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# The Annapolis Times

A Baltimore Times/Times of Baltimore Publication

*Maryland elders embrace spirit of 25th anniversary centenarians' celebrations*



Ninety-six centenarians were honored with an afternoon of festivities with friends and family by the Maryland Centenarians Committee, Inc. at Martin's West on May 11, 2017. More than 500 guests enjoyed an afternoon of presentations, music and a crab cake lunch to honor 96 persons across the state of Maryland celebrating their 100th birthday. (Photo): Deacon Timothy Greene, age 100, of the Transformation Church of Jesus Christ invited the entire fellowship to celebrate his special day. More than 100 people from the church wore their Sunday best to the luncheon.

(Front row, standing, wearing red cosage). See article on page 10

Photo: Dennis Roberts

# MSU names College of Liberal Arts in honor of alumnus James H. Gilliam, Jr.

Baltimore— During a special ceremony held on campus, Morgan State University President David Wilson, named the university's College of Liberal Arts (CLA) in honor of the late James H. Gilliam Jr., a prominent lawyer, financier, humanitarian and Morgan graduate.

"Morgan's liberal arts programs have cultivated many high achievers over our 150-year history, and James H. Gilliam Jr. was one of the most outstanding of those alumni," said Morgan President David Wilson. "We are proud to celebrate his vision, his generosity and his work in the broader community with this dedication during our sesquicentennial year."

Morgan's College of Liberal Arts supports the educational ambitions of more than 1200 students pursuing bachelor's degree in 13 majors. The college's high-quality academic programs feature effective, student-centered teaching and learning, outstanding student achievement, cutting-edge faculty research and scholarship, and broad-ranging service to the professions and the community.



*Morgan State named the university's College of Liberal Arts in honor of the late James H. Gilliam Jr., a prominent lawyer, financier, humanitarian and Morgan graduate. (Photo) Attendees at the dedication ceremony look up at James H. Gilliam's name over entrance of the building.*

Courtesy Photo/MSU

The college provides a gateway of opportunity for a multiracial, culturally diverse student population and is strongly committed to basic and applied research and creative activities in all areas, consistent with Morgan's Carnegie classification as a doctoral research institution.

Gilliam, who the college is now named after, earned his Bachelor of Arts in English at Morgan in 1967 and went on to receive a law degree from Columbia University in 1970. His illustrious career included law practiced in New York and in Wilmington, Delaware, and service in the administration of Delaware Governor Pierre S. du Pont IV as secretary of Community Affairs and Economic Development. He was the first African American to serve as a Cabinet Secretary in the state. In 1979, Gilliam joined Beneficial Finance Corporation, where



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he was executive vice president and general counsel until 1998.

After leaving Beneficial, Gilliam and his wife, Linda G.J. Gilliam, D.M.D., now a Morgan regent, formed the Gilliam Foundation, a philanthropic organization established to channel resources from their family into the community. In 2000, the foundation created a \$1.5-million fine arts endowment at Morgan, in honor of Gilliam's mother and his father, who was also a Morgan graduate, Class of 1948. The largest auditorium of the University's Carl J. Murphy Fine Arts Center — the James H. Gilliam Sr. and Louise Hayley Gilliam Concert Hall — bears their names.

James H. Gilliam Jr. was an active board member or trustee of many corporations and foundations and chaired several other organizations. He served as chief counsel of Knickerbocker LLC, a private investment firm, until his untimely death in 2003, at the age of 58.

"Mr. Gilliam was a remarkable individual who remained committed to the students at Morgan State University," said Dr. M'bare N'gom, dean of the CLA. "It is truly an honor to name the university's largest school the James H. Gilliam, Jr., College of Liberal Arts. Today will be remembered in history as one of our finest hours."

## Israel of God Bible Study Class Annual Clothing Giveaway

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# Guest Editorials/Commentary

## Mission of Democratic Faith Working Group

By Rep. James E. Clyburn (D-S.C.)

Growing up in a church parsonage, the eldest son of a fundamentalist Christian minister, grounded me securely in faith and family. My dad's sermons, which were based in Old Testament scriptures as often as they were in the New Testament, offered up pretty big doses of Judeo-Christian doctrines that still guide me today as Chair of the Democratic Faith Working Group (DFWG) in the United States House of Representatives.

The Old Testament lesson found in Micah 6:8 calls upon the reader to do justice, be merciful and walk humbly. In Matthew 25:45 the reader is instructed that we are judged by the way we treat, "the least (among us)." These are the principles that guide the members of the DFWG. We are composed of significant strains of the great diversity of faiths across our nation and in our Caucus. Our values reflect these faiths, and our faith perspectives are the lenses through which we see the great challenges of our times.

Whether the issues are combatting poverty, providing accessible, affordable health care; creating jobs that pay livable wages, rebuilding our infrastructure, tax fairness, environmental stewardship, comprehensive immigration reform, or any other matters important to the common good of our people, the members of the DFWG are utilizing our faith-based perspectives in our pursuit of "a more perfect Union."

The members of the DFWG are actively opposing Republican efforts to "repeal and replace" the Affordable Care Act. Repealing the Affordable Care Act would have devastating effects on "the least of these." It would violate the golden rule of "do(ing) unto others as you would have them do unto you." The Republican bill—that was passed by the House on Thursday, May 4—would exacerbate the widening income gap in our society by lavishing massive tax breaks on the wealthiest few at the expense of working people. There is not justice, mercy or humbleness in such action.

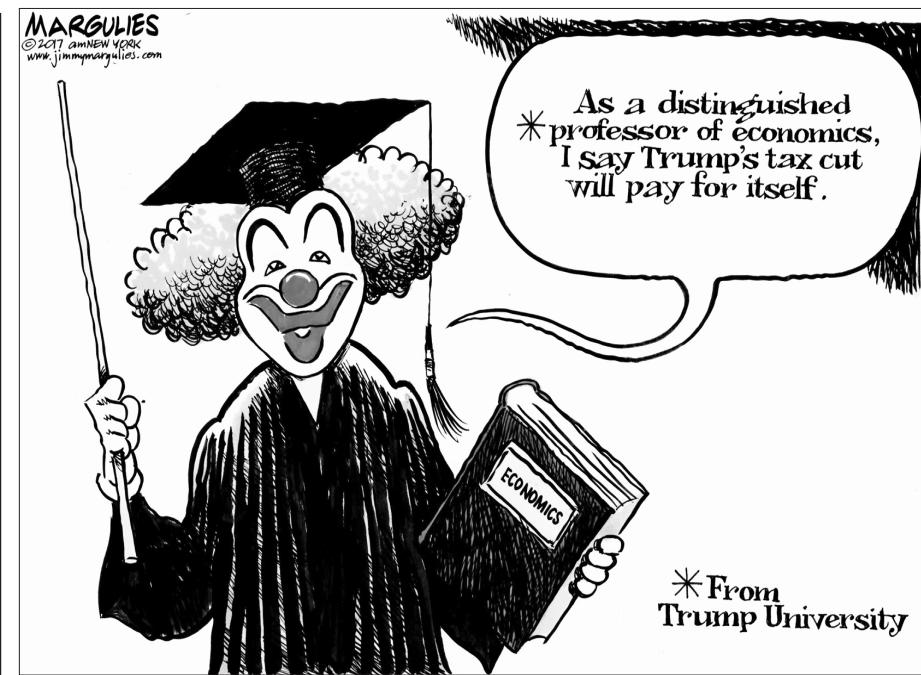
In my home district alone, more than 270,000 South Carolinians under Medicare age have pre-existing conditions. Repealing the Affordable Care Act would subject this population to higher costs and loss of care. According to a recent Joint Economic Committee Report, the Republican Plan will cause 104,954 South Carolinians to lose private coverage in 2018, with their premiums increasing by \$727 to \$970. Additionally, we would see increased costs of over \$94 million in uncompensated care to hospitals in South Carolina.

The plan also includes a big transfer of wealth from low to middle income Americans to the wealthiest of Americans. It provides \$274.9 billion in tax cuts for the highest income Americans, with over half of the tax cuts going to millionaires. In 2020, 61 percent of the cuts go to those earning more than \$1 million a year. To pay for this, Republicans cut Medicaid by more than \$880 billion. To add insult to injury, health care CEOs are big winners in this legislation; it cuts taxes by \$400 million for insurance company executives.

I have long maintained that the Affordable Care Act is the Civil Rights Act of the 21st Century, basically because it outlaws discrimination against sick people, most especially those with pre-existing conditions. Repealing the ACA and putting discrimination back into the health care system is a step history will not forgive. Public policies that do not square with the admonition of Micah 6:8 or the lesson of Matthew 25:45 are offensive to our moral responsibility to do the most good for the most people.

The members of the DFWG will continue to use our shared values found in the fundamentals of our faiths to inform and guide us in our efforts to keep the public informed as we address the most pressing issues confronting our nation.

U.S. House Assistant Democratic Leader James E. Clyburn represents South Carolina's 6th congressional District. In Congress, he serves as the Chair of the Democratic Faith Working Group. Follow him on Twitter at @Clyburn.



## Letters to the Editor:

**Editor:**

**Re: Russia Invades White House**

Lt. Gen. Flynn was fired from his position as National Security Advisor because he lied to Vice President Pence about his contact with Russian officials concerning the sanctions on Russia.

Chief White House Advisor Bannon has stated in the past he is an admirer of Lenin, the founder of Russian Communism.

Former FBI Director Comey was ostensibly fired on May 9, 2017 because of poor performance but this occurred when Comey was heading up the investigation into Trump's campaign staff possibly colluding with Russian officials to impact the 2016

Presidential election. Will Trump appoint a Russian sympathizer as the next FBI director?

On May 10, 2017, Trump met with two high level Russian officials at the White House, and barred the U.S. media from attending the meeting.

However, the meeting was covered by TASS, the state-run media of Russia.

It appears the Russian invasion of the White House produced a liar and dictator as the leader of our country.

**Donald Moskowitz**

Former AG2 and LT, U.S. Navy  
Londonderry, NH

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# Page Opposite/Commentaries

## President Trump wages war on Obama's legacy in first 100 days

By Lauren Victoria Burke  
NNPA Newswire Contributor

There was the proposed massive budget cut to the Department of Housing and Urban Development; the incessant rhetoric about a rise in crime in the nation, that lacked evidence to back it up; the threats of a renewed war on drugs. There was even a failed attempt to bully Republican lawmakers into passing a flawed bill that sought to roll back the Affordable Care Act, a law that provides healthcare to millions of Americans.

This was President Donald Trump's first 100 days in the White House. Trump didn't win a single legislative achievement during his first 100 days. For policies that impact the lives of African Americans, it was just as perilous as you thought it would be. During the 2016 campaign, Trump often described the black community as a monolithic, stereotypical caricature. Trump used the types of violent stereotypes one parrots after they've binge-watched 11 seasons of "Law & Order," but have never actually been to an inner city.

So, much of what Donald Trump

focuses on is about undoing the accomplishments of the first black President of the United States. The obsession with "alternative facts" and the erasure of President Obama's legacy continues to be the core focus within the Trump Administration.

Days before his 100th day in office, Trump's spokesman Sean Spicer blamed President Obama for the fiasco sur-

as Nancy Reagan said, 'Just say no.' Don't do it...We can reduce the use of drugs, save lives and turn back the surge in crime that inevitably follows in the wake of increased drug use."

None of this should be a surprise to the black community. Sessions comes from Alabama where incarceration is high art. Placing humans in cages is Alabama's leading industry. At 70, Sessions is a stark

Giuliani) decided to "get tough on crime," tells the story.

Pastor Darrell Scott of Cleveland, a Trump supporter, held a summit on gang violence in Washington D.C. on April 18. The focus was on crime in Chicago and Trump Administration officials attended. Did they introduce or invite any policy proposals to address any of the underlying issues that plague some of the predominantly black neighborhoods in the Windy City (i.e., high unemployment, high poverty, poor schools)? Not quite yet.

During Trump's first 100 days he met with seven members of the Congressional Black Caucus. He also met with over a hundred presidents of Historically Black Colleges and Universities in the Oval Office to take what would turn out to be a historic set of images.

In the end the truth is obvious: It will take more than pictures and meetings for there to be verifiable evidence that President Trump actually wants to have a positive impact on the African American community. So far, there has been a ton of talk that has not been reflected in hard policy. As Trump revealed during a recent interview, the job of President of the United States was tougher than he imagined, it's clear that some policy, particularly policies impacting African Americans, rest in the hands of his appointed minions many of whom have shown no interest in issues affecting the black community.

*Lauren Victoria Burke is a speaker, writer and political analyst. Lauren is also a frequent contributor to the NNPA Newswire and BlackPressUSA.com. Connect with Lauren by email at LBurke007@gmail.com and on Twitter at @LVBurke.*

**"This was President Donald Trump's first 100 days in the White House. Trump didn't win a single legislative achievement during his first 100 days. For policies that impact the lives of African Americans, it was just as perilous as you thought it would be."**

rounding Gen. Michael Flynn.

Flynn, a loud supporter of Trump during the 2016 campaign, was fired by Trump as National Security Advisor on February 13 and ended up holding the position for the shortest time in U.S. history (24 days) after it was reported Flynn lied to Vice President Pence.

Trump's Attorney General Jeff Sessions, perhaps the most dangerous federal official for African Americans, sought to revive the "War on Drugs," a set of policies that disproportionately impacted African Americans in the 1980s and 1990s.

"We can wish that we could just turn away and reduce law enforcement," said Sessions in 2016. "But I do believe that we're going to have to enhance prosecutions. There just is no other solution."

During a trip to Richmond, Va., on April 11 Sessions said: "We need to say,

reminder of another era. He's also a reminder of how old, failed policy is difficult for so many to break away from. With so many Republicans embracing "smart on crime" policies, Sessions is determined to star in the movie "Groundhog Day" on federal crime policy.

The inmate population in the U.S. rose from 500,000 in 1980 to 2.2 million in 2015 and has made the U.S. No. 1 in the rate of incarceration in the world. When there's an uptick in law enforcement, do more police show up in Manhattan or the Georgetown section of Washington, D.C.? Of course not. A quick glance at the stop-and-frisk statistics the ACLU tabulated in New York City over a ten-year period, in an effort to identify the communities that experienced the greatest number of interactions with police after an elected official (in that case former New York City Mayor Rudy

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# Essex High School student raises awareness about lupus

By Stacy M. Brown

Like the estimated 1.5 million Americans who have lupus or some form of the illness, Essex High School student Kayura Gwynn admitted confusion and sadness when doctors first diagnosed her a little more than three years ago.

"I had never heard of lupus before so the diagnosis was scary and strange," said Kayura, now 15. "I was sad because I had gone so long not even realizing my body was showing signs of sickness."

There are four different forms of the invisible autoimmune disease that doctors find difficult to diagnose, according to medical experts.

Systemic lupus, wherein about half of the cases a major organ or tissue in the body, like the heart, lungs, kidneys or brain are affected, counts as a popular form, while cutaneous lupus, which affects just the skin, accounts for approximately 10 percent of all cases.

Drug-induced lupus also accounts for 10 percent of all cases and is caused by high doses of certain medications and finally, neonatal lupus is a rare condition in which the mother's antibodies affect the fetus.

The disease is two to three times more prevalent among female minorities than white women and recent research indicated that lupus affects one in 537 young African-American women.

"At the time of the diagnosis, we were treating Kayura at a dermatologist for what we thought was acne," said Marcel Gwynn, Kayura's father.

"After about four months or so with no improvement, they did a biopsy and Kayura hit on four of the seven lupus makers," he said. "My wife called me and told me, and I cried. I was scared because I knew nothing about lupus and I was angry because I felt like it was my



(Left) Kayura Gwynn (middle) in Washington, D.C. with her father Marcel Gwynn (left) his wife Jen speaking with Walter Gonzales (across the table) Legislative Director in Representative Dutch Ruppersberger's (D-MD) office. (Right) Kayura and her father Marcel at last year's walk. The Lupus Research Alliance's "Walk with Us to Cure Lupus" at Rash Field at the Inner Harbor raises funds for research.

Courtesy Photo

fault and that my daughter didn't deserve this."

However, Kayura and her family have been fighting to defeat the disease, not just for her but for everyone.

While she still fights fatigue, a common symptom of lupus that makes it difficult to attend school or socialize with friends, Kayura has been on a mission to educate those with a lack of knowledge, including teachers and classmates.

Last Saturday, she joined hundreds of Baltimore residents for the Lupus Research Alliance's "Walk with Us to Cure Lupus" at Rash Field in the Inner Harbor to raise funds for research.

Kayura also started an advocacy club at her school after visiting Washington on behalf of the Lupus Research Alliance. After grabbing the attention of some lawmakers, Kayura wanted to help her peers better understand lupus.

"You don't look sick. I hate when people tell me this because even if I don't look sick, inside I am exhausted and sick to the point where I don't want to do anything at all," she said. "But I still try to do as much as I can, even if I don't feel up to par."

The perception of laziness has been an issue she's been forced to deal with because of the extreme fatigue the disease causes, her father said.

"Often, she cannot participate in a lot of things or she sleeps later than most," he said. "Sometimes, it is extremely difficult for her to get out of bed."

Tired of being perceived as "lazy," educating others about her disease is proving important to Kayura, not only to for her to be better understood, but to also help people recognize possible signs of lupus and to see their doctor.

Because May is designated as Lupus

Awareness Month, Kayura has been busy trying to shine a spotlight on the disease.

"The Lupus Research Alliance walk is extremely important. It brings the lupus community together and we support each other because we all know what it is like to either be told we are lazy or faking our sickness or just to have this feeling of being alone in our sickness," she said. "Hopefully getting more people aware and involved with lupus will stop this lonely feeling or the constant remarks on our work ethics because we don't outwardly show symptoms of being sick."

The walk was very important, her father said.

"The lack of knowledge by the public coupled with the uniqueness of lupus to each person it affects makes it harder for people to understand how truly serious this disease is," he said.

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Alan Amrhine, Communications Director  
Lutheran Mission Society

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Employers in attendance will include: Adecco Staffing Agency, Alamo, Enterprise, and National Car Rentals, Hopkins Local Hire, Johns Hopkins University, Lifebridge Health, Mercy Medical Center, M. Luis Construction, M & T Bank, and Transdev/Veolia transportation services. Industry skill training providers, including Maryland New Directions' Maritime Transportation, Distribution, and Logistics training program and other

partners of the 1 Baltimore 4 Jobs initiative, will also be on hand to provide information and opportunities for those looking to change careers or develop new, employable skills.

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to improve the social and economic health of our city. Maryland New Directions has been leading this effort in Baltimore since 1973, helping more than 138,000 individuals find work they love, establish careers, and contribute to their families and communities.

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support and encouragement necessary to stay employed over the long term. We serve all low-income residents of Baltimore aged 18-60 and have connections with over 150 employers from a variety of fields and industries. Whether through our signature Career Focus program, our innovative Maritime Transportation, Distribution, and Logistics Training Program, or our Youth Employment Training Program, MND is helping Baltimore job seekers quickly transition to employment, develop their earning potential, and establish careers that last over the long term.

As a partner of the Mayor's Office of Economic Development's 1 Baltimore 4 Jobs initiative, Maryland New Directions, along with 18 other occupational training providers, have built a network of service providers and employer partners to help train Baltimore residents for a variety of jobs and career fields.

For more information, call Maryland New Directions at: 410-230-0630

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# Could a Michigan to Baltimore pipeline be brewing?

By Turron Davenport

The Baltimore Ravens have added four players from the University of Michigan over the last two years. Ravens head coach John Harbaugh and Michigan head coach Jim Harbaugh are brothers who once faced each other in the Super Bowl.

The Harbaugh brothers have always competed with each other, starting from an early age. Now that Jim is in the college ranks, he is able to get players ready for the NFL, including his older brother's team.

Defensive end Chris Wormley; defensive tackle Willie Henry; outside linebacker Brennen Beyer; and punter Kenny Allen have all made the move from Michigan to the Ravens in the last two years.

Wormley spoke about the similarities between the Harbaugh brothers after rookie minicamp a couple weeks ago.

"They both are hard-working coaches. There are a lot of similarities I see on the defensive side of the ball," Wormley said during his press conference. "We work hard. The first day here was an hour-and-a-half, which was a little shorter than our four-hour practices with coach Harbaugh at Michigan, but it felt good to be back, and I could see a lot of similarities."

Jim is a former NFL quarterback, having played for a variety of teams, most notably the Chicago Bears and Indianapolis Colts. While his background is on the



*Michigan defensive end Chris Wormley during a game against BYU at Michigan Stadium. Wormley is one of four players from Michigan who are now members of the Baltimore Ravens in the NFL.*

Courtesy Photo/www.mgobule.com

offensive side of the ball, Wormley says he saw a lot of similarities on defense.

"There are a lot of similarities—a lot of the same calls, a lot of the same defenses," Wormley explained. "When you see those words, and you see those defenses, it makes it a little bit easier to pick up on it and the adjustments in play calls are helpful."

Henry made the jump from Michigan to Baltimore before Wormley, so he was able to give him a snapshot of what to expect. Wormley shared some of the things Henry told him.

"He said they go to work every day," Wormley mentioned. "He said it is like Michigan 2.0, which is something that I am used to, which means we go to work every day. Every day, we work hard. We are going to stop the run on defense and then we are going to get after them on the pass. It is something I am looking forward to, whatever role my role may be."

It is surprising that Baltimore didn't add either of the Michigan wide receivers this season. The Ravens are in need of help at wideout, especially because of Steve Smith Sr.'s retirement.

Both Amara Darboh and Jehu Chesson were highly productive under Harbaugh at Michigan. Although the Ravens defense has been bolstered by the addition of former Michigan players, there is a good chance the offense will benefit as well in the coming years.

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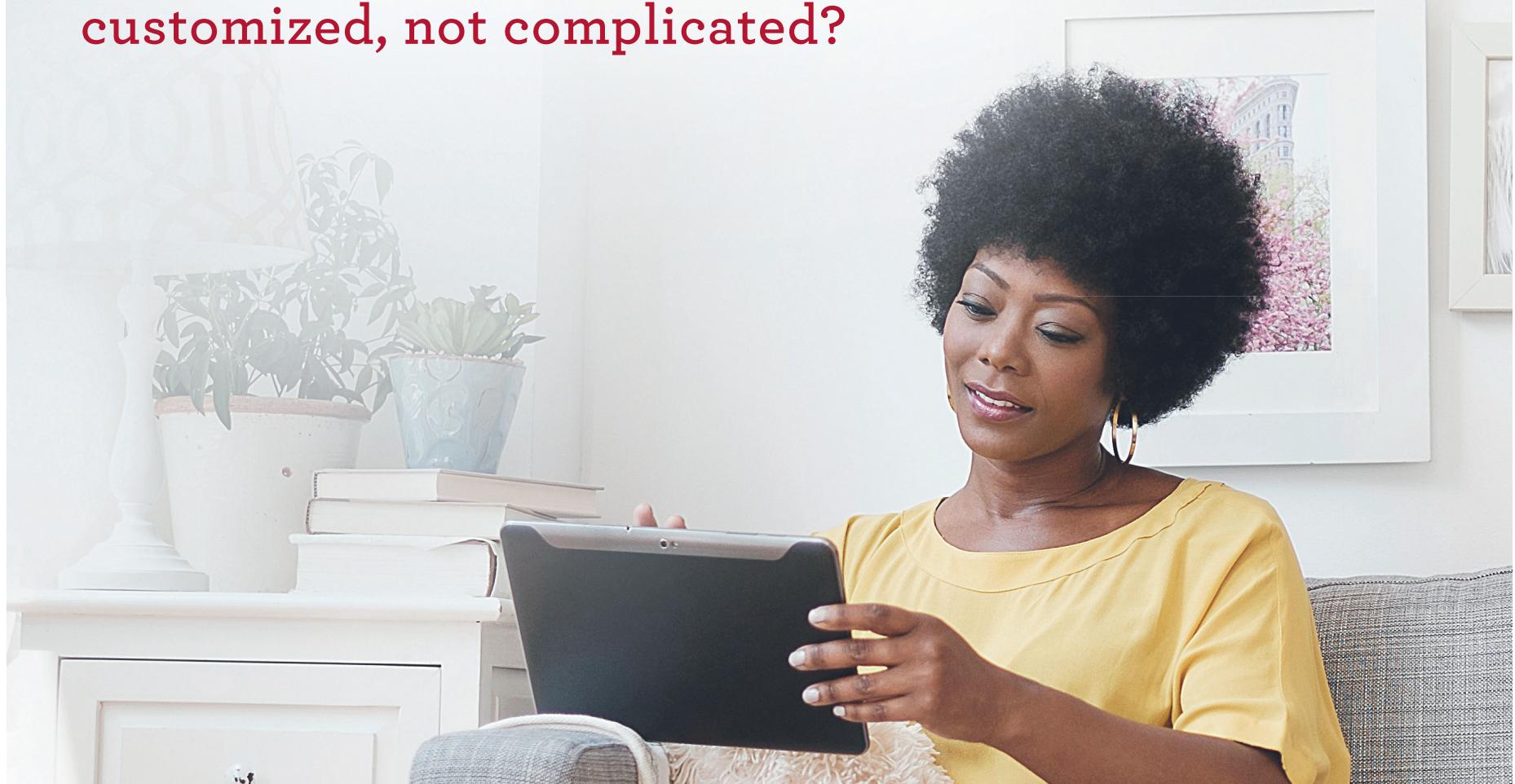
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# *Maryland's elders embrace spirit of 25th anniversary centenarians' celebrations*

By Deborah Bailey

The skies outside the building were overcast, but the ballroom at Martin's West in Baltimore was filled with sunshine and blue skies for the 25th Annual Maryland Centenarians Recognition Luncheon on May 11, 2017.

Ninety-six centenarians were honored with an afternoon of festivities with friends and family by the Maryland Centenarians Committee, Inc. More than 500 guests enjoyed an afternoon of presentations, music and a crab cake lunch to honor 96 persons across the state of Maryland celebrating their 100th birthday this year.

Odessa D. Dorkins, founder and chairperson of the event's host organization, Maryland Centenarians Committee, Inc., reflected on how far the celebration has come since the first luncheon.

"This is an exciting time. In 1993, I did not think we would still be in existence but every year, the centenarians called me and wanted to know when the next event would be," said Dorkins. "When I started, I only knew one centenarian and the Social Security Administration identified 860 that year (1993). Today, we have way over 1,800 centenarians living in the state of Maryland.

"For me, it's a small way of saying I am grateful just to be among these great giants. Instead of getting the family together for a funeral, we wanted to see family come together for a celebration. There is plenty of joy here, fellowship, friendship and celebration. We couldn't ask for more."

Family and friends traveled from across the nation to celebrate Maryland's centenarians from as far away as California, Texas, and Florida; and in Maryland, from as far west as Hagerstown and down on the Eastern shore from Salisbury.

Several state and local organizations, including AARP (American Association for Retired Persons) served as co-sponsors of the Maryland Centenarians Celebration.



*Odessa D. Dorkins, founder and chairperson, Maryland Centenarians Committee, Inc.*

Photos: Dennis Roberts

"AARP Maryland is so proud to be part of the Centenarian event. We've been here for many years, and we truly value the wisdom, grace and knowledge that the centenarians and their families can transfer to younger generations," said Mike Kulick, program specialist for AARP of Maryland.

"AARP seeks to disrupt aging and make it known that just because you're getting older doesn't mean the possibilities stop. The spirit of celebration here is wonderful," Kulick added.

Deacon Timothy Greene of the Transformation Church of Jesus Christ invited the entire fellowship to celebrate his special day. More than 100 people from the church wore their Sunday best to the luncheon. All were eager to say a good word about the active, spirited Greene, an organist who still plays the opening hymns on Sunday mornings at the church.

"I'll be 100 on September 14. That's the big day!" said a spry and playful Greene, who attributes his longevity to good music and hard work.

"I have always been playing the organ in church, and going to work. I was expecting to have a Hammond organ out here for me today," he jested.



*Caroline Cole and Dr. Delaphine Green, Committee Members*

"I appreciate all my church members and all my relatives and all my friends..

Lena Mae Floyd rounded up 14 of her 17 children to celebrate with her at the luncheon. Her daughter, caretaker and third oldest child, Ella Parker, remembered the sacrifices her mother made to raise 17 children.

"We're so proud to be here with her today. It's been a joy to take care of my mother. I watched her when we were little taking of us. I've watched her and my Dad in the cotton field take care of us and do everything they could for us. She and my father always taught us to do the right thing. It's really good when your parents instill good values in you," Parker said.

Willie Margo Purdy, honorary chairperson of the Centenarians Celebration, summed up the spirit of the day for herself and fellow centenarians.

"Just being here, that's the best part of this occasion," said Purdy, who takes no medication and only uses herbal supplements to remain in good health and maintain radiant skin.

"She takes no medication at all," said family friend Tanwa M. Suma, about Mrs. Purdy. "When she goes to the doctors, all the doctors surround her with note pads [to] learn from her."



*La'Leta Carver was this year's Maryland Centenarians Committee, Inc. Scholarship recipient.*

Baltimore City CARE Services, Beacon Magazine, CCBC Catonsville, and the Maryland Office of the Social Security Administration also served as event co-sponsors.



Mart Toon, age 104, with grandchildren Barbara Toon,  
Leisa Alexander, Linda Toon.



Amanda L. T. Brooks, age 103, and family.



Annie Lee May, age 102



Judy Sneeringer (daughter), Delores Kestler, 100



John Simpson (son) Helen Simpson, age 100



Beatrice Yost, age 100



Lilly Swift, Ron Swif, Elizabeth Jones, 100



Edward Beelat, age 99, Deanna Beelat (daughter)



Lillie James, Katherine Taylor ,age 94



Photos: Dennis Roberts

# National nonprofit builds first outdoor classroom in Baltimore

By Stacy M. Brown

School gardens have proven to be more than just a trend, and the blossoming health and education benefits that go along with them have many looking to create additional space.

That's exactly what's happening in Baltimore at Gwynn Falls Elementary, a Title 1 school serving more than 500 students.

On Tuesday, May 16, 2017, parents, teachers and students from the school joined the national nonprofit, REAL School Gardens and more than 100 Target employees to build an outdoor classroom in just one day.

The Texas-based nonprofit, which was founded a decade ago, provides teachers in low-income schools the tools and training needed to use learning gardens to improve science, math and literacy instruction.

"We were created for educators by educators around the idea that students could learn key academic concepts through hands-on, real-world experiences outdoors," said April Martin, the regional executive director for Real School Gardens. "Students have an inborn natural curiosity about the world, and we wanted to give teachers the tools and the training to harness that drive to get students in low-income schools engaged in their lessons."

Target has agreed to provide both the funding and volunteers to create Gwynn Falls' outdoor classroom, the fourth of five planned REAL School Gardens projects across four states.

Target's support is part of the company's ongoing efforts to help make wellness more affordable, accessible and inspirational for guests and communities by helping students grow their own nutrient-dense vegetables and learn about healthy food choices, officials said in a release.

It costs REAL School Gardens \$130,000 to launch our full three-year program at a low-income school, according to organization officials.

If a school already has a learning garden, or once Real School Gardens builds one, instructional coaches are then dispatched



**Teachers, students and parents from Gwynn Falls Elementary School in Baltimore joined national nonprofit REAL School Gardens and 100 Target employees to build an outdoor classroom at the school in one day. REAL School Gardens gives teachers in low-income schools the tools and training needed to use learning gardens to improve Science, Math, and Literacy instruction. (Above) REAL School Gardens Instructional Coach Joe Ludes plants flowers with students at Beers Elementary School in Washington, D.C.**

Courtesy Photo

to the school to train teachers in one-on-one and group settings, getting them accustomed to taking math, science, and language arts lessons outdoors.

"Once teachers see how effective hands-on experiential lessons can be, they're excited to use them more often," Martin said. "We hear lots of teachers say that they were burned out before our program, but then they see that their students understanding better and happier to learn and their job satisfaction increases. Students love investigating the natural world and doing meaningful projects."

"They might not have thought they'd be excited to learn about acute and obtuse angles, but tell them that they need to figure out where to place a solar panel to maximize energy production and they're all over it," she said.

Every school wants an outdoor class-

room, but there is a competitive application process because the nonprofit partners with companies to pay the lion's share of the cost. Schools also must invest time and money into the Teacher Training Program that is required.

"We don't just build an Outdoor Classroom and walk away. We want to make sure they're well-used and well-maintained for years to come," Martin said. "Once principals and teachers see how effective our instructional coaching is, word of mouth spreads pretty quickly. We offer both programs to schools of all income levels, but will only do fundraising for projects in high-poverty schools."

The advantages of an outdoor classroom include improved STEM skills, social emotional learning, and other 21st century skill development. Partner

schools have seen 12 percent to 15 percent increases in standardized test score pass rates with particular gains in science, according to Real School officials.

The REAL School Gardens Teacher Training Program has also been proven to boost teacher effectiveness and job satisfaction, and improve student engagement in their lessons.

"I think the biggest benefits are the teacher and student impacts. Students get the experiential learning they need to build a foundation of knowledge for long-term success. They also get to realize that learning is fun and exciting," Martin said. "Teachers get to see those 'ah ha' moments where students finally understand, and that re-kindles their love for their work, keeping them from getting burned out and leaving the schools that need them most."

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# Rambling Rose

**Patapsco Flea Market gives back to the community with**



*Rosa Pryor Trusty*

Hello, my dear friends, I hope things are going well with you. This time of year brings some good and bad things, hoping the good overpowers the bad. We did lose a couple of performers in the past couple of weeks—musician Wendall Shepherd and jazz singer Denyse Pearson. We also lost a well-known community member, Andrew Johnson. My condolences to the families; try to remember they are in a better place with no more suffering.

On a fun note, The Patapsco Flea Market located at 1400 W. Patapsco Ave., in Baltimore, which has been around for over 35 years in the same location and my adopted child, Brian Hall, aka “T-Shirt Brian” of D.O.T. Sport & Promotions are sponsoring a free concert every second Sunday of the month at the Flea Market. The May concert will feature Skip Mahoney and the Casuals, Cliff Perkins and the Soul Generation, Ms. Bee, and many more from noon to 4 p.m. The event will be hosted by Courtman and DJ Mike Jones will lay recorded music. Not only can you shop until you drop, but you can enjoy hot steamed crabs on the Crab Deck and have cocktails at the Outdoor Patio Bar every Saturday and Sunday from 1 p.m. to 5 p.m. I will see you there!

My lands of mercy! Renowned saxophonist Art Sherrod, Jr. is hosting a CD release concert with guest vocalist Kenny Allen on Friday, May 19 at the AMP by Strathmore, 11810 Grand Park Avenue, Rockville, Md. Showtime is 8 p.m. You can have dinner while enjoying a fantastic show. For more information, call 301-581-5100.

Closer to home and there is another CD release party for saxophonist group The T.K. Blue Quartet, with T.K. Blue on sax, Kalimba on flute, Essiet-Essiet on bass, Zaccai Curtis on piano and Eric

Kennedy on drums on May 20 from 6 to 10 p.m., at Caton Castle, 20 South Caton Ave., in Baltimore. Call 410-566-7086 for more information. Tell them Rambling Rose told you!

Next week, mark your calendar for two dynamite shows. WEAA-FM 88.9's Your Girl Cheryl will host a Motown Show at the Carroll Arts Center, 91 West Main Street, Westminster, Md., on Friday, May 26 at 7 p.m. and Roy Ayers will be performing at the Bethesda Blues Jazz Supper Club, 7719 Wisconsin Ave., Bethesda, Md. For more information, call 240-330-4500.

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



*Babatunji Balogun, Principal Organizer of Soul School Institute, which is a black Nationalist organization will tour to New York on Friday, May 19, 2017 to celebrate and honor Malcolm X on his birthday. The ticket includes: round trip transportation to New York, buffet luncheon and visits to selected sites in the Harlem Community. For more information, call 410-385-9532.*



*Renowned trumpeter and musician Wendall Shepherd passed away on Sunday, May 7, 2017. He worked at Jazzman Music; he studied at Berklee College of Music; he went to Douglass High School and Edmondson High. Funeral Service was held at New Union Baptist Church and his funeral was held on Saturday, May 13, 2017. Musicians from all over came to celebrate his life. Sincere condolences to his family as well as his musician family. May he Rest in Peace.*



*Roy Ayers will perform at the Bethesda Blues & Jazz Club, 7719 Wisconsin Avenue in Bethesda, Maryland on Thursday, May 25 and Friday, May 26, 2017. Showtime is 7 p.m. For ticket information, call 240-330-4500.*

# Vitamin D checks are vital for African-Americans

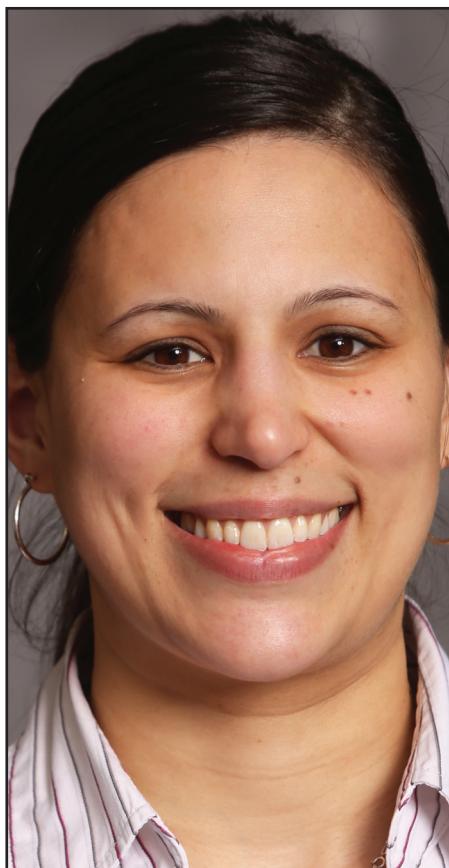
By Stacy M. Brown

African-Americans are at a higher risk for vitamin D deficiency than anyone else in the U.S. population, according to some medical experts.

Overall, at least 20 to 50 percent of adults have some form of low vitamin D values, a trait more common in winter months because of less sunlight but still more common in African-Americans because they convert less vitamin D from one form to another in the skin, according to the experts.

The elderly, adolescents, obese individuals and those with chronic illnesses (e.g., diabetes and kidney and lung disease) are groups who are at risk for vitamin D deficiency. For African Americans included in these groups, the risk is higher.

"We acquire much of our vitamin D supply from the sun. Our skin absorbs one form of vitamin D and converts it into a different form that we can use," said Dr. Shannarose Guma, a primary care physician at Saint Agnes Hospital in Baltimore. "The darker your skin is, the less vitamin D you will absorb because the pigmentation in your skin called melanin protects the skin from harmful UVA rays from the sun. However, melanin also blocks the positive benefits that you could reap from the sun, such as vitamin D."



**Dr. Shannarose Guma is a primary care physician at Saint Agnes Hospital in Baltimore. She serves as a member of Ascension, the nation's largest Catholic and not-for-profit health system. She also has a practice in Columbia, Maryland. Courtesy Photo**

Blocking those positive benefits puts African-Americans at risk for such conditions as osteoporosis, bone pain, muscle weakness, deformed bones and fatigue, Saint Agnes officials said in a news release.

According to Psychology Today, vitamin D also plays a role in the pathophysiology of depression and can also be potential treatment for depression.

Dr. Guma, a graduate from the Ross University School of Medicine, says it's vital that African Americans take a daily vitamin D3 supplement.

"I advise that everyone [to] take a daily vitamin D supplement, whether by itself or within a multi-vitamin," Guma said. "Although we know that the sun and our skin together make vitamin D for our body, I do not recommend trying to get vitamin D from the sun. It is still very important to wear sunscreen every day, no matter how much pigmentation your skin has. Everyone is at risk of getting skin cancer."

Dr. Guma completed her Internal Medicine Residency at Saint Agnes Hospital in 2012 and she serves as a member of Ascension, the nation's largest Catholic and not-for-profit health system. She also has a practice in Columbia, Maryland.

Patients should ask their primary care physician to check their vitamin levels.

Some insurance policies will not cover

that cost unless the patient show signs of vitamin D deficiency, so it's important to peruse insurance documents, too.

Elderly patients will benefit the most from a vitamin D level check—especially females as they are more prone to osteoporosis, Guma said, noting that normal vitamin D levels along with proper calcium levels, help to remodel and rebuild bones.

It's also important to note that symptoms of vitamin D deficiency are often nonspecific, but some include unexplained fatigue, joint or bone aches, muscle weakness or osteopenia/osteoporosis.

"I recommend that vitamin D-deficient patients take a daily vitamin D supplement. Currently it is recommended that people between the ages of one and 70 years old, take 600 IU of vitamin D3 every day. For those above the age of 70, the recommendation is to take 800 IU of vitamin D3," Guma said. "This is based on a 2010 report by the Institute of Medicine. However, if you are having symptoms of unexplained fatigue, joint/bone aches, muscle weakness or osteopenia/osteoporosis, ask your primary care physician to have your vitamin D level checked, as you may need to take in even more vitamin D on a daily basis."

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# LPN program at AACC earns high marks

Arnold, Md.—The Licensed Practical Nursing (LPN) program at Anne Arundel Community College has earned high marks as one of the top three LPN programs in Maryland for 2017, according to rankings recently released by PracticalNursing.org.

AACC's LPN program was ranked third among 10 at community colleges across the state. Of the 10 state-approved practical nursing programs in Maryland, PracticalNursing.org ranked the top five, based on state test results and National Council Licensure Examination for Practical Nurses (NCLEX-PN) pass rates for the last five years. The NCLEX-PN exam is used by state boards of nursing to test proficiency and grant licensure for each licensed practical nurse.

"Our students are extremely successful on PN-NCLEX, with 100 percent first-time pass rate for the last three years," said Beth Batturs Martin, director of Nursing and Health Care Initiatives at AACC. She said the program, which started in 2007, graduates around 10 to 15 students a year. "Student success is contributed to student and faculty dedication."

The website, which states it was built by nurses for future nurses, touts AACC's nursing department as having



*The Licensed Practical Nursing (LPN) program at Anne Arundel Community College is rated as one of the top three LPN programs in Maryland for 2017 by the rankings recently released by PracticalNursing.org. For more information about AACC's LPN program, visit <http://www.practicalnursing.org/lpn-programs/maryland>.*

Photo Credit: ClipArt.com

an outstanding reputation and the express goal of preparing excellent nurses. Among the positives, students "practice simulated nursing skills in a college lab with state-of-the-art equipment" and "have continually exceeded

national and state pass-rate averages." For more information about AACC's LPN program, visit the website, <http://www.practicalnursing.org/lpn-programs/maryland>

AACC's registered nursing (RN) program was also recognized this year. The RN program took the top spot out of a field of 25 surveyed by RegisteredNursing.org in February!

For more information, about AACC's

RN program, visit the website, <http://www.aacc.edu/newscenter/news-releases/nursing-no-1/>

AACC also offers a Patient Care Technician/Geriatric Nursing Assistant Certificate, several advanced placement programs, such as LPN to RN, paramedic to RN, veteran to RN; an Associate of Science degree in nursing and a certificate in practical nursing.

## Annapolis Language Bank Needs Volunteers

Volunteers with a second language capability extend a warm welcome to area visitors who might have difficulty communicating in English. Volunteers also are called upon by Public Safety officials, health organizations, hospitals, the Red Cross, State, County and the City of Annapolis, and other organizations. Volunteers are listed in the Language Bank by language in alphabetical order. If you or someone you know has a second language capability and is not currently listed as a Language Bank volunteer, we would urge a telephone call to the Office of Public Information, City of Annapolis, (410) 263-1183 or E-mail: [info@annapolis.gov](mailto:info@annapolis.gov). See website at: <http://www.annapolis.gov/residents/language-bank>.

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