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William Henry Dorsey: The 85-Year-Old Horse Whisperer



Every May, the Administration on Aging, part of the Administration for Community Living, leads our nation's observance of Older American's Month. The 2018 theme, "Engage at Every Age", emphasizes that you are never too old (or young) to take part in activities that can enrich your physical, mental, and emotional well-being. It also celebrates the many ways in which older adults make a difference in our communities. William Henry Dorsey, 85 is among them. He is a barn manager, works seven-days-a-week and has worked with horses for over 50 years. (See article on page 9) Courtesy Photo

Northeastern Ohio youth group tours Baltimore area

By Timothy Cox

Teen group formed to counteract youth issues while promoting cultural pride and academics

As a child born in the 1990s, Malcom Deluvon Burton of Akron, Ohio, has experienced the excitement and the benefits of the Information Technological Age.

Conversely, he has witnessed another side of the new millennium generation, where young men who look like him are seemingly regarded as Public Enemy No. 1. Young men like Trayvon Martin, and closer to home, shooting victims like 12-year-old Tamir Rice of Cleveland and in Cincinnati, rap producer Samuel DuBose, were also fatally shot by law enforcement officials.

Even before the aforementioned fatal events occurred, Burton says he felt a need to forge a certain unity and bond amongst his peers. As a high school junior, Burton founded My Brother/My Sister (MBMS) ironically during Black History Month in 2008.

“I was 16 at Copley High School in Copley Twp. (Akron, Ohio), and being a black American male, I felt like my high school peers needed to be introduced to culture and community love,” he said.

He felt it was also a way to “nullify self-hate while promoting a more natural bond between the genders. Hence, the sisterhood-brotherhood organization was born.



As a high school junior in Akron, Ohio, Malcolm Deluvon Burton founded the My Brother/My Sister organization during Black History Month in 2008. Recently, members of the group traveled to Baltimore and Washington, D.C. to visit Burton's alma mater, Morgan State University and other significant historical sites in the area. Courtesy Photo

“While our Civil Rights history— Rosa Parks and Dr. Martin Luther King, Jr. are valuable background, our young people also need to know other stories,” he said.

Recently, Burton's group traveled by bus from Northeast Ohio to Baltimore and Washington, D.C. As a 2014 graduate of Morgan State University, Burton wanted to expose the young people from his hometown to significant historical sites such as Baltimore's Great Blacks In Wax Museum; and the Martin Luther King Jr. monument in the District of Columbia.

In its ten-year history, MBMS, has grown to about 100 members, mainly of middle- and high-school ages. The group is open to all cultures but the primary goal is to sustain cultural love and pride among black youths,” according to Burton.

MBMS has two chapters that meet weekly— one in Akron at Copley High, the other in East Cleveland at East Technical High. Burton says the non-profit group is funded via the Cleveland Indians' Larry Doby Youth Fund Grant.

Doby was the first black to play American League baseball with the Cleveland Indians in July 1947, three months after Jackie Robinson broke the color line with the Brooklyn Dodgers. Burton says MBMS is currently awaiting national 501c3 non-profit status.

Older members of the group now serve as mentors and academic tutors for the

younger members.

“Our goal is to produce scholars,” said Burton, noting that the organization currently boasts 30 college graduates and several current college attendees.

Burton also has a master's degree in social work from Case Western Reserve University. Later this year, his first book, “A Safe Place To Call Home: Community Love and Culture,” will be released. He is just 26-years-old.

Burton is proud of his blended African-American and Puerto Rican heritage. He is also proud of having been raised in a two-parent home, and is cognizant of raising his own children in a similar environment “when that day comes,” he said, smiling.

For more information about MBMS, call Malcom D. Burton at 216-526-3469 or at: [Instagram.com/mbmsglobal](https://www.instagram.com/mbmsglobal).

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Wells Fargo launches \$60 billion plan to increase African American homeownership

After years of moving and renting, novelist Randy Camp, recently became a first-time homebuyer at age 55.

“It feels good,” said Camp, a resident advisor at a youth services agency in Des Moines, Iowa. “There’s this idea of ‘this place is yours, so now make sure you take care of it and enjoy it.’ I also did it for my children. As I get older, I realize the importance of leaving an asset for them.”

In an effort to make homeownership dreams a reality for others like Camp, Wells Fargo has

launched a 10-year diversity initiative to provide \$60 billion in home loans, supporting at least 250,000 African American homeowners by 2027. As part of the plan, the company also intends to significantly increase the diversity of its mortgage sales force.

Working with the National Urban League and the National Association of Real Estate Brokers, Wells Fargo announced the initiative Feb. 28 at the National Center for Civil and Human Rights in Atlanta.

The company aims to help reverse the

decreasing homeownership rate in the African American community, said Brad Blackwell, head of housing policy and homeownership growth strategies for Wells Fargo.

Blackwell added that the company also plans to invest \$15 million in a wide range of initiatives that promote financial education and counseling for African American homebuyers over the next 10 years. The company will also boost its recruiting, hiring, and retention of African American home mortgage officers, he said.

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Year of transformation at Wells Fargo

In a letter published in the 2017 Wells Fargo Annual Report, CEO Tim Sloan had this to say about the past year:

“This was a year of transformation at Wells Fargo. We achieved a great deal in 2017 and look forward to building on our momentum in the months ahead. Our top priority remains rebuilding the trust of our customers, team members, communities, regulators, and shareholders. We have made foundational changes to identify and fix problems so they do not happen again and achieved significant progress in our commitment to make things right for our customers and build a better bank. Our transformation is grounded in our vision

of satisfying our customers’ financial needs and helping them succeed financially. While we have more work to do, I assure you that the Operating Committee and I are fully committed to building on our accomplishments. In addition, we take very seriously the consent order we entered into with the Board of Governors of the Federal Reserve System in February 2018, and we will work diligently, yet swiftly, to meet the requirements.

In response to feedback from our team, we introduced a streamlined Vision, Values & Goals of Wells Fargo in late 2017 — replacing what previously was a 37-page expression of our culture. Today the wallet-sized booklet focuses

exclusively on our guiding principles and goals, clearly expressing the beliefs that guide every team member as we work together to build the best Wells Fargo possible.

We have overcome challenges many times during our history. We have a solid foundation, exceptional businesses, and an outstanding team. Our more than 260,000 team members are dedicated, talented, and committed — and, without a doubt, they are our most important resource. Thank you for placing your trust in Wells Fargo and for your support. Our commitment to you is unwavering as we continue our transformation into a better, stronger company.

Guest Editorials/Letters

Smart investments in SNAP smart for the black community

By Harry Alford, President and CEO, National Black Chamber of Commerce and Rep. Mike Conaway, TX-11, Chairman of the House Agriculture Committee

From 2012 to 2015 African American-owned businesses across the United States grew from 1.9 million to 2.6 million. As the economy continues growing, these numbers are only expected to increase but our nation's black businesses face a host of challenges, including access to a skilled workforce.

Currently, there are more than 6.1 million open jobs in the United States. This is a significant roadblock for black employers across the country who want to continue expanding and growing their operations.

That's why it's time for Washington to take a serious look at the skills gap and support policies that create opportunities for our work-capable adults.

The House Agriculture Committee is proposing legislation to help provide these opportunities for the unemployed and underemployed using one of our nation's anti-poverty programs, the Supplemental Nutrition Assistance Program (SNAP).

The bill aims to help work-capable adults receiving SNAP secure employment to improve their lives. Americans in poverty should be supported by government assistance that aims to graduate users into the mainstream economy. And, the new bill implements and mandates constructive and empowering work requirements that are balanced with a strong investment in proven tactics to assist recipients in climbing the economic ladder and improving their station in life.

Now is the time for a focus on employment and training in the SNAP program. Let's energize and prepare eligible and work-capable SNAP recipients, ages 18-59 years-old, for the workforce by way of a significant investment in SNAP Employment and Training (E&T), including a suite of ancillary services like assessment and case management. It is important to afford individuals additional opportunities like apprenticeships and subsidized employment opportunities that are proven to help individuals enter or re-enter the workforce. Congress must take advantage of the current economy, and support individuals who want their own status to improve.

Businesses and SNAP recipients alike stand to benefit from investments in training and education. Our economic potential is only as great as our workforce, and as we look to stimulate growth for black-owned businesses we need to see these policies for what they are: opportunities for those in need, accountability for those on SNAP and an untapped workforce that can fill businesses unmet needs.

While critics of this legislation claim it is aimed at kicking people off SNAP to save money, that couldn't be further from the truth. Under this work proposal, only a work-capable individual who chooses not to participate in a guaranteed E&T slot— who chooses not to take advantage of the free training and education opportunities—will lose eligibility for SNAP.

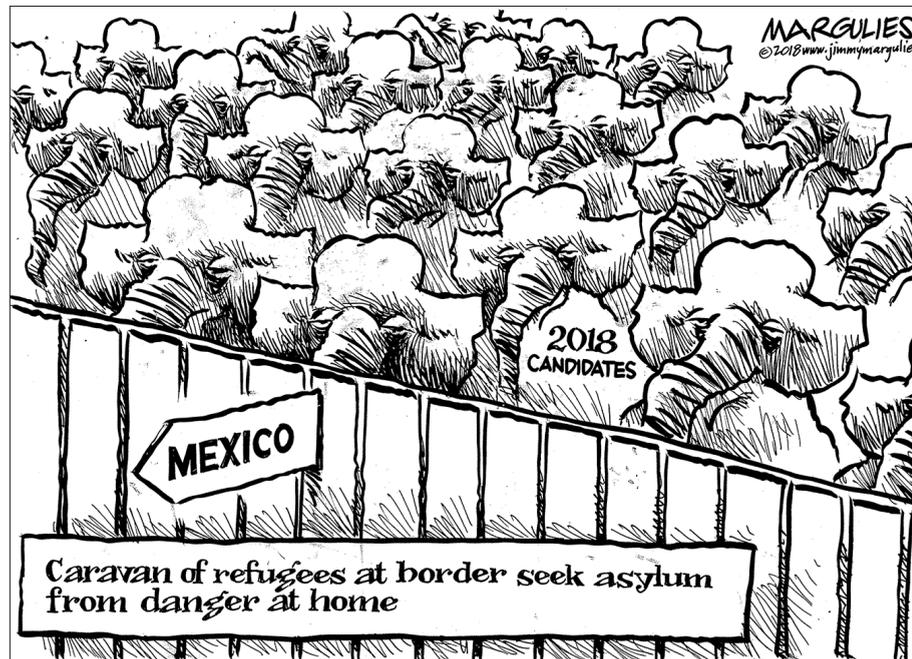
It's time for both parties in the House and Senate to come together and rid America of poverty through opportunities for upward mobility and empower families and individuals with occupational training and job placement. All it takes is proper attention.

That's why the House Agriculture Committee wants to work with groups like the National Black Chamber of Commerce, black churches and other interested parties to highlight opportunities to bring jobs back to local communities and hire local workers.

It's as the old adage tells us: "Give a man a fish and you feed him for a day; teach a man to fish, and you feed him for a lifetime."

For more information about the 2018 Farm Bill, visit: agriculture.house.gov/farm-bill.

Harry Alford is the Co-Founder, President and CEO of the National Black Chamber of Commerce. Rep. Mike Conaway (TX-11) is the Chairman of the House Agriculture Committee.



Letters to the Editor:

Editor:

National Stuttering Awareness Week began on May 7, 2018.

Did you know more than three million Americans stutter? That's more than the populations of Wyoming, Vermont, Alaska, North Dakota, and Washington, D.C.— combined.

One percent of your readers stutter — and up to five percent of children stutter for a time during their early developmental years.

In the spirit of spreading awareness, the most important thing you and your readers can do for someone who stutters— or for anyone you are speaking with— is to listen. Listen to what they have to say rather than how they say it.



For more information, visit our website: StutteringHelp.org.

Jane Fraser

President,
The Stuttering Foundation
Memphis, Tennessee

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Letters to the Editor

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The cautionary tale of Donald J. Trump

By Steve Klinger

In the summer of 2016 I wrote a song titled “Not This Time,” about an unnamed demagogue seeking power in America. The song concluded that the populace, while heading in that direction, wasn’t in enough discomfort to elect an inept, transparent buffoon. My refrain hinted broadly that, instead, a descent into authoritarianism could well happen the next time around.

Not long after a grim ordeal in front of the television on November 8, 2016, and the sleepless nights that followed, I rewrote the song and called it “Next Time Came This Time.” The original was fun to sing. I don’t perform the revised version much.

Although Donald Trump will very likely go down as the worst president in U.S. history, if there is anyone left alive to look back on his tenure, I have been thinking lately that there is a chance we caught a break when he became the standard bearer for the American right. Not that things have been good by any measure, but they could be oh so much worse.

Trump has set back America’s already shaky standing in the world by years, if

not decades. In governing primarily by executive order, he has surely hastened the effects of climate change, made perhaps hundreds of judicial appointments that will haunt the future of our courts, left what remains of our democracy vulnerable to catastrophic tampering by a hostile foreign government, put an administrative stranglehold on everything from immigration to equal rights to consumer protections, signed into law a tax

The deficit-exploding tax cut aside, he has no realistic legislative agenda, so deeply is he submerged by the rising waters of Mueller’s Russia investigation and its offshoots. The turnover in his staff and cabinet are unprecedented and would be laughable if they weren’t frightening as international crises loom. Any benchmarks of governing normalcy have been so completely upended that his administration, the media and even

ened activism among millions of previously complacent and distracted Americans of all stripes. His catastrophic regime has hastened the implosion of the Republican Party and will most likely deliver the House into Democratic (and hopefully more progressive) hands in the midterm elections. At this rate the Senate could go the Democrats’ way as well. May they grow spinal vertebrae and develop the ethics they’ve lacked to rise above their historical shortcomings.

Perhaps best of all, Trump has very likely set back the ascendance of an effective authoritarian for some time. For even if his presidency survives the growing (and largely self-inflicted) onslaught, and even if the rightwing media and the truly treasonous gang of congressional Republicans ready to sacrifice country for party prevail in protecting him from legal disaster, too many truths have already emerged for him to fully seize the power he covets. In reality, too many Americans have had enough of him and will find a way to remove him or at least render him politically impotent.

And so, in an unpredictably serpentine manner, my song may have gotten it right the first time. Trump has put us through hell. But he’s clumsily revealed for all to see the depths of his dark and immoral vision. Our awful struggle with him, which may have months or years to go, may yet serve as a cautionary tale and strengthen us for battles to come.

Steve Klinger is a veteran community journalist and college English instructor based in southern New Mexico. Frequently skeptical about the capacity of the written word to inspire activism, he also writes songs, hoping to add the power of music to his topical lyrics.

“Not only has he failed to ‘drain the swamp,’ he has populated the White House and the Beltway with the most corrupt, incompetent, self-serving cast of scoundrels to serve under any administration in recent memory.”

cut for the wealthiest among us at the expense of the lower and middle classes, denigrated and thereby weakened our national security infrastructure and, perhaps most significantly, demeaned the dignity and the legacy of the highest elected office on the planet.

Not only has he failed to “drain the swamp,” he has populated the White House and the Beltway with the most corrupt, incompetent, self-serving cast of scoundrels to serve under any administration in recent memory. In the past he has almost certainly assaulted women, and these days he demeans minorities and insults the handicapped; he blusters, he rages, he defames, he lies, he distorts, he endangers American interests instead of protecting and defending them. He accepts blame for nothing, and taunts and provokes foreign leaders who, like he does, control weapons of mass destruction.

Americans who don’t profess an interest in politics are reeling from a constant succession of political bombshells, seemingly on a daily basis.

The ways in which it could be worse, however, are truly chilling. Instead of Trump, our divided country could have elected an American version of Putin—smart, experienced, cunning, adept at consolidating power with icy ruthlessness—in short, a vastly more competent and effective authoritarian. Such a figure would be in control of his narcissism, better at concealing his sociopathic core, and above all, smarter about orchestrating the malevolent incrementalism through which other democratic governments have been turned into autocracies.

For all the dismaying damage Trump has done, he has also misstepped and misspoken with regularity. In doing so he has galvanized opposition among a growing majority of women and awak-

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A Community Conversation:

Let's talk about depression and anxiety in women

By Dr. Jill RachBeisel

Anxiety and depression are the most common mental illnesses in the United States, affecting over 50 million people a year, and leading to moderate or severe impairment in daily living. Risk factors for both anxiety and depression include family history of any type of mental illness, exposure to severe trauma as a child or adult, poverty, high stress, low social supports and drug or alcohol abuse—all of which are unfortunately far too common across Baltimore City.

Women are twice as likely to suffer from anxiety and/or depression—conditions, which often present together. There is also a growing incidence of teenage depression and women in their reproductive years are at further risk. Seven of every 10 single black mothers suffer from depression and one of every five pregnant women suffer with depression or anxiety. Yet, only 10 percent of these women receive treatment.

Anxiety can interfere with daily activities by producing feelings of nervousness, restlessness, fear and irritability; depression is a mood disorder that causes a persistent feeling of sadness, isolation, irritability and loss of interest in activities. More than half of individuals struggling with anxiety or depression experience issues with work or school performance and with social/personal relationships. Despite the availability of effective treatment, millions of Americans with anxiety and depression go untreated each year.

The stigma of mental illness remains a major barrier for access to care. The economic impact of depression nationally totals \$210 billion annually due to reduced workplace productivity and treatment of worsening co-occurring medical problems including insomnia, migraine headaches and chronic pain. The actual cost of treatment accounts for only 20 percent of the total amount, meaning \$168 billion is spent on consequences of untreated or partially treated depression.

On Wednesday, May 23, 2018, the University of Maryland Medical System (UMMS) and University of Maryland, Baltimore (UMB) are bringing together professionals in the field with community members for a discussion around these issues in the third installment



of Not All Wounds are Visible: A Community Conversation; this session focuses on depression and anxiety in women and children. The event is free and is being held at the UMB Campus Center, located at 621 West Lombard Street in downtown Baltimore (across from University of Maryland Medical Center). Breakfast will be provided to all attendees and a resource fair with vendors from local mental health and wellness programs and other community resources will be available.

Presenters will highlight topics such as “Depression and Anxiety: A Socio-Cultural Perspective”; “Child-birth, Parenting & Depression”; “Growing Up In Fear—The Impact of Community Violence and Police Interaction” and “Resilience and Recovery.”

Live satellite viewings will also be available at UM St. Joseph Medical Center (Towson); UM Charles Regional Medical Center (LaPlata); UM Capital Region Health (Cheverly & Laurel) and UM Upper Chesapeake Health (Bel Air). For more information or to register for the free “Not All Wounds are Visible” event, visit: <https://www.umms.org/community/community-conversations> or call 1-800-492-5538.

Depression during pregnancy is not unlike other clinical depression cases—individuals likely have a persist-

ent low mood and decreased interest in pleasurable activities, and is suffering from irritability, sleep and appetite disturbances, poor concentration, isolation and recurrent thoughts of death or suicide. Anxiety can often accompany, or worsen, depression, and is recognized by restlessness, feeling tense, difficulty concentrating, fatigue and fearfulness. For pregnant women, a fear of caring for a newborn along with self-doubt is often present. Depression following delivery (Post-Partum Depression) is most commonly seen one to four weeks after delivery, and often leaves a mother unable to care for herself or her infant, thus leaving both at great risk.

A lack of identifying and treating depression and anxiety during pregnancy can often lead to complications for both mother and child including pre-term labor, low birth weight, lack of bonding and cognitive and behavioral problems in the child that continue into adolescence. The entire family can be impacted by a disengaged mother, who may not only have difficulty caring for herself and baby, and bonding with her baby but also has difficulty caring for the entire family.

The Department of Psychiatry of the University of Maryland Medical Center and School of Medicine has a Women's Mental Health Program (410-328-6091/www.umm.edu/womensmentalhealth) that works with women on both the Midtown and University campuses to provide help for those dealing with anxiety and/or depression. The program has access to treatment in OB and GYN clinics, the Family Medicine office, Addiction Treatment Programs and the Midtown Campus Pediatric office with a goal to screen and identify any woman in need of assistance and to facilitate a comprehensive evaluation, discussion of treatment planning and access to the appropriate providers.

Dr. Jill RachBeisel is Associate Professor of Psychiatry, University of Maryland School of Medicine and Vice Chair for Clinical Affairs for the Department of Psychiatry and the University of Maryland Medical Center.

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KIPP Baltimore student awarded SGFF college scholarship

Baltimore— KIPP and the Sheryl Sandberg and Dave Goldberg Family Foundation (SGFF) have announced that Baltimore high school senior Joshua Fitzgerald has been selected as a recipient of the 2018 Dave Goldberg Scholarship. Joshua is among 30 students who were selected from nearly 350 applicants nationwide to be part of this inaugural cohort of Goldberg Scholars.

The Goldberg Scholarship Program was established by the SGFF in October 2017 to support KIPP graduating high school seniors across the country who have demonstrated remarkable leadership and achievement. The scholarship honors the legacy of Dave Goldberg by supporting a new generation of leaders who embody Dave's qualities of leadership, resilience, achievement, generosity, kindness, independent thinking and entrepreneurial spirit.

As a Goldberg Scholar, Joshua will receive a unique combination of financial support and mentoring during his four-year college experience, which include: a mentor to provide ongoing

support throughout college; financial support totaling approximately \$15,000 a year to cover a range of non-tuition needs not traditionally covered by college-based financial aid; support from Goldberg Connectors to help secure summer internships and job opportunities; and participation in an annual Goldberg Scholars Summer Leadership Day, where scholars will meet leaders in their chosen fields

"Our family is delighted to partner with KIPP to support a new generation of students who demonstrate so many of Dave's qualities— especially his kindness, unflagging drive, independent thinking and entrepreneurial spirit," said Sheryl Sandberg, Facebook COO and founder of LeanIn.Org and OptionB.Org. "Dave believed every child deserved a quality education. He would be so proud and hopeful to see the first class of Goldberg Scholars heading to college this fall."

The 30 recipients of the Goldberg Scholarship have attended KIPP schools in 14 communities. All of the recipients



Joshua Fitzgerald is a recipient of the 2018 Dave Goldberg Scholarship. He is one of 30 students selected from nearly 350 applicants nationwide who are part of the inaugural cohort of Goldberg Scholars.

Courtesy Photo/KIPP Baltimore

delight him, especially the focus on mentorship and building a community to support the students from the start of college through their first job."

An alumnus of KIPP Ujima Village Academy middle school and a current senior at Gilman High School in Baltimore, Joshua's leadership extends beyond the classroom and deep into his community. He is a member of Gilman's Black Awareness Club, a volunteer for the Baltimore Urban League, and a mentor for younger students at Boys Hope Girls Hope in Baltimore. In the fall, he will attend Tufts University, where he plans to major in engineering and continue to give back to help young people in Baltimore succeed.

"We have many talented alumni graduate from college each year, but they don't always have the same professional network as their higher-income peers," explains KIPP Baltimore Executive Director Marsha Reeves. "The Goldberg Scholarship program gives Joshua access to mentors that will give him support throughout his college experience and truly accelerate his career. This partnership is a perfect example of KIPP taking college support to another level. We are so proud of Joshua, and excited to see where his leadership takes him."

SGFF selected the national KIPP (Knowledge Is Power Program) network of public charter schools as its partner for the Dave Goldberg Scholarship program because of KIPP's proven track record of helping students from educationally underserved communities develop the knowledge, skills, and character strengths necessary to succeed in college and life.

are students of color, and many will be the first in their families to attend college. Any student who attended a KIPP school for either middle or high school and had above a 3.0 GPA was eligible to apply for the Goldberg Scholarship. Joshua was chosen based on his academic record and demonstration of leadership.

"Dave was passionate about the power of ideas and connecting people to make the world better," said Rob Goldberg, Dave's brother and Founder and CEO of Fresno. "This scholarship brings those concepts to life in a way that would



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Art of Hope: Celebrating the importance of art in recovery

By Ursula V. Battle

These well-dressed men sang, recited poetry, served desserts they created and marveled at the sight of spectators who were buying their artwork. These were the men of the Helping Up Mission (HUM) during “The Art of Hope: Celebrating the importance of art in recovery” event and silent auction, which was held recently held at HUM, located at 1029 E. Baltimore Street in Baltimore City.

Tastings were created by the HUM Culinary Team and included an array of desserts. The evening also included a Silent Auction featuring artwork by former and current residents of HUM. The Peabody String Sinfonia performed with the HUM Choir and soloists.

“This was the second year we have presented The Art of Hope,” said John Longenecker, Helping Up Mission’s Chief Relationship Officer and the Inspiring Hope Campaign Director. “The event gives us a chance to highlight how important art is in the recovery process. Art helps the men to share their feelings, and is really a therapeutic part of recovery.”

According to Longenecker, there were 35 pieces of artwork displayed. He teaches some of the classes along with community volunteers.

“Some of the men come in knowing they have artistic talent, while others discover it while they are here,” he said. “They were very proud and excited about Art of Hope. They thought it was great. People really connected with their artwork and what they were trying to convey.”

He added, “They were thrilled their artwork was sold and raised money to give back to the mission. It inspired more men to create artwork, which we auctioned off at our annual graduation banquet.”

HUM was founded in 1885 to meet the needs of Baltimore City and the surrounding counties’ poor and underserved residents. For 132 years, HUM has developed deep roots among the inner city’s disadvantaged people, helping countless individuals overcome poverty, homelessness, and addiction.

HUM is open 24 hours a day, 7 days a



Chuck Knudsen, Helping Up Mission (HUM) board member and the Inspiring Hope Leadership Committee chair; Gayle Kelly, co-chair of the Inspiring Hope Leadership Committee; Keith Thomas, Helping Up Mission client; and Jim Longenecker, Helping Up Mission Chief Relationship Officer and Inspiring Hope Campaign director. The group is standing in front of a rendering of the HUM’s Women’s and Children’s Center slated to open fall 2020. Photos: Ursula V. Battle

week, 365 days a year, serving 500 men daily in eight distinctive programs, which include Overnight Guest Services and a Spiritual Recovery Program (SRP).

“We provide the 500 men we serve each day with all of the services they need to overcome barriers presented by addiction,” said Longenecker. “The goal is to help them address the original cause that led them to use, and find hope in the future. Events like Art of Hope help others in the community to see the talents the men in the program have, and breaks down some of the stigma associated with addiction.”

HUM also works in partnership with the Baltimore City’s Mayor’s Office of Homeless Services to provide a day shelter program from 2 p.m. until 6 p.m. for 60 women in safe, warm accommodations on East Chase Street. A \$35 million HUM - Inspiring Hope Campaign has been launched to build a brand new facility to provide a home environment for up to 150 women who are battling addiction and their children.

“We are in the beginning stages of the capital campaign,” said Longenecker. “The facility will be located at 1216 E. Baltimore Street. We are very excited.”

He added, “It is important for us to partner and collaborate with organizations in the community and individuals. It will take everyone collectively to raise the funds that are needed to overcome this growing epidemic.”

Groundbreaking for the 78,000 square foot Women’s and Children’s Center is set to begin fall 2018 with occupancy targeted for fall 2020.

“We hear a lot of news about losing the battle against addiction and the despair,” said Gayle Kelly, who co-chairs the Inspiring Hope Leadership Committee with her husband Frank Kelly, III. “But there are victories and good news. These men have battled long and hard and we are here to love and encourage them. We see their success and know the need to do more does exist.”

She added, “There is no place in Baltimore like the Helping Up Mission for women to go, and that is tragic. We wanted the Helping Up Mission to expand to include women. We are ecstatic to see that happening, and the timing is right.”

To donate, volunteer, or inquire about HUM services, call (410) 675-7500.

**Janet Maher & Patric Caughey’s
“Daring I.”**



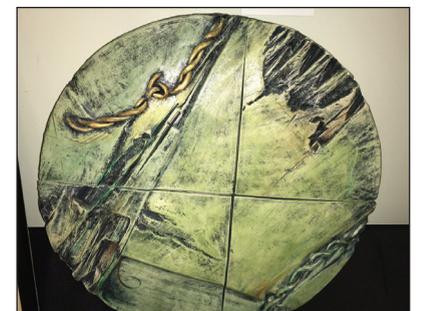
Kimberly N. Lewis’ “Singing His Praises/HUM Choir.”



“Pink Hat Lady” and was created by HUM graduate Drew Dedrick.



**Barbara van der Vossen’s
“Light in the Desert.”**



William Henry Dorsey

The 85-Year-Old Horse Whisperer

By Ursula V. Battle

In observance of Older American's Month, The Baltimore Times will periodically publish stories about seniors who are not only aging gracefully, but are doing extraordinary things. Every May, the Administration on Aging, part of the Administration for Community Living, leads our nation's observance of Older American's Month. The 2018 theme "Engage at Every Age," emphasizes that you are never too old to take part in activities that can enrich your physical, mental and emotional well-being. It also celebrates the many ways in which older adults make a difference in our communities.

For more than 50 years, a dapper fellow by the name of William Henry Dorsey has worked with horses.

"I'm a barn manager," said Dorsey. "Right now, I am taking care of 27 horses. For me, it's easy because I have been doing it for so long. It's relaxing and laid back. I feed them hay and make sure they get their shots. It's a complete upkeep of horses."

He added, "There's no one to bother you, and I love being outdoors with nature. Horses really take to me. I believe it's a God-given connection."

However, Dorsey isn't your average "Horse Whisperer." Dorsey is 85-years-old. He works at Willow Wood, a full service hunter and jumper show barn located in Howard County.

"The other thing I like about horses is that you can talk to them when you can't talk to people," said Dorsey with a smile. And you don't have to worry about them talking back."

Dorsey talked about his early upbringing.

"I was born in Provident Hospital in 1933 when it was on Division Street," said the soft-spoken Dorsey. "I went to Carver for auto mechanics, but finished my education in Howard County where I stayed with my grandfather William Powell. He loved working with horses. That's how I got into it. He was a horse person all his life. He and grandma got married in 1886 and had 22 children."



William Henry Dorsey, 85, has worked with horses for more than 50 years and is still going strong. He works for Willow Wood show barn in Howard County, Md..

Photo: Ursula V. Battle

Dorsey traced the rich lineage of horse-men in his family back to his great-grandfather. He said the tradition continues.

"My son Charles Dorsey got into it, and so did my grandson Todd," said Dorsey. "I also rode for a little bit. I was a fill-in jockey. I once won a race with a horse called 'Country Side Lane.' But I wasn't recognized, because it was alleged

that the horse had been given performance enhancers. I also won another race."

He added, "At one time, I owned six horses, which were all given to me. I donated two of the horses to a riding school for disabled kids."

Dorsey reflected on some of the things he has experienced over the course of his 85 years.

"I have seen a lot," he said. "I remember I had to get permission from the National Guard to leave out of Baltimore during the riots after Dr. Martin Luther King, Jr. was killed. Baltimore was locked down during that time."

Dorsey said he has worked for Willow Wood for 18 years. Willow Wood provides services including riding lessons, boarding, showing and USEF (United States Equestrian Federation) rated competitions. Willow Wood is owned by Kim Williams, and has become one of Maryland's premier show facilities.

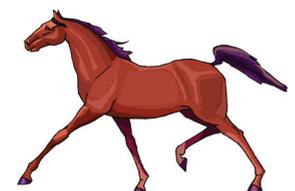
"I work with show horses," he said. "They are beautiful. My day starts at 5:30 am and stops when I want to end it. I am content."

Dorsey has 15 children, 22 great-grandchildren and 47 grandchildren. He is expecting to add to his 'herd' in September with the arrival of another grandchild.

He shared his secret for longevity. "I attribute it to clean living," he said. "It's about working, enjoying what you are doing, and seeing past the negative stuff. Every day, I eat a regiment two cloves of garlic, two tablespoons of apple cider vinegar and two tablespoons of honey."

He added, "My legacy is to retire at 90 and do my Bucket List. I would like to lay back and relax. I will be happy to retire."

Dorsey resides in Howard County with his wife Debbie Dorsey. "It amazes people that William still works," said Mrs. Dorsey. "He still does a lot of manual work. I would put him up against any young person. He loves it. Anyone who lives in Howard County, who has a horse, knows him and his quality of work. He never says 'no.' It keeps him alive and happy. He is as strong as a horse."



Be conscious of your circle:

How your relationships may actually keep you alive longer

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

It's easy to forget how much influence people have on us throughout our life. Think about it— we have family, friends, co-workers and even people we may briefly pass in the hallway, all of whom could be our greatest asset or our greatest inhibitor to you reaching our highest self.

There is scientific research that points to the old adage “you are the average of the five people you most associate with,” as completely true. Your source of happiness may very well derive from the people that you associate with on a daily basis.

There is an important correlation between happiness and human connection. Humans are naturally communicative species and constantly crave connection. There is evidence from a Harvard University study to support the claim that meaningful relationships actually create happier and healthier lives.

Led by psychologist Robert Walzingner, the Harvard study to this day still remains the longest human study in history. It tracked the lives of 724 men over the course of 75 years. The study included medical exams, drawing blood, brain scanning, and interviewing the men's children. The clearest message



derived from the collected data was that “good relationships keep us happier and healthier, period.”

It turns out the individuals in the study who were more socially connected to family, friends and communities were happier, physically healthier and lived longer than people who are less well connected. The study also showed that individuals who were more isolated experienced loneliness, and ultimately were “less happy.” Additionally, their health declined sooner, their brain functioning weakened, and had a shorter life span than people who were more connected with meaningful relationships.

Meaningful relationships protect not only our bodies but also our brains. The study concluded that meaningful social connections actually keep us alive.

We must focus less on material things and concentrate more on meaningful relationships with family, friends and community because focusing on the friends and family you trust and care about will actually keep you happier and healthier. The good life is built with good relationships.

This extraordinary study shed light on the importance of being aware of the people that you surround yourself with every day. Take a minute and look at the

last five text messages or calls on your phone and think about the individuals in your life that you are closest to. They may be your family, friends or significant others but whomever, they may be, it's imperative that you began to see them as an actual component and even a source of your overall wellbeing and even happiness.

Are these people inhibiting your success in life or are they motivating you towards your greatest potential? We must be very careful about who we spend our precious time with and energy on.

As you begin to look at many of your relationships in a new light, be conscious of the people you allow into your life. Make sure they are adding value to your goals, desires and overall success and more importantly, make sure they contributing to your overall health, as these connections may very well keep you alive longer. Living a life of abundant happiness, first starts with meaningful relationships— friends, family and community.

Positively Caviar, Inc. is a non-profit organization focused on intensifying the message of positivity and optimism in the Mid-Atlantic region. To learn more about our organization, the nucleus team or how you join our positive movement, visit: staybasedandpositive.com

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Practice prevention measures during Tickborne Disease Awareness Month, throughout tick season

Prevention efforts reduce the spread of tickborne diseases

Baltimore— The warmer weather of spring means an increased risk of tickborne disease transmission. In an effort to help prevent the increased spread of disease, the month of May has been recognized as Tickborne Disease Awareness Month.

The growing number and spread of tickborne diseases poses an increased risk in the U.S. A recent report published by the Centers for Disease Control and Prevention (CDC), found the number of reported tickborne diseases more than doubled in the past 13 years and from 2004 through 2016, seven new germs spread through the bite of an infected tick were discovered or recognized in the U.S. as being able to infect people.

“Maryland is vulnerable, but we are working very hard to educate the public and reduce the threat,” said Dr. Howard Haft, Deputy Secretary, Public Health Services, Maryland Department of Health. “Through awareness, our goal is to reduce human exposure to ticks, prevent tick bites, and to prevent Marylanders from acquiring tickborne illnesses.”

Lyme disease is the most commonly reported tickborne disease in Maryland. In 2016, nearly 1,900 cases of Lyme disease were reported in the state. Symptoms of Lyme disease include a rash (which might look like a bull’s eye), fever, headache, joint pain, and fatigue. If left untreated, the disease may spread to the joints and nervous system. Contact your healthcare provider if any of these symptoms develop after a known tick bite or after spending time in a tick habitat. Most cases can be cured with antibiotics.

In addition to Lyme disease, ticks can transmit babesiosis, ehrlichiosis, anaplasmosis, Rocky Mountain spotted fever, and tularemia.

The best way to avoid tickborne diseases is to avoid ticks and their habitat. Ticks prefer humid environments and can be found outdoors in the leaf litter,



weeds, tall grasses, shrubs, and woods. To prevent tick exposure and tick bites:

- Use insect repellents such as DEET, picaridin, or IR3535
- Perform a “tick check” on yourself, children, and pets after being outside in tick habitat

- Treat clothing and gear, such as boots, pants, socks, and tents, with products containing 0.5 percent permethrin or purchase pre-treated clothing

- Wear light colored clothing to help spot ticks more easily

- Wear long pants and sleeves to help keep ticks off of your body and tuck your pants into your socks or boots

- Stick to the path when hiking and avoid brushy areas and tall grasses where ticks are more likely to be present

- Shower as soon as possible after coming back indoors to wash away unattached ticks on your body

- Dry your clothes on high for 10 minutes once you get home to kill any ticks on clothing

- Discuss how to protect your pets from ticks with your veterinarian

Spring is the start of tick season, but Marylanders should continue to check for ticks after outdoor activities through the fall.

To learn more about how to protect yourself, family members and pets from tickborne diseases, visit the Maryland Department of Health’s website: health.maryland.gov/tick.

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Three things to consider about your 401(k) when changing jobs

News & Experts— More people change jobs than ever before. The average American worker makes 12 employment moves before retirement, according to the Bureau of Labor Statistics. With all those transitions come important decisions, and high among them is what to do with their 401(k).

Numerous financial experts say one thing you usually shouldn't do is leave your 401(k) behind with your former employer. Some 401(k) accounts are "orphaned" or abandoned every year either by their owner, former employer or plan administrator.

"It's like cleaning out your old office; make sure you grab everything that's important to you," says Peter J. Strauss (www.peterjstrauss.com), an attorney, captive insurance manager and author of *The Business Owner's Definitive Guide to Captive Insurance Companies*.

"When you leave a job and leave your 401(k), failing to roll it into a new retirement account, it's leaving money in a drawer, and worse, with compound interest growth."

Because of the tax penalty for early withdrawal, it's not usually a good idea to cash out your 401(k) before age 59½. But Strauss says the advantages of having a 401(k), keeping it mobile with job moves, and continuing to grow it are vital for personal financial growth and retirement. He lists three things to consider about your 401(k) when changing jobs:

- The employer match. "That can be a



great windfall, but it's important to make sure the matching money is vested prior to your departure," Strauss says. "Otherwise, if you didn't work there long enough and the match hadn't vested, you're not maximizing your savings." So when choosing to leave a company, Strauss says it's important to consider the timing. "Find out if all your 401(k) contributions have vested, so you make sure you get a bigger bang for your

buck," he says. "It may be worthwhile to stick around a little longer to make sure you get the entire company match to take with you."

- Rolling it into an IRA. An IRA offers more investment choices than 401(k) plans do, Strauss says. And typically, IRAs have lower costs to operate because they don't carry the administrative fees that 401(k) plans do. "But remember, just like rolling your 401(k) over

into your new company, you need to execute the transfer properly, or else you will owe taxes and fees."

- Roll into your new company's plan. This is the simplest option of moving your 401(k) after a job move. Your funds remain in the same place and continue to grow. A bonus: 401(k) plans allow you to borrow more than an IRA for a first home.

"It's a sense of comfort having a 401(k), and better, having one that's not stagnant," says Strauss. "If you one day go from 'employee to employer' and run your own business, you'll have a heightened appreciation for it because of what it means to your employees. If you're making a job change, don't forget the retirement assets you've worked so hard for throughout your career."

Peter J. Strauss is an attorney, captive insurance manager and author of several books, including most recently, "The Business Owner's Definitive Guide to Captive Insurance Companies." He is the founder and managing member of The Strauss Law Firm, LLC, on Hilton Head Island, S.C., and also the founder and CEO of Hamilton Captive Management, LLC. A graduate of the New England School of Law, he holds an LL.M. in estate planning from the University of Miami and speaks regularly at public seminars. For more information, visit: www.peterjstrauss.com.

Foster Parents Support Group of Anne Arundel County Needs Volunteers

The Foster Parent's Support group of Anne Arundel County is looking for responsible adults and older teens to babysit the children during their monthly meetings. These families gather once a month to discuss the issues, questions and responsibilities associated with caring for a child during a difficult time in their lives. Babysitters are needed to watch the foster children in a nearby room while the parents are in the meeting. The meetings are held on the first Friday of each month from 6 p.m. to 8 p.m. at Centerpoint Church near the mall in Annapolis. Teens, adults and seniors are all encouraged to participate— one time or consistent commitments are all appreciated. For more information, email contact Janice Keating at: amazekeat@gmail.com.

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