

THE BALTIMORE TIMES

Vol. 34 No. 2

November 8 - 14, 2019

A Baltimore Times/Times of Baltimore Publication

Twenty-two children become America's newest citizens at Baltimore Museum of Industry ceremony



Twelve-year-old Ilian Asong of Prince George's County and his mother Rita Folefac proudly display Asong's U.S. Citizenship Certificate at the U.S. Citizenship and Immigration Service ceremony at The Baltimore Museum of Industry on October 31, 2019. Asong was one of 22 children from 17 different countries who obtained U.S. citizenship through their parents. Some were adopted by U.S. citizen parents; and others derived citizenship when their immigrant parents became naturalized citizens. (Story on page 6) Photo by Mori Johnson

Adverse Childhood Experiences (ACEs): A Path to Healing

By **Quentin Vennie**
Wellness Expert, Motivational
Speaker and Author

Adverse childhood experiences (ACEs) and traumatic stress can negatively impact developing brains and affect behavior, mood and physical health for many years. This was certainly true for me. Growing up in Baltimore, my father was a heroin addict who spent the majority of my life in and out of the prison system. My mother was forced to raise me alone. I saw things that children shouldn't see and experienced things that most adults never will.

By the time I was 14, I was diagnosed with acute anxiety and mild depression. At the age of 26, I was diagnosed with severe generalized anxiety and panic disorder and mild-severe major depressive disorder. I was losing control of my life and I was desperate to find balance. Occasionally I would spend nights sleeping in my car in the parking lot of my neighborhood hospital. I was comforted knowing that I was only a few feet away from medical help if I needed it. My doctor told me that my disorder was so severe that medication was the only option to effectively treat it—so I complied.

I spent the next two years of my life battling an addiction that I never saw coming. The pills my doctor promised would cure my anxiety created an



Healing-strategy expert Quentin Vennie shares six lifestyle changes he made that helped him on his recovery journey from childhood trauma

Courtesy Photo

entirely new, more fatal disease. I was no longer afraid of my anxiety, I was afraid of what my life would look like without my medication. Dependent on pills, my fear culminated into a deep pit of depression and two failed suicide attempts. I began to question everything I thought to be true. I knew it was up to me to change the way I lived in order to save my life.

As I started on a journey of health and healing, I looked at all areas of my life for things that I could improve. At the time of my diagnosis I was running a

successful personal training business, so I knew the importance of diet and behavior on my overall wellness. During that time I discovered yoga, juicing and meditation, all of which have contributed to not only saving, but also changing, my life for the better. Since starting a consistent yoga and meditation practice, I've been able to break through a lot of the complexities of my life, including many of the traumas I hadn't addressed. It allows me to be more present and take a step back from my anxious thoughts.

Here are six lifestyle changes I made that helped me on my road to recovery:

1. I get 7–8 hours of sleep each night—A lack of sleep can be a precursor for anxiety or a direct reflection of it. An adequate amount of sleep every night can greatly reduce anxiety symptoms. Turning off electronics about two hours before falling asleep is a good practice to help quiet my mind.

2. I leave work at work—It's important to set boundaries for yourself. For many people, their biggest stressor is their job. When my workday is over, I turn off my work phone and don't check emails again until morning. Give yourself permission to have a personal life outside of your career.

3. I check my diet and go green—A diet rich in fruits, vegetables, nuts, seeds and legumes is much less toxic than a diet rich in processed foods, caffeine and artificial sugar. Drinking 32 oz. of green juice (80 percent vegetables, 20 percent fruit) each morning helps me get in those vegetables. If you don't have access to a juicer or a juice bar, green smoothies will do the trick. Try this:

- 1 cup of spinach
- ½ cup of frozen mango

- ½ cup of frozen pineapple
- 1 frozen banana
- 1 ½ cup of water
- 1 tbsp of honey

4. I limit social media—Social media can be overwhelming with other's opinions and images that immediately invoke comparison. Since anxiety often results in racing thoughts, it is best to be protective of how much time I spend online.

5. I meditate—Meditation helps to bring attention back to the present moment by focusing on the one thing you have control over—your breathing. Meditation helps me detach from my anxious thoughts and learn how to deal with difficult emotions.

6. I read—Whether it's something tied to your career, self-help or something inspirational, read regularly. Reading helps to reduce stress through distraction and provides the opportunity to gain something powerful—knowledge.

Because we know that trauma and adverse experiences impact well being throughout a person's life, identifying supportive strategies that enable resilience in those affected can be life-changing. Creating a path to healing is within reach. It is possible.

Join Quentin Vennie and other healing-strategy experts on Wednesday, November 13, 2019, from 9 a.m. to 2 p.m. participating in a community conversation, "Not All Wounds Are Visible – Adverse Childhood Experiences Plus: Knowing What Works" offered by The University of Maryland Medical System and University of Maryland, Baltimore. For more information and to register for this free event, please visit umms.org/community-conversations.

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The Baltimore Times

(USPS 5840) is published every Friday by *The Baltimore Times*, 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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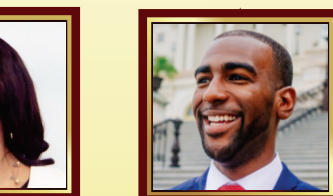


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Guest Editorials/Letters

'Made in Maryland' is an international enterprise

By Nancy McLernon

Alongside traffic and coffee, news radio is a staple of my morning commute. As I flip through the stations, I'll sometimes hear a pundit lament, "Nothing is made in America anymore."

In reality, there are nearly 13 million manufacturing workers in the United States, including thousands in Maryland. Some of these folks are employed by U.S.-based firms. Many others work for companies headquartered abroad.

These international companies employ more than 118,000 Marylanders. That includes 26,700 employees in manufacturing jobs— or nearly 23 percent of all Maryland jobs created by international companies.

According to the latest government data, the number of Maryland jobs created by international companies jumped by 14 percent over the past five years. For comparison, the number of private sector jobs overall in Maryland increased by 7.7 percent.

Maryland isn't an anomaly. International companies created 62 percent of new manufacturing jobs in the United States over the past five years, according to the latest available government data. More than 710 different international companies employ Maryland workers. Many of them are household names, including IKEA, Nissan and Nestlé.

International firms pay better. Americans who work for global companies earn 26 percent more compensation than the average worker in the same geographic area, according to a new analysis from the National Bureau of Economic Research.

International companies benefit all workers, not just the ones they employ directly. When an international firm sets up a manufacturing plant and creates 1,000 new jobs in America, workers in that geographic area at domestic firms experience a collective \$16 million boost in wages. So for every local job that an international firm creates, the wage pool for employees in the area increases to the tune of \$16,000 annually.

International companies also benefit U.S. small businesses. Over the past decade and a half, international companies increased the amount of business they do with U.S. suppliers by nearly 30 percent— jumping from \$1.5 trillion to \$2.4 trillion, after adjusting for inflation.

In the manufacturing sector, business between international companies and domestic suppliers rose by nearly 70 percent during that same period. That is more than 14 times greater than the overall growth rate achieved by all U.S. businesses.

The economic well being of local communities depends on international companies and their relationships with suppliers in the United States. For example, Honda operates manufacturing facilities across Ohio that directly employs more than 13,000 Ohioans. It also relies on a network of more than 600 suppliers across the Midwest, almost a third of which are based in the Buckeye State. In fact, Honda spends \$10 billion in Ohio annually to obtain intermediary goods from regional suppliers.

Sourcing locally is important for reasons beyond just economics— it allows U.S. small businesses to demonstrate a commitment to social equity and environmental sustainability. For instance, French food company Danone's American division, Dannon, is the leading U.S. yogurt producer. Seeking to establish a more sustainably sourced array of products, Dannon formed partnerships directly with seven family dairy farms and two dairy co-ops across the United States, which now supply all of the milk Dannon uses in its products. In doing so Danone set high standards for animal welfare and sustainable agricultural practices that must be upheld by their suppliers.

As we celebrate local manufacturers statewide, let's recognize how international companies catalyze local economic growth— giving a whole new meaning to "made in Maryland."

Nancy McLernon is the president and CEO of the Organization for International Investment.



Letters to the Editor:

Editor:

There comes a time in many of our lives when we either take or are given the responsibility of caring for a seriously or terminally ill family member. It's a hard job made harder by our confusing and fragmented healthcare system.

Fortunately, there is an incredible resource in our community that provides comfort, dignity and respect to those coping with a serious or life-limiting illness and their families. It's Hospice of the Chesapeake. November is National Hospice and Palliative Care Month, and we're reaching out to help our community understand the care options that are available to them and their loved ones.

Hospice is unique in that it offers a team approach to treatment that includes expert medical care, comprehensive pain management and emotional and spiritual care. Caring for the whole person allows the team to address each patient's unique needs and challenges. Hospice also offers services for families and loved ones that provide emotional support and advice to help them become confident caregivers and adjust to the future with grief support for up to a year.

Hospices are some of the best providers of community-based palliative care. Palliative care delivers expertise to improve quality of life and relief from pain. It can be provided at any time during an illness— during and after treatment, from diagnosis on.

The best time to learn about and plan for hospice or palliative care is before you are faced with a medical crisis. One of the most frequent comments we hear from families is, "Why did we wait so long before calling hospice?"

If you or a loved one is facing a serious or life-limiting illness, the time to find out more about hospice and palliative care is right now. We can help. Call us at 410-987-2003.

Ben Marcantonio
President and CEO
Hospice of the Chesapeake
Pasadena, MD.

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How to avoid being the victim of a cyberattack

By *Alain Ghiai*
CEO of *GlobeX Data Ltd.*

Not a day seems to go by without reading about the latest cyberattack. No one is safe anymore—big companies like Equifax and Facebook to Uber and eBay have been suffered major security breaches, along with countless everyday people. There has long been a prevailing attitude among many individuals that goes, “If I get hacked, I’ll just change my password.” Whether that reflects misplaced trust in our constantly connected world or simply laziness, it seems the majority of people think a digital security breach will never strike them and if it does, it won’t be a big deal. But deep inside they know that may not be true.

Not only is our money at risk, but our personal information, as well. As for easily fixing things after you’ve been hacked? Ask anyone who has been digitally compromised and they will tell you it can take years to repair the damage.

With the deck seemingly stacked against us, what chance does the average person have if the bad guys have them in their crosshairs? Despite numerous reports of major corporations and entire cities being held hostage by cyber criminals, there actually are things the average person can do to protect him or herself.

where you bank, where you eat, which gym you frequent. Most people don’t realize they are making it easy for hackers to target them by announcing their profiles to the world.

— **Do not use free services, such as Wi-Fi, email and cloud data storage.** While many of these online services are household names and extremely popu-

by anyone. Therefore, do not send anything sensitive or personal via these email services, such as credit card numbers and passwords.

— **Always remember that when you connect to Wi-Fi in a coffee shop, hotel or airport, you are inadvertently exposing yourself to virtually every single person who is logged on at the same time.** Many hackers hang out on public Wi-Fi just waiting for the opportunity to strike.

— **Do not do online banking through apps.** Apps are created by third-party developers and there is no way to know they are secure. Your life savings could be wiped out simply by using an app with security holes.

— **We’ve all heard this a million times, but do not use the same password for all your accounts.** Also, be sure to change them regularly. The easiest way to handle this is through an inexpensive password manager.

“Not only is our money at risk, but our personal information, as well. As for easily fixing things after you’ve been hacked? Ask anyone who has been digitally compromised and they will tell you it can take years to repair the damage.”

— **Never assume you are safe online.** Today’s online world is convenient with apps for everything and access to our personal finances and our most personal information just a tap away on our smartphones. But convenience comes at a price. This very ease in use is at the center of the problems we are facing today.

— **Cyber theft is largely based on hackers using your personal information against you.** The biggest culprit is social media. Whenever you update your status on any of the many platforms, you are giving away information about yourself which artificial intelligence can capture. Through this means hackers can develop a profile on you and your personal habits, including determining

lar—such as WhatsApp and Facebook Messenger—they are all inherently insecure. In addition, your privacy is compromised when you use them. Remember the old saying, “Nothing is really free?” Their business model is based on advertising and through their careful monitoring of the habits of their users. Countless millions of individuals are inadvertently handing over their personal data to these companies, which they turn around and sell to other businesses.

— **Consider using an encrypted email service to protect the privacy and security of your messages.** If you insist on staying with G-mail, Yahoo mail or any of the other many free email services, assume your messages can be read

Alain Ghiai is the CEO of GlobeX Data Ltd., a publicly listed company (CSE:SWIS) that distributes, designs and develops Swiss-hosted software and cybersecurity solutions for secure data management and secure communications. He has been an active internet entrepreneur since 2000. In 2009, Ghiai was mandated by the Republic and State of Geneva's Economic Development Office to represent it to Gulf Cooperation Council countries and Canada in all matters relating to the fostering of good relationships between companies originating in GCC countries, Canada and Switzerland. For more information, visit <https://www.globexdatagroup.com>.

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Twenty-two children become America's newest citizens at Baltimore Museum of Industry ceremony

By Mori Johnson

The U.S. Citizenship and Immigration Services (USCIS) celebrated 22 children who became new citizens of the United States of America in a ceremony at the Baltimore Museum of Industry (BMI) on October 31, 2019.

USCIS Deputy Associate Director Michael Valverde administered the Oath of Allegiance to the children from 17 different countries, including: Cameroon, Costa Rica, Cote d'Ivoire, El Salvador, Ethiopia, India, Iran, Iraq, Japan, Malaysia, Monsterrat, Nepal, Nigeria, Peru, Russia and Vietnam.

"Today these special 22 children have the opportunity to join the United States and be welcomed by us," Valverde said. "They are part of our American family, and the opportunities that come from that are unbelievable and unimaginable. Every ceremony is a big deal, and we can actually watch America grow a little bit smarter, stronger, and richer."

Twelve-year-old Ilian Asong of Prince George's County came to receive his citizenship certificate. He attended the



The new citizens and their parents shake hands with U.S. Citizenship and Immigration Services officials after being sworn in as U.S. citizens in a ceremony at The Baltimore Museum of Industry in Baltimore on October 31, 2019.

Photo by Mori Johnson

event with his mother, Rita Folefac, who is from Cameroon.

"Bringing him here is really special

because he has the opportunity to experience this," Folefac said. "As parents, we always try to let our children know

they matter. We say it on a regular basis, but when the child gets it from another person, it impacts him more."

The citizenship certificates will provide the young Americans with additional documentation needed when it's time to apply for driver's license, a job, college or a passport.

All of the new citizens are under the age of 14.

Asong will need the certificate one day because he has big plans.

"I want to be an IT engineer when I grow up," Asong said.

After the ceremony, families explored the museum.

Since 1981, BMI has welcomed visitors to witness the exhibitions, participate in hands on activities and learn more about Baltimore's industrial legacy. Museum officials say it was fitting to hold the ceremony at the BMI because of Baltimore's early legacy as a city of immigrants.

"This is a great day. We are so excited to be a part of the American community," said Folefac.

Author's debut book shares her parents WW II love story for Veterans Day celebration

Book reading will take place at Enoch Pratt Library on November 12, 2019

Baltimore— When retired educator Jacqueline Kane and her siblings found a stash of letters exchanged between her parents from 1943 to 1945, a time when they were separated while her father served in World War II, they were pleasantly surprised.

Both natives of Baltimore and graduates of Dunbar High School and Morgan State University, Jacqueline's parents, Philip Gough Kane (Phil) and Jacqueline Norris Jones Kane (Jack) married in 1941 and moved to New York City in 1945. During the first four years of their marriage Phil enlisted in the army and was stationed overseas. After 66 years of marriage, Phil died in 2007 and Jack in 2015.

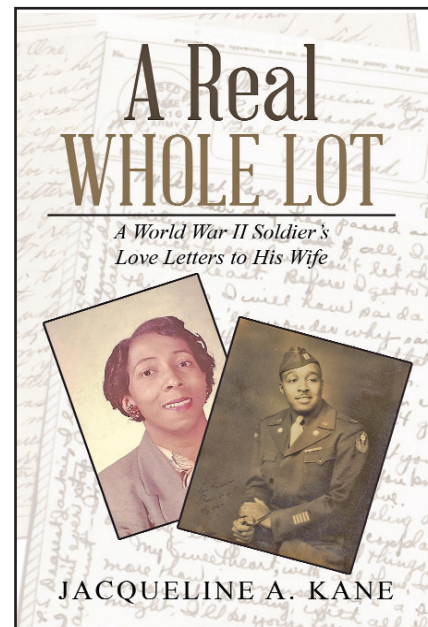
After the extent of their love for each other was discovered by their children in some 200 transcribed v-mail (an expe-

dated postal service that combined stationery and microfilm) and a dozen paper letters, it was agreed that Jacqueline being the eldest and having some experience in publishing would take the lead in publishing the book.

"My siblings and I felt that publishing my parents' love letters in a book was a tribute to their relationship. I named the book 'A Real Whole Lot' because my father always used some variation of this phrase when signing his letters to my mother," said Jacqueline Kane.

On the pages of "A Real Whole Lot," are the letters written by the couple who strove to communicate with each other during their separation at this unforgettable historical moment.

Jacqueline Kane will read letters from her book, "A Real Whole Lot" on November 12, 2019, at the "Veteran's Day Celebration" at the Central Branch of the Enoch Pratt Free Library's (African American Department) at 400



Cathedral Street in Baltimore City from 6:30 p.m. to 8 p.m.

To learn more about Jacqueline Kane and her debut book, visit: www.arealwholelot.com



Jacqueline A. Kane is a writer, public speaker and consultant. Known as "Dr. Jackie," she is currently CEO of Kane Consulting and Coaching, LLC after an extensive career as a higher education administrator with the New York State Education Department.



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Ninety-nine year old celebrates birthday and self-publishes third book

By Ciara Adams

Psychiatrist, photographer, author and writer, Dr. Barbara Young celebrated her 99th birthday with friends at the Symphony Manor Assisted Living of Roland Park in Baltimore on October 29, 2019.

The birthday party also served as a fundraiser to help her self-publish her third book.

Dr. Young's latest book "Looking Back: An Unusual Harum-Scarum Illustrated Autobiography" in comparison to her previous work, draws on her experience and understanding of human nature as a psychiatrist and photographer. Included in the book are photographs that she took with her father during her childhood illustrating different periods in her life. The book is idiosyncratic, creative and should appeal to many people. It's positive and uplifting but it also illuminates the harsh reality of how hard life can be.

"The book starts with the history of my early days but also of my mother and my father. The point of the book is to give advice to people on how to live and to feel that your life has meaning. I was almost close to suicide and I went to my parents for help and they did not help me. I then immersed myself into the practice of photography. Within a year my photos began to be acknowledged. The fact that I'm a psychiatrist, author, writer and photographer, I gradually began to



(Left) Dr. Barbara Young blows out a candle from her birthday cake. (Right) Joseph Brocato and his wife Lucia Adams, a former patient with Dr. Young (middle) at her 99th birthday party on October 29, 2019. Photos by Ciara Adams

bring more and more meaning into the individual image," Dr. Young said.

Dr. Young's compassion and desire to help others fostered meaningful relationships with many different types of people over the years, which was evident by the eclectic group who attended her party. They were former clients, artistic collaborators or neighbors who all have become longtime friends.

"I met her as a patient. I was a patient of hers when my husband had Parkinson's and had trouble dealing with that. She, at the time was 88 years old and now she is 99. I am no longer a patient but a good friend," said Mary Lou Fen-

ton, a guest at the party.

Depending on the amount contributed, each donor received a postcard or a signed photograph, or a choice of one of her books—"Photographs Are Memories" or "Looking Back: An Unusual Harum-Scarum Illustrated Autobiography," (when it's published) as a gift.

Also \$5 raffle tickets were available for purchase for a chance to win Dr. Young's photograph "Golden Leaves," which was featured in the Museum of Modern Art in New York.

With the help of supporters, the book will soon be released and will be available for purchase.

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Nonprofit celebrates successes of youth who were almost locked up and adults who once were

Baltimore— Maryland-DC Youth Advocate Programs (YAP), Inc., a community-based alternative to youth incarceration and institutionalization, gathered in Baltimore on Friday, October 25, 2019 to celebrate the progress of its youth and adult program participants.

For 44 years, YAP, a nonprofit in 28 states and the District of Columbia, has served as an alternative to youth prison and out-of-home placement.

YAP hires and trains neighborhood-based Advocate-mentors to help young people identify and realize their strengths while connecting them to tools to help them achieve their personal, educational and professional goals. In addition to partnering with youth justice and child welfare systems, the nonprofit has expanded its services in the District of Columbia to adapt its unique holistic family service model to hire and train adults who have been involved in the justice system to support adults returning home from prison.

YAP also hires men and women who have been involved with the justice system in its role as a new Baltimore City Safe Streets partner.

“Everything YAP does is focused on empowering youth, families and communities with tools to succeed,” said YAP Regional Director Craig Jernigan, who presented awards to staff, community partners, YAP Supported Work employers, and others who make up what he calls the ‘YAP village.’

While the celebration honored all regional program participants the event highlighted youth who YAP has served as part of its partnership with Maryland Department of Juvenile Services (DJS). Three young people— Jacquwan, Osman and Erick— received the YAP Tom Jeffers Endowment Fund for Continuing Education scholarship, one of the tools available to program participants and their families to support their educational or vocational pursuits.

Jacquwan, a first-year student at Prince George’s Community College, is studying business management in pursuit of a career in the music industry. Jacquwan says his YAP Advocate Marcus Bundle empowered him with tools to reinforce the cracks in his foundation after he lost



Jacquwan is a first-year student at Prince George’s Community College studying business management pursuing a career in the music industry.

his father and made an unwise choice.

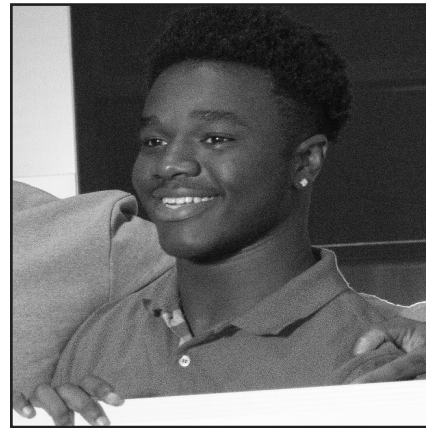
Osman, who is mentored by YAP Advocate Brandon Miler, is completing his first year at PG Community College and heading to a four-year college to pursue a career in social work. Reflecting on when he was first connected to YAP, Osman said he has come a long way.

“It was around graduation time and everything was in my head. Am I going to graduate? What’s my family going to think? “How long am I going to be locked up? The yap program helped me a lot. He [Brandon] helped me a lot. Now I’m just following the path that’s been paved for me,” said Osman who is grateful that because of YAP, his path did not include incarceration.

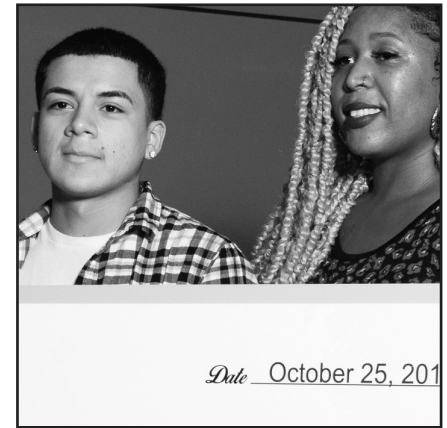
Erick, a student at Montgomery Community College, says his YAP Advocate Patrick Nowmonoh, is a role model who has helped him identify his strengths and talents.

“The program has changed me in many ways; helped me to get more motivated in my education,” Erick said after receiving his award. “It’s been really helpful in my life for real, for real.”

Among the community partners YAP honored was Baltimore Flight American Fusion Restaurant & Bar owner Ray “Ziggy” Davis, the event’s keynote speaker. The program also recognized Baltimore City Safe Streets Director Dedra Layne and Dwain Johnson, who retired after serving as Baltimore City Regional director for DJS, where he led



Osman is completing his first year at Prince George’s Community College and heading to a four-year college to pursue a career in social work



Date October 25, 2019

Erick is a student at Montgomery Community College with Prince George’s/Montgomery County Program Director Syl Parson



YAP Baltimore team members and youth in the program celebrated the progress of the organization’s youth and adult program participants on October 25, 2019 in Baltimore. For 44 years, the nonprofit, which operates in 28 states and the District of Columbia, has served as an alternative to youth prison and out-of-home placement. Courtesy Photos/Maryland-DC Youth Advocate Programs

efforts to partner with YAP. The regional YAP team gave special thanks to Coppin State University Professor Dr. Argin Hutchins for sharing his behavioral health expertise with the organization and a number of other community partners.

Baltimore YAP Program Director Eddie Moore, Prince George’s/Montgomery County Program Director Syl Parson, and Howard County Program Coordinator Danielle Franklin recog-

nized youth they serve as well as their fellow staff members. YAP Penn North Safe Streets Director Dennis Wise and Safe Streets Crime Prevention Coordinator Wayne Brewton thanked their staff members; and YAP’s Washington DC Credible Messenger team received recognition from program leaders Ed DeJesus and Charles Bentil as they celebrated the success of adults they serve.

For more information about YAP, visit: www.yapinc.org.

Books and lights combine to create Brilliant Baltimore

By Cheyanne Gordon

How does 10 days of lights, books, music, art and food sound? Baltimore Light City is back in its fourth year, but this year Baltimore is in for quite a treat.

Baltimore Light City and Baltimore Book Festival partnered to create the festival together. These are two of the biggest events sponsored by The Baltimore Office of Promotion and The Arts (BOPA). They are calling the experience Brilliant Baltimore.

Santiago Nocera, BOPA's Marketing & Communications associate said, "We've combined them so it is both a celebration of books and a celebration of art, and also everything that contributes to the arts, literary arts, culinary arts, performing arts, and visual arts."

More than 200 authors are part this year's festival, including Baltimore author Linda Morris. Her book, "Cherry Hill: Raising Successful Black Children in Jim Crow Baltimore" chronicles her experiences growing up in South Baltimore. Visitors can participate by joining in panel discussions about a range of contemporary and historical issues.

More than 400,000 people are expected to take in Brilliant Baltimore, which runs until Sunday, November 10, 2019. "This is my second time attending Light City. I think it's a great way to spotlight the city and look at our attractions and our best known locations in a new way," said Tierra Brown of the Department of Recreation & Parks of Baltimore. "I love the art installations. Baltimore in my mind is larger than life. I feel like, so is Light City."

It's no secret that the business community is excited about the festival. Hotels, parking garages and restaurants will see a big boost to their receipts because of the increased traffic at the harbor.

Although the event attracts its share of out of town visitors, organizers say the hometown crowd is what puts the event over the top.

"I love Light City. When I heard they were bringing it to Baltimore I thought it was a great concept. I love art, so to see it in a different form sparked my interest," said Tammy Walters of the city's Department of Transportation. "The



event shows a different side of the city and shows off our diversity."

"I think it's a wonderful event to showcase Baltimore both locally and nationally, and it's not just about being downtown we have it in our neighborhoods as well," said Baltimore Mayor Bernard C. "Jack" Young. We want to encourage everyone to come out and enjoy everything we have to offer during the Light City and The Book Fair, but more importantly going to see the light exhibits in our neighborhoods."

Eighteen installations illuminate The Inner Harbor including the popular "Shrooms" display by artists Amigo & Amigo. The 13 giant inflatable mushroom shapes will compliment a drone show, 45 performances and a fireworks finale this year.

"We put out a call for artists and about half of those are Baltimore based artists," said Nocera. "We are working with Baltimore talent, but are also working with international artist as well. Artists are here from Australia, Netherlands, France and Portugal."

The 'Infinity' is made up of three cocoon-like structures that light up as visitors enter. It also creates sound while following movement. Argentinian artist Julieta Guillermet said she created "Infinity" to inspire people.

"I think Light City is an amazing festival. It has world recognition. Art doesn't matter who you are or where you are



(Top left) The illuminated Brilliant Baltimore sign invites visitors to The Baltimore Light City and Book Festival at The Inner Harbor, which runs until Sunday, November 10, 2019. (Top right) "Shrooms" by artists Amigo & Amigo dot the landscape at Pier Five. (Above) DiscoBug" by artist Tyler FuQua combines the popular disco ball and the VW Bug to give visitors an interactive experience with light and motion.

Photos by Cheyanne Gordon

from, you connect immediately," said Guillermet.

The "DiscoBug" is a new installation that has its roots in the 60's. It's a Volkswagen Bug completely covered with mirrored tiles. Sitting on top of the Volkswagen is a tripod that holds 15 different lights creating a disco ball effect.

"Light City brings people out to see art that they may not see otherwise. It brings families out and it's free. It's just a great thing for the community and for people that love art," said Tyler FuQua

co-creator of "DiscoBug."

People of all ages are encouraged to come out and enjoy this interactive free festival and book readings and signings.

Seven-year-old Kiara Levi of Baltimore said she enjoyed "The "Canopy" installation which allows visitors to pedal on a bike while inflating and deflating sculptural forms, tree like canopies.

"Light City is very nice, and it is really fun. I like biking," Kiara Levi said.

Mission Tiger and Ed Reed help to level playing field:

KIPP Academy surprised with donation to support sports programs

By Ursula V. Battle

Justin Garritt, a math teacher at KIPP Ujima Village Academy located on Edgewood Street, had been filling out applications with DonorsChoose to get resources for his classroom.

DonorsChoose is nonprofit, crowd-funding platform that allows individuals to donate directly to public school classroom projects.

“For the past six years, I have filled out applications with DonorsChoose to help get supplies because of the school’s limited budget,” said Garritt, who also coaches the school’s baseball team. DonorsChoose sent me a survey, which I completed.”

What Garritt didn’t know was that his completion of the survey would ultimately lead to a \$200,000 donation by Mission Tiger— Kellogg’s Frosted Flakes’ new initiative to save middle school sports nationwide, and a surprise visit by “Tony the Tiger” and Pro Football Hall of Famer Ed Reed.

The donation will enable the school to add teams, improve facilities, offer more opportunities to play and even bring home its coed baseball squad after years of games played away from home. The donation and surprise visit came during a Pep Rally at the school on Friday, November 1, 2019,

“All of this from a survey,” said Garritt. “The school fit the narrative Mission Tiger was looking for. Prior to this donation, we always had to travel. Now, we can also play at home.”

KIPP has faced budget challenges that have prompted cuts to its sports programs. KIPP students were recently relocated to the school building, (formerly Walbrook High School), which does not meet middle school regulations, leaving teams sidelined and students benched.

The Mission Tiger donation will provide a new field, complete with dugouts, fencing and a new backstop so that KIPP’s team can finally host home games this spring. Students cheered and shook pom-poms after hearing the announcement. Reed also took the opportunity to give them some winning advice.



Pro Football Hall of Famer Ed Reed and “Tony the Tiger” with students and supporters during a Pep Rally at KIPP Ujima Village Academy. The school received a \$200,000 donation from Mission Tiger— Kellogg’s Frosted Flakes’ new initiative to save middle school sports nationwide on Friday, November 1, 2019.
Photo by Ursula V. Battle

“It’s not just about money because you can get money,” said the retired Baltimore Ravens star. “But if you don’t do the right things with it, it doesn’t matter, you understand? But make sure you surround yourself with all the right people. People who will support you; people who will encourage you to get good grades and to be successful in life. Don’t surround yourself with bad people and negative people.

“Do your best to try to help each other. We want to see everybody in here go off to college. That’s why we are doing this program with Mission Tiger. I love you guys, support you guys and am glad to be a part of this gift.”

The donation will also allow KIPP to bring back its flag football team. Moreover, it will revamp the gymnasium with much-needed updates, including safe basketball backboards, renovated bleachers and a new scoreboard. A new gym divider will allow multiple teams to

practice at the same time and make it easier for more students to participate. The KIPP teams will also receive new jerseys so they can play with pride.

“Sports is a great teacher to youngsters about life,” said Reed who signed autographs and took photos with the students. “The reality is that in life, there are wins and losses. Sports teach life lessons and helps to break barriers. It also teaches young people about being accountable, about discipline, and working with others.

“I participated because I’m from a neighbor[hood] like this. I know what it feels like to not have access to certain things. Teaming up with Kelloggs and Mission Tiger is an awesome way to give back to our community. I’m all for that.”

Mission Tiger launched in August with a \$1 million dollar commitment to DonorsChoose. Since 2000, more than four million people and partners have contributed \$893 million to support 1.5

million teacher requests for classroom resources and experience through DonorsChoose.

Mission Tiger middle school sports projects such as the one at KIPP Ujima Village are fulfilled by DonorsChoose. Mission Tiger has helped more than 161,000 kids nationwide get better access to sports by funding middle school sports programs in need.

KIPP Baltimore currently serves more than 1,500 students and nearly 1,200 alumni through an elementary charter school, KIPP Harmony Academy, middle charter school, KIPP Ujima Village Academy, and an alumni support program called KIPP Through College (KTC).

“The announcement was very unexpected,” said eighth-grader, Rocksann Smith. “I play baseball, lacrosse, head the dance team and I am about to start track and cross country. I can’t wait. The upgrades to the gym and the new fields are going to be spectacular.”

Local veterans share their stories of service

By Stacy M. Brown

Men and women who served in the military will be honored for their service on Monday, November 11, 2019, as the nation observes Veterans Day.

Two local veterans, Lucille Leffall and Robert Johansen shared their stories of heroism and service with the Baltimore Times.

During World War II, Leffall, 94, recalled how she had to gain weight to enlist in the Women's Army Corps.

Stationed in San Diego, Leffall did the critical work of working in fingerprinting at the embarkation center. She also worked in logistics and supplies.

"Just because you are a woman in the military doesn't mean you do easy jobs," she said about one of her duties that required her to move heavy bags.

She joined the Army Air Force before the Air Force separated into its own military branch. It was a time when the military was segregated.

"The two never interacted," she said about the units of black and white service members.

After her military service ended, she moved to the East Coast, where she told local VA officials a place she always wanted to be.

"I got married to a man from North Carolina, so we moved there. But I



For 58-year-old veteran Robert Johansen, Veterans Day is an opportunity to renew the camaraderie shared with servicemen and women everywhere. He served six years in the Army as a member of the storied 82nd Airborne.

Courtesy Photo

didn't like North Carolina much, and others recommended Baltimore, so we moved to Baltimore," she said.

Leffall has kept busy doing volunteer work and sitting on the board of the co-op building in which she lives.

"As long as God allows me to move, I'm going to keep moving," Leffall said.

For Johansen, 58, Veterans Day is an opportunity to renew the camaraderie shared

with servicemen and women everywhere.

"Veterans Day means I get to honor and respect all soldiers from the past and present. I believe it's just an honor to pay tribute to the soldiers who died for freedom," said Johansen, who spent six years in the Army as a member of the storied 82nd Airborne.

During his training to handle and shoot down missiles, Johansen says his unit

shot down drones—long before drones became ubiquitous.

Because of all the training he received, Johansen says he was never afraid to be a paratrooper and jump out of airplanes, though he did say that they were like "leaves in the wind" after the jump.

"First and foremost, jumping out of a perfectly good airplane is for fun and excitement. It's impulsive. My thinking was that I'm not just going to sit there and wait for the enemy to come to me. I'm going to them," Johansen said. "If I'm jumping out of a plane and go behind enemy lines, I've got to seize the moment."

However, Johansen recalled one jump that didn't go so well but had a funny ending.

"I got stuck in a tree. And, there I was dangling about 20 feet in the air, and the guys below saw me up there, and I was like, 'Guys, can you get me down.' They left me up there, and it's like 3 a.m. I took my shoes off and had to cut myself down."

Johansen also had to pay \$110 to the military because he damaged government property. "I had to pay for that parachute," he said, laughing.

Johansen noted that he's looking forward to Veterans Day as he does each year.

"We have a flag ceremony and other observances. It's always fun. I just appreciate all of my [fellow] soldiers," he said. "This is what Veterans Day is all about."



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Ravens won't get overconfident after beating Patriots

By Tyler Hamilton

Last Sunday, the Baltimore Ravens did what eight other teams couldn't do this season. They beat the New England Patriots. It wasn't an easy task but they were up for the challenge.

The Ravens sit firmly atop of the AFC North standings after sending a message to the NFL via their prime time win over New England. Head coach John Harbaugh refuses to lose focus of the big picture. Now, it's time to turn the page to next opponent.

"For us, our mindset will be to get ready for the next game, which is Cincinnati, which is a rival game in their stadium," Harbaugh said on Monday, November 4, 2019. "They're getting all their players back. They're going to be starting a new quarterback—a young quarterback. They have a great receiving corps, obviously. As we well know, [they have] a great running back. Their defense is always a challenge. [Carlos] Dunlap is going to be back. Believe me, that's all we're thinking about right now."

Fortunately, the Ravens are getting a key guy back too. Veteran corner Jimmy Smith returned to the lineup against New England and played well. Smith's return gives the Ravens a formidable group of cornerbacks, which includes Marcus Peters, Brandon Carr and Marlon Humphries.

This group should be able to hold its own against the potent passing attacks that Baltimore will face if they make a playoff run. Defensive coordinator Don 'Wink' Martindale used a little creativity to get all four of his top corners on the field at the same time against the Patriots. It's a look they'll likely use again in the future.



Veteran Ravens corner Jimmy Smith returned to the lineup against the Patriots last Sunday and played well.

Photo Credit: USA TODAY Sports Images

Offensively, the Ravens are in a good place with Jackson continuing to exploit defenses with both his passing and running ability. Offensive coordinator Greg Roman's reconstructed scheme gives opposing defenses trouble. It has expanded to include unlikely pass catchers such as tight end Nick Boyle who caught a touchdown pass last week.

With the exception of a muffed punt return by Cyrus Jones, the Ravens strengths were on full display last Sunday night. It was an impressive win but Harbaugh wants to build on it, which starts with beating the winless Cincinnati Bengals.

"You want to make a big win matter? Then, you have to follow it up with a win. If you follow it up with a loss, you've just negated the win. You might as well not have won the game. So, we don't want to throw that away. We also understand that records don't mean one thing. They don't. It's the National Football League. We'll have to play our best, and they're going to be healthy coming off the bye. They're going to have a great game plan, and we're going to have to play our best game of the year. That's what we're going to have to do."

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VETERANS DAY Monday, November 11th 2019 10:00AM Baltimore City War Memorial 101 N. Gay St., Baltimore MD

10:00AM

Welcome from the Commission

Clarence "Tiger" Davis

POW/MIA Ceremony

Thomas Zentgraf

Opening Prayer

Janice Chance

Gold Star Mothers

Greeting from Mayor of Baltimore

Bernard "Jack" Young

Greeting from Prince Hall Masons

Emmanuel J. Stanley

Grand Master

Keynote Address

Senator Chris Van Hollen

Tribute to Maj. Gen. Linda L. Singh

Tribute to Lt. Gen. James F. Fretterd

Awards Ceremony

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Ceremonial Ringing of the Bells

11:15AM

Wreath Laying at War Memorial Plaza

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For more information please contact Andy Pierre of the
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- Website: www.bcdeltafoundation.org
- Telephone: 410-656-9866

Applications being accepted for 20th Annual MLK Parade

*Application Deadline: Monday,
December 20, 2019*

Baltimore— The Baltimore Office of Promotion & The Arts (BOPA) announces the 20th Annual Dr. Martin Luther King, Jr. Parade on Monday, January 20, 2020 at noon.

The parade celebrates the life of civil rights leader Dr. Martin Luther King, Jr. with community-based civic organizations, high stepping bands, colorful cheer and dance squads, military units, equestrian groups and decorative floats. The parade steps off at the intersection of Martin Luther King Jr. Boulevard and Eutaw Street, proceeds south on Martin Luther King Jr. Boulevard and disbands at Baltimore Street. Groups and organizations that would like to participate in the celebration can apply at www.promotionandarts.org.

The application deadline is Monday, December 20, 2019.

The procession commemorates the remarkable leader's advocacy for racial equality, economic justice and international peace. Dr. Martin Luther King Jr. Day promotes collaboration throughout Baltimore City bringing together residents, visitors, elected representatives and organizations for a parade steep in tradition. The 20th Annual Dr. Martin Luther King, Jr. Parade is produced by BOPA and supported by the City of Baltimore.

BOPA is a 501(c)(3) nonprofit organization, which serves as Baltimore City's arts council, events center and film office. By providing funding and support to artists, arts programs and organizations across the city, and by producing large-scale events such as Artscape, Baltimore Book Festival and Light City, BOPA's goal is to make Baltimore a more vibrant and creative city.

For more information about the MLK Parade, call 410-752-8632 or visit: www.promotionandarts.org.

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Sealed Bids or Proposal, in duplicate addressed to the Board of Estimates of the Mayor and City Council of Baltimore and marked for **TR19006R URGENT NEED CONTRACT CITYWIDE** will be received at the Office of the Comptroller, Room 204, City Hall, Baltimore, Maryland until **NOVEMBER 20, 2019** at 11:00 A.M. Board of Estimates employees will be stationed at the Security Unit Counter just inside the Holliday Street entrance to City Hall from 10:45 A.M. to 11:00 A.M. every Wednesday to receive Bids. Positively no bids will be received after 11:00 A.M. Bids will be publicly opened by the Board of Estimates in Room 215, City Hall at Noon. The Contract Documents may be examined, without charge at the Department of Transportation Service Center located on the first floor of the Councilman Harry S. Cummings Building, 417 E. Fayette Street, Baltimore, Maryland 21202 as of **NOVEMBER 8, 2019** and copies may be purchased for a non-refundable cost of **\$75.00. Conditions and requirements of the Bid are found in the bid package.** All contractors bidding on this Contract must first be pre-qualified by the City of Baltimore Contractors' Qualification Committee. Interested parties should call (410) 396-6883 or contact the Committee at 4 S. Frederick Street, 4th Floor, Baltimore, Maryland 21202. **If a bid is submitted by a joint venture ("JV"), then in that event, the document that established the JV shall be submitted with the bid for verification purposes.** The Baltimore City Department of Transportation (BCDOT) in accordance with Title IV of the Civil Right Act of 1964 (78 Stat. 252, 42 U.S.C. 2000d TO 2002-4) and the Regulations, hereby notifies all bidders that it will affirmatively ensure that any contract entered into pursuant to this advertisement, disadvantage or minority business enterprises will be afforded full and fair opportunity to submit bids in response to this invitation and will not be discriminated against on the grounds of race, color, or national origin in the consideration for an award. The Prequalification Categories required for bidding on this project are **A02602 (BITUMINOUS PAVING) AND D02620 (CURB, GUTTERS & SIDEWALK).** Cost Qualification Range for this work shall be **\$1,000,000.00 to \$2,000,000.00.** A "Pre-Bidding Information" session will be conducted at **10:00 A.M.** on **MAY 3, 2019** at Charles L. Benton

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NOTICE TO BID

Minority Subcontractor/Supplier Schummer, Inc. seeking Certified Minority Subcontractors for: Chesapeake Heights & Dares Beach Well & Water Main Extension. Bids due in our office 11/23/19. Certified MBE's & WBE's for: Excavation, Paving, Pipelaying, Masonry, Plumbing, Electrical, Pipe, Pumps, Aggregates, and Trucking. Fax quotes to: 410-798-1709. For more information, call 410-956-8080.

Chesapeake Heights and Dares Beach Well and Water Main Extension Phase 2 – Prince Frederick, MD. Gradient Construction is looking for qualified M/WBE and DBE Subcontractors for Fencing, Well Abandonment, Concrete Slabs and Electric/Controls. Details for the project can be found on eMDmarketplace at procurement.maryland.gov or by faxing contact information to 410-257-3550. Project bids November 26, 2019.

Piney Branch Sewer Interceptor Upgrade Phase 2 – Charles County, MD. Gradient Construction is looking for qualified M/WBE Subcontractors for Hauling, Micro Tunneling, Dewatering, Bore and Jack and Sediment Controls. Details for the project can be found on eMDmarketplace at procurement.maryland.gov or by faxing contact info to 410-257-3550. Project bids December 5, 2019.

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Governor Hogan Orders Special Election for Maryland's 7th Congressional District

Special Primary Election on February 4, 2020 and Special General Election on April 28, 2020

Annapolis— Governor Larry Hogan issued a proclamation ordering a special election to fill the 7th Congressional District vacancy created by the passing of Congressman Elijah Cummings (D-MD).

State law requires that a primary election be held at least 65 days after the governor's proclamation is issued, and a general election be held at least 65 days after the primary.

Governor Hogan extended the minimum duration of the election a short period to allow more time for the State Board of Elections to prepare and to ensure those serving overseas in the military can receive and return their ballots in an adequate period of time.

This also provides additional time for candidates to file and campaign, and for voters to engage in the process.

•Certificates of candidacy may be filed beginning on October 30, 2019.

•The deadline for nomination papers to be filed is November 20, 2019, and the deadline for candidate withdrawal is November 22, 2019.

•The special primary election will occur on February 4, 2020, 76 days from the filing deadline.

•The special general election will occur on April 28, 2020— the same date as the state's spring primary, thereby avoiding the cost and confusion of multiple and additional election days— 84 days after the special primary election.

"It is imperative for the 7th Congressional District to have a strong voice in the House of Representatives, and today we are ensuring the process to fill this historic Maryland seat moves forward in a fair and timely manner," said Governor Hogan. "We have chosen the dates for this important special election to allow for a robust campaign. Free and fair elections are the very foundation of American democracy, and we encourage the citizens of the 7th District to take part and let their voices be heard."

All inquiries regarding the administration of the special election should be directed to the State Board of Elections.

Winter coat collection for people in need



Maryland Coldwell Banker team members sorting coats that have been donated.
Courtesy Photo/Coldwell Banker Homes

Baltimore— The Greater Baltimore offices of Coldwell Banker Residential Brokerage are collecting clean, gently used and new winter coats, scarves, gloves, hats and blankets for the Charm City Warmth Drive through November 15, 2019. Items collected will be dropped off at five shelters in Baltimore that serve homeless youth, single women with children and veterans-in-need. Please drop off donations at Coldwell Banker locations in Annapolis Church Circle; Annapolis Plaza; Baltimore Fells Point; Columbia; Crofton; Ellicott City; Harford County; Roland Park (Baltimore); Severna Park; Timonium/Hunt Valley; Towson; and White Marsh (Baltimore). To find the closest location, visit: ColdwellBankerHomes.com

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