

New young UMB CURE Scholars receive white coats



The University of Maryland, Baltimore (UMB) CURE Scholars Program added its third group Saturday, Oct. 14, 2017, when 26 carefully selected Baltimore City middle school students joined the ranks of those focusing on a promising future in medicine. The sixth-graders received their white laboratory coats and met with prospective adult mentors who will help guide them toward careers in cancer research and care. At the same time, the previous two groups of scholars, now seventh and eighth graders, showcased their cancer research in a poster presentation. Katelyn Paige, a third year UMB CURE Scholar (Left), stands in front of her Cancer Health Disparity Research Poster, with her mother, Karin Soden and her cousin Michael Davis, who was just inducted into the CURE Scholars Program. Also pictured on the right is Katelyn's great grandmother, Janis Davis and Terry F. Patton, principal of Franklin Square Elementary/Middle where she and Michael both attend. (See article on page 10) Photo: Alex Likowski, director of media relations

Time is the ultimate currency

By Jean Claude (J.C.) Louis-Charles III
The Nucleus Team, Positively Caviar

The things that mean the most usually take the least time, 10 minutes to meditate, saying thank you, smiling at stranger or going for a walk. There are just a few examples of things that are really important to the well being of the mind often referred to as practicing "Mindfulness." None of these things cost money, but they bring so much value to a person's life, and can do the same for yours.

We live in a time where our minds are constantly being bombarded with information, attempting to monopolize our attention and influence our thoughts. Finding balance can at times be tough, but there are many different techniques that can help strengthen the mind.

Technology has helped us to discover so many things, but sometimes you need to cut it off and take a break. Modern technology has gained such a presence

in our lives that it's easy to become addicted to social media and smartphone use to the point it starts impacting our relaxation and sleep. In turn, this can cause even more stress to build up through the day, resulting in a cycle of stress accumulation.

When we procrastinate and distract ourselves with all the pings and notifications of technology, we can at times avoid engaging with ourselves and our lives. Experiencing stressful events cannot always be avoided but we all have the power to change our lives at any moment, and understanding stress triggers is the beginning.

Thoughts change our reality, taking the time to practice mindfulness can not only change the biochemistry of our body, but also change the structuring of our brains. There have even been studies done to support this, one such



The "Nucleus" team of Positively Caviar (Left to right) Jean Claude Louis-Charles III, Shayma Sulaiman, Nikki Abraham and Chazz Scott
Courtesy Photo

study was an eight-week mindfulness meditation program that appeared to make measurable changes in brain regions associated with memory, sense of self, empathy, and stress.

The part of the brain that is most talked about when discussing mindfulness and strengthening the brain is the grey matter, which serves to process information in the brain. This gray matter in the brain has been shown to decrease due to increase in age as well as mental illness, leading to things like difficulty with memory. The practice of mindfulness may help to combat the process of gray matter decline and strengthen your mental capacity.

The mind is a muscle just like every other muscle in our bodies, so why would we not want to strengthen it when there is so much information out there to proving that the neural systems are

modifiable networks and changes in the neural structure can occur as a result of training. Finding the time to take care of our bodies is very important, even the parts that we cannot see. Once we learn to use the power of positivity and mindfulness, we can begin the live and even more fulfilling life.

So if you can find the time, even if it's just for five to 10 minutes, cut yourself off from technology and experience the wonders of nature and self— your mind, body and spirit will thank you later.

Positively Caviar, Inc. focuses on intensifying the message of positivity and optimism in our digitally centric lives in the Mid-Atlantic region. To learn more about our organization, the nucleus team or how you join our positive movement, visit: staybasedandpositive.com

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ONE DAY SALE PRICES IN EFFECT 10/21-10/22/2017.

No, Donna!

By Laura Finley, Ph.D.

Do we really have to go over this again? It hardly seems possible that, once more, people need to be reminded that women do not bring on or invite sexual harassment or assault.

Yet here we are, with the ongoing investigation into harassment and assault by Hollywood producer Harvey Weinstein. While a few celebrities have spoken out against Weinstein's deplorable behavior, many have remained silent.

But Donna Karan takes the cake, having been the latest diarrhea-mouth to claim that women are responsible because of how we present ourselves. Karan went on, "Are we asking for it by presenting all the sensuality and all the sexuality? And what are we throwing out to our children today about how to dance and how to perform and what to wear?" And of course Karan threw in the old *atta-boy*, noting that Weinstein, who settled sexual harassment suits with eight women and has now been accused by at least three of sexual assault, has done "some amazing things" and called him and his wife "wonderful people."

No, Donna, we are not "asking for it." By definition, sexual harassment is unwanted sexual comments and gestures. What we are doing is dealing with it, and on a far too-regular basis. Surveys have shown that approximately one-third of women in the U.S. endure workplace sexual harassment like that perpetrated by Weinstein. If our daughters are being taught anything by this scandal it is that they might have to deal with disgusting old men saying lewd things and making obnoxious and inappropriate advances. These women, some of whom endured not just comments but unwanted groping and forcible oral and vaginal sex, are not teaching our daughters anything about "sensuality and sexuality." Because guess what? Just like rape, sexual harassment isn't about sexual attraction. It's about power and control.

No, Donna. This is not about how women are "presenting themselves." This isn't about changing norms or some failed decency on the part of women or about mothers who aren't raising their girls' right. It is, however, about our continued inability as a society to teach men how to behave appropriately and to hold them accountable when they do not. Just days ago, I had virtually this same conversation with an elderly gentleman, who decried how difficult it is nowadays because he can't tell a woman at work that she looks "sexy" without facing potential repercussions. Oh, the horror; you don't get to say whatever you want! That must be a real threat to your manhood, to your belief that you have license over women. The nerve of these young women who don't simply accept your garbage!

No, Donna. Weinstein is not a "wonderful" person. He is a dangerous predator who harassed, abused, and assaulted women left and right. There is no one-off here but a pattern of behavior that reeks of entitled masculinity. Like Bill Cosby and other powerful celebrities, Weinstein used his status to dominate women as if it was his birthright.

The courage it took for these women to come forward against Weinstein, who used legal threats, payments, and his power in Hollywood, should be soundly applauded. Because as Ronan Farrow of *The New Yorker* reported, his behavior was widely known at Miramax and the Weinstein Company yet witnesses and observers feared saying anything because they knew that Weinstein would crush them.

While much more will likely emerge about this situation, what should be ridiculously clear is that we still have a long way to go to make the U.S. a safe place for women and girls. That is the deeply sad reality.

Laura Finley, Ph.D., teaches in the Barry University Department of Sociology & Criminology and is syndicated by PeaceVoice.



Community Affairs

Governor Larry Hogan named "Champion of the Chesapeake"

Annapolis— Governor Larry Hogan was named one of the Chesapeake Conservancy's 2017 "Champions of the Chesapeake" for his dedication to Chesapeake Bay restoration efforts and improving water quality in Maryland and the Bay region.

The Chesapeake Conservancy is a non-profit organization of conservation entrepreneurs based in Annapolis with a mission to make the natural beauty of the Bay accessible for everyone and more hospitable for wildlife by using technology to enhance the pace and quality of conservation.

"Each year, Chesapeake Conservancy recognizes extraordinary leaders from across the Chesapeake for their significant and exemplary accomplishments that protect and restore our natural systems and cultural resources," said Chesapeake Conservancy President and CEO Joel Dunn. "The honorees and their work highlights how the Chesapeake is a bipartisan, multi-generational,

multi-cultural priority— for its beauty, for our economy, for our health and for our history— and that everybody has a role to play in its conservation."

Governor Hogan was honored for his commitment to environmental stewardship and leadership in fully funding the Chesapeake and Atlantic Coastal Bays Trust Fund, fully funding Program Open Space, and fighting to protect federal Bay funding. Shortly after taking office, the governor brought a diverse group of stakeholders together to develop new Phosphorous Management Tool (PMT) regulations, one of the most significant steps to clean up the Bay in a generation.

"For nearly three years, our administration has been working tirelessly to find real bipartisan, common sense solutions to protect our greatest natural treasure—the Chesapeake Bay," said Governor Hogan. "We've been extremely aggressive and proactive in our efforts to protect the Bay, and we're going to continue to do so, but we can't do it alone. Partnerships with great organizations like the Chesapeake Conservancy are critical to our continued progress, and I am extremely grateful for this tremendous honor."

Black America's dreams of homeownership still deferred

By Charlene Crowell
*Deputy Communications Director,
Center for Responsible Lending*

The late Langston Hughes created a masterful body of poetry in the 20th Century that spoke about and to Black America's unique experiences. Also an author and playwright, his words in all media pricked our consciousness to wonder and ponder how we somehow remained so different from others after living more than 200 years in this land.

One of my favorite Hughes poems asks the question, "What happens to a dream deferred?" Today, that one question is as timeless as it is timely.

Why is it that in 2017 black homeownership is still deferred for so many?

Every year, the Home Mortgage Disclosure Act (HMDA) report provides an update on mortgage lending over the past year. It is the only national report that examines lending by race and incomes. In 2016, an analysis of mortgage lending by the Center for Responsible Lending (CRL) underscores how once again dreams of homeownership are still

being deferred nationwide:

- Blacks had the highest denial rate in mortgage applications of any ethnic group, and was double the denial rate experienced by Whites;

- Black consumers received just 3.1 percent or 65,451 of the 2,123,000 conventional mortgage purchase loans made in 2016;

- When Black and Latino conventional mortgage purchase loans were combined, the percentage increased to only nine percent for the year; and

- FHA purchase mortgages performed a bit better for Black consumers at 10.6 percent— 142,329 out of 866,000.

"It is troubling to see the continued trend of mortgage lenders abdicating their responsibility to serve the full universe of credit-worthy borrowers," said Nikitra Bailey, a CRL Executive Vice President. During the financial crisis, taxpayers of all colors together paid for the bailout of banks. Now and years later to see that African-Americans and Latinos remain overly dependent upon FHA to access mortgages is a sign of unfair treatment. Whites continue to unfairly receive more favorable access to affordable loans, despite our nation's fair lending laws."

For decades, black consumers were given a litany of excuses as to why they did not qualify for the most affordable mortgages: not enough income, not enough of an employment record, too many bills, and more.

But it was just last year that Nielsen released a report that found "a decade of economic and educational prosperity" from 2004 to 2014. During these years, Nielsen found that blacks had a collective \$162 billion in buying power. By 2020, that purchasing power was projected to rise to \$1.4 trillion, thanks in

part, to the number of Blacks earning \$100,000 or more. Over the decade reviewed, Black earnings in this income range grew 95 percent, compared to the rest of the nation. Even solid middle class incomes of \$50,000 to \$75,000 grew at a rate of 18 percent.

So, if black America is better educated and earnings are growing—what is the problem with gaining access to mortgage loans? And if America is a land of laws, why is financial justice so elusive for black America?

"As we move beyond the sub-prime crisis, we continue to see the housing and credit market systematically either deny or send less attractive products to the black and Latino community," said John. a. Powell, an internationally acclaimed Professor of Law and Professor of African American Studies and Ethnic Studies at the University of California, Berkeley.

"This problem which is both historical, structural and interpersonal will not be addressed unless we face and make affirmative interventions," said Powell. "As useful as the data is, it is not enough. The nature of structures is to reproduce the current condition. We can and most do better than that."

"The fact that borrowers of color face higher interest rates and are less likely to be granted conventional loans is directly responsible for the wealth gap that continues to plague our nation, as well as the wide gap between the percentage of African Americans who own their homes (42 percent) and the percentage of whites who do (73 percent)," said Dr. Julianne Malveaux, a noted economist, author and President Emerita of Bennett College for Women. "It is imperative that bankers cease these unfair and discriminatory lending practices, and that

activists target this lending discrimination."

For Lisa Rice, the executive vice president of the National Fair Housing Alliance, the 2016 data do not reflect a changing America.

"These stark racial and ethnic divisions in mortgage lending, said Rice, "Come at a time when our nation's demographics are in transformation. By 2025 will be even more diverse with households of color representing nearly half of all first-time homebuyers."

"The private market has a duty to serve everyone fairly," she continued. "The average family deserves the opportunity to pursue their own American Dream."

But as Hughes eloquently wrote so many years ago in another poem entitled:

I, Too, Sing America

I, too, sing America.

I am the darker brother.

They send me to eat in the kitchen

When company comes,

But I laugh,

And eat well,

And grow strong.

Tomorrow,

I'll be at the table

When company comes.

Nobody'll dare

Say to me,

'Eat in the kitchen,'

Then."

In 2017, is it time for black America to eat at the table, yet?

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Inner City Suburban Youth Foundation has positive impact on area youth

By Timothy Cox

The Inner City-Suburban Youth Foundation is at it again. After nearly 20 years of working diligently to positively impact countless Baltimore urban and suburban youth, the Baltimore-based organization is continuing its plight to keep young people involved, while ensuring that many of them are exposed to opportunities they may have never envisioned.

According to the group's executive director and founder, William Newman, the organization was formed with a purpose of "providing support for the education of underprivileged children" from ages six to 17.

In its mission to keep children enthused and interested in academics and school, Newman says his group has established a successful rewards program tied to major sporting events, educational field trips and mentoring.

"The foundation's mission is to provide support to a large percentage of inner city and suburban children," according to the program's Mission Statement.

Newman says the children are rewarded with scholarships and event tickets based on their ability to earn good grades and maintain proper conduct. Solid attendance in the classroom is another incentive used to ensure students are provided with trips and other perks.

From September 28 through October 1, 2017, Newman's group took 12 students and their chaperones to Tropicana Park in St. Petersburg, Florida, to see their hometown Baltimore Orioles play the Tampa Bay Rays. The trip to Florida turned out to be a first-time plane trip for most of the participating children.



Thanks to Southwest Airlines and the Baltimore Orioles, the Inner City Suburban Foundation rewarded 12 students with a four-day trip to St. Petersburg, Florida on September 28, 2017. The trip turned out to be a first-time plane ride for most of the children. During the trip the group saw the Baltimore Orioles play the Tampa Bay Rays at Tropicana Park and enjoyed other activities. (Left to right) Chaperones, students and organization officials: Miesha Marvin; Justin Jackson; KeShawn White; Derrick DeRamus; Derek Jackson; Tristan Richardson; Cheryl Newman-Pope; Jaelyn Jackson; Hezekiah Jones; William Newman; Sabrina Mercer; Tyler Agard; Zion Pyatt; Josiah Edney; and Sherry Turner. Courtesy Photo

"They were so very well behaved, Newman said. "They were very impressive."

To support his group's objectives, Newman receives financial assistance from various local sponsors, including Southwest Airlines; Baltimore County Savings Bank; Safeway Foods; the Sports Boosters of Maryland; Wegmans groceries; the Macht Foundation; and Sol Levinson & Brothers (funeral home).

While the students really enjoyed this year's trip to "The Trop" in Tampa/St. Pete, Newman revealed that many past participants have also toured Washing-

ton, D.C. sites in addition to trips to Camden Yards, home of the Orioles" he said.

Since the group's inception, sponsored trips included last year's visit to Guaranteed Rate Field where the Chicago White Sox honored the youth group during pre-game ceremonies. In years past, the students have been honored by the Baltimore Blast (soccer team). Earlier this year, the Baltimore Orioles presented students with jerseys while acknowledging the group on the giant jumbo monitors in the outfield.

"This foundation is a refuge to keep students off the streets, out of trouble,

and clean of drugs," said Newman, a Baltimore native who graduated from Baltimore City College and attended Morgan State University. He has a background in broadcast journalism and has worked at WJZ-TV (CBS-Baltimore) Channel 13 back when Oprah Winfree worked there.

"Our ultimate goal is to make these youth productive," Mr. Newman added.

Inner City Suburban Youth Foundation, Inc. is a non-profit, 501 (c) (3) organization. For more information about the foundation or to find out how you may help, contact William Newman at 443-742-2974.

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American Diabetes Association hosts Fabulous YOU Gala

By Stacy M. Brown

The American Diabetes Association has scheduled its annual Fabulous YOU gala luncheon for Thursday, November 9, 2017 at the Horseshoe Casino in Baltimore.

The third annual event featuring Johns Hopkins Hospital President Dr. Redonda Miller as the keynote speaker is scheduled to begin at 11:30 a.m.

“The American Diabetes Association has developed an evidence-based and culturally relevant community-based program to sustainably address the unique needs and challenges of women,” said Tracy Newsome, the director of community health strategies at the Maryland Chapter of the American Diabetes Association. “Fabulous YOU is a nine-month interactive diabetes learning experience for a select cohort of women, culminating in a gala lunch celebration that includes the broader community for a day of education, inspiration and fun.”

Designed to strengthen and educate women with type 2 diabetes, regarding their food choices, to encourage exercise and to create a sense of community and support, the goal of the initiative is to improve diabetes management for those at high risk or those with poorly controlled diabetes. Outcomes are then measured and evaluated by health officials who engage participants beyond the six-month program through mentoring opportunities aimed to ensure sustained outcomes, according to Newsome.

The three components of the program that focus on improving clinical and behavioral outcomes, as well as the quality of life for participants are:

1. A diabetes day care serves as orientation and a resource fair to capture biometrics and to gain a commitment for each woman to improve their health.

2. A health education component also has been designed to provide interactive diabetes learning for one hour each week for 16 weeks. It also includes monthly sessions where topics include “Diabetes and Your Emotions,” “How Activity Helps,” and “You Can Still Eat Your Favorite Foods.”

3. A mentoring component connects



The “Fabulous YOU” program is designed to empower and educate women facing type 2 diabetes, regarding food choices and exercise, as well as to create a sense of community and support. Three participants from this year’s Fabulous You class (left to right) Annette Smith, Cynthia James and Anne Massey.

Courtesy Photo

participants to lifestyle coaches who provide basic support in achieving goals and assisting with coping skills, eating out, meal planning and a food and exercise journal.

“The Standards of Medical Care recommended by the American Diabetes Association indicate that changes in diet and exercise can reduce complications of diabetes and improve health,” Newsome said.

Launched in 2015, the Fabulous YOU program has proven very successful in using the group modality to utilize diabetes self-management education and lifestyle activities to aid participants in adopting behavioral changes to enhance their health, Newsome pointed out.

“The program had the goals of reducing weight from 4 to 10 pounds and reducing blood sugar levels by at least

a half of a percent,” she said. “The effectiveness of the program is reflected by data that reported 73 percent of the participants achieved the programs’ goal of changes in reduction in weight and 66 percent with improvement in A1C measures. Participants learned invaluable skills and knowledge that transformed their health behaviors to achieving healthy outcomes.”

According to a recent study published by the Kaiser Family Foundation, nearly 40 percent of women are mothers with children under 16 years of age living at home and more than 80 percent of women shoulder the main responsibility for taking care of their children’s health.

Currently 12.6 million women in the U.S. have diabetes and more than double that number are at high risk for developing the disease.

Among individuals with diabetes who have had a heart attack, women have lower survival rates and a poorer quality of life than men.

Statistics reveal that women with diabetes have a shorter life expectancy than women without diabetes, and women are at greater risk of blindness from diabetes than men.

Death rates for women aged 25 to 44 years with diabetes are more than three times the rate for women without diabetes.

“Fabulous YOU aims to educate and empower women to make their health a priority which will not only improve their health outcomes but for generations to come,” Newsome said.

For more information about the “Fabulous YOU,” program, visit: www.diabetes.org/fabulousyou.

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Coppin State University employee receives USM Board of Regents Award

Baltimore—Coppin State University (CSU) director of Information Technology Prasad Doddanna is the recipient of the 2016-2017 University System of Maryland (USM) Board of Regents' Staff Award.

Every year, staff awards are presented to USM employees who have demonstrated excellence in one of five areas; Contribution to the Institution, Service to Students, Public Service, Effectiveness and Efficiency and Inclusion, Multiculturalism, and Social Justice. Doddanna was recognized for his outstanding contribution and impact in the area of Effectiveness and Efficiency.

This award is the highest honor bestowed by the Board of Regents for staff achievement for institutions within the University System of Maryland.

Prasad Doddanna joined Coppin State's Division of Information Technology in 2001, as a project manager for the implementation of PeopleSoft—an integrated software package providing a variety of business applications. Currently, he and his colleagues are highly regarded for enabling campus-wide access to the University's Analytics Dashboard; a platform that tracks and provides enrollment data.

"I am thankful for all of the support I get from our CIO, Information System staff and Information Technology Division colleagues," said Doddanna upon hearing that he had been selected for the award "We have a lot of synergy that makes our projects successful."

Doddanna is also a part of a larger team that received the Blackboard Catalyst Award for Student Success, which recognizes individuals or institutions whose program application lead to an increase in retention, program completion, and overall improved outcomes.

Doddanna and the other Staff Award recipients were recognized at a special breakfast ceremony during the September Board of Regents meeting. Each recipient received a plaque and a \$2,000 stipend.

New young UMB CURE Scholars receive white coats

By Betsy Stein, UMB Senior Media Relations Specialist

Janis Davis sat in the audience on Saturday, October 14, 2017 at the University of Maryland, Baltimore (UMB) and watched as her sixth grade son officially became a UMB CURE Scholar by slipping on the signature white laboratory coat.

Michael Davis, a sixth grader at Franklin Square Middle School, wasn't the first in the family to follow this route. A close relative, Katelyn Paige, was in the first group of students in the prestigious program – now eighth graders – and she sat just a few rows behind him.

The UMB CURE Scholars Program identifies promising middle school students and provides them mentoring, workshops, and hands-on experience in laboratories. The goal of the program, supported by the National Cancer Institute's Continuing Umbrella of Research Experiences (CURE), is to set the students on a path toward a career in the health sciences. This year, 26 new sixth graders joined the 54 seventh and eighth grade scholars.

"It's a great program," Janis Davis said. "It gives the kids the opportunity to really see what they can do. They may have a vision but think they can't go there. This shows them that it can be done."

UMB President Jay A. Perman, MD, said the University started the program because talent is universal, but opportunity is not.

"We've established that in these students, we've got talent to spare, but now we have to make the opportunity," he told the crowd of over 200 students, family members, mentors and dignitaries at Saturday's event. "We have to dismantle the barriers that separate our young people from their potential and from their purpose. We have to give these students what they need to rise because I've seen them rise, and it's beautiful to watch."

When entering middle school, Katelyn wanted to go to a private girl's school, but now her mother sees it was a bless-



Kenwan Rice interviews a possible mentor after receiving his white coat at a special ceremony for the new UMB CURE Scholars on Saturday, Oct. 14. Photo: Alex Likowski, director of media relations

ing she wasn't accepted. The UMB CURE Program has "absolutely" made a difference in her life, Karin Soden explained.

"She went from one of those who wanted to be a singer or a dancer to wanting to be an orthodontist or a pediatrician," she said of Katelyn, who attends Franklin Square Elementary/Middle. "It changes their future thoughts and career choices."

Katelyn says that her mentors have helped to guide her and have kept her on the right path.

"I can contact my mentor and she will study with me and make sure my grades are good and ask how I'm doing in school, and she takes us to fancy places," Katelyn said.

U.S. Rep. Elijah E. Cummings, JD '76, a 1976 graduate of the University of Maryland Francis King Carey School of Law who helped to launch the CURE Scholars Program at UMB in 2015, also attended the ceremony and told the parents how important it is to expose children to opportunities.

"Instead of spending time on social media, spend time searching the Internet for opportunities," he said. "First of all, we have to expose our children and then we have to show them the way, because

if we don't show them the way, the streets will."

Cummings told the crowd, "Not only do we have to help them to dream, we have to show them the off-ramp so they can get to the dream."

Adrienne Kambouris, a second year MD/PhD student at the University of Maryland School of Medicine, signed up to become a UMB CURE mentor before she even started classes two years ago.

"I'm from Baltimore. I grew up here and know that mentorship is so important," she said. "It can open doors you didn't even know existed."

After the ceremony, the newly minted CURE Scholars attended a mentor mixer where they could meet the mentors and choose who will guide them through their years in the program. This year, 83 new mentors joined the program for a total of 244 CURE mentors.

Charles Armstrong, who is doing research at the School of Pharmacy, heard about the CURE program and signed up to be a mentor for the first time this year.

"I'm originally from Montgomery County but even with my privileged background, I was always dissuaded from science," he said. "As an African American, I want to make sure these students can get the chance."

While the younger scholars were meeting mentors, the second and third year scholars were presenting their Cancer Health Disparities Research Posters to the visitors. The scholars spent the better part of last year researching various types of cancers which they are now experts in. The CURE Scholars Program aims to address two major issues: race- and income-based cancer disparities as well as diversity in the cancer health work force.

Also in attendance at the ceremony were Sanya A. Springfield, PhD, director of the National Cancer Institute's Center to Reduce Cancer Health Disparities; Alison Lin, program director for diversity training at the National Institutes of Health; and UMB CURE Executive Director Robin Saunders, EdD, MS.

"This year's White Coat Ceremony was awesome. To actually witness 80 middle school scholars from West Baltimore with their white coats on, walking proudly and tall knowing they are special and that their futures are bright, made the day even more amazing," Saunders said. "We are all excited to begin a new year filled with inspiring opportunities and unique experiences for our scholars."

Comcast holds Internet Essentials Sign-Up Event at Pleasant View Gardens

By Ursula V. Battle

In its latest effort to close the nation's digital divide, Comcast held an enrollment event offering new, qualified Baltimore City residents six months free Internet Essentials service. The on-site sign up event was held Thursday, October 12, 2017 at Pleasant View Gardens located at 201 Aisquith St. in Baltimore.

Comcast partnered with the Housing Authority of Baltimore City (HABC) to present the event, which resulted in 18 families signing up for Internet Essentials. The promotion is available to all Baltimore City residents who qualify and apply for the service between October 1, 2017 and October 31, 2017.

Internet Essentials is the nation's largest and most comprehensive high-speed internet adoption program for low-income households. Comcast launched the program in 2011 and has connected more low-income Americans to the internet than all other similar programs combined.

The program provides low-cost high-speed Internet service for \$9.95 a month plus tax; no term contract or credit check; no installation fee; the option to purchase an Internet-ready computer for under \$150; access to free in-person or online digital literacy training classes; and as of this year, 40 one-hour passes per month to Xfinity Wi-Fi's growing network of more than 18 million hotspots.

"The possibilities for smart technology solutions are endless in Baltimore, and initiatives like Internet Essentials highlight the many ways we can leverage smart partnerships to activate tools and resources that improve the lives of our residents," said Baltimore Mayor Catherine Pugh. "Although I could not be physically present for today's launch, I am no less inspired by Comcast's commitment to Baltimore and their plans to bring affordable home internet to HABC residents and tenants."

In August, David L. Cohen, Senior Executive Vice President and Chief Diversity Officer of Comcast Corporation announced key Comcast Essentials program enhancements, which included ex-

panding its pilot program for low-income senior citizens from five cities and metropolitan areas to 12. Comcast Corporation is a global media and technology company with two primary businesses, Comcast Cable and NBCUniversal.

Donna Rattley Washington is Vice President of Government Affairs and Community Investment for Comcast's Beltway Region.

"Comcast is a national and international company, but I think we are very unique in terms of being locally-based," she said. "The majority of our staff are technical and customer service employees who live in our community. Giving back is in the company's DNA and comes down from David Cohen and others at the very top of the company."

She added, "Our goal is that everyone who can't pay full price takes advantage of a program like Internet Essentials to bring the internet into their homes. We won't be satisfied and won't stop until that happens. We see it as a great opportunity for the residents of Baltimore City."

In order to qualify for the Baltimore City Promotion, individuals must be new Internet Essential customers and meet the following eligibility requirements: Have at least one child who is eligible for the National School Lunch Program or receive HUD housing assistance; live in an area where Comcast Internet Service is available; not have subscribed to Comcast Internet within the last 90 days; not have outstanding debt to Comcast that is less than one year old; live in Baltimore City; and apply by October 31, 2017. After the promotional period, program participants would pay regular rates of \$9.95/month plus tax.

For more information about Comcast's Internet Essentials, or to apply for the program, visit www.InternetEssentials.com or call 1-855-846-8376. Spanish-only speakers should call 1-855-765-6995.



Nick Calace, Chief Operating Officer for the Housing Authority of Baltimore City (HABC) bringing remarks during the event. Courtesy Photos



Comcast executives sign up Baltimore City residents for Internet Essentials.



Donna Rattley Washington, Vice President of Government Affairs and Community Investment for Comcast's Beltway Region with the happy winner of the laptop computer raffle prize.

Community celebrates restoration of iconic Tom Miller mural



A celebration was held for the fully restored iconic Tom Miller Mural in the Cherry Hill Community on Saturday, October 14, 2017. The mural is located at the Cherry Hill Branch of the Enoch Pratt Free Library.

Photo by Shawn James

Baltimore— The Baltimore Office of Promotion & The Arts, which manages the Baltimore Mural Program, celebrated the restoration of one of the largest murals designed by Tom Miller (1945-2000), one of Baltimore's most iconic muralists.

Miller is a renowned Baltimore artist most known for his unique "Afro-Deco" style and for fighting racial stereotypes aimed towards African Americans through the use of stylized images in his work.

The cost of the mural's restoration \$30,000 was fully funded with Casino Local Impact Grant (LIG) funds from the Horseshoe Casino Baltimore as a collaboration of the Baltimore Office of Promotion & The Arts, the Baltimore Casino Local Development Corporation (LDC) and the City of Baltimore under Mayor Catherine E. Pugh.

Located at the Enoch Pratt Free Library Cherry Hill Branch, the mural was originally painted in 1987, the same year the artist earned his master's degree from the Maryland Institute College of Art. After 30 years, local artist Shawn James of Mural Masters was commissioned to restore this important landmark.

"It's gratifying to see this important landmark restored to its original beauty," said Mayor Pugh. "I congratulate BOPA and the Cherry Hill community for having the vision to use local impact grant funds for this creative neighborhood investment."

This project has long been supported by the LDC, the body of state elected officials, community, business and institutional representatives that advises the Mayor on use of LIG funds in South Baltimore.

"The Miller Mural has become an icon for the Cherry Hill community. Its artistic and cultural identification with the community serves as an inspiration to continue the revitalization of the Cherry Hill community with art and culture as its cornerstone. We are thrilled to celebrate its restoration," said Michael Middleton, Chairman of the Cherry Hill Community Coalition.

6th Annual East Coast Gospel Music Summit

Baltimore— Four-time Stellar Gospel Music Award winning radio personality Lee Michaels is working overtime to make the 6th annual East Coast Gospel Music Summit the best one yet. This year's event begins on Sunday, October 29, 2017 with "The Choir Storm" at John's Hopkins Turner Auditorium and the festivities continue on Friday, November 3 and Saturday, November 4 at The Empowerment Temple located at 4715 Primrose Avenue in Baltimore.

"The summit gives aspiring recording artists and musicians an opportunity to learn various aspects of the business side of the entertainment world," said Michaels. "It's a chance for them to showcase their talents, stay on top of changing industry trends and network with industry professionals who may be able to help them fulfill their goals."

Some of the artists showing up to perform or to share their knowledge of the music business include Grammy® Award nominated songwriter, Cheryl Fortune, as well as, Billboard charting independent artists such as Ted Winn; Troy Snead; G.I., Miranda Curtis; Charles Butler & Trinity; Isabel Davis; Earnest Pugh; and Lucinda Moore.

Stars on the rise such as Asia Luckey; Tracy Neal; Minister Isaiah Thomas; Robert J; and Norris Williams will be there too.

Some of the top behind-the-scenes executives in the entertainment world are coming to judge and evaluate the artist showcases and offer advice on various panels.

The summit closes November 4 at 6 p.m. with a concert celebrating Heaven



Pastor Lee Michaels with recording artist, Cheryl Fortune who will perform at the 6th Annual East Coast Gospel Music Summit in Baltimore.
Courtesy Photo

600 AM's 26th anniversary with Grammy® Award nominated artist Deitrick Haddon headlining a power-packed Concert with Shekinah Glory, Jekalyn Carr, Brian Cook & Power Nation, Lucinda Moore and Earnest Pugh.

General admission tickets are \$26 and are available on Eventbrite.com. For more information, call 310-880-7570.

After serving in the military and studying at the Broadcast Institute of Maryland, Michaels began his broadcasting career at various radio stations in Maryland in the 1980s. He came to WCAO 600 AM as an announcer in 1991 and was promoted to program director in 1994. The station has been Baltimore's #1 gospel radio station ever since. He is also the pastor of Manifest Wonders Christian Center and hosts the weekly TV program "Grace & Glory" that airs on WMAR Channel 2.

Minister Debrayta a.k.a. Dee Life Mentor Coach hosts "Dwelling In Safety" Domestic Health Relationship Empowerment Summit Saturday, October 28, 2017 — Noon to 5 p.m.

True Praise Christian Fellowship Ministries, 1808 Woodlawn Drive, Suite W, Gwynn Oak, MD

Featured Speakers: Elder Sandra M. Chaney, Eldean Penn and Minister Debrayta Salley will focus on Prevention, Survival, and Protection

Tickets are \$10.00 — For tickets and to register: <https://dwellinginsafety.eventbrite.com>.

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“HAVE FUN, ENJOY LIFE”

Hello everyone! I hope you and your families are doing well. It has been a rough couple of months for so many people. I mean that is an understatement, it is a terrible situation. I'm speaking about the attack in Los Vegas, the hurricane disaster in Puerto Rico, California burning and people dying in the inferno; yes it has been a horrible time for so many. Please keep these people in your prayers. In the meantime, I am going to try to uplift your spirit with some fun stuff. So hold on to my coattail and let's ride!

For my jazz lovers, Caton Castle will not let you down. I promise you, every Saturday from 6-10 p.m., 20 S. Caton Avenue is a place you can enjoy good music, by the best of the best musicians, good food, with a wide range menu from fried and baked chicken to fresh fried fish; greens; candied sweets; turkey wings; breast stuffed with crab meat; roast beef; and all types of vegetables. I love their food, my hat is off to the chef. Check it out and when you get there, ask for Ron Scott, the owner and tell him I sent you to have dinner and to see an unforgettable jazz show.

Checking in with my friends over at the Baltimore Office of Promotion & Arts and found out they are hosting an event in the month of October, called “Free Fall Baltimore”. A lot of entertainment stuff is going on for all walks of life and for all ages. This event offers hundreds of free arts and cultural events for the whole family throughout the month. Participating venues throughout the city are held in conjunction with National Arts and Humanities. Area attractions and organizations showcase the importance of the arts with free concerts; dance; theater performances; festivals; lectures; workshops; art exhibitions; tours; special events and much more. A

full schedule of events and participation organizations can be found on www.freefallbaltimore.org. Or if you do not have access to a computer, call 410-752-8632.

Okay, my good friends, the rest of the good time events are with the pictures on my page including, Dr. Phill Butt's event; the dynamite cabaret coming to the Forest Park Senior Center and Shirley Nathan-Pulliam Prayer Breakfast at Martin West. So have fun and enjoy life.

Before I leave you, I want to give condolences to Baltimore's own renowned international recording artist and singer, Gabrielle Goodman and her family for the loss of her mother and to the family of Anthony “Doc Doo-Wop” Ferrelle who passed away last week.

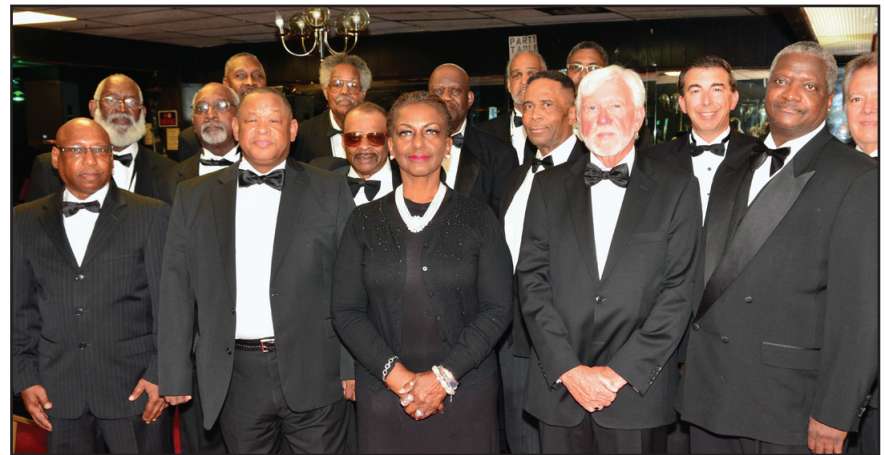
Well, that's it. I got to go now. But remember, if you need me, call me at 410-833-9474 or email me at rosapryor@aol.com. My website is: www.rambling-rose.com. UNTIL THE NEXT TIME, I'M MUSICALLY YOURS.



Shirley Nathan-Pulliam invites you to her Prayer Breakfast on Saturday, October 21 8:30 a.m. to 11:30 a.m. at Martin West, 6817 Dogwood Road. For more information, call 443-405-3364



Kelly Carter, owner of the soon to open restaurant Grin & Wine Café at 3627 Offutt Road in Randallstown with the restaurant chefs: Marcus Crenshaw and Olukayade “Dilly” Ogunyoyin. For more information, call 443-405-7070



Dr. Phill Butts and his 20 piece Big Band Orchestra will be in concert titled “Remember the Big Band Sound of the Forties?” at St. John's Episcopal Church, 9130 Frederick Road, Ellicott City in All Saints Hall from 7-9 p.m. on Saturday, October 21. For ticket information, call Cynthia at 410-323-7295



Skip Mohoney & the Casuals, the Ebony's and BADD will be perform live on stage at the Forest Park Senior Center, 4801 Liberty Heights Avenue, for the “Ultimate Cabaret from 8 p.m. until 1 a.m. old school style. BYOB and BYOF with free setup on Saturday, October 21. For tickets call 410-790-9333.

National Society of Black Engineers hosts Minority Innovation Weekend

By Stacy M. Brown

The first Minority Innovation Weekend kicks off at 9 a.m. on Saturday, November 9, 2017 at Hotel RL - Baltimore Inner Harbor. The weekend event features talks by speakers with experience in launching startups who will discuss defining and validating ideas; defining the competition; making a successful pitch; and funding ideas and innovation and entrepreneurship. A panel of local new business founders will discuss opportunities in Baltimore.

“There will be opportunities for networking with startup founders and other people who are looking to enter the tech startup world,” said William Redmond, president of the National Society of Black Engineers’ Baltimore Metropolitan Area Chapter.

The goal of the Minority Innovation Weekend (MIW) is to provide minority innovators with the fundamental knowledge needed to successfully launch startups. The MIW will foster an environment where minority innovators may obtain information, advice and strategies to help them turn their technology based idea or concept into a viable tech business—from defining and validating the idea to obtaining funding for the innovation.

“Anyone can participate but the goal of the event is to reach groups that are disproportionately represented as tech startup founders,” Redmond said.

As of 2016, reports have indicated that one percent or less of African-American and Latino startup founders received venture capital funding.

To reach as much of this target demographic as possible, Redmond says his organization is working with the Society of Hispanic Professional Engineers, the Arab American Association of Engineers and Architects, the Greater Baltimore Leadership Association, the Morgan State University Entrepreneurial Development Assistance Center and other National Society of Black Engineer



The Baltimore Metropolitan Area Chapter of The National Society of Black Engineers will host the Minority Innovation Weekend at the Hotel RL - Baltimore Inner Harbor on Saturday, November 11, 2017 from 9 a.m. to 7 p.m. For more information or to purchase tickets, visit: <http://miw.eventbrite.com>.

Courtesy Photo

chapters in Washington, D.C., Maryland, Virginia and Pennsylvania to raise awareness to MIW.

“Who should attend?” Redmond said. “Anyone with ideas for a new mobile app; a FinTech app; an EdTech app; or any other software product or a new cyber security product or offering; a new renewable energy product or offering; or any concept that requires scientific research, engineering design, technology development, or mathematical analysis.”

Among the primary goals for MIW 2017 is assisting attendees in finding incubation for their ideas with either The Harbor Bank of Maryland, Community Development Corporation or the Startup Nest, according to Redmond.

“Baltimore City lost over 100,000 jobs between 1950 and 1995, and the loss of those jobs was not replaced. The effects of those job losses have had a major impact on the city and its residents,” he said.

“MIW will attempt to address the issue by creating opportunities to attract and retain

Science Technology, Engineering and Mathematics professionals to Baltimore to live and work.”

MIW will also try to attract capital providers to play a role in sponsorship

event.

“Assuming that the attendee has an idea or concept in mind, the goal of the conference is to provide them with fundamental knowledge and help that per-

Minority Innovation Weekend 2017

Innovation For Job Creation

and matching innovators with the capital they need.

Redmond says that he hopes as many as 100 people will attend the inaugural

son answer the question, “Where do I get started,” he said.

Tickets for MIW can be purchased at <http://miw.eventbrite.com>

“The characteristic of great innovators and great companies is they see a space that others do not. They don't just listen to what people tell them; they actually invent something new, something that you didn't know you needed, but the moment you see it, you say, 'I must have it.'”
—Eric Schmidt

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Tips from BGE to help customers 'fall' into savings during National Energy Awareness Month

Baltimore— October is National Energy Awareness Month and Baltimore Gas and Electric Company (BGE) reminds customers that taking steps to save energy and money now will pay off this winter.

In fact, during two recent recycling drop-off events hosted by BGE, customers recycled close to 500 inefficient room air conditioning units and dehumidifiers, earning a \$25 reward for each unit recycled and helping to save nearly 150,000 kilowatt hours (kWh) of electricity. As a reminder, customers who schedule pick-ups of old, working refrigerators or freezers to be recycled are also eligible to recycle one working room air conditioning unit or dehumidifier at the same time.

By following a few simple tips and making a few easy energy efficiency improvements, customers could save 20 percent or more on their winter heating bills.

- Maintain Heating Systems. Most cold weather energy expenses are related to heating your home. Schedule service for your heating system to find out what maintenance is required to keep your system operating efficiently.

- Lower Water Heating Costs. Water heating accounts for about 18 percent of the energy consumed in your home. Turn down the temperature of your water heater to the warm setting of 120



degrees Fahrenheit and save.

- Adjust the Temperature. When you are at home and awake, set your thermostat to as low a setting as is comfortable for you. When you are asleep or out of the house, turn your thermostat back 10

to 15 degrees for eight hours and save approximately 10 percent a year on your heating bills. A programmable thermostat can make it easy to automatically adjust temperature settings. If you have a heat pump, maintain a moderate setting or use a programmable thermostat specially designed for use with heat pumps.

- Take Advantage of the Sun's Heat. Open curtains on your south-facing

windows during the day to allow sunlight to naturally heat your home, and then close them at night to reduce the chill you may feel from cold windows.

- My Account Online Tools. Your BGE online account contains tools and detailed energy usage information. By tracking your energy usage, reviewing usage trends, and discovering the results of energy-saving practices, you can manage your energy more efficiently. Log onto BGE.com/MyAccount to get started.

Looking for customized solutions to help you save energy and money? BGE offers rebates for these and other home efficiency improvements through the BGE Smart Energy Savers Program®.

The BGE Smart Energy Savers Program is a suite of programs that enable customers to control energy use, leading to more efficient use of electricity and lowering energy bills.

The programs have provided \$464 million in rebates to BGE customers and have also helped nearly 1.9 million residential and business participants save more than 2.8 million MWh of electricity. Collectively, the programs help contain the cost of energy and improve reliability by reducing peak demand and slowing the growth in energy consumption. Energy-saving solutions are available to renters, homeowners, large and small business customers, nonprofits and institutional customers. More information can be found at BGESmartEnergy.com. These programs support the EmPOWER Maryland Energy Efficiency Act.

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