

12 Outstanding Individuals Honored for Their Work in the Community



The Positive People Awards, presented by The Baltimore Times and Times Community Services, Inc. was held at Horseshoe Casino on Wednesday, November 13, 2019. (Front row): Dr. Elaine Simon; Pam Curtis; Publisher of The Baltimore Times, Joy Bramble; Mayor Bernard "Jack" Young; (Back row): Jim Hamlin; George Mitchell; Charles "Chazz" Scott; Monique Smith-Person; Vaile Leonard; Monica Mitchell; Dr. David Wilson; Browyn Mayden, MSW; and Jason Bass. LaTara Harris (at the podium) was Mistress of Ceremony. (See article on page 10)

Photo: Gar Roberts

Veterans Day Memorial and Ceremony

By Nya Banks

Morgan State University SCOM student

Over 700 community members celebrated service men and women at a special tribute to Veterans at the Baltimore City War Memorial. The ceremony was sponsored by The Baltimore City Veterans Commission November 11, 2019.

Emanuel Stanley served in the U.S. Army. He said, "We're often overlooked and undervalued so I'm here not only because I served, but also because I am a community leader. We should recognize veterans and the service that they provide to this country."

Chair of the Baltimore City Veterans Commission, Clarence Davis, awarded Sen. Chris Van Hollen the Lt. Gen. James F. Fretterd "More Perfect Union" award.

Sen. Van Hollen was celebrated for his efforts in helping pass The Valor Medals Review Act, which honors minority Armed Forces members who served in WWI who's work and legacy often times go unnoticed.

Sergeant Annette Mann, who retired from The National Guard wanted to make sure that she was among some of the people who came out to support the veterans.

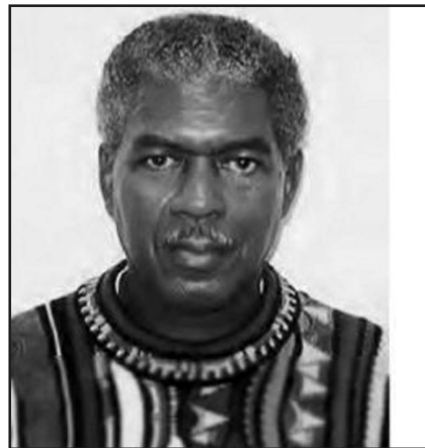
"We made a connection with all races, all agendas through our service, and everyone understands the magnitude of being in the military," said Mann. "We must recognize the accomplishments of everyone who served. This is the true meaning of this day."

Vietnam War Veteran, J.D. Howard was presented with the Major General Linda L. Singh "Preserve, Protect & Defend" Award. Howard, a photographer, was honored for his significant work in documenting the struggle for freedom in South Africa.

Bernard Watts, Commander of The National Association for Black Veterans, felt it was important for him to come



Veterans and their families proudly sport their military paraphernalia at Baltimore War Memorial Plaza during the Veterans Day Celebration November 11, 2019. Photo: Nya Banks



Vietnam War Veteran, J.D. Howard was presented with the Major General Linda L. Singh "Preserve, Protect & Defend" Award. Courtesy Photo



Commander Bernard Watts of The National Association for Black Veterans is among the hundreds who paid tribute during a special ceremony commemorating vets at the Baltimore City War Memorial November 11, 2019 Photo: Nya Banks

and support the male and female troops and veterans who served.

"It is easy to forget our veterans. The entire country needs to be reminded of our sacrifices," said Watts.

The ceremony ended with the laying of the wreaths in front of the "Negro soldier" statue at War Memorial Plaza.

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Guest Editorials/Commentary

Report: Baltimore Among Most Stressed Cities in America

By Stacy M. Brown

Everyone feels stressed from time to time but some people may cope with stress more effectively or recover from stressful events more quickly than others, according to the National Institute on Mental Health.

There are different types of stress – all of which carry physical and mental health risks, according to experts. A stressor may be a one time or short term occurrence, or it can be an occurrence that keeps happening over a long period of time.

A new study suggests that many Baltimore residents experience the type of stress that continues for lengthy periods. City residents experience the third highest work-related stress and the fourth highest family-stress in the country, according to the study of the “Most & Least Stressed Cities in America,” conducted by the Washington, D.C.-based personal finance website, WalletHub.com.

Further, according to the study, city residents have the eighth highest financial-related stress in the nation – all of which served to place Baltimore fourth overall among all cities when it comes to stress. Detroit, Cleveland, and Newark (NJ) ranked first, second and third respectfully. Philadelphia, St. Louis, Cincinnati, Birmingham (Ala.), Wilmington (Delaware), and Shreveport (La.), rounded out the top 10 most stressed cities. Fremont (Calif.), Bismarck (N.D.), Sioux Falls (S.D.), Overland Park (Kansas), and Irvine (Calif.), ranked as the five least stressed cities.

To determine the cities where Americans cope best, WalletHub compared 182 cities – including the 150 most populated – across four key dimensions: work stress; financial stress; family stress; and health and safety stress.

Experts found that a little bit of stress, known as acute stress, can be exciting – it keeps people active and alert but, when stress reaches an unmanageable level, however, it turns chronic and that’s when individuals become vulnerable to its damaging effects such as health problems and loss of productivity.

According to WalletHub, in the U.S., stress affects more than 100 million people with money, work, family and relationships counting among the leading causes. Also, by some estimates, workplace-related stress alone costs society more than \$300 billion per year.

“Stress, conflict and tension are part of life, and being a part of a family should teach us how to solve problems and take care of ourselves in healthy ways,” said WalletHub expert Julie Ann Liefeld, a clinical director at Southern Connecticut University.

The best way to alleviate tensions and stressors is to have healthy strategies to resolve them, otherwise they simply join you on your vacations, she said.

“During difficult times, healthy families tend to cooperate, rather than blame or compete. They don’t tend to use a scapegoat when things go wrong. They stay focused on resolving a problem without making anyone feel they are losing their value or their love,” Liefeld said.

Work-related stress is of increasing importance over the past few decades due to the demands of the contemporary work environment, said Alper Kayaalp, a WalletHub expert and assistant professor of Industrial/Organizational Psychology at South Dakota State University.

“Indeed stress is so common that it likely affects every employee at some point during their careers. Employees usually experience stress from work when the demands of their jobs exceed their mental and physical resources and coping abilities,” Kayaalp said.

“Numerous surveys and studies confirm that job stress not only affects health and well-being of employees in general but also deteriorates performance at work. It, therefore, could be a significant factor to poor performance, unmet expectations, organizational inefficiency, high turnover, absenteeism, and burnout,” he said.

To view the full study, visit <https://wallethub.com/edu/most-least-stressed-cities/22759/>

Disenchanted with Washington's political atmosphere, another Republican gives up his seat ...



Community Affairs

Y in Central Md hosts Annual Turkey Trot Charity 5K

Baltimore— Be a part of Maryland’s time honored Thanksgiving Day morning tradition by joining The Y in Central Maryland and title sponsor Kaiser Permanente for the annual Y Turkey Trot Charity 5K. Thousands of individuals, families, kids, and even a few furry friends will “trot” together at seven sites across central Maryland to raise critically needed funds so that children and families living in poverty can have access to Y programs that will help positively shape their lives.

On Thanksgiving morning, Thursday, November 28, 2019, the Y will host its Turkey Trot Charity 5K in Arnold, Baltimore City, Bel Air, Ellicott City, Perry Hall, Towson and Westminster. In Baltimore City, the Turkey Trot takes place at the Weinberg Y in Waverly located at 900 E. 33rd Street.

Each Y Turkey Trot will feature a 5K Run/Walk, and medals will be awarded

in each age group and to overall race winners. Prizes will also be awarded to the top fundraisers. Participants receive an official race t-shirt. Proceeds benefit children and families who cannot afford participation in Y programs such as camp, Y membership and preschool.

Registration is available online at <http://www.ymdturkeytrot.org> now through Monday, November 25 at 8 p.m. and at local Y Centers now through Thursday, November 28, 2019. Registration closing times and locations on the November 28 vary, visit the website for details. Day-of registration is accepted at event locations but there are a limited number of t-shirts available for day-of registrations.

For additional information about the Annual Turkey Trot, visit your local Y center or visit <https://ymdturkeytrot.org/>.

Want to comment on the editorials or any other story?

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Baltimore Times Embarks on Community Conversations Project to Improve Charm City

By Stacy M. Brown

The Baltimore Times and the Times Community Services, Inc. are inviting all to participate in the opening segment of a community conversation project that will tackle the more challenging issues facing Charm City.

A host of community leaders, social change experts, city officials, and others are expected to be a part of a three-part series with the first event titled "Baltimore's Future: A Conversation on Baltimore's Changing Neighborhoods" taking place on Saturday, December 7, 2019.

Details about participants, the venue, and exact times will follow in upcoming editions of the Baltimore Times, Annapolis Times, and the newspapers' website www.baltimoretimes-online.com

The establishment of the community conversations is part of a grant funded by the Facebook Journalism Project Community Network Grant, in which recipients

will use these grants to support projects aimed at building community and new paths to sustainability in local news.

Through the Community Conversations Project, The Baltimore Times will act as a convener, bringing together decision-makers, neighbors, and new leaders who will join forces to move forward

"The focus is to create a project that bridges the gaps of key decision-makers in Baltimore."

as a team to help solve the city's most pressing issues, according to Baltimore Times Publisher Joy Bramble.

"The focus is to create a project that bridges the gaps of key decision-makers in Baltimore. Also, it's for neighbors in Baltimore who are impacted by those decisions. Who is working on what key issues in the city? Who is collaborating? How do neighbors get involved and learn about projects and organizations?"

Bramble stated.

The publisher noted that the city is changing, "We are now a city made of 'life-longers' with a growing number of transplants and new faces in the city," she said.

"We have a large number of new and emerging leaders, many of whom are

doing different things to make Baltimore a thriving city, but no true thread or knowledge available on all of the moving pockets and parts."

The Baltimore Times can – and will attempt to – be the thread.

Among the many topics, the discussions will center on solutions to abandoned buildings, blight, and helping the underserved become homeowners.

The newspaper is seeking to work at

bridging the gap through research, interviews, and local reporting, to help bridge what seems to be a disconnect among the groups. In this effort, it will help introduce people to one another, build community, and answer questions for those who want to collaborate and share their knowledge.

Since the 2015 uprisings, there has been a significant focus on social impact and social change, and many people and projects are partaking in this change.

The series will also focus on those individuals and projects and gage what might be done to achieve more immediate progress.

"We will [also] promote community journalism," Bramble stated.

Please stay tuned for future announcements on participants and times and dates for the discussions.

Impeachable Offenses

By Donald Moskowitz
Londonderry NH

Article Two of the U.S. Constitution states "The President, Vice President, and all civil officers of the United States, shall be removed from Office on Impeachment for, and Conviction of, Treason, Bribery, or other high Crimes and Misdemeanors."

The current impeachment inquiry by the U.S. House of Representatives against President Trump is focusing on the allegation he tried to bribe and/or extort President Zelensky of Ukraine to investigate the Bidens in the runup to the 2020 election in exchange for \$400 million in foreign aid to Ukraine. The investigation of the Bidens did not occur and the \$400 million in aid was subsequently given to Ukraine. Therefore no bribery or extortion occurred.

But did President Trump's actions meet the test of "high Crimes and Misdemeanors"?

A recent president to be impeached was Bill Clinton. He was impeached for perjury and obstruction of justice relative to the Monica Lewinsky affair. Richard Nixon was charged, but not impeached as an outgrowth of the Watergate coverup. He was charged with obstruction of justice, abuse of power and defying subpoenas during the impeachment investigation. The House Judiciary Committee stated that "high Crimes and Misdemeanors" goes beyond crimes to include "behaving in a manner grossly incompatible with the proper function of the office and employing the power of the office for an improper purpose or personal gain."

Going back to the Constitutional Convention of 1787 the founding fathers decided the phrase "high Crimes and Misdemeanors" provided "flexibility and guidance" in deciding on impeachable offenses, which references 400 years of practice in Great Britain.

Alexander Hamilton stated in the Fed-

eralist Papers that "impeachment is directed at political offenses that proceed from ... the abuse or violation of some public trust." Echoing Hamilton, Justice Joseph Story in 1833 stated "impeachable conduct is often purely political, and that no previous statute is necessary to authorize an impeachment for any official misconduct."

Therefore, it appears the term "high Crimes and Misdemeanors" refers to officials in high office who commit offenses which violate their oaths of office and can consist of abuse of power. A Harvard Law Review succinctly stated "The majority view is that a president can legally be impeached for intentional, evil deeds that drastically subvert the Constitution and involve unforgivable abuse of the presidency--even if those deeds didn't violate any criminal laws."

I leave it to the readers to decide if they believe President Trump should be impeached.

The Annapolis Times

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How goal-setting changes your brain and allows you to achieve more of your desires

By Chazz Scott

Growing up, we are constantly told the importance of setting goals. We are taught that if we want to attain or accomplish something that we must write it down, think about it, and then map out a plan to get there. I never understood the importance of this goal-setting process until I had so much on my plate that I felt overwhelmed, unorganized, and unprepared to tackle my day. From managing my relationships with family and friends, a career, maintaining my mental and physical health, running a nonprofit, and finding time for myself – it's certainly not easy. All of these facets of life must be filled to their appropriate levels to ensure that overall happiness, fulfillment, and joy are met.

There probably isn't a single "successful" person on this earth that does not utilize some aspect of goal-setting. You can think of it as a requirement for your brain. It turns out there is a substantial amount of scientific research that points to how goal-setting literally changes your brain thus allowing yourself to reach your goals and aspirations more effectively.

During the goal-setting process your amygdala – the part of the brain that creates emotion – evaluates the degree to which the goal is important to you. Next, your prefrontal cortex – your willpower machine – defines the specifics of what the goal entails. Finally, while knowing your desired goal, your amygdala, and prefrontal cortex work together to keep you focused on moving towards your goals. They also work together to identify behaviors and



Charles "Chazz" Scott
Nucleus Team Member,
Positively Caviar

situations that may or may not support your desired goal or outcome.

This entire process can be grouped into a new study that the scientific community now terms: neuroplasticity – which is the brain's ability to change throughout its lifetime. Goal-setting literally changes the structure of your brain.

In fact, the Journal of Experimental Psychology concluded that setting goals that are highly emotional – which means the person is highly motivated to succeed – tends to have a greater impact on the structure of the human brain thus causing "participants to downwardly evaluate the difficulty of achieving that goal." "In other words, if you strongly desire a goal, your brain will perceive obstacles as less significant than they might otherwise appear."

It's clear there are significant advantages to setting clear definitive goals for your brain. While your amygdala attaches intentional emotion to your goal – your prefrontal cortex works hard to develop a map to get you to your desired destination.

Unfortunately, this process can only work if you have a pretty good idea of where you want to go. This means you must spend time and figure out what you want to accomplish before you can take advantage of and utilize the true powers of your mind. Spend time developing a list of goals that you want to accomplish each day and then allow your brain to do the rest. Think to yourself "what needs to happen today for this day to be a successful day?"

Once you start to see the advantages of setting clear goals you will begin to become excited about writing down yearly goals, monthly goals, weekly goals, and even hourly goals. And remember each time you allow your mind to set clear intentional goals, the easier it becomes. Life is all about attention, intention, and attitude. Attaching positive

emotions towards your desired goals while setting clear expectations for achieving them allows you to take advantage of the true limitless power of the human mind.

Life can be overwhelming at times but if you break down your life into small consistent goals it can become much more manageable and even exciting. As mentioned, in order to map out where you want to go in life you have to first know what you want. The importance of clear and intentional goal-setting will influence every facet of your life only if you spend time knowing exactly what you want. This not only provides clarity for your life but it allows your brain to work more effectively towards your goals.

Positively Caviar, Inc. (PCI) is a grassroots nonprofit 501(c)(3) organization focused on instilling mental resilience by way of positive thinking and optimism. To learn more about how you can support, volunteer, or donate to Positively Caviar, Inc. please visit: staybasedandpositive.com.

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Greentop Gifts Features Black Santa Claus

By Stacy M. Brown



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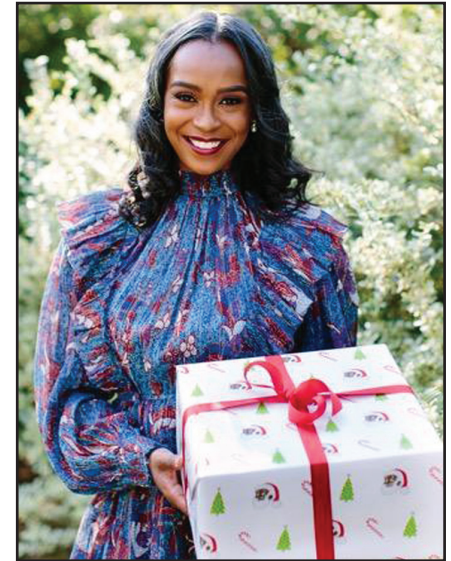
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Jackie Rodgers, owner, Greentop Gifts
Courtesy Photo/Greentop Gifts

It was just about this time three years ago when Jackie Rodgers seemingly traversed the nation looking for wrapping paper that featured a black Santa Claus for her then two-year-old son Elijah's Christmas gifts.

After her unsuccessful solo search, she turned to her friends and family members – they too had no such luck. So Rodgers and her husband, Shaun, took matters into their own hands and started Greentop Gifts, a company that creates diverse holiday products – including wrapping paper that features a black Santa Claus.

“As a mother, I wanted something that my son and our friends and their families could enjoy and look at for years to come. Because that didn't exist, each year we would color Santa's face with paint or markers,” Rodgers said.

“The clear problem that families like us face is a lack of diverse images on Christmas-themed wrapping paper. So we decided after going through this exercise one too many holiday seasons that we would solve this problem and make our own.”

The business features an array of options – apparels, gifts, and wrapping paper.

And, oh by the way, her St. Nick is named “Clarence Claus,” and Greentop Gifts even has a “Clarence Clearance” where shoppers can find holiday products at a discount.

“Christmas is coming early. We are excited to share Clarence Claus,” Jackie Rodgers states. “Clarence represents what we were missing during the holiday season – wrapping paper and products that feature the ‘jolly’ old man from the North Pole that looked like us.” Clarence Claus, who's fast growing in popularity, is emblazoned on socks, mugs, t-shirts, and numerous other items found on the Greentop Gifts website.

Reportedly, Clarence Claus has even become a favorite of popular CBS Morning News Host Gayle King who, according to People Magazine, shared an Instagram photo of herself last year in a Clarence Claus sweatshirt.

King captioned the shot: “Aloha from

Hawaii #ClarenceClaus sweatshirts a hit! Swipe left brought enuf for ‘eeeerebody’...@greentopgifts.”

King's message of support is similar to the feedback Rodgers said she's received.

“People are really excited and they tell me that this is what they've been looking for,” Rodgers said “I think the most rewarding part is hearing parents talk about how they also find it important for their children to have images that look like them,” she said.

“It's good to know that I'm not the only one. And, it's important for all kids to understand the importance of diversity.” Rodgers noted that there's even more to look forward to in the future from Greentop Gifts.

“I'm very intentional about the images that I show my kids. I want them to see diverse images in all things,” Rodgers said.

“It's extremely important to me that they see diversity and understand the importance of it. As Greentop Gifts grows, we hope to continue to show more diverse images for all children to see. Seeing people of difference appearances and abilities is important for all children, not just African American children.”

Visit the website for Greentop Gifts at www.greentopgifts.com.

PRSA-Maryland Names Morgan Professor as the '2019 PR Educator of the Year'

Morgan State University—The Public Relations Society of America-Maryland (PRSA-MD) Board of Directors has named Morgan State University School of Global Journalism and Communication (SGJC) professor and department chair David Marshall, Ph.D. as the “2019 Public Relations (PR) Educator of the Year.” Dr. Marshall will be formally recognized before a group of his public relations peers at PRSA-Maryland ‘Best in Maryland’ Award Gala on December 4, 2019.

“Dr. Marshall’s credentials made him an easy pick for Educator of the Year. Not only does he have the teaching kudos to earn the award, he also has leadership skills.” said Lisa Brusio Coaster, President of PRSA-MD. “He has served as an executive, mentor, and champion for professional development which are all hallmarks of an excellent role model for today’s youth.”

At Morgan, Dr. Marshall effectively incorporates multimedia and social media as vehicles to elevate student engagement and early adoption of the latest industry trends. He is also very active in creating pathways for Morgan students to engage



David Marshall, Ph.D., 2019 Public Relations (PR) Educator of the Year.
Photo Courtesy of Morgan State University

with professionals and gain critical experiences that go beyond the classroom. His efforts have also been integral in securing mutually beneficial partnerships with non-profit organizations like Project Step, CharmTV, and The Baltimore Times, providing students with practical knowledge that can be utilized following graduation.

Prior to joining the faculty at his alma mater Morgan State, Dr. Marshall served

as a program chair communication studies and collegiate professor at the University of Maryland Global Campus, the president at the International College of Cayman Islands, and vice president of academic affairs at City Colleges in Chicago.

“I am humbled and honored to be recognized in such a meaningful way by my colleagues,” said Dr. Marshall. “This award is also a celebration of PRSA-MD

whose members have invested heavily in mentoring Morgan’s talented Strategic Communication (SCOM) students through guest lectures and portfolio reviews. I am thrilled that along with our SCOM faculty, we are all working together to groom the next generation of communication leaders.”

Dr. Marshall holds a Ph.D. in Mass Media and Communications from Temple University, a master’s in journalism from Temple University, and a BA in Religion and Philosophy from Morgan State University. He is a member and on the incoming board of directors for PRSA-MD and a member of the National Association of Black Journalists Association (NABJ). With experience as assessment and accreditation, Dr. Marshall has served as SGJC assessment coordinator and is often desired as a speaker and consultant in teaching and learning practice. Learn more about PRSA-MD’s 2019 honorees online at:

<https://prsamd.org/2019-best-in-maryland-awards/2019-professional-award-honorees/>

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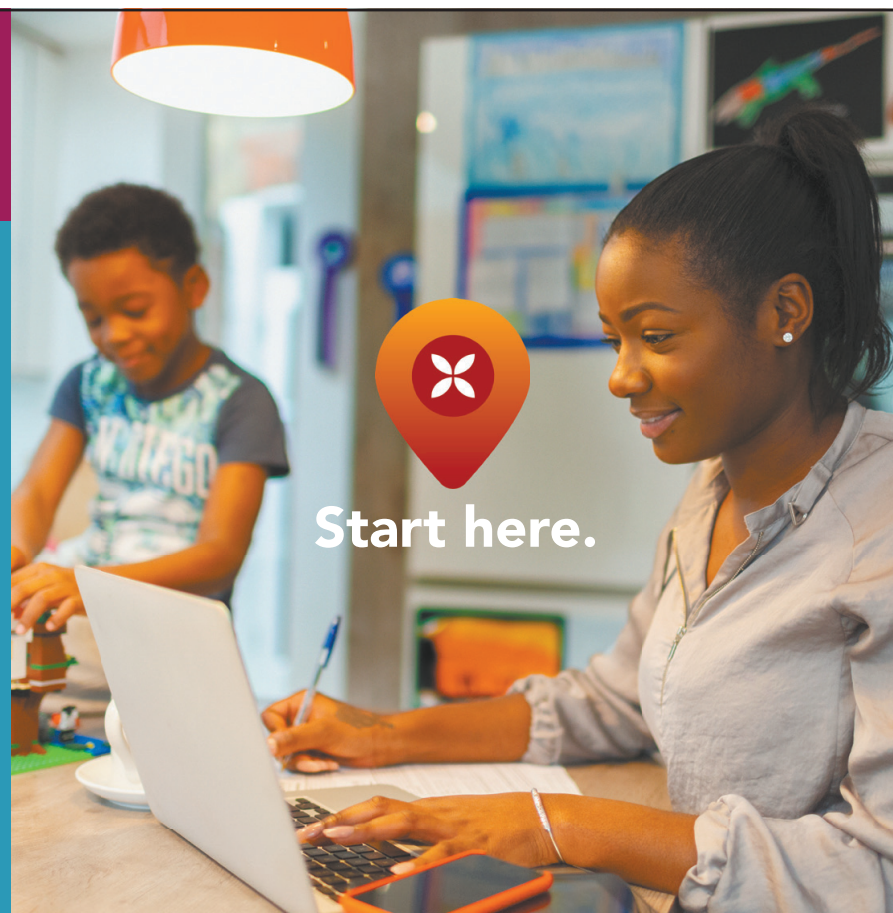
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12 Outstanding Individuals Honored for Their Work in the Community

Baltimore Times Holds Positive People Awards

By Ursula V. Battle

Monique Smith-Person has a real-life story that reads like a movie script. She was stolen as a child. But Smith-Person is using her own personal story to help others through advocacy. The self-published author is determined to be a voice for missing children who cannot speak for themselves.

Smith-Person was among those honored at The Positive People Awards. Presented by Times Community Services, Inc. the event was held at Horseshoe Casino on Wednesday, November 13, 2019.

“The event was exceptional, not only for me, but for my guests,” said Smith-Person. “It was a wonderful experience. I was honored to be among such a wide array of outstanding individuals. The Positive People Awards was a great display of how Baltimore should be viewed. Unfortunately, we are not viewed as people who love our city. However, this event epitomized that there are people who love this city and their communities.”

LaTara Harris, AT&T Regional Director, External Affairs, emceed the event and presented the awards. The event included dinner and music. Proceeds benefited Times Community Services. Approximately 160 people attended the event including Baltimore Mayor Bernard C. “Jack” Young.

The Baltimore Times and The Annapolis Times, along with Times Community Services, Inc. - the publication’s non-profit foundation, work to uplift and celebrate the human spirit and the power within all people to improve their quality of life and that of their community. Since 1992, the paper has been giving Positive People Awards to men and women who have exemplify those ideals.

“The Positive People Awards was a great success,” said Baltimore Times Publisher Joy Bramble. “We honored a diverse group of people that included business, political, and community leaders. This event pays homage to those



Joy Bramble, publisher of The Baltimore Times received a Mayoral Salute from Mayor Bernard “Jack” Young for 33 years of publishing “Positive Stories about Positive People at the awards ceremony on Wednesday, November 13, 2019.

Photo: Gar Roberts

who are doing wonderful things to help other people. They are helping to change the narrative of our city.”

Jason Bass was among the honorees. Bass overcame environmental challenges, to serve as the former CEO and co-founder of Treason Toting Company. Bass is the CEO of “The Night Brunch,” a popular pop-up dining experience. In addition to his “Positive People Award,” Bass was surprised with an award named in honor of the late Ackneil M. Muldrow, II.

Muldrow was a longtime businessman who advocated for uplifting and empowering African Americans. Muldrow’s career included serving as the president and chief executive officer of the Development Credit Fund, Inc. The Fund was a \$7.5 million loan pool formulated to provide low cost financial assistance to minority-owned businesses operating in the state of Maryland.

“Ackneil Muldrow was a person who loved to help people,” said Bramble. “He also loved entrepreneurship. He was always happy to share information and promote people. He had that fantastic rolodex.”

She added, “We felt Jason Bass was

the ideal person to receive this award. He epitomizes what Mr. Muldrow was all about. Like Mr. Muldrow, Jason Bass understands the importance of helping others and creating legacy wealth to pass along to future generations.”

Dr. Elaine Simon was also honored. Dr. Simon is the organizing founder of BACO (Baltimore Association of Caribbean Organizations) and president and event planner for the Caribbean American Carnival Association of Baltimore.

“I was a part of Joy Bramble’s initiative years ago when she started the newspaper,” recalled Dr. Simon. “I went to her house on Madison Avenue where she worked on the dining room table putting together the infamous Baltimore Times and Annapolis Times. To be honored by Joy and her team is an honor. It’s like a mother giving birth. I was there when she birthed the paper and watched it grow. I feel very connected to the paper because of that.”

She added, “I really like the way The Baltimore Times honors a cross-section of individuals who continuously give to our communities. Many have been in the shadows. Events like this honor those

who have been in the shadows, and that’s awesome.”

James Hamlin, owner and operator of The Avenue Bakery was also among the honorees.

“The event was first class,” said Hamlin. “Those of us who were recognized don’t do it for the recognition. We do it because we want to make a difference. We all want to make Baltimore a better place.”

Bronwyn Mayden is the Assistant Dean and Executive Director of Promise Heights at the University of Maryland School of Social Work.

“It was a wonderful event,” said Mayden who was also honored. “I was so pleased to be included with such a stellar group of individuals. My family were all there, and were so excited to see me get the award.”

Bernette L. Jones, Senior Minister of One God One Thought Center for Better Living, is a past honoree.

“Ultimately, one of the most important and significant things we can do in the community is acknowledge people, who of their own volition, are doing uplifting work,” said Jones who attended the event. “These people are giving us a sense of direction and hope in terms of what’s possible to make sure we see a change in the direction our community is going. Congratulations to all of the honorees. I encourage them to all keep moving forward.”

The other honorees were: Pam Curtis, founder of Pushing The Vision Outreach, Inc.; Adrienne A. Jones, Speaker of the Maryland House of Delegates; Vaile Leonard, Founder and CEO of The Light of Truth Center, Inc.; George Mitchell, President and CEO of Youth Educational Services; Monica Mitchell, who leads Corporate Philanthropy, and Community Development work for the Maryland and Greater DC regions and serves as chair of Wells Fargo’s “Where We Live” initiative; Charles “Chazz” Scott, Executive Director & Chief Creative Optimist of Positively Caviar, Inc (PCI); and Dr. David Watson, President of Morgan State University.



(L-r): Denise Scott, (Ackneil's daughter); Jason Bass, awardee also received the Ackneil Muldrow, II award; Ruth Muldrow (Ackneil's widow); Charles "Chazz" Scott, (Ackneil's grandson)



Robert J. Rucks on keyboards and David Smith, saxophonist



Vanda Guzman, door prize winner



LaTara Harris, AT&T Regional Director, External Affairs, Mistress of Ceremony



Door prize winner



Rosa Pryor-Trusty and Valerie Frailing



Rudy Gadette and daughter Jihan



(First row, center): Honoree Vaile Leonard, Founder/CEO of Light of Truth Center is surrounded by supporters.



Photos by Gar Roberts

A black and white portrait of Bernard J. Tyson, a man with a beard and glasses, wearing a suit and tie. He is looking slightly to the right of the camera with a thoughtful expression. His hands are clasped in front of him.

Bernard J. Tyson

Chairman and CEO
of Kaiser Permanente

1959 - 2019

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And why his legacy will continue to thrive.



A Salute and a Surprise for Vets

Justus Hawkins

Morgan State University SCOM student

Excitement filled the air at the Baltimore Veterans Affairs (VA) Medical Center as the Baltimore Ravens and national defense and tech firm Leidos showed their appreciation for the men and women who served in the armed forces. Former Ravens wide receiver Torrey Smith headlined the surprise visit November 14, 2019.

"Many of them do not know what's in store today," said Adam Robinson Jr., director of the VA Maryland Healthcare System. "The cheerleaders, Torrey Smith, mascot Poe, they're going to love it."

Robinson, who has been the director of the VA Maryland Healthcare System is the 36th Surgeon General of the United States Navy.

"Everything that we can do as a community to show our interests in our veterans, and to show our support for our veterans makes for a wonderful condition for them to heal," said Robinson.

That's why Smith showed up. He said everyone should be doing what they can to support veterans especially at a time when they may need cheering up at the VA.

"I've always understood the importance of giving back and the most valuable thing you can give to anyone is time," said Smith. "I understand their sacrifices and their commitment, very selfless of them to literally put their lives on the line for our freedom and our rights."

Smith said he has a special connection to vets because his father served in the army for over 20 years.

Lewis Walden Jr. was the first veteran that Smith surprised when he walked into Walden's room handing out memorabilia.

"I'm just so happy. I don't know what to say. I'm like a kid in a candy store. It really made my day," said Walden. He was so surprised that he called his wife to tell her Smith was in his room.

Walden, 65, served 17 years in the Army Special Forces between active



Former Ravens wide receiver Torrey Smith speaks to the wife of Lewis Walden Jr. by phone amidst the glare of media lights. Smith surprised Walden during a visit to the Baltimore VA Medical Center as a part of a salute Veterans on November 14, 2019 Photos: Justus Hawkins

duty and reserve as a Staff Sergeant.

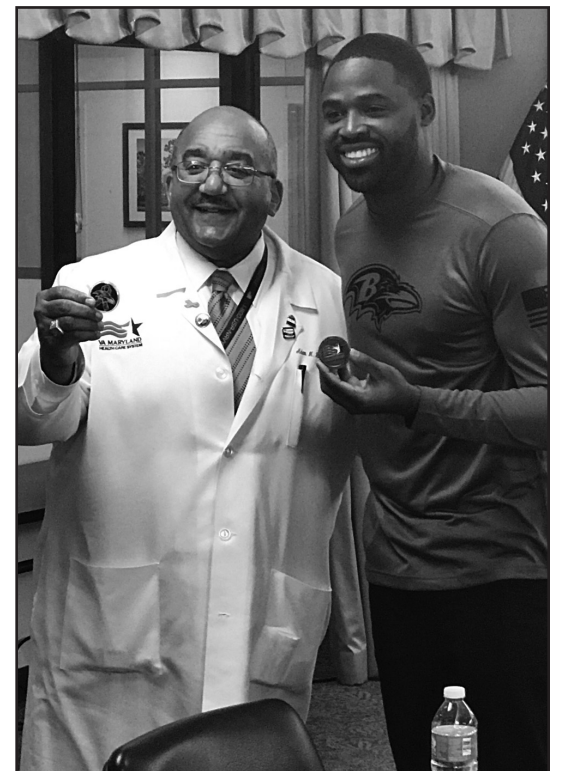
"I encourage every young man, every young woman to think about investing in their future. You can't beat the military," said Walden.

John Wells was the second veteran surprised by Smith.

"It gave me a little spark," said Wells. Wells, 78, served United States Naval Reserve and the Army.

"These folks are from Maryland, and as long as they're not cheering for the other team in Maryland they'll be very excited to see the Ravens," said Smith.

The VA visit was followed by the Ravens' Salute to Service game November 17, 2019 against the Texans during which military Veterans and active duty service members were honored.



(Left): VA Maryland Health Care System Director Dr. Adam Robinson, Jr. and former Ravens wide receiver Torrey Smith show off commemorative pins during a visit to the Baltimore VA Medical Center as a part of a salute Veterans November 14, 2019.

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Prepare a delicious turkey for your Thanksgiving dinner table

While there are no laws governing which dishes must appear on Thanksgiving dinner tables, for many the fourth Thursday of November simply would not be complete without turkey. Turkey can be cooked in various ways, but roasting might be the most popular method used by Thanksgiving celebrants.

This recipe for “Herb-Roasted Turkey” from Yolanda Banks’ “Cooking for Your Man” (Broadway Books) produces a mouth-watering bird that’s sure to make a lasting impression this Thanksgiving.

Herb-Roasted Turkey

Serves 10

12 tablespoons (1 1/2 sticks) unsalted butter, softened

1/4 cup packed fresh flat-leaf parsley leaves, chopped, plus 4 whole sprigs
1 large sprig fresh rosemary, leaves chopped, plus 2 whole sprigs
1 tablespoon chopped fresh thyme, plus 4 whole sprigs

15 leaves fresh sage, chopped, plus 3 whole leaves
3/4 teaspoon kosher salt, plus more for the turkey
1/2 teaspoon freshly ground black pepper, plus more for the turkey
1 15-pound turkey
1 lemon, quartered
8 shallots, peeled and halved
1 head garlic, cloves separated and peeled
4 cups low-sodium chicken broth or stock
2/3 cup dry white wine
3 tablespoons all-purpose flour

1. In a small bowl, combine the butter, chopped parsley, chopped rosemary, chopped thyme, chopped sage, salt, and pepper, and mix well.

2. Position a rack in the bottom third of the oven and preheat the oven to 450 F. Sprinkle the main cavity of the turkey with salt and pepper. Place the whole sprigs of parsley, rosemary and thyme and the sage leaves into the cavity. Add



the lemon, 4 shallot halves and half of the garlic cloves.

3. Starting at the neck end, carefully slide a hand between the skin and the breast meat to loosen the skin. Spread 3 tablespoons of the herb butter over the breast meat under the skin. Tuck the wing tips under the skin, and tie the legs together to hold the shape. Season the turkey generously all over with salt and pepper.

4. Place the turkey on a wire rack set in a large roasting pan. Rub 4 tablespoons of the herb butter over the turkey. Roast about 30 minutes, until golden brown, and reduce the heat to 350 F. Baste the turkey with 1/2 cup of the broth. Cover only the breast area with a sheet of heavy-duty aluminum foil. Scatter the remaining shallots and garlic cloves in the pan around the turkey.

5. Continue to roast the turkey for about 1 1/2 hours, basting with 1/2 cup of broth every 30 minutes. Remove the foil from the turkey breast. Continue to roast the turkey, basting with pan juices every 20 minutes, about 1 hour longer, until it’s golden brown and a thermometer inserted into the thickest part of the thigh registers 165 F. Transfer the turkey to a platter and brush with 1 tablespoon of the herb butter. Tent it loosely with foil and let

it rest for 20 minutes before carving.

6. Using a slotted spoon, transfer the shallots and garlic from the roasting pan to a plate. Transfer the pan juices to a medium bowl, then skim off and discard the fat. Set the pan over two burners on medium-high heat. Deglaze the pan with the wine and 1 cup of chicken broth, scraping up any browned bits. Bring the sauce to a boil, reduce the heat to medium, and cook until it’s reduced by half, about 4 minutes. Pour the sauce into a large measuring glass. Add the degreased pan juices, and broth, if necessary, to equal 3 cups of liquid.

7. Blend the flour into the remaining herb butter until combined. Pour the broth mixture into a medium saucepan and bring to a boil. Gradually whisk in the herb-butter mixture. Add any accumulated juices from the turkey platter and boil until the gravy thickens enough to coat a spoon, whisking occasionally, about 6 minutes. Add the remaining shallots and garlic to the gravy and simmer for 1 minute. Taste and adjust the seasonings, if necessary. Serve the turkey with the gravy.

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