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Harriet Tubman Underground Railroad State Park Opens



When they arrived in Philadelphia, Tubman's brothers changed their names. Henry Ross, above, became William Henry Stewart. His brother Robert became John, and Ben became James Stewart. They settled safely in St. Catharines, Ontario, and later in Auburn, NY.

Image courtesy Judith Bryant.

The grand opening for the Harriet Tubman Underground Railroad State Park and Visitor Center was held in Church Creek, Maryland in Dorchester County March 11-12, 2017. According to the National Park Service, visitors will experience Harriet Tubman's home, where she was born into slavery, grew into a young woman determined to gain freedom, and where she returned to rescue her family and friends to bring them North to freedom. Above: Kim Cornish, a descendant of Harriet Tubman stands beside the image of William Henry (Ross) Stewart, one of Harriet's brothers who escaped with her during Christmas 1854. The image was donated by Judith Bryant, the great-great-grandniece of Harriet Tubman. (See article on page 10) Photo: Joy Bramble

BGE and Whiting-Turner sponsor resource space for city residents

By Ruth Young Tyler

A unified three-prong approach of collaboration, faith and trust has created a workspace for four non-profits in an effort to help Baltimore City residents. Corporate sponsors BGE and Whiting-Turner have partnered with nonprofits Thread, Baltimore Corps, Center for Urban Families and Invested Impact to create TouchPoint Baltimore at Mondawmin Mall, a space for collaboration among nonprofits, corporate partners and the community.

The four nonprofits located at TouchPoint Baltimore at Mondawmin each have missions that complement each other and the TouchPoint mission. Services provided by the organizations include: mentoring, tutoring, workforce development, life skills support, leadership development and entrepreneurial support.

The city is showing significant resurgence nearly two years after the civil unrest (April 2015) in West Baltimore. The goal is to encourage other corporations and nonprofits to implement this model in other communities for maximum impact. Bringing these nonprofits together with corporate partners in one location providing a unique opportunity to support the citizens of Baltimore in a collaborative way.

At the February 17 grand opening, Calvin Butler, CEO of BGE and Tim Regan, president and CEO of Whiting-Turner recalled a conversation they had following the civil unrest in Baltimore City about how they could make a substantial contribution to the revitalization of the city. The outcome of the conversa-



(Left to right) Shawn Brown, regional sales manager of Strong Tower Security; Calvin Butler, CEO of BGE; Kristin Jurkscheit, Place for Purpose Manager at Baltimore Corps; and Rodney Foxworth, founder and CEO of Invested Impact at the grand opening of TouchPoint, a collaborative workspace located at 2401 Liberty Heights Avenue in Baltimore City on February 17, 2017.

tion resulted in the success of securing an 8400-square foot facility located at 2401 Liberty Heights Avenue.

Butler spoke of their goal to work together in a deep and meaningful way “to build community relationships that transcends race and class.” He stated that the message for support in the community was “loud and clear” and all of the organizations applied their resources to make a difference.

“We wouldn’t allow perfection to stand in the way of action,” Butler said.

Other organizations believed in the mission and the concept and donated their time to bring TouchPoint into fruition.

“We both learned at an early age that

with leadership comes great responsibility,” said Regan.

Jackie Caldwell, president of the Greater Mondawmin Association welcomed nearly 100 guests and dignitaries during the ceremony. The guest list included: Tisha Edwards, chief of staff for Baltimore City Mayor Catherine E. Pugh; Bernard C. “Jack” Young, president of Baltimore City Council; Baltimore City Councilman Leon F. Pinkett III (District 7); Kristin Jurkscheit, manager at Baltimore Corps; Rodney Oddoye, director of northeast regional operations for BGE; Shawn Brown,

regional sales manager for Strong Tower Security; Kimberly Ellis, founder of Breaking Bread; and Wendy C. Blackwell, founder of Unmasked.

The leadership team at TouchPoint is comprised of Sarah Hemminger, CEO and Co-Founder of Thread; Fagan Harris, president and CEO Baltimore Corps; Rodney Foxworth, CEO and founder of Invested Impact; and Joe Jones, president and CEO Center for Urban Families.

“There are many things that makes TouchPoint special,” said Caldwell. “I’m glad to collaborate with people who care about the things I care about.”

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Guest Editorials/Commentary

America's youth suffer from 'historical amnesia'

By David Bruce Smith

The lack of knowledge about the history of our country among students in middle school, high school and even in colleges and universities has been well established and alarming. Why? Because-someday, they will become the voters responsible for electing the next generation of leadership in America. And, they will not be prepared to carry it out without a firm grasp of history.

Knowing whom, how and why our country was founded determines who we are now, and what our country will look like in the future. It is the basis for an informed electorate. Our children and grandchildren need to know these things if they are to mature into engaged citizens. Yet, there are numerous studies, polls and quite a bit of anecdotal evidence that back up the notion that they suffer from "historical amnesia," as Dr. Bruce Cole, former Chairman of the National Endowment for the Humanities, described it.

It is up to us as their guardians and their teachers to encourage youngsters to cultivate an interest in history. And, it is the one and only reason we established the Grateful American Book Prize. Dr. Cole partnered with me in creating the Prize to inspire new and established authors and their publishers to produce more works of historically accurate fiction and nonfiction that can help arouse an interest in history among America's students.

Ask history teachers why their pupils can't learn the subject, and you'll get a variety of answers. Some would say it is because American schools have been deemphasizing it in favor of so-called practical schooling in the sciences and technology. That may be so, but as education consultant Robert Pondiscio put it: "Many Americans have forgotten we have public schools so students can become educated citizens capable of self-government." And that is pretty important, as well.

Meanwhile, many teachers would readily acknowledge that history class can be boring; to counter that, they have discovered ways to make the subject more interesting, such as supplementing textbooks with good reads that excite young learners, and arouse curiosity about what really happened in the past.

"I believe that good historical fiction exercises a child's imagination through a vicarious experience. It leads children to use themselves and their own lives as comparisons to the characters that lived long ago and often, far away, to reflect on their own experience, to ask their families questions. It awakens awareness, perks up perception, sparks conversations," according to author and lecturer Valerie Tripp. And, that is why the Grateful American Book Prize exists.

The fact is the Prize has indeed, renewed interest in historical books for young people among authors and publishers but the recognition and financial incentive it provides are only part of the reason for its success. The hundreds of authors who have submitted their works for consideration over the past few years seem to unanimously agree that the most important consequence of it is-an opportunity to stir up interest-again—in the study of American history.

David Bruce Smith is the author, publisher and co-founder of the Grateful American Book Prize



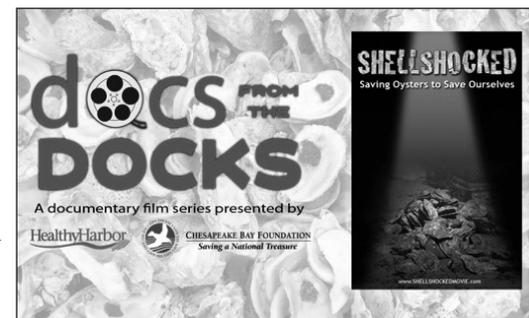
Community Affairs

SHELLSHOCKED: Saving Oysters to Save Ourselves

Baltimore— The Waterfront Partnership's Healthy Harbor initiative and the Chesapeake Bay Foundation present the third film in their environmental documentary film series, Docs from the Docks, with a free screening of "SHELLSHOCKED: Saving Oysters to Save Ourselves" on Tuesday, March 28, 2017 at the Institute of Marine and Environmental Technology (IMET) at 701 East Pratt Street in Baltimore.

This film explores the importance and fragility of wild oysters in cleaning water and building ecosystems for marine life.

Doors open at 6:30 p.m. and the movie



screening begins at 7 p.m.

The movie will be followed with an oyster forum featuring local panelists, an oyster shucking demonstration and information about oyster restoration in the Baltimore Inner Harbor and the Chesapeake Bay.

For more information about the screening and for updates on the series, visit <https://www.facebook.com/HealthyHarbor>.

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It's time for a review!

By Dr. E. Faye Williams

One of my most important teaching activities was time spent in review with my classes. My classroom experiences taught me that in every unit of instruction there were elements of the subject matter that would not be understood, would be misunderstood, would not be prioritized/ordered appropriately or forgotten. The classroom review was an effective tool for test preparation and a determination of subject matter retention.

As a manager of personnel, I found formal, interim and informal personnel performance reviews to be effective tools in documenting and improving the quality of performance of our employees.

These reviews gave them an accurate understanding of expectations of their jobs and gave us both a way to measure how well they met those expectations.

I believe it is essential to review and evaluate the performance and motives of elected officials and how both impact on me and those with which I share similar interests and values. This review must

be as broad and wide-ranging as the impact of the decisions made by the politicians under scrutiny. While providing options for periodic re-evaluation, this review must be thoughtful and as accurate as possible. It must be Promethean in predictability.

Applying that logic to the first 30 days of the Trump administration, I have con-

are from calling Trump Big Brother.

Those familiar with the rise of autocratic governments in the 20th Century draw our attention to the parallels with Trump World. Among the first acts by 20th Century dictators were to destroy and/or restructure the institutions and political processes upon which civil order was established. To date, the

tions. Yet, since last year, US intelligence sources confirm Russian interference in the 2016 Election.

Trump's administration has made an obvious effort to discredit and malign the public's faith in the Judicial Branch and the Media. Demeaning characterization of "so-call judges" in disagreement with Administration positions are meant to create a loss of faith in our judicial system. Arguing the validity of lies labeled "Alternative Facts" and the direct characterization of unflattering news accounts as "Fake News" has become the hallmark of Trump and those in his circle. More commonplace are lies, distortions and misrepresentations of Trump and his allies. Just as commonplace are their appeals to sympathetic listeners to reject the truth of media reports as lies.

Until last week, mainstream Republican leaders have failed to challenge Trump's disparagement of our valued institutions. Last week, Senator John McCain observed that one of the first acts of dictators was to destroy the open, free dialogue of society.

Our first 30 day review suggests that McCain is not off the mark. We must RESIST the destruction of the freedoms we have worked so hard to achieve.

Dr. E. Faye Williams is President and CEO of the National Congress of Black Women. For more information, visit: www.nationalcongressbw.org or call: 202-678-6788.

“Arguing the validity of lies labeled ‘Alternative Facts’ and the direct characterization of unflattering news accounts as ‘Fake News’ has become the hallmark of Trump and those in his circle.

More commonplace are lies, distortions and misrepresentations of Trump and his allies. Just as commonplace are their appeals to sympathetic listeners to reject the truth of media reports as lies.”

cerns at numerous and most unsettling levels. Rather than acknowledging his slim margin of victory in the Electoral College and loss of the popular vote in his policy-making, Mr. Trump is in disregard of the 54 percent of Americans who voted against him and he's gone full-bore in his plan to be a disruptive influence in the structure of American politics. I fear that his administration will exceed a state of disruption and devolve into an oligarchic autocracy. Like those who have returned George Orwell's "1984," a 69 year-old book, to the "best seller list," I wonder how far we

majority of Trump's Cabinet nominees express policy positions in direct opposition to the Cabinet positions they occupy. One only wonders what structural changes will alter the functions of the Departments of Justice, Education, Housing and Urban Development, Human Services and the EPA.

From Trump's mouth come ridiculous, unsubstantiated accusations of widespread, monumental voter fraud. Many in the Civil Rights community sense that Trump will attempt to further restrict/suppress the votes of minorities and other Democratic leaning popula-

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Christopher Place transforms homeless men into thriving members of the community

By Stacy M. Brown

Elton Hollins completed the program in 2015 after a history of substance abuse and incarceration; Michael Wardell also graduated after previously struggling with substance abuse and incarceration; and Hollins went on to a six-week internship program at the University of Maryland Medical Center where he now has regular employment while Wardell works for McCormick & Company in Baltimore.

Both men serve as examples of the success of the Christopher Place Employment Agency (CPEA), a program affiliated with Our Daily Bread Employment Center on Fallsway in Baltimore.

It's an intensive, year long program for formerly homeless men and affords them an opportunity for GED preparation, life skills training, career development, addiction recovery, job placement and other services.

Officials say they are working with the 71st class, which will hold a graduation ceremony on April 11, 2017.

Approximately 90 percent of the graduates from the program remain employed after a year and are living self-sufficiently in the community.

Graduates have achieved success in careers like information technology, electrical, culinary, construction and other fields.

"Christopher Place Employment Academy is focused on helping individuals transform their lives through employment and stability. There is nothing more powerful than assisting someone and getting him to believe in himself again," said Penny Lewis, director of Our Daily Bread Employment Center. "CPEA focuses on the whole person, with opportunities for recovery support, spiritual growth, case management, soft skills training and a commitment to education."

Christopher Place first opened in 1983 as a drop-in shelter for homeless men. Originally, the program offered showers and laundry facilities, clothing and a 32-bed emergency shelter.

In 1996 it was renamed the Christopher Place Employment Academy, and



Christopher Place Employment Academy is a comprehensive residential employment program, which helps homeless men obtain employment, permanent housing and self-sufficiency. (Above) Program Facilitator Dr. Charles Hicks with a Christopher Place Employment Academy participant. Courtesy Photo

became a comprehensive residential employment program, which helps homeless men obtain employment, permanent housing and self-sufficiency.

In 2007, the academy became part of Our Daily Bread Employment Center, and moved into the then-new building on Fallsway.

"Over the past 20 years, approximately 840 men have graduated from the program," Lewis said. "The current class has 13 men, and they will celebrate their capstone in April, after which they will be in the work-ready phase of the program."

An ongoing challenge is to help to remove barriers to both employment and stable housing, Christopher Place provides resources for child support modification and assistance with expungement, and helps men work through some of the challenges of reentry after incarceration, including explaining gaps in employment, according to Lewis.

The men, who live onsite at Our Daily Bread Employment Center until they are able to move into permanent housing,

day from 8:30 a.m. until 4 p.m. for four to six months.

Instructors teach math, creative writing, computer skills training, GED prep, conduct mock interviews and help to develop other skills.

When the classroom phase is completed, the men will celebrate their capstone, and move into the work-ready phase, which means they're ready for employment.

"Christopher Place Employment Academy is focused on helping individuals transform their lives through employment and stability," Lewis said. "There is nothing more powerful than assisting someone and getting him to believe in himself again."

The cases of Hollins and Wardell offer proof of just what the program can accomplish.

"Hollins is still employed at UMMC, has a savings account which is a huge milestone for him, and he loves returning to CPEA and giving back to the men currently in the program," she said.

"Wardell continues to be both advocate and ambassador for Christopher Place Employment Academy. Like Elton Hollins, he also has a savings account, and even bought a car."

begin the program in a structured classroom environment Monday through Fri-

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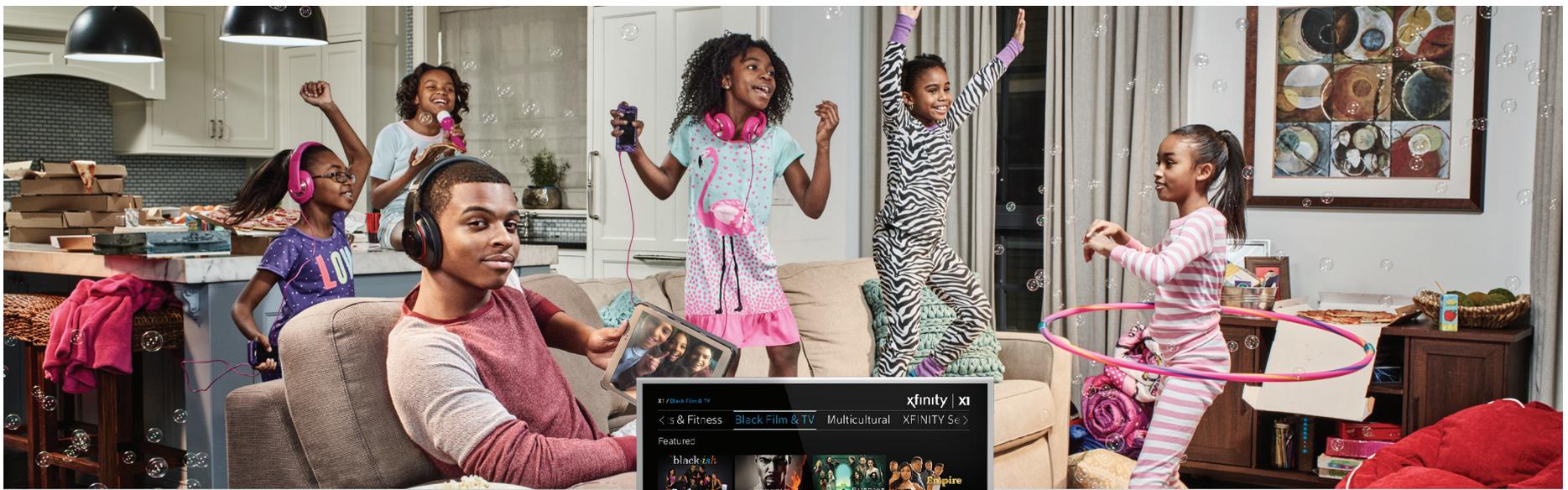
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Bringing Brandon Williams back was essential to the Ravens

By Turrón Davenport

The Baltimore Ravens made a great decision to bring back defensive tackle Brandon Williams. He was not expected to be back after testing the free agent market.

In the end, Williams returned to the Ravens for a five-year contract worth ear, \$52.5 million, including a \$12.5 million signing bonus with \$33.75 million guaranteed.

Williams was once a third-round draft pick (No.94 overall) in the 2013 NFL Draft. He has been an anchor along the Ravens defensive line, taking his place as the next standout tackle for Baltimore.

After completing four seasons, Williams knew exactly where he wanted to be when the dust settled from the free agent process.

"I didn't [clean out my locker]. Everything is still there," Williams said at his press conference on Monday. "Even I think my last suit that I still had in there. I think it is still in there. I wanted to come back. I figured I would kind of try to leave hints and kind of speak it into existence and keep everything there so they know I am going to be there."

The way things played out made it seem like he was not going to return. Ozzie Newsome and the Ravens front office found a way to clear up the neces-



Baltimore Ravens defensive tackle Brandon Williams plays to the crowd as he is introduced during the pre-game ceremonies before a game in 2016.

Courtesy Photo/NFL.com.

sary money to make a real offer to Williams.

"It was a crazy experience. I was anxious not knowing what was going to happen, not knowing where I am going to be," Williams explained. "I was hoping for the best, but expecting the worst. I was trying to be strong, kind of go through it, I guess just trying to figure out where I was going to be. It was tough, but in the end, it worked out perfectly, and I am happy for it. I am glad to

be with Baltimore. I told coach Harbaugh this: 'When it got down to it, I kind of just could not see myself in any

other color but purple and black.'"

Newsome is a Ravens legend as a player and in the front office. He is well aware of the history of defensive tackles that has made Baltimore's vaunted 3-4 defense so strong. Newsome explained why Williams is a mandatory part of the team's future and how he fuels Dean Pees' attack.

"I think he's right up there with all of them," Newsome said during Williams' Monday press conference. "You start with 'Goose' [Tony Siragusa], Sam [Adams], Kelly Gregg, Haloti [Ngata] ... I mean, I could just keep going and keep going. But he's right up there as a player, but also as a person. The big thing about guys like Brandon is it takes two. He'll make the play in the run game, but he also does a good job of pushing the pocket. So, he's right in there with all of those guys."

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'Biz Kidz' offers innovative opportunity for business-minded children, teens

By Andrea Blackstone

Growing up in Chicago, Dr. Marlene Jackson and her seven siblings did not have many opportunities to participate in things that would inspire them to reach their goals. Being raised in a single-parent household, Jackson's family did not have a lot of money, an upbringing that intersects with this Columbia, Md. native's passion to help today's youth explore opportunities she lacked when she was growing up.

Along with her daughter Ashley Jackson, a counselor for Baltimore County Schools, Jackson founded Le' Chic Academy Foundation. The mother and daughter's venture started out as a girl's empowerment program for ages 5-18.

The idea of supporting business-minded children evolved into another facet called "Biz Kidz."

An inaugural Biz Kidz Ribbon-Cutting Award Ceremony/Shark Tank Competition was held on November 5, 2016 to build kids' business awareness, support girls and boys who wanted to explore



(Right) Dr. Marlene Jackson (left) and her daughter, Ashley Jackson (right) founded Le' Chic Academy Foundation in 2014. (Left) Ashley Jackson, Leonardo McClarty, President & CEO, Howard County Chamber of Commerce, and Dr. Marlene Jackson celebrate the launch of Le' Chic Academy Foundation's 2016 Ribbon Cutting Biz Kidz Shark Tank Competition, Young Exhibitor Fair and Award Ceremony. Courtesy Photos

how to make money, and observe leaders within the community.

"Biz Kidz" continues to expand. An upcoming television series featuring young entrepreneurs that will be shown on a public access channel is in the development stage.

"I want to promote these kids [and] to

inspire them, [and] take their artistic goals and skills, and show them to take whatever is on the inside of them and make money from it," Marlene Jackson said. "When I was coming up, we were told to get a good government job and work for someone. I want to do just the opposite with these kids who are coming up, because they have the technology, they have social media, they have things that we didn't have back in the day. And I want to show them that, 'Yeah, you can work for someone, but guess what? You can work for yourself and it's okay. You don't have to get a job with someone else, or you can do that and still do your own thing with your own creative abilities.'"

Le' Chic Academy Foundation's next "Biz Kidz" event will be held June 3-4, 2017 at The Interfaith Center (Meeting House), located at 5885 Robert Oliver Place in Columbia, Md. Activities will include a Shark Tank Competition for youth ages 5-18. A fashion show, outdoor market day, workshops, performances, networking, games, music, awards and more activities will also be offered at the event.

"And what we are going to do, [is] to have workshops for parents and the kids, so that they can go to any workshop that they want to either together or separately," Marlene Jackson said, referring to events scheduled for June 3. "That Sunday (June 4) is going to be very beneficial because the kids are going to have an opportunity to take their creative

products and services and actually sell it to the community. They will be able to make money that way. We're going to have a Shark Tank Competition. We're going to have judges going around, asking the kids certain questions, and they are going to be able to win prizes [and] laptops. And later that day, we're going to have a fashion show, where they can show their poise."

Le' Chic Academy Foundation is a member of the Howard County Chamber of Commerce. Leonardo McClarty, president and CEO of Howard County Chamber of Commerce says the business membership organization will support "Biz Kidz" again.

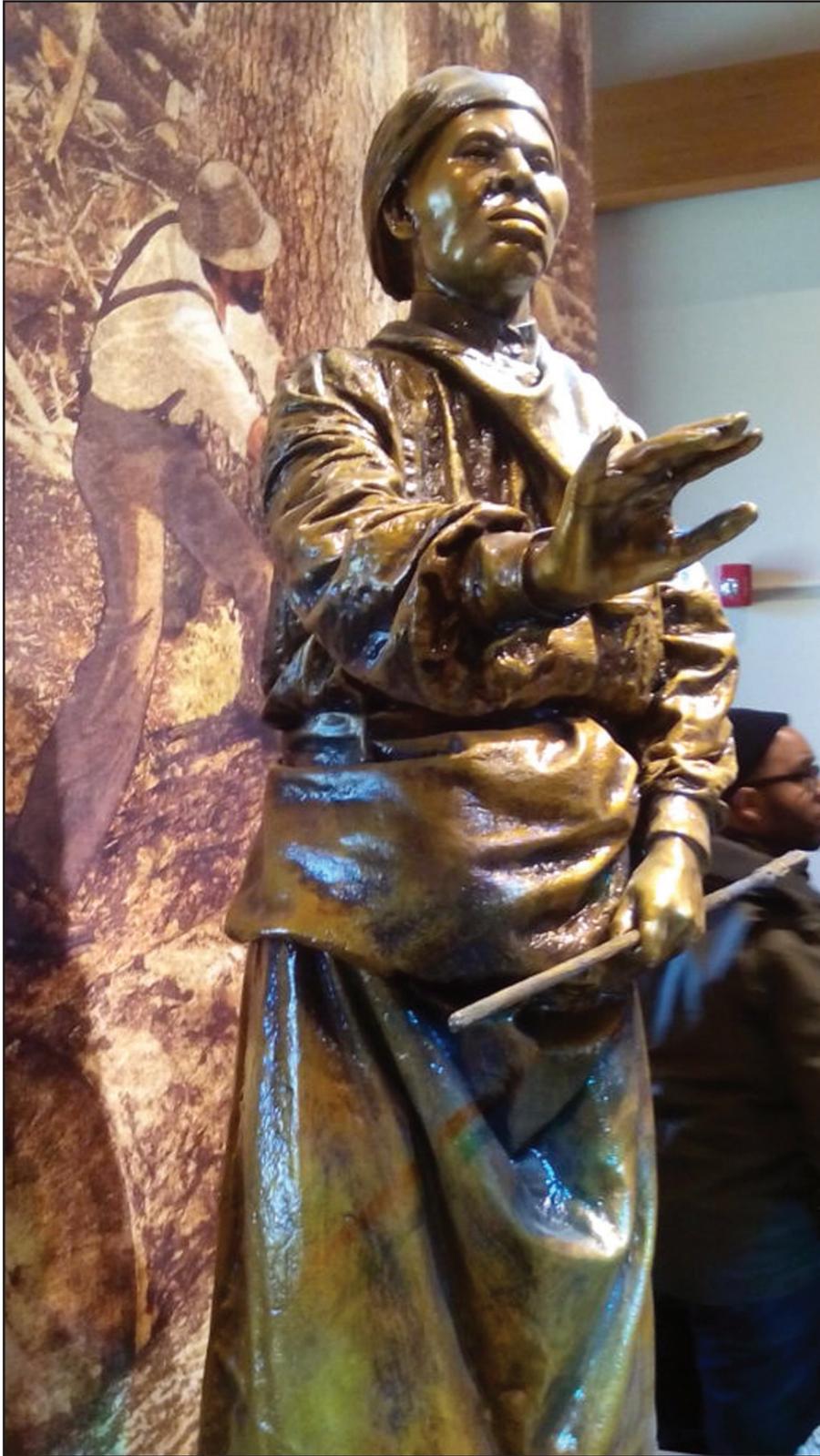
"Adult business owners give value by being with other adult business owners by building a network learning from each other. I think the same things go for kids. We see it every day, even in the classroom, whether it's discussing English Studies or Social Studies or Science—there are opportunities where kids learn from one another," McClarty said. "I think the second is the fact that they have an opportunity to hear directly from business owners or business representatives about the benefits of entrepreneurship and business ownership. They're able to learn early on what you have to do to be successful."

Online registration for youth to participate as vendors is currently open for "Biz Kidz." Please visit www.lechicacademy.com for more information.

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Harriet Tubman Underground Railroad State Park Opens



Harriet Tubman sculpture

Photo: Deborah Bailey

By Deborah Bailey

“Always remember, you have within you the strength, the patience, and the passion to reach for the stars to change the world.”

—Harriet Tubman

Hardy visitors who braved the cold to attend the grand opening weekend of the Harriet Tubman Underground Railroad State Park and Visitor Center got a taste of the bleak winds and open country that Tubman maneuvered when she led family and friends from slavery to freedom more than 150 years ago.

The atmosphere inside was anything but bleak. The state park that will now anchor Tubman’s contribution to American history was alive and brimming with energy, curiosity and reverence for the abolitionist, Union Army spy, and women’s rights advocate who continues to inspire people around the world, almost 200 years after her birth in Dorchester County.

Randolph Rowel, chair of the Behavioral Health Sciences Department at Morgan State University, made the drive to Church Creek with his brother and family. Rowel recently discovered that Tubman is an ancestor.

“I am still learning the entire story. We have discovered we are related to Rev. Samuel Green, who was related to Harriet Tubman,” said Rowel. Green was a minister in the AME Church in Dorchester County where Tubman was born.

Marvin Winans, keynote speaker at a breakfast in honor of Tubman said, “We cannot hide ourselves in our own comfort and not recognize and tell the stories of how we got here.

“What I noticed about Harriet Tubman is that once she was free, she could have kicked back and said ‘I made it,’” Winans said, recalling Tubman’s repeated trips back into the South to rescue more than 70 persons and give instructions to more than 100 others.

“How free do you think you are when someone who looks like you is not free?” Winans asked the audience.

“Harriet Tubman is probably the most well-known figure of the Underground Railroad movement. It is exciting to be here and to connect people with learning more about Harriet Tubman, and the Underground Railroad,” said De’anda Johnson, regional manager of the National Park Service’s Network to Freedom Project.

“You can’t understand one without the other,” she said.

Tony Cohen, a historian and founder of the Menare Foundation for the Preservation of the Underground Railroad in Germantown, Md., displayed artifacts from the era of slavery for hundreds who came to learn more about the “peculiar instruction” and Tubman’s role in creating pathways to freedom. He displayed and discussed the relevance of the infamous two-pound weight that struck Tubman in the head inadvertently and caused her to have seizures for the rest of her life.

“During her seizures, she said that she could see the path she needed to take to freedom,” said Cohen describing Tubman’s tenacity and determination to fulfill her mission to lead others out of slavery.

“A more vibrant story has emerged in the last few years,” Cohen said, informing the audience of private artifacts and university records that have recently been uncovered providing more details about the Underground Railroad.

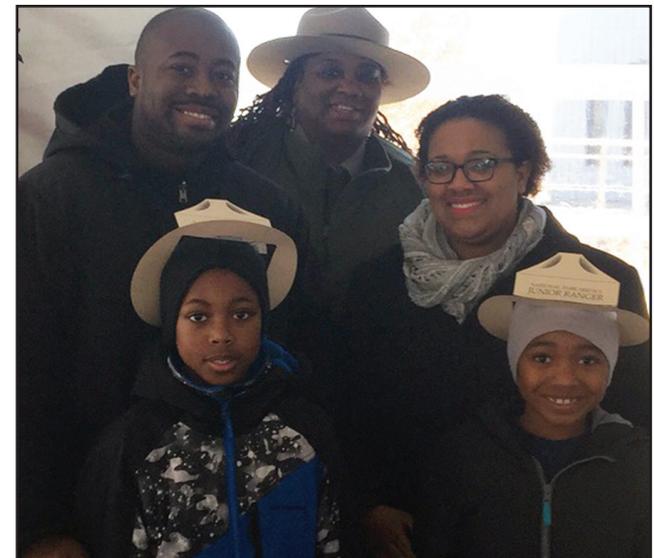
The 17-acre park features an exhibit hall, gift shop, legacy garden and research library. The park is open seven days a week, free of charge. The Visitor Center facility, a joint project of the National Park Service and the Maryland State Park, is staffed from 9 a.m. to 5 p.m. A driving guide to Underground Railroad sites along the Eastern Shore of Maryland is available. The Harriet Tubman Underground Railroad State Park and Visitors Center is located at 4086 Golden Hill Road, Church Creek, Maryland 21622. The telephone number: 410-221-2290.



Judith Bryant, the great-great-grandniece of Harriet Tubman donated the image of one of Harriet's brothers, Henry Ross, who eventually changed his name to William Henry Stewart. Photo: Joy Bramble



Paula and Jerod Lewis and their daughters Sophia (left) and Ana attended grand opening. Photo: Joy Bramble



Troy Harris and his wife Ashley along with their children Josiah and Jeremiah pose with Park Ranger Monamma Al-Ghuiyy. Photo: Joy Bramble



Tony Cohen, Historian, and Consultant for the Harriet Tubman Underground Railroad State Park demonstrates a yoke used to withhold enslaved persons during the Grand Opening Celebration March 11-12.

Photo: Deborah Bailey



Skylar Smith, 11, and Lillian Aguilla, 12, examines artifacts used during slavery with historian Tony Cohen. Photo: Deborah Bailey



US Park Service Representatives throughout the region served during the Harriet Tubman Grand Opening Celebration. Park Rangers are (left) Monamma Al-Ghuiyy and Chanda Powell



Buffalo Soldiers Motorcycle Club gathers to pay tribute to Harriet Tubman during grand opening celebration.

Photo: Deborah Bailey

Trading Places Mentor Academy Inspires Baltimore Youth

By Ruth Young Tyler

From the prison cell to the classroom

Nadir Nasheed made a trade. A former inmate, Nasheed traded his old lifestyle and mindset to a new one—director of operations at Trading Places Mentor Academy (TPMA).

Nasheed shared his testimony and life experiences with hundreds of at-risk youth in several schools and organizations in the region including, Catonsville Alternative, Randallstown High School and the Juvenile Justice Center.

Nasheed delivered a message to 40 students at Woodlawn High School during a speaker series on February 22, 2017. He spoke about the importance of academic excellence, staying focused, positive influences and having educational and career plans. Business leaders and associates of TPMA accompanied Nasheed to speak to the students and answer questions which included Zerita Ross of Ross Insurance Agency, Chef Raymond Lee, owner of Truffle Butta Bistro and Kendall Harris who works for the Department of Corrections.

TPMA was created from Nasheed's experiences and the realization that he could do a lot more with his talents, skills and abilities. During the latter years of incarceration with the Bureau of Federal Prisons in Massachusetts and Kentucky, Nasheed's time was used to produce a body of work that would help Baltimore area youth. He authored eight curriculums of which were developed while he was in solitary confinement for four months included topics, Beyond the Hood, Circle of Influence, Creative Thinking, Staying Focused, Seeking Out Mentors, Turning Your Vision into Reality, The Importance of Preparation, Handing Down the Struggle. Nasheed hopes the content will change the trajectory of wayward youth.

"It's not rocket science but, these are basic principles that will lead to their success," said Nasheed.



Nadir Nasheed is director of operations of Trading Places Mentor Academy where he motivates, encourages at-risk youth at schools in the greater Baltimore region. His 16-year-old daughter, India Nasheed is a junior at Woodlawn High School and supports her father's efforts to inspire area youth. Courtesy Photo

Born and raised in the District of Columbia, Nasheed lacked a positive male role model in his life, which caused him to seek approval in "the streets." When he was 21 years old, he was sentenced to 20 years and eight months. He served 8½ years. He stayed out of the criminal justice system for 14 years and then returned to prison where he served another 24 months. He has since remained clear of correctional facilities.

Trading Places Mentor Academy provides an alternative for at-risk youth who are performing academically below grade level by partnering with other individuals for additional support.

"The world is more competitive now and a high school diploma is not enough," said Nasheed, who believes many students are "pushed through high school" based upon data needed to show the school's overall progress. "In my opinion it's setting the kids up for failure."

Nasheed says TPMA is providing alternative support to allow youth to succeed.

Nasheed's 16-year-old daughter, India an 11th grade student at Woodlawn High School is proud of her father's accomplishments. She is enrolled in honors classes and is on track to take (AP) advance placement courses next year. After graduation, she plans to attend Temple University to study journalism. In turn, Nasheed is proud of his daughter's commitment to education and looks forward to her graduation.

With his wife's continued support, Nasheed plans to transfer the college credits he earned from Mercer Community College in New Jersey to attend University of Baltimore and study business administration and non-profit management.

"I went from being part of the problem and now am part of the solution," said Nasheed.

An advertisement for Xquisite Transportation. The background is a dark blue sky with white stars and a red and yellow city skyline at the bottom. The text "XQUISITE TRANSPORTATION" is written in a stylized, outlined font. Below it, "BWI • DULLES AIRPORT • AMTRACK REAGAN NATIONAL • CAR SERVICE" is written in red, bold, outlined letters. At the bottom, a black SUV is shown on a yellow surface, with the phone number "443-992-2844" in large red, outlined digits.

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Hospital Celebrates Colorectal Cancer Month with Free Screenings, Fair

By Stacy M. Brown

Colorectal cancer is the second-leading cause of cancer deaths in Maryland.

The good news, however, is that colorectal cancer is both preventable and curable, and this month is National Colorectal Cancer Awareness Month.

Doctors Community Hospital will celebrate by raising awareness with a community walk and education fair on Saturday, March 25, 2017 on its main campus in Lanham.

Screenings for colorectal cancer will be offered that day and by appointment. People interested in scheduling an appointment are encouraged to call 301-552-7705 to learn whether they qualify.

At the community event, hospital officials hope to encourage more screenings and healthier lifestyles.

In one recent six-year period, African-Americans in Maryland had the highest incident rates. The American Cancer Society estimates that nearly 2,390 individuals were diagnosed with colorectal cancer in Maryland with about 850 deaths last year, hospital officials noted in a news release.

“We have a program goal to provide 225 colonoscopies to uninsured and underinsured Prince George’s County residents by June 30,” said Angela Wilson, senior director of marketing and communications for Doctors Community Hospital.

Kwanza Graham-Sykes, the program administrator at Doctors Community Hospital’s Cancer Prevention, Education, Screening and Testing Program, says the startling numbers are part of the reason why awareness and education are so important.

“Equipped with the right information and access to the right tools, people can improve their health. At the same time, they can educate others within their sphere of influence— creating a cycle of improved health and wellness,” Graham-Sykes said.

Colorectal cancer often occurs in the colon or rectum. According to experts at the Maryland Department of Health and Mental Hygiene, genetic changes in the normal cells of the colon can cause



Members of the Doctors Community Hospital’s CPEST Program, which helps to raise awareness about colorectal cancer and the importance of screenings. (Left to right) Sarahi Gonzalez, Community Health Outreach Worker; Kwanza Graham-Sykes, Program Administrator; Blanca Rosa Davis, Bilingual Interpreter; Maria Watson, Clinical Case Manager; and Ellen Irving, Nurse Supervisor
Courtesy Photo

abnormal cell growth resulting in adenomas or benign tumors, which may eventually progress into cancer.

Symptoms include blood in or on the stool; lump in the abdomen, cramps or pain in the abdomen, constipation, and flat or ribbon-shaped stool.

Beginning at age 50, both men and women should receive colonoscopy screenings. Colonoscopies can be a helpful tool for early detection, but adopting a lifestyle of healthy eating, engaging in physically activity often, maintaining a healthy weight, drinking alcohol in moderation and not smoking can help to prevent the disease altogether.

Medical officials say African-Americans should be especially careful.

“During the past five years, colorectal cancer mortality rates have declined in the United States. However, mortality rates among African-Americans remain the highest of all racial groups,” Wilson said. “This rate is attributed to barriers such as patient anxiety, insurance status or lack of awareness about screening guidelines.”

To that end, hospital officials try and

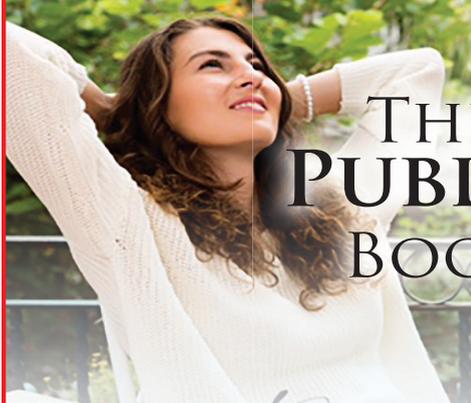
look for new ways or places where education and candid conversations take place about colorectal cancer and the importance of colonoscopy screenings is stressed, according to Wilson.

Through a partnership with the Center of Health Equity at the University of Maryland, the hospital is able to reach the African-Americans demographic, other minorities, by visiting barbershops and beauty salons to raise awareness.

“In turn, those owners and their patrons share what they learned with people within their networks. Such conversations among family members and friends may reduce the stigma of colonoscopy screenings,” said Wilson.

“[This] is also an opportunity to bring the community together in support of colorectal cancer survivors while sharing messages about the importance of prevention and early detection to save lives.”

For more information about colorectal cancer, screenings and the upcoming event, visit DCHweb.org or call 301-324-4968.



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Globetrotters make a stop in Baltimore on 2017 World Tour

By Stacy M. Brown

The Globetrotters dazzle, thrill and even have a habit of dousing a fan at courtside with a bucket of confetti, which at first appears to be water.

Not only is it rare that the team loses but the millions who have seen the Harlem Globetrotters over the years usually walk away winners, too.

The famed hardwood legends will bring their 2017 world tour to the Royal Farms Arena in Baltimore on Saturday, March 25, 2017.

The Ambassadors of Goodwill will also be visiting Charm City school children before for the big game. Led by one of their stars, Bucket Blakes, the team will be in the city on Tuesday, March 21 and Wednesday, March 22 to talk about the team's 2017 World Tour, Blakes own record-breaking accomplishment and their Great Assist Program.

The 6' 2" guard broke the record for

the highest basketball shot ever taken in North America with an epic shot off the Tower of the Americas in San Antonio, Texas. The shot measured 583 feet and 8 inches.

"I didn't get to practice the shot, I just showed up and shot it," said Blakes, a 15-year member of the Globetrotters who also holds the Guinness World Record for most underhanded shots from half court in one minute. "I was shooting shots from half-court under handed, [and] one day after practice it snow-balled from there."

While in Baltimore, Blakes says he will enjoy eating some crab cakes and probably hang out with teammate Jonte "Too Tall" Hall who is from Baltimore and "the funniest guy I've ever met."

"We will visit local schools and present our ABC's of Bullying prevention. This is to help kids eradicate bullying from their schools," Blakes said.

The team plans to leave its mark in all the communities they visit through their "Great Assist" program that encourages acts of kindness such as advocating



Bucket Blakes has been a member of the iconic Harlem Globetrotters for 15 years. He recently broke the record for the highest basketball shot ever taken in North America with an epic shot off the Tower of the Americas in San Antonio, Texas.
Courtesy Photo/Harlem Globetrotters

against bullying in schools.

Launched in October 2015, the team pledges to create 100 million smiles over the course of a decade, through the initiative.

Blakes says he enjoys working with and mentoring children and he envisions one day, running his own gym and helping young ones build character and self-esteem through sports mentoring.

"Be the best that you can be, because it's very difficult to try and be someone else," he said.

Born and raised in Phoenix, Blakes' first exposure to basketball was watching the Phoenix Suns at the age of five. He made his own hoop by cutting a hole in the top of his dad's hat, flipping it over and shooting a tennis ball through it. Years of practice from that point forward made him

one of the most accurate shooters around, hence the name "Buckets."

He says his parents are his heroes because they always involved him and his nine siblings in positive activities. He earned a bachelor's degree in psychology in January 2012 by taking online courses. Despite the demands of entertaining people all over the world year-round, Blakes made the Dean's List three times while completing his courses.

"My parents put me in the best situation that they were able to in order for me to succeed," Blakes said. "I'm now living my childhood dream playing for the world's greatest basketball team." Tickets for the Royal Farms appearance can be purchased at www.harlemglobetrotters.com.

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Keep Your Vision Sharp: Workplace Etiquette for your Eyes

MyEyeDr. gives the download on proper digital device usage.

Vienna, Va.— While you work hard all day at your job, your eyes are working too. In fact, in today's digital age your eyes are likely working overtime.

According to the 2016 Nielsen Total Audience Report, the average American worker spends more than 10 hours in front of a screen daily— from computers and televisions to tablets and cell phones. Due to factors including the amount of blue light emitted from screens and lower contrast than printed text, it is more challenging for the eye to stay focused during digital device use and ultimately, causes them to fatigue faster. As screen time increases, so does eye strain and related side effects like headaches, tiredness and dry eye.

In honor of Workplace Eye Wellness Month, MyEyeDr. is sharing strategies to avoid complications associated with digital eye strain:

•**Wear your latest prescription**— If you have prescribed vision correction, it is important to wear your prescription and follow recommendations provided by your optometrist. Visit your optometrist every year to ensure your prescription is up to date. If you're one of the many Americans who use digital devices every day, consider lenses designed to reduce the impact of looking at screens for long periods of time by moderating the effects of glare and increasing contrast. Consider getting a pair of computer glasses that you can leave at work, guaranteeing you always have a pair on hand.

•**Arrange your desk with your eyes in mind**— Optimize your work environment to reduce harmful effects to your vision. Increase the text size on your digital device and adjust contrast to make content more readable. Position



your computer display so that the top of the screen is at or slightly below eye level to decrease tension in the neck and back, and make sure it is at least an arm's length away. If you find yourself tipping your head back to read the screen, computer glasses might be for you

•**Make the 20-20-20 rule a habit**— Dry, tired eyes? You aren't alone. According to The Vision Council, roughly 65 percent of Americans suffer from digital eyestrain. Sustained digital device usage can wear eyes out and impact performance. As a rule of thumb, use the 20-20-20 rule— every 20 minutes, look 20 feet away, for at least 20 seconds. This refocuses eyes and allows blinking to return to a normal rate.

•**Schedule an annual eye exam**— Having a routine comprehensive eye exam is the most important thing you can do to prevent or treat computer vi-

sion problems. Studies show that continued exposure to blue light over time could lead to damaged retinal cells, which in turn can cause vision problems like age-related macular degeneration (AMD). Consult your local optometrist and schedule an annual eye exam to detect any vision issues early and ensure digital device usage does not impact your work performance.

“Increased usage of digital devices in both our personal and professional lives can cause our eyes to work harder, which translates to the dry, strained eyes we see in many of our patients,” said Dr. Artis Beatty, chief medical officer at MyEyeDr. “At MyEyeDr., we want to educate patients so they are aware of the steps they can take to alleviate the short-term issues and long-term risks associated with digital device usage.”

While digital eye health is a top con-

cern for those using digital devices daily, other job activities pose additional eye-related risks. Employees may be exposed to elements that could physically harm the eyes, either with particles of dust, bits of metal and glass, chemicals, or flying objects. Ensure employees engaged in those type of work environments are wearing required eye protection, whether that means glasses with side protection, goggles, or special lenses. Remember that vision corrective lenses can be made into safety goggles as well.

As technology continues to evolve, employees can become more educated about ways to keep their eyes healthy. Schedule your annual eye exam and an optometrist will be able to help you with any issues associated with harmful workplace conditions.

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