

The Annapolis Times

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Baltimore's Beautiful OrchKids Garden: BSO After-School Music Program is Growing Musicians



In collaboration with Baltimore City Public Schools and several community partners, OrchKids provides music education, instruments, academic instruction, meals, as well as performance and mentorship opportunities at no cost to students and families. OrchKids is the cornerstone of the Baltimore Symphony Orchestra's community engagement efforts in Baltimore City. (Above) The OrchKids Bucket Band (Story on page 10) Courtesy Photo/OrchKids/BSO

Anyone can save a life

By Habeeba Park, MD

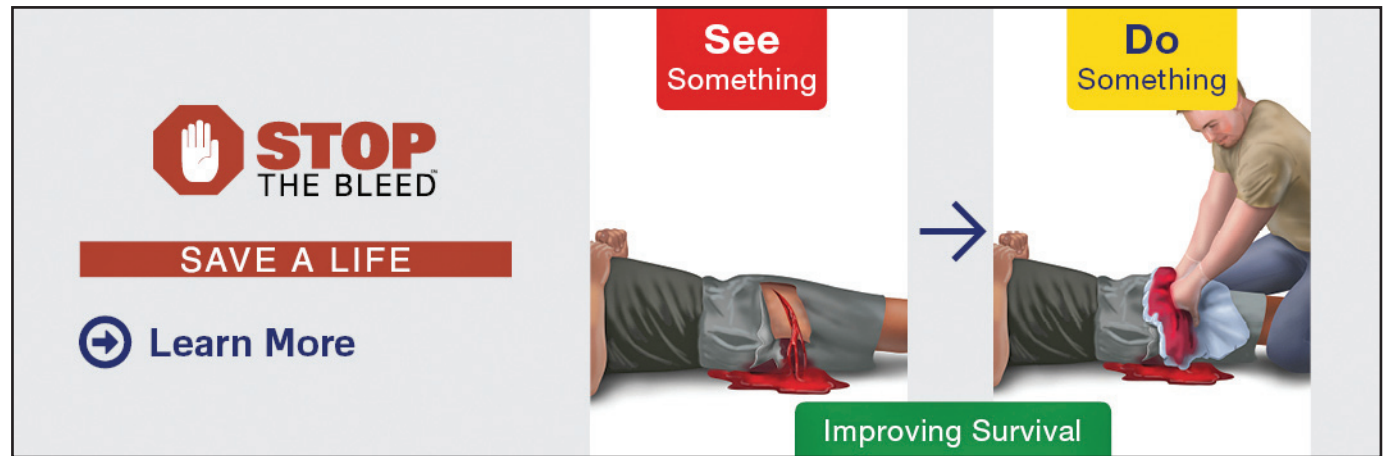
This article is part of the #STCPreventionMatters campaign from the University of Maryland Medical Center. For more information about the campaign and the Center for Injury Prevention and Policy, visit www.umm.edu/Prevention-Matters

The daily stats don't even make headlines anymore. The total is what brings us to the national spotlight. Baltimore witnessed 342 homicides in 2017 alone. Firearms were involved in 88 percent of these deaths. It may surprise you to hear that there is an easy way to save lives.

A new program in our community can help prevent deaths on our streets. Stop the Bleed (STB) is based on the same premise as CPR training, empowering anyone near an injured person to act as an immediate responder and save a life because they will know what to do.

The one hour long training program includes lecture, one-on-one instruction, and participant demonstration of the skills learned in stopping the bleed. These skills are useful for any situation in which uncontrolled bleeding occurs: construction accidents, kitchen mishaps, on-field injuries at school sporting events, motor vehicle collisions, and firearm and knife injuries, just to name a few. At the end of the session, each participant receives a card verifying that they are STB certified.

"It's easy to learn," says Thomas



"Stop The Bleed" is a new program based on the same premise as CPR training, allowing for anyone near an injured person to be empowered to act as an immediate responder and perhaps help save someone who could be dying from their injuries. The public is invited to register at: umm.edu/StopTheBleed for a free training course. Courtesy Photo/UMMC

Scalea, MD, Francis X. Kelly Distinguished Professor of Trauma, University of Maryland School of Medicine and Physician-in-Chief, R Adams Cowley Shock Trauma Center.

"The training is the equivalent of bystander CPR or learning to use an AED. Anyone can learn the life-saving skills of bleeding control," he continued. "It's simple: if we do not stop the bleeding, the person dies."

The American College of Surgeons; the Department of Homeland Security; the FBI; the Department of Defense; and a number of other major government entities formed the Hartford Consensus and began organizing public training courses in 2015.

To date, tens of thousands of people

across all ages and walks of life, have been trained: their roles changed from simple bystander to "immediate responder" who could administer bleeding control skills to save a life. Stop the Bleed has put tools in the hands of those who initially felt helpless. Now, practically anyone can do something to help someone who could be dying from their injuries.

The purpose of the STB program directly aligns with the injury prevention mission of the Shock Trauma Center at the University of Maryland Medical Center. Under the leadership of Dr. Thomas Scalea and the Maryland Committee on Trauma (MDCOT), it was immediately adopted by the state's trauma centers. Medical staff are now bringing this program to their communities and organizations throughout the state. Nationwide, including right here in Baltimore and throughout Maryland, people are being trained in controlling life threatening bleeding. The public is invited to register at [Bleed for a free training course today.](http://umm.edu/StopThe-</p>
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"If we have learned anything in recent years it is that tragedy can strike – it is not hypothetical," said Scalea. "Through this training, our goal is to provide people with knowledge and skills to be able to stop the bleeding. It is important to be trained correctly so that it can be effective. And while we hope people never have to use it, we want everyone empowered to act."

Stop the Bleed doesn't solve Baltimore's gun violence problem, but we at Shock Trauma hope that spreading this vital education to the community will, in a practical way— save lives.

Habeeba Park, MD, is an Associate Professor at the University of Maryland School of Medicine, Critical Care Surgeon at the R Adams Cowley Shock Trauma Center, Medical Lead of the Stop the Bleed Initiative at the R Adams Cowley Shock Trauma Center, and Member of the Maryland Committee on Trauma.

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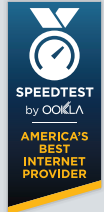
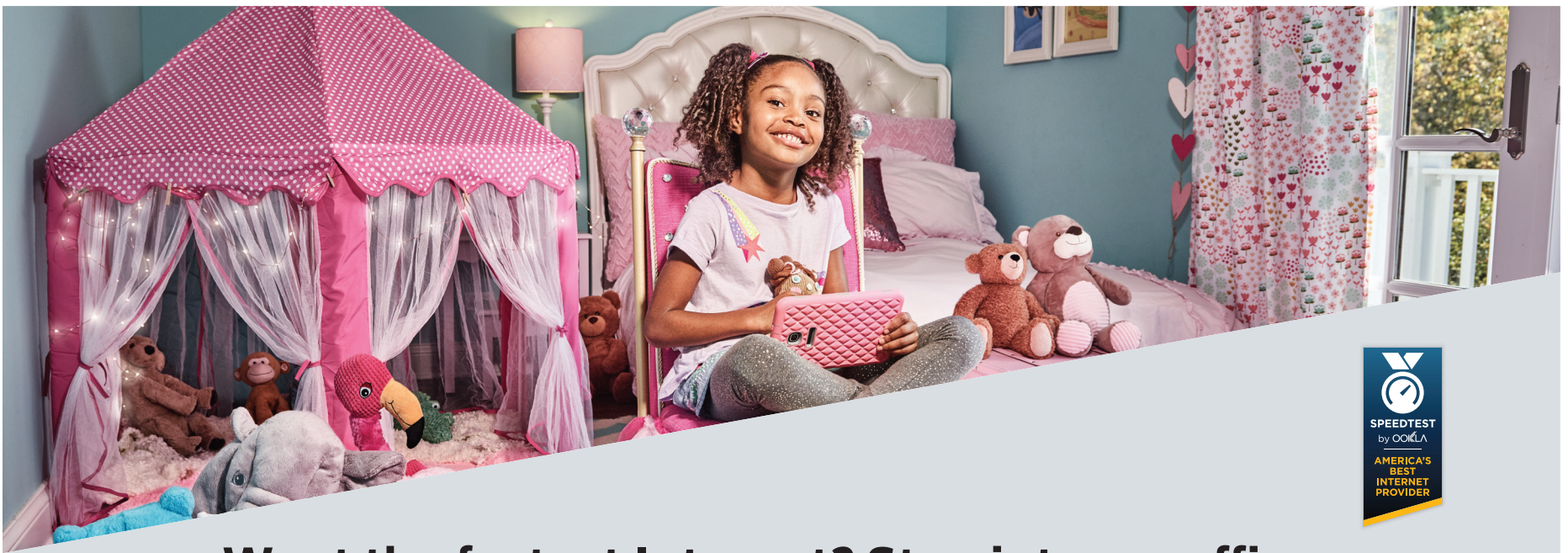
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Guest Editorials/Letters

Civility on social media is dead

By *Bill Fletcher, Jr.*
NNPA Newswire Columnist

I have found myself increasingly wondering whether social media, particularly Twitter and Facebook, constitutes a vehicle for civil dialogue. The number of attacks that I have either witnessed or experienced has been astounding. It has gotten to the point that I rarely respond to comments on either Twitter or Facebook, unless I have concluded that the original writer/author was interested in a response.

The situation has gotten way out of control. The insults that are thrown around; the demeaning language; the condescension; I could go on and on. About a year ago, I awakened to a Twitter storm attacking me for my support of the Palestinian people. It was not just one tweet; it was one tweet after another, accusing me of being everything, but a child of God. There seemed to be no way to stop it.

Just recently, a good friend of mine came under a vicious Twitter attack by someone whose sanity I have been forced to question. My friend could not figure out a way to stop it, so it continued until the attacker ran out of steam.

Social media makes it easy to be obnoxious. Among other things, there are few, if any, penalties. In the old days, if you read something with which you were in disagreement in the paper; magazine; or even saw something on television, you would write a letter to the editor. To write such a letter you had to do some thinking prior to composing it. You then had to mail the letter. This entire process gave you at least a moment to contemplate your reaction and whether it was worth responding to something and, if so, how to respond.

In today's social media world, filters seemed to be reserved for photos and videos. When it comes to dialogue, people read something online and react! You can react immediately by sending an email, tweeting, posting on Facebook, or Instagram, etc. You don't have to really stop and think. You just hit "Send."

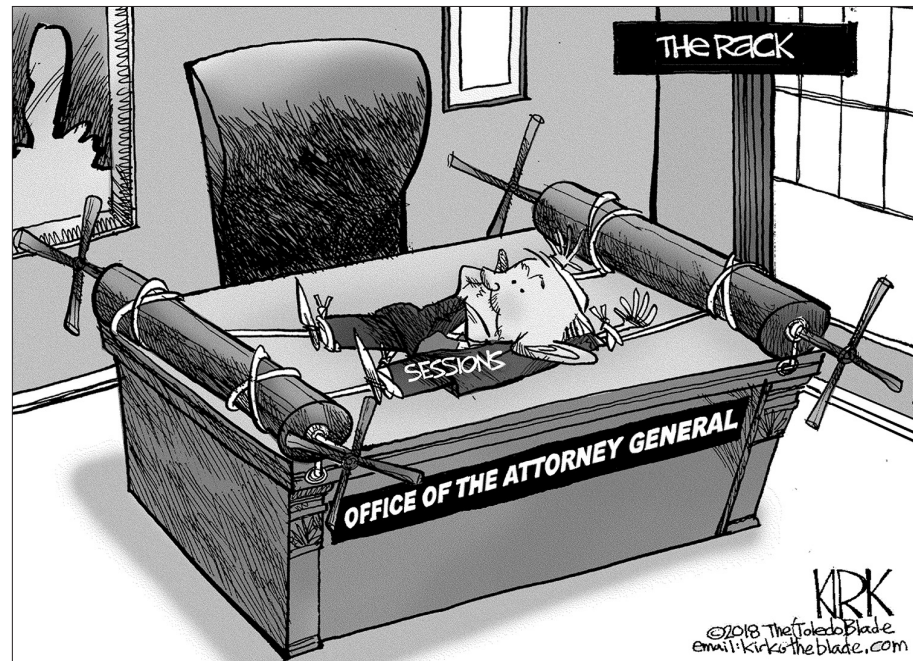
And if you are really angry and want to be nasty, there are no penalties! You can, in effect, curse someone out, because what are they going to do? You can literally say whatever you want to anyone and the worst that they can do is "block" you from future exchanges. But that need not stop you, because you can post around them or even create another account and continue the verbal onslaught.

The result is that, rather than a medium for rational exchanges and debates, social media is more about "trolling" or making assertions. In a Facebook, exchange I had with someone a few months ago, after I refuted their argument they simply dismissed me by saying: Well, that's what I believe and I have a right to believe what I believe.

Really? So, when it comes to social media, should we really just say to hell with the facts?

Each day, when I turn to social media I feel that I must dress in psychological battle armor, preparing for yet one more poison dart to come flying.

Bill Fletcher, Jr. is a talk show host, writer and activist. Follow him on Twitter @BillFletcherJr, Facebook and at www.billfletcherjr.com.



Letters to the Editor:

Editor:

The biggest faker of all is none other than President Donald Trump.

He is posing as a "Conservative," but he is actually a fake, Conservative.

What is my evidence? You can look this up for yourself on the Internet.

In 1999, he proposed that the Congress pass a new "national wealth tax"(not income) of 14.25 percent on all individuals who have a "net-worth"/"net-wealth" of \$10 million and higher. That is a very "Liberal" idea.

He wanted the money generated by it to be spent on two items:

1. Totally eliminating the national debt, which sounds "conservative."
2. Spending the remainder on adding it to the Social Security Trust Fund to make it more fully solvent for additional years, which does not sound "conservative."

I am assuming that most of us know that the research shows that it is presently 100 percent fully solvent through the year 2034 meaning that there is absolutely no reason to cut benefits right now, which the less than totally-truthful conservatives do not want the public to know as they constantly suggest that it is going to go "broke" and "bankrupt" any day now.

This man has been posing as a "Conservative." He has been masterfully manipulating all of us and playing us for fools and suckers— both his supporters and his critics, alike.

Stewart B. Epstein
Rochester, NY

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Big Healthcare: A storm is on the horizon. You should be afraid.

By Douglas R. Kington

As a consumer of healthcare, I am a forced participant in one of the largest scams on the planet. That scam is the American healthcare system. Basically, the scam goes like this: I pay more and more for shrinking services, big healthcare organizations reluctantly provide services while pretending to care about my health, and corporate shareholders and executives become fabulously wealthy. I love America!

What about the physicians, nurses and other healthcare professionals we all know and love? They lost control of the healthcare industry in the early 1970's. Today, they are bit players or employees of big healthcare.

Being from a tough neighborhood in Baltimore filled with wise people I have learned no scam continues forever. The three-card monte guy gets chased from the corner. The crooked home improvement contractor is chased from the community or arrested. The house burglar picks the wrong house and is either arrested or shot.

The scam eventually comes to an end.

We are in a similar place with respect to healthcare. I can sense it. I can smell that certain something in the air that portends a violent thunderstorm, or worse. The healthcare scam is about to abruptly draw to a close.

What precipitated my cataclysmic prediction? I recently observed top technology firms confidently moving to pounce on an industry The New York Times

their employees. If this sounds like the typical corporate search for cost savings, you are wrong. The new company will not be a profit-making venture. Shares of health insurers and healthcare companies plunged.

Some healthcare industry mouthpieces bravely brushed off the announcement, essentially saying, "Move along, nothing to see here." One consultant brashly told

play where a retailer and a distributor combine in search of supply-chain efficiencies. Rumble heard off in the distance.

The next day, the medical supply industry heard lightning strike with a deafening clap. The Wall Street Journal ran the following headline: "Amazon's Latest Ambition: To be A Major Hospital Supplier." By the closing bell on Wall Street, shares of three of the largest medical supply distributors—McKesson, Cardinal Health and Owens & Minor—fell 2.17 percent, 3.19 percent and 5.1 percent, respectively.

All three shares, for the time being, have recovered, but they all suffered damage from a direct lightning strike.

America is about to witness one of the biggest scams come to a crashing end. Despite the American healthcare industry having bought politicians like Pokemon cards and stuffed obscene amounts of profit into the pockets of their executives and shareholders, the industry only managed to deliver mediocre patient outcomes according to the Commonwealth Fund, which in 2017 ranked healthcare outcomes in the U.S. last of eleven high-income countries.

The top tech firms took note as they were closing the door to the Information Age while opening the door to the Age of Artificial Intelligence. The American healthcare industry should have noticed the transition. They did not and here we are.

Stay tuned as I follow this exciting, disruptive transition for the healthcare industry. The storm is just beginning.

Douglas Kington owns a commercial real estate brokerage firm in Baltimore, his hometown. He worked as an engineer before earning an MBA in Finance.

"We are in a similar place with respect to healthcare. I can sense it. I can smell that certain something in the air that portends a violent thunderstorm, or worse. The healthcare scam is about to abruptly draw to a close."

referred to as "a notoriously inefficient, intractable web of doctors, hospitals, insurers and pharmaceutical companies."

These top tech firms are not eyeing the healthcare industry from the angle of a typical Wall Street merger and acquisition deal. Nope. I see in their moves a vision of creating the next Amazon, Google, Uber, Airbnb, SpaceX or iTunes. I see these tech firms planning a massive, irreversible industry disruption driven by technology, followed by layoffs, bankruptcies, real estate vacancies and ultimately substantially lower costs with improved patient outcomes. I see destruction, creation, renewal and change.

On January 30, 2018, a curious article appeared in the Wall Street Journal: "Triple Threat: Amazon, Berkshire, JP Morgan Rattle Healthcare Firms." According to the article, these three behemoths plan to form a company to reduce their workers' health costs using technological solutions. The goal is simplified, high-quality healthcare for thousands of

The New York Times, "The idea that they could have any sort of negotiation leverage with unit cost is a pretty far stretch."

However on the very next day, The Editorial Board of the Wall Street Journal published an article encouraging the threesome not to go after small potatoes such as pharmaceutical deliveries. "Our advice: Go much bigger."

"American health-care could benefit from creative destruction," The Editorial Board advised, adding ominously, "health care is long overdue for a shake up." I detected the first droplets of rain as the sky darkened and the sound of thunder could be heard in the distance.

On February 12, 2018, we learned from the Wall Street Journal that Walgreens, the second largest pharmacy chain in the United States was making a bid for one of the largest pharmaceutical distributors, AmeriSourceBergen, seeking to buy the shares it did not already own. This was a typical vertical integration

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Portion of Wyman Park Dell dedicated to Harriet Tubman

By Stacy M. Brown

A section of Wyman Park Dell in Baltimore, which was once named after two Confederate generals, will now be known as Harriet Tubman Grove. The ceremony marked the 105th year since the death of the famed abolitionist and Underground Railroad conductor.

"This [the renaming of the park] helps bring the community values to important places and helps to weave together the community," said Baltimore Councilwoman Mary Pat Clarke. "This place is really interesting. Since the statues were removed, it has become a gathering place."

For years, statues of Confederate Generals Robert E. Lee and Thomas "Stonewall" Jackson stood over the park, and since taking office in 2016, Mayor Catherine Pugh had vowed to have those and other tributes to the confederacy removed.

Last year, the city removed a total of four Confederate monuments from Wyman Park Dell after violence erupted in Charlottesville, Virginia. That incident, in which white nationalists protested the removal of Confederate monuments there, led several municipalities to either remove or consider removing such odes to the Confederacy.

Not only where the statues of Lee and Jackson removed, but also a monument dedicated to Confederate women, and a monument to Roger B. Taney, the Supreme Court justice who wrote the controversial opinion in the Dred Scott case.

"I felt the best way to remove the monuments was to remove them overnight,"



A portion of Wyman Park Dell in Baltimore City was renamed Harriet Tubman Grove honoring the Maryland native and celebrated conductor on the Underground Railway on Saturday, March 10, 2018. Courtesy Photo

Pugh said at the time. "I thought that there's enough grandstanding, enough speeches being made, get it done."

Born Araminta Ross in 1822 on Maryland's Eastern shore in Dorchester County, Harriet Tubman's parents had nine children.

As a child, Tubman did not have the opportunity to spend time with her family because she was separated from her father when her slaveholder, Edward Brodess, moved only Tubman, her

mother and siblings to his farm in Bucktown, according to her biography posted on the National Parks Service website.

Three of her older sisters were also sold into slavery in the Deep South and by age six, she was separated from her mother when she was rented out and forced to work for other masters to care for their children, and catch and trap muskrats in the Blackwater River.

Tubman remembered the emotional pain being separated from her family,

which she never wanted to experience again.

In March of 1849, Brodess died and Tubman knew for Brodess's wife to pay her husband's debts, she needed to sell some of her slaves. Determined not to be sold she escaped in 1849 and found freedom in Philadelphia.

Between 1850 and 1860, Tubman returned to the Eastern Shore of Maryland 13 times and freed more than 70 people, who were her family and friends so they could all be free together as a family. Her work as a liberator continued even into the Civil War. Ultimately, she helped to free hundreds more slaves.

Friends of Wyman Park Dell, a non-profit organization that supports the park, wrote a letter to the City Council in October welcoming the renaming of the section of the park, according to CNN.

"This dedication of a grove of trees seems a fitting honor for a great abolitionist and U.S. Army spy who traveled countless miles through Maryland forests," wrote C. Ryan Patterson, the president of the group's board of directors.

The proposal also "provides the city an opportunity to correct a historic injustice for a Maryland native. Our city has not yet properly recognized Harriet Tubman, who died in poverty," Patterson wrote.

On Saturday, March 10, 2018, Ernestine Jones-Williams, a Baltimore County resident and descendant of Tubman, spoke to those gathered for the dedication ceremony.

"We stand on the shoulders of this great woman," Jones-Williams said. "We are overwhelmed. Thank you. God bless you."

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Hosted by The Baltimore Times

New Maryland Business Express website makes it easier to plan, start, manage, grow a business in Maryland

Annapolis—The Maryland State Department of Assessments and Taxation (SDAT) unveiled Maryland Business Express, a new website that will make it easier for Maryland’s small business owners and entrepreneurs to plan, start, manage, and grow their business.

Accessible at businessexpress.maryland.gov, the new site combines information previously spread across many state agencies into one, easy-to-navigate site, while also providing a clear outline of the steps involved in starting a business.

Maryland Business Express also features a digital assistant designed to communicate with and deliver guidance to Marylanders 24 hours a day, 7 days a week. This “Chatbot” is the first of its kind to be used by any state government specifically for business purposes.

The site’s layout is based on the questions most commonly asked by existing business owners and aspiring entrepreneurs, and contains four main sections: Plan, Start, Manage, and Grow.

The Plan and Start sections list orderly steps that guide entrepreneurs through the process of developing a business plan, registering a business and applying for tax accounts and licenses. The Manage and Grow sections help business owners remain in good standing, make legal changes to their business, and find additional programs that best fit their needs.

“Our Department’s goal is to allow Marylanders to interact with the state any time it’s convenient for them, and the new Maryland Business Express will move us closer to that goal than ever before,” said SDAT Director Michael Higgs. “This new website will be a tremendous benefit to Maryland’s business community, and the feedback we receive will allow us to continually update content to better suit their needs.”

Leah's Book Club holds Irene B. Reid Memorial Tea

White House Correspondent April Ryan
Featured Author for Women's History
Month Event

Baltimore— In recognition of National Women's History Month, Leah's Book Club will hold the Irene B. Reid Memorial Tea on Sunday, March 18, 2018 at 3 p.m. at the Forum Caterers located at 4210 Primrose Avenue in Baltimore.

The annual event honors women who have made significant contributions to their communities and to the personal lives of others. White House Correspondent April Ryan will be discussing her book *At Mama's Knee: Mothers and Race in Black and White*.

This year marks the 20th Anniversary for Leah's Book Club. The group was organized in February 1998 by Dr. Leah Goldsborough Hasty for the purpose of having a club of persons reading for leisure and meeting to discuss books with others. Members would meet regularly to focus on books written by or about African Americans.

Literary events presented by Leah's Book Club includes book talks and lectures sponsored by the Enoch Pratt Free Library and local universities and inviting authors to club meetings and sponsoring activities where the public could share in our discussions with authors.

Event Co-Chairs Dr. Brenda Egerton Conley and Claudette Egerton-Swain talked about the event's late namesake, Irene B. Reid.

"We have such fond memories of Irene Reid and many stories about her that we have carried in our hearts over the years, said Dr. Egerton Conley. "Irene, with her many accomplishments, was a humble woman. "She was a woman of faith, a gentle spirit, and quite an avid reader. We have been trying hard, as book club members, to model her reading behavior because she never started a book that she did not finish."

Egerton-Swain added, "Irene was truly a special person, and we think that she would be proud of us and all the women we have celebrated over the past eight years. We have quite a list of remarkable women who, just like Irene, give freely of their gifts and talents to make



(Left) Among the 2018 honorees is Baltimore Times Staff Writer, Ursula V. Battle (Right) White House Correspondent April Ryan will be discussing her book "At Mama's Knee: Mothers and Race in Black and White." This year marks the 20th Anniversary for Leah's Book Club.
Baltimore Times/File Photos



this world a better place."

For the past eight years, the book club has celebrated Women's History Month by honoring women who currently and continually make contributions to their professions and for the betterment of their communities. The women honored represent many different careers and professionals, locally, nationally and internationally, including education, law, medicine, religion, volunteerism, broadcasting, the arts and entertainment.

To date, 85 women have been recognized. The 2018 honorees are: Ursula V. Battle (Baltimore Times Staff Writer); Marye Linda Rawlings Brown; Vernetta B. Daniel; Vera Dorsey; Lori M. Hasty; Denise Dennis Jenkins; Ellen C. Johns; Jaime McAilily; Patricia Payne; Dr. Patricia Schmoke; Racquel Dotson Smith; Courtney Ross; Amy Taylor; Sybil D. Thomas; Thelma Kirby Wharton; Yolanda Winkler; and Dr. Edmonia T. Yates.

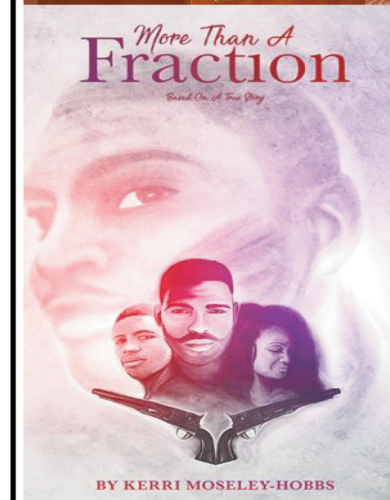
Ryan joins a long list of noted author to speak at the event. Past authors include: Taylor Branch, Parting the Waters; Larry Gibson, Thurgood Marshall;

The Making of a Supreme Court Justice; F. Michael Higginbotham, Ghosts of Jim Crow: Ending Racism in Post-Racial America; Gregory Kane, Raising Kane; Kweisi Mfume, No Free Ride; George Derek Musgrove, Ph.D., Rumor, Repression, and Racial Politics; and Blair Walker, Up Jumped the Devil.

Ryan is an American journalist and author. Since 1997, she has served as a White House correspondent and is the Washington, D.C., bureau chief for American Urban Radio Networks.

In 2017, she joined CNN as a political analyst. In her first book, *At Mama's Knee: Mothers and Race in Black and White*, she examines race in America through her experience as a White House reporter. In this book, she shifts the conversation from the White House to every home in America. *At Mama's Knee* looks at race and race relations through the lessons that mothers transmit to their children.

For more information, call Claudette Egerton-Swain at 410-466-6244.



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The Happiness Habit: How to train yourself to be happy!

By Charles (Chazz) Scott
The Nucleus Team,
Positively Caviar, Inc.

There isn't a single human being alive who doesn't want to be happy. Humans are constantly chasing this emotional state, and if true, then why do so many of us have a hard time attaining it? The truth is, the brain was not designed to make us feel happy all the time it was designed for survival. Scientists have been studying if it's possible to significantly change the human brain's way of thinking.

Psychologists believe that the human brain has evolved over thousands of years to focus on the negative side of life. Researchers explain that humans would not have survived the Stone Age as species if we didn't have the capacity to anticipate a saber-tooth tiger. In this sense, this type of emotional state was a survival mechanism. In this day and age, when we no longer have to contend with this constant type of danger—how do we transform our brain from the primi-

tive neurological structure into a mechanism that allows us to find peace and happiness throughout life?

The brain behaves like a muscle, and just like every other muscle, it must be trained. It must be taught how to focus on the positive experiences in our lives rather than the negative or mundane ones. You must make a conscious habit to influence your emotional state to being happy. This all goes back to the famous Earl Nightingale quote, "You become what you think about." If you want to battle sadness and anxiety, you should focus your intentions on positive thoughts and gratefulness.

As a child your brain's neural pathways are developed to form the person you are today. How you think, how you manage your emotions and the decisions you make are encoded in the communication pathways in your brain.

Scientists believe that the brain's neural pathways are completely formed by the time we become adults. However, new scientific developments suggest that our brain is much more dynamic and can be molded throughout its lifetime. This is called neuroplasticity. We do indeed have the ability to significantly change who we are and how we think.

Change happens through repetition and consistency. This may happen in our brain when new habits are introduced and eventually established. The more you consistently focus on thoughts of gratefulness and happiness, the more familiar it will become. This may be



Charles (Chazz) Scott
Member of The Nucleus Team
Positively Caviar, Inc.
Courtesy Photo

difficult at first but with mindfulness and consistency, it can be achieved.

In world-renowned author Deepak Chopra's book, "Super Genes," he explains, "Developing new pathways in the brain is like digging a new river channel. Water will keep running down the old channel as long as it's deeper than the new one. By repeating the change you want to attain, you will be digging a shallow channel at first, but repetition deepens it."

How do you change your mindset from seeing the glass half empty to half

full? Here is one technique: At the end of the day think about three good things that went well for you that day. They can be small or big—just pick three. Write them down right before you go to sleep each night. Research suggests that this exercise improves wellbeing over the long term and helps instill a habit of happiness.

By consciously reminding yourself about the things you have to be thankful for and the good experiences throughout in life, you will start looking at life more positively. Through conscious repetition, you will by definition start actively "building" new neural pathways that may change how your brain naturally thinks about your life.

Once this becomes a habit, you will be amazed just how much you have overlooked or taken for granted in your life.

Positively Caviar, Inc. is a non-profit organization focused on intensifying the message of positivity and optimism in our digitally centric lives in the Mid-Atlantic region. Once a month, a member of The Nucleus Team will write a column that focuses on mental and physical health tips, scientific studies, nutrition facts and stories that are positive in nature to support a purposeful and positive lifestyle. To learn more about our organization, the nucleus team or how to join our positive movement, visit: staybasedandpositive.com

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IN THEATERS MARCH 23

Clarence S. Campbell, Jr. joins PNC Greater Maryland Retail Leadership Team

Baltimore— Clarence S. Campbell, Jr. recently joined PNC Bank as Senior Vice President and Regional Manager for the Greater Chesapeake region. Campbell is responsible for leading retail banking operations, client experience, and business development for the Greater Chesapeake region.

Campbell has over 25 years of financial services experience and was formerly Regional Bank Area President at Wells Fargo. He received his

Business Management degree from Johns Hopkins University. Active in the community, he serves as the Chairman of the Board for the Greater Baltimore Urban League, leads a youth basketball program for Catonsville Recreation and Parks, and has served as a Board Member of the Downtown Partnership. He is a graduate of the Leadership Programs for both Baltimore County and The Greater Baltimore Committee.



Clarence S. Campbell, Jr.
Courtesy Photo

Baltimore's Beautiful OrchKids Garden:

BSO After-School Music Program is Growing Musicians

By Ursula V. Battle

This is Part I of a two-part series about OrchKids, a year-round during and after school, music program designed to create social change and nurture promising futures for youth in Baltimore City neighborhoods. Founded in 2008, OrchKids is the cornerstone of the Baltimore Symphony Orchestra's community engagement efforts across the city.

At the age of seven, Asia Palmer became a member of the OrchKids program. She was in the second grade and among the program's inaugural class. "OrchKids has helped me with my communication skills and playing instruments," said Asia. "The program definitely helped further my interest in music."

Now 16-years-old, Asia attends the Baltimore School for the Arts where she majors in Flute.

"Had I not been involved in OrchKids, I would have never thought about going to the Baltimore School for the Arts," said the 11th grader. "Through OrchKids, I have performed in concerts, had an opportunity to meet former First Lady Michelle Obama at the White House, and participated in prestigious art summer camps, including one in Los Angeles last year."

She added, "I have also met a lot of people, including a friend in Guatemala I still talk to. In addition to playing the flute, I am also a percussionist. I like experimental sound, and we do a lot of composition in OrchKids. Another great thing about OrchKids is that we can always contact the people we meet for future things. I want to go into the music business, and OrchKids has put me on the path to do it."

Under Baltimore Symphony Orchestra's Music Director/OrchKids Founding Director, Marin Alsop's artistic leadership and direction, OrchKids is the cornerstone of the Baltimore Symphony Orchestra's community engagement efforts across the city.

The program was founded in 2008 with seed funding from Marin Alsop and



The OrchKids program was founded in 2008 with seed funding from Marin Alsop and Founding Donors Rheda Becker and Robert E. Meyerhoff with 30 students at Lockerman Bundy Elementary School in West Baltimore. The program has "blossomed" to now include six public schools in Baltimore City, serving over 1,200 children from Pre-K through 11th grade. (Above) OrchKids students performing with Wynton Marsalis and Marin Alsop at the 2017 BSO Gala. Courtesy Photo/BSO

Founding Donors Rheda Becker and Robert E. Meyerhoff. The program started with 30 students at Lockerman Bundy Elementary School in West Baltimore, which is its main hub site. The program has "blossomed" to now include six public schools in Baltimore City, serving over 1,200 children from Pre-K through 11th grade.

"One of the most incredible parts of OrchKids is going into some of the most underserved neighborhoods in the city," said Raquel Whiting Gilmer, executive director for OrchKids. "There is a lot that happens in the communities we serve. There was a shooting in the neighborhood here near Lockerman Bundy, which put us on lockdown. There was also a shooting in the neighborhood near Booker T. Washington Middle School for the Arts where we also house an OrchKids program. The founders didn't pick the best neighborhoods for this program, but went into communities that

needed OrchKids the most. That says a lot, because these kids deserve music the same way kids in the county and other areas receive music."

She added, "Being in under-resourced communities, allows families that want music for their kids to have it. A survey

is up to us to help them perform."

Camille Delaney-McNeill is the Sr. Site Manager for OrchKids. She attended Peabody Institute and is a native of Prince Georges County.

"I remind myself of what I am doing every day," she said. "What's most

important is that we offer a consistent

pathway for students to have equitable access to resources they need and deserve. Sometimes I wear many hats—site manager, flute teacher, a counselor, and a friend whose shoulder the students sometimes need to cry on."

She added, "I am willing to do that. We are being responsible to the needs of our community, and the success of our students. That is a major contribution to our city. OrchKids is revitalizing and reinvigorating what is already here."

Next week: Part II of this special series on OrchKids.

Ashley Minner sheds light on Baltimore's Lumbee community

By Stacy M. Brown

Ashley Minner, a community-based visual artist, counts among the 55,000 members of the Lumbee Tribe of North Carolina that established a separate school system to benefit its members.

Born and raised in Baltimore where she still lives, Minner has been active in the city's Lumbee community, regularly visiting communities throughout the U.S. and in South and Latin America.

"Baltimore has the largest Lumbee community outside of North Carolina. We're mostly in East Baltimore and the historic community [that is] now called 'Upper Fells Point.' Our church and the Indian Center, and some Lumbee people are still there in the neighborhood," said Minner.

Minner works as a folklorist for the Maryland Traditions Program of the Maryland State Arts Council and is a part-time lecturer in the Department of American Studies at UMBC. She is also part-time faculty member in the Masters of Fine Arts in Community Arts Program at MICA.

"A lot of [Lumbee] people have moved out to places like Dundalk, Essex and Rosedale. I would say we're pretty insular, in some ways... but in a diverse, urban place like Baltimore, we live, work and play with all kinds of people. We can be friendly and welcoming or not, just like anyone else," she said.

In 2016, Minner invited Museum Studies graduate students from the University of Maryland to visit the Lumbee Indian community of East Baltimore. Their visit included a first attempt at a walking tour of sites important to our people in the neighborhood where Lumbee first settled.

In the case of the Lumbee community of East Baltimore, there aren't a lot of written records to be found. Many places have changed owners, inhabitants and purpose, while some have been demolished and built over—literally and deliberately erased—so that there is no building left to visit, nothing left to see, according to Minner.

Following World War II, Lumbee Indians from rural North Carolina moved to



Ashley Minner is an active member of the Lumbee community in Baltimore. She works as a folklorist for the Maryland Traditions Program of the Maryland State Arts Council and is a part-time lecturer in the Department of American Studies at UMBC. She is also part-time faculty member in the Masters of Fine Arts in Community Arts Program at MICA. Photo Credit: Bruce Weller/OSI Baltimore

Baltimore in droves, forming a satellite community in the Southeast quadrant of town, with numbers eventually reaching into the thousands.

America's process of nation building has been one of inclusion and exclusion. Ideas about who does and doesn't belong here are ever-contested and

ever-changing with the political, economic, and social tides of history, Minner said, alluding to a series she and friend and photographer Sean Scheidt have been working on, in which elders get to share their stories.

The "Elders of Baltimore" project is a social media platform that focuses on local seniors. Minner says it's a poignant way to disrupt hateful rhetoric about immigrants.

"It grew out of a few other projects we did and it's an ethnographic project that focuses on elder immigrants to Baltimore. So far, we've worked with people from Germany, Italy, Greece, India, Vietnam and Eritrea," Minner said.

"Sean takes these beautiful portraits of our subjects and I do interviews with them. We feel that at this time, it's important to showcase the faces and voices of people who came from elsewhere, but have helped to build this city," she said. "It's hard to hate someone after you know their story and our focus on elders really complicates ideas that many people have about immigrants today."

In Minner's artist statement, she says she is most inspired by the beauty of everyday people.

"All of my work is what you call narrative art speak. It always tells a story and I believe that the experiences of everyday people are both wonderful and important," she said. "And, that everyone is an expert in their own life. I try to let that shine through all of what I make, which ranges from drawing, painting, printmaking, fiber, artists books, installation, and to more media."

Minner continues to work on various projects and says she is probably most proud of the one she did with the Baltimore Museum in 2011 titled "Hard Workin' Pilgrims: Lumbee Indians in Baltimore City Industry."

"The featured elders ... got dressed up and came to the museum," she said. "Not only did they get to see their life stories being honored in a major cultural institution, they got to speak for themselves. It was beautiful."

Children visit dental museum and glimpse future careers

In the eyes of a child, the museum display that makes a lasting impression might be a row of animal skulls showing how a wild boar or a turtle takes a bite. Or the gallery featuring President George Washington's portrait and an accompanying exhibit of his false teeth.

Or perhaps what truly sticks are the white lab coats and youth-size dental chair that children can try out when touring the Samuel D. Harris National Museum of Dentistry in Baltimore, a part of the University of Maryland School of Dentistry (UMSOD).

A partnership with Baltimore City Public Schools and the Maryland Department of Health and Mental Hygiene makes possible the Title I program for public school field trips. The intent is to allow children to enjoy themselves while learning about oral health and being introduced to what could be a future career: dentist, dental hygienist.

"Traditionally, children visit the museum to have fun and get excited about caring for their teeth," said Richard Manski, DDS, PhD, MBA, executive director of the museum and professor and chair of Dental Public Health at the School of Dentistry. "We want to reach these future dental professionals early in order to encourage them to look forward to and appreciate their STEM [Science, Technology, Engineering, and Math] classes and aspire to health careers."

During a recent field trip by 38 second-graders from Mount Royal Elementary/Middle School, Isaiah Joseph was among a group eagerly taking in exhibits. "He's all the way at the front," said his grandmother, Nadine Kinard, one of the chaperones.

When asked what he'd seen that surprised him, the child replied: "pictures of teeth." When asked if he might one day consider becoming a dentist, Isaiah nodded.

Kinard was more vocal than her grandson. "I love the museum," she said.

An affiliate of the Smithsonian, the museum has a collection of 40,000 objects, many of which come from the collection of the Baltimore College of Dental Surgery, the School of Dentistry's predecessor and the world's first college of dentistry, founded in 1840.



(Left) Second-graders learn about oral health care during Mount Royal Elementary/Middle School's field trip to the Samuel D. Harris National Museum of Dentistry. (Right) The students interact with an exhibit at the museum.

Photo Credit: University of Maryland, Baltimore

Located at 31 S. Greene Street on the campus of the University of Maryland, Baltimore, the museum also features interactive exhibits designed to engage and educate children.

The Mount Royal students shook their heads as they entered a tobacco-cessation section, startled by depictions of the ill effects of smoking. In an oral health section, they took turns pulling on a string that simulates floss, pretending to clean a larger-than-life model of a mouth. Similarly, they wielded a huge toothbrush to practice brushing techniques.

In the role-playing section, students took turns wearing a white coat and climbing into the chair with such enthusiasm that it was hard keeping track who was patient and dentist, or dentist and patient.

For a role model, they interacted during the tour with Ben Scherr, a second-year dental student who wore blue scrubs for his volunteer shift as guide. Scherr was adept at mining the curiosity of elementary-schoolers, challenging them to use their own powers of observation.

Scherr paused beneath the lion's skull, asking how its teeth or those of a horse might be related to the animal's food. And how do human teeth compare?

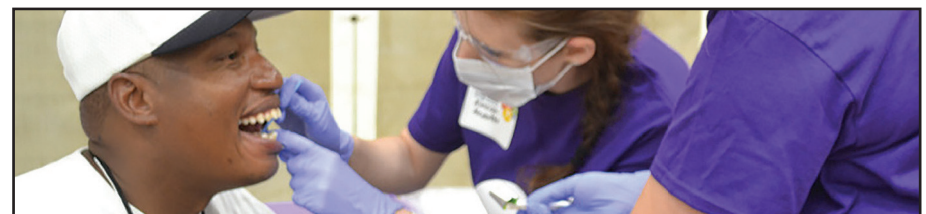
"Are they similar to ours, or different?" he asked.

Answers were flying at that and other exhibits, ranging from a lineup of early dental tools to one about the science of saliva.

"It's great exposure for my students to learn to care for their teeth," said Mount Royal teacher Carlotta Williams. "It's a very hands-on museum."

Said Scott Swank, DDS, museum curator and assistant professor in Dental

Public Health at the School of Dentistry: "We want the students to realize that they can actually become dentists, dental hygienists, and one day help take care of other people's teeth as well as their own."



WE CARE FOR OUR COMMUNITY

Students and faculty at the **University of Maryland School of Dentistry (UMSOD)** provide a range of oral health education, screenings, and treatments to residents of Baltimore and Maryland. Here are a few of the ways we work to help our community:

Healthy Smiles for Baltimore Kids:

For the past 10 years, dental student volunteers have presented fun and active oral health lessons at after-school programs in Baltimore.

Generation Next:

UMSOD students, in collaboration with UMBC, provide mentoring to Vivien T. Thomas Medical Arts Academy high school students who are interested in health careers.

Smiles for Success:

UMSOD students offer oral health treatment and care to women who are completing job training and entering the workforce after experiencing abuse, addiction, or financial hardship.

Special Smiles:

At the Maryland Special Olympics, UMSOD faculty and students provide free oral health screenings, education, sports mouth protectors, and cavity-preventive fluoride varnish to the athletes in a welcoming, low-anxiety environment.

Baltimore Mission of Mercy:

Each year we work with the United Way of Central Maryland and the Maryland State Dental Association to provide free oral health care to local residents, including screenings, fillings, and extractions. In 2017, nearly 950 patients received care.



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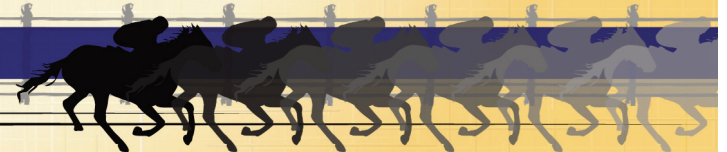
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Film about Ted Turner's America's Cup victory featured at Annapolis Film Festival

Annapolis— The Annapolis Film Festival will screen “Courageous - Defending the 1977 America's Cup” on Saturday, March 24, 2018, at 11:45 a.m. in Maryland Hall located at 801 Chase Street in Annapolis. The documentary is about Ted Turner's career and personal travails culminating in his underdog win of sailing's most important race— the America's Cup.

Directed by Matt Allen of NBC Films and narrated by Michael Douglas, the film features the then 27-year-old Annapolis native Gary Jobson, as the boat's tactician. NBC Film's Director, Matt Allen, and several members of the crew including Jobson, will be on stage for a Panel Discussion immediately after the 50-minute film. To view the trailer and buy tickets, visit: www.annapolis-filmfestival.com

As Turner joins the competition to represent the United States in the cup finals we see a man accused of being bi-polar, owning a losing baseball team and having wild ideas about creating a worldwide 24-hour, TV news channel. Through the lens of those around him at the time, including Atlanta Braves Hall of Famer Hank Aaron, we see how Turner worked using unconventional techniques to build a winning team from talented amateurs including blasting the musical theme from the 1976 film Rocky every day during the race trials.

“This is on one of the most amazing sports stories in sailing history,” said Gary Jobson, a sailing legend in his own right. “Yet a few years after his surprise win of the America's Cup Ted starts CNN, the Atlanta Braves are on track to win the World Series and he is lauded as a superb entrepreneur with a Time Magazine cover.”

In the spring of 1977, a 37-year-old Ted Turner was running a struggling, small independent television station in Atlanta. He had recently purchased the Atlanta Braves baseball team, which was losing and in the cellar. Not without sailing experience, Turner had spent his youth racing small sailboats. In 1974 he skippered the 12 Meter Mariner in the America's Cup Defense Trials but lost almost every race and eventually was



The Annapolis Film Festival will screen “Courageous – Defending the 1977 America's Cup” on Saturday, March 24, 2018 at Maryland Hall in Annapolis. The film is the story of Ted Turner's underdog sailing victory and the beginning of his fame as an entrepreneur. Pictured are skipper Turner (37) (left) and tactician Gary Jobson (27) at the helm of Courageous during the America's Cup trials.
Courtesy Photo

dismissed from the boat. Yet, Turner was a brash southerner who attracted a lot of attention with his colorful style. He was a visionary who would not quit. He would say, “I am not losing, I am just learning

the top two sail makers in the world, Olympic Gold Medalist Lowell North, and 1974 America's Cup winning helmsman Ted Hood. Turner, sailing the older Courageous with an unknown crew

This fast-paced film shows how Turner and his crew turned things around. The Courageous crew was the last amateur team to win the America's Cup, the worlds' oldest sports trophy.

“His America's Cup victory made him look like a winner. I often wonder if his sailing experience helped him succeed in business, or was it the other way around?”— Gary Jobson

how to win.” Few were convinced.

Turner was back at the helm of Courageous for the 1977 America's Cup. To reach the Cup Final against an international challenger, Turner had to take on

shocked the sailing world by winning the first round of the trials, but soon fell into a slump when his rivals would not sell him any new sails. The situation looked dim.

Turner's victory was followed by a string of business innovations that made him one of the worlds' richest men and among the largest private landowners in the United States.

Early Head Start toddlers visit Maryland Delegates on Annapolis Day



(Left) Families, staff and toddlers from the Anne Arundel County Community Action Agency's Early Head Start program with Delegates Mark Chang and Michael Malone and Senator John Astle (right) at Maryland Family Network's Annapolis Day at the Miller Senate Building, within the state capital complex.
Courtesy Photos/AACCAC



Annapolis— Ten toddlers, from the Anne Arundel County Community Action Agency's Early Head Start (EHS) program, joined their parents and program staff at Maryland Family Network's Annapolis Day on February 27, 2018 at the Miller Senate Building, within the state capital complex.

Annapolis Day, an annual advocacy day, is an opportunity for infants, toddlers, parents, advocates and educators to visit legislative offices and thank lawmakers for championing programs that benefit families. Community Action is committed to supporting and advocating early childhood education within our community.

While attending Annapolis Day, Early Head Start families had the opportunity to participate in interactive entertainment for both children and adults, and listen to legislators speak about the programs they support on behalf of young children.

Elected officials who spoke at Annapolis Day included Sen. Nancy King, Sen. Richard Madaleno, Sen. Antonio Hayes, Del. Sheree Sample-Hughes, Del.

Brooke Lierman, and Del. Jheanelle Wilkins.

Families and staff from Community Action's Early Head Start center also met with Senator John Astle, and Delegates Mark Chang and Michael Malone. During meetings with elected officials, families were able to share their experiences with the Early Head Start program and how their children have benefited from the program.

"Our children depend on everyone to help meet their early educational needs and care," said Carmelia Hicks, director of Community Action's Early Head Start program. "We attend this important day to say thank you to our legislators for all their support and commitment to our families."

Twenty-four Family Support Centers participated in Annapolis Day, including 13 Early Head Start Centers, which were represented by 89 infants and toddlers, and 93 parents. In addition, 97 members of Family Support Network staff, Child Care Resource Center staff, and Maryland Family Network staff and board members attended the event.



Community Action's Early Head Start program, which is located at the Lula G. Scott Community Center in Shady Side, is an income eligible, family-centered program that facilitates the educational and social development of pregnant women, infants, toddlers, and children with special needs. Parents gain parenting skills and education necessary to raise healthy children and lead self-sufficient lives. Children are involved in developmentally appropriate activities with other children in their age range and

with their parents.

For more than 50 years, Community Action has been empowering people by reducing poverty and building resilient communities throughout Anne Arundel County. Community Action achieves its mission by administering quality services and programs benefiting low-income individuals and families. The Agency's Early Head Start program supports the birth of healthy babies, positive parenting skills, and early childhood development.

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MedChi teams up with DrFirst and CRISP to tackle opioid crisis in Maryland

Collaboration gives Maryland physicians the first mobile app with PDMP query compliance built into the e-prescribing workflow

Annapolis— Two of Maryland's most innovative healthcare organizations have joined forces to give Maryland prescribers a mobile tool to efficiently access Maryland's Prescription Drug Monitoring Program (PDMP) data from within the e-prescribing workflow.

MedChi, The Maryland State Medical Society, has teamed with DrFirst, a Maryland-based leader in e-prescribing and medication management solutions to bring iPrescribeSM to prescribers using the PDMP data displayed to healthcare providers by Maryland's state-designated health information exchange, CRISP, who operates the state's PDMP. iPrescribe is the first mobile medication management app that allows physicians to comply with the Maryland mandate to consult the PDMP. MedChi and DrFirst are making iPrescribe available to Maryland prescribers free for the first year. Maryland prescribers will be required to query and review the PDMP database prior to initially prescribing an opioid or benzodiazepine for a patient starting July 1, 2018. Previously, PDMP access for many prescribers involved leaving the clinical workflow in order to view the patient's history of opioid and other controlled drug prescriptions within



CRISP, adding time and complexity to an already complex process. The collaboration with MedChi, DrFirst, and CRISP streamlines the PDMP query process by making it available in the e-prescribing workflow through the iPrescribe mobile app.

“Through our relationship with CRISP and the PDMP integration with DrFirst's iPrescribe, we give Maryland prescribers the ability to more easily and efficiently

comply with the PDMP query mandate. The improved access to patient data empowers physicians to make fully-informed prescribing decisions, providing appropriate pain medication to patients who need it, and identify patients who are at risk for opioid addiction,” said Gene Ransom, MedChi's chief executive officer. “Our goal is to put this tool in the hands of every prescriber in Maryland.”

“As a Maryland-based organization, we are excited to support technological solutions that put tools in the hands of the

provider community that can help combat the opioid crisis in our state,” said Brandon Neiswender, VP and COO at CRISP. “We can provide authorized users easier access to patient data to better inform clinical decisions and address patient safety and opioid overuse concerns.”

“With opioid deaths in Maryland continuing to mount, it is critical that prescribers have easy access to patient information. With iPrescribe, we are arming them with a powerful mobile tool that, for the first time, gives them a comprehensive view of their patient's medication history, including PDMP data from CRISP, in their e-prescribing workflow,” said G. Cameron Deemer, president of DrFirst.

In addition to e-prescribing and PDMP access, the iPrescribe app delivers powerful medication management including up to 24 months of a patient's medication history; actual patient cost for prescribed medications from local pharmacies and discount card access to the uninsured; and securely chat with extended care teams and patients in a HIPAA-compliant manner. Prescriptions automatically update to the patient's medication history to ensure consistent patient records across any EMR. Integrations are available with most leading EMR and hospital information systems. The iPrescribe app is currently available and can be downloaded from the Apple App Store and Google Play Store.

For more information, visit <https://www.iprescribe.com/>.

Reginald Lewis Museum of Maryland African American History & Culture Needs Volunteers

The Reginald Lewis Museum of Maryland African American History & Culture is dedicated to serving the community by providing multifaceted support through meaningful interactions with history and material culture of Maryland African Americans. Volunteers are needed to assist at the Information Desk, as Docents, for Special Events, and more. There are ongoing opportunities on Saturdays and Sundays for assistance with greeting guests and patrons at the main entrance and to work with kid's activities during public hours. The minimum age for volunteers is 14. Volunteering is open to adults, seniors, college, and high school students. Service learning credit hours can be earned by high school students. We are accepting applications for the following volunteer positions: Special Event Volunteer, Administrative Assistant, Curatorial Assistant and Visitor Services. Contact Joy Hall at 443-263-1800 or hall@lewismuseum.org or visit the website: www.lewismuseum.org.

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STAIR is a one-on-one reading program geared to help 2nd graders currently reading below grade level. STAIR has worked with Anne Arundel County schools for 12 years. For one hour, two days a week after school, tutors read, practice phonics, and work on fluency and comprehension with their student. Learning occurs in a safe, nurturing environment and a bond is forged between tutor and student. STAIR has seven sites in Annapolis and sites in Edgewater, Severn, and Crofton, Maryland. We are currently looking for one and two day a week tutors as well as substitute tutors for all sites. Sites are open either Tuesday/Thursday or Tuesday/Wednesday. Training is provided. Contact Linda Barbour, Executive Director at executive_director@stairannapolis.org or 410-279-6480 or visit the STAIR website at: www.stairannapolis.org for more information.

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