 a.m. to 3:30 p.m. as a part of Free Fall Baltimore.

The forum will provide safe and artistic spaces for youth to process the adversity they have faced in their lives, brainstorm solutions to prevent and reduce gun violence, and become change agents. The event is a related program to the museum’s newest exhibit, Kin Killin’ Kin.

“We saw an important need to gather youth as we host the exhibit Kin Killin’ Kin. The images in KKK expresses the artist James Pate’s concern for the heart-breaking deaths of young people due to gun violence. As a museum based in Baltimore, we are in a community where youth are continuously experiencing trauma from losing their loved ones or peers early in life. The summit lets the problem-solving and healing process begin with the youth themselves,” said Dr. Roni Jolley, director of education at the Reginald F. Lewis Museum.

Youth, ages 12-19, will participate in

workshops on conflict resolution, skill-building and creative nonviolent expression through music, writing, visual arts, and media. The keynote presentation is writer and political activist, Kevin Powell. Activities include a youth panel moderated by WEAA radio host Farajii Muhammad and a culminating spoken word and hip hop performance by Speak Life Tour that promotes peace and non-violence. Workshop presenters include the Griot’s Eye, Art With A Heart, Kariz Kids Youth Enrichment Services, Warriors Entertainment LLC and Baltimore Peace by Piece.

This event is free, however, online registration is required. To register or for more information, visit: www.lewismuseum.org.

The Reginald F. Lewis Museum of Maryland African American History & Culture highlights the history and accomplishments of African Americans, with a special focus on Maryland. A Smithsonian affiliate, the museum engages visitors through its permanent and special exhibitions, resource center, as



“Teen Summit: Stop the Violence” takes place on Saturday, October 22, 2016 from 10 a.m. to 3:30 p.m. at the Reginald F. Lewis Museum in Baltimore. To register for the Teen Summit or for more information, visit: www.lewismuseum.org.

Photo Credit: Kyle Pompey

well as programs such as its film series, live music performances, and family programming. For more information

about the Reginald F. Lewis Museum, call 443-263-1800 or visit: www.lewis-museum.org.

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October is Breast Cancer Awareness Month

Early Detection Can Be a Life Saver

By Ursula V. Battle

October is Breast Cancer Awareness Month, which is an annual campaign to increase awareness of the disease. Recently, Amy McCoy reflected back on this time in her life two years ago.

“2014 was a very difficult year in my life,” recalled McCoy. “I had recently lost my father to lung cancer, and my mother had received a breast cancer diagnosis. “I had gone to Advanced Radiology for an examination for an upcoming surgery, and during the exam, a lump was detected. That lump had been there since I was 18. I never worried about it because it had been a cyst. However, this time it turned out to be a very large tumor, and before I left Advanced Radiology that day, I was informed I had breast cancer.”

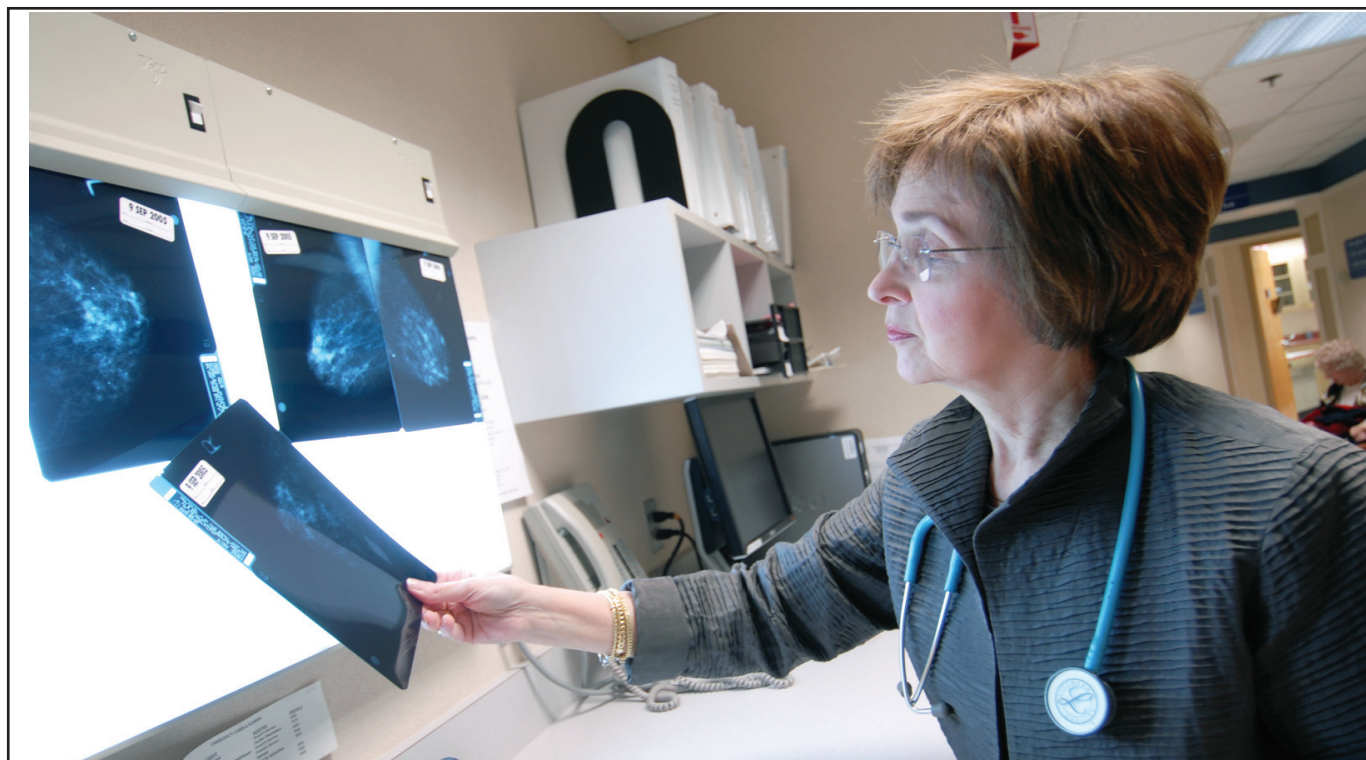
McCoy was 36-years-old when she was diagnosed with Stage 3 breast cancer. According to the National Breast Cancer Foundation, Inc., (NBCF) breast cancer ranges from Stages 0 to 4. Stage 0 breast cancer is a non-invasive cancer where abnormal cells have been found in the lining of the breast milk duct. Stage 1 is when breast cancer is evident, but it is contained to only the area where the first abnormal cells began to develop.

Stage 2 means the breast cancer is growing, but it is still contained in the breast or growth has only extended to the nearby lymph nodes. In Stage 3, the breast cancer has extended to beyond the immediate region of the tumor and may have invaded nearby lymph nodes and muscles, but has not spread to distant organs. Stage 4 breast cancer means that the cancer has spread to other areas of the body, such as the brain, bones, lung and liver.

Now 38, McCoy’s breast cancer is in remission.

“I give the credit to God,” said the mother of three. “I am so appreciative of the care I received at the Comprehensive Breast Center at Saint Agnes. “They made me feel like I was their only patient, and gave me the kind of care that every patient deserves. “

Located at 900 S. Caton Avenue, Saint Agnes’ Comprehensive Breast Center is one of the first 135 hospitals in the U.S.



Dr. Diana Griffiths, Medical Director of the Comprehensive Breast Center at Saint Agnes Hospital reviews slides.
Courtesy Photo

to be fully accredited by the National Accreditation Program of Breast Centers (NAPBC). Physicians from multiple specialties come together to develop the most effective and comprehensive treatment plan for each patient.

“I had a medical oncologist, a radiation oncologist, a surgeon, a financial planner and the list goes on,” said McCoy. My mother is a patient there, and her cancer is also in remission. They are phenomenal.”

Dr. Diana Griffiths is the Medical Director of the Comprehensive Breast Center at Saint Agnes Hospital. She is credited with bringing the multi-disciplinary team approach to Saint Agnes Hospital.

“Breast cancer is the most common cancer after skin cancer for women,” said Dr. Griffiths. “The incidence among white women used to be higher than African American women. However, while the incidence among white women has stabilized, the incidence has increased among African American women. In some parts of the country, those numbers have caught up and even passed the incidence among white women.”

She added, “The other caveat to this is that what sets the African American community apart is that they tend to have higher mortality rates for breast cancer. People once thought that economics were a factor, but we now believe there may be some biological differences that have resulted in the more serious cases.”

With special expertise in medical oncology, Dr. Griffiths is highly recognized for her development of unique treatment plans and various treatment options.

“African-American women tend to have a higher incidence of more aggressive cancers, and often do not respond as well to hormone-based pills and other treatments,” said the medical oncologist. “Certain cancers have a more aggressive course when these treatments don’t work.”

She added, “Since African American women tend to not be as responsive to these treatments, we believe biological differences are a contributor to the disparities regarding black women and breast cancer. While this hasn’t been pinned down, we strongly believe there is a component picture in there.”

Dr. Griffiths says the best approach to fighting breast cancer is preventative care.

“Mammograms continue to be the most effective screening exam for breast cancer,” she said. “I recommend annual mammograms starting at age 40. Mammograms help to detect at an earlier phase, as opposed to waiting for a person to feel something in their breast. Lifestyle changes such as maintaining a healthy body weight, regular physical activity, limiting alcohol consumption, not smoking, and eating more fruits and vegetables also lowers the risk.”

She added, “Early detection is the key. The death rate for breast cancer has dropped by 36 percent since 1989 due to early detection and new advances in treatment. Getting a mammogram may be a little uncomfortable, but it’s a whole lot better than being diagnosed, and then being told nothing can be done. Women have to be healthy and take care of themselves so that they can be here with those they love and care about.”

For more information about the Comprehensive Breast Center at Saint Agnes, visit www.stagnes.org

Baltimore woman receives national caregiver award for devoted service

BrightStar Care Honors Kathy Carter with 2016 Caregiver of the Year Recognition

Baltimore— Patient, compassionate and resilient are three words that exemplify one Baltimore woman who has dedicated her life to caring for others. For the past six years, Kathy Carter, a caregiver with BrightStar Care of Baltimore, has taken on more than just her licensed role of CNA and Med Tech, but rather the role of best friend to those she works with. Her devotion was recognized this week when BrightStar Care, one of the nation's leading provider of in-home care, named her as its 2016 National Caregiver of the Year.

The Caregiver of the Year Award honors the hard work, person-centered care and dedication of a star caregiver within the BrightStar Care system, a franchise that provides both medical and non-medical in-home care and medical staffing and whose franchisees employ nearly 14,000 nurses and caregivers. Each year, hundreds of families across the country nominate their BrightStar Care caregiver by providing a testimonial about the outstanding and devoted services delivered to their loved one, and this year Kathy's two heartfelt nominations contributed to her being named the winner.

"Kathy's nomination letters describe her as a compassionate, person-centered, attentive, fun, and professional caregiver—all the attributes that make her an outstanding BrightStar Care caregiver," said Sharon Roth Maguire, MS, RN, GNP-BC, BrightStar Care Chief Clinical Quality Officer. "I am so proud of the way Kathy mentors fellow caregivers and shares her wisdom with families so that her clients receive the very best care. It is clear why her clients love her so much, and we are honored to select her as our 2016 National Caregiver of the Year."

One nomination came from a paraplegic client who compliments Carter on her attention to detail and doing things the way he likes as well as her optimistic attitude. "Kathy picks up on my mood and does her best to get me out of my 'funk.' She is a good listener and talks

with me about my problems, not so much offering advice but encouraging me to think through alternatives and to be glad for what I do have in my life. She is the kind of caregiver that you would love to have, the kind you would picture for yourself. Having her brings a smile to my face every day."

"Kathy goes above and beyond the call of duty."

The second nomination letter was from the daughter of one of Kathy's clients, who describes how she helped alleviate some of her own personal stress by becoming a caregiver for her mother. She adds that Kathy served as a role model for other caregivers who support her mother.

"Kathy goes above and beyond the call of duty. She can get my mother to eat when she doesn't want to and she is the

only one that can get her to swallow her large pills," wrote the daughter. "Kathy genuinely cares for my mother, for her this is more than just a job it's a calling."

Kathy was first selected as the Northeast Regional finalist and was invited to join the three other regional finalists in Chicago at the BrightStar Care annual

franchisee conference September 22, 2016, where BrightStar Care CEO and co-founder Shelly Sun announced Kathy as the company's 2016 National Caregiver of the Year.

Early last month, Kathy was presented a regional award at a surprise event hosted by the owner of the Baltimore BrightStar Care, Lynn Berberich. During the reveal event, Kathy was given a tro-

phy and a sash to celebrate her award and was surrounded by family, friends and coworkers.

"When I walked through this door it was amazing," said Carter. "Words just can't describe how I felt, I was just overwhelmed. People like to be touched, they like someone to listen to them, and at BrightStar Care, that's what I do for all my clients."

To meet Kathy and to watch a video of her reveal event, which includes heartfelt comments from two of her clients, visit:

www.brightstarcare.com/blog/2016-caregiver-of-the-year-kathy-carter/. For more information about BrightStar Care of Baltimore, call 443.275.2796 or visit www.brightstarcare.com/baltimore-city-county/.



Baltimorean Kathy Carter, BriteStar Care 2016 Caregiver of the Year
Courtesy Photo

Local Startup Helping Dominican Farmers

By Stacy M. Brown

Luis Solis is described by those who work with and for him as a passionate and dedicated leader, who has poured his heart and soul into all things Caribé.

The Baltimore resident has done his due diligence, researching and discovering that in America, a mango can cost more than \$2 at a grocery store but in his native Dominican Republic, small farmers are leaving the fruit laying in piles to rot because they have no one to sell it to.

Solis is working to change the plight of farmers in his home country with Caribé Exotic, his new juice startup business that sources its tropical fruits directly from tiny farms on the island that would otherwise have no way of earning a profit.

“Our goal is to eliminate the middle man. We want to be sourcing fruits directly from farmers at a fair price and turn it into a product that has demand in the United States,” Solis said. “That is what our brand is about, we want to be able to replicate that system in other countries. However, in order to do this, we have to build a demand for our brand in the United States as well as awareness.”

The story of Caribé began when Solis said he noticed juice offerings did not match the quality flavor or experience he and his business partners had grown accustomed to drinking when living in the Dominican Republic, where natural, fresh tasting, nutrient packed juices are a cultural staple.

Today, the company offers a portfolio of cold pressed juices made from exotic fruits, all of which are sourced from the Caribbean which helps farmers sell their fruit abroad, giving them access to different markets they otherwise would not be able to reach.

The company operates primarily out of Washington, D.C. and Miami and its products can be found in places like Whole Foods Markets and Virginia’s Blue Ridge Country Store.

Solis says there are a few reasons why farmers in his native country are forced to leave fruit piles.

“The first being that the fruits that we source are not that common in the states and they do not have the market for it,” he said. “Second, a lot of the fruits re-



Baltimore resident and Dominican Republic native Luis Solis (shaking hands with customer) aids small farmers in his homeland by donating 20 percent of his proceeds to them, while working with the Dominican Government to obtain the necessary certification that will allow Dominican farmers to compete in the international market. Courtesy Photo

quire processing in order to make it safe for exporting and that is something that small farmers can’t afford to do. They sometimes end up selling to brokers for an extremely inexpensive price.”

Prior to starting Caribé Exotic more than two years ago, Solis says he spoke with a farmer who told him that he usually sells his mangoes for one to three Dominican pesos which is equivalent to two to seven cents in the United States.

“When comparing this to the United States where Mangoes are sold for \$1 to \$3, it gave me the inspiration to start the company,” he said.

Currently, the government of the Dominican Republic is working with farmers to create a consortium they hope will allow them to create leverage and negotiate better deals.

While that could take time, Solis said his company continues to look for ways to partner with the government to support farmers by helping them to obtain certifications that will allow them to compete in the international market.

For every bottle of juice Solis’ company sells, he donates 20 percent of the proceeds to small Dominican farmers—s funds they’d otherwise struggle to obtain.

The growth of his company has allowed Solis to buy the entire crop of fruit from some of the farmers, according to Solis.

“That is what our brand is about. It is our hope that we will create these opportunities for other countries,” Solis said. However, in order to do this, we have to build a demand for our brand in the U.S. as well as awareness. “It makes us extremely happy to see the smiles on the farmers’ faces when we give them these opportunities and help them succeed.”



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Community festival in Poppleton spreads unity, hope and love



The Montgomery County, based God's Connection Transition, The Poppleton Community Neighborhood Association and Quanta Davis, a local entrepreneur partnered to host the "Sowing a Seed Festival" on Sunday, September 25, 2016 in the Poppleton neighborhood in Baltimore City. Organizers garnered support from local businesses, including Majic Clips Barbershop and Poppleton residents were treated to free haircuts. Bags of food were distributed, shoes and clothing were handed out, and games and activities were provided for the entire community during the festival. Organizers believe the festival was a way to bring the entire community together in love to heal since in the past year and a half, there have been several murders in the neighborhood.

Courtesy Photos

By Andrea Blackstone

God's Connection Transition (GCT) was founded in Montgomery County, Maryland in 2007 by Arnold and Theresa Harvey—a couple who spawned a movement proving that compassionate acts can make a big difference in the lives of people who are less fortunate.

Arnold is the president and Theresa is the CEO of the family-owned and operated nonprofit based in Gaithersburg. With the help of their daughter, Angela Harvey, son-in law, Raphael Clement and committed volunteers and interns, GCT's founders remain on a mission of meeting the basic needs of low-income families and people experiencing homelessness while also promoting greater levels of self-sustainability.

What began as a way to help people living on the streets on Arnold's driving route as a waste collection driver led to uniting more like-minded people who want to move communities forward in various local areas, including Baltimore.

On September 25, 2016, GCT helped

to spread a message of community love and unity in the Poppleton neighborhood in Baltimore by hosting the inaugural "Sowing a Seed Festival" in collaboration with The Poppleton Community Neighborhood Association (PCNA), and Quanta Davis, a local entrepreneur who operates a food truck in Poppleton.

Bags of food were distributed, shoes and clothing were handed out and 40 brand new bicycles were given away to members of the community.

Additionally, toys and household items were raffled; free haircuts and hairstyling, as well as moon bounce fun and games were provided for both adults and youth in the community.

Festival organizers also partnered with other local businesses, including: Majic Clips barbershop; Spicknall's Farm Market; Mid-Atlantic Gleaning Network; UTZ Foods; PepsiCo; Pepperidge Farm; and Chevy Chase Supermarket; We're Having a Party; and Community Pools to launch the successful event.

"This is the first event GCT has sponsored in Baltimore," Angela Harvey, GCT's Operations Manager said. "How-

ever, we have been distributing 'love bags,' which are bags filled with food, toiletries and other necessities, to people experiencing homelessness in Baltimore for the past year."

Although reducing hunger is GCT's primary mission, the organization hosts community events in low-income neighborhoods to support those in need. Items from hygiene products and household items to tents, sleeping bags and camping supplies are sometimes provided to individuals experiencing homelessness.

"GCT partnered with the PCNA and local businesses to host the Sowing a Seed Festival. I have lived in Poppleton for more than 20 years, and as far as I know, it's the first time an event like this has taken place in this neighborhood, specifically for the residents in this community," said Wali Mutazammil, PCNA's president, explaining why the progressive festival was noteworthy.

"Members of the PCNA and I desired to do something to help our community come together and heal. In the past year and a half, there have been several murders. Tensions have been high between

the younger and older residents, and groups from different streets have animosity towards one another. We felt that the festival was a way to bring the entire community together in love. We wanted to show that the neighborhood association cares about the people who live here...and to show that businesses in this community care about the people who live here. We wanted to sow a seed of compassion, generosity and solidarity."

Arnold added that his organization plans to continue various forms of outreach work in Baltimore.

"We will continue to do our homeless outreach activities. I anticipate that this festival will be an annual event and the PCNA agrees," Arnold said. "We are also looking forward to reaching out to other at-risk neighborhoods in the city to see if this event can be duplicated in other areas."

For more information about GCT, to volunteer or to make donation to the organization's cause, visit: www.gctservpeople.org.

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3rd Annual Baltimore International Black Film Festival

REEL UNITY

October 5-10, 2016

Venues: Charles Theatre, Murphy Fine Arts Center,
The Motor House and Reginald F. Lewis Museum

Highlights

Oct 5th

5pm **Opening Night Reception:** Nancy by SNAC

7pm **Opening Night Film:** **BaddDDD Sonia Sanchez**
90 min Documentary with scheduled appearance
by Sonia Sanchez

(Directors: Barbara Attie, Janet Goldwater, Sabrina Schmidt Gordon)

BaddDDD Sonia Sanchez is a portrait of the artist, revealing Sanchez's uncompromising life. Deemed "a lion in literature's forest" by poet Maya Angelou, Sanchez for decades has raised her voice in the name of black culture, civil rights, women's liberation, and world peace.

Oct 6th

4:30pm **Working With SAG-AFTRA Professional Actors Workshop**
Jane Love, Associate Executive Director, Washington-
Mid Atlantic Local SAG-AFTRA will lead the workshop.

6 pm **Youth Film Festival Night** (in partnership with Arts Every Day)

Oct 9th

8:30pm **Closing Night Film 'How to Tell That You're A Douchebag'**
Premiered at Sundance 2016 (Directorial Debut: Tahir Jetter)
'How to Tell You're a Douchebag' is a Black Rom Com for the 21st Century
- Sundance review <http://www.indiewire.com/2016/01/sundance-review-how-to-tell-youre-a-douchebag-is-a-black-rom-com-for-the-21st-century-158630/>

10pm **Awards Ceremony and Closing Reception**



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High-Performance Multi-Gigabit Ethernet Network Expanded in Annapolis

Investment designed to support business communities requiring high-capacity network services

Annapolis— Comcast Business announced a multi-million dollar expansion of its fiber-based network across Annapolis, Maryland. Capable of delivering up to 100 Gigabits-per-second (Gbps) of network capacity, these high-performance Ethernet services will help more than 900 local businesses, schools, hospitals and other organizations stay competitive in this rapidly changing economy.

The first concentrated expansion to launch in the state encompasses large business districts in the Annapolis area that extend from City Dock through Parole and beyond. The completed investment will provide businesses and government organizations with high-performance Ethernet, Internet and advanced voice solutions in areas of economic growth, including the Annapolis Mall, Annapolis Towne Centre in Parole, Festival at Riva, and the Riva Road County Government campus.

"We live in an incredibly unique region that offers the perfect combination of picturesque scenery, history-laden architecture and an abundance of shopping and dining options, but we are most proud of the incredibly diverse businesses that have chosen to make Annapolis their home," said Tami Howie, executive director of the Chesapeake Regional Tech Council, which has offices in Annapolis. "Knowing these organizations now have access to multi-Gigabit Ethernet services from Comcast Business will make our community even more appealing to those businesses while also helping us attract new ones."

This Ethernet build-out will provide businesses with access to a comprehensive portfolio of multi-Gigabit Ethernet options that will help meet the day-to-day demands of organizations requiring



Byron Cantrall
Regional Vice President
Comcast Business
Courtesy Photo

large amounts of bandwidth, looking to link multiple sites or branch locations or planning to connect their offices to a third-party data center.

All of Comcast Business' multi-Gigabit Ethernet services are delivered over an advanced network that serves 20 of the nation's 25 largest markets and spans 145,000 miles across 39 states and the District of Columbia. Comcast was the first service provider in the world to offer Metro Ethernet Forum (MEF) CE 2.0 certified Ethernet services and was also the first to achieve all three of the previous CE 1.0 certifications (MEF 9, 14 and 18).

"Whether it's a school providing tablets to its students for online learning, a hospital transferring large imaging files or a retailer looking to connect multiple locations, capacity and performance are increasingly becoming the two main engines driving all businesses," said Byron Cantrall, regional vice president for Comcast Business. "Our fiber expansion in Annapolis is the latest example of the significant investments we've made to increase the availability of our multi-Gigabit Ethernet services to help foster economic development and meet the needs of customers across the Chesapeake Bay region."

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Rambling Rose

*African American Author's Expo
celebrate seven years*



Rosa Pryor Trusty

Hello my friends and fans. How are you? Well, I believe the summer is really gone but the entertainment is jumping up and down doing the James Brown.

I am talking about one of the last outdoor festivals we had in Druid Hill Park hosted by the Baltimore Jazz Alliance Association 1st Annual that was very organized, and considering the liquid sunshine they had all day on October 1, it was well attended. The live entertainment was awesome and non-stop. Bravo BJA! Job well done guys.

I met a fan at the event—“Rena Sweetwine”—and she informed me that she was a singer and has a band called “Jazzy N’ Blue. They will be performing at the Tea Volve, located at 1401 Aliceanna Street in Baltimore on Saturday, October 8, 2016 at 8 p.m.. We both need to check her out.

The African American Author’s Expo is gearing up for their 7th Annual Author’s Expo on Saturday, October 15, 2016 from 11 a.m. to 5 p.m. at the Morgan State University Student Center located at 1700 E. Cold Spring Lane in Baltimore. Over 40 authors, publishers and printing companies are expected to attend. There will also be free workshops, panels, health and wellness screening, vendors, youth writers challenge, arts and crafts, live entertainment and much more. And, ladies and gentlemen it is a family event and free to the public. Some of the authors who are participating are: yours truly, Rosa “Rambling Rose” Pryor-Trusty autographing both of my books, and if you are a reader, you can meet and greet some of your favorite authors such as; K’Wan, Haki Ammi, Robyn Franceen Evans, Dawn Queen-Clayton, Lolita A. Kelson, Iris Bolling, Kem Sogunle, Dominique Jones, just to name a few.

On Sunday, October 9, 2016, there will be a “Hand Dance Extravaganza” at the Arch Social Club, 2426 Pennsylvania Avenue in Baltimore from 5 p.m. to 9

p.m. It will be a real party featuring the one and only Greg Hatza Organization and DJ Sir Charles. Cash bar and food will be on sale. I will see you there! For ticket information, call 410-206-3082.

My chapter, “Trinity #5 of the Eastern Stars” is hosting a Fall Cabaret on Saturday October 8, 2016 from 8 p.m. to midnight at the Most Worshipful Prince Hall Grand Lodge of Maryland, 1307 Eutaw Place, (side entrance). The event will include line dancing, hand dancing, 50/50 and door prizes. This is a fundraiser. For ticket information, call 443-962-5090.

“An Evening of Artistic Excellence” is being hosted by Contemporary Arts Inc. This is a free fall Baltimore event, featuring Baltimore’s Award Winning Baker Artists: Carl Grubbs, Joyce J. Scott, Vincent Thomas, Nicolle Martinell, Michelle Antoinette Nelson, Shodekeh, Paul Rucker, Todd Marcus, Ellen Cherry and Naoko Maeshiba on Thursday, October 13, 7-9 p.m. at the Meyerhoff Auditorium, Baltimore Museum of Art, 10 Art Museum Drive in Baltimore. For tickets and information, call Barbara Harrell Grubbs at 410-944-2909.

I am ending by saying to all of my fans and readers, please call now for your tickets to the “Baltimore Times 30th Anniversary Gala, which will be held at the Reginald F. Lewis Museum located at 830 E. Pratt Street in Baltimore on Saturday, October 22, 2016, from 7 p.m. to 10 p.m. Dress attire is After 5. You can purchase your ticket online at <http://goo.gl/fdgJV6> or contact Dena Wane at 410-409-6327. I do realize that all my fans do not have a computer or smart phone. I would love to meet my “Rambling Rose” Fans.

Well, my dear friends, I will see you real soon. Remember, if you need me, call me at 410-833-9474 or email me at rosapryor@aol.com. I am out of space. UNTIL THE NEXT TIME, I’M MUSICALLY YOURS.



Edmondson High School Class of 1963 recently held their Annual Cabaret, with Reggie K spinning the oldies, open buffet and BYOB



Rachelle Ferrell performs at the Blues Alley Supper Club on Friday, October 7 through Sunday, October 9, 2016 with two shows each night



Edmondson High School Class of 1963 recently held their Annual Cabaret, with Reggie K spinning the oldies, open buffet and BYOB



Royal Torrence, affectionately and professionally known as “Little Royal” passed away on Thursday, September 29, 2016 at the aged 82. Little Royal was also known as the younger brother of James Brown. The title track of his album “Jealous” reached #15 on the Billboard R&B Chart in August 1972.

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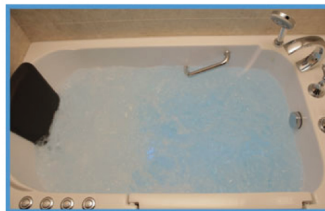


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The Pulse of Entertainment

By Eunice Moseley

Film Review: Deepwater Horizon

Academy Award nominated Mark Wahlberg (Planet of the Apes) stars in the Summit Entertainment presentation of Deepwater Horizon, a film based on the 2010 BP oilrig explosion. "Deepwater Horizon" shows what happens in a crisis when courage takes over.

Directed by Peter Berg, Deepwater Horizon also stars Emmy nominated Kurt Russell (Furious 7); Academy Award nominated John Malkovich (Transformers: Dark Side of the Moon); Academy Award nominated Kate Hudson (Kung Fu Panda 3); Golden Globe winner Gina Rodriguez (Jane the Virgin), and MTV Movie Award winner Dylan O'Brien (The Maze Runner).

The dramatic disaster thriller tells of the final hours of the Gulf of Mexico oil spill as worker Mike Williams (Wahlberg) says goodbye to his wife Felicia Williams (Hudson). His job is to build or repair the rig. When Mike finds out that the executive boss, Donald Vidrine, played by Malkovich (Conair), missed inspections to save a hundred thousand dollars for a multi-billion dollar company, he enlists his immediate supervisor Jimmy Harrell (Russell) who decides to test the rig. The test indicates that the numbers are not matching – not a good sign. While the tests continue Mike goes to his room to call his wife and Jimmy takes a shower. Vidrine pressures worker Jason Anderson played by Ethan Suplee ("Boy Meets World") to note that the rig was in good condition so they could continue because they were behind schedule. Just as they start



Mark Wahlberg stars in "Deepwater Horizon" currently in theatres
Courtesy Photo

to drill disaster strikes and heroes are made.

Deepwater Horizon also brings in the human side to the disaster showing the personal lives of some of the 120-plus men and women like Andrea Fleytas played by Rodriguez ("The Bold and the Beautiful") who navigates the rig; Caleb Holloway played by O'Brien (The Hunger Games) who was working on the first rig that brokel Shane Roshto played by Henry Frost (Roots), and Adam Weise played by Jeremy Sande (Universal Soldier) that works on the rig for three weeks at a time. It also tells the event in a way anyone can understand how oil rigs work and as a result walk away with respect for the job and its workers.

Written by Matthew Sand and Matthew Michael Carnahan, Deepwater Horizon, rated – PG, in theatres now. Visit: www.DeepWater-Horizon.Movie.com to see the trailer.

Outer Banks Home Builders Association 24th Annual Parade of Homes—Oct. 6-9

19 Homes Corolla to Nags Head



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DEPARTMENT OF PUBLIC WORKS
OFFICE OF ENGINEERING AND CONSTRUCTION

NOTICE OF LETTING

Sealed Bids or Proposals, in duplicate addressed to the Board of Estimates of the Mayor and City Council of Baltimore and marked for **Water Contract No. 1270-Water Infrastructure Rehabilitation, Various Locations** will be received at the Office of the Comptroller, Room 204, City Hall, Baltimore, Maryland until 11:00 A.M. on **Wednesday, November 2, 2016**. Positively no bids will be received after 11:00 A.M. Bids will be publicly opened by the Board of Estimates in Room 215, City Hall at Noon.

The Contract Documents may be examined, without charge, in Room 6 located on the first floor of the Abel Wolman Municipal Building, 200 N. Holliday Street, Baltimore, Maryland 21202 as of **Friday, October 7, 2016** and copies may be purchased for a non-refundable cost of **\$100.00**.

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

All contractors bidding on this Contract must first be prequalified by the City of Baltimore Contractors Qualification Committee. Interested parties should call 410-396-6883 or contact the Committee at 4 South Frederick Street, 4th Floor, Baltimore, Maryland 21202. **If a bid is submitted by a joint venture ("JV"), then in that event, the document that established the JV shall be submitted with the bid for verification purposes.** The Prequalification Category required for bidding on this project is **B02551 Water Mains**. Cost Qualification Range for this work shall be **\$5,000,000.01 to \$10,000,000.00**. A "Pre-Bidding Information" session will be conducted at the **3rd Floor Conference Room of the Office of Engineering and Construction, Abel Wolman Municipal Building on October 18, 2016 at 10:00 A.M.**

Principal Item of work for this project are:

Cleaning and cement-mortar lining of small diameter water mains, replacement of various size new ductile iron pipes, valves, fittings, and appurtenances, replacement/installation of fire hydrants, small (residential) meter settings and meter vaults, renewal and replacement of existing water services; sidewalk, curb and gutter, and roadway paving restoration, as required.

The MBE goal is **8%**

The WBE goal is **2%**

WATER CONTRACT NO. 1270

APPROVED:

Bernice H. Taylor
Clerk, Board of Estimates

APPROVED:

Rudolph S. Chow, P.E.
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The free trees are part of the nonprofit Arbor Day Foundation's Trees for America campaign, a program dedicated to environmental stewardship through the planting of trees.

Everyone who joins the Arbor Day Foundation in October will receive five free crapemyrtle trees or 10 free autumn classics selected for your area. The 10 autumn classics include: two sugar maples, two red maples, and one each of scarlet oak, sweetgum, northern red oak, silver maple, white flowering dogwood, and Washington hawthorn.

"Members will especially enjoy these trees during the autumn months because they'll add abundant, vibrant color to any yard or landscape for years to come," said Matt Harris, chief executive of the Arbor Day Foundation.

The trees will be shipped postpaid at the right time for planting, between November 1 and December 10, 2016. The six to 12-inch trees are guaranteed to grow or they will be replaced free of charge. Planting instructions will be enclosed with each shipment of trees.

To receive your free trees, send a \$10 membership contribution with your tree selection to Arbor Day Foundation, 100 Arbor Avenue, Nebraska City, NE 68410, by October 31, 2016, or join online at arborday.org/october.

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