

# The Annapolis Times

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## “Bangin’ with the Boomers”!



Everyone had a bangin' good time on Thursday, April 12, 2018 at the Bangin' with the Boomers "party for the young at heart" hosted by Times Community Services, Inc., the non-profit arm of The Baltimore Times. The mid-day luncheon was held at Forum Caterers. The guests were treated to a delightful afternoon of food, dancing and oldies but goodies music spun by DJ Chris. Many of the guests took home door prizes and participated in a raffle hoping to win tickets to two great events. Gale Eldridge, however, won both sets of raffle tickets. She and her husband will attend a Harold Melvin's Bluenotes event on the weekend of April 28th at the Forum and then join Times Community Services, Inc. on May 18, 2018 at their Off to the Races Pre-Preakness Party at the Horseshoe Casino. (Above standing): Phyllis Brooks; Beula Brown; Donna Holley; Betty Eggleston; Louise Cole; Karen Richburg; Aurelia Bell; (Seated): Loretta Sitzer, "Birthday Girl," Carrie Stokes, celebrated her 92nd birthday and Sheila Sims. (See photos on pages 10-11)

Photo: Dena Wane

# Top five reasons Reading Partners volunteers make Baltimore a better place

Baltimore— For over four decades, National Volunteer Week has given non-profits an opportunity to recognize the invaluable support of volunteers that help fuel their work.

In celebration of National Volunteer Week in 2018 (April 15-21), Reading Partners Baltimore created a list highlighting the top five ways its volunteers make the community stronger and better. Here are the top five reasons:

**1. Volunteers drive student impact—** Volunteers are working one-on-one with more than 750 students this year in Baltimore to help deliver meaningful results for kids (last year, 81 percent of Reading Partners' Kindergarten through second-grade students in Baltimore mastered key foundational reading skills needed to read at grade level).

**2. By promoting educational equity, volunteers strengthen the broader community—** Everyone benefits in the long run when student literacy achievement is bolstered. Students who don't read proficiently by fourth grade are four times more likely to drop out of school. It's estimated that every student

who walks out of the classroom without a diploma costs our society \$260,000 in lost earnings, taxes, and productivity.

**3. Volunteers serve as a resource multiplier—** Because Reading Partners engages so many community volunteers in their work, the program is more affordable for schools to implement than other literacy interventions. For every dollar invested in reading partners, the program delivers more than \$2 in resources to students.

**4. Volunteers support strong public schools—** Thanks to the involvement of 1,100 community tutors in Baltimore, 97 percent of teachers report Reading Partners is valuable to their school and 100 percent of principals report improved school-wide reading progress.

**5. Volunteers help bring joy to learning—** Students feed off of the energy and excitement of Reading Partners' volunteer tutors. In Baltimore, 95 percent of volunteers are satisfied with their tutoring experience and that enthusiasm helps students develop a lifelong love of reading that is key to success in school and beyond.



Reading Partners volunteers work one-on-one with students in Baltimore public schools and 13 other regions in the country. Photo Credit: Reading Partners

"Our ability to serve hundreds of students across our city is made possible through our volunteers," said Jeffrey Zwillenberg, executive director, Reading Partners Baltimore. "And beyond this reach, it is these same volunteer tutors who are creating life-changing opportunities by delivering the gift of reading to their students. We are more than just a one-on-one literacy tutoring program — we are a volunteer and community driven organization seeking to create educational equity for our entire city."

Reading Partners is a national non-

profit that collaborates with community volunteers and local public schools in Baltimore and in 13 other regions across the country to equip students with the foundational skills they need to be able to read at grade level by fourth grade.

Reading Partners Baltimore is constantly looking for more local volunteers to commit just an hour a week to work individually with children who struggle with reading. To become a volunteer with Reading Partners, visit: [readingpartners.org/volunteer](http://readingpartners.org/volunteer) today.

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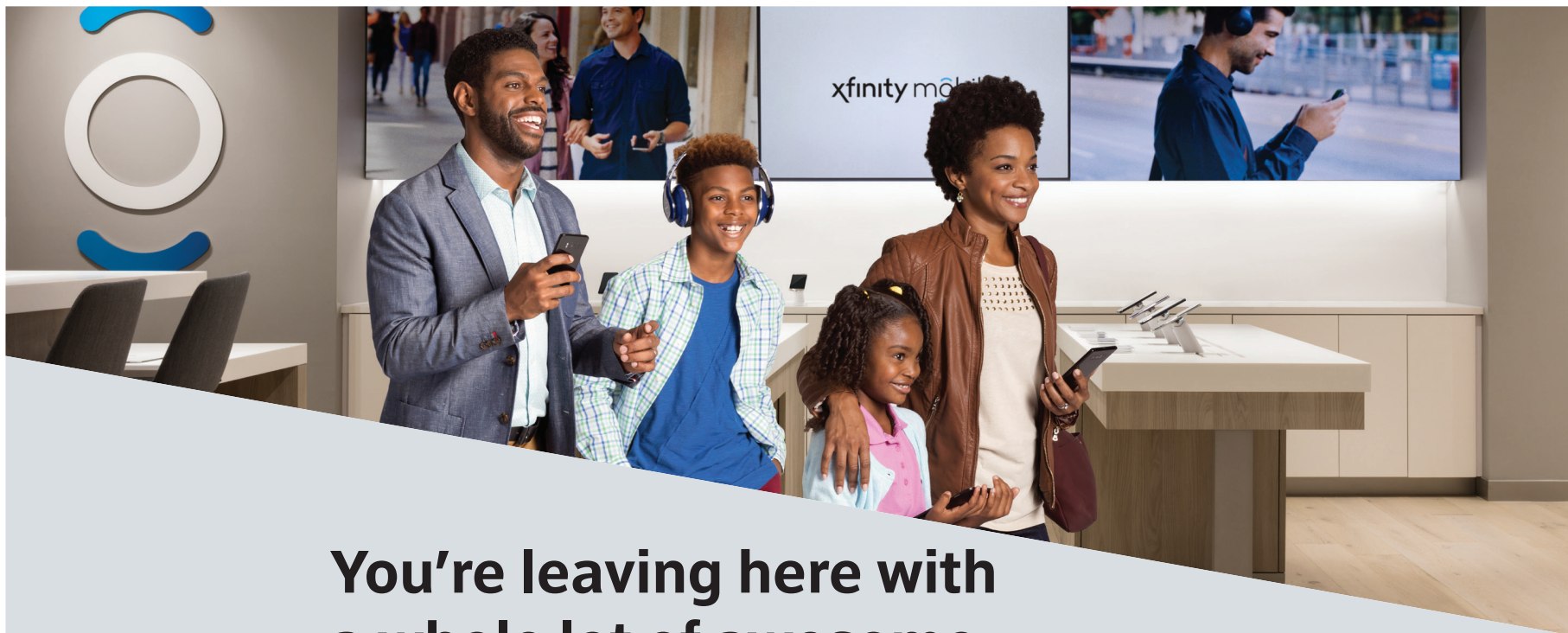
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# Guest Editorials/Commentary

## A new NAFTA must halt intellectual property theft

By Peter J. Pitts

As American negotiators push to conclude NAFTA renegotiations, they should prepare to demand stronger protection of intellectual property rights. Robust IP protections would prevent Canada, Mexico, and other trading partners from freeloading off American ingenuity— particularly our medicines.

Development of a new drug is an expensive endeavor, requiring top-tier scientists and equipment and years of clinical trials. There are many false starts and dead ends. Altogether, it costs \$2.6 billion to bring a single drug to market.

Intellectual property rights, such as patents, give inventors the chance to recoup this enormous investment. IP protections allow companies to sell drugs exclusively for a limited time.

The United States has some of the strongest IP protections in the world. As a result, it is the world leader in drug development. U.S. biopharmaceutical firms invest more than \$60 billion annually in research and development, and they received more than half of all drug patents granted worldwide in 2014.

Unfortunately, however, other countries embrace our inventions while regularly undermining America's IP. Take our NAFTA partner Canada. Our northern neighbor imposes price controls on drugs. Because of these artificial price caps, Canadians spend up to 55 percent less on pharmaceuticals than Americans. That's unfair— especially when you consider that the average Canadian's family income is slightly above the average American's. The Canadian price caps eat into companies' research and development capabilities and shift more of the costs onto American consumers, who pay more as a result.

Canada also regularly undermines American manufacturers' patents. Its courts revoke American patents, enabling Canadian companies to create knockoff copies of our patented drugs. The problem is so bad that the U.S. Trade Representative put Canada on its 2017 "watch list."

This isn't just a Canada problem or even just a NAFTA problem. Australia, which has a trade agreement with the United States, promised to notify U.S. patent owners if Australian drug companies want to make a generic version of a U.S. medicine that is still under patent. The notice is designed to give American companies a heads up, so they can take proactive legal action to prevent patent infringement. However, Australia hasn't been giving U.S. companies this advance notice. It only alerts American firms after Australian generic manufacturers begin marketing knockoff copies of the medicine.

In effect, the Australian government is aiding and abetting patent infringement. It's helping domestic firms rip off American companies.

Or consider India and Brazil. These countries engage in "compulsory licensing" schemes. Compulsory licensing is legal under international law, but only in limited instances. It allows local companies to produce generic versions of patented medicines in desperate times— such as an infectious disease outbreak. However, India, Brazil, and other nations abuse this policy and allow drug-makers to produce just about any generic without any urgent reason at all, and without the patent owners' permission.

When other countries steal our IP, American manufacturers lose revenues needed to invest in more research and development. They are forced to scale back operations or postpone new research projects— thereby hurting American workers and patients. American trade negotiators ought to make strengthening IP rights their top priority. The status quo hurts American workers and undermines the creation of life-saving drugs.

*Peter J. Pitts, a former FDA associate commissioner, is president of the Center for Medicine in the Public Interest.*



THE BOYS OF SUMMER, CIRCA 2018.

## Community Affairs

### Story Trail at Benjamin Banneker Historical Park and Museum debuts on April 21, 2018

Baltimore— Baltimore County Public Library in partnership with Benjamin Banneker Historical Park and Museum debuts a story trail in the park's nature play area on Saturday, April 21, 2018 at 11 a.m. The story trail, which is a series of picture book pages posted along a walking path, was developed to promote literacy, exercise and family fun for Baltimore County residents and visitors.

This is the library's second story trail in Baltimore County— Oregon Ridge Nature Center debuted a story trail behind its outdoor children's area in 2017. Baltimore County Public Library's Catonsville Branch staff who initiated the collaboration, will maintain the posts and change the story seasonally to keep bringing families back.

The project was funded by Foundation for Baltimore County Public Library and Benjamin Banneker Foundation; the book stands were installed by Baltimore County Department of Recreation and Parks.

"Our staff loves branching out from

what people consider traditional library services," said Melissa Gotsch, Catonsville Branch manager, "with efforts like our community garden and campfire stories at Patapsco State Park."

The first book featured on the story trail will be *Explorers of the Wild* by author/illustrator Cale Atkinson. The brightly colored book describes Bear and Boy, two explorers who love to explore the outdoors. When they meet in the woods, they're both scared, but "no mountain is too big to conquer if you have a friend to climb it by your side."

"We chose books that highlight outdoor activities while instilling a love of reading among kids and caregivers," Gotsch said.

"We have the space and it fits our mission, said Winny Tan, senior naturalist/director of Benjamin Banneker Historical Park and Museum. "Benjamin Banneker was an avid learner and voracious reader, so providing this recreational and learning opportunity for the community complements the visitor experience."

"Reading is so important to a child's success," continued Tan, "and now we can incorporate it with fresh air, nature, exploration, exercise and good impacts on health."

## *Black people must vote or reap the consequences!*

**By Jeffrey L. Boney**  
*NNPA Newswire Contributor*

All you have to do is crack open a history book, or sit with one of our experienced elders, and you will learn about the many sacrifices made by people of all races in order to ensure black people obtained the uninhibited right to vote.

No other group of people in America have benefited more from the sacrifices made by so many people who fought, bled and died fighting for our freedom and the right to vote, as black people have.

The freedom black Americans experience today came with a significant price tag attached to it, and that freedom has definitely not been free. So much blood has been shed, and so many lives have been lost— all for our freedom and for the precious right to vote.

In fact, if you add up the number of Americans who died in World War I, World War II, the American Revolution, the War of 1812, all of the wars with the Indians, the Mexican-American War, the Spanish-American War and the Korean War, that number would not be as large as the total number of people who died alone in the Civil War fighting to end slavery.

After the Civil War, many whites migrated from the North to the South in order to help black people thrive in the new Reconstruction governments. Many of those white abolitionists ran for political office and won. Several black men were also elected to the U.S. Congress and the South even elected some black senators. These political gains and the progress made by black people, as a result of the Reconstruction governments in the South, angered many Southern whites.

Confederate Army supporters like Lieutenant General Nathan Bedford Forrest, and others, made up in their minds that if

second thoughts about attempting to vote in future elections.

The Klan quickly grew across all Southern states and black people were vulnerable to this heinous activity and their vicious attacks. Due to the constant harassment and brutal killings by the Klan, blacks began to slowly dismiss voting. As a result, black people began losing political representation, as well as the political advancements they gained during Reconstruction. As time progressed, future generations of white Americans began to slowly forget the struggles of black peo-

important voting is. Those who seek to disenfranchise black people relative to the voting process know the profound impact that it has at every level of government— local, state, and national.

More importantly, those who seek to disenfranchise black people from the voting process know that voting is so powerful that those in political positions of power are able to direct necessary and critical resources to select areas. They are also able to ensure that select people are appointed to key positions.

Nearly everything that impacts the daily lives of black people in some way is influenced by an elected official or someone appointed by them. These elected officials draft policy, introduce legislation, and vote on bills that eventually become laws.

Whether voting for the judge, who has the power to sentence your loved one to a lengthy prison sentence or voting for the judge who has the power to determine child support payments and visitation rights through the family court— one or more of these elected officials will impact your life in some shape, form or fashion throughout your lifetime. Every elected official yields power and some level of influence that we as black people should never ignore or take for granted.

It doesn't matter whether you believe your vote matters or not—and it most certainly does— you will have to adhere to any law voted on by those who've been elected to represent you. There is absolutely no level of complaining or reactionary response that will change that.

There are no acceptable excuses when it comes to voting. Either you do it or you reap the consequences. Engaged citizens must seek to understand politics if they wish to better understand the impact of the laws and decisions that politics produce.

I can only wonder, however, if many of our political martyrs, who sacrificed their very lives for the right to vote that we should all appreciate today, are flipping over in their graves as they look upon much of our squandered voting potential and overwhelming collective political apathy.

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***“Those who seek to disenfranchise black people from the voting process know exactly how important voting is. Those who seek to disenfranchise black people relative to the voting process know the profound impact that it has at every level of government—local, state, and national.”***

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they wanted to re-establish control and dominance over black people in this country, then they would have to stop black men from voting by any means necessary.

Nathan Bedford Forrest and several of his colleagues helped to form the Ku Klux Klan (KKK) where he served as the first Grand Wizard. The Klan wore white robes and pretended to be the ghosts of dead Confederate soldiers in order to strike fear into the hearts of anyone, they encountered. Members of the Klan did not want to be recognized, so they wore hoods to cover their faces, primarily, because many of the members of the Klan were prominent citizens and local authority figures.

At night, the Klan would hang signs warning black people not to vote and threatened to kill any black man who voted. To further frighten black voters, the Klan would gather together in their costumes and place a large wooden cross in front of a black man's home and set it on fire. This served as a warning to any black man who decided to vote in the next election. If a black man defied the Klan and refused to adhere to their warning, he was lynched from a tree so everyone in the city would see him and have

ple and were not as vocal or as dedicated to the plight of black people in the South as they had been in the past.

If you fast-forward in the history books, you can see that black voter intimidation and black voter disenfranchisement continued well beyond the blatant actions of the Klan. State governments in the South joined the party and began passing sweeping new sets of laws called "Jim Crow" and those laws were designed to separate white people from black people.

Blacks could not eat in the same restaurants as whites; there were separate schools for black and white children; blacks could not drink water from the same fountains as whites; blacks had to sit in the back of the buses, whereas whites could sit up front; and blacks could not ride in the same carriages as whites on the trains.

All in all, this blatant form of voting disenfranchisement has significantly impacted the well being and livelihood of black people for centuries.

So, why has it been so important for other people to make it difficult for black people to vote?

The reason, to me, is quite simple. Those who seek to disenfranchise black people from the voting process know exactly how

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## Cocktails & Creatives:

# Sip, Shop and Enjoy Live Music at Impact Hub Baltimore

By *Emelda De Coteau*

Increasingly women are coming together in support of one another and various causes— from rallies on the streets to social media. Why should the creative community be any different?

Two Maryland-based organizations, Speakable Joi, which helps solopreneurs balance life and hustle through community and courses; and Women Creatives Chat, a community and resource for women of diverse artistic disciplines have partnered to present Cocktails & Creatives: A Sip & Shop Event at Impact Hub Baltimore located at 10 E. North Avenue in the Station North Arts District on Saturday, April 28, 2018 from 2 p.m. to 5 p.m.

A portion of the proceeds will benefit Mikey's Miracle Foundation, a non-profit organization which provides support services to cancer patients and their families.

Event attendees can enjoy complementary cocktails, sponsored by Gifted by Grace Financial Service; and appetizers, all while shopping handcrafted jewelry; African-inspired apparel and accessories; products for the hair, skin and body; and visual artwork. There is also music from Queen of the Turntables, a performance by Baltimore-based hip-hop artist Nefertitii, and an opportunity to win prizes from sponsors.

Book lovers may connect with writers at the Authors' Corner featuring works ranging from fiction to self help, memoir and children's literature; presenting writers include: Valerie Keys, D. Antoinette, Rochelle Soetan and Mia Loving. This diverse mix of women creatives runs the gamut in age, artistic discipline and experience.

Sillie Mugo, a young Kenyan artist, who is selling her colorful abstract art pieces said, "Growing up in Kenya allowed me endless color inspiration from the colorful tribal fabrics to the lush Botanical Gardens. My vibrant abstracts are my way of telling my stories on canvas. I hope that everyone who experiences my art is instantly uplifted."

Mugo is new to Maryland and feels



*Cocktails & Creatives: A Sip & Shop Event will be held at Impact Hub Baltimore located at 10 E. North Avenue in the Station North Arts District on Saturday, April 28, 2018 from 2 p.m. to 5 p.m. (Left) The colorful abstract art of Sillie Mugo, a young Kenyan artist who is new to Maryland will be available for sale (Right) Jewelry by New Vintage by Sam will also be available for sale. These are just two of many unique items that will be offered for sale at the event. Courtesy Photos*

the opportunity to build relationships with other creative entrepreneurs and like-minded, women is exciting.

Ché Vaughn, another vendor who creates handcrafted bath and body products through her business, Ché Naturelles, echoes Mugo's feeling about the benefits of networking with creative entrepreneurs: "Being in community with other women strengthens my business by providing me with a positive network of mothers and entrepreneurs working hard to build their businesses and brands, just as I am. We truly respect and value each others creativity and successes, which ultimately inspires me to go harder in my own business pursuits."

Nearly everything about the process of creating her products inspires Vaughn, including details such as "measuring, handling and mixing all natural butters, oils and aromatic essential oils... It just feels right, like I'm truly in my element doing what God intended me to do. It's healing for my soul to make natural self care products. It feels good to do what I

love [and] give someone else a piece of my creativity."

Like Vaughn, Sam Smith, owner of New Vintage by Sam, who creates and sells handcrafted jewelry, is inspired by a wide array of elements and creates using various mediums including design, modeling, styling and directing. Smith says, "fashion and art have always been a means of expression so choosing one over the other is never an option." And collaborating with other women is also a source of both strength and inspiration for Smith, who adds: "Surrounding myself with other females has propelled my creativity and business acumen. The way women work independently and together is phenomenal. I couldn't imagine feeling nearly as inspired without a pack of courageous women leading the way, standing beside me, and holding me down."

Perhaps this collective passion to create and cultivate community is partially behind the growing number of women entrepreneurs. Overall, the number of

women-owned businesses grew by 74 percent between 1997 and 2015— a rate that's 1.5 times then the national average, according to the recently published "2015 State of Women-Owned Businesses Report" commissioned by American Express and detailed in Fortune Magazine.

Event organizers want to foster community for creative women in business, as they feel this group, particularly women of color, are often overlooked in terms of resources and affirming spaces. "It only made sense to combine our [Women Creatives Chat and Speakable Joi] resources and passions to create this project. Together, I know we can foster an environment where creative women feel celebrated and supported by us and the community at large," said Joi Turner, founder of Speakable Joi.

The event is free, but registration is required. You will find unique gifts for your Mom, too! To register, visit: <http://bit.ly/cocktailsandcreatives>.



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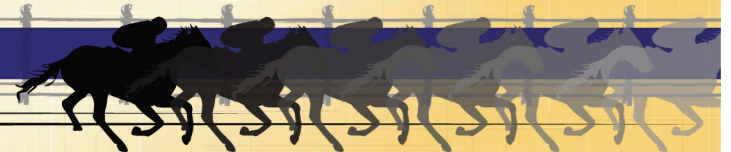
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# BOOST Scholarship Program Accepting Applications for 2018-19 School Year



Baltimore— The Maryland State Department of Education (MSDE) has opened the application process for a scholarship program designed to help income eligible students attend nonpublic schools.

The Broadening Options and Opportunities for Students Today (BOOST) Program, entering its third year, will provide more than \$7 million in scholarships for students who are eligible for the free- or reduced-price lunch program. The BOOST program was the result of a bipartisan compromise during the 2016 session of the Maryland General Assembly, and received widespread support from legislators in both parties. "Our administration is committed to ensuring that every single child in Maryland has the chance to get a world-class education, regardless of what neighborhood they happen to grow up in," said Governor Larry Hogan. "This innovative program, forged through bipartisan cooperation, offers expanded options and opportunities for Maryland families and students."

More than 2,800 students were awarded BOOST Scholarships for the 2017-18 school year. Scholarships ranged from \$1,400 to \$4,400 each, with the highest award amount going to students who had qualified for the Free Meal Program and attended a public school the previous year.

The BOOST program is available for

students either already attending or hoping to attend a nonpublic participating school. Students must be enrolled in— or have applied to— a potential participating school before completing the BOOST application.

All applications will be reviewed by MSDE to ensure completion and income eligibility. MSDE will compile a list of applicants that ranks eligible students by family income expressed as a percent of the most recent federal poverty levels. MSDE will then provide a count of eligible students by category to the BOOST Advisory Board. The categories reflect whether the student attended a public or private school the prior year and whether the student qualifies for Free Meals or Reduced Meals. Also, the BOOST law governing the 2018-19 awards specifies that some funds are reserved for students with disabilities. The BOOST Advisory Board will determine how the scholarship funds are allocated among the categories.

Students who received a BOOST Scholarship in the 2017-2018 school year and who still meet the eligibility criteria must complete an application to receive an award in 2018-2019.

The application deadline is Monday, May 21, 2018 at 5 p.m. for the 2018-19 school year. The application and a list of participating schools is available at <http://marylandpublicschools.org/Pages/boost/index.aspx>.



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## *Four ways you can help your child deal with stress*

News & Experts— Adults often complain they are “stressed out.” Increasingly, statistics show, American children are stressed out as well, and the effects on their health, emotional state and cognitive ability can be significant.

It’s well-documented that adult stress can lead to serious illnesses. But many researchers believe that ongoing stress during childhood – from poverty, parents fighting or substance abuse, bullying, violence or other adversity – can harm kids’ brains and other body systems and possibly lead to major health issues when they’re adults. Therefore, it is vital for parents to help their children cope with stress.

“Adults can handle more stress than children, because our brains are already formed and we have many more coping skills,” says Alise McGregor, founder of Little Newtons, an early education center with locations in Minnesota and Illinois. “Research shows there are lasting effects from stress on kids’ development. Not exposing your child to any stress at home, of course, is ideal, but in today’s world there is so much affecting kids that parents need to know how to help them through it.”

Statistics cited in a [greatschools.org](http://greatschools.org) article reflect the higher levels of stress that American children are experiencing: suicides among adolescents have quadrupled since the 1950s; and in the past decade, using pharmaceuticals to treat emotional disorders has increased 68 percent for girls, 30 percent for boys.

McGregor suggests four ways parents can help their children cope with stress:

**•Listen to them and communicate.**

“By listening to them, you are acknowledging their feelings but also strengthening the trust/bond you have with your child,” McGregor says. “Trust is so important in childhood. They feel supported and feel better being able to get it off their chest.”

**•Exercise.** This is easy, fun and often necessary as a coping mechanism.

“Children who are physically active



release stress as well as build confidence,” McGregor says. “And they sleep better, which in turn makes them better equipped to take on their day.”

**•Take care of yourself, slow down.**

Children are aware of their surroundings and look to their caregiver for support. “If a caregiver is not fully equipped to handle their own stress, they certainly can’t fully support a child,” McGregor says. “We often are in such a hurry that many of the basic necessities of caregiving are rushed through. Children can feel the stress caregivers are experiencing and often will act out.”

**•Teach them relaxation techniques.**

Just as parents teach children how to throw a baseball or build a tower with blocks, they should also teach them how to cope with stressful situations in life, McGregor says. “There are ways to do this, such as count down from 10, or ‘breathe in the soup, blow out the soup.’ It slows down their ‘hyperstate’ of accelerated heart rate and fast breathing.” “Most parents have the skills to deal with their child’s stress,” McGregor adds. “The time to seek professional help for a child’s stress is when any change in behavior persists, or when the stress is causing problems at home or school.”

*Alise McGregor is the founder of Little Newtons, an exceptional child care center focusing on early childhood education with four locations in Minnesota and one in Illinois. For more information, visit: [www.littlenewtons.com](http://www.littlenewtons.com)*

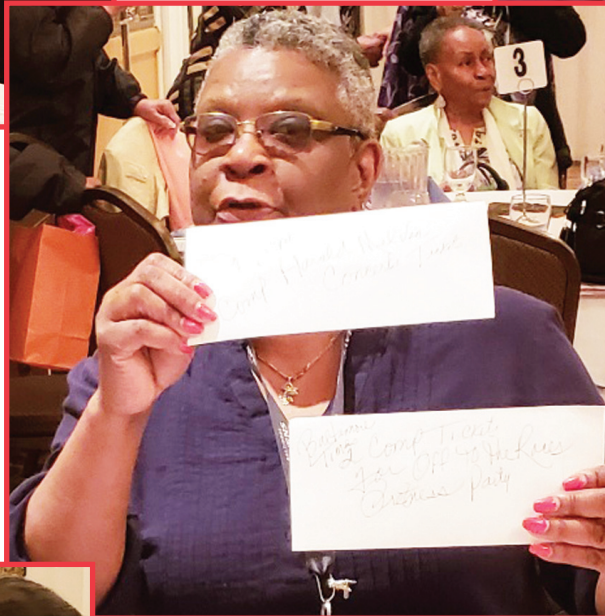
# “Bangin’ with the Boomers”!

*A Party for the “Young at Heart”*



*Rosa Pryor-Trusty, William “Shorty” Pryor, and Cynthia B. Easley, Rambling Rose is one of the coordinators of Bangin’ with the Boomers*

*Gale Eldridge was a super lucky winner! She won both raffle prizes,—two tickets to CH Productions’ Harold Melvin’s Bluenotes event this weekend at the Forum and two tickets to the “Off to the Races” Pre-Preakness Party on May 18, at the Horseshoe Casino held by Times Community Services, Inc.*



*Shirley Duncan, founder of Charm City Dancers (left) and Teresa Kearney, one of the Charm City dancers. Shirley is one of the event’s coordinators*



*Cheryl Williams with “Birthday Girl” Crystal Brown*



*Gloria Miller, Ditra Johnson, and “Birthday Girl” Joyce Mack*



*Daisy Nanton, 96 and daughter Carol Nanton*



*Frances E. Jeffries and Everett Fullwood*



*Brenda Curry, Gale Eldridge, Phyllis B. Watkins, Beatrice W. Williams*



*Agnes Barnhill, Rita Little and Rosalind Little*



*Tracie Brooks Gray and Mary Randall*



*Barbara Dorsey and Joyce Stewart*

# Rambling Rose

*The Avenue Bakery Bakes  
Jazz with Their Rolls*



*Rosa Pryor Trusty*

Hello everyone, how are you doing? I am doing much better thank you. I am not quite back in the saddle yet, but I am moving in that direction. I did my first outing at our Baltimore Times “Bangin’ with the Boomers” Luncheon, which was very nice. I want to thank all my fans, followers and friends of “Rambling Rose” column for being there. It truly was a great start to our monthly party for the “Young at Heart”. I hope you enjoyed yourselves, and next month it will be bigger and better. So keep reading my column and you will know where the next luncheon will take place.

Now, I want to talk to you about a friend of mine, James Hamlin, who built, manages and is the owner of a bakery in the heart of Pennsylvania Avenue. He has incorporated the thoughts, history, pictures and murals into a company called “Royal Theater and Community Heritage Corporation that will preserve our legacy forever. Inside the bakery while smelling the fresh baked rolls and pastries pulled from the oven, you can enjoy the gallery through the bakery inside and out. Not so long ago, he attached a courtyard to the bakery with a built in band stand stage, covered tents and tables to feature live jazz every month free and open to the community. They serve food and cocktails while you listen to some dynamite live entertainment.

On Saturday, April 21st from 1-5 p.m., the Baltimore Jazz Alliance and the Royal Theater and Community Heritage Corporation celebrates “Jazz Appreciation Month, featuring Baltimore Jazz artists “Spice and the Andrey Haskins Quartet. This free concert will be held at the Avenue Bakery, 2229 Pennsylvania Avenue in Baltimore. They will also have food and drinks, a raffle with great prizes including BJA’s own Musical In-

strument Petting Zoo, a chance for young children to learn about and experience the instruments of jazz. Check it out, I promise you, you will enjoy.

**FYI:** Don’t forget “The Crew Friday Nite Oldies” at the Caton Castle every 3rd Friday from 8 p.m. until 1 a.m. call 410-675-6379 for more information.

**FYI:** Winard Harper Sextet with Anthony Ware, Charlie Siglar, Vincent Dupont, Norman Simmons will perform at the Caton Castle 20 S. Caton Avenue on Saturday April 21 from 6-10 p.m. For information, call 410-566-7086.

**FYI:** “Jazz Concerts for Seniors” will feature John Lamkin II Ensemble at the Catonsville Senior Center, 501 N. Rolling Road, in Baltimore on Wednesday, April 25 at 12:45 p.m. For more information, call 410-887-0900.

**FYI:** For our jazz lovers; Michael Feinberg, bassist and bandleader will perform at “An Die Musik” in Baltimore on April 27. For more information, call 646-613-1101.

Well, my dear friends, I am out of space and time, I got to go, but remember if you need me, call me at 410-833-9474 or email me at [rosapryor@aol.com](mailto:rosapryor@aol.com). UNTIL THE NEXT TIME, I’M MUSICALLY YOURS



*The Avenue Bakery located at 2229 Pennsylvania Avenue in Baltimore, owned by James Hamlin and his family is becoming a legendary mark in our community while baking fresh rolls and pastries on the premises as he preserves Baltimore history on his walls of fame.*



*In celebration of Jazz Appreciation Month, the Baltimore Jazz Alliance and the Royal Theater and Community Heritage Corporation will feature Andrey Haskins Quartet with Spice at the Avenue Bakery Court Yard, 2229 Pennsylvania Avenue on Saturday, April 21, 2018, from 1 p.m. to 5 p.m. The event is free and open to the public.*



*An Evening of Elegance hosted by Baltimore’s Promoter, Carlos Hutchins featuring Harold Melvin’s Bluenotes and Baltimore’s own The Spindles on Saturday, April 28 at the Forum Caterers starting at 7 p.m. For tickets and information, call 410-999-1750.*



*A fundraiser to benefit Alyscia Cunningham’s film “I Am More Than My Hair” with a “Bald, Beautiful & Bold Benefit Fashion Show” featuring bald models including Baltimore’s own renowned jazz vocalist Brenda Alford and her sister, model from Travis Winkey’s Production, Sharon Alford on Saturday, April 21 3-7 p.m. at Emanuel Lutheran Church, 929 Ingleside Avenue in Catonsville, Maryland, call 443-813-7943.*

# Library and County Officials Break Ground on New Annapolis Library



*The 32,500 square foot facility— the first new library in 14 years in Annapolis, is expected to reopen by late 2019 or early 2020 and is expected to cost \$24 Million. (Left to right) Sam Brown, Library Foundation President; Michael Peroutka, Anne Arundel County Councilman; Gloria Halberts, branch manager; Joan Beck, Board of Trustees member; Donald Roland, chairman, Board of Trustees; Barbara Maxwell, Board of Trustees member; Skip Auld, Library CEO; Michael Busch, Speaker of the House; Chris Trumbauer, Anne Arundel County Councilman; Gavin Buckley, Mayor of Annapolis; and Steve Schuh, County Executive. Courtesy Photo*

Annapolis— In the shadow of the 52-year-old building, representatives from the Anne Arundel County Public Library (AACPL) along with County Executive Steve Schuh and other local officials broke ground on the new Annapolis Library.

The 32,500 square foot facility, the first new library in 14 years, is expected to reopen by late 2019 or early 2020.

"For the last 52 years, we have been proudly serving the residents of Anne

Arundel County at the Annapolis Library," AACPL CEO Hampton "Skip" Auld said. "Today's ground-breaking marks the beginning of a new story of the library helping to strengthen our community with more resources and more space."

The new library will feature a modern design, teen space, tech zone, tinker space, vending café, expanded children's space, three meeting rooms and five collaboration spaces.

Local architects Wheeler, Goodman

Masek & Associates with support from Margaret Sullivan Studios and Louis Cherry Architecture, are designing the building. The project is expected to cost \$24 million.

"The new Annapolis Library will be the flagship in an already incredible library system," said County Executive Schuh. "This will be a place where child and parent alike can fall in love with reading, and where communities come together to build stronger ties."

"I'm thrilled that we are starting the

next chapter in the story of the new Annapolis Library today," said Councilmember Chris Trumbauer. "This facility will help us turn the page from a library of the past to a library of the future. With a beautiful design, larger meeting rooms and specialized spaces for different types of users, this will be a community resource everyone will want to checkout."

Drawings of the new Annapolis Library can be found at [www.aacpl.net/new-annapolis](http://www.aacpl.net/new-annapolis).

# Check ‘Em Lads: Why Young Men Should Care About Testicular Cancer

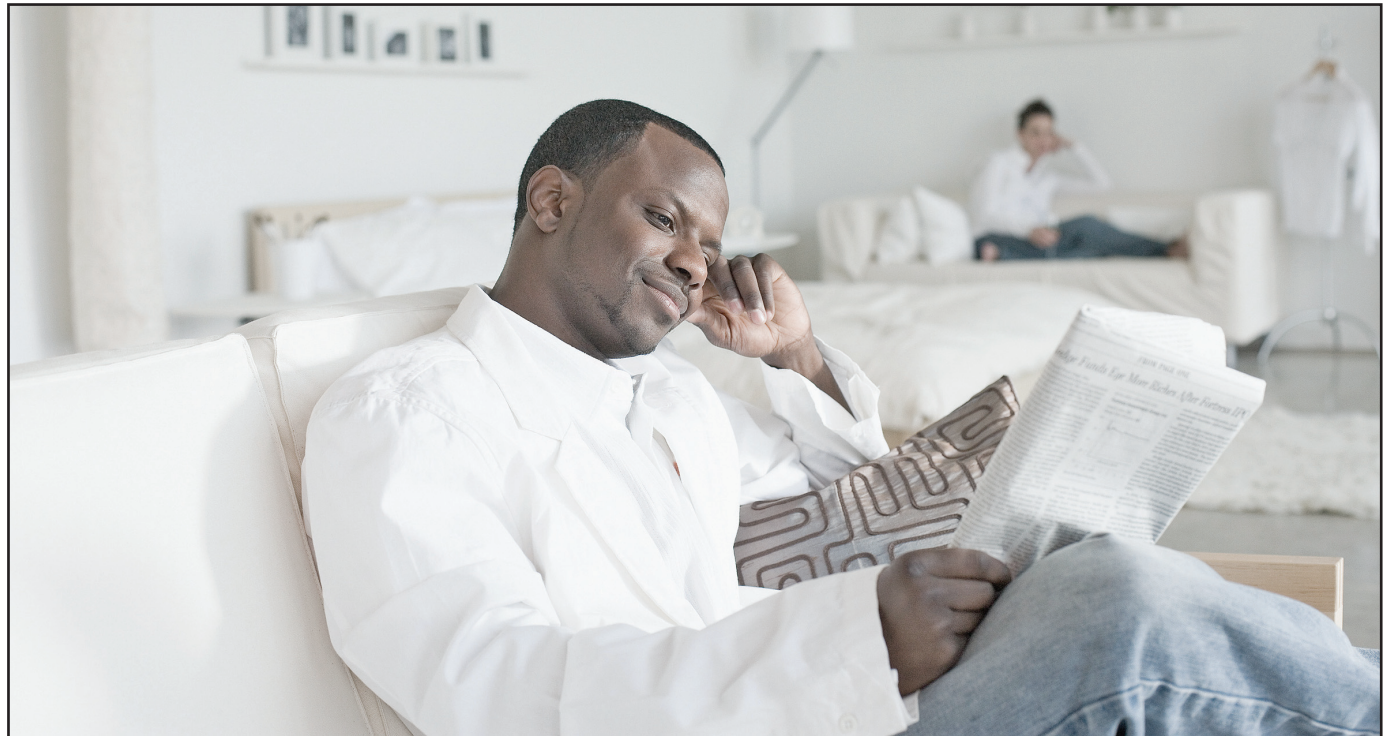
By Jamin Brahmhatt, MD  
Men's Health Network

In general, guys do not think about their testicles on a day-to-day basis. Unless we have some pain or feel an abnormality, we let them go on with their day. The testicles actually are very important to the male body— they serve as a factory for sperm production, which is important for fertility. The testicles also are a main driving force for the amount of testosterone that circulates throughout your body. Both of these functions are crucial to us as guys.

One thing is clear: The testicles are not immune from cancer. In fact, one in 250 men will be diagnosed with testicular cancer, and it is the most common cancer in the age group of 15-35. April is Testicular Cancer Awareness Month, and this year alone more than 9,000 men will be diagnosed, according to the American Cancer Society.

When caught early and treated, life expectancy rates are high and most guys live their lives without much worry, which is why awareness is so important. Screening for testicular cancer, does not require any sophisticated labs or imaging studies. Most screening for testicular cancer can actually be done by you— yes, you! By examining your testicles at least once a month, you are able to screen for most testicular cancers.

**Go Head and Check ‘Em**— The key to screening actually starts with you knowing what's normal and abnormal. During the exam, you should examine essentially every part of the testicle, top to bottom and even navigate your way up the cord itself. I generally recommend my patients check themselves on the first day of the month in the shower when the scrotum is relaxed. Go ahead and examine yourself and make sure you know when something becomes abnormal. If you do notice any abnormality or are concerned about something, you should definitely get yourself checked out by a medical professional who can either confirm what you found on exam or order imaging and lab studies to help figure out whether this is cancer or something benign, meaning something



*April is Testicular Cancer Awareness Month, and this year alone more than 9,000 men will be diagnosed, according to the American Cancer Society. Testicular cancer is the most common cancer in the age group of 15-35. Screening for testicular cancer does not require any sophisticated labs or imaging studies. Most screening for testicular cancer can actually be done by examining your testicles at least once a month for most testicular cancers.*

Photo Credit: ClipArt.com

that's a normal variant in your testicle.

**What You Should Look For**— There may be some other symptoms of testicular cancer that may be present without any change to your testicle itself. One of those uncommon symptoms may be a heavy feeling in your testicles or in the lower part of your belly— even back pain. That feeling of pressure in your testicles or in your groin or your lower abdomen may be a sign of either enlarged lymph nodes or fluid collections secondary to the actual cancer itself. The other way is that you may not actually feel a hard lump in your testicle, but you may notice that one testicle may be larger or smaller than the other. If the cancer has migrated to other parts of your body, you may notice abnormal swelling in your legs. This swelling could be from your lymph channels being blocked, or it could also be the cancer increasing your chance of blood clots. Another abnormal symptom of testicular cancer may be enlarging breast tissue, or gynecomastia. As a guy, if you do have any of these symptoms or any

abnormality that you just feel is not right, it's probably a good time to go and talk to your healthcare professional. This doesn't mean if you're outside the ages of 15-35 you're not going to get it because any guy at any age is still at risk for testicular cancer. The risk is just not as high, but it is still present.

**You Have Testicular Cancer, Now What?**— So what if you do get diagnosed with testicular cancer? Is it the end of the world? Not really. If you look at statistics from testicular cancer, it has a 96 percent cure rate if caught early.

Treatment options may include removal of the testicle. Based on what pathology is found in the testicle, your doctor may recommend further treatments, which could include radiation or chemotherapy.

Many patients ask, “Okay, what can I do other than examine myself to prevent me getting testicular cancer?” There are certain known risk factors that may put you at higher risk for testicular cancer. Those include family history. So if you have a brother or father who had testicular can-

cer then you are at a bit higher risk of getting it.

Also, studies have shown if you smoke marijuana, your chances of testicular cancer are increased. There are also some links with testicular cancer and your occupation, including: miners, food processing workers, utility workers and other workers who may be at an elevated risk of testicular cancer. During Testicular Cancer Awareness Month starts, don't fool yourself into thinking that you are immune to cancers because of your young age. None of us are immune.

*Dr. Jamin Brahmhatt, MD, is a board-certified urologist and medical advisor for Men's Health Network. He currently practices at the Florida-based PUR Clinic and is also the co-founder of the Drive 4 Men's Health, a multi-day public engagement road trip that has encouraged millions of men to eat better, get active and engage in preventative medical screenings.*

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**Time: 10 am – 3 pm**

**Cost: Free**

**Location: James Brice House, 42 East Street**



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**Reservations required.**

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**Cost for Family Circle Members:** \$10/child (ages 3-12), \$15/adult (ages 13+), ages 2 and under free. **Cost for HA Members, Volunteers, and Non-members:** \$20/child (ages 3-12), \$25/adult (ages 13+), ages 2 and under are free

**Location: William Paca House, 186 Prince George Street**



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**Not a member of the Family Circle?** Join today at the Benefactor (\$250) level or above and select the Family Circle as your premium benefit package. Learn more by visiting [annapolis.org](http://annapolis.org) or by calling our Membership Department at 410.626.1033.

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**Summer camps for grieving children and teens return for 27th year**

Pasadena, Md.— The Chesapeake Life Center, a program of Hospice of the Chesapeake, is now registering participants for Camp Nabi and Phoenix Rising to be held simultaneously over the weekend of August 10 to 12 at the Arlington Echo Outdoor Education Center in Millersville, Maryland.

- Camp Nabi, a weekend camp for grieving children ages 6 to 13, provides time for children to share their stories, play and work together while also enjoying camp activities. Now in its 27th year, Camp Nabi has served more than a thousand children. Children entering first and second grade will attend a day camp on Saturday, Aug. 11. Children entering third through eighth grade will stay the entire weekend.

- Phoenix Rising, a weekend retreat for teens, promotes resiliency and an exploration of coping strategies through team building activities.

Both camps provide an interactive program supported by a professional staff and team of trained volunteers to help participants' process their grief in a safe, accepting environment.

All lodging, meals, snacks and activities are included in the one-time application fee. There are several small scholarships available for those in need. Space is limited.

To apply to attend one of the camps, visit: [www.chesapeakelifecenter.org](http://www.chesapeakelifecenter.org). To have an application mailed to you, call 888-501-7077 or email [campnabi@chesapeakelifecenter.org](mailto:campnabi@chesapeakelifecenter.org). The deadline to apply is July 15, 2018.

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# America's VetDogs Hosts 8th Annual Annapolis & Kent Island Fundraising Run & Dog Walk



Meet Camden, WBAL-TV's Puppy with a Purpose & Future Service Dog

America's VetDogs®, is thrilled to host the family and canine friendly 8th Annual Annapolis/Kent Island Run & Dog Walk at Kent Island High School in Stevensville, Maryland, on Sunday, April 22, 2018 beginning at 8:30 a.m.

Jason Newton, WBAL-TV news reporter, anchor and VetDogs' fan will

host the ceremonies.

The event guests of honor include VetDogs graduate Becca Uberr, U.S. Army combat medic and tactical medicine instructor, who will speak about the life-changing difference her service dog has made. Camden, WBAL-TV's puppy with a purpose, will be available for photo opportunities and will demonstrate various puppy skills for those in attendance.

Uberr enlisted in the Army in 2002 as a combat medic and tactical medicine instructor and served until 2015, when she was medically retired. In 2016, she received her yellow Labrador Retriever service dog Tucker from America's VetDogs. Tucker is specially trained to provide counter balance, retrieve dropped items, open doors and file cabinets as well as keep her active. "I firmly believe Tucker saved my life and healed my family," Uberr declares.

The race will journey through the beautiful Cross Island Trail on Kent Island, Stevensville, Maryland. Participants can take part in a timed 10K or 5K race, and a leisurely two-mile family-friendly walk with or without a pup. Virtual participation is available. Proceeds will benefit the VetDogs service dog programs.

To learn more, to register, or to donate

online, visit: [race4vets.VetDogs.org](http://race4vets.VetDogs.org).

Since 2003, America's VetDogs has trained and placed guide and service dogs to provide independence, enhanced mobility, and companionship to veterans with disabilities from all eras. In 2015, VetDogs opened its programs to first responders, including fire, police, and emergency medical personnel. America's VetDogs is a 501(c)(3) not-for-profit organization founded by the Guide Dog Foundation and serves clients from across the United States. VetDogs relies on contributions from generous individuals, corporations, service clubs, and foundations to fund its mission to help those who have served our country live with dignity and independence. It costs over \$50,000 to breed, raise, train, and place one assistance dog, but America's VetDogs provides its services completely free of charge to the individual.



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