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Baltimore's Jearlean Taylor: A model of triumph over tribulation



Jearlene Taylor, who is 50, has been modeling for nearly 18 years. The story of Taylor's modeling career is one of success, but also one of triumph over a difficult medical situation. She has had a successful modeling career despite wearing two ostomy bags. Taylor was diagnosed with a rare form of vaginal cancer— Rhabdomyosarcoma, at three-years-old, which left her with permanent ostomy— colostomy and urostomy, which aids bladder and bowel functions and caused her to wear two ostomy bags. (Story on page 8)

Photo Credit: Epic Media Photography

World premiere of Migration, part of Baltimore Stories project at CCBC

Baltimore County, MD— Community College of Baltimore County (CCBC) presents Migration, an original dance production created by internationally known choreographer and CCBC alumnus Peter Pucci as part of the Baltimore Stories Performing Arts series on January 28, 2018 at 2 p.m. at CCBC Essex, Wellness and Athletics Center.

The event is free, but tickets are required. Free tickets may be reserved at the CCBC Box Office, 443-840-ARTS (2787).

The Baltimore native, whose family has lived and worked in Baltimore for generations returns to his Baltimore roots with a dance production exploring the interconnectedness of the human experience.

“Baltimore is my home town and I am honored to be granted this unique opportunity to work with more than 50 students from local high schools, colleges and community dance groups to bring ‘Baltimore Stories’ to life through dance,” said Pucci. “I grew up in East Baltimore and attended a dance class at CCBC Essex, which launched my love for making dances.”

Pucci grew up with a single mom in the East Baltimore housing projects during a time of great racial tension. He attended the former Northern High school and enrolled at CCBC, where he earned an associate degree in Physical Education. His Baltimore upbringing helped him form a deep respect for and understanding of how diversity and inclusion are essential elements in a community.

CCBC commissioned Pucci to create and articulate his vision of diversity and inclusion with a group of 50 dancers set to the music of Dawn of Midi’s *Dysnomia*. The production of Migration brings together dancers at different levels to choreograph, collaborate and articulate through dance the unique views and perceptions of people from different backgrounds, which shape their world views based on personal experiences, language and culture. Participating dance groups include: students from the CCBC Dance Company; three high schools, George Washington Carver Center for Arts and Technology, Patapsco High School and Center for the Arts, and St. Timothy’s School; the Towson Univer-



Original dance production “Migration” by Baltimore native and choreographer Peter Pucci will be performed at CCBC Essex on Saturday, January 28, 2018 at 2 p.m. The production brings together dancers at different levels to choreograph, collaborate and articulate through dance the unique views and perceptions of people from different backgrounds, which shape their world views based on personal experiences, language and culture. (Above) Peter Pucci gives the dancers instructions about the production. Courtesy Photo/CCBC

sity Community Dance Program; and The Collective, a Baltimore-based professional dance company.

Migration, is inspired by the work of geneticist Spencer Wells, founder of National Geographic’s The Genographic Project, who is tracking the patterns of human migration over the past 50,000 years based on genetic information collected world-wide. Wells’ study of genetics revealed that earth’s human population shares a common origin and all humans are descendants from a single source and migrated across the globe.

Pucci earned a bachelor’s in fine arts from North Carolina School of the Arts. He served for nine years as a member of Pilobolus Dance Theatre, where he served as principal dancer, co-choreographer, and

rehearsal director. Recent theatrical productions include *Master Harold and the Boys* directed by Athol Fugard at the Signature Theatre; *Incognito*, directed by Doug Hughes Off Broadway at the Manhattan Theater Club; and *A Midsummer Night’s Dream*, directed by Ethan McSweeney at The Shakespeare Company in Washington, DC. Pucci has worked for 20 years as a choreographer with extensive credits in theater, ballet, modern dance, opera, fashion and dance education.

The Migration premiere is supported, in part, by a \$15,000 Art Works grant from the National Endowment for the Arts and a \$10,000 grant from the Virginia Cretella Mars Foundation for Baltimore Stories, a year of programming at CCBC School of Liberal Arts, Performing Arts and Humanities focused on stories about Baltimore told through dance, music and theater.

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Guest Editorials/Commentary

The future of transportation isn't just self-driving cars— it's public transit

By Richard A. White

Fiat Chrysler and BMW just announced plans to jointly develop self-driving cars. The move puts the automakers in competition with Google, Apple, and other car manufacturers that are also working on driverless vehicles. The question is when, not if, this is going to be commonplace.

Self-driving cars might seem to render public transportation obsolete. But the opposite is true. Autonomous buses have already made their way onto streets. And because Bus Rapid Transit tends to have dedicated lanes, the transition to driverless vehicles should be easier for public transit than for private transport.

The truth is that public buses, subways, trolleys, and trains will complement driverless automobiles by serving as our transportation network's high-capacity trunk lines. Automated chauffeurs may pick us up for the first mile of our journey, or drop us off after the last mile. But public transit will serve as the backbone of that multi-modal transportation system.

Over the past two decades, public transportation ridership has grown by 34 percent. Last year, Americans took 10.4 billion trips on public transit, or 35 million every weekday.

Those who use public transit don't miss driving. Typically citing convenience and cost, six in 10 riders prefer public transit to other modes of transport.

Americans are giving up their car keys because buses and trains fit seamlessly with the ride-sharing, car-sharing, and bike-sharing services that have revolutionized how we get around.

Consider a survey taken last year of commuters in Austin, Boston, Chicago, Los Angeles, San Francisco, Seattle, and Washington, D.C. Researchers surveyed 4,500 people about their use of public transit, car-shares, bike-shares, and rideshares. They then identified a subset that regularly uses several of these modes of transportation. Nearly six in ten of these "super-sharers" reported that more often than not, they travel on a bus or a train.

These variations of ways to get around— public transit among them— are allowing more households to go car-free, or at least car-lite.

Rideshare services and public transit are also complementary because people prioritize them at different times. In that seven-city survey of commuters, researchers found that Uber and Lyft are the most popular way to get around between 10 p.m. and 4 a.m., when buses and subways are typically closed.

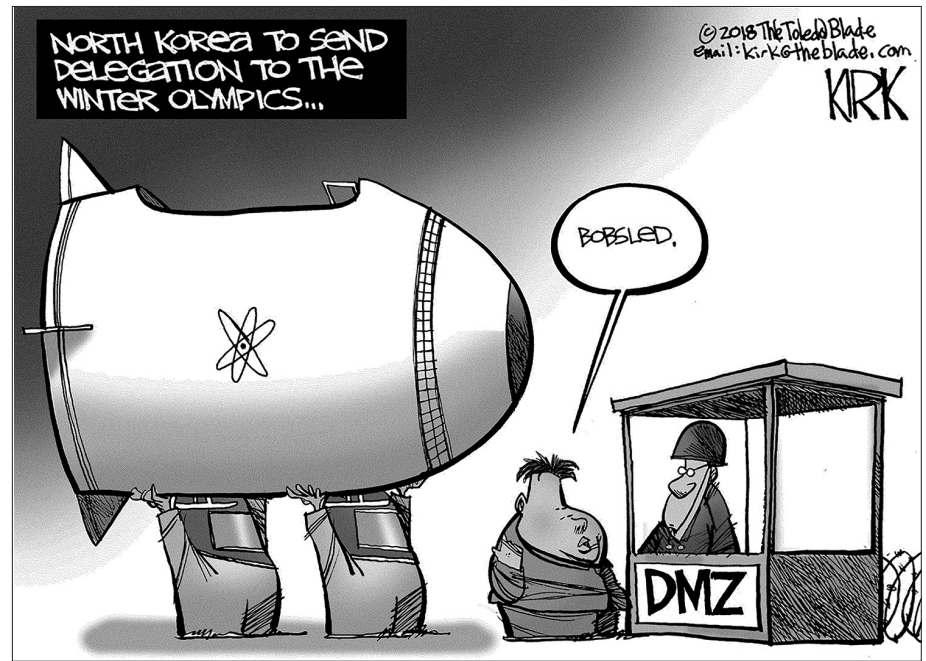
Rideshare services and public transit in some cities are even working in tandem. In Dallas, Atlanta, Los Angeles and Minneapolis, Uber has partnered with local officials to integrate ridesharing with real-time bus tracking in one smartphone app. In the future, such partnerships could yield seamless transfers, unified payment methods, dynamic route maps, and even lower transportation costs.

People now expect to get where they need to go on-demand. Public transportation services can meet that need by offering convenient, reliable, and ubiquitous service, both individually and in partnership with others.

It's important that they do, because a future with less driving creates healthier, wealthier, more sustainable communities. Taking public transit is 10 times safer than traveling by car. Those who rely on shared transportation are generally more physically active than their car-only counterparts. For most Americans, a car is the second-largest purchase they'll make; skipping ownership bypasses that expense. Plus, increased reliance on public transit reduces U.S. carbon emissions.

Technology may soon take our places behind the wheel and increase our reliance on public transportation in the process.

Richard A. White is a senior advisor with the American Public Transportation Association.



Community Affairs

Federal funds available for summer meals for children and teens

Baltimore— The Maryland State Department of Education (MSDE) is seeking public and private nonprofit organizations to serve free, nutritious meals to children and teens this summer through the Summer Food Service Program (SFSP), a U. S. Department of Agriculture program.

Over 396,000 Maryland children are eligible for free or reduced-price school meals and may not have access to safe and nutritious food during the summer when schools are closed. For these children, food insecurity increases during the summer months. The SFSP serves an important role in communities by offering healthy food in welcoming locations across the state.

“The Summer Food Service Program is an excellent opportunity for schools and other organizations to assist communities by providing meals and educational activities during the summer. The summer months can be a challenging time for some families when it comes to

adequately supporting their child’s nutrition needs,” said State Superintendent of Schools, Dr. Karen Salmon. “In order for Maryland children to succeed, they must have access to nutritious meals year round.”

The SFSP provides reimbursement to organizations for meals and snacks served to children in areas where at least 50 percent of children qualify for free or reduced-price meals under the National School Lunch Program, or when 50 percent of the children enrolled in a summer program qualify for free or reduced-price meals. Most organizations may be reimbursed for up to two meals or snacks per child per day. Camps and migrant programs may be reimbursed for up to three meals per child each day. Meals and snacks must meet federal nutrition standards.

The program is open to children and teens age 18 and under and to individuals over 18 who are mentally or physically disabled.

Interested organizations should contact Management Associate, Ciara Lee at 410-767-0199. The deadline for applications is May 31, 2018. For information about the SFSP, visit: www.eatsmartmaryland.org.

Black leaders need to stand up for black people

By Raynard Jackson
NNPA Newswire Columnist

I am fond of saying, “weak people take strong positions on weak issues.”

There is no better example of this than the embarrassing behavior of the weak Congressional Black Caucus (CBC), the National Association for the Advancement of Colored People (NAACP), and the National Urban League (NUL).

These groups have all feigned righteous indignation about the alleged negative comments made by President Trump two weeks ago about Haiti, Africa and El Salvador.

Yes, our president can be extremely hyperbolic at times, but the essence of what he said was very true. Those countries, including many in Africa, are basket cases.

So, all of the aforementioned radical liberal groups ran over their mothers to get to a news camera to denounce the president for his alleged statement.

With all the issues facing the black community, CBC members joined other Democrats to attempt to pass a resolution through the U.S. House of Representatives to censure Trump for his

comments, a symbolic gesture that must have kept Trump awake all night.

Derrick Johnson, the president and CEO of the NAACP called Trump a “racist.” Wow. I am sure that Trump is going to change his ways now.

Marc Morial, the president and CEO of the NUL said, “President Trump’s crude comments further reveal the repugnant racial motivations behind his administration’s immigration policies.”

Trump must be shaking in his boots. I challenge my readers to find any issue

in 2015, which he ultimately won.

Emanuel has proven his total disdain for blacks with his actions, not his rhetoric. Chicago is one of the most dangerous and violent cities in America. Where was the CBC’s outrage at this? Why was there no attempt to censure Emanuel? Why are they not marching through the streets of Chicago?

The NAACP and the UL have not convened a meeting or massive demonstration against Emanuel to denounce him as a racist. Oh, I forgot, he is a Democ-

To the NAACP and the UL: Why is amnesty for illegals a “moral” imperative, but the high crime rate in the black community isn’t? Why wasn’t the double-digit black unemployment rate under eight years of Obama a “moral” imperative?

Remember the famous quote from former chair of the CBC and congressman from Mo., Emanuel Cleaver from September 2011: “If Obama were white, we’d be marching on the White House.” This remark was made in regard to Obama doing nothing to reduce the black unemployment rate, which was around 17 percent at the time.

Why do these “media-appointed” leaders make everyone else’s issues their issue? When have you heard the illegals speaking out against the high unemployment rate in the black community or discrimination in college admissions?

When have you seen the homosexual community speak out against housing discrimination towards blacks or lack of access to capital for black business owners?

Can anyone explain to me why these radical, black liberal groups are ignoring the needs of their own community to focus on the issue of those who have absolutely no connection to our community?

Your first obligation as a parent is to take care of your own family. Period. Do you really think Michael Jordan gave a damn about Magic Johnson getting injured during a game in which they were playing against each other? Hell, no. So, then, why are we fighting everyone else’s battles at the expense of our own community?

Raynard Jackson is founder and chairman of Black Americans for a Better Future (BAFBF), a federally registered 527 Super PAC established to get more blacks involved in the Republican Party. BAFBF focuses on the Black entrepreneur. For more information about BAFBF, visit www.bafbf.org.

“Can you name me one issue that was of specific urgency to the black community that the CBC has ever shut down the government for? Name me one member of the CBC who has a bill passed in his name? Name me one member of the CBC who has his name attached to a bill that became law, i.e. Sarbanes-Oxley, or the Hyde Amendment.”

directly related to blacks in the U.S., i.e. American citizens that these groups have put so much political and emotional capital in. It seems that these “media-appointed” black leaders care more about those in the country illegally, homosexuals or other groups that have no connection to America than they do the very people they “claim” to represent.

Juxtapose their reactions to Trump’s alleged comments to their relative silence on the murder of Laquan McDonald in Chicago in 2014. He was murdered by Chicago police who claimed it was in self-defense but the actual video revealed that the police lied and that McDonald posed no threat to the policemen.

Former Democratic congressman and Obama’s first chief of staff and Chicago mayor at the time of the police murder, Rahm Emanuel refused to release the video until after his campaign for re-elec-

tion; therefore, he can’t be racist.

Just because you are the head of an organization, doesn’t mean you are a leader. Can you name me the leaders of the white community? But, I digress.

Members of the CBC are willing to oppose the short-term, Republican-sponsored spending bill, because that bill didn’t include a long-term fix for President Barack Obama’s Deferred Action for Childhood Arrivals program; even though this move would have devastating effects on the black community, the same group they “claim” to represent.

Can you name me one issue that was of specific urgency to the black community that the CBC has ever shut down the government for? Name me one member of the CBC who has a bill passed in his name? Name me one member of the CBC who has his name attached to a bill that became law, i.e. Sarbanes-Oxley, or the Hyde Amendment.

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Baltimore couple on mission to transform shipping containers into housing for homeless

By Stacy M. Brown

Christian Wilson and his wife, Pamela, are on a mission to turn empty shipping containers into housing for the city's homeless.

The couple, who are both retired from the maritime insurance business have worked over the years to help the homeless and others say there are a countless number of empty shipping containers in American ports all over the country, and Baltimore is no exception.

The Wilsons want to recycle those empty, unused and unwanted shipping containers into homes for the homeless.

"We are currently working on this project daily and have already received a promise of financial assistance from PNC Foundation to create the first model," said Christian Wilson, who now serves as executive director of Heart's Place Services, Inc., a nonprofit that works with the homeless in helping provide food and other services.

The couple has dubbed the potential site of the project, "Hope Village."

Wilson pointed out that other places around the world have successfully turned shipping containers into nice homes. Recently, the Aedis Real Estate Group in Los Angeles launched a plan for the first shipping container-built transitional housing project there.

The containers reportedly will be transformed in a truncated six-month construction timeline with plans that call for craftspeople to assemble the container components off-site while the building's foundations are laid.

Off-site, the project will include the installation of finishes and fixtures and, once the foundations are prepared, the units would be crane-lifted into place.



Baltimore couple Christian and Pamela Wilson are on a mission to turn empty shipping containers into housing for the city's homeless. (Above) An artist rendering of a completed home constructed from empty, unwanted shipping containers that would be used to house the homeless in Baltimore.

Courtesy Photo

Initial drawings of conversions by the Wilsons reveal steel shipping containers they say are "high-cube," meaning that they can fit on a typical Baltimore City lot with a wraparound porch and small gated back yard.

"These containers can be retrofitted for about \$20,000 to \$25,000 and will be offered to the working homeless under a rent-to-own mortgage arrangement, because most people don't understand that most homeless people work at minimum wages, but can afford a mortgage arrangement of \$300 a month," Wilson said.

From the drawings of the various sizes, Wilson noted that in the collection of

containers are some that can be used as a mother/daughter arrangement and there is also a complex of small service housing for the mentally impaired with a living arrangement for a service provider.

"While this will not cure the homeless plight in the city, it will offer a beginning for many families that need suitable housing at a cost that they can afford," he said. "We believe that with this model available for inspection by many interested personnel in the city and state that they will agree to participate."

The couple has met with City Council, the Department of Housing, the city legal, business and planning departments

whom they say enthusiastically support the project.

"We have already contacted a facility in Baltimore City who has the space to produce these homes under our direction and is available within the city, thus giving young men and women an opportunity to learn trades in construction," Wilson said.

Initially, the Wilsons would like to produce 100 units and plan to work with organizations that provide services to the homeless to identify individuals to occupy the homes.

Current statistics show that there are approximately 3,000 homeless students in the city's public school system. In 2016, the Abell Foundation identified 1,400 unattended youth walking the streets.

"As an aside, from the discussions that I have had with the financial markets, those engaged in the plight of the homeless families and children all have shown agreement with Hope Village as a means of resolving not all, but have a very serious positive impact on the lives of children and adults within the city," Wilson said.

"Every one of them that we have met with in the service industries agreed that this is a great solution to the problem. We cannot cure the mental issues, but we can give some dignity to a mother or father who is struggling with children in a car, on the streets in an abandoned building or couch surfing at a relative or friends house somewhere.

"We may even be able to have a positive impact on crime in this city because people will feel important enough that their government and society thought enough to help them in their time of need."

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Bill Freeman helps aspiring entrepreneurs in West Baltimore

William “Bill” Freeman, the business management consultant for the Maryland Small Business Development Center (SBDC) at the University of Maryland, Baltimore (UMB) has helped all kinds of entrepreneurs develop their businesses. From carryout owners to casket makers, Bill draws on over 30 years of business development experience, 15 spent in Baltimore, to help guide entrepreneurs through the process of starting and sustaining a business.

Bill maintains an office at the Graduate Research Innovation District (The Grid) in the Lion Brothers Building where students and community members alike can get his expert advice on business plan development, 8(a) & MBE application reviews, funding, and taking an established business to the next level.

He’s visited community meetings in Poppleton and Hollins Market offering his services to community members, because “You never know, someone there could be the next Apple or the next Bill Gates,” he says. Freeman says he sees himself as a flashlight, helping would-be entrepreneurs navigate through unknown territory.

On Jan. 31, 2018 from 8:30 a.m.-10:30 a.m. aspiring and established entrepreneurs are invited to the Grid located at 875 Hollins Street to meet Bill Freeman and discover the free resources available to help make your business dreams come true. The free event is part of the UMB’s commitment to serving the community.

UMB: What kind of clients do you serve?

Bill Freeman: We take all kinds of people. Those that have ideas, those that are already in business as well as those in existing business. We can help them in all phases where ever they are in the continuum. Sometimes when it’s an idea, they need assistance. When it’s a startup they need things to grow their business. And then you have those that are in business that are looking to enhance that business.



William “Bill” Freeman, the business management consultant for the Maryland Small Business Development Center at the University of Maryland, Baltimore. Courtesy Photo

UMB: How do I make an appointment?

BF: You can email me at wfreeman@umd.edu and I will get back to you with appointment information. Appointments last about an hour and a half and the sessions are confidential followed by unlimited visits. It only depends on your time and mine at no cost to you. We’re here to give whatever assistance you need in order to grow or start your business and it’s really up to you how much of the services you want to use.

UMB: How important is it to have a business plan?

BF: It’s definitely good to have an idea. Primarily because it shows your enthusiasm to start a business. We will review a business plan to see if it has all of the components, particularly if you’re looking to borrow money. A business plan is a road map.

It tells you where you are and where you want to go. Whenever you go on a vacation, you plan that vacation and it’s the same thing with a business plan. It helps you determine how to get there.

UMB: How does your previous banking experience help in this role?

BF: As a banker I know what is needed out there in the working world.

I’ve been a banker for some 20-25 years and I have a pretty good idea as to what a company needs in order to grow their business. Particularly after sitting down and talking with you and finding out about your business that will give me more information to help move your agenda forward.

UMB: Are you looking for a particular type of business?

BF: We’re not looking specifically for any particular business. We want to help all business owners make their dreams come true. I have a variety of different businesses from daycare facilities, to a gentleman who makes caskets. It runs the gamut. I have a psychiatrist, I have dog walkers. I never know what’s coming in the door.

UMB: Do I need a lot of money to turn my idea into a business?

BF: You don’t have to have a whole lot of money. You just have to have an idea and go forward and really believe in it. You have to believe in your heart of

hearts it will work regardless of what people say. There may be a time that it doesn’t, but you’ll never know unless you try.

UMB: What is your goal for entrepreneurs who visit your office?

BF: We want them to start that business because it gives a feeling of accomplishment. It also helps to create wealth and that’s very important in today’s society because you’re able to leave something for your children and your grandchildren and that in turn will allow them to grow. Additionally, it gives you more self worth that you’ve accomplished something, that you’ve made your mark.

To make a confidential business consultation appointment with Bill Freeman, email wfreeman@umd.edu.

To RSVP to the January 31, 2018 “Meet Bill Freeman” event at The Grid, email grid@umaryland.edu.



The Maryland Small Business Development Center (SBDC) network at the **University of Maryland, Baltimore (UMB)** provides small business owners with access to trusted business advisors who have experience in starting and growing businesses, managing daily concerns, and designing long-term plans for the future.

Start and Grow Your Small Business Training, confidential consulting, and market and industry research are available through SBDC to help aspiring and existing small business owners make sound decisions for successful operations.

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Baltimore's Jearlean Taylor: **A model of triumph over tribulation**

By Ursula V. Battle

Jearlean Taylor has worked as a model on runways, has been in several publications including *Essence* and *Heart & Soul* magazines, and has been featured on a billboard located at Charles and Penn Station in Baltimore earlier this year. The 50-year-old Taylor has been modeling for nearly 18 years, with interview, speaking and modeling engagements coming up in Baltimore, Atlanta and Colorado.

The story of Taylor's modeling career is one of success, but also one of triumph over a difficult medical situation. She has had a successful modeling career despite wearing two ostomy bags.

"My life has proven to be a journey of unexpected challenges," said Taylor. "I was diagnosed with a rare form of vaginal cancer—Rhabdomyosarcoma, at three-years-old. Rhabdomyosarcoma or RMS is a childhood cancer that starts in any organ that contains skeletal muscle cells."

She added, "I was cancer-free a year after my diagnosis, but left with permanent ostomy—colostomy and urostomy, which aids my bladder and bowel functions, which caused me to wear two ostomy bags."

According to the website for the United Ostomy Associations of America, Inc. (UOAA), an ostomy refers to the surgically created opening in the body for the discharge of body wastes.

Taylor, who is a twin, talked about the challenges she faced growing up.

"My outward appearance is one of beauty, high fashion, grace and charm," she said. "My inward existence was one of low self-esteem, shame, insecurity, and on-going medical complications. While others appeared to be living a 'normal life,' I struggled with self-pity, unhappiness, depression, low self-esteem, and even suicidal thoughts."

She continued, "I was hurting internally. I looked good on the outside, but when you have been dealing with this for so many years, you try to hide your hurt, depression and the disease. But I was tired of hiding and dressing up the



Jearlean Taylor is sharing her story of wearing two ostomy bags to help and encourage others. Her book "Pretty Girl Blues," was published in 2013. She hopes that her experiences will be an inspiration to others.

Photo Credit: Epic Media Photography

outside. I started journal writing and wrote about everything I ever felt. I wrote about cancer, the ostomy bags and what these experiences were like. I felt God was talking to me, and telling me to get it all out. I just kept writing. It was healing for me."

Taylor's journal writing birthed her book *Pretty Girl Blues*, which was published in 2013.

"We have the ability to make a differ-

ence, to change lives, be a role model and all that we can be," she said. "I am blessed to have my desires, passions, and dreams come true."

Taylor also started J & Company, a Christian modeling business.

"I actually started modeling when I was almost 30-years-old," said Taylor. "I was at Mondawmin Mall, and an associate approached me from Travis Winkey's modeling studio. They asked

if I was interested in a modeling workshop. I decided to go. Afterwards, I decided to take the modeling classes with the studio and it turned into a passion. I progressed, which helped with my self-esteem. I am glad that person came up to me from Travis Winkey's studio."

The legendary fashion icon talked about Taylor.

"Jearlean worked really hard," said Winkey. "She learned the technique and science of what we were doing, and always did a wonderful job. I am really proud of Jearlean. She is special."

When asked about his influence on Taylor's life, Winkey said, "It is innate in me to bring out a person's confidence. That is how my father raised me and my 15 brothers and sisters. When I started dancing, people told me I was too short to be a model. The rest is history."

Taylor is a graduate of Southwestern High School and attends Bethany Baptist Church, where Dr. Thern M. James Sr. serves as pastor. She is the recipient of numerous honors and recognitions including the Fashion Umbrella Foundation Impact Award. She is also an Ambassador for ConvaTec, an international medical products and technologies company. She works as an administrative assistant for a company in Columbia, Maryland.

"The challenge was that I had to have these bags," said Taylor. "It impacted school, work and relationships. But we don't have to be defined by our circumstances. God already knew the plans He had for my life. Now I understand why I went through what I went through. It gave me my purpose in life."

She added, "My purpose is to inspire someone. It could be a person living with HIV, diabetes, cancer or some other disease. I pray and hope they see there is light at the end of the tunnel. There are so many open doors and blessings. That's the God I serve. He made a way out of no way, and gave me internal healing. It's not just for me—it's also for someone else."

For more information about Jearlean Taylor and her book, visit: www.pretty-girlblues.com.

Tuition-free education for 2018 BCPS graduating seniors at BCCC

Baltimore— On Wednesday, Dec. 13 Mayor Catherine E. Pugh joined Baltimore City Community College (BCCC) President and CEO Dr. Gordon F. May and Baltimore City Public Schools' CEO Dr. Sonja Brookins Santelises to launch the Mayor's Scholars Program.

In August last year, Mayor Pugh announced free tuition at Baltimore City Community College for all 2018 seniors graduating from public schools as part of the Baltimore Violence Reduction Update. Following the announcement, an Implementation Committee and Launch Committee was formed, chaired by University of Baltimore President Kurt Schmoke.

The Mayor's Scholars Program is established on the basis of providing more accessible higher education. When cost barriers are eliminated, youth are more likely to pursue and obtain a degree and achieve meaningful, competitive employment. This, in turn, leads to greater economic opportunity, which ultimately breaks the cycle of poverty and violence.

"I have met with Dr. May, Committee



(Right to left) BCCC President/CEO Dr. Gordon F. May; Baltimore City Mayor Catherine Pugh; and Baltimore City Schools CEO Dr. Sonja B Santelises during the filming of a public service announcement to promote the Mayor's Scholars Program, a new initiative that allows any graduate of a Baltimore City public high school to attend BCCC tuition free starting in 2018. Courtesy Photo/BCCC

Chair Schmoke, as well as Dr. Santelises and her City Schools advancement team to design a comprehensive program that proactively raises expectations of Balti-

more youth," said Mayor Pugh. "Every student should know that cost does not have to be a barrier when they choose better for themselves, and it starts with coordination among public schools and anchor institutions to make college and financial aid accessible, once and for all."

The Mayor's Scholars Program covers tuition for Associate's Degree and Certified Job Training Programs, giving Baltimore City graduating seniors a clear path to success.

Currently, 92 percent of students at BCCC receive some form of federal aid, the average of which exceeds the cost of tuition at BCCC.

"It is a great value," added Mayor Pugh. BCCC offers 29 Associate degree and 16 Certificate programs in technology, business, engineering, health care, hospitality, teacher education and other fields.

"Cost should never be a barrier to any student who aspires to a college degree

or job training," said Dr. May. "BCCC is pleased to partner with Mayor Pugh on the Mayor's Scholars Program to make tuition-free education at BCCC a reality for all Baltimore City high school graduates. As a proud anchor institution in West Baltimore, BCCC is fully committed to the education and career development of our students. The Mayor's Scholars program will positively impact our City's economy for generations."

"The Mayor's Scholar's Program is a boost for the City and for City Schools students," said Kurt L. Schmoke, who also chairs the BCCC Board of Trustees. "I applaud Mayor Pugh for her commitment to Baltimore's youth. Thanks to this program, Baltimore's high school graduates will have a variety of options for their career pathways. Their success will strengthen Baltimore's economy."

"Free college is a tremendous gift to our students and our city," said City Schools CEO Dr. Sonja Brookins Santelises. "Thank you to Mayor Pugh and BCCC President and CEO Dr. May for making this possible and for seeing the potential in our students. Our students are worth this major investment. Now we'll do our part to make sure they can take advantage of this great opportunity."

City Schools reports that nearly 50 percent of high school seniors failed to complete the FAFSA. As part of the Mayor's Scholars Program, several events are planned this winter to assist students with completing a FAFSA form.

"I want 100 percent of Baltimore's seniors to complete the FAFSA so they can leave their professional and college options open," said Mayor Pugh.

For more information and program updates, visit: ayorscholarsprogram.baltimorecity.gov.

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Johns Hopkins Holds 36th Anniversary MLK, Jr. Commemoration

By Ursula V. Battle

A historic part of the legendary Civil Rights Movement was in Baltimore recently for the 36th Anniversary Martin Luther King, Jr. Commemoration program held January 19, 2018 at Johns Hopkins Hospital's Turner Auditorium. Minnijean Brown Trickey of the famed "Little Rock Nine" was the keynote speaker for the event.

The Little Rock Nine collectively resisted opposition to the desegregation of Little Rock Central High School in 1957, with protection from federal troops. The teens' courageous act took place three years after the Supreme Court ruled in the *Brown vs. Board of Education* case that racial segregation in public schools was unconstitutional.

During the program, footage of the students making their way into the school under the protection of federal troops was shown.

James Page, Chief Diversity Officer and Vice President of Johns Hopkins Medicine asked Brown Trickey questions in a "conversation-like" setting in front of the packed auditorium. They included one question posed by students from Commodore John Rogers Elementary & Middle School. Thirty students from the school attended the event with their teacher Jamie Cassmere.

The question was: "Were there times when you wished you weren't black, so you wouldn't have to go through what you were dealing with? If so, can you tell us when? If not, why?"

Brown Trickey responded: "No American magazines had my images in it except *Ebony* and *Jet*. So it was up to my mother and other women to assure me that I was beautiful, that I was smart, and I was special. That's a lot of work. I have six kids. I really thought I was beautiful. But that came from home and that came from my friends. In a segregated society, we were engulfed with where we couldn't go. We didn't go places where we couldn't go. Instead of riding the bus, we walked."

She added, "My dad's business was based on white people, because he was a

landscaper, stone mason, and whatever other stuff he did. That was really an important thing because I was never taught anything about hating white people. We didn't have time for hate. We only had time to deal with how important I was, and how special I was."

Referencing back to American magazines of that time that did not publish her image, nor perhaps images of any person of color, Brown Trickey said to resounding applause, "I never thought I wanted to be white, but I did want to see my own image. The Little Rock Nine cracked that one."

Page talked about having the opportunity to sit with Brown Trickey.

"Of course, the civil rights leaders were people too – some of them children," said Page. "Minnijean Brown-Trickey was only sixteen – the age my daughter is now – when she stood up to bigotry in order to desegregate Central High School in Little Rock, Arkansas. I can't imagine the bravery that must have taken. And yet, after having the chance to sit down with Ms. Brown-Trickey, and seeing her charm, her approachability, and, more than anything, her humbleness, she reminded us that each of us can be a part of history. As Ms. Brown-Trickey so eloquently put it, it is 'little rocks that can make big avalanches.'"

The event featured musical performances by Unified Voices of Johns Hopkins (UV), and a reception.

Levi Watkins, Jr., M.D. was presented with the Ideals Award. The Martin Luther King, Jr. Community Service Award was presented to Hopkins employees making exemplary contributions to their communities. They were: Renee Blanding; Darren Brownlee; Ariel Hicks; Carrie Holdren-Serrell; Rhonda Johnson; and Darcenia McDowell.

Brownlee is an assistant administrator with Johns Hopkins Hospital and Bayview Medical Center. He mentors to Baltimore youth through the Big Brothers and Big Sisters program.

"In this city and others, there aren't that many black male mentors," said Brownlee. "When the challenge and task was asked to mentor, I knew that's what



Minnijean Brown Trickey responds to a question from James Page, Chief Diversity Officer and Vice President of Johns Hopkins Medicine.
Courtesy Photos/Johns Hopkins Medicine



Recipients of the 2018 Martin Luther King, Jr. Community Service Awards: (left to right) Edward McKay, Jr.; Darcenia McDowell; Juliet Robinson; Darren Brownlee; Renee Blanding; Carrie Holdren-Serrell; Rhonda Johnson; and Ariel Hicks.

I wanted to do, I wanted to pay it forward. My Little Brother is 16, and his name is Khiree. He was like the little brother I never had. I know that one day, he will do the same."

He added, "I was really inspired by Ms. Brown Trickey's experience and humility. She talked about how we are seeing some of the same things today. That puts me into place to do what I can do and what I should do. It also points out what we can do together to be of service to others and change our nation. Even today, she is still fighting for change, service, non-violence and activism. That is something that resonated with me and I plan to move forward with it."



Unified Voices of Johns Hopkins led by Regina Gail Malloy, perform during the event.

Chief Diversity Officer James E. Page, Jr.

A Man On A Mission at Johns Hopkins

By Ursula V. Battle

James E. Page, Jr. is on a mission. His mission: to create a stronger “bond” between Johns Hopkins Medicine and its community, with a specific focus on addressing issues of race and health discrimination amongst residents in Baltimore. Page is the Chief Diversity Officer and Vice President of Johns Hopkins Medicine. In his post, Page is responsible for overseeing all diversity and inclusion policy and planning across multiple hospitals, health care groups, and the Johns Hopkins School of Medicine.

The world-renowned academic medical center marks its 125th anniversary with a renewed commitment to diversity and inclusion with Page leading the charge.

Since arriving at Johns Hopkins in 2014, Page has overseen an increase of women in senior leadership positions from 44% to 55%, has launched the Center for Transgender Health, and has contributed to a marked statistical improvement of employee engagement and positive diversity perspectives across all 13 entities within Johns Hopkins Medicine.

As a result of his leadership, Johns Hopkins Medicine received the 2017 Innovations in Diversity and Inclusion award from Profiles in Diversity Journal, which also awarded Page its 2018 Diversity Leader Award.

Many would say “Mission Accomplished”. However, Page believes that until the mission of Hopkins’ founder Johns Hopkins is fully realized, more work must be done.

“We looked at the wording in a letter Mr. Hopkins wrote in 1870,” said Page. “In that letter, he wrote that Johns Hopkins Hospital will not only be for the white, but for the sick, poor, and colored. The first patient was a black man who was helping to lay bricks and fell. Our ideals are based on the standards of our founder. But, we have not always lived up to those standards.”

He added, “There is a huge trust barrier that exists between the community



James E. Page, Jr. is Chief Diversity Officer and Vice President of Johns Hopkins Medicine. Courtesy Photo

and Johns Hopkins. That trust barriers leads to delays in care and complications. I do not believe the community should have the top medical system in its back yard, and have people feel they don't have access to high quality care. I want patients to have the confidence to feel they will receive respect and dignified healing.”

Through Unified Steps, Baltimore Community Engagement Walks, and Diversity Beats (an internal listening tour), and other activities and initiatives, Page has taken an aggressive approach to provide a remedy to cure what he feels is ailing the world famous institution and the community.

“We have to break down the misconceptions,” said Page. “Many employees drive from their suburban communities, but work in this community. Through Baltimore Engagement Walks, we want

the employees to get out in the community, and understand what our neighbors are doing. We are trying to shift behavior habits and culture across Hopkins.”

Page has also accepted the role of conducting one of the most in-depth and comprehensive studies of health disparities amongst minority communities. Beginning locally within the surrounding Baltimore communities, Page and his team hope to replicate the research study across the U.S. to better understand and address the health crisis plaguing minority communities in this country.

“It's about being responsible to our citizens and our neighborhoods,” said Page. “How do we create programs that help us to actualize what Mr. Hopkins expected from this institution? We decided to take the letter Mr. Hopkins wrote about this institution when he decided to give money to start Johns Hop-

kins, and created a video to actualize the letter.”

In addition to the video, Page's office also creates and distributes an Annual Report and a Multicultural Calendar, which includes a guide to the holidays and commemorative months observed by patients, families, faculty, staff and students from a multitude of races, ethnicities, and faiths.

“We have done a lot of things to create diversity throughout the organization,” said Page. “It's nice to say here is a list of all we have done. However, it's more important to have a story of what we have done to summarize the efforts of the institution.”

An engineer by training, Page holds an MBA from The University of Texas at Austin and a Bachelor of Science in Computer Technology from Purdue University.

His prior work garnered Dell, Inc. the Top Innovator in Global Diversity award, while his groundbreaking programs for Cincinnati Children's Hospital led to its selection by Diversity, Inc. as one of the nation's top four health systems for diversity.

“We are trying to make people aware of cultural nuances which may impact our ability to provide care,” said Page. “Health care is different. If you order a computer from Dell, the complication may be that the computer does not arrive. But with a patient, you can have serious complications and a person may die if you don't know or understand their culture.”

Page is the recipient of the 2017 Senior Executive award from the National Association of Healthcare Executives and the National Diversity Council's Diversity Champion award.

“Health disparity leads to poor outcomes,” said Page. “We have got to close these gaps as much as possible. There is no better tool than to say this is what Mr. Hopkins expected of this institution and live up to it.”

Six unconventional ways to stop snoring

News & Experts—An estimated 90 million American adults snore, according to sleepfoundation.org. And over half the country— 59 percent— has a partner who snores.

Millions of people are looking for remedies, and after years of unsuccessful tries with more traditional methods, it may be time to try other techniques to stop the sawing of logs. However you go about solving the issue, it's important to take it seriously and address it in some way.

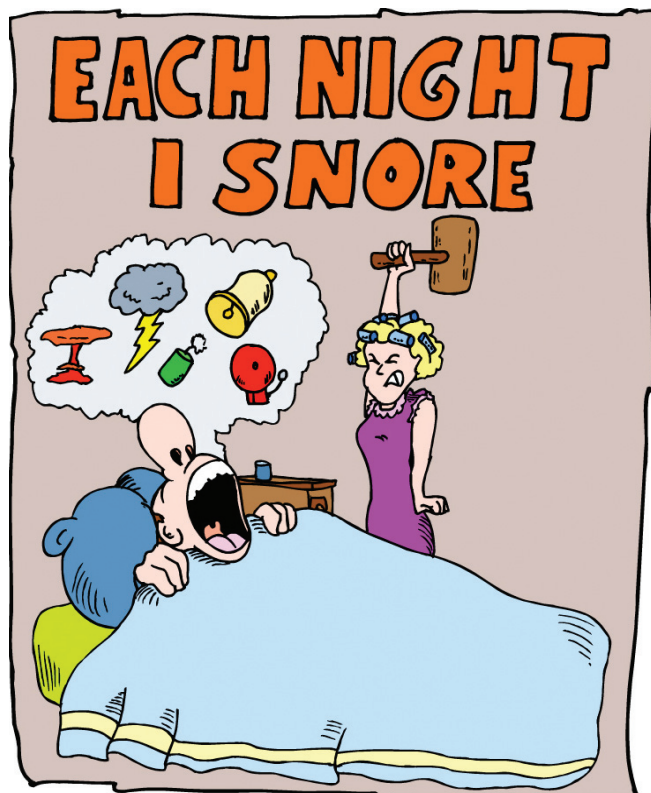
“Snoring is more than just annoyance,” says Dr. Gene Sambataro, DDS (www.juliandentist.com), author of the book *Stop The Snore*. “There are serious health consequences for ignoring what could be a bigger issue. If you know someone who snores, then you can no longer wait to find out what is going on.”

Sambataro lists interesting and effective ways people can address their snoring:

•**Dental or oral devices**— The goal of resolving sleep-disordered breathing is to remove the obstruction in the airway. The tongue is usually the culprit. One device that can be recommended for the snorer or sleep apnea sufferer is the mandibular advancement device. “This is one of the most widely-accepted dental appliances for the treatment of sleep apnea. It’s useful in forcing the lower jaw down and forward slightly,” Sambataro says. “By creating an appliance that is worn at night, an oral physician can help a patient’s jaw carefully and methodically move forward, which automatically moves the base of the tongue out of the back of the throat.”

•**Use a tennis ball**— Snoring is almost always worse when you sleep on your back. This causes your tongue to fall back in your throat, which then disrupts your airflow. One solution is to attach a tennis ball to the back of a T-shirt, making it uncomfortable to sleep on your back and forcing you to sleep on your side. “Eventually, side sleeping should become a habit and you won’t need a tennis ball attached,” Sambataro says.

•**Do tongue aerobics**— Muscle weakness within the tongue, mouth, and upper throat may lead to snoring and obstructive sleep apnea. Strengthening exercises called myofunctional therapy



target the facial muscles used to chew

nostril to expand the nostrils. This tech-

and swallow. Research shows that doing certain facial and tongue exercises every day can reduce your chances of snoring.

•**Change your pillows**— The allergens in your bedroom and in your pillow may contribute to snoring. “If you feel fine during the day but obstructed at night, these things may be contributing to your snoring,” Sambataro says. “Everyone should evaluate whether your pillows are creating some nasal congestion due to a reaction to the material.”

•**Nose cones**— These are placed in each

nostril has a similar effect as strips, without the irritation of removing them in the morning.

•**Nasal sprays**— When used regularly, sprays can help eliminate any bacteria or fungus what are mucous-producing and cause obstruction of the nasal airway.

“Be careful not to look for quick fixes,” Sambataro says. “Today’s American society is intent on finding solutions for instant gratification. There are remedies out there, both traditional and unconventional but you should be thorough to remedy what can be a serious problem.”

Dr. Gene A. Sambataro, DDS, FAGD, is the director and clinician at the Julian Center for Comprehensive Dentistry, where he and his team practice integrative holistic dentistry intended to heal the mind, body, and spirit, with a special emphasis on treating sleep-disordered breathing issues, like sleep apnea. For more information, visit: <http://www.juliandentist.com/Ellicott-City-Sleep-Apnea.asp>.

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Three prospects the Ravens should watch at Senior Bowl

By *Turron Davenport*

The Baltimore Ravens are always well represented by a crew of scouts and personnel people in Mobile, Alabama for the Senior Bowl. It's a time when General Manager Ozzie Newsome, head coach John Harbaugh and a number of position coaches get to see NFL Draft prospects in action first hand.

There are a number of needs on the Ravens roster that have to be filled for various reasons. Three that come to mind quickly, include: wide receiver, tight end and guard. Fortunately for the Ravens, there is an abundance of players at each of those positions at the Senior Bowl.

Here is a look at three Senior Bowl players that Baltimore's front office needs to be on the watch for:

TE | Troy Fumagalli | Wisconsin— At 6-foot-6 and 248 pounds, Fumagalli is a big target that quarterback Joe Flacco would be able to find in the middle of the field and on seam routes. Flacco has always preferred throwing to his tight ends. Before being injured, one of Flacco's



At 6-foot-6 and 248 pounds, the tight end from Wisconsin Troy Fumagalli would be a big target for quarterback Joe Flacco, who always prefers throwing to his tight ends.

Photo Credit: <http://uwbadgers.com>

favorite targets was tight end, Dennis Pitta. With Pitta's career having been ended due to a hip injury, there is a need for a tight end. Benjamin Watson is a pending free agent and Crockett Gillmore is also expected to hit the market.

Fumagalli has the pass-catching ability to warrant plenty of targets. The big tight end would also serve a red zone threat because of his big frame.

WR | Michael Gallup | Colorado State— Gallup is well versed at being the lead receiver for a team. While at Colorado State, Gallup was the focal point of the offense.

Week after week, Gallup put up good numbers. He was featured in multiple ways. Few receivers attack the ball the way Gallup does. Gallup is also a threat to gain yards after the catch.

Gallup is a fun receiver to watch. He attacks the ball and snatches it out of the air with tenacity. Gallup has tremendous body control and ball skills which result in some of his acrobatic catches down the field and along the boundary.

The Ravens will have a shortage at wide

receiver with the possible departure of Mike Wallace and Michael Campanaro. Gallup has the pedigree to come in and take over as the No. 1 receiver.

OG | Will Hernandez | UTEP— Hernandez brings that natural tenacity that Harbaugh seems to always want in his linemen. He likes to finish blocks and dominates on the interior at times.

With the Ravens' desire to play smash mouth football, Hernandez would be a solid addition. At 6-foot-2, 340 pounds, Hernandez was a four-year starter at left guard. He has played plenty of football and will be able to hit the ground running at Owings Mills.

The Ravens will welcome the return of guard Marshall Yanda from injury this season. Yanda can play either guard position and has the veteran presence to help Hernandez transition to the NFL smoothly. Adding a powerful, nasty guard like Hernandez will give the Ravens the presence they've been looking for since losing Kelechi Osemele to the Raiders in free agency.

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Rosa Pryor Trusty

Hello everyone. Hopefully your week was pleasant and safe and that you had fun checking out some of the events I told you about last week. Well, this week is no different.

Every Wednesday, DJ Sugar Chris does a "Sing-A-Long to the Oldies from 6 p.m. to 11 p.m. at the Corinthian Restaurant & Lounge located at 7107 Windsor Mill Road. This is the place to be where grown folks gather to have great food, good drinks and take the mic and sing their favorite oldies. Admission is free and plenty of parking.

On Friday, January 26, 2018, the Contemporary Arts Inc. will host The Ambassadors Jazztet at 7 p.m. at the Randallstown Community Center located at 3505 Resource Drive in Randallstown. The Ambassadors Jazztet of the United States Army Field Band was developed in the legendary style of Art Blakey and the Jazz Messengers. Even though the Jazztet performs traditional jazz standards, the band's primary focus is on new compositions by members of the group. The compositions vary greatly, sometimes paying homage to older styles and sometimes developing an entirely new sound, but always creating a vehicle for improvised solos. I think most of my jazz lovers will truly

love this group. They are asking you to bring a non-perishable food item to feed the hungry in our community. That is the cover charge! For more information, call 410-944-2909.

Black History Month begins next Thursday, February 1, 2018. In my opinion, February is the busiest month of the year because not only is it Black History Month but Valentine's Day, as well as my anniversary celebrating 31 years as an entertainment columnist. So much to talk about next week and the weeks to follow—ya'll better keep up, make sure you pick up the Baltimore Times so you won't miss anything!

Oh! I have one more thing. The Pratt Contemporaries is hosting "A Night in Cabana Black & White Party" on Saturday, January 27, 2018 from 8 p.m. until 1 a.m. at the Assembly Room in Downtown Baltimore—316-318 Guilford Avenue. Dress to the nines in your black and white cocktail attire—it's required. For more information or tickets, email: contemps@prattlibrary.org.

Well, my dear friends that is all I have for you now. 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.



"SIXX sings Smokey Robinson Tribute," honoring the music of the great "Smokey Robinson at an elegant Sunday evening dinner and show at the Bethesda Blues & Jazz Supper Club located at 7710 Wisconsin Avenue in Bethesda, Maryland on Sunday, January 28, 2018 starting at 7 p.m.



The Contemporary Arts Inc. presents The Ambassadors Jazztet on Friday, January 26, 2018 at 7 p.m. at the Randallstown Community Center located at 3505 Resource Drive in Randallstown, Maryland. The Ambassadors Jazztet of the United States Field Army Band and was developed in the legendary style of Art Blakey and the Jazz Messengers. Courtesy Photos

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2018 Michael S. Powell

High School Journalist of the Year

William “Smooth” Wardlaw brings Luther to life in production

By Christina D. Cruise

If listening to the radio isn't giving you the musical fix you need, consider spending an evening with Luther Vandross. But, before you rally against the fact that Vandross died almost 13 years ago, allow yourself to be transported and attend the Luther Re-Lives one-night only performance at Center Stage on Saturday, January 27, 2018 featuring Alexandria, Virginia native William “Smooth” Wardlaw.

Before you argue that the late Vandross' distinctive velvety voice is unmatched, take the time to just listen to Wardlaw. Deemed the “Fake Luther” by morning shown radio host Tom Joyner, Wardlaw has proven that he has the musical chops, talent and ability to emulate Vandross' persona enough to sell out shows to the point of turning people away.

“I came to HATE; but fell in LOVE!” said Stephen Hill, Sr., BET's former President of Programming. A fan gushes that it's an “Outstanding tribute to Luther Vandross. I could see it over and



William “Smooth” Wardlaw performs as Luther Vandross with his Fiesty Diva background vocalists in the production “Luther Re-Lives,” at Center Stage in Baltimore on Saturday, January 27, 2018 at 6 p.m. Courtesy Photo

over again and still enjoy it better than the first time! Mr. Luther II rocked the house and so did his backups and the incredible band members. If you don't get to see them, you are really missing out— big time. They really give [it] their all and more!”

Luther Re-Lives, the brainchild of writer and producer Deginal Boykin, has

been touring for nearly 20 years but has greatly grown in popularity in the past two and a half years.

The concert boasts a well-rounded Las Vegas type show, seven-piece full ensemble band, feisty background vocalists and Wardlaw, who uncannily looks and sounds like Luther Vandross complete with five wardrobe changes that

includes Vandross' signature sequined jackets and shiny shoes. Audiences are kept engaged from beginning to end with its high energy full of sound, choreography and lighting effects reminiscent of an authentic Las Vegas show.

“I had the best time. The show was entertaining and riveting. He sounded so good. I thought Luther was in the building,” said a fan of the concert.

Though not officially a Las Vegas show yet, the show has extensively toured the east coast and numerous islands, has been guests on the Soul Train Cruise and re-invited guests on the Tom Joyner Fantastic Voyage and Family Reunion cruises. With such engagements be sure to catch the Baltimore performance while you can.

Not everyone can cover the legend as we remember him or invoke the feelings of longing, yearning and memories of love lost and gained. But, Wardlaw, who has been performing the late legend's songs since his high school talent show days, is able to emotionally connect with the audience as he sings many of Vandross' iconic ballads such as “A House is Not a Home,” Here and Now,” and “Don't You Remember/Superstar” transcending the room with seamless transformation into Vandross while adding his own style and flavor.

The show also boasts the talented Washington, DC-based seven-piece Sensation Band and the two Feisty Divas as background singers, who can each sing in her own right.

According to an online fan, “William, aka Luther, sang his butt off along with his two lady sidekicks! We screamed, danced and remembered Luther.”

“I am truly ‘Re-Living’ the experience of Luther. I LOVE them!” said Patricia Lacy, one of Vandross' original background vocalists, who has fallen in love with Wardlaw as an entertainer and has performed in several shows with the group— talk about a seal of approval.

With the amount of buzz surrounding the Luther Re-Lives production, it would be a discredit to miss the show while it is in town. Just keep in mind that where Luther ends, Luther Re-Lives begins.

Tickets \$55. For tickets, visit: www.centersage.com.

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Ten cold weather tips for pet owners

Reisterstown, Md.— Bitter cold temperatures have hit Baltimore and pets are in danger from being out in the cold just as much as humans are. Here are some tips from Baltimore Humane Society (BHS) for Baltimore pet owners to keep their pets safe from the dangerous weather:

1. Bring your pets in! If it is too cold for you, it is too cold for your pet to stay outside for long periods of time. If you have outdoor cats or care for feral cats, check out this site on how to make a kitty enclosure: http://www.neighborhoodcats.org/HOW_TO_FERAL_CAT_WINTER_SHELTER

2. Dogs with short coats should wear a jacket! Breeds that do not have an undercoat (dogs with undercoats are breeds like shepherds, huskies, malamutes, retrievers) can get cold quickly.

3. Keep off of road salt. Not only is it toxic if your pet ingests it, it can be very irritating and even painful to their paw pads.

4. Wipe your pet's paws off with a lukewarm washcloth to remove any melting salt so they do not ingest it when they groom themselves.

5. Consider applying a barrier to your pet's paws like petroleum jelly to protect

their paws while out on a walk.

6. Keep your pet's coat appropriately groomed. A healthy coat will work most efficiently in keeping warmth on the body and cold away.

7. Anti-freeze is extremely poisonous and also tempting to pets due to its sweet taste. If you have it in your garage make sure it is kept up high in a leak proof container. Clean up any that might drip from equipment that uses it. If you believe your pet ingested anti-freeze, get them to a veterinarian immediately!

8. Pets exposed to cold temperatures for long periods of time can experience hypothermia. Signs of hypothermia include low-body temperatures, low-heart rate, low respiration (breathing), violent shivering, and their gums may turn pale or blue. If you believe your pet is experiencing hypothermia, warm them slowly to avoid shock, and get them to a full service vet immediately.

9. Less time outside may mean a bored pet. Increase your animal's indoor enrichment! Frozen kongs, food puzzles, and training games all provide mental exercise to tire out a pet who can't get outdoors.

10. Cuddle up! Cold weather is the per-



fect time to spend snuggling and playing with your pet.

Here are two more tips for pets that are not your own:

1. Warm engines in parked cars attract cats and small wildlife that may crawl up under the hood. To avoid injuring any hidden animals, bang on your car's hood to scare them away before starting your engine.

2. Speak out if you see a pet left in the cold. Here's advice from the Humane Society of the United States on how to handle the situation when you see a pet left in the cold.

First politely let the owner know you're

concerned. If they don't respond well, document what you see: the date, time, exact location and type of animal, plus as many details as possible. Video and photographic documentation will help bolster your case.

Then contact your local animal control agency or county sheriff's office and present your evidence. Take detailed notes regarding whom you speak to and when. Respectfully follow up in a few days if the situation has not been remedied.

For more information about the BHS, and how you can contribute, volunteer, adopt or foster, visit: www.bmorehumane.org or call 410-833-8848.

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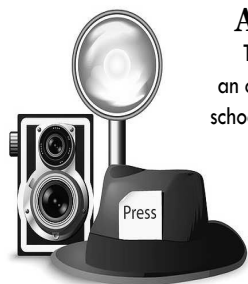
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