

Year Up executive is a homegrown success story



Born and raised in Baltimore, Roland Selby (far right) was drawn to the nonprofit Year Up Baltimore when two of his relatives entered the program and a short time later, a head-hunter approached him about becoming executive director. Year Up Baltimore is a college and career development program where low to moderate-income students ages 18 to 24 earn money while they learn, Photo: (left to right) Senator Nathaniel McFadden, Maryland State Senator; Sandy Dilworth, CareFirst BlueCross BlueShield, Vice President, IT Operations (TOS) and Co-Chair of the Year Up Baltimore Board; Rodney Harris, Year Up Alumni, Cohort 9; and Roland Selby, Year Up Baltimore, Executive Director. (See article on page 12) Courtesy Photo

Baltimore Design School student wins big Artscape prize

By Stacy M. Brown

Brian High just couldn't believe it. The 11th grade architecture student at the Baltimore Design School had just been told that he was the winner of the fourth annual Fred Lazarus IV Artscape Prize, known as "The Fred."

Brian knew the competition was stiff, with dozens— if not hundreds— of others having entered the contest.

"At first, I didn't believe that I could win. I doubted I could win against other competitors," said Brian, who lives in Baltimore City and whose interest in photography began around the age of 10, when he first started creating stop-motion animations using his model trains.

"I felt that the Artscape exhibition would be a good chance to display my new photographs from recent visits to museums," he said.

With the win, Brian received a \$1,000 award and an undisclosed stipend to produce a solo exhibition, which will be on display at the 36th annual Artscape, which takes place on Mount Royal Avenue and Charles Street in Baltimore from July 21-23, 2017.

Attracting more than 350,000 festival-goers annually, Artscape features a full schedule of performing arts, including: live concerts from national, regional and local acts on multiple outdoor stages; professional dance troupes and a wide variety of opera, theater, street theatre and classical music performances.

Additionally, the free festival showcases visual artists from the Baltimore region and beyond through an artists' market, outdoor and indoor exhibitions, prize programs and more.

"I have already picked out the pictures, so now I will have them printed and



Brian High receives his award from Rebecca Belleville, Arts Education Coordinator at the Baltimore Office of Promotion & The Arts. As the winner of the fourth annual Fred Lazarus IV Artscape Prize, known as "The Fred," Brian's work will be on display at Artscape from July 21 - 23, 2017 in Baltimore City.

Courtesy Photo

framed. I feel a little nervous about displaying them in front of a crowd of people," said Brian, whose interest over the years has developed into visiting rail museums in the region and photo-documenting what he labels as "The Survivors," his winning Artscape entry.

"I've been working on photos in the Survivor series for three years. For this

entry, I wanted to use detail photographs that showed the letters and numbers, and

classification of engines and cars," Brian said.

"I have visited the Pennsylvania Railroad Museum in Strasburg, Pennsylvania; the Steamtown National Historic Site in Scranton, Pennsylvania; and the B&O Railroad Museum in Baltimore," he said. "I have also visited smaller places in New Jersey, New York and Maryland, and I hope to put more time into working on this series when school is done,"

Brian also noted that the next museum he would like to visit is the Virginia Museum of Transportation in Roanoke.

When he was 10, Brian said he began to see trains and cars as beautiful works of art, as it relates to the field of interior and exterior design. He says that trains still motivate him.

"Being an artist means making a big difference. I want to make viewers see that historical means of transportation have not been forgotten," he said.

Brian says he has been saving his prize money but still may share with family members.

He plans to continue earning money to attend college where he would like to study theater arts and costume making.

For now, Brian continues to look forward to showcasing his work at Artscape.

"I have already picked out the pictures, so now I will have them printed and framed," he said. "I feel a little nervous about displaying them in front of a crowd of people."

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Paging Dr. Siri

By Vidya Ramesh and Sandip Shah

Smart-phone apps are about to revolutionize medical care. These technologies can predict when cancer patients are about to relapse, detect rare side effects of experimental drugs, and prod patients to maintain healthy behaviors.

Pharmaceutical firms could temper widespread concerns about drug prices by incorporating these technologies into treatment regimens. Doing so would unlock the full potential of existing treatments. It would result in healthier patients and lower medical spending.

Consider Moovcare, an app created by Israeli e-health company Sivan Innovation. The technology enables lung-cancer patients to log symptoms after surgery or chemotherapy, receive follow-ups, or set automatic reminders. If a patient logs a specific change in symptoms, Moovcare sends an email to his or her physician. This helps doctors quickly adjust treatment plans and predict likelihood of relapse.

Moovcare's health benefits have proven remarkable in initial studies. An independent study published last year by French researchers found that the median overall survival rate of patients who used the Moovcare app was 19 months, versus 12 months for those on standard care. After one year, 75 percent of patients following up with Moovcare were still alive, compared to 49 percent in the standard follow-up group.

Apps can also speed up clinical trials, which currently take years and cost millions of dollars to collect enough data to measure a drug's efficacy and safety.

Health eHeart, a study out of UC San Francisco, aims to collect millions of data points and develop treatments that reduce deaths from heart disease. Participants use smart devices to collect and input their own health data. They can snap a small device onto their smartphone to record electrocardiograms (ECG or EKG) with just the touch of their fingertips, or measure heart rates simply by holding their fingers over their smartphone cameras.

The apps also track participants' eating, sleeping and exercise patterns. That's important for researchers get a 360-degree view of patients' health.

App-based studies can collect data from millions of participants worldwide, compared to a few thousand patients in most traditional clinical trials. Those reams of data will enable researchers to draw much more rigorous conclusions—for instance, they could realize that a treatment works better in certain demographic groups.

Drug companies are already integrating these technologies into treatment regimens. Merck and Amazon's first joint initiative, the Alexa Diabetes Challenge, is a call for researchers to create personalized, voice-enabled reminders and recommendations for patients with Type 2 diabetes. For example, Alexa, Amazon's personal home assistant artificial intelligence, could remind patients to take their insulin or to exercise each day. Using apps and artificial intelligence assistants like Alexa could help patients take their medicines on schedule and as directed. Medical non-adherence -- skipping or forgetting doses, or taking the wrong dose— costs Americans up to \$300 billion each year due to increased sickness. Ten percent of all hospitalizations and nursing home admittances are prompted by non-adherence. The problem claims 125,000 American lives each year.

Given that the end goal is ensuring patients' health and access to the best treatment options, pharmaceutical companies should invest in technologies that ensure patients reap the most benefit possible from their medications. Harnessing the power of new technologies can help them do so, reducing costs and saving millions of lives in the process.

Sandip Shah is the founder and president of Market Access Solutions, a global market access consultancy, where he develops strategies to optimize patient access to life changing therapies. Vidya Ramesh is a director at the same company.



Letters to the Editor:

Editor:

A recent Centers for Disease Control and Prevention report shows that the overall death rate for black Americans fell between 1999 and 2015, narrowing the gap in the death rate between white and black Americans.

This is promising news, but black Americans, on average, still live about four years less than white Americans, and younger black people are still dying from diabetes, heart disease, cancer and other illnesses earlier than their white counterparts.

I became a vegan to take my health into my own hands after witnessing the diseases that plague the black community and my family. Almost half of all black women will get heart disease. This must change. I'm proud that I'm able to raise

awareness about animal rights issues while being proactive about my health.

As Russell Simmons, the author of "The Happy Vegan: A Guide to Living a Long, Healthy and Successful Life" says, "[W]hen you're committed to not only saving animals and the earth but also saving yourself, happiness is inevitable."

If you're concerned about your health— not to mention animals and the environment— try eating tasty vegan foods. Visit www.PETA.org for a free vegan starter kit, or check out Afro Vegan by renowned chef Bryant Terry.

Shekalia Johnson

Youth Campaigns Assistant

PETA

Norfolk, VA

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The Topic of Mental Health Cannot Be Tabled:

Why talking about mental health is so important

By Representative Eddie Bernice Johnson (D-Texas)

During the month of May, we recognized Mental Health Month to raise awareness for the millions of Americans living with a mental health condition. Since one in five adults or approximately 43.8 million people, will experience mental illness during their lifetime, it is safe to say that everyone is affected by the issue. Approximately 20.2 million adults in the United States experience a substance use disorder each year and 50 percent of them have a co-occurring mental illness.

Quite often people are alarmed when you begin discussing mental health, but there is only one way to overcome that fear and that is through transparency and awareness. According to the U.S Department of Health and Human Services, mental health includes our emotional, psychological, and social wellbeing. It affects how we think, feel and act.

This year, Instagram launched a #Here-ForYou campaign, which encourages

users of the social media platform to open up about their mental health. Since the launch, teens and young adults have been taking to social media to share their stories of overcoming the obstacles of mental health and leaning on each other in a safe space by offering friendship, support and collaboration. As a result of this campaign, Instagram has become a social media platform where users can

likely to receive treatment at all. In fact, even though the prevalence of mental illness by race is similar in white adults and black adults, the use of mental health services among the groups differs. According to NAMI, white males use 11.3 percent of mental health services and white females use 21.5 percent of mental health services while black males use 6.6 percent and black females

their livelihood is affected tremendously—broken relationships with family and friends, loss of financial stability, or feeling they have no purpose in life.

Serious or severe mental illnesses, which are schizophrenia or schizoaffective disorder, major depression, or bipolar disorder, cost America about \$193.2 billion in lost earnings per year. Individuals living with serious mental illness die 25 years, on average, earlier than others. Not to mention, suicide is the tenth leading cause of death in the U.S, and the second leading cause of death for individuals aged 15-24. In Texas, one person commits suicide every three hours on average and 44,193 Americans commit suicide each year. In many cases, it is common for those who attempt suicide to have a mental illness.

We must do more to support individuals who suffer from mental illnesses and be willing to involve ourselves in programs that support them. As we continue to have open conversations about mental health, with respectful language, we can abandon the social stigma associated with mental illness.

Congresswoman Eddie Bernice Johnson is a Texas native, serving her 13th term representing the 30th Congressional District of Texas. She was the first nurse elected to the U.S. Congress. In December 2010, Congresswoman Johnson was elected as the first African-American and the first female Ranking Member of the House Committee on Science, Space and Technology—a position she still holds today. You can follow her on Twitter at @RepEBJ.

“Unfortunately, there are serious consequences for a lack of treatment. Untreated mental illness can cause further emotional, behavioral or physical health problems.

We have seen the impacts of mental illness gone untreated in our veteran and homeless populations. Far too often, our veterans and the homeless are ignored and do not receive proper treatment.”

post about feelings and mental health as a coping mechanism and get support from those who share their experiences and those who don't.

The National Alliance on Mental Illness (NAMI) also provides several forums for individuals with mental health issues or substance use disorders to speak freely and without judgment. I believe, it is vital for individuals with mental health issues to be able to talk openly and without facing unnecessary stigma. However, communities of color do face higher levels of stigma, receive less access to treatment, and are less

use 10.3 percent. This may be due to a culturally insensitive healthcare system, less health insurance coverage, racism in health treatment settings, or general mistrust of healthcare providers.

Unfortunately, there are serious consequences for a lack of treatment. Untreated mental illness can cause further emotional, behavioral, or physical health problems. We have seen the impacts of mental illness gone untreated in our veteran and homeless populations. Far too often, our veterans and the homeless are ignored and do not receive proper treatment. When they go without treatment

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Heart of the School Awards:

Night of Celebration for Baltimore City Public Schools Principals

By Deborah Bailey

For many students across Baltimore, May is prom time but thanks to the Fund for Educational Excellence, Baltimore City Public Schools' principals enjoyed a festive and fun spring celebration of their own.

Ten City Schools' principals were honored at the Hippodrome during the Second Annual Heart of the Schools Awards on May 22, 2017.

"This special night recognizes our district's exceptional leaders and highlights ten who have demonstrated exemplary innovation, execution and leadership, building strong school cultures," said Sonja Santelises, CEO of Baltimore City Public Schools.

John B. King, Jr., CEO of the Education Trust and former U.S. Secretary of Education, encouraged the principals to build foundations of love and hope in the future.

"I want to thank the principals in the room for leading from a place of love," King said. "For understanding that at the foundations of schools are relationships. You give them that word of encouragement at the end of the day and ensure them you'll be right there tomorrow to love them and stand for their success."

Five grand prizewinners, from a diverse array of public schools were selected through an extensive nomination and review process and received a \$2500 award to support programs and initiatives.

Tammatha Woodhouse, principal of Excel Academy at Francis M. Wood High School, one of the night's winners. Marveled in her acceptance speech she said, "this is the first time that an alternative school has been honored."

Roxanne Forr, principal of Cecil Elementary School, gained credibility in the community and the confidence of a staff that has seen their principal serve the Northeast community, as well as the school for more than a generation. Forr has been Cecil's principal for nine years but has worked there—her "home away from home"—her entire career.

"I have been fortunate in my tenure at



Ten principals from Baltimore City Public Schools were honored at the Hippodrome at the Second Annual Heart of the Schools Awards for the pivotal they play in the success of their schools and students on May 22, 2017. (Above, left to right) Roger Schulman, president and CEO, Fund for Educational Excellence with five of the honorees; Crystal Harden-Lindsey, principal, Green Street Academy in West Baltimore; Christophe Turk, principal, George Washington Elementary in Southwest Baltimore; Samuel Rather II, principal, Calvin M. Rodwell Elementary in Northwest Baltimore; Roxanne Forr, principal, Cecil Elementary School in Northeast Baltimore; Tammatha Woodhouse, principal of the Excel Academy at Francis M. Wood, an alternative high school in West Baltimore, which serves students who have struggled to find success in other school environment.

Courtesy Photo/Heart of the School Awards

Cecil to have been surrounded by great mentors, teachers who are eager to learn, caring parents, and giving partners all for 30 years," said Forr.

For Samuel Rather II says serving as principal at Calvin M. Rodwell Elementary School opens up opportunities to defy stereotypes every day.

"Why is it that when I tell people that I work for Baltimore City Public Schools it is naturally assumed that I work with discipline or athletics? I wonder if it's the same reason that I was written off as a problem student who didn't care about school," said Rodwell who is a young African-American male. "You couldn't have told me as a kid that I would be a teacher, let alone a principal. But something changed."

Crystal Harden Lindsey, a native Baltimorean was honored for her work to make Green Street Academy a comprehensive, wrap around community school, where everyone in the West Baltimore neighborhood near the school is welcome.

"I believe that strong educators can change the trajectory of students across our nation while simultaneously, trans-

forming communities in impoverished areas," Lindsey said. "Education can be the currency to defeat poverty."

Christophe Turk, in his fourth year as principal of George Washington Elementary in Southwest Baltimore shares a love for his students, staff, parents and the community that radiates from the hugs and handshakes he freely gives at school all day. Turk has also served as the leader of the advocacy movement led by principals in City Schools to support additional funding.

"This work consumes a lot and it is serious work. I take it seriously and everyone in this audience takes it very seriously [too]," said Turk. "This is not something that I earned, but something our entire George Washington Elementary School has worked in collaboration to develop.

"This award is the result of great people who take a student first approach and work so incredibly hard because they are fully invested in making a difference each day," he ended.

Five additional principals were recognized and each was awarded a \$1000 educational grant to use for any need in the

school. They are: Corey Basmajian, Principal of Windsor Hills Elementary/Middle School; Patricia Burrell, Principal of North Bend Elementary/Middle School; Amber Kilcoyne, Principal of Medfield eights Elementary School; Danielle Tillman-Cromartie, Principal of Armistead Garden Elementary/Middle School; and Zaharah Valentine, Principal of Baltimore Design School.

"Every day, our principals are building positive environments where students and teachers can thrive," said Roger Schulman, president and Chief Executive Officer of the Fund for Educational Excellence. "Through the Awards, we're showing our principals that we support and value the critical role they play in the lives of our students and the success of our city.

The Heart of the School Awards debuted in 2016 to spotlight the pivotal role principals play in the success of their schools and students. The inaugural event was attended by nearly 600 community members and helped raise more than \$250,000.

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Ravens striving to cultivate youth on offensive line

By Turron Davenport

The Baltimore Ravens have forged their identity as an old school physical team. That's the way their head coach John Harbaugh was raised. The hard-nosed mentality is one that General Manager Ozzie Newsome looks for when he evaluates prospects.

Former offensive line coach Juan Castillo did an outstanding job working with his group before moving on to the Buffalo Bills during the off-season. The Ravens now have Joe D'Alessandris coaching the offensive line.

D'Alessandris has nearly 40 years of coaching experience, including time with Kansas City Chiefs, Buffalo Bills, and San Diego Chargers.

Harbaugh has eagerly tried to revisit the success the team had running the ball back in 2014 when they gained a total of 2,019 rushing yards. Baltimore's ground game was the No. 8 rushing attack in the NFL under then offensive coordinator Gary Kubiak.

A large part of the success can be credited to their interior linemen, guards Marshal Yanda and Kelechi Osemele, as well as Jeremy Zuttah at center. Osemele is now with the Oakland Raiders while Zuttah has moved on to the San Francisco 49ers.

Yanda is the only remaining starter from that unit. The left tackle position will be held down by 2016 first-round pick Ronnie Stanley who is returning from a successful rookie season.

Stanley is an athletic tackle that can hold his own against some of the top pass rushers in the NFL and clear ways for running backs to get to the second level of the defense.

Second-year player Alex Lewis will likely man the left guard position next to

Stanley. Having played mostly at tackle when he was in college, Lewis is looking forward to the opportunity to move inside.

"You get to pull, hit people and you're always helping out, whether it's Ronnie [Stanley] or the center," Alex Lewis said after OTAs last week. "It's a lot of fun at guard, pulling around the front side, pulling around to the outside, and there is a lot of versatility at guard, and it's right there in your face. It's you against me."

The rest of the offensive line is yet to be determined. Baltimore has two pure centers on the roster in rookie Brandon Kublanow and second-year player Matt Skura. Ryan Jensen and John Urschel have both seen game reps in the past. Jensen has been a spot starter for the Ravens when Zuttah was injured.

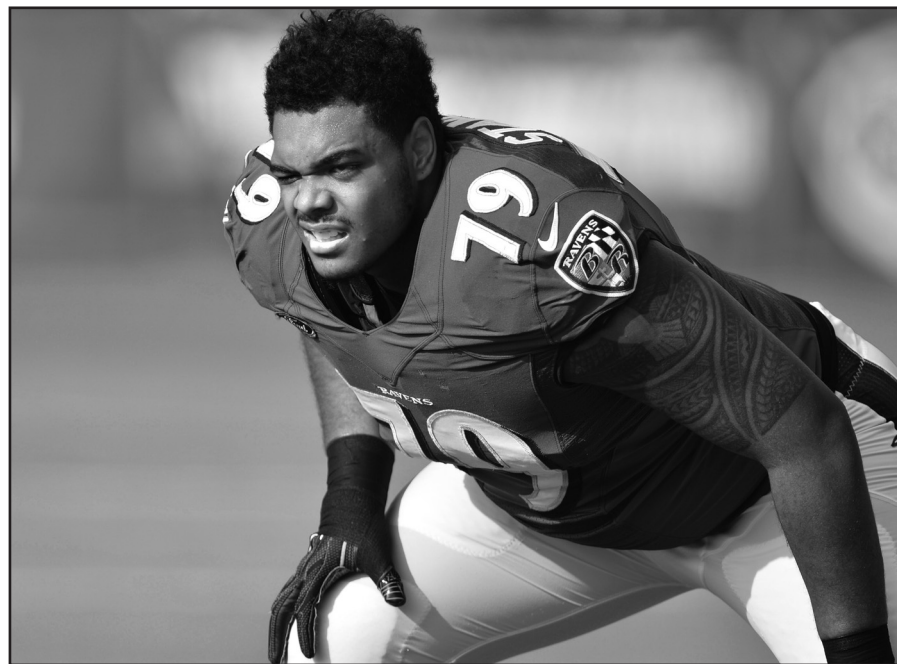
Fourth-round pick, Nico Siragusa figures to be in the mix to start at right guard. His mauling style of play fits what the Ravens want to do on offense.

Fellow 2017 NFL Draft pick, Jermaine Eluemunor could be another option for Baltimore at right guard. At 6-foot-4, 330 pounds, he has an imposing physical presence that will wear down interior defenders as the Ravens continue to pound the ball inside late in games.

An intriguing option to fill out the Ravens offensive line is Stephane Nembot. He has a rare blend of size and athleticism that he showed while playing tackle at Colorado.

Nembot is a raw prospect, which is why he went un-drafted in 2016. However, with the right coaching, he can develop into a solid option at right tackle.

James Hurst is the likely starter at right tackle when the Ravens open up training camp. He is the most experienced tackle on the team. The fourth-year player started three games in 2016 and eight games in 2015.



Ravens left tackle Ronnie Stanley warms up before taking the field during training camp in 2016 at the Under Armour Performance Center in Baltimore.

Courtesy Photo/NFL.com

With the right blend of coaching experience and developing players, the

Ravens may be able to establish a long-term unit that can grow together.



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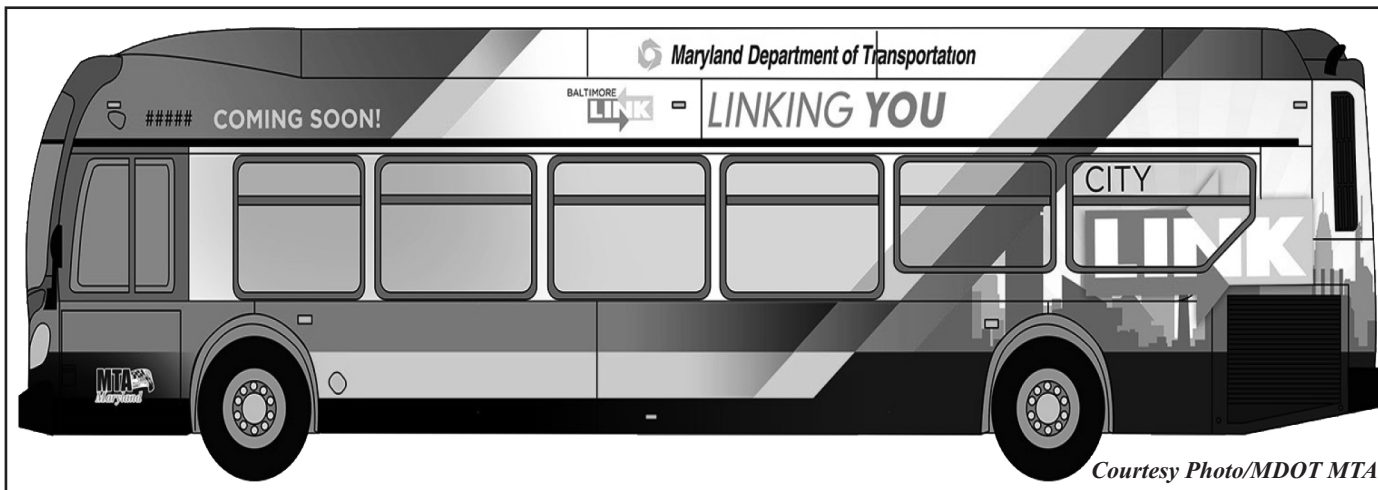
All users of MDOT MTA transit services will ride for free June 18-30, 2017

Baltimore— The Maryland Department of Transportation Maryland Transit Administration (MDOT MTA) will offer two weeks of free transit rides from June 18 through June 30, 2017, as part of the official launch of BaltimoreLink. Free rides will be offered on Local Bus, Express Bus, Light Rail and Metro Subway.

BaltimoreLink is Governor Larry Hogan Administration's multi-phase plan to create an interconnected transit system by redesigning the entire local and express bus systems throughout Baltimore. It adds 12 new high, frequency, color-coded bus routes to improve connections to jobs and to MARC Train, Metro Subway and Light Rail.

BaltimoreLink transforms Baltimore's half-a-century-old and outdated transit network with implementation of bus-only dedicated lanes, installation of transit signal priority, construction of a transfer hub network, rebranding and replacement of more than 5,000 transit signs, expanded commuter bus service, new shared bicycle availability, access to car-sharing options and more.

In advance of the BaltimoreLink official launch on June 18, New Express BusLink



Courtesy Photo/MDOT MTA

launched suburb-to-suburb service in June 2016 and new expanded Commuter Bus service in the summer and fall of 2016, with additional improvements coming this spring.

"We are committed to transforming our transit system to better connect our riders to jobs and our various transit modes to help ease congestion in the Baltimore area," said MDOT MTA Administrator and CEO Paul Comfort. "We encourage everyone to try our new system by riding free of charge for the first two weeks. This new system will be a

dramatic improvement that will give residents choices to leave their cars at home and ease congestion on our streets."

During MDOT MTA's free fare period June 18 through June 30, the June monthly pass and all CharmCard® 31-day passes will be half-price. These reduced fare passes can be purchased until June 24. During this time, weekly passes will not be sold.

Half-price fares will be offered at all MDOT MTA ticket vending machines, through online ticket sales, at the MDOT

MTA Transit Store and at all walk-in MDOT MTA ticket vendors.

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Listen to your symptoms: know when to seek emergency care

Washington, D.C.— At what point does a fever or stomachache become a medical emergency? If you slice your finger with a knife, or you are having the worst headache you've ever had, should you seek emergency care? How do you know?

The answers are simple: if you think you are having the symptoms of a medical emergency, you should seek emergency care as quickly as possible.

Emergencies are determined based on the symptoms that bring you to the ER in the first place, not on your final diagnosis. The same symptoms can mean many medical conclusions and often-times it takes an experienced physician and several medical tests to determine if those symptoms represent some minor ailment or something potentially life-threatening.

While urgent care centers have a role to play in the health care system, they are not substitutes for emergency care.

They are an option for common medical problems when a physician's office is closed, but more serious problems require screening and treatment at an emergency department.

"Many people experience the symptoms of an emergency, such as stroke or



a heart attack, but for various reasons, such as doubt, they delay seeking care right away," said Becky Parker, MD, FACEP, president of the American College of Emergency Physicians. "For many medical emergencies, time is of the essence. Delays in treatment can lead to more serious consequences."

Emergency physicians want to educate every person to recognize the warning signs of a medical emergency.

Here are some common warning signs and symptoms:

- Difficulty breathing, shortness of breath
- Chest or upper abdominal pain, or pressure lasting two minutes or more
- Fainting, sudden dizziness, weakness

- Change in vision
- Difficulty speaking
- Confusion in mental status, unusual behavior, difficulty walking
- Any sudden or severe pain
- Uncontrolled bleeding
- Severe or persistent vomiting or diarrhea
- Coughing or vomiting blood
- Suicidal or homicidal feelings
- Unusual abdominal pain

These are just a few examples and not intended to represent every kind of medical emergency or substitute for medical advice from your physician.

"I'd much rather tell a patient that their diagnosis is not serious and send them home than tell them they should have come to the ER sooner," said Dr. Parker. "It is always better to err on the side of caution when it comes to your health or the health of a loved one."

For more information about medical emergencies and how to prepare for emergency visits, visit: www.EmergencyCareForYou.org.

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Saturday, June 17, 2017

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Year Up executive is a homegrown success story

By Stacy M. Brown

Born and raised in Baltimore, Roland Selby was drawn to the nonprofit Year Up Baltimore, when two of his relatives entered the program and a short time later, a head-hunter approached him about becoming executive director.

Year Up, a college and career development program where low to moderate-income students ages 18 to 24 earn money while they learn, aligned with his passion and interests, said Selby, who holds a B.S. in accounting from Morgan State University.

"I am motivated by achievement in everything that I do. I am extremely competitive and results driven," he said. "I continuously seek to develop myself professionally, personally and spiritually. I also take pride in the success of my team and their accomplishments, especially those I mentor."

Since joining Year Up Baltimore, Selby has expanded the number of students served and increased the organization's footprint at Baltimore City Community College (BCCC), as well as the partnerships with Maryland businesses.

"It's important that the program makes a direct contribution to help the city by connecting young adults with the opportunities they want and need by placing them with local businesses like BGE, Horsetail Technologies, TOPKATS Group, and PROARC, Inc.," he said.

"I was a typical teen. I enjoyed socializing, playing sports and I was a bit rebellious but overall I was not very focused and did not have any goals," Selby said. "Fortunately, I had support in both my parents and grandparents and a host of caring adults as mentors. That guidance and wisdom assisted me with navigating the trials and challenges of adolescence and helped me to become grounded and focused on achieving short term goals such as completing under graduate studies, pursuing a meaningful career, and providing insight on how to be a productive citizen of the world."

Year Up officials note that 12 million jobs that require candidates with post-



(Left to right) Marcus Washington, WJZ-TV news anchor; Roland Selby, executive director, Year Up Baltimore; and Year Up Baltimore student Adam Megahed on the set of WJZ-TV's program "On Time." Courtesy Photo

secondary education will go unfilled in the next decade while six million young adults are disconnected from stable career pathways.

The solution, they say, includes connecting young adults who need opportunities with companies who need their talents. The nonprofit identifies urban young adults who are highly motivated but lack opportunities to enter the mainstream economy.

Officials speak with companies to understand the skills needed and participants spend six months in a classroom learning the hard skills sought by employers and the soft skills successful team members need.

Students then intern for six months with a Year Up partner company, applying their skills while gaining critical work experience. Upon graduation, participants are ready for a meaningful career in which they're able to contribute to the economy and their community.

Approximately 83 percent of students are employed, earning \$17 per hour or \$35,000 annually. Each of the last two graduating cohorts received employment or became full-time students.

"Our program is based upon having high expectations for our students and to provide high support to assist them on the path of successfully earning an internship and in completing the program," Selby said. "We use a contract to reinforce this philosophy and we state the following expectations: show up every day; be on time; dress professionally; and submit deliverables on time."

By adhering to that contract and infusing core values into programmatic elements, Year Up helps to provide a foundation for students to be successful.

"Participants are going to be challenged personally and academically while they are growing professionally. Our contract system is designed to model expectations of professional be-

haviors and provides room for students to learn and grow," he said.

"Year Up is not easy. They will need to be resilient and able to bounce back and fail forward. If anyone is interested in being a part of Year Up they have to be open to the process."

To participate in Year Up Baltimore, individuals must be between 18 and 24; have a high school diploma or GED; be from a low-to-moderate income family; a U.S. citizen, permanent resident or possess an employment authorization card; be available five days a week for the full year of the program; attend Baltimore City Community College; and be motivated to learn technical and professional skills.

For more information or to apply to participate in the program, visit www.yearup.org/Baltimore or call 410-919-9530.

Liberty's Lite Holds Book Club Extravaganza

By Ursula V. Battle

Fans of Margaret D. Pagan listened as the 75-year-old author talked about her book, *More Than A Slave: The Life of Katherine Ferguson*.

"More Than A Slave is based on a true story," said Pagan. "Katherine Ferguson was a Christian woman, who was born a slave. She spent her life doing the Lord's work. She came out of slavery because of her faith in God. A white pastor saw something in her and helped her to get her freedom. Her story is fascinating, but not many people know about her. That's one of the things that prompted me to write this book."

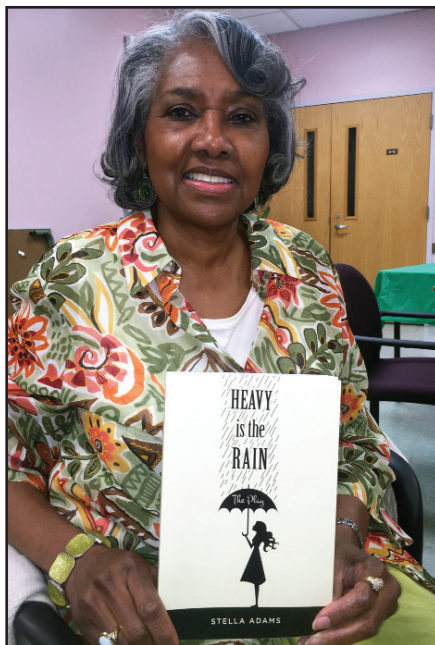
Pagan was among the authors who participated in the Liberty's Lite Readers Book Club's "Book Club Extravaganza". The event was held recently at the Liberty Senior Center located at 3525 Resource Drive in Randallstown in celebration of Older Americans Month.

Led by the Administration for Community Living (ACL), Older Americans Month is an annual observance held each May that offers the opportunity to learn about, support, and celebrate our nation's older citizens. This year's theme was "Age Out Loud."

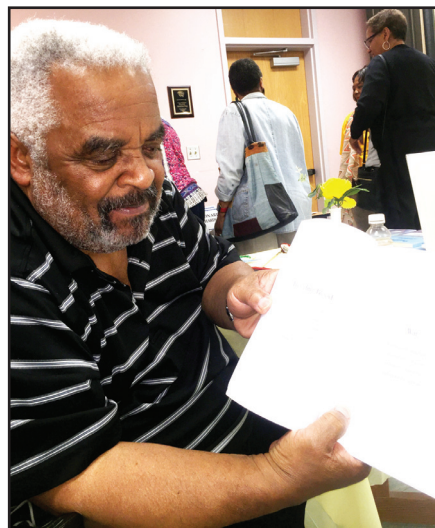
According to ACL, the theme was designed to give aging a new voice—one that reflects what today's older adults have to say. The organization also noted that the theme highlights many important trends, which includes that more than ever before, older Americans are working longer.

ACL also highlighted that more older Americans are trying new things, engaging in their communities, taking charge, striving for wellness, focusing on independence, and advocating for themselves and others. That was evident by Pagan, and several other Senior American authors who participated in the Book Club Extravaganza.

"There are so many advantages to reading," said Pagan who also penned a book entitled, *The Fulani Girls*. "The foundation of writing is reading. Reading is also educational and enlightening. I have been writing for 30 years. My



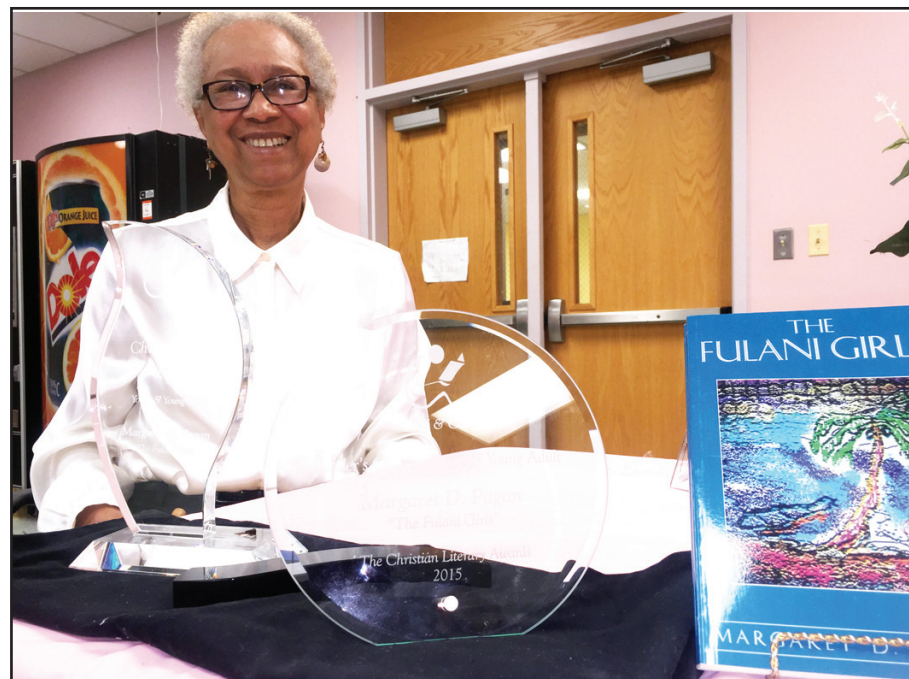
Stella Adams, author of *Heavy is the Rain*.



Fred C. Gilmer, 69, author of *Random Thoughts of a Simple Mind*, reads an excerpt from the book.

goal is to have 1,000 articles published. While I have fallen short of that, I am proud of the articles I have published."

Pagan, who is an award-winning author, spoke on one of two panel discussions held that day. The event also included a Q&A session with the authors, light refreshments, book reads, and a book swap. The event drew a ca-



Award-winning author Margaret D. Pagan, 75, during the Liberty's Lite Readers Book Club Extravaganza. Photos: Ursula V. Battle

capacity crowd.

Patricia Martin of the Liberty's Lite Readers Book Club, talked about the purpose of the event.

"I am a part of the Liberty's Lite Readers Book Club, which organized this event," said Martin. "We are a group of seniors age 60 and older. We meet every month and discuss the books we have read as a group. If there is a local author, we try to invite them to discuss their book with them. Last year, we had a book swap where people brought a book and took one. This year, we wanted to see if we could have a few authors come in. From there, it just exploded, and we had 22 authors to come in and participate."

She added, "I thought it was important to bring these authors in, and let people see the talent we have. The books I have read by these authors are excellent."

Stella Adams, who is the author of the book and stage play *Heavy is the Rain*, also participated in the event.

"This venue is excellent," said Adams. "I don't think folks realize how many people are doing literary things in Baltimore. This is a great networking event.

It provided great exposure to let people know about the new projects I am working on. Another great part of this event is that it also shows that once you get to a certain age, life is not over. You can reinvent yourself."

Fred C. Gilmer, 69, also participated in the event. He is the author of *Random Thoughts of a Simple Mind and Trading Letters*.

"This is a great event," said Gilmer. "I am fairly new at writing books. But there are many professionals here, and I have learned a lot from them about publishing a book. I began writing because I am disabled, and had some time on my hands. I was sitting at home doing nothing. I got together with my computer, and we cranked out two books."

Other authors to participate in the event included: Odessa Rose; Maurice Dorsey; Althea Carrington; Dr. Estella Ingram; Elaine Joyce; Dr. Stephanie Reid; Mary Henderson; Tawanda Prince; Valerie McDowell; Emmettia A. Henderson; Dr. Leonard Richardson; Judy Colbert; Aisha Banks; Lolita Kelson; Joyce Smith; Wilma Brockington; Vincent Anthony; and Sheri Booker.

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Baltimore sailor encourages USS Stethem crew with his smile

By Mass Communication Specialist 2nd Class Ryan Harper and Mass Communication Specialist 2nd Class Sara B. Sexton, USS Stethem (DDG63)

At age 18, he decided to escape home, a decision which eventually brought him to the middle of the Philippine Sea surrounded by an unfamiliar crew— all of whom are more senior to him.

Culinary Specialist Seaman Kirk Aaron Briscoe Jr., from Baltimore, Maryland, is the most junior Sailor aboard the Arleigh Burke-class guided-missile destroyer USS Stethem (DDG 63). He joined the Navy in November 2016 and reported to Stethem just a few weeks before the ship left for patrol in late February 2017.

After completing basic training at Recruit Training Command Great Lakes, Illinois, Briscoe attended Culinary Specialist “A” School at Fort Lee, Virginia, before travelling to Commander, Fleet Activities Yokosuka (CFAY), where Stethem is forward deployed.

When he arrived at Stethem, Briscoe left behind a troubled past.



**Culinary Specialist Seaman
Kirk Aaron Briscoe Jr.
USS Stethem**
Courtesy Photo/Navy Office
of Community Outreach

“My Father was a heroin-addict,” said Briscoe, “And my Mom ... stuff between us was pretty rough.”

He said as he was growing up, he did

not follow in his father’s footsteps, he knew he needed to do something better with his life. While in high school, he participated in the Reserve Officer’s Training Corps (ROTC). When he graduated instead of pursuing college, he chose to enlist.

“I enjoyed it [ROTC] so much, I decided to do the real thing,” said Briscoe.

On Stethem, Briscoe finds himself as part of a bigger Navy family. He is part of a crew, which has the opportunity to participate in the annual bilateral exercise MultiSail 17.

During MultiSail 17, six U.S. Navy and two Japan Maritime Self-Defense Force (JMSDF) ships come together in the waters near Guam to conduct the exercise that aims to demonstrate both nations and their navies’ capabilities in maritime security operations, anti-submarine and air defense exercises and of course, cooperation.

MultiSail 17 is the first exercise, and underway period, Briscoe has participated in.

“Where I’m from in Baltimore, it’s rare you ever get out unless you go to school or do sports,” Briscoe said. “I’ve already been [to] so many places, I never could have before like Japan and Guam.”

The Baltimore-native instinctively appreciates the value of the exercise.

“It’s a win for both nations. We create bonds; simple exercises like this create a kind of trust, like between friends,” Briscoe said. “And that comes into play when we need each other’s help.”

While Briscoe may not be firing weapons or standing watch operations during the exercise, he sees his role in the galley as an important one.

“I’m always here trying to be happy,” Briscoe said. “We all have our ups and downs but I try to keep people smiling both in and out of the kitchen.”

His positive attitude boosts the morale of the crew.

“He always seems to have a smile on his face, even on tough days,” said Personnel Specialist 2nd Class Joshua Borromeo. “He knows how to keep his head up.”

Briscoe believes the gumption that brought him from the streets of Baltimore will take him far in his career in the U.S. Navy.

“I want to be MCPON (Master Chief Petty Officer of the Navy), or go officer,” Briscoe said. “It’ll be hard, but you never know until you try. You just have to keep your head up and keep trying.”

For now, Briscoe will keep encouraging the crew and becoming a leader among Sailors in the Stethem crew.



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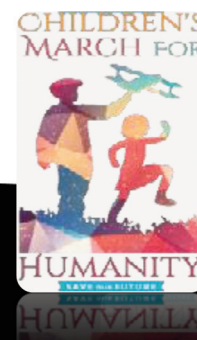


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Rambling Rose

*Maryland outdoor festivals give
back to the community*



Rosa Pryor Trusty

Hello my dear friends, can you believe it; it's June already! I know the weather doesn't show it yet, but all the action in the community is showing that it is.

The Baltimore Times is all about "positive stories about positive people" and I like that, which is why I make sure my columns reflect that as much as possible. Of all the bad stuff that is going on, believe me there is a lot of good happening in the Baltimore metropolitan area too! For starters, check out the festivals and shows throughout the summer, that feature fun for the entire family.

The Boltonstock Festival will be held on Saturday, June 3 from 5 to 10 p.m. in Sumpter Park. It's free and open to the public! Lots of live entertainment, including: jazz, blues and R&B. There will be a lots of food vendors, arts & crafts, and yours truly "Rambling Rose" will be there signing books.

The Avenue Bakery summer music series is a concert venue held on the first Saturday of the month from 4 to 8 p.m. On Saturday, June 3, 2017, in the Avenue Bakery Courtyard, on Baker and Pennsylvania Avenue, the students from Booker T. Washington Arts Academy will perform, as well as Aaron Rhines and The Groove Unit. Food and drinks will be on sale. Other dates for the Courtyard Music Series, include: "Taste of Jazz @ The Avenue Bakery is July 8, August 5 and September 2. Tell your friends.

Then there's the Jazz Expressways Foundation Jazz Breakfast Show featuring the Robert Shahid Ensemble to be held on Saturday, June 10, 2017 from 10 a.m. until 2 p.m. at the Forest Park Senior Center at 4801 Liberty Heights Avenue in Baltimore. Tickets include: a large buffet breakfast, live entertainment, vendors, book signing, BYOB, free set-ups and food catered by Tis-

Shay's Touch Caterer. As a board member of this organization, believe me when I tell you, it will be fun time all the way. I will see you there. For tickets, call 410-833-9474.

Here we go folks! Gospel Festival on Saturday, June 24, 2017 from 12 noon to 8 p.m. at the Memorial Park, 1936 Woodlawn Drive. There will be gospel groups, dance ministries, choirs, spoken word, mime, comedians, vendors and a lot more. For more information, call Marcus Miller at 410-940-5545.

Join the Eubie Blake Cultural Center and the Arena Players at their fundraiser for the arts. There will be a night full of food, fun and festivities and the proceeds will go towards programming for both organizations. Troy Burton, manager director for Eubie Blake and Rodney Orange, Jr. for the Arena Players, Inc., want you to "Jam for the Arts!" on Saturday June 10 at the Eubie Blake Cultural Arts Center, 847 North Howard Street from 8 p.m. to 2 a.m. There will be a light buffet, live entertainment and cash bar. For more information, call 410-225-3130 or 443-814-8147.

Tonight! Friday, June 2 from 8 p.m. to 1 a.m. my chapter, Trinity No.5 is having a "Friday Night House Party with a lite buffet and cash bar at 411 E. Pennsylvania Avenue in Towson, Maryland. You all are invited; put on your dancing shoes. For more information, call 443-962-5090 and tell them "Rambling Rose" told you.

My lands of mercy! I am out of space, I got to go folks, don't forget to check out my new look for the summer, my mascot photo. I just love my Rambling Rose hat.

Remember if you need me, call me at 410-833-9474 or email me at rosapryor@aol.com. UNTIL THE NEXT TIME, I'M MUSICALLY YOURS.



Boltonstock Festival 2017 will be held on Saturday, June 3, 2017 from 5 p.m. to 10 p.m. in Sumpter Park between located between Eutaw and Bolton on the west and east; and Robert and Laurens Streets on the north and south. All are invited to this fabulous festival with a great variety in music with lots of vendors. Rambling Rose will be there!



Signature Live! Motown group from out of Washington, D.C. will be take you back in time with their R&B sounds at Live Casino, 7002 Arundel Mills Cir, Hanover, Maryland on Saturday, June 10, 2017 Show starts at 9 p.m. I will see you there.



Congratulations to 17-year-old Baltimore native Robert "Trey" Burrell, III, a 2017 graduate from Boys' Latin School of Maryland this week. "Trey" will be matriculating to Cornell University in the fall and will major in Engineering. He is the son of Robinson Burrell, Jr., a Federal Government Employee, and his mother Dr. Terri Massie-Burrell, a Higher Education Administrator. He has the one brother, Joshua A. Burrell, a recent graduate of Barouche College. Well wishes to you Mr. Burrell, III.

West Baltimore Celebrates 10th Annual Boundary Block Party

Baltimore— Residents of Central West Baltimore will gather on Saturday, June 3, 2017 for the 10th annual Boundary Block Party at the Pennsylvania Avenue Triangle Park located at Fremont and Pennsylvania Avenues.

Organized by the largest advocacy organization in West Baltimore, The No Boundaries Coalition and Pennsylvania Avenue's own community arts program, Jubilee Arts, the Boundary Block Party is an annual event that brings residents in the 21217 together across race and class lines.

The block party will feature marching bands, local music acts, face painting, mural painting, a community-run produce stall, free food and voter registration.

Featured entertainment includes: Eze Jackson, The Baltimore Twilighters, Dynamic Force, Abou The Flute Maker, and Mova Kween and more. Food is free for anyone who brings their voter registration card or registers to vote at the event. The event is free and open to the public.

The Boundary Block Party was started by a group of residents from five



neighborhoods in 2007 to create a space for residents to come together in the largely segregated area of Central West Baltimore. After three years of hosting the annual block party, residents met in the basement of a church for the founding meeting of the No Boundaries Coalition. Since 2010, the Coalition has grown into a nationally recognized advocacy organization that has pushed for police accountability in Baltimore City's consent decree, opened a community-run produce stall, and tripled voter

Courtesy Photos

turnout in Sandtown.

Jubilee Arts will be celebrating their year end community art students. Attendees will be able to see performances from neighborhood kids in ballet, hand dancing and line dancing. Additionally, Jubilee's Youth In Business will be selling original T-shirts, jewelry, and mosaic flower pots designed by young, creative Entrepreneurs.



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The Pulse of Entertainment

Johnny Depp owns role of Jack Sparrow again in Pirates 5

By Eunice Moseley

I must admit this is the first time that I've ever seen one of the Pirates of the Caribbean installments and it was fun, thanks to Johnny Depp's superb comedic timing in his portrayal of Jack Sparrow.

The Walt Disney Studios motion picture presentation of Pirates of the Caribbean: Dead Men Tell No Tales is the fifth installment of the movie franchise. Johnny Depp, who has been nominated three times for an Academy Award, owns the role of Captain Jack Sparrow again making the film bigger than life. It is clear to see why Depp has been asked to return to the leading role time and time again. He was also involved in the writing process announcing to the public that Pirates 5 will be the last.

In Pirates 5, Captain Jack Sparrow is down on his luck but there are many who still need and believe in him. They want his help to steal the Trident of Poseidon, an artifact that gives the owner the ability to control the seas. Sparrow wants to control the seas in order to free his ship, the Black Pearl.

A young thief, Henry Turner played by Brenton Thwaites, frees Sparrow from the guillotine so he can join the journey to find the Trident of Poseidon. His motive, however, is to see his father Will Turner (Orlando Bloom) again. Turner, a blacksmith and captain of the Flying Dutchmen, which was lost at sea. To make the journey, the two are in need of

a map, which is in the possession of Carina Smyth (Kaya Scodelario), an astronomer, about to be put to death for witchcraft. Turner rescues her and Sparrow. She reluctantly joins them only because the map leads the orphaned girl to her father. Who her father turns out to be along with the adventures that occur while on their quest with the mind-blowing special effects make this fantasy film directed by Joachim Ronning and Espen Sandberg a winner.

The Bruckheimer project also stars Geoffrey Rush as Captain Hector Barbossa a pirate and former captain of the Black Pearl; Javier Bardem as Spanish Captain Armando Salazar, who travels the seas killing all pirates in his path— even after death; Stephen Graham, Golshifteh Farahani, David Wenham, Jessica Green, Goran D. Kleut, Kevin McNally, Martin Klebba, Keira Knightly, Paul McCartney, and Anthony De La Torre who plays a younger Jack Sparrow.

Pirates 5, a Jerry Bruckheimer production, is Rated PG-13 and is in theaters nationwide.



To learn more about "Pirates of the Caribbean 5" and to see the trailer for the film, visit: www.Pirates.Disney.com/Pirates-of-the-Caribbean-Dead-Men-Tell-No-Tales

Courtesy Photo/Walt Disney Studios

Eunice Moseley is a public relations strategist and business management consultant for Freelance Associates and is promotions director (at-large) for The

Baltimore Times. For more entertainment news, visit: www.ThePulseofEntertainment.com.

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Black AIDS Institute announces “30 Days of HIV” campaign leading to National HIV Testing Day

By Black AIDS Institute Staffers

The Black AIDS Institute, the nation’s only think tank focused on the impact of HIV upon black communities, has announced a national, digital-community campaign, “30 Days of HIV.”

Launched on May 27, 2017, and ending on National HIV Testing Day (NHTD) on June 27, the campaign consists of three core elements: an online community calendar to promote HIV and health-related events serving black communities, an Instagram storytelling series titled “In The Life” featuring images of the life experiences of black, gay, bisexual, transgender, queer (GBTQ) and same-gender-loving (SGL) men, and daily actions to mobilize Black communities and those who serve them.

“Even though it is not in the news to the extent it was a few years ago, HIV/AIDS is an ongoing, and among some sectors, tragically growing crisis in black communities,” says Phill Wilson, the Institute’s President and CEO. “Black gay and bisexual men in the United States have a 50 percent life time HIV-infection rate. Black women still represent 61 percent of the new HIV infections among women. Our house is still on fire and we don’t seem to notice. 30 Days of HIV is designed to shine a spotlight not just on the problem, but more importantly on who we are and what we can do, if we focus on this problem.”

The “30 Days of HIV” campaign will create awareness, fight stigma and create solutions to curb HIV among black Americans, who bear the heaviest burden of the epidemic. According to the Centers for Disease Control (CDC), in 2015, black Americans accounted for 45 percent of HIV diagnoses, though they comprise just 12 percent of the population. Young, black gay men are at greatest risk and stand a 50 percent risk of acquiring HIV during their lifetime.

The online community calendar will feature HIV and health-related activities in black communities during the 30 days leading into NHTD. Organizations that have planned health fairs, HIV-testing or other outreach activities during this timeframe are invited to submit the events to pavniatwork@gmail.com for inclusion on the calendar.

Also beginning on May 27, as we turn the corner into June, when we mark Men’s Health and Gay Pride months, the Institute will highlight the contributions of black LGBTQ and same-gender-loving (SGL) men through the “In The Life” campaign. Each day, the Institute will publish on its Instagram feed photos and videos featuring the life experiences of black LGBTQ/SGL men, particularly visual narratives challenging stereotypes, portraying healthy lifestyle choices, and filling in the gaps in the visual imagery of the men’s lived experiences.



“It is an opportunity for everyone to see all the facets of what it is to be black and male in America,” says Gerald Garth, the Institute’s Manager of Prevention and Care. “While HIV care, prevention and education are a major part of the black gay experience, there is so much more. Many of us are artists, thinkers, fathers, husbands and have transitioned and evolved in many ways well beyond the scope of HIV.”

Black LGBTQ/SGL men ages 21 or older who live in the United States are invited to submit two photos or videos less than 60 seconds long, along with a 100-word description of the images, whether a story, poem, narrative or rhyme, similar to Instagram photographer Ruddy Royce or Humans of New York. Images should reflect the every-

day life and contributions of black LGBTQ/SGL men to society—from work life, to parenting, to healthy lifestyle choices, to taking HIV-fighting medications, to experiencing #BlackBoyJoy.

“Many of us will tell stories of how HIV has impacted our lives, but I’m so excited that we will see the full spectrum of what it is to be a black man in America,” says Garth.

Photos, videos, descriptions and the contributor’s Instagram handle should be submitted to pavniatwork@gmail.com. Participants don’t have to be living with HIV, and those living with HIV/AIDS can decide whether they mention their HIV status. The Black AIDS Institute reserves the right to edit to make sure all language is appropriate for our audiences.

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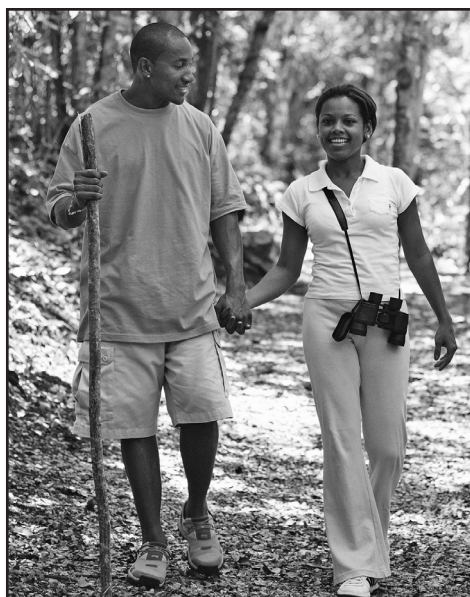
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Celebrate National Trails Day in your neighborhood national park

Washington, D.C.— Skate, bike, run or hike your way into Anacostia Park along the Anacostia Riverwalk Trail in celebration of National Trails Day. On June 3, 2017 from 10 a.m. to 2 p.m., Anacostia Park will host a National Trails Day event that is fun for the whole family.

Start your excursion at the Anacostia Park Skating Pavilion in Anacostia Park (D.C.) or at Bladensburg Waterfront Park in Bladensburg, Md. and enjoy “pit stops” along the way! With about 20 miles of scenic trail between both starting points, visitors that can make it to both ends and collect stamps or stickers from each pit stop win a FREE prize!

Pit stops will offer FREE interactive activities in which you can enjoy a scenic boat ride on the Anacostia River leaving from the Anacostia Aquatic Center at 10 a.m., 11 a.m., 12 p.m. and 1 p.m.; experience close encounters with various aquatic wildlife that live in the Anacostia River; learn to fish with guided lessons; get bike tune-ups; feel the pelts of animals you may see on the trail; receive health screenings; partici-



pate in outdoor stretching and exercising lessons; and much more!

“With the extension of the Anacostia Riverwalk Trail into Bladensburg, Md., so many new people have visited the park,” Tara Morrison, superintendent of Anacostia Park said. “My hope is that someone who visits for the trail, sees and connects with the other unique resources that we offer and returns during the summer to enjoy it.”

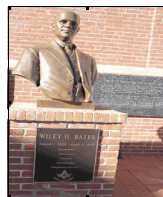
Anacostia Park is a signature urban park that is actively managed to improve and protect the quality and resiliency of the Anacostia River ecosystem. For more information regarding pit stops along the way visit www.nps.gov/anac.

Eastport Home & Garden Tour June 11, 2017

Take a walk on the tree-lined streets of Eastport and take a peek into some of the loveliest houses in this neighborhood close to Spa Creek during the annual Eastport Home & Garden Tour on Sunday, June 11, 2017 between 1 p.m. and 5 p.m. for a quiet afternoon among the flowering trees and beds. Stroll through Eastport lanes bursting with new spring growth, and enjoy these beautiful homes nestled between Spa Creek and Back Creek. Mark your calendars now for this highly anticipated event, now in its 12th year.

The Eastport Home & Garden Tour is sponsored by the Eastport Civic Association.

For more information or tickets, visit: www.eastportcivic.org or email: tour@eastportcivic.org.



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