

Rev. Daniel C. Worthy Honored for Work at Forest Park Senior Center



Rev. Daniel C. Worthy, former executive director of the Forest Park Senior Center was honored on Tuesday, September 24, 2019, at the Second Annual Appreciation Brunch, which was sponsored by the Forest Park Senior Center Bible Study class, taught by Pastor Norenzer White. Rev. Worthy was presented with a "Certificate of Achievement" for "Outstanding Service and Appreciation." (Left-right): Paula Middleton, Rev. Daniel C. Worthy, and Vashied Brown. (See article on page 10)

Photo: Ursula V. Battle

Three simple ways to combat stress and adversity

By Charles (Chazz) Scott

Stress and anxiety are emotions that most of us experience just about every day. You can try and run, you can try to hide but soon enough you will face whatever you are running from again and again until you have enough courage to overcome it.

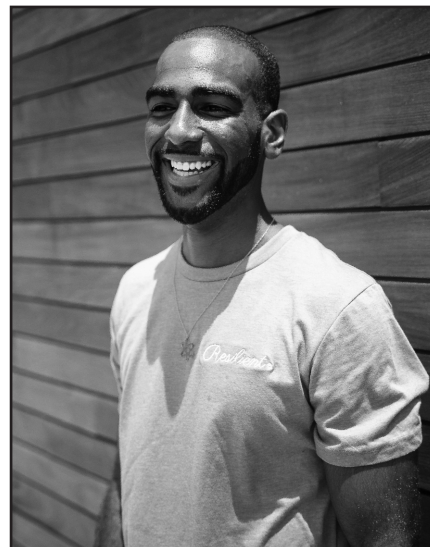
In my life, there have been hundreds of times when I've been stuck in a vicious cycle of negative thoughts of anxiety and stress. Whether it's car issues, the death of a loved one, an increase in financial obligations, or even getting up enough courage to speak up at a meeting— stress, disappointment and adversity can derive from almost any human daily experience.

Life is an up and down rollercoaster but does it have to be? Is there a state of homeostasis that one can achieve to avoid the downs of emotions like pain, stress, and fear? We've all heard the saying before; "Life is 10 percent what happens to you and 90 percent how you react to it," but what does this mean? How can one truly see the value in this statement let

alone apply it to their lives during times of adversity when it really counts?

From my experience, it first starts with knowing yourself and understanding and being comfortable with your own emotions. In the Netflix series titled "The Mind, Explained" one episode highlights the importance of mindfulness. In the episode, scientists begin to study the brain of Yongey Mingyur Rinpoche, a Tibetan monk, with over 62,000 lifetime meditation hours. When researchers looked into his brain, they found that although he was 41 years old he had the mind of a 33-year-old.

As Mingyur was growing up, he suffered from panic attacks and his dad told him "don't fight with the panic. You have to say welcome to panic." Mingyur started to realize that he couldn't run away from his panic attacks so he started welcoming this uncomfortable experience into his life. Mingyur explains that his relationship with anxiety and panic attacks virtually change because he no longer fights the emotion anymore, he welcomes it. As Mingyur began to practice mindfulness more and



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

more he became enlightened and developed an increase sense of endless patience and calmness no matter what life might bring.

Scientists confirmed meditation can cure depression; control anxiety; ease stress; increase pain tolerance; lengthen attention span; reduce age-related memory loss; and generate more positive feelings and actions towards oneself and others. There is no question that meditation clearly proves its value when combating stress and adversity but what can the average hard working, men and women do to strengthen their mind and to overcome adversity easier?

Most of us don't have 62,000 hours in our busy lives to meditate like Mingyur. Here are three tips I have applied in my life:

1. Find 15 minutes of quiet time and space to meditate daily— Meditation is usually the first thing I do when I wake up. This allows me to set my intentions for the day and create a sense of calm-

ness that seems to carry over to the rest of my daily activities. No phone, no television and absolutely no social media. You can use apps like Calm or Headspace to guide you if it's your first time.

2. Write down the things you are grateful for— What you appreciate— appreciates! Take five minutes each day and write down all the things you are grateful for. It may be difficult at first but soon your perspective will change about the things that you think are "missing" in your life. As you continue this exercise, you will train your brain to be more patient and comfortable in the present. When you focus on scarcity or lack in your life, that's all you will experience. If you want abundance and prosperity, then you must tune your focus towards abundance and prosperity.

3. Keep good energy around you— Pay close attention to whom you associate yourself with— friends, family and colleagues. Have you ever been around someone who is always angry or negative and you then begin to experience those same feelings? We are the average of the five people we surround ourselves with. Humans who engage with each other exchange energy and thoughts, both positive and negative. Stay around people who uplift you, get you excited about life, and make you feel good. Your circle will significantly influence your emotions, how you think and how you combat adversity.

Positively Caviar, Inc. is a nonprofit organization focused on a message of positivity and optimism. To learn more about our organization, the nucleus team or how you join our positive movement, visit: staybasedandpositive.com

Keystone Korner
Baltimore
JAZZ RESTAURANT • BAR

KEYSTONEKORNERBALTIMORE.COM

Mon.
10/7

7-9:30

\$20



TAMM E HUNT

TAURUS MATEEN -BILLY MURPHY

NOTICE

Any unsolicited manuscripts, editorial cartoons, etc., sent to *The Annapolis Times* become the property of *The Annapolis Times* and its Editorial Department, which reserves the right to accept or reject any or all such unsolicited material.

The Annapolis Times

(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:

The Baltimore Times
2513 N. Charles Street
Baltimore, MD 21218

Mind Your Business

Building a network of resources
for business owners and entrepreneurs

Nicholas Cohen



Everett Sands



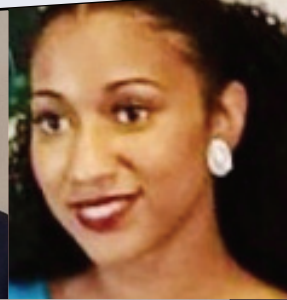
Sherry Curry



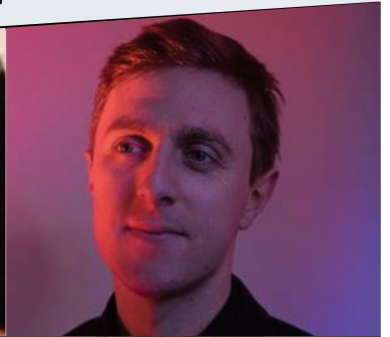
Chris Rockey



Karrisa Carson



Adam Holofcener



Omar Muhammad



Paul E. Taylor



Sharif Small



Ramsey Harris



Takia Ross

**SATURDAY
OCTOBER 5, 2019
10am - 3pm**

**COPPIN STATE UNIVERSITY
PHYSICAL EDUCATION COMPLEX
2523 Gwynn's Falls Pkwy
Baltimore, MD 21216**

Breakout Sessions:

- How to Start a Business
- Credit 101/Financing Your Business
- The Art and Science of the Side Hustle
- Promoting Your Business via Social Media
- Involving a CPA and Legal Experts
- Workshop for Creative Artists

On-site Resources Available:

- Kiva
- Baltimore Urban League
- BBL - Baltimore Business Lending
- Lendistry, CDFI
- SBA - Small Business Administration
- SCORE
- BDC - Baltimore Development Corporation
- Mayors Office of Minority and Women Owned Businesses
- DHCD - Department of Housing and Community Development

Presented By:



Register online:
<https://bit.ly/2k3lCQc>

PLUS: Box Lunch and Prizes!

Guest Editorials/Commentary

Congress must act to address gun violence

By U.S. Senator Chuck Schumer
Exclusive to NNPA Newswire

It seems like every few months our nation is rocked by another mass shooting. El Paso and Dayton are only the latest of a list of tragedies that stretches from Parkland to Pittsburgh, Charleston to Columbine, San Bernardino to Sandy Hook, and to Las Vegas. And while these high-profile mass shootings dominate headlines, they are only the tip of the iceberg. Every day, communities across the country are ripped apart by gun violence.

This reality is especially harrowing for black Americans. Consider these statistics from the gun rights advocacy group Everytown:

- Nearly 7,500 black Americans die by gun homicide every year, a rate 10 times higher than that of white Americans.
- Black children are 10 times more likely to be hospitalized from gun violence than other children, and are 14 times more likely to die from their injuries.
- Within the 50 cities with the highest murder rates, black Americans are 81 percent of the victims, despite making up only 38 percent of the population.

The conclusions are clear: black Americans face a greater risk of being victims of gun violence compared to their peers. The only question that remains is what will be done about it.

It is obvious that our current laws are not doing enough to prevent guns from falling into the wrong hands. Now, more than ever, we must do more to protect our children from the scourge of gun violence.

And the simplest, best place to start is for the Senate to have a vote on H.R. 8, the House-passed bipartisan bill to close the loopholes in our federal background check system. For years, Democrats have argued that we must close these loopholes because the rest of our gun safety laws will continue to be undermined if this problem isn't fixed. In the minds of almost all Americans, it's not remotely controversial: over 90 percent of Americans support this idea— including a majority of Republicans and a majority of gun owners.

The only roadblocks remaining are President Trump and Senate Republicans, led by Senator Mitch McConnell, whose fealty to the gun lobby has stymied any progress.

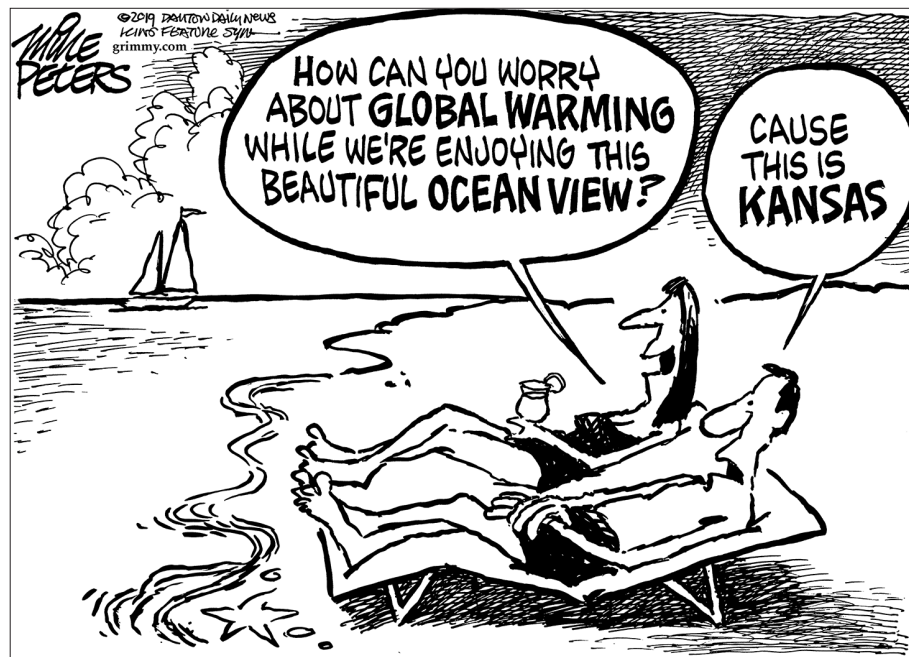
Astonishingly, the unthinkable violence that has plagued our communities for years has done little to push Senate Majority Leader McConnell and President Trump into action.

They have repeatedly refused to join Democrats in taking meaningful, lifesaving action on commonsense gun safety legislation.

However, we are not giving up, and neither are the American people. Every day, people are raising their voices and making this issue impossible for Republicans to ignore. The activism we see— from students who have lost friends or classmates and fear they may be next and from parents who have lost their children to gun violence or fear they may one day face that unthinkable reality— has brought an unprecedented level of attention to this struggle. They are not giving up the fight to end our nation's gun violence epidemic and neither will Senate Democrats.

In moments like this, we cannot settle for half measures or lip service. We are calling on Senate Republicans to honor the lives lost to gun violence by bringing the House-passed bipartisan universal background checks bill to the floor of the Senate for a vote.

It is our solemn duty to the victims of gun violence to cure this terrible plague that claims tens of thousands of lives every single year. They cannot speak for themselves, but their memory calls down to us for justice.



Community Affairs

Mothers Against Drunk Driving recognize Maryland Legislators of the Year

Baltimore— Mothers Against Drunk Driving (MADD) has recognized five 2019 legislative champions in Maryland, including Governor Larry Hogan and four state lawmakers for their tireless efforts to help eliminate the 100 percent preventable crime of drunk driving.

Delegate Vanessa Atterbeary and Senator Will Smith authored legislation requiring ignition interlocks for Probation Before Judgment (PBJ) agreements for drunk drivers. Senator Ben Kramer and Delegate Erek Barron authored legislation that equips interlocks with cameras. Governor Hogan has proven himself to be a vocal advocate for drunk driving reform in Maryland through his support of improvements to the state's ignition interlock and repeat offender laws and advanced alcohol detection technology in vehicles.

"MADD applauds Delegate Atterbeary and Senator Smith for their leadership and commitment to making interlocks a mandatory condition of PBJ agreements. MADD is also proud to recognize Senator Kramer and Delegate Barron for

helping add another layer of accountability to our ignition interlock law by requiring cameras, and Gov. Hogan for his continued support in our fight to end the tragedies caused by drunk driving. MADD is grateful to each of you," said Lisa Spicknall, executive director of MADD Maryland.

"Nearly half of all DUI arrests result in a PBJ, leaving thousands of drunk drivers on Maryland roads to harm other drivers. Statistics show that the ignition interlock saves lives and changes behaviors, thereby reducing the rate of repeat offenders," Delegate Atterbeary said. "It is time that Maryland joined five other states that require first-time drunk drivers who enter into a PBJ agreement to use an ignition interlock. Let's not wait for another high profile drunk driving fatality when we can save lives now." Senator Smith, who is currently deployed overseas, said he is honored to receive the distinction and looks forward to his return to Maryland to get to work with MADD saving lives.

In all, MADD recognized 45 state lawmakers, three governors and one lieutenant governor for their commitment to saving lives. For the full list, visit: madd.org.

Changing the Game:

Thurgood Marshall College Fund and Hennessy partner to develop next generation of corporate leaders

By CEO Dr. Harry L. Williams, TMCF president; and Giles Woodyer, Hennessy Senior Vice President

When companies announce a commitment towards achieving more corporate diversity, what do they really mean? For too many young African Americans, these commitments seem more like empty promises.

To date, there have only been fourteen black CEOs at Fortune 500 companies, and according to Fortune, there are just three in 2019. So how can corporations remove barriers and create access for emerging, multicultural leaders?

Diverse Partnerships to Drive Change: Since 1987, Thurgood Marshall College Fund (TMCF) has prepared and identified students at 47 publicly supported Historically Black Colleges and Universities (HBCUs) to thrive in the business sector. When Hennessy, the world's best-selling Cognac,

approached TMCF with an innovative idea involving HBCU graduate students, especially those earning MBA degrees, there was an immediate organizational alignment to improve the current corporate narrative. Together, TMCF and Hennessy conceived the Hennessy Fellows program with the goal of building a pipeline of diverse corporate leaders from HBCUs.

The Hennessy Fellows initiative is the latest example of Hennessy's commitment to supporting African American communities. In 1794, Hennessy arrived in the U.S. and has consistently demonstrated a progressive vision to amplify multicultural voices since. As an early supporter of the Tuskegee Institute and the first corporate sponsor of the NAACP, the brand continues to champion those who "Never stop. Never settle." with its new fellowship program in partnership with TMCF.

Yet, ascending to the highest levels of corporate leadership requires having access to more than just an ivy-league education. African American leaders need opportunities to learn development skills, build their network, develop business acumen, and gain tangible professional experiences. Not to mention, the unspoken corporate rules that many HBCU students don't have ready access to. Hennessy Fellows is designed to unlock the C-Suite's secrets by equipping leaders with access and mentorship.

Executive Mentorship to Build Future Leaders: To see our success, we often seek someone who looks like or

can relate to us; especially African American students, who often desire mentors who resonate on both a cultural and personal level. With approximately 75 percent of Fortune 500 companies offering formal mentorship programs, corporate America has embraced the idea, but are these programs effective?

The inaugural cohort of Hennessy Fellows is comprised of 10 MBA students from HBCUs, who were recently invited to New York City to engage with executive leaders at Hennessy and other national corporations as part of the program. The intensive Boot Camp welcomed students from Florida A&M University, Howard University, North Carolina A&T State University, and Morgan State University. The results? Fellows built strong relationships and were made to feel validated, supported and championed in their individual career trajectories.

Investments to Fuel Corporate Diversity: Beyond mentorship, the Hennessy Fellows program aims to increase the number of African Americans in corporate leadership through financial assistance. To achieve this, Hennessy has pledged \$10 million to TMCF that will extend over the next decade, providing students with up to \$20,000 per academic year, a \$10,000 annual stipend for educational expenses, as well as VIP access to various professional networking events.

Unlike their counterparts, student loan debt weighs more heavily on students of color, which can often present barriers

for things like applying for unpaid internships or frequenting professional events. An estimated 86.8 percent of black students borrow federal student loans to attend four-year public colleges, as opposed to 59.9 percent of white students, according to the National Center for Education Statistics. Hennessy Fellows seeks to offset these financial burdens— focusing on graduate-level candidates who don't have as many financial assistance opportunities— with an investment designed to maximize students' full potential across educational, professional and personal pursuits.

Over the next decade, Hennessy and TMCF will continue to provide the tools, knowledge, and insight necessary to change the trajectory of minorities in Corporate America. And together, our organizations have the unprecedented opportunity to diversify the talent landscape and make an immeasurable impact.

Harry L. Williams is the president and CEO of the Thurgood Marshall College Fund, the largest organization exclusively representing the black college community. Before joining TMCF, he spent eight years as president of Delaware State University. Follow him on Twitter at @DrHLWilliams. In his role as Senior Vice President, Giles Woodyer brings unparalleled expertise in distilled spirits to Moët Hennessy USA, where he manages the portfolio for Hennessy, the world's best-selling cognac.

The Annapolis Times

Publisher
Joy Bramble

Managing Editor
Joy Bramble

Director of Special Projects
Dena Wane

Dir., Promotions/Entertain. Columnist
Eunice Moseley

Editorial Assistant
Kathy Reeve

Administrative Assistant
Ida C. Neal

Writers
Ursula Battle
Stacy Brown
Demetrius Dillard
Rosa "Rambling Rose" Pryor
Imani Wright

Website

Jourdan Taylor
Photographers
Dennis Roberts
Gar Roberts

The Annapolis Times is a publication of The Baltimore Times/Times of Baltimore, Inc. No part of this publication may be reproduced without the written consent of the publisher

Mailing Address
The Baltimore Times
2513 N. Charles Street
Baltimore, MD 21218

Phone: 410-366-3900- Fax 410-243-1627
www.baltimoretimes-online.com

Want to comment on the editorials or any other story?

Please contact: The Annapolis Times

2513 N. Charles Street, Baltimore, MD 21218

Phone: 410-366-3900 Fax: 410-243-1627

email: btimes@btimes.com

Shelonda Stokes takes helm at Downtown Partnership of Baltimore

By Stacy M. Brown

Shelonda Stokes provided a one-word answer to why she is ready to be the next board chair of Downtown Partnership of Baltimore (DPOFB).

“Experience,” said the Baltimore native, who was tabbed to take over the position after the University of Maryland, Baltimore, president Dr. Jay Perman stepped down.

Perman served six years as the chair of Downtown Partnership of Baltimore (DPOB), the nonprofit whose innovative programs stimulate economic development and transform public spaces in Charm City.

“I’m going to say experience from the perspective of having exposure into the different areas of Baltimore,” Stokes said. “I believe I know what works; I know the inner-workings.”

With a degree in Electrical Engineering from Morgan State University, Stokes is a proven leader. Currently, she is president and CEO of greiBO Media and has more than two decades of experience in management, communications, media, and government and commercial arenas.

According to her biography, Stokes is responsible for helping greiBO achieve double-digit growth over five years, and as one of the Top 100 minority businesses in the Greater Baltimore region. Stokes has earned more than 75 professional and community awards. She serves on Morgan State University’s Board of Regents; both the Governor’s and Mayor’s Commission on Minority Business Reform; and the Maryland Information Technology Board.

Previously, she chaired The Leadership Board, and currently serves on both the Center Club and EBDI boards.



President and CEO of greiBO Media, Shelonda Stokes, who has more than two decades of experience in management, communications, media, government and commercial arenas is the next board chair of the Downtown Partnership of Baltimore.
Courtesy Photo/greiBO Media

“Growing up in Baltimore and being connected to the community is important,” Stokes said. “Being part of the community all of my life and having those differing viewpoints that you get has helped me.”

Kirby Fowler, the president of DPOB,

said the organization is fortunate to have Stokes assume the chair’s role vacated by Perman.

“We were fortunate to have had his leadership these past six years and equally fortunate to have a long-time board member, successful entrepreneur,

and community leader in Shelonda Stokes to assume the Chair,” Fowler said.

As the first African American to hold the position, Stokes knows there will be challenges.

“I think there’s a sense of bonding, but certainly a sense of responsibility because with great responsibility comes great pressure,” Stokes said. “From the African American community, it’s getting into another door, and it’s having a level of confidence and support. There’s a lot of pride that comes with this, but what I do recognize is that I’m representing a number of talented, confident, and committed people.

“What keeps me motivated— and I don’t feel like I’m alone in this role— is the number of calls of support from all, not just black people, and not just women. But, it’s across the board.”

When asked what she anticipates if she is still the chair after six years, Stokes expressed even more excitement for DPOB.

“In any city, the downtown is usually the core, particularly from a tourism perspective. What’s great about Baltimore, unlike some other cities, is that other neighborhoods have so much interest and exciting things happening, so in six years, I see a core focus on Baltimore holistically,” Stokes said. “It’s not us versus them. I think I’d love to have that be one of the initiatives, and one of the other things I’m excited about is how the Downtown Partnership took the lead in helping to get the minimum wage raised to \$15.

“I’d also love to see a flourishing downtown every day where something is going on that you want to be a part of.”

27th Annual Parade of Homes Oct 10-13



Corolla to Nags Head
Tickets \$10.

Good for All 4 Days

**TOUR 17 Select
Outer Banks
Homes**

Preview: obhomebuilders.org



Lutheran Mission Society

Alan Amrhine, Communications Director
Lutheran Mission Society

“MDDC has connected donors with the LMS Vehicle Donation Program for over six years! Great exposure, cost effective, and Wanda is so helpful.”

Call Wanda: 410-212-0616
wsmith@mddcpress.com
Local touch, infinite reach.





Pause the WiFi? Most definitely.

Your kids will never have to struggle with slow Internet speeds again. Whether they're gaming online with friends or working on a school project, Xfinity delivers fast and reliable Internet for all their needs. Plus, take control with Xfinity xFi — keep screen time in check by monitoring who's online and even pause WiFi to any device on your home network. With Xfinity, any challenge is **simple, easy** and **awesome**.

Get started with
Internet | TV | Voice

\$79⁹⁹
a month/
2 years

with 2-year agreement

Equipment, taxes, and other charges extra, and subject to change. See below for details.

Includes up to
150 Mbps
download speed

Ask how to add
xFi Advantage
for enhanced
network security

Call **1-800-xfinity**, go to **xfinity.com**,
or visit your local **Xfinity Store** today.



xfinity

Offer ends 10/13/19. Restrictions apply. Not available in all areas. New residential customers only. Limited to the Standard Triple Play with Performance Pro 150 Mbps Internet and Voice Unlimited services. Early termination fee applies if all Xfinity services are cancelled during the agreement term. Equipment, installation, taxes and fees, including regulatory recovery fees, Broadcast TV Fee (up to \$10.00/mo.), Regional Sports Fee (up to \$8.25/mo.), and other applicable charges extra, and subject to change during and after agreement term. After term agreement, or if any service is cancelled or downgraded, regular rates apply. Service limited to a single outlet. May not be combined with other offers. **TV:** Limited Basic service subscription required to receive other levels of service. **Internet:** Actual speeds vary and are not guaranteed. Xfinity xFi is available to Xfinity Internet service customers with a compatible Xfinity Gateway. Ability to pause limited to home WiFi network. Does not apply to Xfinity WiFi hotspots. **Voice:** If there is a power outage or network issue, calling, including calls to 911 may be unavailable. Call for restrictions and complete details. NPA224999-0004 NED AA Q4 BAU V1

Macy's customers invited to share warmth this season with 'Buy a Coat and We'll Donate One'

New York—Macy's proudly announces the seventh annual "Buy a Coat and We'll Donate One" campaign in partnership with non-profit Clothes4Souls. From Wednesday, October 9 to Monday, October 14, 2019, Macy's invites its customers to help those in need by purchasing a coat in the men's, women's, junior's and children's outerwear departments in-store and on macys.com. For every coat purchased, Macy's will donate a brand new coat, up to 35,000 with an average retail value of \$40-\$100 each, to

Clothes4Souls to provide warmth, hope and dignity to those in need this winter.

Since 2013, Macy's has donated \$9.4 million in coats, helping more than 235,000 people. This year, Macy's and Clothes4Souls will distribute coats in 25 communities near Macy's stores and corporate office locations. Additionally, employee volunteers from Macy's Partners in Time program will assist with sharing the warmth and distributing coats in their local areas all around the country.

"We're proud that our customers love to give back as much as we do at Macy's" said Sam Harrison Di Scipio, Macy's vice president of corporate communications, giving and volunteerism. "Through our long standing partnership with Clothes4Souls, we've been able to share the warmth with those in need for more than seven years. We're grateful for the support of our customers, colleagues and vendors that have stood behind this important cause with us."

Clothes4Souls, a division of the non-profit Soles4Souls, creates sustainable jobs and provides relief through the distribution of clothing around the world. Clothes4Souls works with nonprofit



Buy a coat at Macy's stores or on macys.com from October 9 to 14, 2019, and Macy's, in partnership with Clothes4Souls, will donate a new coat to someone in need.

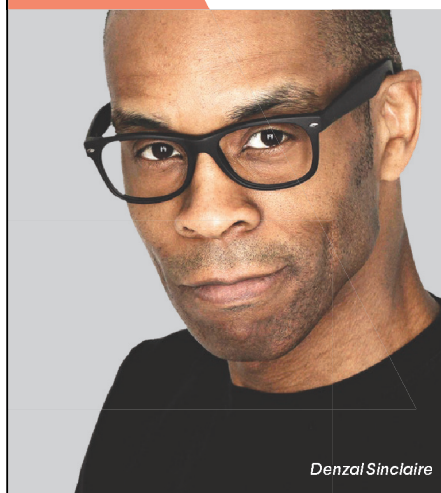
Photo Credit: ClipArt.com

partners to distribute both via direct donations to people in need and by provisioning qualified micro-enterprise programs designed to create jobs in poor and disadvantaged communities.

"It really is the 'most wonderful time of year,'" said Buddy Teaster, CEO of Clothes4Souls. "Together with the help of Macy's, its vendors, and dozens of agencies around the country we have helped more than 200,000 people, who desperately need a winter coat to stay warm. We're thankful to Macy's for their continued partnership and helping people in need right here in the U.S."

Coats donated through the program average in retail price from \$40 to \$100 and are generously donated from a variety of participating brands including: 32 Degrees, Calvin Klein, Celebrity Pink, DKNY, GUESS, Hawke & Co. Outfitter, Kensie, Laundry by Shelli Segal, Lauren Ralph Lauren, Michael Michael Kors, Nautica, Sebby Weatherproof.

For more information about "The Big Give Back: Buy a Coat and We'll Donate One," visit: macys.com/macys-gives.



Denzal Sinclair

SUPERPOPS: THE NAT KING COLE SONGBOOK

FRI, OCT 11 8 PM
SAT, OCT 12 8 PM
SUN, OCT 13 3 PM

TICKETS FROM \$25

Jack Everly, conductor
Denzal Sinclair, vocalist

Denzal Sinclair, critically acclaimed for his performance in *Unforgettable*, a musical based on the life and music of Nat King Cole, brings the greatest hits of the beloved jazz vocalist to life with his superlative voice and engaging rapport as he joins the BSO.



Leslie Odom, Jr.

HAMILTON TONY WINNER: LESLIE ODOM, JR. WITH THE BSO

FRI, NOV 1 8 PM
TICKETS FROM \$45

Nicholas Hersh, conductor
Leslie Odom, Jr., vocalist

Winner of the Tony Award for his Broadway role in *Hamilton*, Leslie Odom, Jr. joins the Baltimore Symphony Orchestra, for one night only, in hits from *Hamilton*, *Spring Awakening*, the Nat King Cole Songbook and more.

EXPLORE THE
FULL SEASON AT
BSOMUSIC.ORG

JOSEPH MEYERHOFF SYMPHONY HALL

410.783.8000 | 1.877.BSO.1444

PRESENTING
SPONSOR: **BGE**
An Exelon Company

Official Airline of the BSO: Southwest
Supporting Sponsors: Media Support Services, RBC Wealth Management

Stay up-to-date on positive news in the community!
Sign up for The Baltimore Times weekly newsletter at
<https://bit.ly/2E5NuM5>

Coppin State, Open Works making big impact with makers in community

By Stacy M. Brown

Coppin State University is basking in the spotlight as the first historically black college and university to collaborate with a nonprofit maker space. The university and Open Works have joined together to operate a maker space inside a 34,000-square-foot space on Greenmount Avenue where entrepreneurs can make products and build companies.

And, while the national media has taken notice of the collaboration, officials say the importance of it lies in building trust within the hardscrabble community of West Baltimore.

“We’re all excited about the accomplishment to date,” said Dr. Ron Williams, a professor at Coppin State who leads the university business school’s Center of Strategic Ingepreneurship.

Williams says the partnership with OpenWorks is built around three primary efforts.

“We have our business students who can direct younger people in the com-

munity in the Open Works space if they have an innovative idea that they want to test out,” Williams said.

There is also the ability to use a research facility and space can be used as a starting point to build up externship program opportunities with local businesses, according to Dr. Williams.

Third, the Center for Strategic Ingepreneurship was created to address the many roadblocks minority entrepreneurs face when they’re not “in a social or economic position to access the resources that can help their ideas flourish,” Williams said.

“Families, religious institutions, financial institutions, community organizations, and businesses are necessary to build an environment that will nurture the potential of emerging ingepreneurs,” Williams said. “We can help by developing a trust framework between Open Works and the black community.”

The diversity of membership, leadership, and board members is also unique. Open Works reportedly has a 54 percent female clientele, and 43 percent people of color.



Coppin State University professor, Dr. Ron Williams leads the university business school’s Center of Strategic Ingepreneurship. Courtesy Photo

Scholarships are available along with programs designed to make the space affordable and accessible.

Dr. Williams quoted Open Works executive director Will Holman who said, “You have to model the behavior that you want to see. Before we had members, our staff and board were the examples we could point to.”

At Open Works, residents have access to seminars about small business development, and social events that can help put entrepreneurs in touch with others interested in starting their ventures—all for free. The overall goal is to reduce the

barriers to entrepreneurship in the African American community.

In the three years since the partnership began, the maker space has helped create approximately 138 new jobs in the state. The collaborative effort has “been intentional about making sure to have a diverse and inclusive space,” Williams said.

Open Works now produces \$8 million in direct economic impact annually in Baltimore, and \$9.9 million in Maryland each year, he said.

The maker space currently supports more than 55 small businesses and at least 118 jobs—including those who work at the space and use its micro-studios.

“It’s had an unquestioned impact, and it’s exceeded my expectations,” Williams said. “I knew good things were happening, but when you do the work and see the data, and see what’s happening; it’s mind-blowing that we have this right here on Greenmount Avenue in the toughest part of the city. And, they never lock their doors.”

“This has the potential to become the model to many spaces around the country, and it starts with trust,” he said. Williams said the one thing he hopes everyone takes from the effort is trust. “The power of community and trust is so important because you have a collaboration. It’s what we’re all about, and trust plays a huge role.”

For more information about Open Works, visit <https://www.openworksbaltimore.com/>.

URBAN AXES PRESENTS

BULLSEYES TO BATTLE BREAST CANCER
A NIGHT OF AXE THROWING AND FUNDRAISING

\$45 TICKET INCLUDES
AXE THROWING TOURNAMENT
BEER, WINE, FOOD & PRIZES

BENEFITING **MAKING STRIDES** Against Breast Cancer
American Cancer Society

AN EVENT FOR EVERYONE, 21+

TUESDAY, OCT 10
6:30-10:00 P.M.

THE AMERICAN CANCER SOCIETY'S MISSION IS TO SAVE LIVES, CELEBRATE LIVES, AND LEAD THE FIGHT FOR A WORLD WITHOUT CANCER

Urban AXES EST. 2014

FOR MORE INFO: URBANAXES.COM/BULLSFORBC
1 N HAVEN ST, BALTIMORE, MD 21224

We love to hear from our readers! Connect with us:

Facebook.com/TheBaltimoreTimes

Twitter: @Baltimore_Times

Instagram: @thebaltimoretimes

Free Drug Education

Narconon New Life Retreat would like to remind families to stay educated on the signs and dangers of drug abuse. Methamphetamines and opioids are on the rise in both rural and city areas. Learn the signs and protect your loved ones from drug abuse and addiction. The amount of deaths caused by Methamphetamines has almost tripled since 2014. To learn more, visit: <https://www.narcononnewliferetreat.org/blog/the-other-drug-epidemic.html>. Narconon provides free drug education materials covering a wide range of topics. Call today for your free drug education materials at: 1-800-431-1754.

Rev. Daniel C. Worthy Honored for Work at Forest Park Senior Center

By Ursula V. Battle

Pastor Norenzer White, Pastor of the New Jerusalem Apostolic Ministry in Baltimore, reflected back on the person he was referred to when he decided to start his own church.

“When I decided I was going to start a church, someone said I should talk to a gentleman who could give me a place in the Forest Park Senior Center,” recalled Pastor White. “I came by, and the lunchroom was vacant. He said I could start the church there. That was around 2009, and from there I kept coming and he kept helping. Afterwards, if I had a special occasion, he would provide me with the space.”

Pastor White chuckled as he added, “I had a church anniversary and he said we would have to do it in the basement. I said, ‘the basement?’ He told me to go look at the basement and to tell him what I thought. I went down there, and saw that the basement was completely redone and refinished. It was good, and just the right space that I needed. He supported me then, and continues to support me wholeheartedly.”

The person that Pastor White was describing was the Rev. Daniel C. Worthy, former executive director of the Forest Park Senior Center, located at 4801 Liberty Heights Avenue in Gwynn Oak.

Rev. Worthy was honored on Tuesday, September 24, 2019, at the Second Annual Appreciation Brunch, which was sponsored by the Forest Park Senior Center Bible Study class, taught by Pastor White.

The theme of the event was “Oh Happy Day,” and featured praise dance performances by Daphne Hicks and lunch. Rev. Worthy was presented with a “Certificate of Achievement” for “Outstanding Service and Appreciation.”

“The Bible Study group wanted to honor Rev. Worthy for all he has done to help the center,” said Paula Middleton, one of the coordinators for the event. “Rev. Worthy has taught us so much, including how to set up for events.”

She added, “It was great to see the seniors smile, enjoy themselves, and honor Rev. Worthy. It was truly an ‘oh happy day.’”



Rev. Daniel C. Worthy (left) being presented with his “Certificate of Achievement” for “Outstanding Service and Appreciation” by Pastor Norenzer White.

Photos: Ursula V. Battle



Barbara Pickett, Anna Maddox, Mary Jones, and Mary Duckett during the event.

Vashtied Brown also praised the work of Rev. Worthy.

“The Forest Park Senior Center is a hub in the community,” said Brown who also helped to coordinate the event. “Seniors can come and partake in exercise, lunch, and many other activities. Rev. Worthy helped to take the center to another level. He saw the potential, and made it a more enjoyable atmosphere for seniors.”



Daphne Hicks performing a praise dance.

“The Man of The Hour” said he was grateful for the honor. “One of the greatest things that can happen to a man is when he can be honored for his work in the field of the Lord,” said Rev. Worthy. It’s greatly appreciated. Words have not been written that can help me express my appreciation.”

Rev. Worthy, who is 75, is a native of Trenton, New Jersey. He said he has been preaching for 44 years, and that his grandmother influenced him to go into the ministry.

“She said I was going to be a preacher,” recalled Rev. Worthy. “She was a God-fearing woman, and she took me to church all the time.”

Rev. Worthy joined the Forest Park Senior Center in 2003 as a Bible Study teacher, and still fills in as needed. In addition to executive director, he has also served as the Forest Park Senior Center’s rental agent.

“In the last sixteen years, I have finished the center’s basement, first floor and the third floor,” said Rev. Worthy noting the buildings renovations. “Air conditioning and heat throughout the building have also been accomplished. Ten churches hold services here, we are open seven days a week, and our auxiliaries have grown from four to twelve.”

In addition to the Bible Study class, the Forest Park Senior Center offers a wide variety of programs and activities including a sewing room, and dance, exercise, and aerobics classes. The center also offers an “Eating Together Program” Bingo and other activities. The Forest Park Senior Center will hold its “40th Anniversary Celebration” on Friday, October 25, 2019 at the center.

“I wanted to keep the Forest Park Senior Center for the seniors,” said Rev. Worthy. “One of the reasons I wanted to keep it that way, is keep the seniors fresh and vibrant. To let them know that being a senior doesn’t mean that you are old, but that you have been around for a while.”

For more information about the Forest Park Senior Center or its upcoming 40th Anniversary Celebration, call: 410-466-2124.

Baltimore Teacher Network, religious leaders call on men to stand-up for youth

By Eryn Johnson

Morgan State University SCOM student

The Baltimore Teacher Network hosted an Interfaith Prayer Vigil and Call to Action on the steps of Baltimore City Public Schools (BCPS) headquarters Saturday, Sept 28, 2019. The city's leading advocacy group for professional kindergarten through twelfth grade educators celebrated a partnership with the interfaith community to appeal to the estimated 30,000 fathers of the 85,000 students who attend BCPS.

This event follows concerns raised by some BCPS students who told community leaders they are arming themselves with weapons due to the violence in their surrounding neighborhoods on the journey to and from school.

"The problem is so big. It's so massive, that it really needs divine intervention in this fight to get more men in to our schools," explained Bishop Dwayne Johnson, a special education teacher and advocate for the interfaith community.



Community members stop for a moment of prayer at Baltimore City Public Schools headquarters on North Avenue during an interfaith rally September 28, 2019. Photo Credit: Eryn Johnson

"We want to show the children that this is a problem that needs prayers. We

just don't want one faith battling this problem in our schools. We need all faiths: Jewish, Muslims, and Christian. It really takes a village, and this call to action is showing the city of Baltimore that we're ready to be the village."

Last school year, BTN gathered students and teachers in meetings to discuss concerns. Student safety was the number one issue raised. The organization said many of the deaths that take place in Baltimore involve school-aged students, making their peers scared that they could be next.

The rally was meant to address those concerns and to encourage fathers of BCPS students and men in the surrounding neighborhoods to help. Men are being asked to volunteer in schools and walk students back and forth to school to ensure their safety.

"Our women are already serving on the front line, now it's time for us men to stand up, show up, and take place in our community," said Elijah Etheridge, executive director of BTN.

"This event means a lot to me, because growing up in Baltimore is hard. We don't have enough role models in our life, which leads some people to choose the wrong path," said 14-year-old Kentrell Everett.

"When you're trying to get support it just doesn't come from one piece, you have to have some type of contingency or long-term plan. In addition to this event today, there are many things that we are doing in order to reach the men in Baltimore," said Kelvin Bridgers, deputy director of school administration for BTN. Bridgers said each Monday the organization joins an interfaith walk through the more challenging communities handing out information about available resources and informing men that their help is needed to reshape and reform Baltimore.

During the next few months, community leaders will host training sessions to raise awareness about their cause. Their goal is to recruit six men for each BCPS building.

Don't just depend on any car service.
Let us show you that we've put the "S" back into
Luxury, Affordable car service!

THE
FRANKLIN
CHAUFFEUR



www.thefranklinchauffeur.com

CELEBRATING
25
YEARS
OF EXCELLENCE

RESERVE NOW

reservations@thefranklinchauffeur.com

410.841.8400

Rambling Rose

*Live Entertainment:
Baltimore and Beyond*



Rosa Pryor Trusty

Hello my dear friends and fans of “Rambling Rose,” I want to thank you for calling to check up on me. I am feeling so much better after spending a day in the Emergency Room of St. Agnes Hospital where I saw a GI Specialist and had a procedure done to find out what in the hell was causing so much pain in my stomach!

Well, they found out I have a “Deep Cradle Ulcer,” which right now is being treated with three different medications and I am now feeling pretty damn good!

So I just want to thank all of you for your concern and love. It means a lot to me. I have faith, and I know God is taking good care of me with my husband “Shorty” as his backup. I love you all, keep praying for me.

Now I am ready to PARTIE!

We first are going to take a bus trip to New York with one of my favorite groups, “The Phill Butts Sextet, featuring song stylist “Larzine.”

Oh, yes you can go too. Check this out! It’s a one-day bus excursion to NYC to celebrate their New York debut performance on Saturday, October 5, 2019. The buses will depart from 1-70 at Security Blvd., Park N’ Ride near Cooks Lane in Woodlawn at 12:30 p.m. and will leave from the 75Club at 10:30 p.m. Call Maxine Smith at 443-670-6509.

Here I go again, another trip! This time it’s the “13th Annual Classic R&B Concert” at Hershey Lodge on Friday, October 4 thru Sunday, October 6, 2019 featuring “The Spinners”; Rose Royce; Midnight Star; New Birth; Delfonics; and Blue Magic, all with live bands and a cash bar. All of this is happening at the Hershey Lodge, 325 University Drive, in Hershey, Pennsylvania. For more information, contact Maurice Watts at www.mauricewatts.com. Or call 888-210-8009.

Joe Chambers & M’Boom Re-Percussion with Moving Pictures Orchestra is appearing at the Kennedy Center Jazz Series Concert on Friday, October 4, 2019 from 7 p.m. to 9 p.m. Now, a few of you might be saying, “Who in the hell is M’Boom?!” Well, M’Boom was the brainchild of Max Roach, the late percussionist and visionary, and one of the seminal innovators of modern jazz. In 1970, Roach gathered six notable drummers, percussionists to explore and compose for the myriad instruments in the percussion family and named the group “M’Boom.” comes from the mythology of the people of Kuba (now the Democratic Republic of Congo), and can also be found in regions of eastern Nigeria. Anyway, check it out— you might enjoy them. This is happening at the Kennedy Terrace Theater, 4700 F Street N.W. Washington, DC. For more information, call 845-986-1677.

COMING SOON: The 24th Anniversary Celebration of Carlos Hutchins and the CH Productions with tribute to some of the best bands in Baltimore and special tributes to Baltimore community leaders on Friday, October 18, 2019 at the American Legion Post #22, 125 York Road in Towson, Maryland; Cabaret Style. For more information, call 443-963-5711.

COMING SOON: The 7th Annual “True Blue Jazz Festival” is October 16-20 in Downtown Rehoboth Beach, Delaware. Also Millie Battle and Friends are sponsoring a bus trip to this festival for a 3-days 4-night with everything included. For more information, call Millie at 410-448-0033.

Well, my dear friends that is all I have for you right now. I am out of space, but remember if you need me, call me at 410-833-9474 or email me at rosapryor@aol.com. UNTIL THE NEXT TIME, I’M MUSICALLY YOURS.



Carlos Hutchins and the Corinthians Lounge is going to Pittsburgh Saturday, October 5th and 6th to see Ravens vs Steelers. Trip includes motor coach transportation, overnight hotel accommodations, breakfast, casino rebate, and more. For more information, call 443-963-5711.



In memory of Baltimore’s own, Howard E. Rollins Foundation will celebrate and host a dinner event on Saturday, October 5, 2019 from 7-11 p.m. at the Temple Oheb Shalom, 7310 Park Heights Avenue in Pikesville, Maryland, with a buffet dinner, free setups, music, BYOB & door prizes. For more information, call Cleve Brister at



The Phill Butts Sextet featuring song stylist “Larzine” is heading to New York City to the 75th Club. A one-day bus excursion to New York City to enjoy this New York debut performance is Saturday, October 5th with a round-trip transportation, admission to the show, dinner and drinks. For more information, call Maxine Smith 443-670-6509.

Donate A Boat or Car Today!

BoatAngel

“2-Night Free Vacation!”

800-700-BOAT
(2628)

www.boatangel.com

sponsored by boat angel outreach centers

STOP CRIMES AGAINST CHILDREN





NEED HELP PAYING FOR YOUR INSULIN OR DIABETES CARE?

The Lilly Diabetes Solution Center may help lower out-of-pocket costs for people taking Lilly insulin who:

- are in the deductible phase of their high-deductible commercial insurance plan
- do not have insurance
- have a prescription for any Lilly Insulin

People who call the Lilly Diabetes Solution Center will be connected immediately with a representative who, after a confidential conversation and determining eligibility, can offer solutions based on each person's circumstances.

Call 1-833-808-1234

9:00 a.m. – 8:00 p.m. ET, Monday-Friday

Help is available at the Lilly Diabetes Solution Center

PP-LD-US-1746 10/2018 ©Lilly USA, LLC 2018. All rights reserved.

The Lilly logo, featuring the word "Lilly" in a red, cursive script font.

Ravens defense looks to restore shutdown reputation

By Tyler Hamilton

The Baltimore Ravens are known for their defensive prowess throughout their history. Most of their All-Time greats were defensive players. After leading the NFL in scoring defense last season, this year's Ravens defense finds themselves trying to figure out how to once again be a shutdown unit.

Baltimore is allowing a 25-point per game average through one quarter of the season. That's the 10th most in the NFL. Last year's group only gave up 17.7 points per game which was the second best average among NFL teams. The Ravens gave up over 500 yards in total offense in back to back games for the first time in team history.

Despite the shortcomings on defense that helped lead to consecutive losses, head coach John Harbaugh isn't hitting the panic button.

"The good news is there's an opportunity to get better in our league. It's not like college football where there's one loss and you're out," Harbaugh said on Monday, September 30, 2019. "It starts in Pittsburgh which is always a big challenge. They're a very good team, a big rival. We just need to go in there and find a way to win the game."

Safety Tony Jefferson is confident in the Ravens defense. He urged the group to display what they're capable of doing in their next game, which is on the road against the Steelers.

"We're not happy with how we're play-



Baltimore Ravens linebacker Patrick Onsuwasor says the defense has to go back to the drawing board and play Ravens football after the defend failed miserably against the Cleveland Browns at M&T Bank Stadium on Sunday, September 29, 2019.

Photo Credit: AP/Gail Burton

ing. Let's move on to another divisional game. We have to get it fixed. It's execution and tackling. We have to make more plays. We're a good football team. We just have to show it. We'll be fine," Jefferson said after Sunday's loss to the Cleveland Browns.

Defensive coordinator Don 'Wink' Martindale is his second year overseeing the defense. Martindale loves to employ various blitzes and aggressively hunt down opposing quarterbacks. His attacking mindset fits the Ravens trademark. It's something that defensive tackle Michael Pierce thinks helped contribute to last year's success on defense. But with new players in this year's defense the total

team effort is taking time to come together.

"We have a brand to protect. There are new parts that have to get immediately. We haven't gelled yet. I'd like to see that come along. We have a group that's relatively young. Even if somebody makes a mistake on defense, effort can cover up some of those mistakes. That's what you saw last year. We weren't perfect, but we were the No. 1 defense. Everybody picked up the slack if someone missed the assignment on a play. We have to get back to that," Pierce said.

Linebacker Patrick Onsuwasor echoed Pierce's sentiments.

"We have to get back to the drawing board and play Ravens football. Everybody needs to get on the same page," Onsuwasor said. "We're going to get back to that. That's what we do. We all talk and communicate to make sure it gets across the board. Everybody has an assignment to do and we just have to do our job."

This week the Ravens face their fiercest rival in Pittsburgh. The Steelers are 1 - 3 coming off a convincing win over the lowly Cincinnati Bengals. This year's rivalry clash won't feature Ben Roethlisberger since he is on injured reserve due to an elbow injury.

Mason Rudolph took Roethlisberger's place and has 515 passing yards to go along with six touchdown passes and two interceptions.

The defense will still have their hands full with All - Pro wideout JuJu Smith-Schuster and running back James Connor. The challenge of stopping the Steelers offense comes at a time when the defense is reeling. However, they have faith in a rebound sooner than later.

"We'll figure it out. We will never lose confidence in this defense or this organization. We just have to play better football," Onsuwasor said.

Stay up-to-date on positive news in the community!
Sign up for The Baltimore Times weekly newsletter at
<https://bit.ly/2E5NuM5>

\$8 Billion Settlement

Attention Roundup Weedkiller users that may have been diagnosed with **CANCER** between 1985-2019. You may be entitled to significant case award for yourself or a loved one but **time is limited** to file a claim so act now!


WEEDKILLERVICTIM.COM
HELP WHEN YOU NEED IT MOST


Zero Out Of Pocket
Free Claim Review Only Takes A Few Minutes
800-214-4617
www.weedkillervictim.com

AARP | Auto Insurance Program from 
THE HARTFORD

AARP AUTO INSURANCE FROM THE HARTFORD

TO SPEAK WITH AN AGENT AND REQUEST A FREE QUOTE CALL THE HARTFORD TO SEE HOW MUCH YOU COULD SAVE:

1-877-579-9788



Do you or a loved one struggle on the stairs?

AN ACORN STAIRLIFT IS A PERFECT SOLUTION FOR:

- ✓ Arthritis and COPD sufferers
- ✓ Those with mobility issues
- ✓ Anyone who struggles on the stairs

\$250 OFF!
THE PURCHASE OF A NEW STAIRLIFT!



CALL NOW FOR YOUR FREE INFORMATION KIT AND DVD!
1-855-841-2971


ACORN STAIRLIFTS

*Not valid on previous purchases. Not valid with any other offers or discounts. Not valid on refurbished models. Only valid towards purchase of a NEW Acorn Stairlift directly from the manufacturer. \$250 discount will be applied to new orders. Please mention this ad when calling. AZ ROC 278722, CA 942619, MN LC670698, OK 50110, OR CCB 198506, RI 88, WA ACORNS189408, WV WV049654, MA HC169936, NJ 13VH07752300, PA PA101967, CT ELV 0425003-RE.

First Sunday Arts Festivals celebrating fall season

This weekend is the arrival of both cooler temperatures and the First Sunday Arts Festival in Downtown Annapolis, Maryland making it the perfect weekend to visit Annapolis.

Annapolis— On Sunday, October 6, 2019, the festival celebrates the fall season with a new pavilion and stage in Whitmore Park with live music. The day is packed with free entertainment all day on Calvert and West Streets.

The main attraction is the over 130 local and regional artists and crafters selling handcrafted items along West and Calvert Streets. Shopping directly from the artists in a festive atmosphere makes for a fun afternoon. You will find scarves, wood-turnings, jewelry, clothes, pottery, paintings, photography, stained glass, furniture, books, sculptures, home decor and more. This is the perfect place to shop to find unique items for your home or to give as gifts for others.

There are plenty of places to take a break and eat with outdoor cafés, restaurants and food trucks throughout the festival area. There are also several nearby art exhibits/galleries including Annapolis Collection Gallery, Whitehall Gallery, 49 West Coffeehouse, Winebar & Gallery, Tsunami and Nancy Hammond Editions.

The First Sunday Arts Festival is always a free-admission arts festival.



Come out to celebrate the fall season on Sunday, October 6, 2019 at the free First Sunday Arts Festival on Calvert and West Streets in Historic Annapolis starting at 11 a.m.
Courtesy Photo/First Sunday Arts Festival

Free parking garages next to the festival include; John Whitmore Garage (25 Clay Street) where parking is free until 4 p.m. There is also free all-day parking 2 blocks from the festival at Calvert Street Garage located at 19 St Johns St.

The Grand Finale of the First Sunday Arts Festival is Sunday, November 3, 2019 with the First Sunday Arts Festival— Holiday Edition. Then on December 8, 2019, the Inner West Street Association brings you another must-

attend event— The Annapolis Chocolate Binge Festival to benefit the Annapolis Arts District.

For more information, visit: www.first-sundayarts.com.

Reginald Lewis Museum of Maryland African American History & Culture Needs Volunteers

The museum is dedicated to serving the community by providing multifaceted support through meaningful interactions with history and material culture of Maryland African Americans. Volunteers are needed to assist at the Information Desk, as Docents, for Special Events, and more. There are ongoing opportunities on Saturdays and Sundays for assistance with greeting guests and patrons at the main entrance and to work with kid's activities during public hours. The minimum age for volunteers is 14. Volunteering is open to adults, seniors, college, and high school students. Service learning credit hours can be earned by high school students. We are accepting applications for the following volunteer positions: Special Event Volunteer, Administrative Assistant, Curatorial Assistant, and Visitor Services. Contact Joy Hall at 443-263-1800 or email: hall@lewismuseum.org; or visit the website: www.lewismuseum.org.

To place Legal Notices in The Annapolis Times, contact the Legals Department .
Phone: 410-366-3900 or email: legals@btimes.com

Anne Arundel County Literacy Council Tutor Training

School-aged children are not the only ones who need educational assistance. There are adults in Anne Arundel County who are not functionally literate, or not functionally literate in the English language. Through the help of well-trained volunteer tutors, the Anne Arundel County Literacy Council teaches literacy and math to those who need help. Interested in giving your time as a volunteer tutor? Training is required before you get started. The next training will be held Saturday, October 5, 2019 from 8:30 a.m. to 5:30 p.m. at Woods Memorial Presbyterian Church in Severna Park. Training will cover basic literacy, math, and English Learner (ELL) instruction. There is a training class size limit, so don't wait to register! To reserve your seat at the next training session, call Lisa Vernon at 410-269-4419 or email: director@aaclc.org.

CLASSIFIEDS

FINANCIAL

CASH PAYOUT? 70 years old and kids are grown? Do you need that life insurance or is a big life settlement cash payout smarter? Call Benefit Advance. 1-877-332-9643

Struggling With Your Private Student Loan Payment? New relief programs can reduce your payments. Learn your options. Good credit not necessary. Call the Helpline 866-969-3179 (Mon-Fri 9am-5pm Eastern)

AUTO'S WANTED

AMERICAN & FOREIGN CARS \$\$
PAYING CASH \$\$ For Classic & Collector Cars 717-577-8206

CARS/TRUCKS WANTED!!! 2002 and Newer! Any Condition. Running or Not. Competitive Offer! Free Towing! We're Nationwide! Call Now: 1-888-416-2330.

[WANTED] CARS/TRUCKS WANTED!!! All Makes/Models 2002-2018! Any Condition. Running or Not. Competitive Offer! Free Towing! We're Nationwide! Call Now: 1-888-368-1016

MISCELLANEOUS FOR SALE

DISH TV \$59.99 FOR 190 Channels + \$14.95 High Speed Internet. Free Installation, Smart HD DVR Included, Free Voice Remote. Some restrictions apply. 1-855-270-5098.

WANT TO BUY

Cash for unexpired DIABETIC TEST STRIPS! Call 1-855-440-4001 Free Shipping, Best Prices & 24 hr payment! BBB Rated A+ www.TestStripSearch.com.

AUTO DONATIONS

Donate Your Car to Veterans Today! Help and Support our Veterans. Fast - FREE pick up. 100% tax deductible. Call 1-800-245-0398

MISCELLANEOUS

CASH FOR CARS: We Buy Any Condition Vehicle, 2000 and Newer. Nation's Top Car Buyer! Free Towing From Anywhere! Call Now: 1-800-864-5960.

INVENTORS - FREE INFORMATION PACKAGE Have your product idea developed affordably by the Research & Development pros and presented to manufacturers. Call 1-888-501-0236 for a Free Idea Starter Guide. Submit your idea for a free consultation.

DISH TV \$59.99 For 190 Channels + \$14.95 High Speed Internet. Free Installation, Smart HD DVR Included, Free Voice Remote. Some restrictions apply 1-833-872-2545

BECOME A PUBLISHED AUTHOR! We edit, print and distribute your work internationally. We do the work... You reap the Rewards! Call for a FREE Author's submission Kit: 866-951-7214

MobileHelp, America's Premier Mobile Medical Alert System. Whether You're Home or Away. For Safety and Peace of Mind. No Long Term Contracts! Free Brochure! Call Today! 1-855-401-6993

COMPUTER ISSUES? FREE DIAGNOSIS by GEEKS ON SITE! Virus Removal, Data Recovery! 24/7 EMERGENCY \$20 OFF ANY SERVICE with coupon 42522! Restrictions apply. 1-866-969-2936

DENTAL INSURANCE. Call Physicians Mutual Insurance Company for details. NOT just a discount plan, REAL coverage for 350 procedures. 888-623-3036 or <http://www.dental50plus.com/58> Ad# 6118

A PLACE FOR MOM has helped over a million families find senior living. Our trusted, local advisors help find solutions to your unique needs at no cost to you. Call 1-888-316-0746

This newspaper is not responsible for advertisements placed under Business Opportunities. Looking for a business Opportunity? Investigate before you Invest! Call 1-877-FTC-HELP

MEDICAL & HEALTH WELLNESS

ATTENTION OXYGEN THERAPY USERS! Inogen One G4 is capable of full 24/7 oxygen delivery. Only 2.8 pounds. FREE information kit. Call 877-929-9587

VIAGRA & CIALIS! 60 pills for \$99. 100 pills for \$150. FREE shipping. Money back guaranteed! 1-844-596-4376

CASH PAID for your unwanted Inogen or Respironics portable oxygen concentrators. Call now to get a top-dollar offer! Agents available 7 days a week 877-315-7116

HEALTH & FITNESS

VIAGRA and CIALIS USERS! 100 Generic Pills SPECIAL \$99.00 FREE Shipping! 100% guaranteed. 24/7 CALL NOW! 888-445-5928 Hablamos Espanol

Generic VIAGRA 100mg Generic CIALIS 20mg. 60 pills - Only \$55. 100% moneyback GUARANTEE! CALL: 888-669-9343

EDUCATION/CAREER TRAINING

AIRLINES ARE HIRING - Get FAA approved hands on Aviation training. Financial Aid for qualified students - Career placement assistance. CALL Aviation Institute of Maintenance 888-686-1704

MEDICAL BILLING TRAINEES NEEDED! Train at home for a career as a Medical Office Professional at CTI! 1-833-766-4511 AskCTI.com

HOME IMPROVEMENT

Stay in your home longer with an American Standard Walk-In Bathtub. Receive up to \$1,500 off, including a free toilet, and a lifetime warranty on the tub and installation! Call us at 1-855-534-6198

BATHROOM RENOVATIONS. EASY, ONE DAY updates! We specialize in safe bathing. Grab bars, no slip flooring & seated showers. Call for a free in-home consultation: 888-912-4745

Eliminate gutter cleaning forever! LeafFilter, the most advanced debris-blocking gutter protection. Schedule a FREE LeafFilter estimate today. 15% off and 0% financing for those who qualify. PLUS Senior & Military Discounts. Call 1-855-995-2490

ANNOUNCEMENTS

SELL YOUR ANTIQUE OR CLASSIC CAR. Advertise with us. You choose where you want to advertise. 800-450-6631 visit macnetonline.com for details.

Playmates or Soulmates you'll find them on MegaMates. Gay or Straight call in. START CHATTING TODAY. Always FREE to Listen & Reply to ads. 800-982-8665

HELP WANTED

TRUCK DRIVER TRAINEES NEEDED at Stevens Transport! Earn \$1000 per week! Paid CDL Training! No experience needed! 1-844-452-4121 drive4stevens.com

FOR SALE

SELLING YOUR OWN PROPERTY? Need to advertise it in your local paper and others like it? We have the placement services to help you. Contact MACnet MEDIA @ 800-450-6631 or online at MACnetOnline.com

Reach over 20 million homes nationwide with one easy buy! Only \$2,395 per week for a 25 word classified!

For more information, go to: www.naninetwork.com

Stressed out at Work? Four strategies to reboot and refresh

News & Experts— Stress at work can adversely affect other areas of your life, such as relationships and sleep, studies show. And as stress in the workplace rises, having a stress management strategy is vital, according to mental health professionals and experts in corporate culture.

It's not just workers who suffer from stress. Employers feel the effects of stress in increased absenteeism and lost production, and some companies address work-related stress with policies and practices. But it's important for overstressed workers to develop their own tools to better deal with stress and not let it affect their job performance or quality of life, says Cynthia Howard (www.eileadership.org), an executive coach and performance expert.

“Stress is the new normal and, to become resilient, you must practice strategies that will unhook you from the damaging, reactive nature of the stress reaction,” says Howard, the author of *The Resilient Leader, Mindset Makeover: Uncover the Elephant in the Room*. “One cannot think their way out of a stress reaction, and when you ignore what can happen, you leave yourself vulnerable.”

Howard offers these strategies to build a tolerance to work stress and perform at a high level even during stressful situations:

• **On a count of four, breathe.** The goal is breathing with intention to shift the stress effect. Howard suggests taking four deep breaths — breathing in on the count of four, holding on four, exhaling on four. “Breathing is your first line of defense against the distraction of the stress reaction and being overwhelmed,”



Howard says. “Most people today are in moderate to severe stress, multitasking, or in the throes of strong emotions. Breathing gets shallow and less effective in blowing off the buildup of carbon dioxide, leaving you more acidic — the opposite of what the body needs to stay energized.”

• **Take a moment: the three-second transition.** Used at different parts of the day, such as before and after a meeting or difficult conversation, this strategy helps develop the feeling of being in the

moment. “Be deliberate with three seconds,” Howard says. “Pause, breathe, and focus on what you are going to do — for three seconds. This slows down your mind and opens your awareness. With practice, it will also expand your situational awareness and lead to more enjoyment of your day.”

• **Practice everyday mindfulness.** Because many people are distracted in a social media-filled world, Howard says, it's hard for them to focus for long periods. Mindfulness can tune out distract-

tions. “Mindfulness means directing your attention to what is happening in the moment without judging what is happening,” Howard says. “This practice improves the quality of your attention and decreases your reactivity to stress.”

• **Keep a journal.** Howard suggests taking 10 minutes each day to write out thoughts. “This practice will increase self-awareness and build your ability to stay in the moment,” Howard says. “You will get to know yourself at a deeper level and, with that, get to the real motives that drive your choices and behavior. Set a time limit to do your journaling and have specific goals in mind— reflecting on a conversation, recapping your day, digging deeper into your reaction to something. Then go back and review your journal after every quarter. Have you made progress?”

“We tend to expend more energy than we renew,” Howard says. “Most people go through the day with constant interruptions, irritations, and other emotional triggers, all draining energy. It is essential to use some type of stress-relief strategy every day to keep our energy stores filled.”

Cynthia Howard is an executive coach, performance expert and the author of “The Resilient Leader, Mindset Makeover: Uncover the Elephant in the Room.” Howard researched stress and its consequences in performance during her PhD. In the past 20-plus years she has coached thousands of professionals, leaders and executives toward emotional agility and engaged leadership. For more information, visit: www.eileadership.org.



Dental Insurance

This is real dental insurance from Physicians Mutual Insurance Company that helps pay for over 350 procedures – cleanings, fillings, crowns, even dentures.

- **No annual maximum**, no deductible
- See any dentist you want – including your own
- Over 50? Coverage as low as \$1 per day

Call now to get this **FREE** Information Kit
1-855-337-5228 dental50plus.com/MDDC



*Individual Plan. Coverage not available in all states. Acceptance guaranteed for one insurance policy/ certificate of this type. Contact us for complete details about this insurance solicitation. This specific offer is not available in CO, NY; call 1-800-969-4781 or respond for similar offer. Certificate C250A (ID: C250E; PA: C250Q); Insurance Policy P150 (GA: P150GA; NY: P150NY; OK: P150OK; TN: P150TN) 6197 AWA19-1034

Enter To **WIN**
\$3,000



Newspaper sponsored shopping survey. No purchase necessary.



Enter to win now, go to:
www.pulsepoll.com

MARKETPLACE

Selling, buying, hiring?
ADVERTISE HERE!

Call: 410-884-4600 or visit www.placeanad.baltimoresun.com

Professional Services

To Place Your Ad Call 410-884-4600 Today!

PAINTING SERVICE

THE BEST QUALITY PAINTING

Interior/Exterior Starting at:
Rooms - \$175 • Windows - \$35
Work Done by Owners
Licensed in MD for 30 years

Chris & Mike Levero
Bonded & Insured
Free Estimates

FIVE STAR HOME SERVICE

410-661-4050
410-744-7799

MHIC# 10138
www.fivestarmaryland.com

Interested in placing your ad on
**The Professional
Service Page?**



Please call 1-800-884-8797

ELDER CARE

ELDER CARE

ELDER CARE

ELDER CARE



Do you or a loved one
struggle on the stairs?

AN ACORN STAIRLIFT IS
A PERFECT SOLUTION FOR:

- ✓ Arthritis and COPD sufferers
- ✓ Those with mobility issues
- ✓ Anyone who struggles on the stairs

\$250*
OFF!
THE PURCHASE OF A
NEW STAIRLIFT!



CALL NOW FOR YOUR FREE INFORMATION KIT AND DVD!

1-855-841-2971



ACORN
STAIRLIFTS

*Not valid on previous purchases. Not valid with any other offers or discounts. Not valid on refurbished models. Only valid towards purchase of a NEW Acorn Stairlift directly from the manufacturer. \$250 discount will be applied to new orders. Please mention this ad when calling. AZ ROC 278722, CA 942619, MN LC670698, OK 50110, OR CCB 198506, RI 88, WA ACORNSI8940B, WV WV049654, MA HIC169936, NJ 13VH07752300, PA PA101967, CT ELV 0425003-R5.

BUSINESS
SERVICES

BUSINESS
SERVICES

BUSINESS
SERVICES

BUSINESS
SERVICES

AARP

Auto Insurance
Program from



**AARP AUTO INSURANCE
FROM THE HARTFORD**

TO SPEAK WITH AN AGENT AND REQUEST A
FREE QUOTE CALL THE HARTFORD TO SEE
HOW MUCH YOU COULD SAVE:

1-877-579-9788



**Donate A Boat
or Car Today!**

BoatAngel

"2-Night Free Vacation!"
800-700-BOAT
(2628)

www.boatangel.com

sponsored by boat angel outreach centers

STOP CRIMES AGAINST CHILDREN



Annapolis Times Classifieds 1-800-884-8797

\$8 Billion Settlement

Attention Roundup Weedkiller users that may have been diagnosed with **CANCER** between 1985-2019. You may be entitled to significant case award for yourself or a loved one but **time is limited** to file a claim so act now!



Zero Out Of Pocket
Free Claim Review Only Takes A Few Minutes
800-214-4617
www.weedkillervictim.com

27th Annual Parade of Homes Oct. 10-13

Corolla to Nags Head
Tickets \$10.

Good for All 4 Days

**TOUR 17 Select
Outer Banks Homes**



Preview: obhomebuilders.org

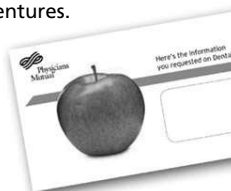
Dental Insurance

This is real dental insurance from Physicians Mutual Insurance Company that helps pay for over 350 procedures – cleanings, fillings, crowns, even dentures.

- **No annual maximum**, no deductible
- See any dentist you want – including your own
- Over 50? Coverage as low as \$1 per day

Call now to get this **FREE** Information Kit

1-855-337-5228 dental50plus.com/MDDC



*Individual Plan. Coverage not available in all states. Acceptance guaranteed for one insurance policy/ certificate of this type. Contact us for complete details about this insurance solicitation. This specific offer is not available in CO, NY, call 1-800-969-4781 or respond for similar offer. Certificate C250A (ID: C250E; PA: C250Q); Insurance Policy P150 (GA: P150GA; NY: P150NY; OK: P150OK; TN: P150TN) 6197

AW19-1034

Choose your classified audience in the Times' value zones!
1-800-884-8797

Lutheran Mission Society

Alan Amrhine,
Communications Director
Lutheran Mission Society

"MDDC has connected donors with the LMS Vehicle Donation Program for over six years! Great exposure, cost effective, and Wanda is so helpful."

Call Wanda: 410-212-0616
wsmith@mddcpress.com
Local touch, infinite reach.



Enter To **WIN**
\$3,000



Newspaper Sponsored shopping survey. No purchase necessary.



Enter to win now, go to:

www.pulsepoll.com

VEHICLES WANTED

DONATE AUTOS, TRUCKS, RVS LUTHERAN MISSION SOCIETY of MD. Compassion Place ministries help local families with food, clothing, counseling Tax deductible. MVA licensed #W1044. 410-636-0123 www.CompassionPlace.org

BUSINESS SERVICES

BULK ADVERTISING AT ITS BEST: Bulk advertising at its best: advertise in over 70 newspapers and reach millions of readers with ONE call. Broaden your reach and get results for pennies per reader. Call Wanda at 410-212-0616 or email wsmith@mddcpress.com.

INCREASE YOUR FREQUENCY with your Advertising Call one of MDDC's Multi-Media specialists to grow your business. Call Wanda at 410-212-0616 or email wsmith@mddcpress.com.

INCREASE YOUR PRESENCE by advertising on FACEBOOK, TWITTER AND GOGGLE-ADS; Call our Multi-Media Specialists to experience the success of social media advertising today; CALL 410-212-0616

JOIN OTHER ADVERTISERS of the MDDC Small Display Advertising Network. Grow your Revenue with a business size ad in this network; Let the Multi-Media Specialists help you increase your customer base; CALL TODAY 410-212-0616 – See your results NOW

LET THE MULTI-MEDIA SPECIALISTS of MDDC Advertising Network assist you in growing your business and increasing your customer base. Call today at 410-212-0616 and start seeing results NOW. www.mddcpress.com

BUSINESS SERVICES

PLACE A BUSINESS CARD AD in the Regional Small Display 2x2/2x4 Advertising Network – Let MDDC help you grow your business! Call TODAY at 410-212-0616 to increase your customer base and get results.

PLACE YOUR AD ON FACEBOOK: Twitter, LinkedIn and Google Ads Words through MD-DC's Social Media Ad Network; Call today to find out maximize your presence on Social Media; 410-212-0616; or email Wanda Smith @ wsmith@mddcpress.com

LEGAL SERVICES

LUNG CANCER? AND AGE 60+? You And Your Family May Be Entitled To Significant Cash Award. Call 844-591-5210 for information. No Risk. No Money Out of Pocket.

CAREER TRAINING

AIRLINE MECHANIC TRAINING
Get FAA certification to fix planes. Financial Aid if qualified. Approved for military benefits. Call Aviation Institute of Maintenance 866-823-6729

MISCELLANEOUS

INCREASE YOUR CUSTOMER BASE and get great results by placing your ads in the MDDC – Classified Advertising network! Call today 410-212-0616 Ask for Multi-Media Specialist -Wanda & watch your results grow.

Box Your Ad!

You'll be noticed.

PLACE A BUSINESS CARD AD in the Regional Small Display 2x2/2x4 Advertising Network - Reach 3.6 Million readers with just one call, one bill and one ad placement in 71 newspapers in Maryland, Delaware and DC TODAY! For just \$1450.00. Get the reach, Get the results and for just Pennies on the Dollars Now...call 1-855-721-6332 x 6 or email Wanda Smith @ wsmith@mddcpress.com

SAVE LOADS OF MONEY WITH YOUR ADVERTISING BUDGETS;

CONNECT with the Multi-Media Specialists of the MDDC Advertising Networks; GET Bulk Advertising Opportunities NOW; CALL TODAY; With One Call; With One Ad Placement & One Bill; You'll Reach the Entire Mid-Atlantic Region; Call 410-212-0616

WANTED TO BUY

WANTED FREON R12: We pay CASH. R12 R500 R11 Convenient. Certified Professionals (312) 291-9169 RefrigerantFinders.com

REAL ESTATE

DELAWARE NEW MOVE-IN READY HOMES! Low Taxes! Close to Beaches, Gated, Olympic pool. Homes from low \$100's, No HOA Fees. Brochures Available 1-866-629-0770 or www.coolbranch.com

LINK UP WITH YOUR MARKET

Join the many who advertise in BSMG's classifieds.

EQUAL HOUSING

All Real Estate advertised herein is subject to the federal Fair Housing Act which makes it illegal to indicate any preference, limitation or discrimination based on race, color, religion, sex, handicap, familial status or national origin, or an intention to make any such preference, limitation or discrimination. We will not knowingly accept any advertising for Real Estate which is in violation of the law. All persons are hereby informed that all dwellings advertised are available on an equal opportunity basis. If you believe that you may have been discriminated against in connection with the sale, rental or financing of housing, call The United States Department of Housing and Urban Development.

(HUD)
1-800-669-9777

Choose a little!
Choose a lot!
Use classified ads in Baltimore Sun Media Group papers.

Call
**410
332
6300**

Celebrate Birthdays & Anniversaries with a "Happy Ad".
50% off already low private party rates.

**When people pull
together, every
day is a giant leap
forward.**

We're proud to support Times Community Services for driving the change that makes each day better than the one before.

Contact Franklin McNeil
Community Consultant
410-237-5884
franklin.mcneil@pnc.com



©2019 The PNC Financial Services Group, Inc. All rights reserved. PNC Bank, National Association. **Member FDIC**

CON PDF 0618-0106