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Disney's The Lion King roars into The Hippodrome



Disney's The Lion King has roared into Baltimore's Hippodrome Theatre at the France-Merrick Performing Arts Center for its long-anticipated return. The show opened for its four-week engagement on Thursday, November 16, 2017, and will run through December 10, 2017. The production is a part of the 2017/2018 CareFirst® BlueCross BlueShield Hippodrome Broadway Series. Photo: Deshaun Young as "Simba." (See article on page 6) Courtesy Photo

Kim Fields' Surprising Journey of Joy, Tears and Tales from Harlem to Hollywood

New York— Veteran actress, TV personality, and star Kim Fields' book "Blessed Life" is a chronicle of living, learning and ah-ha moments of self-discovery told with humor, transparency and refreshing honesty.

Kim Fields has lived most of her life with people thinking they know her, which is understandable. From her first job in a, "Mrs. Butterworth" syrup commercial at age seven, she has spent 40 years in the public eye. There were nine years as Dorothy "Tootie" Ramsey on the classic sitcom *The Facts of Life*, five more in her 20s starring as Regine Hunter on the seminal coming-of-age show *Living Single*, and most recently appearing as herself on *Real Housewives of Atlanta* and *Dancing with the Stars*.

Behind the camera, she has directed episodes of *Kenan & Kel*, *Tyler Perry's, Meet the Browns* and *House of Payne*, and BET's *Let's Stay Together*. Between gigs, the pop culture icon's life has included theater, spoken word, music, speaking engagements, and simply being present to the point that she cannot go a

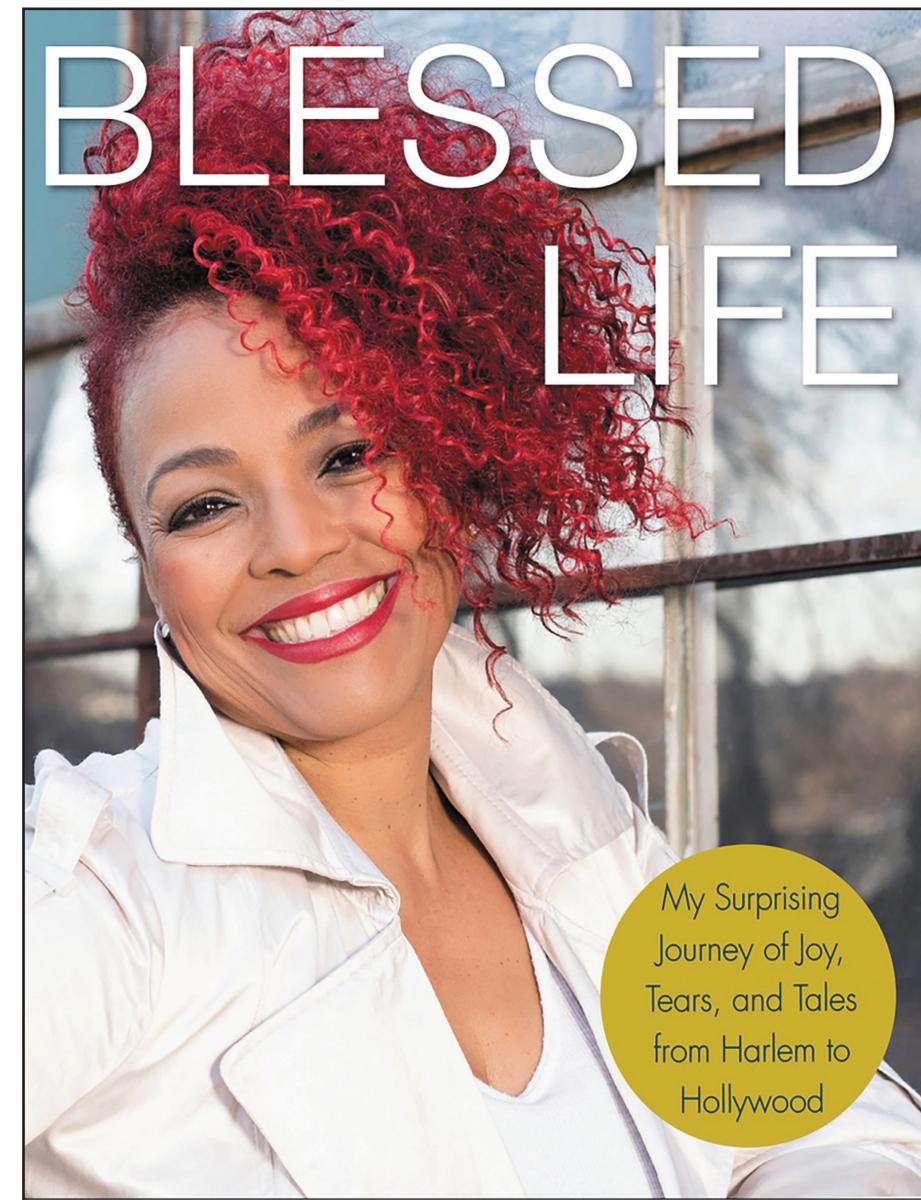
day without someone stopping her to say, "When I was a kid, I wanted to be Tootie" or "You were my role model."

Flattered and blessed, after four decades in the business, Fields finally understands the role she has played on-screen and off as a successful, outspoken African-American woman.

However, for as much as she has been in the public eye, people have really never known her the way they think they have, and that's because she, herself, spent most of her life figuring herself out. Now, at age 48, she is ready to set the record straight.

"This book will inspire, teach, provoke and just be flat out fun," said Fields. "It's not that I've been misunderstood. It's that I finally feel like I understand me enough to tell the life story that I've been asked to write for years."

From "Facts of Life" to "Living Single" to "Dancing with the Stars" to wife and mom, her "Blessed Life," was released by (FaithWords (ISBN: 9781478947547, \$22.00) on November 14, 2017 and is available for sale now.



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Guest Editorials/Commentary

Democrats, black candidates win historic victories on Election Night

By Stacy M. Brown, NNPA Newswire Contributor

The blue wave that swept the country last week wasn't just a victory for Democrats, but a resounding win for African American candidates, who defied the odds and Trumpism, to make history.

In Charlotte, N.C., voters elected the first female African American mayor in the city's history, choosing Democrat Vi Lyles over Republican Kenny Smith.

In St. Paul, Minn., Melvin Carter became that city's first black mayor, earning slightly more than 50 percent of the vote in a field that featured 10 candidates and a write-in opponent.

In Virginia, Democrat Justin Fairfax trounced Republican challenger Jill Vogel in the race for lieutenant governor. In January, Fairfax will become only the second African American to hold statewide office in Virginia. Doug Wilder was the first, serving as lieutenant governor from 1986-1990, then as governor from 1990-1994.

Fairfax says his and other Democratic victories could "be the match that sparks the wildfire of progressive" change all across the country.

"All across the world. This is a battle for the nation's soul," Fairfax said. "Since I announced my candidacy, this campaign has been about the future, about building a Virginia where all of us have the opportunity to rise."

Most saw victories by Democrats as a referendum on President Donald Trump, whose record low job approval rating has shrunk to 39 percent according to various reports. Republicans lost races for governor in Virginia, where Ralph Northam easily beat Trump-backed Ed Gillespie, and in New Jersey, where former U.S. Ambassador to Germany Phil Murphy won election as governor, defeating Republican Lt. Gov. Kim Guadagno. Also, in Virginia, attorney general Mark Herring, a Democrat, won reelection over Republican John Adams while Democrats gained at least 10 seats in the House of Delegates.

The party also won key mayoral races in New York, Charlotte, Stamford, Conn., and St. Petersburg, Florida, and in a direct rebuke of Trump and Republicans who have tried to repeal the Affordable Care Act, voters in Maine approved a ballot measure to expand Medicaid under former President Barack Obama's signature healthcare law.

On Twitter, University of Virginia political scientist Larry Sabato wrote that the results were a "backlash to Trump and Trumpism, pure and simple."

Results may have been helped by a strong get out to vote campaign launched by the NAACP. The legendary civil rights organization and its approximately 500,000 adult and youth members around the country were on the frontlines committed to raising awareness for political, educational, social and economic equality of minorities in the electoral process, the organization said in a statement posted on its website.

"The NAACP is actively engaged in increasing the African American responsiveness of citizens to be fully engaged in the democratic process," the statement read.

Terry McAuliffe, Virginia's outgoing Democratic governor, told reporters that the election night victories were indeed a springboard for future elections, including the 2020 presidential race. "This was a spark plug," McAuliffe said. "This is the revitalization of the Democratic Party in America."

Former Vice President Joe Biden said voters clearly sent a message to Trump. "A resounding defeat tonight for President Trump," Biden tweeted. "Voters across the country rejected the ugly politics we have seen this past year. Instead, they chose candidates who unite and inspire us."

Members of the Congressional Black Caucus also engaged voters. Rep. John Lewis (D-Ga.), urged everyone to vote.

"The vote is precious, almost sacred," Lewis said. "It is the most powerful nonviolent tool or instrument in a democratic society [so] use it."



Community Affairs

Amtrak prepared to accommodate surge of travelers for Thanksgiving

Washington, D.C.—In anticipation of the busiest travel week of the year, Amtrak is prepared to accommodate the surge of holiday travelers with additional trains and added capacity—operating every available passenger railcar. Tickets sell out quickly, so customers are encouraged to plan ahead and book tickets early.

In response to customer demand, Amtrak Acela Express (Boston – Washington, D.C.) and Northeast Regional (Boston – Washington, D.C./Virginia) services will operate extended schedules with additional frequencies and added capacity during the week of Thanksgiving. Regular Amtrak booking procedures apply.

Just in time for Thanksgiving, some customers may get to travel in newly, refreshed train cars as Amtrak is investing in a nearly \$17 million refresh of its train interiors. Several services, includ-

ing the Northeast Regional, are undergoing a series of phased improvements including new seat cushions, carpeting, curtains and refreshed restrooms to provide a more modern, comfortable experience onboard.

Hear are some tips to ensure your trip goes smoothly:

• **Avoid the Rush, Arrive Early**—The busiest travel days are the Tuesday, Wednesday and Sunday of Thanksgiving week. Customers are encouraged to arrive 45 minutes before departure.

• **Check Train Schedules**—Check holiday train schedules and status before arriving at the station on Amtrak.com, Track Your Train (on Amtrak.com), or Amtrak mobile apps.

• **Carry Photo ID**—Customers are required to show travel documents and valid photo identification at all times aboard trains.

• **Safety First**—If you see something, say something. Report any suspicious activity or unattended items to an Amtrak employee or the Amtrak Police Department at (800) 331-0008, by calling 911, or by sending a text to APD11 from a smartphone, or to 27311 from a standard cell phone.

Page Opposite/Commentaries

Black celebrities, athletes and politicians must respect the Black Press

By Rosetta Miller-Perry
The Tennessee Tribune, NNPA Member

Throughout history, the Black Press has been the best friend that black celebrities, athletes and politicians have ever had. The Black Press often covers black public figures from the very start of their careers, before they're "discovered" by the mainstream media, all the way through to their ascension to stardom or leadership status. Before they became household names, had hit records, secured multi-million dollar contracts or became leaders in the United States Congress, it was the Black Press that was always there for their press conferences and events, often giving them extensive coverage when the mainstream media might only give them a brief mention in the B-section of their newspapers or 15 seconds at the end of an evening news segment.

When the mainstream media finally "discovers" these same black celebrities, athletes and politicians and they attain a certain degree of fame and success, suddenly, they think it's okay to snub the Black Press. Now they don't have time

to give interviews to black newspapers or magazines; there's no time to make the visits to black radio stations, where they once made regular appearances; their (usually) white public relations and management staffers guard their time and appearances carefully, and shun black-owned media. These same public relations firms often discourage their black clients from working with black-owned media companies and advertising with the Black Press.

million readers in print and online every week, is reminding these black public figures that black newspapers are their champions and defenders 24/7, and that we have backed them in good times and bad. While the classic case of a black superstar, who ran away from the Black Press for years and then returned at the eleventh hour, remains O.J. Simpson, it is instructive to see how mainstream media is covering the NFL in the wake of Donald Trump's garbage claims that

black public figures at the local, state and national levels.

What the Black Press wants from black celebrities, athletes and politicians is respect, fairness, transparency and the same access provided to mainstream media outlets. Don't just advertise in The New York Times or The Washington Post; also do business with NNPA member publications; continue to make appearances at black radio stations; order subscriptions to black publications, in print and online. Our subscriptions and advertising rates are more reasonable than those of the big corporate newspapers, and despite what some advertising firms say, we're more trusted in the black community than "general" market publications.

It's time for the black celebrities, athletes and politicians who say they value entrepreneurship and economic empowerment to do business with the Black Press. Why should black public figures financially support our mainstream competitors, exclusively, when those businesses have very few connections to the black community?

The Black Press is there for our black entertainers and politicians passionately sharing their stories with our readers, listeners and viewers when no one knows who they are, we celebrate their success and we don't assume guilt if something goes wrong, or won't desert them when they're wrongfully accused and dragged through the gutter by the mainstream media.

So, to the black celebrities, athletes and politicians who think that they're too big for the Black Press: recognize and support us as we've recognized and supported you all along.

The Tennessee Tribune is a member publication of the National Newspaper Publishers Association. Learn more about becoming a member at www.nnpa.org.

"The Black Press backed Colin Kaepernick's protest against oppression and police brutality from the beginning, and continues to do so. The Black Press supports Seattle Seahawks defensive lineman Michael Bennett and other players who have responded positively in the wake of criticism."

This is a disgrace, because when things go bad and these black celebrities want to get "their" side of the story out, the first place these folks run to, is the Black Press. If there is a story about political corruption, infidelity or other alleged crimes involving a black public figure, the mainstream media's attitude is usually "guilty until proven innocent." It's the Black Press that usually takes the "innocent until proven guilty" approach, urging fairness and caution, telling readers, listeners and viewers to wait until all the evidence is in, frequently reminding folks of all the great things that their favorite hero did in the past.

The Black Press remains the advocate for black celebrities, athletes and politicians, even now, despite the fact that so many of them seem oblivious to our existence. That is why, increasingly, the National Newspaper Publishers Association (NNPA), the trade group that represents over 200 black-owned media companies, which reach more than 20

the players are somehow "disrespecting the flag and the military" if they kneel during the playing of the national anthem, a claim that was and continues to be absolute nonsense.

The Black Press backed Colin Kaepernick's protest against oppression and police brutality from the beginning, and continues to do so. The Black Press supports Seattle Seahawks defensive lineman Michael Bennett and other players who have responded positively in the wake of criticism. Black newspapers have printed the entire Star-Spangled Banner, including its verses supporting slavery, while many mainstream publications have bought into the Trump idiocy. When conservative newspapers and publications attacked ESPN commentator Jemele Hill for her tweets about Trump, it was the Black Press that offered unqualified support. We've been there through decades of attacks on black leaders, and we remain vigilant to the constant character assassination and innuendos lodged against

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Disney's The Lion King roars into The Hippodrome

Walbrook High School Grad Among Cast

By Ursula V. Battle

Disney's The Lion King has roared into Baltimore's Hippodrome Theatre at the France-Merrick Performing Arts Center for its long-anticipated return. The show opened for its four-week engagement on Thursday, November 16, 2017, and will run through December 10, 2017. The production is a part of the 2017/2018 CareFirst® BlueCross BlueShield Hippodrome Broadway Series. Due to overwhelming demand for tickets, a special matinee performance on Wednesday, November 22 at 2:00 p.m., was added to the schedule.

In its 20th year, The Lion King continues ascendant as one of the most popular stage musicals in the world. Since its Broadway premiere on November 13, 1997, twenty-four global productions have been seen by more than 90 million people. Produced by Disney Theatrical Productions (under the direction of Thomas Schumacher), The Lion King is only the second show in history to generate five productions worldwide running 10 or more years.

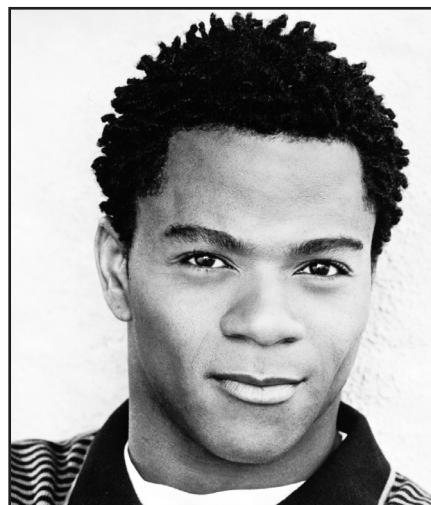
Baltimore native Keith Bennett portrays "Banzai" in the production. Bennett is a 1981 graduate of Walbrook High School.

"It's an honor to come back home to Baltimore and be a part of the biggest show of all time," said Bennett. "The show is in its 20th year and has traveled all over the globe. This show has really paved the way for me, and shows that despite everything, some of us have made it, and can make it. I love this city. Baltimore was good to me growing up, and to come home being a part of this show is a blessing."

Bennett recalled his high school days, as well as relatives who "played a part" in his performing career.

"I remember some of my teachers and administrators at Walbrook High School," said Bennett. "I remember Cheryl Pasteur, Melva Ellis, Mr. Roy Pope, Mrs. Louis Lassiter, and many others there who influenced my life. Those were the good ole days."

He added, "My Aunt Calverta Frazier and my cousin Adrienne Johnson are re-



Baltimore native Keith Bennett plays "Banzai" in the production.

sponsible for my career. They took me to my first audition. They have since passed, and I really want to do a good job for them."

According to Bennett, after graduating from Walbrook High School, he attended Morgan State University and Towson State University before moving on to New York.

"In New York, I continued to study, train, and do shows," recalled Bennett. "Then I moved on to Los Angeles, where I continued to study, train and do shows. You really have to have acting, singing, and dancing under your belt to be successful in this business."

Bennett's Broadway credits also include A Chorus Line, OH, KAY!, The High Rollers, Horace, and Olympus On My Mind. Tours include: Dancin', The Tap Dance Kid, Sophisticated Ladies, and Five Guys Named Moe. He landed the role of "Banzai" in 1988.

"I can't express how much this show has changed my life," said Bennett. "I have been able to buy real estate and take care of my family. It's the best of both worlds. I get to be an entertainer, and support my family and myself at the same time. Most people don't get to do that, but this show has provided me with that opportunity. I have a lot to be thankful for, and I am thankful to God for all that He has done for me through this production."

Bennett and his wife Deidre, who he met in Los Angeles are the parents of two



Nia Holloway as "Nala."

daughters Tyler and Jordan.

To see Baltimore's own Keith Bennett in The Lion King, call 866-870-2717 or visit www.BaltimoreHippodrome.com or www.Ticketmaster.com; Tickets for the show are also available at the Hippodrome Box Office (corner of Eutaw St and Baltimore St) and all Ticketmaster outlets.

Buyi Zama as "Rafiki".
Courtesy Photos



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Baltimore Teacher Supply Swap preparing to bring school supplies directly to schools

By Andrea Blackstone

At first glance, Wicomico Street in Baltimore City looks like any other industrial area with many warehouses and big trucks. However, teachers, parents, daycare providers and home-schooling families find their way to the warehouse at 1224 Wicomico Street on Thursdays and Saturdays for free classroom supplies to facilitate the learning process.

The Baltimore Teacher Supply Swap (BTSS) accepts educational, art and office supplies that may otherwise be tossed in a dumpster or sit unused in some dusty storage room. The nonprofit reduces financial pressure for teachers who often spend their own money to purchase school supplies and items ranging from new pencils, chalk and notebook paper to repurposed bulletin board decorations, art supplies and storage containers. Parents are also allowed access to school supplies.

Two former teachers, Melissa Badeker and Kathleen Williams founded Baltimore Teacher Supply Swap in July 2014. The nonprofit has made great strides since then.

BTSS is gearing up to hit the road to bring school supplies directly to schools in Baltimore, thanks to the donation of a box truck by the Baltimore-based business Len The Plumber.

Badeker says that after receiving feedback from teachers, many were unable to come to BTSS due to time restraints, lack of transportation, or because of not knowing which items were in stock.

"So to address that, we wanted to bring the Swap to the teachers. That's where the idea for the (BTSS) Supply Mobile came about and Len The Plumber donated a box truck to us," Badeker said. "We're in the process of retrofitting it with shelving, so that we can stock it with supplies and getting the exterior done. Once that is complete, we're going to offer it up to Baltimore City (Public) Schools. Anyone who wants to request the Supply Mobile to come to their school can fill out an application. We'll look at it and prioritize based on the need and then we'll set a time to bring the truck to them. Teachers can get on the truck [and] shop



Founded in July 2014 by two former teachers, Melissa Badeker and Kathleen Williams, the Baltimore Teacher Supply Swap, provides free classroom supplies to facilitate the learning process. After receiving a box truck donated by Len The Plumber, the organization is gearing up to hit the road to bring school supplies directly to schools in Baltimore by January 2018. The goal is to visit four schools each week in two-hour time slots.

Photos by Andrea Blackstone

for what they need."

Badeker says that trial runs for the new service begins in December this year; and she anticipates that the Supply Mobile will be up and running full-time by January of 2018. The goal is to visit four schools each week in two-hour time slots. Appointments will be scheduled during break time for teachers and after school hours.

Liz Miller, a teaching artist living in Baltimore is a BTSS member and Design Committee volunteer who helped to paint the Supply Mobile. She attended the unveiling of the new vehicle along with fellow Swap supporters, Badeker, and Williams, on Saturday, November 4, 2017.

"I use the Swap as a teacher," Miller said, while looking at the side of the parked truck adorned with painted images of scissors and glue. "I'm really excited about the Swap, and it's the kind of place that I want to support."

Miller says that coming to the Swap to get items such as staplers means that Access Art's program budget can be put to use to do other amazing things for her students who attend the after school program,

which is located in Edmondson Village.

More people like Miller have been connecting with BTSS after the nonprofit was featured in an online web-series



Melissa Badeker, one of the founders of BTSS cuts a cake in celebration at the unveiling of the new truck on Saturday, November 4, 2017.

who are making a difference in their communities. With the help of Zoltan Design Co., a full-service interior design firm, the Swap store was beautifully renovated and an abundance of new supplies for teachers and students were donated by Returning the Favor.

After seeing the show, people from all over the country began contacting Badeker to ask how they could start a Swap in their area.

Even though the first employee was recently hired as BTSS's Operations Coordinator, the store is largely run by volunteers and members who do everything from checking guests out and stocking items, to organizing inventory listed on BTSS's website.

Memberships are available to anyone who uses educational materials. Membership fees are based on what members consider reasonable and fair, and covers the cost of keeping the organization up and running. Membership is not required to obtain supplies from BTSS.

For more information about BTSS, becoming a member or volunteer, visit: <http://teachersupplyswap.org>.

Legislation introduced outlining governance of historic Children and Youth Fund

Baltimore— City Council President Bernard C. “Jack” Young introduced legislation at the November 13, 2017 council meeting establishing the temporary administrative framework allowing for the long-term governance of the historic Children and Youth Fund.

An effort that began in 2015 when Council President Young introduced legislation calling for a non-lapsing, dedicated fund to support programs and services geared toward young people, the Children and Youth Fund resulted in a charter amendment passed overwhelmingly in 2016 by more than 80 percent of voters during the general election. The Fund dedicates \$12.1 million each fiscal year to flow into the non-lapsing.

“This process is groundbreaking on so many levels,” Council President Young said. “But one thing that I’m most proud of is the fact that, rather than politicians having the final say, the actual citizens of Baltimore, through a grassroots community engagement process, will be the ones deciding how dollars are spent.”

Earlier this year, a task force made up of students, community leaders, program services providers and representatives from government agencies, was established to make recommendations on the fund’s governance.

Co-chaired by Adam Jackson, CEO of Leaders of a Beautiful Struggle, a Baltimore-based Think Tank; and Dr. John Brothers, President of the Program for Charitable Giving at T. Rowe Price Foundation, the meetings were well attended by members of the public, who worked alongside members of the task force on the fund’s governance and administrative structure.

The Task Force presented its findings publicly in May 2017. Recommendations were centered on grant-making criteria, including structure, budget, capability and other functions. Several recommendations concerning the administration of the Youth Fund were also made.

It was recommended that Youth Fund dollars be administered by a new organization that would be built from the

ground up and have a focus on empowering Baltimore’s grassroots communities. While the permanent organization is being created, the Task Force recommended that an existing intermediary temporarily manage the Youth Fund.

The Task Force determined that the city should use a capable nonprofit intermediary, like Associated Black Charities, which is based in Baltimore with significant experience in the community. It was determined that the intermediary should have experience working in disenfranchised communities in Baltimore, experience in racial equity, and experience with building the capacity of organizations serving disenfranchised communities in Baltimore.

The work of implementing the Youth Fund represents a historic shift in grant making, from one that is dictated to communities, to a process that has community in the driver’s seat from a grant-making perspective.

In order to empower ABC to fill these roles, two steps are required.

First, the City Council must pass an ordinance that empowers ABC to fill its dual roles and establish the basic parameters ABC must follow. Second, the city’s Board of Estimates must approve a Memorandum of Understanding (MOU) between ABC and the City of Baltimore, which would further spell out ABC’s functions and responsibilities. The Board of Estimates would consider the MOU between ABC and the city the second week of December.

The Council’s Education and Youth Committee will hold a public hearing on Council President Young’s bill on Tuesday, November 21, 2017 at Frederick Douglass High School at 5 p.m. Members of the public are encouraged to attend and offer public testimony.

Prior to the public hearing, young people in Baltimore will convene for a grassroots, youth-led march in support of the Fund from the Kids Safe Zone at 1622 N. Carey Street, at 4 p.m. and end an hour later at Frederick Douglass High School for the public hearing.

If this is how you see health care, we can help.



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Spice Up the Season

FAMILY FEATURES

Whether this holiday marks your culinary debut or you're a seasoned chef looking for a fresh take on seasonal favorites, you can take some notes from the pros. Every good chef has an arsenal of tricks and techniques to create amazing dishes every time, and the perfect blend of spices is one of those winning secrets.

In a properly seasoned dish, the spice accents the natural flavors without overpowering them. That's why it's a good idea to build your menu around spices and herbs of the highest quality, such as Spice Islands, which crafts and packages spices and herbs from around the world to deliver the most authentic and intense flavor possible.

Add flavor-rich, seasonal spices to your holiday table with these flavorful recipes for a Traditional Turkey Rub, Cranberry Apple Chutney, Butternut Squash Soup with Thyme Butter and Mini Pumpkin Cheesecakes.

From the appetizers to the main dish to dessert, flavorful seasonings can make a good recipe great. Find more ideas for spicing up your holiday menu at SpiceIslands.com.

Traditional Turkey Rub

Prep time: 5 minutes

Yield: rub for 1 turkey (about 15 pounds)

- 2 teaspoons Spice Islands Crushed Rosemary
- 1 teaspoon Spice Islands Thyme
- 1 teaspoon Spice Islands Onion Powder
- 1/2 teaspoon Spice Islands Garlic Powder
- 1/8 teaspoon Spice Islands Ground Saigon Cinnamon
- sea salt
- Spice Islands Ground Black Pepper
- pure olive oil (optional)
- 1 turkey

In small bowl, combine rosemary, thyme, onion powder, garlic powder and cinnamon. Generously add salt and pepper. Lightly coat turkey with oil, if desired.

Rub all surfaces of turkey with seasoning. Roast according to package directions.



Photo courtesy of Getty Images

Flavorful holiday dishes for every course



Mini Pumpkin Cheesecakes

Prep time: 15 minutes
Total time: 1 hour, 50 minutes
Yield: 18 mini cheesecakes

- 18 paper baking cups (2 1/2 inch diameter)
- 18 gingersnap cookies
- 12 ounces cream cheese, softened
- 3/4 cup sugar
- 1 tablespoon corn starch
- 1 teaspoon Spice Islands Pumpkin Pie Spice

- 2 eggs
- 1 cup canned pumpkin
- 1/3 cup light corn syrup

Heat oven to 325 F. Line muffin tin with paper baking cups. Place 1 cookie in each cup.

With electric mixer, beat cream cheese, sugar, corn starch and pumpkin pie spice. Add eggs and mix well. Add pumpkin and corn syrup; beat 1 minute.

Pour filling into liners, dividing evenly. Bake 30-35 minutes until just set.

Chill 1 hour.



Butternut Squash Soup with Thyme Butter

Prep time: 35 minutes
Total time: 1 hour, 30 minutes
Yield: 6-8 servings

- 1 tablespoon vegetable oil
- 1 teaspoon Spice Islands Ground Ginger
- 1/4 teaspoon Spice Islands Cayenne Pepper
- 3 pounds (about 7 cups) butternut squash, peeled and cut into 1-inch pieces
- 2 medium cooking apples, peeled, cored and coarsely chopped
- 2 small onions, coarsely chopped
- 2 cans (14 1/2 ounces each) chicken broth, divided
- 1/2 cup water

Thyme Butter:

- 1/4 cup butter, softened
- 1/2 teaspoon Spice Islands Thyme
- 1/2 teaspoon Spice Islands Garlic Powder

Cranberry Apple Chutney

Prep time: 15 minutes
Total time: 45 minutes
Yield: 2 cups

- 1 bag (12 ounces) fresh or frozen cranberries
- 1/4 cup water
- 2 large apples, cored and chopped
- 1 1/2 cups sugar
- 2/3 cup finely chopped onion
- 2/3 cup golden raisins
- 2 teaspoons minced fresh ginger
- 1 teaspoon Spice Islands Minced Garlic
- 1 teaspoon salt
- 3/4 teaspoon Spice Islands Ground Allspice

In large saucepan, combine cranberries, water, apples, sugar, onion, raisins, ginger, garlic, salt, allspice, cinnamon and cloves. Bring to boil over medium-high heat. Reduce heat; cover, stirring occasionally, 15 minutes. Add corn syrup, vinegar and pecans. Cook uncovered 15 minutes, stirring frequently.

Serve with roast turkey, pork roast or baked ham.



Heat oven to 425 F.

In large bowl, combine oil, ginger and cayenne pepper. Add squash, apples and onions; toss to coat. Transfer to 15-by-10-inch baking pan. Roast in single layer 35-45 minutes, or until tender. Remove from oven.

Working in batches, combine squash mixture and one can chicken broth in blender or food processor; blend until smooth. Transfer pureed mixture to large saucepan. Stir in remaining chicken broth and water. Bring soup to boil; reduce heat and simmer, uncovered, 10 minutes.

To make thyme butter: Combine butter, thyme and garlic powder until well blended. Spoon onto wax paper and roll into 3-inch log; wrap tightly and refrigerate until firm.

To serve, cut butter into thin slices. Ladle hot soup into individual bowls; top each with slice of butter.

Tip: Puree can be made in advance, covered and refrigerated up to 2 days.

How to prevent diabetes!

By Angela Ginn-Meadow, RD, LDN,
CDE

Prediabetes A Growing Problem—

Did you know that one in three Marylanders has what's known as prediabetes? Having prediabetes means your blood sugar levels are higher than normal but not high enough to be diagnosed as diabetes.

Don't let the "pre" in prediabetes fool you. Prediabetes can lead to heart disease, stroke, and type 2 diabetes, the most common form of diabetes. Prediabetes is preventable. It can often be reversed through making changes in how you live.

Talk with your doctor to find out if you have prediabetes. Your doctor can check your A1C with a blood test that measures your average blood sugar level over the past three months. You can also get checked at a community health center or at a health fair.

As a diabetes educator, I often hear people with prediabetes say things like, "I feel good. I don't take any pills. I'm able to eat what I want and do what I want, so what's the problem?"

The problem is that diabetes develops over time. If you are diagnosed with prediabetes and do not make any lifestyle changes, then you likely have five years or less until you develop type 2 diabetes, which is a serious health condition. People with type 2 diabetes are at risk of having a stroke or heart attack, developing heart disease and kidney failure, and losing fingers, toes and legs. Prediabetes is not something to play around with!

Having diabetes also affects your wallet. It is an expensive disease. It means more of your money goes to paying for your medical bills and medications.



For people with prediabetes, the three keys to preventing it from developing into full-blown diabetes are to lose weight; get active; and to eat better. The University of Maryland Medical Center offers the National Diabetes Prevention Program, a free lifestyle change program to help prevent diabetes. For more information, call 410-328-8402 or visit: umm.edu/community.

Courtesy Photo/UMMC

Who Is at Risk— Diabetes is a growing problem, especially in Baltimore City. African Americans and Hispanics are at a higher risk for developing diabetes. Other things that put you at risk include:

- If you are over the age of 45
- If you have a desk job, sit a lot or are not active
- If your mother, father, brother or sister has or had type 2 diabetes
- If you are overweight
- If you are a woman who had a baby who weighed over nine pounds
- If you are a woman who had gestational diabetes while pregnant

The good news is that diabetes doesn't have to be your destiny. We can prevent it, but we have to pay attention to the warning signs. You may find that you are often thirsty, tired or need to urinate more often. You may lose weight or have dry, itchy skin. Some people have no symptoms at all.

When you have prediabetes, it is very important to go to the doctor and get a yearly screening for diabetes. Your doctor can tell you if you are progressing from year to year, and may encourage you to make lifestyle changes.

Prevention Is Priceless

For people with prediabetes, the three

keys to preventing yourself from developing full-blown diabetes are 1) lose weight; 2) get active; and 3) eat better.

Losing five to 10 percent of your body weight can make a huge difference in your health. The magic number is seven percent—it is not that much! For some people, this could be a mere 15 or 30 pounds.

The next thing is to get active. Aim for 150 minutes of exercise per week. That's roughly 20 minutes every day, or 30 minutes five days a week. Exercise can be doing something fun. It doesn't have to mean joining a gym or training for a marathon. It can mean taking a daily walk or doing something you enjoy such as roller-skating, dancing or playing a sport.

The final step is to make sure you are eating well. Cut back on the soda. Eat more fruits and vegetables.

Free Diabetes Prevention Help Is Available

— Free or low-cost diabetes prevention programs are available to Marylanders who have been diagnosed with prediabetes or type 2 diabetes. Enrolling in a program gives you access to a team of diabetes experts who can help you get on track and stay on track to prevent this disease. A diabetes prevention program can help you avoid complications because it is hard to reel them back once you have them.

Angela Ginn-Meadow, RD, LDN, CDE, is a senior diabetes education coordinator at the University of Maryland Center for Diabetes & Endocrinology at the University of Maryland Medical Center Midtown Campus, 827 Linden Ave. To reach her office, call: 410-328-8402.

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FOR MORE INFORMATION
on how you can sign up, please call Mariellen Synan, Community Outreach Manager, **410-328-8402** or Tysheka Smith, Community Health Worker, **443-682-6893**. You can also visit umm.edu/community to learn more about any of our outreach events or programs.

Eating healthy foods and staying active are good for your health!



ADA names MECU's John Hamilton a CEO Stopping Diabetes



John Hamilton
MECU President/CEO

Baltimore—MECU, Baltimore's Credit Union, proudly announces that John Hamilton, President and CEO, has been named a CEO Stopping Diabetes by the Maryland Chapter of the American Diabetes Association (ADA).

He will also be joining the Community Leadership Board at the ADA Maryland Chapter for 2018.

The CEOs Stopping Diabetes program was founded in 2013 as a partnership between the ADA's Maryland Chapter and the Greater Baltimore Committee. Participating business executives promote employee wellness by initiating healthy activities and programs in the workplace.

Throughout the summer, MECU hosted walking groups and healthy eating events, as well as salsa lessons and free yoga classes for employees. More than 60 employees have participated, logging hundreds of hours of activities, including more than 4,500 miles walked.

"Being part of CEOs Stopping Diabetes was an easy decision for me both from as a business leader and as an individual," Hamilton said. "Maintaining a healthy lifestyle is something that shouldn't be put on pause while you're at work. I've been thrilled to see how engaged our staff is in these wellness programs and I look forward to continuing to encourage our employees to look after their health."

"John has fully embraced the spirit of the CEOs Stopping Diabetes program by leading from the front. Not only is he rewarding his employees for focusing on their well-being and getting active, but he is personally engaged by participating in Step Out and other activities he planned for his staff as a CEO Stopping Diabetes" said David McShea, executive director of the American Diabetes Association of Maryland.

Rambling Rose

Two Baltimore Community Organizations that Represent Giving Back

Hello everyone! "Baby its cold outside"! My goodness gracious, what a difference a month makes! It is cold as hell outside. What can I say— please bundle up with your scarf, long johns, gloves and hat and let's party!

Sisters 4 Sisters Network, Inc. will honor "Community Stars Community Life Changers," including: Maryland Senator Barbara Robinson; Emerick Peace; Jennifer Jones; Edgar Brookins; Nicole Parker; Delegate Darryl Barnes; Lucinda Cross; George Mitchell; Marsha Reeves-Jews; and Hattie Washington at their annual Community Stars Gala on Friday, November 17, 2017 at The Bay located at 2042 Knollview Avenue in Pasadena, Maryland.

Another Community Organization giving back is the Baltimore Kappa Silhouettes. The organization is hosting their Annual Scholarship Brunch at Forum Caterers on Saturday, November 18, 2017 from 11:30 a.m. to 3 p.m.

Featuring live entertainment by the Spindles. Tickets include: brunch, dancing, silent auction, vendors and door prizes. For more information and tickets, call Freddi Vaughn at 443-542-8275.

Okay my friends, not enough space, so I will give you a calendar of events, take out your calendar and mark down the ones that best fit your schedule. I hope to see you. So check this out!

ROSA CALENDAR OF EVENTS:

*Oldies Dance Party & Show featuring Diane & The Ravenettes, hosted by JB Brown on Saturday, November 18 from 7 p.m. to midnight at the Parkville VFW, 8123 Harford Road in Parkville, Md. Cabaret Style, BYOB & BYOF with free set ups. Call 443-275-8958.

*R&R Records Production & Dr. Bob Lee from WBLS will host a "Tribute the Greatest Artist of all Times" on Saturday, November 18 starting 8 p.m. at the Cot-



Rosa Pryor Trusty

ton Club 656 West 125th Street in New York. The line-up artist from Baltimore are James Foster singing Marvin Gaye, Master T singing Barry White, Oscar Fields singing James Brown and Sugar Bear singing Teddy Pendergrass. For ticket information, call James at 410-982-9988.

*Bobby Rucks Group performing at Vulcan Blazers, 2811 Druid Park Drive on Sunday, November 19 from 5-9 p.m.; lite meal included.

*R & D Productions presents an evening of live entertainment, dinner and dancing on Saturday, November 18 from 7 p.m. until midnight at the Children's Guild, 6802 McClean Blvd, Parkville, Maryland featuring The Spindles, First Class and Rhythm Method Band. For more information call 443-756-9419.

*Bridge Dedication Ceremony, hosted by Michelle Murphy in memory of her son Sgt. Kendall K. Frederick on Satur-



Marsha Reeves-Jews is one of many who will be honored by Sisters 4 Sisters Network, Inc. as a "Community Star Community Life Changer" at the Community Stars Gala at "The Bay" located at 2042 Knollview Avenue in Pasadena, Maryland on Friday, November 17, 2017. For more information, visit: www.sisters4sistersnetwork.org/anniversary-gala.

day, November 18 from 1-3 p.m. at Tabula Rosa, 1718 Belmont Avenue, Woodlawn, Maryland. For more information, call 443-985-6478.

*A Binsky Patton Jazz Event on Saturday, November 18, 6-10 p.m. at the Caton Castle Lounge on Caton & Hilton Streets featuring Juli Wood Quintet with Tom Williams, Tim Murphy, Geoff Harper and Lenny Robinson. For ticket information, call 410-566-7086.



Freddie Vaughn and the Baltimore Kappa Silhouettes' are celebrating their Annual Scholarship Event with a Brunch on Saturday, November 18, 2017 from 11:30 a.m. until 3 p.m. at the Forum. The Spindles will be entertaining you. For tickets and more information, call: 443-542-8275.



Juli Wood Quintet will perform at the Caton Castle on Saturday, November 18, 2017 from 6 p.m. to -10 p.m. Joining her to perform will be Tom Williams, Tim Murphy, Geoff Harper and Lenny Robinson.

My Goodness! I am truly out of space. I got to go. But 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.



It is difficult to believe a year has passed, but we can still envision Liddy's baby face smile, knowing he is no longer in pain. We can imagine him walking around heaven, sporting his bright suit, matching shirt, socks and underwear; eating seafood and keeping everyone around laughing out loud! You are missed!

Thank you!

Family of John Edward "Liddy" Jones

Here's what we believe he would be saying:

"Thank you for all that you did when you heard of my passing. I hope that my life made a difference and that I did something to make your life better. Thank you, Brian Howell for your care in laying me out like I wanted to be seen. Thanks Pastor Henry Turner for your words about my life. Thanks Lonnie Spruill Jr. for that poem, and Yvette Butler – my songbird! Thanks Vincent Allen for the video capturing my life's meaning.

So many of you did something to comfort my family and loved ones – thank you! For all your acts of love – **THANK YOU!** Your love will always be appreciated. My life was rich and full, but made richer because of YOU! Thank you for the special place you held in my heart. Now move forward, and with each memory of me - be inspired to live better personally and to improve the lives of all you touch!"

Lovingly submitted,
Joyce, Mary, Curtis, Marlon
and my loved ones!

Actress Sonja Sohn's concern for Baltimore directs HBO documentary 'Baltimore Rising'

By Nadine Matthews

As a young woman, actress Sonja Sohn took a career test that told her she was most fit to be either she says, "An air traffic controller or social worker." The memory of it makes her laugh with a certain amount of irony. Her latest project is an indicator that the career test was onto something. "Put them together" she says, "and you get director of a social impact documentary." She starts to chuckle, clearly still tickled at the thought. Sohn makes her directorial debut in the HBO documentary Baltimore Rising, which premieres November 20th.

Sohn has appeared in numerous TV shows but is best known for her five-year turn as Detective Kima Greggs in the now classic HBO crime drama "The Wire," a program famously shot and set in Baltimore. Though Sohn was raised in Newport News, Virginia once she began working in Baltimore that city started to feel more like a home to her.

"I just had this feeling about Baltimore as a home in a way that I think people don't even understand home. I could literally feel it connecting to me. It carries as deep a meaning as if I'd been born there." So much so that she started a nonprofit after "The Wire" ended called ReWired for Change, its mission is to help at risk youth. Sohn was in Los Angeles in the spring of 2015. ReWired for Change was on a hiatus.

Sohn had grown frustrated with a lot of the bureaucracy she encountered from the city while administering the program. "I was disgusted with how city leadership was treating the people in these underserved areas. There were so many people in the city who invested in raising up their community and the red tape and obstacles were mind boggling."

Fate however, came calling in the wake of the demise of Freddie Gray. Disheartened by series of stories about the deaths of young men at the hands of police officers, Sohn had also sworn off the news at the time. "I was walking down the street and some of my fans called to me and asked me 'Hey you see



Sonya Sohn

what's happening in Baltimore?" She hadn't. "They were like, 'You need to turn on the news. It's burning.'

In short order, She wrote an op-ed about the events in Baltimore, quit a project she was working on at the time, and went back to Baltimore. "I was like, this little hiatus situation is over. I am being called back."

Concern for fixing the ills of society swirled in her environment as a child who was very strongly shaped by her experiences with her father and the people in her neighborhood. "My father was active in the community. He was politically active. My babysitter sold the black newspaper and Jet magazine door to door and I went with her. There was a purpose to that. Black newspapers tell our story."

"Baltimore Rising" is a documentary that focuses on the lives and challenges that confront activists as well as law enforcement in Baltimore. It features the lead investigator in the Freddie Gray case, Dawnell Taylor, Lt. Colonel Melvin Russell who is head of the Community Partnership Division of the BPD, Police Commissioner Kevin Davis, and community leader Genard "Shadow" Barr. Then there is the focus on the next generation of change agents; the young



Lt. Colonel Melvin Russell, head of the Community Partnership Division of the Baltimore Police Department. Courtesy Photo

activists Makayla Gilliam-Price, Dayvon Love, Adam Jackson, and Kwame Rose whose confrontation with Fox News' Geraldo Rivera went viral. Baltimore Rising is a film that both takes a staunchly realistic view of the situation in Baltimore and overflows with empathy for the difficulties faced on all sides. Part of its power is the way it also shines a light on how activism affects the families of those involved in the struggle.

In terms of what she has learned from

her years of activism Sohn says, "I hesitate to make any grand sweeping statement about how people should engage in any kind of empowerment activity. It makes a lot of sense to commit to protest work with other strategies that already exist but we're up against hundreds of years old strategy that works against us. There's no one way. There are many paths and many lanes and we need everybody driving on all those lanes."

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New diversity officer furthers AACC's commitment to diversity

Arnold, Md.—Anne Arundel Community College (AACC) in Maryland recently named Deidra Dennie, D.P.A., as its new chief diversity officer to further the college's commitment to diversity, equity and inclusive excellence.

Dennie will take a significant leadership role in meeting the needs of the college's increasingly diverse student body while also helping to build a more welcoming and inclusive climate on campus.

One of Dennie's first priorities will be to meet with as many students, college employees and administrators as she can to understand how to continue leadership and vision in diversity, inclusion and equity in Maryland. The diverse nature of the student population at AACC continues to rise, with nearly 37 percent of credit students this fall identifying themselves as part of a racial or ethnic minority.

"This is a college that is already rich in diversity and I want to build on that foundation," Dennie said. "I'm eager to make some meaningful connections with the students, staff and everyone at AACC. I want us to work together to build more bridges to make this an even more welcoming college community for everyone who comes here."

Dennie comes to AACC from Armstrong State University in Savannah, Ga., where she was the director of Equity, Diversity and Inclusion. In that position she developed and oversaw programs, services and initiatives aimed at recruiting and retaining more faculty, staff and students from diverse and under-represented populations. She held similar positions in business and higher education over the past 15 years, including at the University System of Georgia, Indiana University South Bend, Memorial Hospital and Health System (now Beacon Health) in South Bend, Ind., Ceridian HCM Inc. and General Electric Appliance Park.

AACC was among the first community colleges in the nation – and the first in Maryland – to have a chief diversity officer, with the hiring of James Felton in 2014. Since then, the college's commitment to diversity



Deidra Dennie, D.P.A. has been appointed diversity officer at Anne Arundel Community College to further the college's commitment to diversity, equity and inclusive excellence.

Courtesy Photo

has earned several national awards including the Higher Education Excellence in Diversity Award from INSIGHT Into Diversity magazine in 2015 and 2016, as well as the 2015 Charles Kennedy Equity Award from the Association of Community College Trustees.

"Diversity and inclusivity are at the heart of this college," said Dr. Dawn Lindsay, AACC president. "We're very excited to have Dr. Dennie here to lead these efforts at AACC. With the breadth of experience and passion she brings to this position, we'll be able to take the foundation we have in place to a whole new level. And everyone will benefit – our students, our college and the community as a whole."

In addition to holding a doctorate in public administration from Valdosta State University, she has a master's degree in human resource development from Webster University and a bachelor's in communications from the University of Louisville. She is a certified diversity executive, an affirmative action professional and a Title IX coordinator. She also completed a cultural competence leader fellowship from the Health Research Educational Trust. Dennie is a member of Alpha Kappa Alpha Sorority Inc. National Association of Diversity Officers in Higher Education and Society for Diversity.

Correction

In the story that appeared on page 10 in the November 10, 2017 issue of The Baltimore Times and The Annapolis Times it was stated that Lawrence Schneider is a retired Air Force veteran. In fact, he is a retired military contractor. We regret any inconvenience that the error may have caused.

Baysox Winterfest at Prince George's Stadium

Tickets available for holiday pancake supper to benefit local charities

Bowie, Md.—The Bowie Baysox will host Baysox Winterfest at Prince George's Stadium on Friday, December 8, 2017 from 6 p.m. to 8 p.m.

Come out and celebrate the Holiday season with the Baysox as Santa Claus will make an appearance and there will be arts & crafts, hot chocolate and holiday cookies for everyone and more!

Skip the line at the mall and bring a camera to take "Free Photos" with Santa Claus during the event from 6:30 p.m. to 8 p.m. The Baysox team store will also be open for some great holiday shopping on merchandise and Baysox 2018 Ticket Packages

Fans who purchase a holiday ticket pack during Winterfest will be able to take home a free Trey Mancini Holiday Garden gnome collectible

The Charity Holiday Pancake Supper will be held in the climate controlled Diamond View Restaurant and the menu includes a pancake station with toppings, bacon, maple sausage, scrambled eggs, home fries, fresh fruit, coffee, hot chocolate and juices.

Tickets for the pancake supper are \$10 for adults and \$8 for children with the proceeds benefiting Louie's Holiday



Hope Project and the Bowie Food Pantry. Pancake Supper tickets are available for purchase online at BaysoxShop.com. A maximum of 100 tickets will be sold for the pancake supper.

For more information about the Pancake Supper Event, call 301-805-6000 or e-mail info@baysox.com.

The Baysox return in 2018 to celebrate their 26th Season. Season ticket and holiday ticket packages are now on sale at baysoxshop.com. The 2018 home opener will be held on Thursday, April 5, 2018 against the Harrisburg Senators at 6:35 p.m.

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