

# *The Annapolis Times*

Vol. 27 No. 15 February 8 - 14, 2019

A Baltimore Times/Times of Baltimore Publication

*Happy Valentine's Day! Feel the Love!*



*Bishop Ronald Willis, Greater Works Kingdom Ministries, and wife Elder Candace Willis celebrate their love.  
{Rambling Rose salutes couples in love on pages 10-11}*

# Documentary explores mental health in young adults

By Morgan Reid

Recently, Saint Demetrios Church in Parkville screened, "Angst: Raising Awareness Around Anxiety," a fifty-six minute IndieFlix documentary about pre-adolescent and adolescent anxiety. The film follows multiple teenagers who discuss their experiences with anxiety, what causes their anxiety to surface and the various ways it can trigger certain behavior.

What can be deduced from this film is that peer pressure, high expectations set in both school and at home, as well as constantly worrying can trigger anxiety attacks. From third graders having premature worries about getting into college because of intense academic competition to high school students who distance themselves from social activities, anxiety clearly has the ability to effect behavior.

The film touches on how anxiety can escalate to having a panic attack where the body has an uncontrollable physical response— heart racing, body shaking and chronic abdominal pain are a few of the symptoms. Fear paralyzes them and can be tied to feelings of inadequacy.

Exposure therapy is mentioned as being one of the methods to help cope with anxiety. Breathing techniques, journaling, listening to a clock in a quiet room or focusing really closely on a memory are all exercises to help with mental health.



Michael Phelps, the most decorated Olympic swimmer, appears in the documentary. He recounts his personal experience with anxiety and his battle with constant negative thoughts about feelings of not wanting to be alive. A highly competitive professional athlete sharing his struggles supports the overarching message of this documentary, which is to highlight the severity of mental health issues, as well as lend the opinion that anyone with this illness isn't alone.

What viewers can take away from this documentary is that mental health has the ability to affect anyone at any age.

Those who attended this screening

were mostly parents and their school-aged children. In a time when we are more connected than ever before, the pressure to achieve and live up to a certain ideal has been felt the most among millennials.

The social media climate of constant comparison and being inundated with aspirational images on various platforms wields feelings of inadequacy. Perhaps,

the subconscious strain to always "perform" well and to be an extroverted social being causes the most angst, as well as the thought of never being able to measure up.

The conversation surrounding mental health among young adults has become more open for public discussion. A documentary such as this one serves as a reminder that anxiety is a serious condition that should not be handled lightly. This illness can effect anyone at any age and no person should have to suffer in silence.

By comparison, it is simply unrealistic to think that happiness is an emotion that can be felt every minute of the day but perhaps reaching a state of equilibrium and allowing room for occasional shifts in mood is what most people can strive for.

It's okay for a person to have feelings no matter how good or bad they may be. However, lingering feelings of doubt, fear and worry need proper care and attention because if these feelings persist, the outcome could be fatal.

*Morgan Reid completed her undergraduate degree at Temple University. She holds a Masters from Johns Hopkins University and lives in Baltimore, MD.*

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(USPS 5840) is published every Friday by *The Baltimore Times/Times of Baltimore*, 2513 N. Charles Street, Baltimore, MD 21218. Subscriptions by mail \$60 per year. Standard bulk postage paid at Baltimore, MD 21233.

Postmaster send address changes to:

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Franchesca Ramsey

J.J. Kirkpatrick

Aldis Hodge

# The New Renaissance

The history of arts and entertainment has evolved, keeping the integrity and passion of the past weaved into today's work. This Black History Month, Xfinity is celebrating the current wave of heavy hitters, from Franchesca Ramsey keeping it real online, to Aldis Hodge capturing our eyes on the big screen and J.J. Kirkpatrick playing to our souls. They're paving a path for the next generation of creators to find their own voices. Just say "Black Film & TV", into your X1 Voice Remote to immerse yourself into powerful Black stories or watch on-the-go with the Xfinity Stream App. Xfinity, where Black History is always on.

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# Guest Editorials/Letters

## Connecting diabetes patients with help

Every year an estimated 28,000 people in Maryland are diagnosed with diabetes, according to the American Diabetes Association (ADA). The price of diabetes costs an estimated \$7 billion in Maryland each year.

While diabetes is on the rise all over the country, it doesn't impact every person the same. This silent killer disproportionately affects people of color. African Americans are 50 percent more likely to have diabetes than whites and three times more likely to have diabetes-related amputations.

It is critical that people manage their diabetes very carefully. Uncontrolled diabetes can lead to serious complications such as heart disease, amputations, stroke, end-stage kidney disease, and death.

People with diabetes have medical expenses approximately 2.3 times higher than those without diabetes, according to the ADA. The scariest part—the medical expenses related to diabetes management often make people choose between their health and their financial security.

When bills become too costly to manage, patients sometimes will try to ration their insulin to stretch it out longer. This leads to a variety of dangers, such as blindness, loss of limbs, kidney failure and even death. Studies have shown the best way to manage and live with diabetes is with strict medication adherence plans.

In recent years, we've learned firsthand the impact health issues have on our constituents and our state and city budgets. We are committed to identifying more solutions to help our most vulnerable citizens.

Last Fall, Eli Lilly & Company launched a multifaceted approach to help connect diabetes patients with the medication they so desperately need. The Lilly Diabetes Solution Center offers insulin affordability assistance for patients who need help paying for insulin. If you are in the deductible phase of a high deductible insurance plan, have a lower income, or are uninsured, the Lilly Diabetes Solution Center helpline can offer a range of solutions including point-of-sale savings, counsel on accessing insulin through free clinics, and support for immediate needs. For more information on the Lilly Diabetes Solution Center, please call 833-808-1234 or visit: [insulinaffordability.com/solutions](http://insulinaffordability.com/solutions).

We applaud Eli Lilly for taking action to support those who need assistance managing their diabetes and look forward to seeing other innovative solutions emerge as we continue to tackle the cost of healthcare in Maryland.

Senator Antonio Hayes  
Maryland State Senate  
District 40

John Bullock  
Baltimore City Council  
District 9

Leon Pinkett  
Baltimore City Council  
District 7

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## Letters to the Editor:

### Editor:

#### **Re: Trump is a national security threat**

As a former Navy enlisted man and an officer, I am concerned with the threat to national security posed by President Donald Trump. His attacks on our intelligence agencies and cozy relationship with Vladimir Putin are un-American.

Recently Trump dismissed the input of his intelligence chiefs about the threats posed by Russia, China, North Korea, Iran and ISIS.

Trump continues to question the assessment of our intelligence agencies that Russia meddled in the 2016 election. Trump is in an ongoing trade war with China, which is adversely impacting the global and U.S. economies.

He erroneously believes North Korea is not a nuclear threat to the U.S. and he

is pulling our military out of Syria, which will allow ISIS to reconstitute itself and allow Turkey to attack our allies—the Kurds.

According to Rex Tillerson, former Secretary of State, Trump doesn't like to read.

According to John Kelly, former Chief of Staff, Trump shows impulsive decision, making.

According to White House sources it is difficult for Trump to comprehend and process complex information— e.g. intelligence reports, military scenarios.

He does not concentrate well on matters. He is a threat to our national security and should be voted out of office.

**Donald Moskowitz**  
Londonderry, NH

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## Eugenics, Euthanasia, Infanticide and the Lord's Work

By Marilyn M. Singleton, MD, JD

New York's Catholic Democratic Governor had the World Trade Center in lights to celebrate its abortion-on-demand-until-the-day-of-birth law. This law was framed as empowering women through guaranteeing "Reproductive Health." Women in New York must be really powerful since New York's abortion rate is twice the national average. This and eight other similar state laws were largely ignored as merely codifying Roe v Wade. But the state of Virginia's Democratic pediatrician governor's ghoulish advocacy for abortion until delivery of the infant was jaw-dropping as he explained that killing the infant after birth was allowed.

How can we tolerate this moral regression? Infanticide was the norm throughout ancient Athens and Sparta where the elders inspected the newborns to ensure that only the strong survived, and the weak were left to die. Early Roman law decreed that deformed children would be put to death. Fortunately, by the 4th cen-

tury, European law, religion, and medicine rejected the intentional killing of an infant.

Americans have been sucked in before by pretty words that mask the brutal reality of "evolved" policies. There was a time when America's best and brightest were teaching Dr. Josef Mengele a thing or two about eugenics, the "science" of improving the human gene pool for the preservation of society.

At the First International Eugenics Congress in 1912, a Carnegie Institute-supported paper, Preliminary Report of the Committee of the Eugenic Section of the American Breeder's Association to Study and to Report on the Best Practical Means for Cutting Off the Defective Germ-Plasm in the Human Population ("Breeder's Report"), analyzed the problem of the "unfit" and the need to find solution to "cut[ting] off the supply of defectives."

Even black intellectuals jumped on board. The Harvard-educated professor and civil rights activist W.E.B. DuBois believed only fit blacks should procreate to "eradicate the race's heritage of moral iniquity." The NAACP promoted eugenics theory by hosting "Better Baby" contests.

The Model Eugenical Sterilization Law (1914) was the blueprint for the sterilization of the "socially inadequate" including the feeble-minded, insane, criminalistic, epileptic, inebriate, diseased, blind, deaf, deformed, dependent, orphans, ne'er-do-wells, tramps, the homeless, and paupers. By the 1920s, thirty-three states had compulsory sterilization laws.

Margaret Sanger, the founder of Planned Parenthood, advocated for mandatory IQ testing for the lower classes and the issuance of government-

approved parenthood permits as a prerequisite to having children. Sanger criticized philanthropy as tending to perpetuate "human waste." She also proposed that, "the whole dysgenic population would have its choice of segregation or sterilization."

Compulsory sterilization of the "feeble-minded" was etched in stone by the revered liberal Supreme Court Justice Oliver Wendell Holmes. *Buck v. Bell* (which has never been overruled) concluded that, "the principle that sustains compulsory vaccination is broad enough to cover cutting the Fallopian tubes."

With Congress steamrolling exclusively government-controlled medical care with Medicare-for-All, we must reflect on our past as well as the present policies of our civilized neighbors. What happens when the government runs out of money to pay for everything our politicians promised?

The Model Sterilization law's selling point was that sterilization of those maintained wholly or in part by public expense was cost-effective: segregation for life cost \$25,000 and sterilization a mere \$150.

In Belgium, a nine and an eleven-year-old were euthanized for conditions that we in the United States vigorously treat: cystic fibrosis and muscular dystrophy. Canada is considering allowing such barbarism—aka medical assistance in dying—to be perpetrated upon its children.

Iceland has virtually eliminated Down's syndrome through abortion. Coincidentally the Ministry of Health lists Down's syndrome as the most expensive disease for the state-funded health care program.

The British National Health Service's Institute for Health and Care Excellence

supports the use of "quality-adjusted life years" (QALY) to measure the quality and quantity of life added due to a particular medical treatment. If the cost per QALY gained exceeds a predetermined amount, the government denies payment for that treatment. ObamaCare architect Ezekiel Emanuel's "Complete Lives System" prioritizes adolescents and persons with "instrumental value," i.e., individuals with "future usefulness." With current nursing home costs averaging \$7,500 per month, hospice care could be the default medically necessary treatment for the disabled.

It was not too long ago that the top Democrat official, Nancy Pelosi said "[Republicans] pray in church on Sunday and they prey on people the rest of the week. And while we're doing the Lord's work, ministering to the needs of God's creation, they are ignoring those needs which is to dishonor the God who made them." I don't know whose "lord" she is talking about—perhaps the overlords who aim to take over mankind in sci-fi stories or the "Lord of the Flies."

The day erecting a barrier to stop drug and human trafficking is considered immoral and killing viable live babies is celebrated is the day some Americans tossed morality into the abyss.

*Dr. Marilyn M. Singleton is a board-certified anesthesiologist. She is president of the Association of American Physicians and Surgeons. While still working in the operating room, she attended UC Berkeley Law School, focusing on constitutional law and administrative law. She interned at the National Health Law Project and practiced insurance and health law. She teaches classes in the recognition of elder abuse and constitutional law for non-lawyers.*

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# Rambling Rose



*Rosa Pryor Trusty*

*Happy Sweetheart Day to all couples!*

Hello everyone, I know this is Black History Month, but I have to include the most romantic weekend of the year and that is Valentine's weekend. I have had a helluva last week, so talking about Valentine's Day Sweetheart will make me smile.

I had been suffering with severe stomach pains for almost two weeks, but I am doing much better now. I was rushed to the emergency room at St. Agnes Hospital where a procedure was done by putting a scope down my throat into my stomach to find out if I was pregnant or not. Thank goodness, it turns out to be a large ulcer because my fixed income would not have been enough money to set up a nursery and buy diapers and my Boo-Boo, with his bad knees wouldn't be able to walk a baby. Thank God I am feeling good now and pain free. Those of you who knew, thank you for your love, empathy and well wishes. I will keep you informed.

So let's talk about our beautiful "Couple's Day." The 12 couples on this page are Rambling Rose's chosen couples for this year. To all my couples enjoy your weekend.

Here are a few places that all "Sweethearts" can check out:

**\*Gospel Concert\*** & 47th Anniversary for Lonnie Parker featuring the Fantastic Violinaires; Sparky & the Tones of Joy; Karen & the Fellas

Heaven Bind Gospel Singers; Pastor White & Tru Gozel; and many more on Sunday, February 10, 2019 at 3:30 p.m. at Brown's Memorial Baptist Church.

**\*Valentine's Day Brunch**, Sunday, February 17, 2019 at 11 a.m. and Monday, February 18 at 2 p.m. at Schola located at 916 N. Charles Street.

**\*Valentine's Day Wine Dinner** on Thursday, February 14, 6-9 p.m. at Gramercy Mansion, 1400 Greenspring Valley Road in District 3 Maryland.

**\*Maggie's Farm**, 4341 Harford Road in Baltimore on Thursday, February 14, 4 p.m. and 10 p.m. Take your sweetheart and enjoy a three-course meal.

\*Lastly, everyone is invited to the **Most Worshipful Prince Hall Foundation of Maryland Thurgood Marshall Black History Month Celebration** on Sunday, February 17, 2019 from 1:30 p.m. to 5:30 p.m. at the Murphy Fine Arts Center at Morgan State University where I will be honored. I was selected to receive the Golden Trowel Award. I am so excited. For more information, call Rainier Harvey at 410-669-4966.

Well, my dear friends, I got to go. I am out of space. 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.



*Milton & Barbara Dugger, Jr.*



*Mike & Sharon Jones*



*Robert & Virginia Jones*



# Ravens safety Ed Reed is Hall of Famer on and off the field

By Tyler Hamilton

The Baltimore Ravens have always been known for defensive excellence. Linebacker Ray Lewis has had his share of running mates on defense during his Hall of Fame career. Safety Ed Reed is the first fellow defensive player to join Lewis in Canton, Ohio.

Like Lewis, Reed was a game changer for Baltimore's defense. The two players infused a high degree of swagger into the Ravens. It's something they cultivated while playing football for the University of Miami and led to a Super Bowl Championship in 2013.

Reed is perhaps the best ball-hawking safety of all time. His 64 interceptions (6th All Time) in 174 games are proof. Reed also has 139 pass breakups on his resume. Few players were as dangerous as Reed once they got their hands on a turnover. Reed's 1,590 interception return yards are the most ever by a defender.

The legacy that Reed has includes nine Pro Bowl selections, five First-team All Pro nominations and being named to the NFL 2000s All-Decade Team. He was also named the 2004 NFL Defensive Player of the Year.

There is no questioning Reed's greatness on the football field. However, his Hall of Fame personality and contributions off of the field are equally as great.

Reed's compassion for others came to the surface when he spoke with Fox Sports' Joe Buck at an event during the week leading up to Super Bowl LIII earlier this month.

"We have volunteer firefighters here cleaning up after grown men. Lockers are two feet from the garbage can. You come in and cut the tape off your feet, your ankles, your wrist and instead of



*Former Baltimore Ravens safety Ed Reed is perhaps the best ball-hawking safety of all time. His 64 interceptions (6th All Time) in 174 games are proof. He also has 139 pass breakups on his resume and his 1,590 interception return yards are the most ever by a defender.*  
Courtesy Photo/USA TODAY Sports Images

throwing it in the garbage you throw it on the floor," Reed said.

"I'm like, 'Listen guys it's the little things man!' Pick up your towel as you're walking out. The dirty clothes bin is right there as you walk out. Why leave the towel in there for someone else to pick up?! Super Bowl year, we don't win it if we don't do the little things."

Reed went on to say how he'd pick up the towels and the trash because he didn't want the volunteer firemen tasked with cleaning up the locker room to see how messy his teammates were.

Passion for helping others was manifested when Reed created The Ed Reed Foundation. The mission statement is to "provide character-building opportuni-

ties by inspiring at-risk youth with athletic initiatives founded in mentorship, leadership, and exposure to new environments."

As a child growing up in a family of five, Reed took to sports as a way to show how special he was. He was a standout in football, track and field, basketball, and baseball.

Reed's Foundation focuses on children who simply need an opportunity to see how special they can be.

"If we surround ourselves with the right people, in the right environment, our opportunity for success increases greatly," Reed says on his foundation's website.

Reed's foundation is involved with

communities in Baltimore and the New Orleans area, where Reed is from. His latest project is building a multipurpose turf field and basketball courts near the Preston Hollow and Turtle Creek Neighborhoods in Louisiana where he grew up. The park will also have an open area for cookouts, a playground for children and a new road into the park.

For more information about The Ed Reed foundation, visit the website: [www.edreedfoundation.org](http://www.edreedfoundation.org)

Ed Reed, the football player will be enshrined in the Pro Football Hall of Fame in August but there is much more to him than the dynamic defender most people know him as.



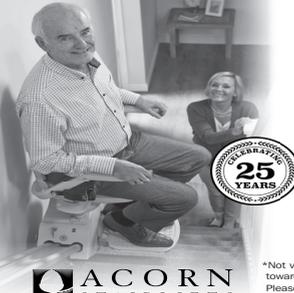
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## Modell Lyric and University of Baltimore present 'A People's History of the United States' at Wright Theater



*A staged reading of excerpts from Howard Zinn's landmark boo, "A People's History of the United States" will take place on Tuesday, February 12, 2019 at the University of Baltimore's Wright Theater from noon to 2 p.m. free of charge. Reservations required. Reserve tickets at [Eventbrite at https://astagedreadingofapeopleshistory.eventbrite.com](https://astagedreadingofapeopleshistory.eventbrite.com).*

Courtesy Photo

Baltimore— The Modell Lyric Education Department and the University of Baltimore (UB) Diversity and Culture Center presents a staged reading of excerpts from Howard Zinn's landmark book *A People's History of the United States* on Tuesday, February 12, 2019 from noon to 2 p.m. at the University of Baltimore's Wright Theater.

The event is free and open to the public. Reservations are preferred. Reserve tickets at Eventbrite at <https://astagedreadingofapeopleshistory.eventbrite.com>.

"Often shocking in its revelations, *A People's History of the United States* is a provocative examination of U.S. history. The 1st person narratives included in the book provide the perfect foundation for an interesting afternoon of theater," said Denise Kumani Gantt, Director of Education at the Modell Lyric.

Written in 2005 by the legendary historian, professor, playwright author and activist, "*A People's History*" has become an integral part of study in colleges and universities, book clubs,

reading groups, and community and social justice organizations across the nation. The 10th anniversary edition, which will be used for the staged reading, contains social movement updates including Occupy Wall Street, marriage equality, and the DREAM Act.

The theatrical readers come from a cross section of backgrounds— educators, students, executives, artists, activists, clergy, and others. The reading is a partnership between the Modell Lyric and the University of Baltimore and part of UB's African American Arts Festival.

"The speeches, letters and poems in '*A Peoples History of the United States*' are testimonies that should be shared with the community. We are pleased to partner with the Modell Lyric to present this staged reading to the students, faculty and staff at the University of Baltimore," said Karla Shepherd, UB Diversity and Culture Center director.

Reserve tickets at Eventbrite at <https://astagedreadingofapeopleshistory.eventbrite.com>.

*Stay up-to-date on positive news in the community and community events sponsored by The Baltimore Times. Sign up at <https://bit.ly/2E5NuM5>*

## This is about real change...

Over the past two years we have undertaken a massive effort to transform Wells Fargo and that includes keeping our customers and stakeholders informed about our ongoing progress.

A central part of our transformation was a deep examination of our entire business, which uncovered additional areas where we had fallen down. While headlines about these issues are recent, the issues in question occurred in the past. They don't reflect the bank we are striving to become.

### This is about where our leadership is taking us

Across our organization, our leadership is focused on and committed to creating a better bank. New leaders are bringing outside perspectives to how we operate. This starts with our Board of Directors. Our new Board Chair, Betsy Duke, is a former Federal Reserve Governor. She joins seven independent directors named in just the past two years. We have filled key senior leadership roles with external talent, including our Chief Risk Officer, General Counsel and Head of Human Resources. And we have centralized key functions to improve our controls and increase visibility. We also launched a Stakeholder Advisory Council with seven external members to advise management on consumer perspectives, fair lending, environmental impact, and governance.

### This is about focusing on our customers

Our first priority is our customers and making sure we serve them to the very best of our abilities. We have implemented new efforts to make sure customers are 100% satisfied with all we do for them and created stronger mechanisms to resolve issues. All of this while we continue to help customers manage their finances in many ways including the ability to receive alerts that tell you when your balance is low.

And to help the many customers impacted by natural disasters and the government shutdown, we are also waiving or reversing various fees.

### This is about our dedicated Team Members

We know our customers' experience is only as good as the dedicated Team Members serving them in our branches, on the phone and online. And while we've always had the best, we are doing more to support them and align their compensation with their personal goals of serving customers. This includes raising our minimum wage to \$15 per hour, aligning banker compensation with customer satisfaction and extending stock awards to 250,000 Team Members.

### This is about our ongoing pledge

While we have accomplished a lot, we are by no means done. Our pledge to you is to continue to focus on being the bank you expect and want to serve you. To learn more about how we've been improving, please visit [wellsfargo.com/progress](https://wellsfargo.com/progress)

## ...and this is our ongoing commitment to our customers

So that's what we're doing. And this is where we're going as we continue to build a better bank for all.

### This is innovation that puts customers in control

With offerings like *Control Tower*,<sup>SM</sup> *Overdraft Rewind*,<sup>®</sup> Low Balance Alerts and Financial Health Conversations, we're working to empower customers with the information and confidence they need to succeed financially. For example, with *Overdraft Rewind* we have proactively reversed millions of dollars of fees for our customers.

And with a wide range of email and text alerts available to our customers, we've helped people identify potential fraud, avoid potential fees and manage their accounts with greater assurance and control.

### This is building sustainable futures for our communities

We're committing \$200 billion in financing to sustainable businesses and projects by 2030, with more than 50% focused on clean and renewable energy.

### This is empowering homeownership for Americans

On average, Wells Fargo helped more than 1,000 families a day realize the dream of homeownership in 2018.

### This is our commitment to helping others every day

In 2018, Wells Fargo donated more than \$1 million a day to help over 10,000 non-profits keep reaching for a greater good. We also donated nearly \$10 million in support of disaster relief and waived more than \$33 million in fees for impacted customers. And we're helping government workers affected by the recent shutdown, proactively reversing various fees and extending deadlines for certain payments.

### This is our people making a difference

In late 2018, through our *Holiday Food Bank* campaign, we collected and donated more than 55 million meals to local food banks across the country and our Team Members volunteered over 9,000 hours. And on nearly every day for the past two decades, Wells Fargo volunteers have rolled up their sleeves to help build and improve more than one home per day through the *Wells Fargo Builds*<sup>SM</sup> program.

Best of all,  
This is just the beginning.

This is 



More than 8,120 homes have been built and improved through Wells Fargo Builds since 1997. Wells Fargo helps 1,074 families (per calendar day, on average) realize the dream of homeownership through our Retail and Correspondent lending channels. © 2019 Wells Fargo Bank, N.A. All rights reserved. Member FDIC.  Equal Housing Lender. NMLSR ID 399801.

# Local entrepreneur makes hair care history in airport, creates franchise opportunities

By Andrea Blackstone

When government workers were recently furloughed, interest in uncovering small business ideas seemed to soar. Individuals who had never considered entrepreneurship began thinking creatively to alleviate financial uncertainty. Trailblazing women like Cindy Tawiah are an example of what is possible when vision, taking action, remaining persistent and having faith combine over time.

After working as a registered nurse for 13 years but feeling unfulfilled, the domestic violence survivor left the nursing profession to pursue her dream of opening a hair salon and developing hair care products. Back in 2003, even though Tawiah was denied many bank loans and locations to lease, the determined Owings Mills, Maryland, resident kept pressing forward until doors opened for her business venture, "Diva By Cindy."

"Overcoming obstacles and persevering is key for those who want to be a successful business owner," Tawiah said while noting how she recently made history in an airport.

Since the strict TSA (Transportation Security Administration) guidelines for carrying liquids, gels and aerosols in carry-on luggage became effective in 2006, many passengers have had their beauty products confiscated going through the security line. Tawiah to the rescue! She identified a need and came up with a solution.

In 2017, Tawiah opened and operated a successful kiosk at the Baltimore/Washington International Thurgood Marshall Airport (BWI). By October of 2018, Tawiah launched the first natural hair care vending machine in a major airport.

Diva By Cindy hair care products may be used on all hair types, including both natural and chemically processed hair. The product line consists of 13 different formulations, which include a moisture system and a growth stimulating system. The products may even be used to address hair loss resulting from chemotherapy, thyroid medication and high blood pressure medication.

"The vending machine is located inside



***In 2017, Owings Mills, Maryland resident Cindy Tawiah opened and operated a successful kiosk at the Baltimore/Washington International Thurgood Marshall Airport (BWI) selling her Diva By Cindy hair care products. In October 2018, she launched the first natural hair care vending machine at a major airport, "Heaven 1," which is located in Concourse D at BWI. Tawiah is now offering franchise opportunities for Diva By Cindy hair care products through vending machine locations. (Above) Prince George's County resident and first Diva By Cindy franchisee Yolanda Brown (left) with Cindy Tawiah (right) founder of Diva By Cindy hair care products standing in front of the "Heaven 1" vending machine.***

the terminal on Concourse D, and has our two ounce styling products, as well as full size products," Tawiah said. "When we first launched in October, we spent a few hours a week showing passengers how to use the machine. Now they are actively approaching it, and tak-

ing pictures, and sharing their finds with us. Our machine is called 'Heaven 1,' and she is shared on Instagram and Twitter by Divas who meet her. We have women and men buying our (Diva By Cindy) products."

Ten percent of proceeds from Diva By

Cindy products are used to help homeless women as a result of domestic violence. A day of beauty, which is held twice a year allows the women to receive pampering services, including: facials, massages and hairstyling.

The growth of Tawiah's brand is on the horizon. Recently, Diva By Cindy hair care products were launched in select T.J. Maxx and Marshalls stores plus a new moisturizing product for curly hair called "Kurl Pop" will be launched very soon.

Additionally, Tawiah is branching out to help others seeking opportunities to enter the beauty business with a few independent, sales representatives who purchase her products wholesale and sell them to generate revenue for themselves. She is also offering franchise opportunities through Diva By Cindy's automated concept. A new vending machine location is already in the works.

Tawiah says she has reached another milestone with her first franchisee, Yolanda Brown who will be located at Arundel Mills.

After using Diva By Cindy products and loving them, Brown wanted to be a part of Tawiah's entrepreneurial venture. Now, the Prince George's County resident and first franchisee has the chance to be mentored by Tawiah and an opportunity with great potential.

"We have recently joined forces to franchise Diva By Cindy Hair Care Products in a non-traditional way. Mrs. Cindy has revolutionized providing hair care products [and by] mid to late March 2019, we will launch the second vending machine that provides quality hair care products with ease of use," Brown said. "This is the way of the future for beauty products, and I am excited that Mrs. Cindy chose me to be a partner of a groundbreaking opportunity. We are excited about inspiring and encouraging women to be bold and confident, and that starts with how they feel. Diva by Cindy hair care products are great and your scalp and hair will tell it all."

For more information about Diva By Cindy's products or to explore business opportunities, visit: [www.divabycindy.com](http://www.divabycindy.com).

## Central Baltimore Partnership:

# Helping make the city more attractive, safe and vibrant

By Ursula V. Battle

In a city inundated with crime, dilapidated houses, drug addiction and many other issues, Baltimore is often viewed as a hard sell for attracting and retaining business owners and homebuyers. However, one local organization has been quietly making a lot of noise when it comes changing this troubling reality—the Central Baltimore Partnership (CBP), a ten-year-old nonprofit with over 100 partners who together established a comprehensive strategy for community revival in 11 central Baltimore neighborhoods.

Formed in 2006, the Central Baltimore Partnership's mission is to galvanize the renaissance of Central Baltimore. It pursues its mission by partnering with neighborhood organizations, non-profits, educational institutions, businesses and government agencies.

"We work with all the stakeholders in these eleven neighborhoods," said Ellen Janes, executive director of Central Baltimore Partnership. "That includes educational institutions and city and state government. We bring everyone together, and it's all about a comprehensive revitalization strategy. We set priorities, and make them happen. We create inviting spaces, work with community centers, and connect residents to job opportunities.

"A lot of what we do is resource development such as fundraising. We also look to partner with other organizations doing similar work. We have had great success. Over 1 billion dollars has been generated in new investments. But we also want to create new opportunities. We want to make life better for long-time residents and businesses, and also attract new residents and businesses."

The 11 CBP neighborhoods are Old Goucher; Charles North; Remington; Charles Village; Greenmount West; Abell; Oakenshawe; Barclay; Harwood; Wyman Park and East Baltimore Midway. CBP also covers the Jones Falls area and the Waverly Main Street Commercial Corridor.

"From lots to playgrounds to vacant



***The Central Baltimore Partnership (CBP) is a nonprofit with over 100 partners who together established a comprehensive strategy for community revival in 11 central Baltimore neighborhoods. (Above) CBP worked with their partners to help bring the Stavros Niarchos Foundation Parkway Film Center located at 5 W. North Avenue to fruition.***

**Courtesy Photo**

theaters, we go the gamut," said Janes. "That's what makes a successful revitalization. You have to do many things simultaneously to turn these communities around, and small businesses are a critical component of that strategy. Public Safety is a big part of what we do. We work with the Baltimore City Police Department, community organizations and others."

She added "Lighting and patrols are very important, but we are also focused on creating job opportunities for youth. In other words, we help channel the collective energy of Central Baltimore into projects and programs that will have a positive effect on the community as a whole."

CBP is located in the Center for Neighborhoods at 25 E. 20th Street in Baltimore. The organization has worked on

many notable projects with their Partners. Projects include The Motor House, an arts hub, gallery, and performance space located at 120 W. North Avenue and Stavros Niarchos Foundation Parkway Film Center, a movie theatre located at 5 W. North Avenue. Both were initially vacant buildings. Others projects include City Arts Apartments, Miller's Court, North Avenue Market Restoration, and The Centre.

"These are such wonderful projects," said Janes. "We were part of the team that helped bring The Centre Theater back to life. The Center now houses non-profits, a joint film program of John Hopkins University and MICA, and gaming developer Sparkypants. We also helped in creating the Central Baltimore Future Funds with a group called the

Reinvestment Fund, which is a ten million dollar loan fund for projects that want to start-up in central Baltimore. They have a number of business projects that they are working on. Those are some of the biggest projects we are working on with our partners.

"We also have spruce-up funds, which provides money to community groups to develop vacant lots. That program is being replicated in six different parts of the city. It turns blight into real neighborhood treasures."

Janes also noted The Made in Baltimore Pop-Up Shop, which aims to spur re-investment in Baltimore City by growing the market for locally produced goods and supporting over 50 local makers and manufacturers.

CBP has also established The Neil Muldrow Business Development Fund. The Fund aims to support small businesses who expand or locate in Central Baltimore. The Fund is especially targeted towards those who re-develop long-vacant properties requiring significant new investment. Muldrow, who worked for The Baltimore Times, served as a CBP Board Member up until his death last October. The Fund will help preserve Muldrow's rich legacy of supporting minority-owned businesses.

"Given Neal's concern about minority businesses, he was especially concerned about the Charles Street corridor," said Janes. "We have addressed that concern. At Neal's urging, my staff helped to create the North of North Business Association, which is starting to take hold. That is the area between North Avenue and 25th street. Just like Neal, we want to share our thinking and relationships.

"Central Baltimore Partnership is connecting the small pieces, which includes making our bus stops, gathering places, parking, and streets more inviting. These activities will complement the Fund. We try to pull all the pieces together to make a healthier community. The most effective way to make our area safer, is to attract more people to come."

For more information about CBP, visit: [www.centralbaltimore.org](http://www.centralbaltimore.org) or call 410-244-1775.

# Robert Wooden III & Levite Praise debuts at Concord Baptist Church

By Imani Wj Wright

This past Saturday, February 2, 2019, I had the chance to see Robert Wooden III & Levite Praise (RWLP) perform at their very first concert at Concord Baptist Church in Baltimore City. I'd like to get right into my experience—it was a roller coaster that kept going up and up and the only dip was that the show had to end!

Over the past year, I've heard and seen snippets of RWLP on social media, and in person coincidentally at Morgan State University during one of their many rehearsals. When I was found out the group would be putting on a show for the public, I was immediately interested and wanted to know where and when the show would be taking place.

Fast forward a few months and it was finally showtime. When I walked into the church, the excitement in the room was an undeniable. Everyone was completely attentive and on the edges of their seats—literally.

There were a few opening acts before RWLP hit the pulpit. Three voices that stood out the most to me from the opening acts were Jamielle Gilman, Jamaal Whittington and Terrance Smith. All three were exactly what you want in a gospel singer—a voice that can fill up the room, passion for the Lord and an understanding of not just praise, but the word of the bible.

We've all been to shows where we dreaded listening to everyone before the headliner, counting the minutes until the person you came to see and hear is on stage. However, let me say that there wasn't a moment when a performer on that stage didn't own their moment. I have to give immense credit to the producer and promoter of the event who happens to be Robert Wooden III himself.



Robert Wooden III & Levite Praise performed at their very first concert at Concord Baptist Church in Baltimore City on Saturday, February 2, 2019. Photo Credit: Charles Blythe II

When asked how is he able at 20-years-old to gain the respect of his peers and maintain his leadership role in the group, he responded, “You can't receive respect if you don't give it. I showed my peers the same respect I expected. I'm so blessed to have such great people around me. Once they saw my dedication and how serious I was about this show, they were all in with me.”

There was a true continuity and chemistry within RWLP. The smiles on everyone's faces on stage made me feel their energy as an audience member. I too felt the urge to be joyful, and I surely was. With the band adding just that extra level of emotion to every syllable being sung and every melody expressed, I was overwhelmed by the amount of emotion

in the room, I stood during their entire set. Even my close friend Muammar Muhammad was on his feet with me during the final hour of the show.

What really took the audience over the edge of a praise break was RWLP's song titled: “The Best Day.” Robert's voice assertively but beautifully glided through every inch of this piece. When the intensity of this piece reached it's peak, Robert began to jump up and down, his energy was contagious, and had me and many others jumping along as well.

At the end of this show, I was completely amazed by the whole two and a half hours of high-powered praise that I had just been apart of.

When asked about some of the difficul-

ties of putting a show together like this and what would his advice be for a first time show developer looking to put on their own event, Wooden said, “My advice would be always have God in your mind when making plans. Make sure you communicate clearly with everyone, such as your show manager, your musicians, and your sound engineer.”

Lookout for RWLP's debut EP scheduled to be released on March 22, 2019.

The group currently ministers at New Solid Rock Fellowship Church, located at 4003 Northern Parkway on the second Sunday of every month. Everyone is very welcome to come out and worship with us.

Be sure to follow Robert Wooden & Levite Praise on Instagram @levitepraise\_

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## **Governor Larry Hogan encourages Marylanders to recognize Black History Month**

Annapolis— Governor Larry Hogan is encouraging Marylanders to recognize Black History Month, which falls during February each year. Black History Month has been a national observance since 1976, celebrating the accomplishments and achievements of African Americans in Maryland and across the nation.

“Each year, the month of February offers an opportunity to recognize and to celebrate the countless contributions of African Americans throughout our history and the lasting impact of that heritage today,” said Governor Hogan. “I encourage all Marylanders to take time to reflect on the invaluable influence of African American leaders and citizens on our state and our nation.”

Governor Hogan and First Lady Yumi Hogan will host a celebration in honor of Black History Month at Government House on February 12, 2019. Maryland has ties to some of the most influential leaders in African American history: Harriet Tubman, who led countless slaves to freedom through the Underground Railroad; Frederick Douglass, the renowned social reformer, writer, and statesman; and Thurgood Marshall, the first African American to serve on our nation's highest court. The Board of Public Works, which is chaired by the governor and includes Comptroller Peter Franchot and Treasurer Nancy Kopp, recently approved a contract to place bronze statues of Harriet Tubman and Frederick Douglass in the Maryland State House.

Last year, Governor Hogan proclaimed 2018 “The Year of Frederick Douglass” to celebrate this influential African American leader’s 200th birthday. On February 9, 2019, the governor will join the Banneker-Douglass Museum to close out a year of Frederick Douglass-themed events hosted by the Governor’s Office of Community Initiatives, Banneker-Douglass Museum Foundation, Inc., and the Maryland Commission on African American History and Culture with a Frederick Douglass Bicentennial Celebration.

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# Cold weather tips for pet owners

Baltimore— Pets are in danger from being out in the cold just as much as humans are. Here are some tips from the Baltimore Humane Society for pet owners to keep their pets safe from the dangerous weather.

**1. Bring your pets in!** If it is too cold for you, it is too cold for your pet to stay outside for long periods of time. If you have outdoor cats or care for feral cats, check out this site on how to make a kitty enclosure: [http://www.neighborhoodcats.org/How\\_To\\_Feral\\_Cat\\_Winter\\_Shelter](http://www.neighborhoodcats.org/How_To_Feral_Cat_Winter_Shelter)

**2. Coats!** Yes, well fitting coats ARE helpful to many dog breeds. Short haired dogs, very small dogs (teacup breeds), older dogs, and breeds that have a naturally lean body (whippets, greyhounds...) can benefit from coats and should wear a jacket! They will keep dogs warm and dry just like they do for us. Breeds that do not have an undercoat (dogs with undercoats are breeds like shepherds, huskies, malamutes, retrievers) can get cold quickly.

**3. Keep off of road salt.** Not only is it toxic if your pet ingests it, it can be very irritating and even painful to their paw pads.

**4. Wipe your pet's paws off with a lukewarm washcloth** to remove any melting salt so they do not ingest it when they groom themselves. Our pets' paws are very sensitive to the salt that is typically put down when there is snow. The salt can also make them sick if accidentally ingested while they are grooming their paws. You can also try dog boots/booties to protect their paws when there is snow on the ground. Simpler, is to just wipe their paws off after each walk with a wash cloth. Instead of regular sidewalk salt for your home, use a product like "Safe Paws." It works just as well and is safe if dogs step on it!

**5. Consider applying a barrier to your pet's paws** like petroleum jelly to protect their paws while out on a walk. It helps protect them from the salt as well as snow and ice build-up. Ice ball formed in the paw pads can often be prevented this way.

**6. Keep your pet's coat appropriately groomed.** A healthy coat will work most



efficiently in keeping warmth on the body and cold away.

**7. Anti-freeze is extremely poisonous and also tempting to pets due to its sweet taste.** Dogs and cats are actually attracted to it because it has a sweet taste. If you have it in your garage make sure it is kept up high in a leak proof container. Clean up any that might drip from equipment that uses it. If you believe your pet ingested anti-freeze, get them to a veterinarian immediately!

**8. Pets exposed to cold temperatures for long periods of time can experience hypothermia.** Signs of hypothermia include low body temperature, low heart rate, low respiration (breathing), violent shivering, and their gums may turn pale or blue. If you believe your pet is experiencing hypothermia, warm them slowly to avoid shock, and get them to a full service vet immediately.

**9. Secure and brace outdoor gates and fences** that could break from strong winds and snow.

**10. Less time outside may mean a bored pet.** Increase your animal's indoor

enrichment! Frozen kongs, food puzzles, and training games all provide mental exercise to tire out a pet who can't get outdoors.

**11. Cuddle up!** Cold weather is the perfect time to spend snuggling and playing with your pet.

Here are two more tips for pets that are not your own:

**1. When getting ready to start your car, tap on the hood first.** Why? Outdoor cats and other wild animals like to hide under car hoods overnight because it is warm! Warm engines in parked cars attract cats and small wildlife who may crawl up under the hood. To avoid injuring any hidden animals, bang on your car's hood to scare them away before starting your engine.

**2. Speak out if you see a pet left in the cold.** Here is advice from the Humane Society of the United States on how to handle the situation when you see a pet left in the cold. First politely let the owner know you're concerned. If they don't respond well, document what you see: the date, time, exact location

and type of animal, plus as many details as possible. Video and photographic documentation will help bolster your case. Then contact your local animal control agency or county sheriff's office and present your evidence. Take detailed notes regarding whom you speak with and when and respectfully follow up in a few days if the situation has not been remedied.

The Baltimore Humane Society (BHS), founded in 1927 by Mrs. Elsie Seeger Barton, is an independent, non-profit, no-kill animal shelter, which offers low-cost veterinary care to the public, and a pet cemetery with grief support services. The BHS receives no operational funding from the local or federal governments, or any national animal welfare organizations. For more information about BHS, and how you can contribute, volunteer, adopt or foster, visit: [www.bmorehumane.org](http://www.bmorehumane.org) or call 410-833-8848.

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