

From the Desk of the Secretary

These last few weeks of the Maryland General Assembly annual session have been good ones for DLLR, and I want to thank everyone who has worked so hard to promote or defend the bills affecting our department.

But starting in mid-April, we'll be back to the core of the work we do year-round: managing enormous divisions of Maryland State government that touch the lives of virtually every Marylander in some fashion.

On top of those everyday challenges, we will need to implement new programs authorized by the new laws being passed in Annapolis.

All these challenges come against a backdrop of dwindling resources as the Governor and General Assembly struggle to find ways to address the state budget gap.

DLLR must come away from the legislative session ready to move forward across all of our divisions despite these challenges. To do this effectively, and work toward a unified mission, we must redouble our efforts to tear down silos and cooperate and collaborate across divisions. We must measure results rather than process; communicate clearly and effectively, and reinforce the need for consistency of effort and work product.

We will be talking much more about our plans after the session is over, but I would like everyone to spend a little time thinking about how to embrace these principles.



Our Leadership Team will be discussing these principles over the next few weeks and how we might deploy resources to achieve the desired results.

Let me close by repeating the description I used in my last Fair Practices column to describe our mission here at DLLR:

At a time when Maryland is facing economic challenges unlike any seen in decades, we at DLLR have a critical role in helping create jobs; in helping unemployed Marylanders return to the work force; and in keeping unemployment benefits flowing to them until they can support themselves again. We want to do even more than we're already doing to keep Marylanders in their homes, to protect consumers from unfair business practices, and to ensure that Marylanders are fully prepared to be part of a 21st century workforce.

Secretary Alexander M. Sanchez

Spotlight on African American History Month

Due to the absence of the February issue of "Fair News", we would like to take this time to celebrate the recent observance of African-American history month.

In 1915, Dr. Carter G. Woodson and Rev. Jesse E. Moorland co-founded the Association for the study of Negro Life and History (ASNLH). Their goal was to research and bring awareness to the largely ignored, yet crucial role black people played in American and world history. The following year, Woodson published and distributed his findings in *The Journal of Negro History*. He founded the publication with the hope that it would dispel popular mistruths. He also hoped to educate black people about their cultural background and instill them with a sense of pride in their race.

The son of former slaves and the second black person to receive a degree from Harvard University, Carter Woodson understood the value of education. He also felt the importance of preserving one's heritage and, upon his urgings, the fraternity Omega Psi Phi created Negro History and Literature Week in 1920. In 1926, Woodson changed the name to Negro History Week. He selected the month of February for the celebration as a way to honor the birth of two men whose actions drastically altered the future of black Americans. Abraham Lincoln, the U.S. President who issued the Emancipation Proclamation was born on February 12th and Frederick Douglass, one of the nation's leading abolitionists was born on February 14th.

Woodson and the ANSLH provided learning materials to teachers, black history clubs and the community at large. They also published photographs that depicted important figures in black culture, plays that dramatized black history, and reading materials.

Dr. Carter G. Woodson died in 1950, but his legacy continued on as the celebration of Negro History Week was adopted by cities and organizations across the country. This observance proved especially important during the Civil Rights Movement of the 1950s and 1960s, a time when the inhumane and unequal treatment of black people in America was being challenged and overturned.

The Black Power Movement of the 1970s emphasized racial pride and the significance of collective cultural values. This prompted the ASNLH, now called the Association for the Study of African American Life and History, to change Negro History Week to Black History Week. In 1976, the week was extended to a month-long observance.

Black History Month is now recognized and widely celebrated by the entire nation on both a scholarly and commercial level. The Association for the Study of African American Life and History continues to promote, preserve and research black history and culture year-round.



Black History Fast Facts...

Garrett Augustus Morgan (1877-1963) invented, among many things, a 3-way automatic stop sign, which he sold to General Electric. It was used in the U.S. until the 3 light traffic sign was developed.

Mark Dean (1957-) along with his co-inventor Dennis Moelle created a microcomputer system with bus control means for peripheral processing devices. This invention allows the use of plug-ins like disk drives, speakers, scanners, etc...

Michael Jackson (1958-2009) was nominated for 12 Grammy awards and won a record-breaking 8 in 1984. He received 13 Grammy awards during his career and is a double inductee in the Rock and Roll Hall of Fame. He holds the title of most Top 10 singles from an album for *Thriller* and the most #1 singles from an album for *Bad*.

Thomas L. Jennings (1791-1859) was the first African American to receive a patent in 1921 for a dry-cleaning process. He used the money from the patent to purchase relatives out of slavery.

The African Methodist Episcopal Church (AME), founded by **Richard Allen** (1760-1831) became the first national black church in the United States in 1816.

Madame C.J. Walker (b. Sarah Breedlove) (1867-1919) became the first African American woman millionaire by inventing specialized products for African American hair.



Women's History Month

About Women's History Month

Before the 1970's, the topic of women's history was largely missing from general public consciousness. To address this situation, the Education Task Force of the Sonoma County (California) Commission on the Status of Women initiated a "Women's History Week" celebration in 1978 and chose the week of March 8 to coincide with International Women's Day.

The celebration was met with positive response, and schools began to host their own Women's History Week programs. The next year, leaders from the California group shared their project at a Women's History Institute at Sarah Lawrence College. Other participants not only became determined to begin their own local Women's History Week projects but also agreed to support an effort to have Congress declare a national Women's History Week.

In 1981, Sen. Orrin Hatch (R-UT) and Rep. Barbara Mikulski (D-MD) cosponsored the first Joint Congressional Resolution proclaiming a "Women's History Week." In 1987, the National Women's History Project petitioned Congress to expand the celebration to the entire month of March. Since then, the National Women's History Month Resolution has been approved every year with bipartisan support in both the House and Senate.

About This Year's Theme

Writing Women Back into History

The overarching theme is "Writing Women Back into History." In celebration of their 30th anniversary, the National Women's History Project will be highlighting themes and honorees from previous years. Each of these past themes recognizes a different aspect of women's achievements, from ecology to art, and from sports to politics.

Women by the Numbers

Citizenship

155.8 million

The number of females in the United States as of Oct. 1, 2009. The number of males was 151.8 million. At 85 and older, there were more than twice as many women as men.

Motherhood

82.8 million

Estimated number of mothers of all ages in the United States.

Earnings

\$35,745

The median annual earnings of women 15 or older who worked year-round, full time, in 2008, down from \$36,451 in 2007 (after adjusting for inflation). Women earned 77 cents for every \$1 earned by men.

Education

29.4 percent

Number of women 25 and older with a bachelor's degree or more education in 2008, higher than the corresponding number for men (28.4 million). Women had a larger share of high school diplomas, as well as associate, bachelors and master's degrees. More men than women had a professional or doctoral degree.

Military

197,900


Total number of active duty women in the military, as of Sept. 30, 2008. Of that total, 34,300 women were officers, and 163,600 were enlisted.



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National Nutrition Month



Workplace Healthy Eating Blues

Under workplace pressures, good nutrition often gets thrown overboard. Many people skip lunch and work on through until their head aches and their vision blurs. This is no way to spend a productive afternoon. Get in the habit of taking time out for lunch.

If you do eat lunch and have food at break, how frequently do you reach for coffee, soda pop, pastries, candy bars, fast food burgers and vending machine fare? Such foods offer quick energy - a sugar blast in many cases - but often end in a slump an hour later - sending you back for another fix. A break or meal should do more than that for you. But in reality, how well does your workplace support you in making healthy food choices for maximum productivity and well-being?

To answer this question, ask yourself the following questions:

Workplace Healthy Eating Report Card

1. Does your workplace provide a clean place to sit and eat your lunch or take breaks?
2. At meetings are small whole grain muffins, bagels, scones, tea biscuits, yogurt, fresh fruit, juice, milk or water served?
3. Are healthy choices available in the vending machines/catering trucks? These choices include juice, water, club soda, milk, pretzels, sandwiches, soup, fruit, yogurt, whole grain breads and crackers, trail mix, sunflower seeds, cheese, rice cakes.
4. If you have a cafeteria are healthy food choices available on a regular basis? These choices may include: broiled, baked, steamed, boiled, poached or stir-fried meals, pasta in vegetable sauces, vegetable soups, sandwiches made with lean meats, whole grain bread and lots of vegetables, yogurt, fresh fruit, salad dressings on the side.
5. If you eat at your work stations do you munch on fresh fruit and vegetables, whole grain crackers or rice cakes?
6. Does your workplace have a policy or guidelines about supporting healthy eating?

March Fun Facts...

March is the third month of the year in the Gregorian calendar, and one of the seven months which are 31 days long. March in the Southern Hemisphere is the seasonal equivalent of September in the Northern Hemisphere.

The name of March comes from ancient Rome, when March was the first month of the year and named Martius after Mars, the Roman god of war. In Rome, where the climate is Mediterranean, March is the first month of spring, a logical point for the beginning of the year as well as the start of the military campaign season.

Important and Interesting Dates in March...

National Grammar Day- March 4

World Day of Prayer- March 5

Learn What Your Name Means Day- March 10

Genealogy Day- March 13

Daylight Saving Time Begins- March 14

Saint Patrick's Day- March 17

Vernal Equinox (Spring)- March 20

National Common Courtesy Day- March 21

National Cleaning Week- March 28- April 3

American Chocolate Week- March 15-21

Youth Art Month

Spiritual Wellness Month

Red Cross Month

Optimism Month

For more interesting and important celebrations and observances in the month of March, please visit www.brownielocks.com.