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Catherine Pugh Ready to Implement New City Agenda



Mayor-elect Catherine E. Pugh will become Baltimore's 50th mayor on December 6, 2016. Pugh earned about 60 percent of the vote on Tuesday to easily defeat a write-in campaign by former Mayor Sheila Dixon and two other opponents – Republican Alan Walden and Green Party candidate Joshua Harris.

Mickey's Miracle Foundation helping cancer patients in Baltimore

By Keierra Hudson

Jade Merritt is a shining Baltimore native with many roles. A graduate of Towson University, Merritt is a rising leader, microbiologist, creator of Charm-CityPretty.com and proud member of Delta Sigma Theta Sorority, Inc.

In January, Jade lost her mother Michal Merritt, affectionately known as Mikey, to cancer. Her mother's passing inspired her to embark upon, one of her greatest journeys yet. Instead of breaking her, the death of her mother has inspired her to build a legacy in her mother's memory.

With insight from watching and experiencing her mother's cancer journey, Merritt turned this tragedy into triumph by starting Mikey's Miracle Foundation, an organization with a mission dedicated to meeting the everyday needs of cancer patients.

Last month, guests gathered at the stunning Ivy Hotel in Baltimore to celebrate the official launch of Mikey's Miracle Foundation. The foundation's board of directors Krystle Myers, Joseph Edmonds, Arnette Dorsey and Linette Ball support the mission of the organization as an advisory council and were on hand to offer support to Merritt during the launch event.

"The best gift I could give to my mom was to be a blessing to others," Merritt said about her desire to help other people fighting the disease.



Supporters and well-wishers take a selfie with Jade Merritt (middle, white dress) at the official launch of Mickey's Miracle Foundation at the Ivy Hotel in Baltimore in October. The organization is dedicated to meeting the everyday needs of cancer patients.
Courtesy Photo

Guests at the event participated in a silent auction, which raised funds to support the initiatives of the foundation. Bidding items included a signed Orioles baseball, a Mano Swartz fur shawl and select beauty services.

Cancer survivor, Trina Isaac, shared a moving personal story of perseverance. She serves as a reminder that no matter what challenges life presents, an individ-

ual's perspective of the circumstances and frame of mind determines how they are impacted.

"You have to live, because Cancer is not a death sentence, you have to make memories on purpose," she said.

Merritt's work is dedicated to creating

memories for recipients of Mikey's Miracle Foundation outreach. This month, the organization will provide Thanksgiving meals for families with patients undergoing chemotherapy treatment. This service relieves families from hectic holiday preparation and gives them free time to truly enjoy the holidays. Merritt knows the importance of Thanksgiving catering firsthand. It was provided to her family when her mother was in treatment. She was comforted when a holiday meal was sent to her home.

"I could just spend time and enjoy important moments with her," Merritt shared.

In addition to Thanksgiving meals, the foundation provides weekly meal preparation, pastoral counseling and transportation services for cancer patients. Chemotherapy often leaves patients exhausted so having a guaranteed ride home after appointments adds some ease to the process.

Mikey's Miracle Foundation takes a holistic approach to assisting cancer patients. The slogan "one family, one cure" encompasses the desire to not only support patients, but their families too.

To learn more about Mickey's Miracle Foundation, to volunteer or to make a donation, visit: www.mikeysmiracle-foundation.org.

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Guest Editorials/Commentary

Virginia ex-felon joined others to vote for first time

By Jazmin Goodwin, Howard University News Service

Every Election Day for nearly 30 years, people have told Terry Garrett that she couldn't vote. Garrett was convicted of a felony for shoplifting at 18 and was stripped of her right to decide which people governed her community, her state and her nation.

On the cold crisp morning of November 8, 2016, Garrett, the mother of four, made her own personal history. She walked from her house three minutes to the Charles Houston Recreation Center down the street with two of her daughters, Iterria Garrett and Candace Garrett, and voted the first time in her life. She said she hoped to make American history by helping elect the first woman president.

"I am so happy that I could vote along with my two daughters," she said. "They always vote, and now I can vote with them and get my 'I Voted' sticker."

Garrett is one of 60,000 Virginians who have served their time for felony convictions who were able to vote on election day following efforts by democratic Governor Terry McAuliffe. The Virginia Legislature and the State Supreme Court struck down McAuliffe's earlier effort to restore voting rights to 200,000 former Virginia residents convicted of felony crimes.

Garrett said she wishes the nation would get behind the efforts to allow ex-felons the right to vote.

"Just let us vote," she said. "We are people, we make mistakes, and we acknowledge that."

According to Garrett, the road to the revocation of her voting rights began early with years of incarceration and brushes with the law. She said she started drinking at age 7. She began rebelling, smoking weed and running away to escape problems at home at age 12. She had her first child at 16 and by age 20 had developed an addiction to crack cocaine. Her road to redemption and gaining her restoration to vote after a long battle of drug addiction and crime was not an easy one, she said.

"The last time I was arrested, I knew I had to do something different or I was going to die in addiction," she said.

Following her last incarceration, she said, she applied to Friends of Guest House, a women's reentry program in Alexandria that led her to the support she needed to get her rights back.

With seven felony convictions, the roadblocks to Garrett's right restoration were significant, due in part to fines and she was still under probation for her offenses.

"In the beginning, I didn't know committing these crimes and getting these felonies were going to affect me in this way," Garrett said. "It was never explained to me by anyone until I was 38 years old that this is what felonies can do to your life."

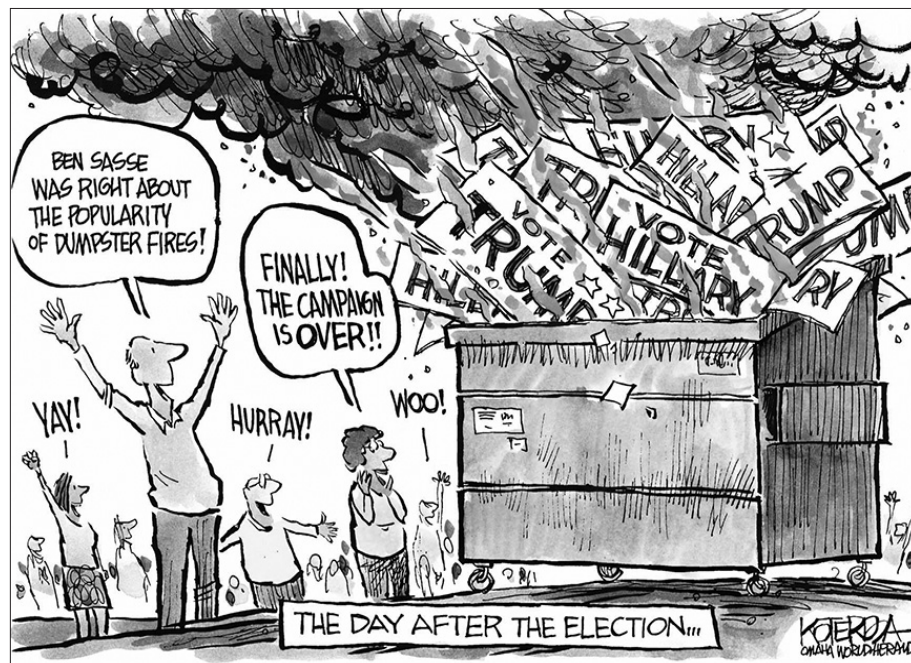
According to the Brennan Center for Justice at New York University School of Law, more than six million American citizens are unable to vote because of a past criminal conviction. It took Garrett five years just to qualify to apply, and then her request was rejected twice.

"I believe everyone should have the right to vote. You have a voice. The only way your voice can be heard is through those numbers in that booth when you vote," said Garrett. Rights restoration practices vary widely.

Public opinion surveys report that eight in 10 Americans support voting rights for citizens who have completed their sentence and nearly two-thirds support voting rights for those on probation or parole, according to The Sentencing Project.

Garrett said she hopes others like her will be able to someday exercise a right that was taken away from them.

"Even though we've made mistakes, we have a voice," she said. "We've been told for so long that we don't count and a lot of us still feel that way. Let your voice be heard and get your rights back."



Commentary

Open letter to our new President-Elect

Dear President-Elect:

Today you are elected to lead this great nation. The campaign season is over.

As you prepare to lead us, please consider carrying with you these four questions as guidelines of the things you think, say and do for your Presidency and for your administration.

First, is it the truth? Seek the truth at every opportunity and then tell us. We can handle the truth.

Second, is it fair to all concerned? We like to be treated fairly and that one effort could lead to your reelection.

Third, will it build goodwill and better

friendships throughout our country and the world? We Americans feel friendly towards others and want others to consider us friends. A smile, a conversation, listening to the aspirations of others is a step in this direction.

Fourth, will it be beneficial to all concerned? Truth, fairness, goodwill are important but please take the extra step to try to benefit all stakeholders both within this country and all over the planet.

You have earned the right to lead us and we are here to help as we also seek to live by these principles. We wish you well.

Al Jubitz is a retired businessman and founder of the War Prevention Initiative and the Rotarian Action Group for Peace. These principles are paraphrased from Rotary's world renowned 4-Way Test.

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Your letter will not be published without the required information.

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Elections won't change anything, until we vote with our wallets!

By James Clingman
NNPA Newswire Columnist

By the time you read this, I trust you will have wiped away the slime and the grunge, regurgitated a few times, taken a good bath or shower, relentlessly scrubbed the stench from your bodies, and maybe even found it necessary to delouse, because the dirty, filthy, hateful, distasteful, embarrassing, vile, toxic, grimy, polluted campaign we all witnessed is likely the worst in the history of electing a President.

At the time of writing (November 4, 2016) the results are unknown, but in light of the lies, slander, vitriol, vulgarity, hypocrisy, hyperbole, false accusations, innuendo, leaks, assaults and even physical threats of murder, it matters less than usual who wins. No matter the result, there will be millions of people in this country who will be so angry that very little will get done for "The People."

January 20, 2017 will be a very sad day for many voters depending on which side is victorious. That's a terrible commentary on this country, and an even

worse reflection on the leadership we have chosen.

But what does it say about us? We have fought one another over the two candidates, neither of whom is held in high regard by the majority of the electorate. It has been suggested that our choice is between the "lesser of two evils," and some say the "evil of two lessers." We have been led down one of two primrose paths of prevarication, per-

tor," and the like; but those same self-righteous folks, some of whom profess to be of high moral character, are telling us to vote for the very persons they disdained and denigrated during the primaries. What kind of people are they? Are they typical of what we call a "politician?" Hypocrites who turn on a dime when it's politically expedient for them, no matter what they said a couple of months ago? I guess we know the

after losing the championship to the Dallas Mavericks: "...at the end of the day, they (his haters) have to wake up tomorrow and have the same life that they had before they woke up today. They have the same personal problems they had today."

Well, alright then. We will have to get back to the real world, which includes not having real political power and very little influence on public policy. But maybe this will be the final wake-up call black people need to understand that until we get our economic act together, we will continue to be viewed as mere child-like voters instead of a true force to be reckoned with.

Here's a solution: If you are a conscious and conscientious black person, go to www.iamoneofthemillion.com and join the movement as we move closer to economic and political empowerment. We know that in order to attain the levels of power and influence we seek there must be an organized critical mass of people and a vehicle through which that can be done. This is not a knock on anything anyone else is doing; it's simply a call for just two percent of black people in this country to join forces, offering their time, talent, and treasure to help our people. The One Million is the only active movement of its kind.

So after you have cleaned up and disinfected yourself on November 9, get into a game you can win—The One Million!

James Clingman is the nation's most prolific writer on economic empowerment for Black people. His latest book, "Black Dollars Matter! Teach Your Dollars How to Make More Sense," is available on his website, Blackonomics.com.

"Truthfully, irrespective of who wins this election, blacks and poor folks are going to be in the same shape we have been in for awhile. After the assessments and Monday morning quarterbacking is over, many of us will still be sitting in the stadium sulking, complaining, and lamenting what took place."

version, pseudo-piety, and pompous posturing, only to have gone to the polls holding our noses to choose our next leader.

Some have even dropped out of the system altogether because they cannot stand to be a part of such downright evilness. Some have said they will start a civil war, if their candidate does not win; some say they will "take out" one of the candidates if things don't go their way; some have said they will move to another country; and some say the whole system is corrupt anyway so why care about it at all?

We have former candidates who called the two finalists insulting names: "pathological liar," "con man," "woefully unqualified," "criminal," "preda-

answers to those questions, right?

Talk about trouble, folks, we are deep into it. This nation is split nearly 50/50, so there is very little room for compromise or concession on either side, and we are right in the middle of this mess. Yes, the nirvana and utopia, called Barack and Michelle, that many black people thought we were living in is all over—gone. What shall we do now?

Truthfully, irrespective of who wins this election, blacks and poor folks are going to be in the same shape we have been in for awhile. After the assessments and Monday morning quarterbacking is over, many of us will still be sitting in the stadium sulking, complaining, and lamenting what took place. I am reminded of LeBron James' comments

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Federal grant awarded to city schools to promote literacy



(Left) Franklin Square Elementary School Principal Terry Patton and Media Center/Librarian Shirley A. Washington prepare reading lessons for kindergarten to third grade students. (Right) Franklin Square Pre-K teacher Soraya Harden-Simmons and paraeducator Tara Rucker review a reading lesson with students who will benefit from the “Innovations in Literacy” grant Baltimore City Public Schools received from the U.S. Department of Education. Courtesy Photos

By Deborah Bailey

Elementary school students and their families will receive an early holiday gift from Baltimore City Public Schools (BCPS) compliments of a \$370,000 Innovations in Reading grant from the U.S. Department of Education.

The grant is targeted at Pre-K through third grade children, families and teachers and will support early elementary level Baltimore Public Schools students.

“While we are always looking to increase our student’s academic performance, we’re looking at a much larger picture. We really want our students to truly love reading,” said Dr. Lindsay Sullivan, director of literacy, Languages and Culture, BPCS.

“We know our children love to read, but some of our students don’t always have access to books,” said Sullivan. “We’re purchasing access to a digital reading platform that will contain 15,000 books for all of our K-3rd graders.”

Students will be able to download a mobile device application or app to access the books. Students will be able to read their favorite selections independently or have the books read to them by family members.

“Our scholars want to be engaged, but they don’t have the materials,” said Terry Patton, Principal of West Franklin Square Elementary/Middle School in West Baltimore. This will be a great opportunity for our scholars to select books on their own and acquire leveled books as well.”

“Many of our scholars are readers. They love to read. But they have challenges in comprehension. Having available reading material will help with fluency as well,” said Patton.

“We still need to work with families and community folks. You need to be able to enrich families and community folks to work with the students,” said Kirk Crawley, community leader, parent, former teacher and current Franklin

Square lacrosse coach.

In order to meet the challenge of working with families and community in support of reading, BDPS will partner with the Baltimore Family League and other partners to ensure that pre-K and K-third grade parents receive support in reading to their children.

“The Family League and other partners will support parent training for early literacy communication. We want to encourage our parents to read to their children early and often,” said Sullivan.

The American Academy of Pediatrics recently recommended that parents read to their children from birth all the way through elementary school. The classic text, *Meaningful Differences in the Everyday Experience of Young American Children*, documents the research of scholars who found that by the age of three, children from wealthier, professional families have heard words millions of times more frequently than children from low-wealth families.

In-school professional development with current instructors will be the third goal of the grant.

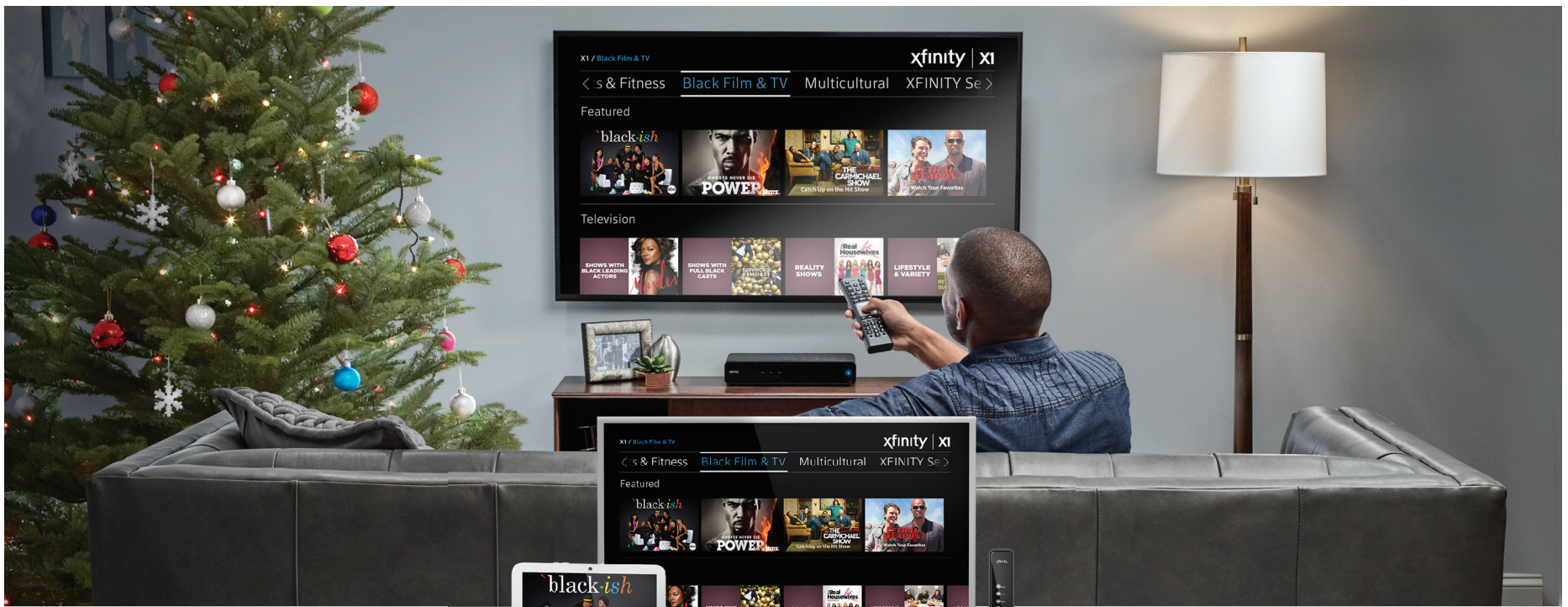
“Our school personnel will receive targeted instruction to make sure they strengthen the skills they need to help our students with phonics, comprehension and fluency,” said Sullivan.

Patton hopes the grant will support expanded access to technology, an issue for BPCS with the recently announced 2016 PARCC tests. Baltimore City third graders suffered a seven percent drop in reading scores as the test transitioned from paper to an electronic format.

“One thing we definitely need is technology. A lot of times schools in zip codes that people don’t are about like ours, don’t have the necessary technology in the schools or in the home,” Patton said.

“We need the access as well as the knowledge and training to use the technology [and] our families need that support too” Crawley added.

“I’m a big reader. My kids love reading, and I think it’s important, not just for development but for bonding. You start reading to kids before they can even understand what you’re saying to them, so I look at it as a fundamental tool for connection.” — Ziggy Marley



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Study reveals Ravens fans among most dedicated

By Stacy M. Brown

The Baltimore Ravens have established themselves as a dominant and ferocious team, and now their fans have been recognized among the most influential supporters in the National Football League.

In a new study, the New York-based personal finance technology company SmartAsset has uncovered the NFL teams with the most die-hard fans. The Ravens faithful landed in the top 10 at number eight.

“This is the first year we completed our analysis of the NFL teams with the most die-hard fans,” said Kara Gibson, a spokesperson for SmartAsset, which uses financial modeling to power advice on major monetary decisions. “Our study looks at attendance rates and win percentages over a five-year period from 2011 to 2015 as well as average ticket and concession prices from 2015.”

The analysis found that the Ravens have lost some of their mojo since Ray Lewis retired after their 2012 Super Bowl victory over the 49ers.

However, with an average ticket price of \$100.19 and average concessions at \$21.25, Ravens fans pay the eighth-highest ticket prices and face the third-highest concession prices. Despite those costs, the team still boasts a 100 percent attendance rate at its games played at M&T Bank Stadium.

“We assumed that fans who are willing to pay more for the experience of watching their team in person can be considered more die-hard,” Gibson said.

When compiling the statistics, SmartAsset noted the face-value price of a single ticket to a game on average. It did not factor in premium ticket prices.

For concession prices, the study considered the total price of the cheapest beer



Baltimore Ravens fans fill M&T Bank Stadium in Baltimore after the team won Superbowl XLVII in February 2013.

Courtesy Photo

and soft drink available at the stadium, plus the cost of a hotdog, according to Gibson.

The attendance rate used in the analysis represented the average percentage of seats that were filled at home games over a five-year period from 2011 to 2015. Some teams had an attendance rate of more than 100 percent because the advertised maximum attendance numbers didn't include standing room only tickets or extra seats that may have been added to luxury box areas.

The dedication factor used is the difference between a team's attendance rate

and its win percentage which is meant to measure how dedicated a team's fans are, or how much they continue to show up to games even when their team is less likely to win. Teams with a higher dedication factor score, did better.

“After ranking each team on each of the four metrics, we then gave each team an average rank based on those metrics,” Gibson said. “We applied a score between 0 and 100 based on that average ranking. The highest-ranking team got a score of 100 and the lowest-ranking team got a score of 0.”

The Chicago Bears ranked first while the

Dallas Cowboys, Philadelphia Eagles, New York Giants and the San Francisco 49ers ranked second through fifth.

The Washington Redskins and the Indianapolis Colts tied for sixth while the remainder of the Top 10 included the Ravens, Houston Texans, and the New York Jets. The Cincinnati Bengals, Miami Dolphins, Carolina Panthers, Arizona Cardinals, Kansas City Chiefs, Buffalo Bills, Pittsburgh Steelers, Seattle Seahawks, Tampa Bay Buccaneers and Denver Broncos ranked in the bottom 10 from thirty-second to twenty-second, respectively.

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NKF-MD to provide health information at Gospel Tabernacle Baptist Thanksgiving Service, Health Fair

Healthcare non-profit to give life-saving information as African-Americans are at higher risk for kidney disease

Lutherville, Md.— The National Kidney Foundation of Maryland (NKF-MD) will provide outreach and education at Gospel Tabernacle Baptist Church's Survivor's Service of Thanksgiving/Health Fair on Sunday, November 13, 2016 from 4 p.m. to 6 p.m.

Gospel Tabernacle is located at 3100 Walbrook Avenue in Baltimore City.

As part of its mission of early detection and early intervention, NKF-MD will explain why the kidneys are important, discuss risk factors for kidney disease and give recommendations for protecting the kidneys.

This information is particularly relevant to blacks and African Americans, who have an increased risk of developing kidney failure due to higher rates of diabetes, high blood pressure and heart disease.

"African Americans are three times more likely to develop kidney disease

so it is critical for them to be aware of these risk factors and visit their doctor or clinic regularly to check their blood sugar, blood pressure, urine protein and kidney function," said Traci Barnett, NKF-MD's president and CEO. "We look forward to being out in the community at events like this Thanksgiving service and health fair, where we can deliver our message directly."

For details about this event or NKF-MD's other outreach events and kidney screenings, call 410-494-8545 or visit: www.kidneymd.org.

Serving central and western Maryland, the Delmarva Peninsula and portions of Virginia and West Virginia, the National Kidney Foundation of Maryland is the area's only voluntary health agency dedicated to preventing kidney and urinary tract diseases, improving the health and well-being of individuals and families affected by these diseases, and increasing the availability of all organs for transplantation.

For more information, visit www.kidneymd.org.



Facts about African Americans and Kidney Disease

- Blacks and African Americans suffer from kidney failure at triple the rate of Caucasians.
- In the United States, African Americans constitute more than 35 percent of all patients receiving dialysis for kidney failure, but only represent 13.2 percent of the overall population.
- Over 60 percent of dialysis patients in Maryland are African American.
- Diabetes is the leading cause of kidney failure in African Americans. African Americans are twice as likely to be diagnosed with diabetes as Caucasians.
- Approximately 4.9 million African Americans over 20 years of age are living with either diagnosed or undiagnosed diabetes.
- African Americans with diabetes are more likely to develop complications from the disease and to have greater disability from these complications than Caucasians.
- High blood pressure is the second leading cause of kidney failure among African Americans, and remains the leading cause of death due to its link with heart attacks and strokes.
- African Americans are also more likely to develop serious complications such as heart disease and strokes.



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Nation Election Leaves Democrats Red, Maryland Remains Blue

By Stacy M. Brown

In the morning after what Democrats and their supporters – and even some Republicans – deemed a nightmare which resulted in the election to the Oval Office of bombastic, woman and minority-bashing Donald Trump, Hillary Clinton began her concession speech with two of the most sobering words in the American dictionary.

“I’m sorry,” she said from her New York campaign office.

She thought she’d make history and shatter the proverbial glass ceiling and become the first woman president in history.

Instead, Trump, with all his off-the-cuff rhetoric, open disdain for immigrants, lack of respect for woman, and reckless comments about African Americans, will succeed Barack Obama and become the 45th president of the United States in January.

“Last night, I congratulated Donald Trump and offered to work with him on behalf of our country. I hope that he will be a successful president for all Americans,” Clinton said on Wednesday, still stunned by her late-night defeat.

“Donald Trump is going to be our president. We owe him an open mind and a chance to lead,” she said, admitting that it was far from the outcome she and her constituency expected when they went to the polls on Tuesday.

“This is not the outcome that we wanted and we worked so hard for, and I am sorry that we did not win this election,” Clinton said.

While she lost the election, in part, because of her inability to seal such historically blue states as Pennsylvania, Wisconsin and Michigan, the state of Maryland and the city of Baltimore remained true blue.

Not only did Maryland voters back Clinton, but they elected Catherine Pugh, a Morgan State graduate and the majority leader in her third term as Maryland state senator, to succeed Stephanie Rawlings-Blake as Baltimore’s 50th mayor on Tuesday.

Last year, Rawlings-Blake announced that she would not seek re-election,



Donald Trump was elected the 45th president of the United States on Tuesday, November 8, 2016

Photo: Trump organization

touching off a primary race between Pugh and former mayor Sheila Dixon.

Pugh defeated Dixon in the April primary, but Dixon waged a write-in campaign in the general election and coming up short--again.

Pugh also beat back challenges by Republican Alan Walden and Green Party candidate Joshua Harris.

Maryland voters also elected Rep. Chris Van Hollen to serve as the state’s next U.S. senator, defeating a challenge by Republican Kathy Szeliga in what amounted to a 60 to 36 percent landslide victory in unofficial polling results.

Van Hollen, who supported an increase in the minimum wage and equal pay for women, will succeed the retiring Sen. Barbara Mikulski, who’s served in Congress since the ‘70s, making her the longest-serving woman in the history of Congress.

“Let’s be dreamers and doers together,” Van Hollen told his supporters who were gathered at his headquarters in Silver Spring on Tuesday.

“Let’s get to work Maryland, let’s get to work America,” he said.

For Clinton, CNN reported that the former First Lady and Secretary of State’s concession speech also marked what could be the final act on the national stage for the Clinton double act--

the political partnership between her and former President Bill Clinton that seemed poised for a remarkable comeback, 16 years after they left the White House.

Campaign staffers spoke throughout Clinton’s presidential bid of the extreme pressure many of them felt in facing Trump, whom Clinton argued was temperamentally and intellectually unfit for the presidency and to oversee the U.S. nuclear arsenal.

Now she is under pressure to call on a nation, split almost exactly down the middle, to unite behind the next president, CNN said.

“I know we have still not shattered that highest and hardest glass ceiling, but someday, someone will, and hopefully sooner than we might think right now,” Clinton said.

“To all the women and especially the young women who put their faith in this



Hillary Clinton: “Donald Trump is going to be our president. We owe him an open mind and a chance to lead”

Photo: Clinton Campaign

campaign and in me, I want you to know that nothing has made me prouder than to be your champion,” she said.

“And to all the little girls who are watching this, never doubt that you are valuable and powerful and deserving of every chance and opportunity in the world to pursue and to achieve your own dreams.”

Catherine Pugh Ready to Implement New City Agenda

By Stacy M. Brown

After blazing a trail to election victory on Tuesday, Baltimore Mayor-elect Catherine Pugh said she's ready to begin "lighting up our city."

"We want to create communities where people can walk out of their neighborhoods to places that they can enjoy," Pugh said in a post-election interview with WBAL.

"It's so dark in the city. We will light it up," she said.

Pugh, a Morgan State graduate and the Majority Leader in her third term as Maryland State Senator, earned about 60 percent of the vote on Tuesday to easily defeat a write-in campaign by former Mayor Sheila Dixon and two other opponents – Republican Alan Walden and Green Party candidate Joshua Harris.

Pugh, 66, holds an MBA from Morgan State University and has received qualification from the University of California as an Economic Development Specialist.

She has been recognized for her leadership and commitment to diversity and inclusion by numerous organizations both locally and nationally, including: the United States Small Business Advocate of the Year; the National Association of Securities Professionals Joyce Johnson Award; the NAACP Legislator of the Year; the Mental Health Associations Legislator of the Year; and the African Methodist Episcopal Church's Living Legacy Award, according to her biography.

As mayor, she'll have support from Governor Larry Hogan and others in her quest to accomplish her agenda at City Hall, Pugh said.

"The governor and I have learned how to work with each other. I also understand the role of our Council," she said. "I want to empower them to do their job."

Pugh's plan for education includes restoring governance of schools to Baltimore City; increase contributions to the city school budget from 20 percent to 35 percent over the next four years; increase the availability of Judy Centers and Universal Pre-K; explore student remediation programs; and to employ year-round literacy programs for youth and adults.

"Improving our education system has to be a top priority," Pugh said.

"Schools play a major role in companies deciding where to move or expand. The quality of a school system is also a factor when families decide where to raise their children," she said.

Further, her plans for jobs and economic development include the establishment of accountability and transparency for all city generated economic development programs; establish a micro grant program; develop small businesses to anchor healthy neighborhoods; string small, eclectic neighborhood oriented shops together to create scale; leverage light rail and other public transportation to create thriving new neighborhood economies; and through the Mayor's Office of Employment Development, Pugh plans to train the under employed and connect them with relevant job opportunities.

"The goal of our economic development and jobs effort is to be inclusive and equitable as we create more jobs for the people who live in our city and erase the barriers that currently exist," she said.

"We will partner with our private sector and philanthropic community to enhance opportunities for year-round job opportunities for our youth. We will match our training programs to meet the needs of employers. We will become a more business friendly city as we eliminate unnecessary red tape in the permits and licensing process," Pugh said.

"We will increase investment in our own residents as we expand retail corridors, develop and re-develop crumbling neighborhoods. We will provide incentives to attract scale developments, and 21st century growing industries and manufacturing opportunities. We will build on the programs in place that offer incentives for companies and corporations to locate in Baltimore. We will grow our city," she said.

First elected to the Baltimore City Council in 1999, Pugh ironically lost in her bid for Council president to Dixon in 2003. She remained on the City Council until 2004 before being appointed to an open seat in the Maryland House of Del-



Catherine Pugh will succeed Stephanie Rawlings-Blake as the 50th mayor of Baltimore.
Photo: Catherine Pugh for Mayor

egates. In 2006, Pugh won a seat in the State Senate, and until now, has sat on the finance committee and served as the Majority Leader in the State Senate.

She'll be sworn in as Baltimore City's 50th mayor on December 6, 2016.

"This can be the greatest city in America," Pugh said. "We want Baltimore to be known for all of its greatness, not just some of the negative things that have happened or have impacted our city."

Nonprofit awarded for helping military members, families

By Stacy M. Brown

A staggering share of veterans who served in Iraq and Afghanistan are returning home with mental illnesses brought on by their time overseas. Hundreds of thousands struggle with post-traumatic stress disorder and need help.

Dr. Barbara Van Dahlen founded Give An Hour, a Bethesda-based nonprofit organization in 2005 because her mission to meet the needs of this population is personal.

“My uncle served in Vietnam, my nephew is currently serving in the Navy and my dad served in World War II and I know the struggles,” said Van Dahlen.

Last month, Give An Hour’s mission was honored by the Newman’s Own Foundation with a \$50,000 grant to continue blaze it’s mission forward. The honor stems from an annual competition by Newman’s Own, the company of famed actor Paul Newman, to reward ingenuity for programs that benefit service men and women and their families. According to the foundation’s website, Newman’s Own Foundation is an independent, private foundation formed in 2005 by Paul Newman to sustain the legacy of his philanthropic work.

Funded entirely through the profits and royalties from Newman’s Own products, the Foundation does not maintain an endowment, raise funds, or accept donations. The Foundation believes that each of us, through the power of philanthropy, has the potential to make a difference.

“My dad passed away in 1986 and he was a wonderful and strong man who came home with some of the invisible issues of war,” Van Dahlen said. “My dad had three young kids and he wanted to move this young family out of Los Angeles and into the country. By moving, my mom, who was later diagnosed with a severe mental illness, my dad had to step in and raise all of us and it had a profound impact and we realized that we needed to find a better way to take care of people who find themselves in situations like this through no fault of their own.”

Give an Hour is a part of a network of therapists and other mental health profes-



Grand Prize Newman’s Own Award Recipient Barbara Van Dahlen, Founder & President of Give an Hour (center), with Tony Lombardo, Military Times (left); Chairman of the Joint Chiefs of Staff General Joseph Dunford (second from left); Jeffrey Smith, Newman’s Own; and Dave Coker, Fisher House Foundation (right), at the 17th Annual Newman’s Own Awards Ceremony at the Pentagon Hall of Heroes on Thursday, September 29, 2016. Newman’s Own joined co-sponsors Fisher House Foundation and Military Times to honor five non-profit organizations for their innovative programs created to improve military quality of life.
Photo Credit: Kevin Wolf/AP Images for Newman’s Own

sionals who donate their time to meet the mental health needs of the service men and women and their families affected by the post-9/11 conflicts. To date, more than 200,000 hours of care and support has provided to those in need.

“We literally can’t do our work without those who volunteer their time and skills. I’m a clinical psychologist and I

didn’t know anything about starting and running a nonprofit [organization], but I was compelled to start this and I literally had to read ‘Nonprofit for Dummies’ and I realized how much nonprofits depend on the generosity of foundations and corporations,” Van Dahlen said.

“We depend on recognitions like Newman’s Own because it’s like getting the

Good Housekeeping seal of approval,” she said. “When Newman’s Own says you’re doing good work, that is very important.”

Currently, Give an Hour provides counseling to individuals, couples and families, and children and adolescents. Through its network of professionals, services for anxiety, depression, substance abuse, post-traumatic stress disorder, traumatic brain injuries, sexual health and intimacy concerns, loss and grieving and other challenges are provided.

“Our providers are working also to reduce the stigma associated with mental health by participating in and leading education, training, and outreach efforts in schools and communities and around military bases,” Van Dahlen said.

As of June, the nonprofit’s network of licensed mental health professionals includes nearly 7,000 psychologists, social workers, psychiatrists, marriage and family therapists, drug and alcohol counselors, pastoral counselors, and other professional counselors. This does not include the alternative providers on our list who have also donated their time, Van Dahlen said.

“We’ll continue to build services. People think that the war is over but we still have to continue to provide care,” Van Dahlen said. “We are working with international partners too; and we’re going after a culture change in a major way. We all know the signs of a heart attack, but our work is focused on identifying the signs of emotional suffering.”

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UPS helping veterans build careers

(Family Features) Once their military service ends, veterans can face obstacles in assimilating back into civilian life. One common struggle is finding post-military employment, which is why some veterans choose to own their own business and pursue franchising.

In fact, The UPS Store found in a recent survey that 63 percent of veterans and active duty service members who envisioned a second career as a small business owner considered owning a franchise. Franchising allows veterans an opportunity to apply the skills they gain in the military, such as leadership, work ethic and discipline, to manage and run their own business.

Beyond skills they gain in the service, there are several qualities those with military training have that help them become successful franchisees, including discipline and drive. Of those surveyed, 54 percent of service members felt confident that the skills they gained in the military help them to be successful in the civilian world. Additionally, the ability to follow and execute a plan is a critical skill in the military. This can prove to be useful for a franchisee trying to establish and grow their own business. Finally, veterans know the value of teamwork, which can help them manage employees and collaborate within the franchise network.

When Wade Franklin, a former U.S. Navy Officer, made the decision to strike out on his own, he looked



for a franchise option where he could leverage these skills with a franchisor that provided support to veterans and was backed by a strong brand reputation.

“After realizing I wanted to own a business, franchising seemed like the way to go,” said Franklin, who now owns a The UPS Store in Arlington, Virginia. “The UPS Store has other veteran franchisees in the network, which is a great avenue of support. They also have a system in place for training and setting up franchisees for success.”

As a participant in the Veterans Transition Franchise Initiative (VetFran), a cooperation of the U.S. Department of Veterans Affairs, the Veterans Corporation and the U.S. Small Business Administration, The UPS Store allows veterans the opportunity to fulfill their desire for a second career. Since partnering with VetFran in 2004, it has awarded franchises to more than 150 first-time franchisees. Of the 4,500 locations in the United States more than 250 are owned by veterans.

“With skills such as leadership, self-discipline and a hard work ethic, veterans have all the qualities needed to be a successful business owner,” said Tim Davis, president of The UPS Store, Inc. and a former U.S. Marine Corps captain and Gulf War Veteran. “In Partnering with VetFran, we can offer veterans benefits that can help them become a franchisee.”



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Morgan professor among new members tasked with establishing policies for the National Science Foundation

Baltimore—Morgan State University's Victor R. McCrary, Ph.D., has been appointed to the National Science Board (NSB). Dr. McCrary is in good company as one of four new board selections that includes: W. Kent Fuchs, president of the University of Florida; Emilio F. Moran, a John A. Hannah distinguished professor at Michigan State University's Center for Global Change and Earth Observations; and Julia M. Phillips, director emeritus at Sandia National Laboratories.

The new members are appointed to six-year terms on the NSB. Each may be reappointed for a second six-year term.

"I am thrilled to welcome this diverse and accomplished group of individuals to the Board," said Maria Zuber, NSB chair. "The breadth and variety of knowledge and expertise in this class is more than we could have asked for. I am confident that their collective expertise across the natural and social sciences, and their management experiences, will allow us to accomplish many great things."

The four new appointees join a board of 25 members tasked with establishing National Science Foundation (NSF) policies that coincide with a framework set forth by the president and Congress and with promoting research and education in science and engineering. The members are drawn from industries and universities representing a variety of science and engineering disciplines. Dr. McCrary will be the only member affiliated with an HBCU or any other institution of higher education in Maryland.

"Congratulations to Dr. McCrary on being bestowed this great honor by our nation's president. We are very proud of him and pleased about his selection and the positive attention it brings to this university," said Morgan President David Wilson. "This appointment is a



Dr. Victor R. McCrary
Morgan State University
Courtesy Photo

testament to his acumen in the field of research and development as well as the fine work he does on behalf of Morgan."

Dr. McCrary is vice president for Morgan's Division of Research and Economic Development. Before taking his position at Morgan, he was the business area executive for science and technology at The Johns Hopkins University Applied Physics Laboratory, managing technology investment strategies for more than \$60 million in internal research and development projects targeting the areas of national defense and national security. Dr. McCrary was also a division chief at the National Institute of Standards and Technology, where he received the U.S. Department of Commerce's Gold Medal for facilitating and developing the first global industry standard for e-books. He has published more than 60 articles and is a Fellow of the American Chemical Society.

"I am humbled by this honor, and I look forward to serving our nation," said Dr. McCrary. "This appointment greatly increases the visibility for Morgan State University and the value proposition that other minority-serving research institutions across the country bring to the national discussion on science and science policy."

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Physical activity, weight control urged during Diabetes Awareness Month

*Only 25 percent of diabetics know
their status and 37 percent of Maryland
adults are pre-diabetic*

Baltimore— In 2015, more than 10 percent of Maryland adults received a diagnosis of type 2 diabetes. Another 1.6 million, or 37 percent, of Maryland adults are estimated to have pre-diabetes, a serious condition where blood sugar levels are higher than normal but not high enough for a diabetes diagnosis. For Diabetes Awareness Month, the Department of Health and Mental Hygiene is urging Marylanders to know their risk for the disease and to take steps to better manage their health.

Type 2 diabetes occurs when the body does not use insulin properly. Only 25 percent of people with diabetes are aware of their diagnoses, increasing their chances of serious complications – which can include stroke, heart disease, kidney disease, lower-limb amputations, adult onset blindness, and nervous system damage.

Risk factors include being overweight or obese, not being physically active, having high blood pressure and having a family history of the disease. Women who had diabetes while pregnant or who delivered infants who weighed more than nine pounds at birth are also at risk. The disease is more common in African Americans, Latinos, Native Americans, Asian Americans and Pacific Islanders. A simple test can help people determine their risk for diabetes.



People with diabetes require continuous medical care with a variety of risk reduction strategies that go beyond blood sugar control. These include educating themselves on the disease, addressing cardiovascular risks such as blood pressure, stopping smoking, managing weight, engaging in physical activity and regularly monitoring their eye and foot health.

Marylanders can take steps to delay or prevent the onset of type 2 diabetes; these steps include losing weight if they are overweight, staying active most days of the week, and eating nutritious meals that include vegetables, fruits and whole-grain foods. There are prevention

and self-management workshops in Maryland where people with diabetes, prediabetes, and their caregivers can take to learn tools and strategies to live healthier. Find more information at www.BeHealthyMaryland.org.

Health and Mental Hygiene encourages its healthcare partners across the state to take some time during November to provide information and to urge people to take a risk test to find out if they are at risk for diabetes. To find this risk test and more information about diabetes prevention and management in Maryland, visit <http://powertopreventdiabetes.org/>.

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