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Healing Through Creative Expression:

Devin Allen is changing the Baltimore narrative one photograph at a time



On Thursday, March 15, 2018, the Institute for Integrative Health in conjunction with the Gordon Parks Foundation opened the exhibit "A Beautiful Ghetto, Three Years Later: A Conversation about Healing," featuring the photography of Baltimore native and award-winning photojournalist Devin Allen, who chronicled the uprising after Freddie Gray's death. Allen is pictured explaining where he was and what was happening when he took this photograph. He said he climbed up on a light post in order to get this shot of BCPD officers in their riot gear." (Story on page 11) Photo by Alisa Hyman

If you want to live a happier, healthier life, just walk it out!

By Miss Fit

Did you know that walking is the most popular form of physical exercise in the United States? Studies indicate that by walking for 30 minutes a day or more can help reduce stress and improve overall health and wellness.

Walking is easy, free and convenient, and you can move at your own pace. There are no memberships, contracts, or personal trainers required, so it's definitely a great alternative to a gym.

Do you often wake up feeling tired, exhausted or sometimes in need of a boost of energy? Walking releases endorphins that make you feel good, energetic and increases feelings of inner peace, happiness and wellbeing.

It also reduces, depression, anxiety and fatigue. So, get up, put some pep in your step and get that extra boost of bliss in the morning. During your lunch break, after dinner or before bedtime are also great times to take a relaxing stroll. Adding simple steps, such as a daily walking routine can have endless health improvement results.

According to the National Academy of



Sports Medicine (NASM), "A 30 minute walk every day is recognized with great health benefits." Walking daily improves weight loss, reduced body fat, increased metabolism, muscle tone, balance improvement, coordination and fall prevention. In addition, it also builds and restores the immune system, increases memory, reduces the risk of heart disease, cancer, high cholesterol, strokes, diabetes, high blood pressure and osteoporosis.

Experts also indicate, as a low impact exercise, walking is an effective and safe way to get out and active without the risks of receiving exercise related injuries. "Depending on how much you weigh and how fast you walk for 30 minutes, you can burn 90-360 calories," according to Fitness for Weight Loss.

It's always a good practice to consult with your Physician or Health Care

Provider before starting any new fitness program, particularly, if you have existing medical conditions, are overweight, currently on medication, haven't exercised in a long time, or are over the age of 40.

Another amazing health benefit from walking is that it can be done alone, while listening to your favorite music, with a partner, pet or with family members. Walking with a group of like-minded people at your job, in your neighborhood, church, school or for a local charity is also a great way to get fit, be sociable, help others and have some fun.

So, if you are ready to start building that summer body, lose any unwanted holiday pounds or to shake off any cold winter blues, there is nothing to it— just do it. Put on some comfortable shoes and walk it out!

As a proud African American health and fitness enthusiast, Miss Fit's goal is to promote and share the importance of living a happy, healthy and stress free lifestyle in our community.

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Guest Editorials/Commentary

What people don't know about genetic testing can hurt them

By Jill Levy-Fisch

This year, over 200,000 Americans will order genetic tests to see if they're at risk for more than 2,000 hereditary diseases, including cancer. Patients and their doctors can choose tests from over 500 different laboratories.

Most people don't think twice about their choice of lab. They figure all labs' tests are of similar quality. They're wrong.

Many labs are sending patients inaccurate test results. Sometimes, labs notify patients that they have a dangerous genetic mutation when they really don't. So patients needlessly undergo expensive and invasive surgeries to prevent a disease they're unlikely to develop. Other times, labs tell patients that a mutation is harmless—when it's actually dangerous. So patients don't take preventative actions and ultimately develop deadly diseases.

It's time for the FDA to protect patients by regulating these tests, just as the agency regulates prescription drugs. Genetic tests, formally known as "laboratory developed tests," detect mutations in people's DNA. Some mutations are harmless. Others make it extremely likely that a person will develop a certain disease later in life. Certain mutations in the BRCA gene, for instance, give women an 87 percent chance of developing breast cancer.

This foreknowledge can be lifesaving. Women who learn they're at heightened risk of breast cancer can undergo frequent screenings. Women who catch early-stage tumors have a 93 percent five-year survival rate, according to the American Cancer Society. When patients don't catch tumors until the most advanced stage, after the cancer has spread throughout the body, the survival rate plummets to 15 percent.

Many women with BRCA mutations preemptively have their breasts and ovaries removed to prevent tumors from forming.

Patients need reliable information before deciding whether to undergo such invasive surgeries. Too often, many labs provide inaccurate genetic test results.

Consider a 48-year-old woman who took a genetic test at a local lab and tested positive for a BRCA mutation. She decided to have her breasts, uterus, and ovaries removed. After the procedure, her parents also underwent genetic testing. Neither of them tested positive for the gene. Stunned, the woman took another test, which came back negative. Take one California-based lab that just admitted its tests failed to detect a mutation linked to colorectal cancer. Thousands of patients may have received the faulty tests.

Many newer labs don't have enough experience or samples to find mutations or determine whether a mutation is harmful. Many are so new that they've only published a relative handful of peer-reviewed studies and invested just a few million dollars in developing their tests.

The consequences of incorrect diagnoses are severe. Society loses \$775,000 for every breast cancer patient who receives a false negative result, according to an FDA study. More federal oversight could prevent laboratories from delivering inaccurate test results. The FDA proposed several reforms to govern laboratory developed tests last year. All new and severely modified LDTs, for instance, would have to undergo a rigorous review process. This process could help identify quality control missteps that could lead to false diagnoses. The FDA would also continually monitor the quality of LDTs to ensure that they deliver accurate results.

Such reforms would protect patients and save lives. But so far, Congress has shown little interest in allowing the FDA to regulate LDTs. Until that changes, thousands of Americans will continue to receive inaccurate and incomplete genetic test results.

Jill Levy-Fisch is president of the Save Babies Through Screening Foundation. The Foundation's goal is to see that every baby born in the United States is screened successfully, effectively, and comprehensively.



Commentary

Shame on you, Katy Perry!

By Laura Finley

I am appalled that pop singer Katy Perry planted an unwanted kiss on an American Idol contestant during her judging duties for the show.

Although the contestant, Benjamin Glaze says he does not consider it to be sexual harassment, by definition it decidedly is. Glaze was even asked if he would have consented if Perry would have sought his permission for the kiss and he said no. Yet radio hosts are giggling about it like nonconsensual kissing is funny. In particular, they are having a good chuckle at Glaze's comment that he "didn't like it." But "It's Katy Perry!" I keep hearing, as though the fact that she's a cute celebrity makes any difference.

This all reeks of the double standard that harms both men and women. In this case, the lack of consent for an intimate moment is being trivialized because it was a male on the receiving end. It is also supposedly funny, just like so many popular culture references to men "wanting" to be raped by "hot" women. Neither is good for men, who often

struggle to report abuse and assault for fear of stigma. Nor is it good for women to reinforce the notion that unwanted sexual behavior is OK if they do it, or if the person is famous enough.

Still worse is the way the show is glorifying the moment. American Idol promoted it heavily before the show aired, despite Glaze saying he was a bit uncomfortable. Lionel Richie even egged her on as she did it.

I appreciate Glaze's right to react as he wishes, and he has said he is simply happy for the experience of being on American Idol. Having been grabbed and kissed without my permission, I can say it made me feel dirty and disgusted, angry and sad but the show, its fans, and the trolls on radio, TV and social media who think that makes it all OK are all simply wrong.

It is very definitely not OK. To engage in or condone such a repulsive ratings ploy is no better than to say it was OK for Harvey Weinstein to kiss Cara Delevingne without her consent.

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

Black women need better access to reproductive healthcare

By Dr. Raegan McDonald-Mosley
Chief Medical Officer,
Planned Parenthood of Maryland

I've been a practicing OB/GYN for nearly 15 years, long enough to see patient after patient struggle through the web of systemic barriers that make accessing healthcare needlessly difficult.

At my practice in Baltimore, in a state that is a national trailblazer in providing comprehensive and affordable reproductive healthcare, I still hear every day from women who struggle to get the care they need.

My patients have told me stories about having to take three buses to get to an appointment, only to be turned away, if they are late. Some patients don't have the right type of insurance coverage or have no insurance, pushing needed health services or medication financially out of reach. Others can't take time off work or afford transportation or child-care in order to go to their doctor.

Reproductive healthcare is not a luxury, and for black women specifically, being in full control of our reproductive

decisions can quite literally be a matter of life and death. Data from the CDC shows black women are three to four times more likely to die during childbirth than white women. These statistics remain consistent even when adjusting for factors like age, education, and economic status. There is a growing consensus that the stress of prejudice and racism endured by black women

about effective family planning methods, and inability to access or afford reproductive healthcare.

What I see in these statistics— and what I hear from my patients— is that the current systems for providing birth control are not meeting black women's needs. We need to think bigger about how to overcome these barriers and provide convenient contraceptive options

to provide self-care with over-the-counter medications, and there is no reason a birth control pill should be different. Studies show that individuals themselves can determine whether birth control pills are right for them and if there are any health conditions that might make taking birth control pills less safe or less effective.

While having a yearly gynecology exam is important for other health reasons, it is not necessary to start birth control pills. Yet, I'm not concerned about my patients disappearing. In a recent survey, the vast majority of women interested in taking an over-the-counter birth control pill reported they would continue to visit their healthcare provider to obtain gynecological screenings, like pap smears. We don't have to hold patients hostage to their prescriptions for birth control pills in order to get them into the office for other services. We need to work to make all reproductive healthcare more accessible for people where and when they need it.

Of course, over-the-counter birth control pills won't singlehandedly fix the legacy left by discriminatory healthcare programs and the reproductive coercion experienced by black women, but it can bring us closer to a future where every person has the resources they need to make decisions about their own bodies and lives with dignity.

Dr. Raegan McDonald-Mosley is Chief Medical Officer at Planned Parenthood of Maryland. You can follow Dr. McDonald-Mosley on Twitter @DrRaegan.

“Data from the CDC shows black women are three to four times more likely to die during childbirth than white women. These statistics remain consistent even when adjusting for factors like age, education and economic status.”

increases the likelihood of preterm birth and other health consequences.

Racial and ethnic disparities in unintended pregnancy also persist. Black women are significantly more likely to have an unintended pregnancy when compared to all women of reproductive age, and the percentage of people who decide to end an unintended pregnancy, instead of give birth, is highest among black women. Black women at risk of unintended pregnancy are also less likely to use any method of contraception, particularly young black women. Researchers propose these disparities are a consequence of implicit and explicit racism when interacting with the medical system, lack of quality information

directly in people's communities. From birth control delivery apps, to pharmacist prescribing programs, healthcare innovators are bringing us closer to a world where the tools to prevent pregnancy are at your fingertips. In my view, an over-the-counter birth control pill is the obvious next step and would be a game changer for giving people the option of getting safe birth control when and where they want it.

Women's health providers are working in tandem with researchers to hone best practices for providing birth control pills— for example, no longer are blood pressure checks or pap smears required prior to prescribing the pill for healthy patients. People are already empowered

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Three ways for couples to discuss money without getting divorced

News & Experts— Numerous studies point to money as one of the leading causes of divorce. From different spending habits and financial goals to one spouse earning considerably more income than the other, money can be a polarizing issue in a marriage, straining it to the breaking point.

Money problems within a marriage can spiral out of control when one spouse or both establish detrimental financial habits, such as overspending, increasing debt and poor priorities.

Things worsen when these spending behaviors occur without the other's knowledge. Thus, communication, financial advisors say, is a key component to a couple keeping their financial house—and perhaps their marriage—in order. And ideally, the couple will have honest and thorough money conversations on a consistent basis.

“Successful relationships require open communication and trust, but there are some conversations that are harder to have than others,” said Al Zdenek, (www.AlZdenek.com), the author of the book “Master Your Cash Flow: The Key To Grow And Retain Wealth” and of the upcoming book “Master Your Cash Flow: The Key To Grow A Valuable Business.”

“One of the most difficult ones is about money. It's serious and can be daunting, but it doesn't have to be difficult or scary,” said Zdenek

Here are three tips that Zdenek gives to couples on making a healthy, organized discussion about money a consistent part of their marriage:



•**Planning the talk.** This is the first step and it's an important one. “Find a time when you can both talk without distractions— no phones, TV, or kids,” Zdenek says. “It's also a good idea to

have these meetings monthly, or at least quarterly, to ensure you're on the same page.”

•**Discussing the hard numbers.** You both should be prepared to discuss your

budget as well as plans for savings and retirement. In a 2017 MagnifyMoney Divorce and Debt survey, 70 percent of respondents who said their divorce was due to money issues also said they didn't stick to a budget during the marriage. “Bring notes about how your family has handled money in the past and how you would follow or change those steps,” Zdenek says. “Is it best to have joint bank accounts or single? Now is also the time to talk about financial goals and dreams, and to see how together you can make them come true.”

•**Remember, it's 'We,' not 'I.'** It's no longer just about you since you're building your lives together. “It should also be noted that empathy will help with these conversations,” Zdenek says. “Try to understand where your partner is coming from, especially if you have different spending habits. It's also important to listen to qualms your partner may have.”

“It's important to remember that old saying: ‘No one is perfect,’ ” Zdenek says. “Both of you are going to make financial errors. Be forgiving and understanding. And then try to figure ways to prevent it from happening again.”

An author, speaker and thought leader, Al Zdenek (www.AlZdenek.com) is executive vice president at Mercer Advisors. A leader in the wealth management industry for over 30 years, he is a personal financial specialist, certified public accountant and former president, CEO and founder of Traust Sollus Wealth Management.

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'March For Our Lives' in Annapolis on Saturday, March 24th

By Andrea Blackstone

It seems that everyone agrees that students deserve to be able to learn in safe school environment, but everyone has a different opinion of just how to accomplish this feat.

In response to the shooting at Marjory Stoneman Douglas High School in Parkland, Florida, where 17 people were killed, thousands of youth all around the country began to demand safety in schools from legislators and other officials.

The "March For Our Lives" movement started when survivors of the Parkland, Florida school shooting and their families made plans to march on the streets of Washington, D.C. on March 24, 2018 to demand that their lives and safety become a priority, and for an end to gun violence and mass shootings in schools in the United States.

Local area high school students organized a "March for Our Lives" event in Annapolis to also take place on March 24 with help of the nonpartisan organization, "March on Maryland." To support the student's efforts, the organization agreed to provide assistance with permits and logistics, and will serve as a sponsor for the event.

Beginning at 11 a.m. at Lawyer's Mall, located at 100 State Circle, students and supporters plan to march down Main Street in Annapolis to Susan Campbell Park, where they will sign a banner requesting that state officials address the gun violence issues affecting student safety. "March For Our Lives Annapolis" will include rallying with both adult and student speakers.

Outspoken lead organizer, 16-year old Mackenzie Boughey hopes that the momentum will not end when everyone heads home. The 10th grade Severn School student says that she wants to show that youth should be able to speak up about what they believe in at a young age.

"I was watching the TV interviews by the Parkland students about week after the shooting and I was just really inspired by them, and wanted to do something in Annapolis to help their cause," Mackenzie said. "The overall message I guess is just telling how



Mackenzie Boughey (right) is heading a student led "March For Our Lives" event in Annapolis on Saturday, March 24, 2018 in an effort to prevent more school shootings with the help of fellow students. The 16-year-old Severn School student wanted to do something proactive after the school shooting in Parkland, Florida. Over 1,000 people are expected to attend the march and over 188 legislators have been invited to listen to the marchers.

Courtesy Photo

everyone— whether young or old, or no matter race or politics, this is an issue that needs to be addressed, because there's gun violence in schools, but anyone can be impacted by gun violence. So we're really just trying to come together as a community to and stop this, and to try to make something happen."

Six students organizers who are enrolled in local private and public schools have been busy coordinating the event, spreading the word through social media and mobilizing the community. As a result, approximately 1,000 people are expected to attend "March For Our Lives Annapolis" event. Although everyone is welcome to attend the event, the young activists hope that students of all ages will come out to share their voices.

Over 188 legislators have been invited to come out to hear what the event speakers have to say and organizers hope it will lead to action.

"But what I truly want to see happen is action. I would really like to see our [legislators] do something after seeing all of these people come together," Mackenzie said. "We're trying to show that our generation can have a voice right now. We will be voting soon. A lot of us are already registered. I feel like

the earlier you [we] get started on all of this, the better it will be."

Maya Rogalski, a twelfth grade student at Northeast High School who is working with Mackenzie to organize the march has also agreed to speak on Saturday. She feels that some students have been desensitized by gun violence but she hopes that people get a better understanding of what student activists are

trying to accomplish with the marches in all 50 states and will help fight for the cause of advocating for gun control and school safety.

To register for the "March for Our Lives Annapolis" event, visit: <https://www.facebook.com/March-ForOurLivesAnnapolis/>. Registration is not required but organizers welcome it.

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UMBC makes history at NCAA Tournament: **Black President Leading UMBC's Academic charge**

By Timothy Cox

What a weekend to remember, thanks to an historical basketball game Friday, March 16, 2018, when the University of Maryland Baltimore County (UMBC), achieved an unprecedented feat with their unexpected victory over No. 1 seeded University of Virginia, in the first round of the NCAA Tournament. The Maryland team won with a lopsided score of 74-54 in Charlotte, North Carolina.

The victory caused havoc among most folks who opted to predict who would possibly win the annual national collegiate men's basketball tournament. The win also put a first-time international spotlight on the small college located in Catonsville in Baltimore County.

Although the team would eventually lose in the second round on Sunday (March 18) during a hard-fought battle against No. 9 seeded Kansas State University (50-43), UMBC played proudly and won the hearts of millions who continued to support the "Cinderella" story



Dr. Freeman A. Hrabowski III
President, UMBC
Courtesy Photo

of the 2018 NCAA Tourney affectionately known as "March Madness."

While the hoop team garnered first-time fans, it should be known that UMBC has long been a stellar site when it comes to academic prowess and

success. The school's chess team is likewise considered a championship-caliber program within international ranks.

It should also be noted that prior to the hoop team's recent success, it may be a little known fact outside Maryland that UMBC is led by African-American, Dr. Freeman A. Hrabowski III who has been at the school's helm since 1992.

Dr. Hrabowski is the author of several books and was selected to chair President Barack Obama's Advisory Commission on Educational Excellence.

As a youth, the Birmingham, Alabama native participated in a major Civil Rights protest at Kelly Ingram Park in Birmingham in May 1963.

Carroll Little, a 1998 UMBC graduate, says he transferred from Morehouse College in Atlanta to attend UMBC.

"Being at an HBCU was important but I also appreciated Dr. Hrabowski's positive influence on black males. That was vital," he said noting Dr. Hrabowski's role in developing the Meyerhoff Scholars Program, which has been at the forefront of efforts to increase diversity among future leaders in science, engineering and related fields.

Dr. Hrabowski was featured on the popular news magazine show "60 Minutes" on CBS in 2013, where he was able to speak about the goals of the Meyerhoff Scholars Program.

Bookstore Marketing Director Erin McGonigle said the unexpected hoop success generated massive online orders for merchandise from throughout the nation. "Our online orders have already outnumbered our [usual] annual totals," she said.

The Woelper family of nearby Pasadena, Maryland, made the Sunday drive to visit their former campus and stomping grounds. Jason Woelper along with wife Colleen Woelper, daughter Brenna, 7 and son Brodie, 5, posed at the school's mascot statue "True Grit the Retriever" dog.

Both Woelpers are alumnus. He is a mechanical engineer and she is a social studies department chair with Anne Arundel Rundle County Schools. They base their career success on academic foundations learned at UMBC.

"It's always been a good school— now it's good the basketball team has put us on the national map," Mrs. Woelper said.

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The BSO's OrchKids Program:

Nurturing a new crop of musicians

By Ursula V. Battle

This is Part II of a Two-Part Series on OrchKids. Founded in 2008, OrchKids is the cornerstone of the Baltimore Symphony Orchestra's community engagement efforts across the city.

Fifth grader Marquie Stainback reflected on 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.

"I have been in the program for two years," said Marquie who plays the flute, guitar, piano, and sings. "I have learned about Black History, my heritage and how to play the flute. The flute is the most challenging instrument I have played, but I like challenges. I like the way I can change the way it sounds."

Marquie is among the more than 1,200 children from Pre-K through 11th grade who are in the program. OrchKids' main hub site is Lockerman Bundy Elementary School in West Baltimore.

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 inspired by Venezuela's El Sistema, the music program that has transformed the lives of hundreds of thousands of children in the country's most impoverished areas.

"I can't say it's always safe outside," said Marquie referencing the community surrounding Lockerman Bundy. "But inside, OrchKids is always safe."

Raquel Whiting-Gilmer is Executive Director for OrchKids.

"Baltimore is a really great city that has challenges but so does every city," said Whiting-Gilmer. "We are bringing out the talent we have here in our communities for everyone to see. We have good people in our city and that fact often gets lost. We are shining light on it."

She added, "I have been here almost two years, and I am still moved hearing



kids talk about being safe."

OrchKids was founded in 2008 with seed funding from Marin Alsop and Founding Donors Rheda Becker and Robert E. Meyerhoff.

"OrchKids is a musicologist for social change program that was started by our founding donors and others," said Whiting-Gilmer. "Whether performing on stage, or in life, the world this program opens up is incredible. These kids have gone to programs in Europe and many other places. Some kids never leave East or West Baltimore, but our kids travel outside of the city and state, which opens up new worlds to them."

She added, "That's the biggest part of the OrchKids program - possibilities and opportunity. The world is really big, and really big for our kids. If kids don't see that, they will think the world is small."

OrchKids is the cornerstone of the Baltimore Symphony Orchestra's efforts to expand their relevance within the broad and diverse Baltimore community.

"This isn't easy work, but we have incredibly committed teachers and staff members," said Whiting-Gilmer. "OrchKids is successful because of people giving their blood, sweat and tears to make this work every day."

Camille Delaney-McNeil is the Senior Site Manager for OrchKids.

"We go to professional developments, and we are connected," said Delaney-McNeil, who is also a musician. "We are always there, and even if there is not music going on, we are supportive. We



(Top left) OrchKids was designed to create social change and nurture promising futures for youth in Baltimore City neighborhoods. (Top right) OrchKids students and staff examine artifacts from the Leonard Bernstein collection at the Library of Congress. (Above) OrchKids students rehearsing at Lockerman Bundy Elementary School.

Courtesy Photos/OrchKids

have longevity on our minds. Some programs don't have the opportunity to be as embedded as we are."

Delaney-McNeil says OrchKids also offers a four-week summer program.

"What became evident to us was summer learning and music atrophy because students were not practicing and using their muscles," she said. "Summer is also a recipe for kids to get into things they should not. Therefore, OrchKids started a four-week program, which allows us to see kids in a holistic and

expanded way. We have really built relationships with our students all across the board. One of our goals is to have performance mentality in mind."

OrchKids will perform at a concert at the Library of Congress in Washington, DC on April 7, 2018 and will hold a benefit concert at the Baltimore War Memorial on May 3, 2018.

For more information, about the OrchKids program, visit: www.bsomusic.org

Healing Through Creative Expression:

Devin Allen is changing the Baltimore narrative one photograph at a time

By Alisa Hyman

On Thursday, March 15, 2018, the Institute for Integrative Health, in conjunction with the Gordon Parks Foundation opened “A Beautiful Ghetto, Three Years Later: A Conversation about Healing,” an exhibit featuring the photography of Baltimore native and award-winning photojournalist Devin Allen, who chronicled the uprising that followed Freddie Gray’s death.

Through the 10-week program series, Allen and the Institute intend to use the interactive art installations to spark the discussion and action necessary in the healing of the community of Baltimore.

Devin Allen was born and raised in West Baltimore. He gained national attention when one of the photographs he took during the uprising was featured on the May 2015 cover of Time Magazine—only the third time the work of an amateur photographer has ever on the magazine cover.

Allen’s photographs have also appeared in New York Magazine, the Washington Post, the New York Times, and Aperture.

“I wanted to capture the intense moments that happened during the uprising that most media outlets weren’t showing,” Allen said. “I wanted to give people a real idea of what happened during the uprising- show them how the residents of Baltimore came together and supported each other and celebrated life even in the shadow of tragedy.”

Even after the uprising, Allen has remained deeply committed to showing the beauty of Baltimore and the life and love that thrives in its communities. He has turned his attention to the youth of Baltimore with his “Through Their Eyes” project, designed to spread love and hope through art. He puts cameras in the hands of Baltimore youth, and they in turn, tell their own stories through their photography.

“I knew that the way to change how people viewed Baltimore was to change the Baltimore narrative. Photography changes the narrative. Photography is one way we combat real-life issues with art,” Allen said. “This is how we show who we are



When asked why he was so passionate about photography at the opening of “A Beautiful Ghetto, Three Years Later: A Conversation about Healing,” exhibit featuring his photography, West Baltimore native Devin Allen responded, “History is written by those who document it. I am telling our story.”

Photo by Alisa Hyman

to the world outside this city.”

Through crowd-sourced fundraising and donations from sponsors, Allen provides students with cameras, donates his time hosting youth photography workshops, and creates exhibits to display their work. To date, Allen has given away 198 cameras to youth centers across the country.

“Photography helps kids to digest the world in a real and meaningful way. It also provides a way for them to show their world to everyone else,” Allen said reflectively. “I wanted to inspire kids to tell their own stories, so I solicited the help of community to help me. I put on a show and the community came out in droves to support me. Art unifies people.”

Allen has taught film and photography all over the country.

He published a collection of his work, *A Beautiful Ghetto*, a book that pro

claims and highlights Baltimore’s beauty and resilience through photography and was nominated in 2017 for an NAACP Image Award for Outstanding Literary Work by a Debut Author. Allen was the recipient of the 2017 Gordon Parks Foundation Fellowship, an honor only magnified by Allen’s immense appreciation and admiration for Gordon Parks and his life’s work.

The Institute for Integrative Health, a Baltimore based non-profit organization, has taken an interest in Allen’s work because of his commitment to the healing of communities through the decompression and discussion spawned by his photography. The Institute’s focus is on the social and environmental factors surrounding health and the various ways of helping people heal through art, nature, and other creative means.

In addition to Allen’s photography,

which will be on display until May 24, a series of workshops and creative demonstrations will be offered at the Institute focused on Working to Heal Baltimore (April 12 at 6:30 p.m.); Healing through Creative Expression (April 13 and 6:30 p.m.); and Healing through Human Connection: Exercising the Mind, Body, and Soul (April 14 at 11 a.m.)

Brian Berman, president of the Institute for Integrated Health, is excited about the exhibit and the healing and discussion that will occur as a result. “We are all about finding ways to heal people. Devin is healing an entire community through his work. We wanted to celebrate his accomplishments and give the community the tools they need to find their own creative voices.”

For more information about the program series, visit <http://bit.ly/Healing-Baltimore>. Follow him on Instagram: @bydvnlln

Rambling Rose

Support Your Community, Folks!



Rosa Pryor Trusty

Hello my friends! How are you today? I'm doing good thank you. I have been scheduled to have stomach surgery on Tuesday, March 20 to remove a tumor, so keep me in your prayers. Hopefully I will not have to remain in the hospital. My plans are for them to remove this damn thing so I can get on with my life. We have a lot of things to do, a lot of people to see and a lot of places to go. We have a lot going on this weekend. I need you to keep up. I want you to understand we need to support our positive people in our community, especially if they have an event going on. Some of the events are mentioned here in my column thru pictures.

We also have the sick and shut-ins who need your visit or a phone call. I know you remember John Grant, Baltimore's Hand Dance DJ. He has been around for a long time. I want to let you know that he is very sick. You might remember him as "Sir John O," not getting confused with "Sir Johnny O," the nationally known radio personality. I understand he is in hospice at 2524 Maryland Avenue and the phone number is 443-739-3480. Sometimes a call or a kind word can make a difference in someone's life. We send special prayers to my friend.

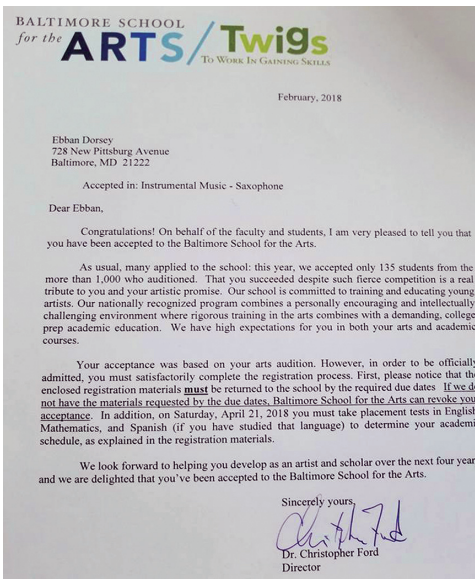
Now, I want to tell you about this event you need to know about in advance. The Baltimore Times, Times Community Services, Inc., Joy Bramble, the publisher and yours truly have put together an event just for you and we call it "Bangin' with the Boomers". It is a party for the young at heart. Come and join me for an afternoon of fun; food; door prizes; vendors; live entertainment; DJ music by Sugar Chris; and dancing for all my senior citizens fans who love reading my column "Rambling Rose". We have put together a "Buffet Luncheon Party" just for you at the Forum Caterers, 4210 Primrose Avenue on Thursday, April 12 from noon- 3 p.m. My dear friend, get out of that Senior Citizen Building! I

don't care if you come by Mobility, car, bus, wheelchair, walker or cane, just come out and have some fun with me. I would love to meet you and the "Hand Dance Queen," Shirley Duncan will be there to teach you some hand dancing. For ticket information, call me at 410-833-9474 or you can go on line to <https://banginwiththeboomers.eventbrite.com>. If you like it, then we will do this every second Thursday of the month. So call me or email me at rosapryor@aol.com.

Caton Castle Lounge is keeping busy as usual over on Hilton and Caton Avenue. On Saturday, March 23, from 6-10 p.m., the Tim Green Quartet with Allyn Johnson Quincy Phillips and Hamilton Price (a great line-up) will be performing. Call 410-566-7086 for ticket information.

DJ Mike Jones is having his Happy Hour at the American Legion in Owings Mills every Thursday from 6-10 p.m. at 4424 Painters Mill Road. There will be a lot of food, fun, trivia, line dancing and Mike Jones spinning the music. For more information, call 410-363-1696. For my jazz lovers, Vernard Gray with East River Jazz will present Todd Marcus Jazz Orchestra on Friday, March 29 for two shows; 8 p.m. and 9:30 p.m. at the Anacostia Arts Center-Black Box Space, 1231 Good Hope Road, SE, Washington, DC. The concert features Todd Marcus on bass clarinet, Greg Tardy on tenor sax, Sharel Cassity on flute and alto sax; Russell Kirk on alto sax; Freddie Hendrix on trumpet; Alan Ferber on Trombone; Xavier Davis on piano; Jeff Reed on bass; Eric Kennedy on drums; and Irene Jalentis vocals. For ticket information call 443-522-0378.

Alright guys, I have to go now. I am out of space, 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.**



Ebban Dorsey and her brother, Ephraim has stolen the hearts and respect of all the local and national musicians around the country. The both of them now study at the Baltimore School for the Arts while they perform all over the Maryland and Washington, DC Metropolitan area for the past few years. Congrats my "Little One" we are so proud of you. (Right): The letter of acceptance to the Baltimore School for the Arts for Ebban Dorsey, a Rosa Pryor Music Scholarship Fund recipient.



Introducing "Alvin Kirby Brunson Way," a Street named changing ceremony in remembrance of Alvin Kirby Brunson, historian, educator, visionary and founder of the Center for Cultural Education, Inc. on Friday, March 30 from noon to 1 p.m. (formerly 500 block of Wilson Street). Alvin Brunson displaying his artwork. He was a very gifted and talented artist who cared about out community.



Sandi Mallory WEEA 88.9 FM Radio Personality invites you to her birthday celebration on Sunday, March 25 from 4-7 p.m. at the Forum Caterers, 4210 Primrose Avenue featuring live entertainment by Baltimore's premiere Reggae Jazz Fusion Band, the Joe Cooper Project. For more information, call 410-358-1101.



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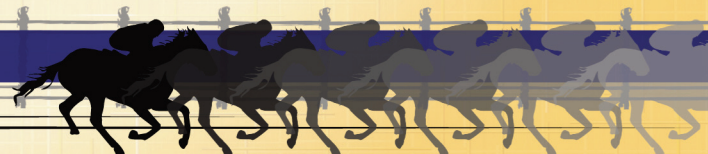
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Can Darrell “Bubba” Wallace Jr. really change the face of NASCAR?

By Ronda Racha Penrice
Urban News Service

Tiger Woods changed the face of golf. Venus and Serena Williams transformed tennis and now Darrell “Bubba” Wallace Jr. may do the same for NASCAR.

The 24-year-old racecar driver’s Cup Series debut at the iconic Daytona 500 got the nation’s attention. As NASCAR’s first full-time black driver in its elite series since Wendell Scott in 1971, all eyes were on Wallace. Thanks to his second-place finish, the highest-ever by both a black driver and a rookie, those eyes didn’t waver. As Wallace traveled to Hampton, Ga. to race the Folds of Honor Quiktrip 500 February 25 at the Atlanta Motor Speedway, fan attention stayed riveted on him.

Even by NASCAR’s super media and fan-friendly standards, Wallace did a lot that Friday prior to the Quiktrip 500. On top of the requisite press conference, he squeezed multiple one-on-one interviews, mostly with local Atlanta TV media. Wallace knows that the heightened interest in him is a combination of his race and his Daytona 500 performance. Instead of downplaying the attention to his race, Wallace, whose father is white, has embraced it.

“There is only one driver from an African American background at the top level of our sport. I am the one. You’re not gonna stop hearing about “the black driver” for years. Embrace it, accept it and enjoy the journey,” he tweeted November 8, 2017.

Embracing his race doesn’t mean dwelling on it though. “You can psych yourself up by reading all the history and whatnot and doing all of that but that just puts too much pressure on yourself,” he said during an interview at the Atlanta Motor Speedway. “So I’ve learned to focus on just the driving aspect of it and let everything else settle in behind.”

Wallace, who was born in Mobile, Ala. and raised in Concord, N.C., began racing go-karts at nine-year-old. By 16, he was competing in the NASCAR K&N Pro Series East, the sport’s main developmental series for grooming its next



Darrell "Bubba" Wallace, Jr. at the Daytona 500
Photo Credit: Cameras In Action Stock Photography

generation, as part of NASCAR’s Drive for Diversity initiative.

His first race at the Greenville-Pickens Speedway, he won, becoming the youngest driver to ever win at that track. After another win, he finished third overall in the series and received the Rookie of the Year award, a first for an African-American driver.

He won three more times in 2011. Driving for Joe Gibbs Racing Team in 2012, he held his own, staying near the top and even winning one race. He had five wins in two years. In 2014, he finished third overall while driving the truck series with Kyle Busch Motorsports. He followed that up by driving with Roush Fenway Racing in the Xfinity Series from 2015 to 2017.

When Aric Almirola was injured last year, Wallace filled in by driving for the iconic Richard Petty Motorsports. His stellar performance prompted a welcome as their full-time driver of the legendary no. 43, now a Chevrolet Camaro ZL1, for the 2018 season.

NASCAR Hall of Famer Richard Petty, nicknamed “The King” for a career that

includes seven NASCAR Championship and Daytona 500 wins each, plus over 700 Top 10 finishes in 1,184 starts, strongly believes Wallace is a future NASCAR star. When approached during the roar of practice rounds at the Atlanta Motor Speedway on February 23, 2018, the Nascar Legend said he saw Wallace as part of the sport’s future.

“NASCAR’s face, as far as driving, is changing,” Petty said. “It changes every 12 to 14 years— we’re right in the middle of that. That was one of the reasons I was looking for a younger driver. Of all the ones that we looked at, we thought Bubba was going to be as good or better than any of the rest of them, personality-wise, driver-wise, sponsor-wise, the whole deal.”

Bill Lester, the historic black NASCAR driver who raced two Cup-level races in 2006 and garnered seven top-10 finishes in the truck series from 2000 to 2007, champions Wallace but warns that the lack of major sponsorship is a huge obstacle to Wallace realizing his full potential.

“If they do not get more corporate sup-

port, they’re going to struggle,” Lester said about Wallace and his team via telephone. “I always had a good looking car but, when it came to everything that was necessary to [run] at the front, I didn’t have it and that was because I just didn’t have the resources that the top-running teams had and he is in the same position.”

NASCAR sponsorship is a revolving door, so any race week, sponsors can step up, which has given Wallace an opportunity to attract nontraditional sponsorship like the black-owned, Columbus, Ohio-based moving company E.E. Ward.

Brian Brooks, co-owner of the company founded by former Underground Railroad conductor John T. Ward in 1881 that also counts Richard Petty Motorsports as a client, shared that their support of Wallace in Atlanta, especially during Black History Month, was a very hopeful gesture.

“I think it would be a disgrace if we have to wait another 50 years for someone to come after Bubba to be a driver of color in NASCAR,” Brooks said via phone.

To be a strong contender, Lester insists that Wallace needs Fortune 500 support.

“With him not having full sponsorship, which is about an \$18 million to \$20 million proposition per year these days, he’s at a deficit,” Lester said.

Like many in NASCAR, Derrell Edwards, a former college basketball player turned Austin Dillon pit crew member who is believed to be the first African-American over-the-wall crew member for a Daytona 500 winner, feels that Wallace’s success is a good look for NASCAR’s future.

“I think a lot of the people are going to gravitate towards him ... and it’s going to be great for the culture,” he said.

“We’re lacking in that department when it comes to NASCAR,” Wallace said in conversation regarding the potential impact he and his team could have on increasing black representation in the sport. “For us to be able to go out and do what we do on the racetrack and try to be the best, I think it’s going to help that number grow.”

New center at Fayette offers Head Start education to 80 Baltimore families

By Alisa Hyman

On Monday, March 19, 2018, Baltimore Mayor Catherine Pugh came out with other community leaders, partners and families to celebrate the official opening of the new Y Head Start Center at Fayette, a 17,000 sq. ft. state-of-the-art early childhood learning city in East Baltimore's Pleasant View Gardens community.

Once the site of the Pleasant View Day Care Center, the facility is equipped with technology to supplement learning, a Family Engagement Center where families can come together and spend time playing interactive games, and a multi-purpose room for hosting larger events. It will also host workshops for families, professional development for associates and teachers, and offer training opportunities for area residents. However, most importantly, the center will allow up to 80 children from this community to receive the head start education that they need to adequately prepare for kindergarten.

Head Start was introduced by the Johnson administration as part of the War on Poverty, as research has shown that the earlier children begin to learn, the more prepared they will be for the education they receive in their later years and the better their chances of escaping poverty as adults will be.

"With the addition of the Y Head Start at Fayette, we are helping to set more children living in poverty up for a lifetime of success," said John Hoey, president and CEO of the Y of Central Maryland. "This was a pretty big effort for us. We transformed a former daycare center that had fallen on hard times and was in disrepair into a facility with living classrooms that offered far more than a regular daycare center can provide. The opportunities that these students will have will be absolutely transformative."

Students will receive whole-child development to ensure that they are prepared academically, socially, and emotionally to enter kindergarten ready to learn. "The center also offers family advocacy and support services that really get families involved in their children's education and development," Hoey continued. "There are requirements for families enrolled here in terms of volun-



Baltimore Mayor Catherine Pugh and President and CEO of the Y of Central Maryland John Hoey are joined by students and their teachers as they cut the ribbon, officially opening the state-of-the-art interactive learning head start facility at 1100 E. Fayette Street in Baltimore on Monday, March 19, 2018.
Photos by Alisa Hyman

teering and engaging. This is a comprehensive program that just includes a high-quality preschool environment, but it goes way beyond what happens in the classroom."

The classrooms are spacious and brightly lit. Student's work adorns the hallways and bulletin boards, and the classrooms are equipped with technology that allows teachers to access progress reports, create personalized learning experiences to help students meet developmental milestones as they learn and play.

Each classroom has a white board and is complete with toys and other supplemental learning material. Laughter can be heard coming from the open classroom doors as students engage in active play and learn the world around them. The new center also has an upgraded video surveillance security system and interactive intercom system with the ability to view everyone who requests entry before allowing them to enter.

This is a place where children learn and grow, where parents learn the skills they



Each classroom is equipped with a white board and is complete with toys and other supplemental learning material.

need to support and encourage their children's development, and where families can come together and have fun in an environment that rivals the most expensive private pre-school programs often unavailable to lower income residents.

"We are so glad and so proud to have this relationship with the Y in Central Maryland," Mayor Pugh said during her

comments at the ceremony. "Because they show us that it's what we do for the least that matters most to all of us. Our children will now have exposure to the opportunity and technology that will allow them to compete with their peers around the country. They will be able to realize their dreams when we teach them to be competitive, not combative."

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