

VIC CARTER
HIS ON-AIR SECRETS

WHO MAKES THE BEST
SOUTHSIDE?

BLACK FAMILIES
ADOPTING WHITE KIDS

JUNE 2010

Baltimore

BEACH GUIDE

PERFECT WEEKENDS FOR COUPLES, FAMILIES, & FRIENDS

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Up In The Air

Rappel Down A Skyscraper for a Good Cause. By Ian Tully

Baltimoreans will get to live out their favorite superhero fantasies (and help save lives!) as they rappel down a city skyscraper to raise money for the National Kidney Foundation of Maryland on June 19.

Dubbed *Rappel for Kidney Health*, the event will take place at the 25-story Legg Mason Tower in Harbor East and is open to all ages. Participants, who must raise a minimum of \$1,000 prior to the event, will receive a training session that day from certified rappelling outfit Over the Edge before scaling down 19 of the building's 25 stories. A "VIP rappel" will also take place June 18 with rumored rappellers like former Orioles catcher Rick Dempsey and kidney expert Dr. Matthew Cooper of the University of Maryland.

Money raised from the event will go to the National Kidney Foundation of Maryland, whose patient services, education, and research efforts work to prevent, treat, and cure kidney disease—a condition that affects one-in-nine Americans. Scaling tall buildings and helping a good cause? Take *that*, Spider-Man.

Legg Mason Tower, 100 International Dr. \$1,000 fundraising contribution to participate. 410-494-8545. kidneymd.org.