



The Annapolis Times

Vol. 28 No. 6 December 6 - 12, 2019

A Baltimore Times/Times of Baltimore Publication

Celebrate the Season Aboard the MDOT MTA Holiday Bus



Courtesy Photo

Receive a Free Ride and Track Santa with the Transit App

Baltimore—

Continuing a 41-year tradition to help spread holiday cheer and goodwill, the Maryland Department of Transportation Maryland Transit Administration (MDOT MTA) is offering free rides on its Holiday Bus, featuring Santa Claus and his elves.

The Holiday Bus operates weekdays on various CityLink and LocalLink bus routes until Friday, December 20, 2019. Passengers will receive candy canes and greetings from Santa, and will enjoy festive holiday music during the ride.

“During the holidays, we look forward to thanking our customers and wishing them the best of the season,” said MDOT MTA Administrator Kevin Quinn. “There’s something magical about the Holiday Bus that assures big smiles for everyone who’s lucky enough to catch one.”

Although Santa cannot reveal the exact location and schedule of the Holiday Bus, MDOT MTA customers can track it using the Transit App, which provides real-time information for CityLink, LocalLink, Express BusLink buses, along with Commuter Bus across the region. For information on the Transit App and details for free downloading, go to mta.maryland.gov/transit.

Customers can also follow MDOT MTA on Facebook at facebook.com/mtamaryland and on Twitter @mtamaryland for clues on where the Holiday Bus will be located each day.

To learn more, visit mdot.maryland.gov or mta.maryland.gov.

New President of Coppin State University Appointed

First-generation college graduate and U.S. Army veteran, Jenkins has served as President of West Virginia State University since 2016

Baltimore— University System of Maryland (USM) Chancellor Robert L. Caret announced the appointment of Anthony Jenkins, Ph.D., as president of Coppin State University, effective May 26, 2020.

Since July 2016, Jenkins has served as president of West Virginia State University (WVSU), a historically black land-grant research university near Charleston, W.V., founded in 1891 with 3,692 enrolled students. As president, Jenkins has engaged the WVSU community in a visionary plan to advance the campus as a premier regional research university recognized nationally for its innovative teaching, quality education and experiential learning.

“We are delighted to welcome Dr. Jenkins as president of Coppin State University,” said USM Board of Regents Chair Linda Gooden. “He has demonstrated a clear track record of success on the West Virginia State campus— especially impressive are the global partnerships he has established with higher education institutions in areas such as Africa, Mexico, and the People’s Republic of China. The USM board is delighted to have such an accomplished

leader to guide Coppin. This appointment is a critical one, not just for the University System of Maryland, but for the greater Baltimore region and beyond. Coppin State University is a vital institution in the City of Baltimore and our state.”

Jenkins will succeed interim President Mickey Burnim, who has been leading the institution since former Coppin State president Maria Thompson ended her service to the university on June 30, 2019.

“I am honored that the University System of Maryland Board of Regents has appointed me to be the next president of Coppin State University,” Jenkins said. “This is an exciting opportunity to guide a university with a strong legacy and do so at an important time for the City of Baltimore, where Coppin is so integral to the city’s continued vibrancy and success.”

President Jenkins began his path to higher education first as a United States Army veteran and first-generation college graduate of Fayetteville State University. He earned a master’s degree from North Carolina Central University and a doctorate from Virginia Tech University. His higher education administrative experience includes service at institutions such as UNC-Wilmington, the University of Maryland Eastern Shore, and the University of Central Florida.

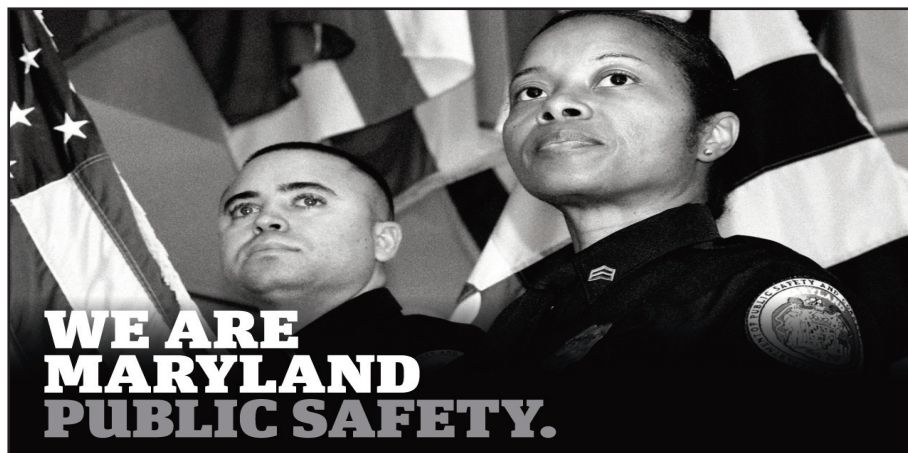


Anthony Jenkins, Ph.D. has been appointed as president of Coppin State University, effective May 26, 2020. Courtesy Photo/Coppin State

“I have been truly impressed with Dr. Jenkins’ performance in maintaining strong enrollment growth at West Virginia State University and a number of prestigious academic rankings that have occurred during his presidency. These accomplishments bode quite well and they promise to advance an urban, historically black institution like Coppin,” USM Chancellor Robert L. Caret said.

“I would like to express my deep gratitude and appreciation to the presidential search-and-screen committee,” Caret continued. “Under the skilled direction of former regent Katrina Dennis, whom very sadly we lost in September to a long illness, and her successor and fellow regent Robert Wallace—also Mary Owens-Southall, Coppin’s Dean of Graduate Studies—this group of faculty, staff, students, and community representatives worked with great purpose to identify a pool of highly accomplished applicants from which Dr. Jenkins established himself as an excellent choice.”

To learn more about Coppin State University, visit: www.coppin.edu.



WE ARE MARYLAND PUBLIC SAFETY.

Hiring Correctional Officers Now!

Apply today:
DPSCS.Maryland.Gov



Maryland Department of Public Safety and Correctional Services



the MS MindShift Presents:

A Brain-Focused Event

Join us for a **FREE** live, educational event and hear a brain-first perspective on multiple sclerosis (MS)!



What:

The role of grey matter in MS and lifestyle choices you can make to help keep your brain healthy



When:

Saturday, December 14, 2019
Registration: 9:30 AM
Start Time: 10:00 AM



Where:

Hyatt Regency Baltimore
300 Light Street
Baltimore, MD 21202



Who:

Steven Bromley, MD, FAAN Director
South Jersey MS Center
Meghan Beier, PhD
Can Do MS- Cognition
Jasmin
Living with MS

Register online at
MSMindShift.com/register or
by calling 855-717-3222

© 2019 Celgene Corporation
US-CLG-19-1106 08/2019



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

NOTICE

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

The Annapolis Times

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

Postmaster send address changes to:

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



E.T. the Extra-Terrestrial available with Xfinity On Demand

'Tis the season to scoot over.

Gather your loved ones together for the best TV experience. Share the entertainment you love, from classic holiday hits, blockbuster movies, music and more, all with Black Film & TV with Xfinity On Demand. Your home will be a hub of good cheer with easy access to Netflix, YouTube and Prime Video, all without switching inputs. This holiday, make all your connections special with Xfinity. **Simple. Easy. Awesome.**

Visit xfinity.com/discovermore



Restrictions apply. Not available in all areas. Xfinity On Demand requires Xfinity TV service. ©2019 Comcast. All rights reserved. *The Best Man Holiday* ©2019 Universal Studios. All Rights Reserved. *E.T. the Extra-Terrestrial* ©2019 Universal Studios. All Rights Reserved. Netflix streaming membership required.

Guest Editorials/Letters

Addressing out-of-pocket costs key to health improvement and cost savings

By Kenneth E. Thorpe

More than 190 million Americans suffer from chronic diseases. For them, health-care reform isn't a political football— it's a matter of life and death.

Unfortunately, both parties keep pushing reforms that won't improve patients' lives. One side is focused on making insurance coverage skinnier and cheaper; the other on having the government takeover large segments of the healthcare system, setting prices, and sacrificing innovation and consumer choice.

Both these approaches would make it harder for patients to get the care they need and burden our healthcare system in the long run. To cut costs and help patients save billions, politicians ought to focus on making preventing and managing chronic diseases more accessible by addressing out-of-pocket costs.

Chronic diseases account for 90 percent of all U.S. healthcare spending. Today, six in 10 Americans live with at least one chronic condition.

People with chronic conditions face unreasonable out-of-pocket costs. On average, individuals with two or more chronic diseases spend five times more out-of-pocket than patients without any chronic conditions. People with three or more conditions pay 10 times more.

These out-of-pocket burdens have grown as insurance has steadily shifted more costs onto patients. Because of such trends, average out-of-pocket spending has grown 58 percent over the past decade.

Consider the growth of high-deductible health plans, which typically require patients to pay thousands of dollars out-of-pocket before coverage begins.

This year, 30 percent of workers have a high deductible health plan compared to just 4 percent in 2006. For people living with chronic conditions, surging out-of-pocket costs often mean delaying or forgoing care altogether.

A recent study showed that even women receiving a breast cancer diagnosis delayed treatment at every step— screening, testing, surgery, radiation, and therapy—when insured under a high deductible health plan.

This harms patients and adds to overall costs. Medication non-adherence alone causes approximately 125,000 deaths and adds nearly \$300 billion to America's healthcare bill annually. In fact, we spend more failing to optimize adherence and medication benefits than we do on drugs themselves. Reducing out-of-pocket costs would improve adherence— thus keeping people healthy, saving money and lives.

As Congress considers legislation to improve our healthcare system, it is short-sighted to focus on just one silo of care in our continuum.

Instead, policymakers should focus on ways to lower out-of-pocket costs for people living with chronic conditions. Improving access to high quality chronic disease care could save our nation \$6.3 trillion in spending.

Chronic diseases are the number one cause of death, disability and rising health-care spending in the United States. The only way to save lives and reduce costs is to invest in better treatment— and address out-of-pocket costs so treatment is accessible to the people who need it most.

Kenneth E. Thorpe is a professor of health policy at Emory University and chairman of the Partnership to Fight Chronic Disease.

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

Facebook.com/TheBaltimoreTimes

Twitter: @Baltimore_Times

Instagram: @thebaltimoretimes



Letters to the Editor:

Editor:

Re: Commander Of White House Chaos

As a former Navy enlisted and officer I am highly concerned with the Commander-In-Charge Of White House Chaos interference in Navy matters.

The Commander-In-Charge Of White House Chaos overruled the Navy's decision to demote Chief Petty Officer and Navy Seal Edward Gallagher. Gallagher was convicted of posing with a dead detainee. Trump's rationale was that he was standing up for our military. Trump also overruled the peer review ordered by RADM Collin Green, head of the

Navy Seals, and by doing this he is undermining the Navy's chain of command and adversely impacting discipline within the Navy. The peer review would have been conducted by senior Navy enlisted personnel.

The Commander-In-Charge Of White House Chaos, who knows nothing about our military, might have Navy personnel in command second guessing their authority, which could be detrimental to Naval operations in the world and could adversely impact our national security.

Donald Moskowitz
Londonderry, NH

When sending letters to the editor, your correct name, address and telephone number must be included with your submission. Your letter will not be published without the required information.

Please send your letter by regular mail to:



Letters to the Editor
The Annapolis Times
2513 N. Charles Street
Baltimore, MD. 21218
email: btimes@btimes.com

What do the 2019 elections mean for 2020?

By Dr. Julianne Malveaux, NNPA
Newswire Contributor

If the 2019 elections are any indication, Republicans need to worry about their viability come 2020. In Virginia, Democrats have majorities in both its upper and lower houses. With a Democratic governor, Virginia has an unprecedented opportunity to shape public policy, especially around gun control, a key concern for many. In West Virginia, the candidate backed by 45 lost. Many will say it is because of the Republican governor, Matt Bevin, was extremely unpopular. If so why was 45 propping him up? He must have thought he had a prayer.

Forty-five notwithstanding, Bevin's Democratic opponent, Attorney General Andy Beshear, scored a very narrow victory, getting 49.2 percent of the vote, compared to Bevin's 48.8. Just five thousand votes separate the two men, but a narrow win is still a victory, and 45 has egg on his face. Usually, when 45 shows

up and takes it over the line, the base is supposed to get fired up. Not this time.

While Democrats scored some gains, the Mississippi governor's mansion is still in Republican hands. Mississippi has the largest concentration of black people— 39 percent— of any state, but African Americans remain underrepresented among elected officials in Missis-

state agencies can't openly recruit diverse candidates, and contracting agencies can't make special efforts to reach out to those who are underrepresented. And since the anti-affirmative action measure passed in 1998, the numbers of minority and women-owned businesses have dropped in the state. That's a step backward!

recent focus on the wealth gap has sensitized some people to inequality. In any case, as positive as the poll was, it didn't translate to the vote.

The affirmative action loss is bad news because it may signal other states to avoid pro-affirmative action referenda. Further, the loss confirms that many are satisfied with the lack of diversity that is commonplace in politics, the workplace, and elsewhere. And, given the composition of this Supreme Court, challenges to affirmative action that come before them are likely to weaken efforts to encourage diversity in employment, contracting, and education. Several of the justices have already openly opined that race should matter less. Their overturning of Section 5 of the Voting Rights Act is evidence of their race myopia. It is as if these judges are oblivious to the persistence of racism. It is as if they ignore the headlines about the police shootings of Black men. It is as if the wealth gap means nothing to them.

So, what do we learn from the last elections? Democrats have a chance to defeat some Republicans and may yet prevail in the 2020 elections. But race remains a divisive factor in our country. And unfortunately, we have a President who will use race divisiveness to his advantage. Count on the 2020 election to be as contentious as the 2016 election was, but hopefully with different results.

Dr. Julianne Malveaux is an economist, author, media contributor and educator. Her latest project MALVEAUX! On UDCTV is available on youtube.com. For booking, wholesale inquiries or for more information, visit www.julianne-malveaux.com

“While Democrats scored some gains, the Mississippi governor's mansion is still in Republican hands. Mississippi has the largest concentration of black people— 39 percent— of any state, but African Americans remain underrepresented among elected officials in Mississippi.”

sippi. Is it voter turnout? An inability to forge a progressive coalition? Or, are race matters so hardwired in Mississippi that Republicans will always prevail?

Speaking of other race matters, the affirmative action ballot measure that appeared on the Washington state ballot failed, which is disappointing news for those who think that we have not yet met diversity goals. Washington state was one of the first to ban affirmative action in 1998 (California's anti-affirmative action Proposition 209 also passed that year). After California and Washington, other states followed, including Florida, Michigan, Nebraska, Arizona, New Hampshire, and Oklahoma. Although the affirmative action measure— Referendum 88— lost very narrowly, it still failed. That means that

One of the reasons Referendum 88 failed was because a group of Chinese immigrants was among those who campaigned to defeat the affirmative action measure. Former governor Gary Locke, an Asian American man who describes himself as a product of affirmative action, fought for the referendum. But the majority of voters rejected the measure. So much for the "people of color" coalition.

Still, it is interesting that a recent Gallup poll showed that a majority of white people in this country narrowly favor affirmative action, with 65 percent advocating affirmative action for women and 61 percent supporting affirmative action for minorities. These levels of support are the highest since Gallup began polling on this issue. Perhaps the

The Annapolis Times

**Publisher
Joy Bramble**

**Managing Editor
Joy Bramble
Director of Special Projects
Dena Wane**

**Dir., Promotions/Entertain. Columnist
Eunice Moseley**

**Editorial Assistant
Kathy Reeve**

**Administrative Assistant
Ida C. Neal**

**Writers
Ursula Battle
Stacy Brown
Demetrius Dillard
Rosa “Rambling Rose” Pryor**

**Imani Wright
Website**

**Jourdan Taylor
Photographers
Dennis Roberts
Gar Roberts**

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

**Mailing Address
The Baltimore Times
2513 N. Charles Street
Baltimore, MD 21218
Phone: 410-366-3900- Fax 410-243-1627
www.baltimoretimes-online.com**

Want to comment on the editorials or any other story?

***Please contact: The Annapolis Times
2513 N. Charles Street, Baltimore, MD 21218
Phone: 410-366-3900 Fax: 410-243-1627
email: btimes@btimes.com***

W.E.A.N. hosts 17th Annual 'Bag of Hope' event

By Stacy M. Brown

On Saturday, December 7, 2019, Women Embracing Abilities Now (W.E.A.N.) will host the 17th annual "Bags of Hope" event at The League for People with Disabilities in Baltimore.

Toiletries collected from throughout the community will be placed in holiday bags which volunteers will provide as gifts at local hospitals, rehabilitation centers, nursing homes, and other community organizations that serve women and young ladies living with disabilities.

The 3 p.m. event is part of W.E.A.N.'s mission of sharing, caring, and giving hope, according to Janice Jackson, the nonprofit's founder.

The annual event has proven successful. Jackson says when it began 17 years ago, 20 bags were handed out. Last year, that number grew to nearly 400 bags.

"For the last 36 years, mentoring women and young ladies with disabilities has played a very important role in my life," said Jackson, who in 2012 traveled to the White House where she received the Presidential Citizen's Medal, the nation's second-highest civilian honor, from President Barack Obama.

Jackson routinely highlights the syllables 'Abilities' in the word disabilities.

She says that at the age of 24, she entered the minority of women with disabilities after being hit by a car.

"I was left with a spinal cord injury and [now] I use a wheelchair," Jackson said.

Not long after the accident, Jackson established her first support group at Montebello Rehabilitation Hospital—now the University of Maryland Reha-



In 2012, Janice Jackson received the Presidential Citizen's Medal, the nation's second-highest civilian honor, from President Barack Obama at the White House.

Official White House Photo

bilitation & Orthopaedic Institute.

She says she wanted to try and help other women, as well as herself, to cope with being disabled.

In 2005, two decades after her accident and years of helping to empower women with disabilities, Jackson founded W.E.A.N.

"The mission of W.E.A.N. is to 'wean' women and young ladies with disabilities from having their limitations be their focal point, thus having them living 'with' their abilities," said Jackson, who, for over thirty five years, has been rec-

ognized as one of the most prominent voices advocating for the rights of individuals with disabilities.

In addition to her work at W.E.A.N., Jackson is an adjunct professor at the University of Baltimore, where for the last 14 years she has taught Business Ethics to undergraduate students.

"W.E.A.N. also seeks to empower and promote independence at its highest level. To help them become more productive by creating mentoring relationships, and hosting workshops and conferences that teach coping skills like empowerment, self-worth, self-advocacy, sexuality, and community involvement," she said.

More than 4,000 living with disabilities have participated in W.E.A.N. and its many activities. Jackson says she has seen many lives change for the better because of their participation in W.E.A.N.

"Over and over, women and young ladies, and young ladies with disabilities, have come to W.E.A.N. noticing that they do not conform to the dominant cultural and/or commercial images of

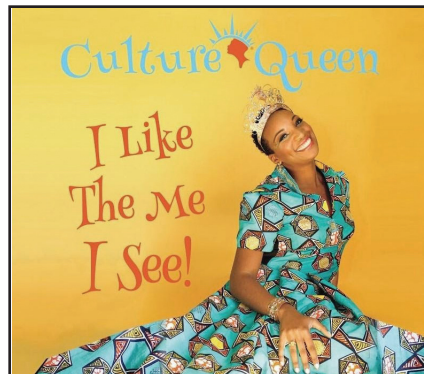
feminine beauty and the definition of true womanhood," Jackson said. "The mass media, as well as individual interactions, seem to emphasize a particular ideal of perfection, which women and young ladies with disabilities feel is unattainable."

However, through mentoring work, many have said they are now able to understand, analyze, and reject these stereotypes, Jackson noted.

"These women and young ladies have developed a stronger sense of their own unique beauty and self-worth. The wonderful thing about W.E.A.N. is that many who come to us ready to give up on life and who are in need of mentoring, become mentors themselves. They are whole heartily ready to pay [it] forward to the next one in need of help," she said.

For more information about W.E.A.N., visit or write to The League for People with Disabilities at 1111 East Cold Spring Lane, Baltimore, MD. 21239 or call 410-433-0614 and 443-775-1170 or visit the website: www.wean1.org.

Banneker-Douglass Museum Kwanzaa Celebration



Saturday, December 14, 2019
Noon to 4 p.m.
84 Franklin Street, Annapolis

Featuring:

- *Custom Kwanzaa decorations
- *Interactive candle lighting ceremony
- *Hands-on workshops led by Culture Queen.



Be A Census Taker

- ✓ Extra income
- ✓ Flexible hours
- ✓ Weekly pay
- ✓ Paid training

Apply Online
[2020CENSUS.GOV/JOBS](https://2020census.gov/jobs)

For more information or help applying, please call 1-855-JOB-2020

Federal Relay Service: 1-800-877-8339 TTY/ASCII
www.gsa.gov/fedrelay

The U.S. Census Bureau is an Equal Opportunity Employer.

D-1036 | April 2019

Shape
your future
APPLY NOW >

United States
Census
2020

Ravens Justin Tucker continues excellence as kicker

By Tyler Hamilton

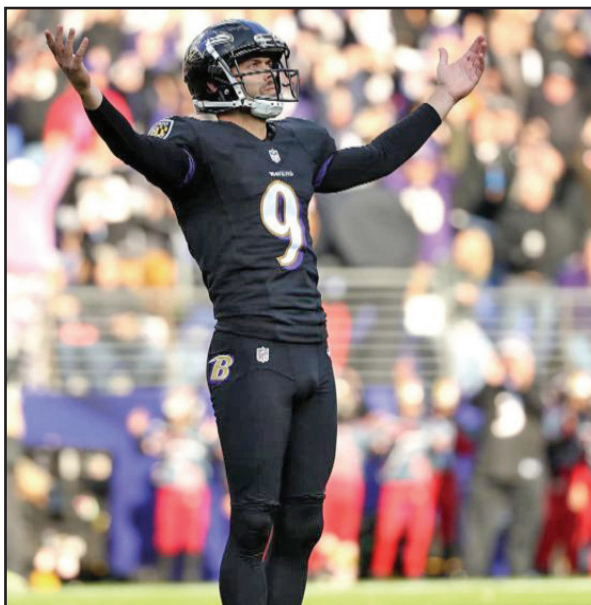
With seconds left on the clock, Baltimore Ravens head coach John Harbaugh confidently sent kicker Justin Tucker onto the field to attempt a 50-yard field goal to win the game. Given the current uncertainty surrounding kicking accuracy across the league, a player like Tucker is a luxury.

"You wouldn't rather have anybody else in that situation. That field, that wind, that rain, all of that stuff that was going on there. That's the guy you want in that situation. I'm very grateful that we have him on Thanksgiving weekend," Harbaugh said after the game.

Tucker, an eight-year veteran is the most accurate kicker in NFL history and the fastest kicker to 1,000 points. His tremendous leg gives the Ravens an opportunity to put at least three points on the board every time they get to the opponent's 40-yard line.

"[He's] got that golden leg. I've got all the faith in him. I'm on the sideline praying, but at the same time, I'm like, 'I know Tuck can do it.' He [does] it all day in practice. He just walks around play-kicking field goals, 65-yarders, so I've got all the faith in him," quarterback Lamar Jackson said.

The Ravens are now sitting on top of the AFC after beating the 49ers and seeing the New England Patriots lose to the Houston Texans on Sunday night. The path



Baltimore Ravens Justin Tucker, an eight-year veteran is the most accurate kicker in NFL history and the fastest kicker to 1,000 points.

Courtesy Photo/NFL.com

to the Super Bowl will likely go through a cold-weather destination.

It should be noted that Tucker's pinpoint accuracy as a

kicker has come with him playing his entire career in Baltimore. The weather conditions aren't always ideal at M&T Bank Stadium or any other stadium in the AFC North for that matter. However, that hasn't been a factor for Tucker and he is glad he was able to put the cherry on top of an outstanding performance by the rest of the team last week.

"Yes, the weather conditions were not ideal throughout the game. This is already a tough place to make kicks. I've said that before. But to be able to take out or eliminate any question marks—whether the snap is going to be there, whether the hold's going to be there, whether the timing is going to be right, [it] makes my job so much easier," Tucker explained. "So, I can really just focus on getting my studs in the ground with my plant, getting out, up and through with the ball and putting the ball through the uprights. Yeah, the conditions were not great, but being able to come through for this team in that moment is really special."

The special teams unit has always been a focal point for Harbaugh, a former special teams coordinator with the Philadelphia Eagles. The organization understands the importance of being strong in all three phases of the game. It is reflected in the record-setting four-year, \$23 million contract extension they agreed to with Tucker last April. He'll be a player they'll rely on for years to come.

WELLS
FARGO

There are no limits to what you can accomplish.

You have the power to redefine what's possible. From being the first to graduate college to becoming the next big star in your field — you work relentlessly to knock down barriers and build a stronger legacy. We call that being empowering. As you continue to create more financial stability for you and your family, Wells Fargo will be right by your side helping to make it happen. You've come this far. We can help you go further.

Learn how at:

wellsfargo.com/empowerful

© 2019 Wells Fargo Bank, N.A. All rights reserved. IHA-25430

this is how
empowered
becomes

empowerful

Former Motown artist pens book about overcoming anxiety and emotional disorders

By Stacy M. Brown

A former Motown singer has traded the microphone and stage for a pen and notebook. Clarence "KD" McNair, Jr., who was once part of the R&B group "Prophet Jones," has written a new book titled, "Give it One More Try."

The recently released book is McNair's story of triumph after hitting rock bottom.

"There was no way that I could keep this to myself. I'm hoping that there will be people who could relate to what I've experienced from growing up in the inner cities of East Baltimore to signing a million-dollar contract with Motown Records and losing it all," McNair said.

For the first time, the 41-year-old Baltimore-native is sharing his experience at Motown and his struggles with anxiety disorders.

"It's been a long journey. I just felt in my heart that everything that I had experienced could not just be an experience that you keep to yourself," McNair said. "I wanted to share my experience and try to help others."

For years, McNair suffered greatly from panic attacks and other difficulties. The book details his road to recovery and McNair's advice on how changing one's perspective can lead to a restored way of living, despite the obstacles that get in the way.

"I grew up in an environment that was filled with mental health issues. The interesting part is that before for social media, we didn't really know what mental health was," McNair said. "I remember back in the day—I'm 41—we had to rely on older aunts and uncles and maybe grandparents. In fact, during those times, people didn't speak about mental health, we were just taught to pray on it, and you'll be okay."

McNair realized that he had serious



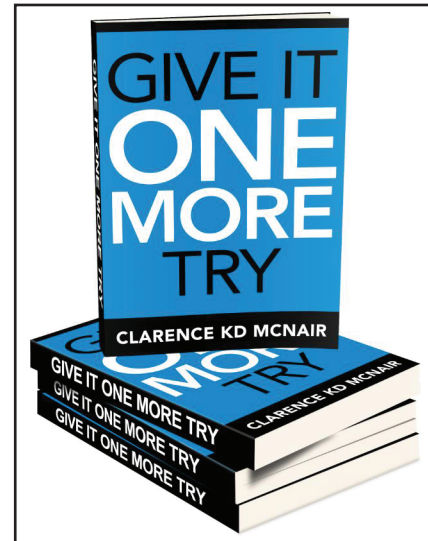
Baltimore-native and former Motown artist shares his experience at Motown and his struggles with anxiety disorders in his new book, "Give It One More Try" Courtesy Photos

issues that needed to be addressed. However, it wasn't until after he lost his record deal in 2002 that he did anything about his anxiety.

"I didn't even know what anxiety was. When I lost my music deal, I started noticing that I was feeling weird. I started feeling sick and sluggish," he said.

Heart palpitations also accompanied other symptoms, which led to multiple doctor visits. Each time, the diagnosis was, "there's nothing wrong with you," according to McNair. He then had an epiphany thanks to a television commercial where a female narrator asked, "Do you feel worried or anxious or tired?"

"She said it was anxiety. It was the first time that I heard the word anxiety in connection with mental health," McNair said. "I went back to see a doctor and told him that I think I have anxiety. From that point, it was an uphill battle because I didn't even understand what it



was. That's why in my book, I say that not admitting to needing help is the first sign of self-neglect."

The book underscores the importance of mental health, particularly in the African American community. McNair shares how he often gave in to fear of failure, and how he endured many traumatic experiences while growing up, including being born with a collapsed

kidney. He was fatherless and many in his family had emotional disorders, financial hardships, drug addiction and were involved with crime.

"You had to fight for survival," McNair said. Today, he counts himself as an entrepreneur, celebrity brand architect, motivational speaker, and advisor to several public relations firms.

He says he believes that before a person decides to throw in the towel, it's worth challenging yourself when you choose to "give it one more try."

"In a society where suicide and mental health disorders are at an all-time high, it is important that we invest in our body and our mind before we do anything else," McNair said. "Not admitting to needing help is the first sign of self-neglect. We can reverse this by opening up about the trials we face so that we don't become our enemy when battling against our own emotions."

"One More Try," is available at Barnes and Noble, Amazon, and local bookstores. Follow McNair on social media @planetmcnair and @therealdmcnair.

SUPPORT ORGAN, EYE AND TISSUE DONATION

IT'S A DECISION EVERYONE CAN LIVE WITH



Register online or at the MVA when you obtain your license.

DonateLifeMaryland.org



Enter to Win
\$3,000
 NEWSPAPER SPONSORED LOCAL SHOPPING SURVEY
 NO PURCHASE NECESSARY

ENTER TO WIN NOW. JUST GO TO
WWW.PULSEPOLLS.COM

Baltimore woman considered medical hero for participating in clinical trials that advance HIV/AIDS research

By Stacy M. Brown

In 1997, Gail Graham was diagnosed with HIV. Graham, who currently serves as the Director of HIV/AIDS Outreach Services and Ministry at Mt. Lebanon Baptist church in Baltimore says it was her church pastor's acceptance and support that resulted in her taking an active role at the church.

In 2014 she joined an HIV/AIDS clinical trials group at Johns Hopkins Hospital and, because she was motivated to do more, Graham joined a clinical trial at the National Institutes of Health (NIH).

Thanks to major advances in medical research, Graham says her disease is now undetectable and not transmittable.

For those battling serious diseases, researchers say the opportunity to participate in a clinical trial can be a lifeline. However, for many, deciding whether or not to participate in a clinical trial can be difficult. There are a lot of unknowns like— Why should I do it? Are there side effects? Will participation disrupt my job and affect my health coverage? How far will I need to travel? Will I receive the results of my clinical trial?

Those questions led Kenneth Getz, the founder of CISCRP (Center for Information and Study on Clinical Research Participation) and deputy director and research professor at the Center for the Study of Drug Development at Tufts University School of Medicine, wrote, "The Gift of Participation: A Guide to Making Informed Decisions About Volunteering for a Clinical Trial."

Many have called it the ultimate guidebook for patients and their support network.

The book, which is available at Ama-



Gail Graham was diagnosed with HIV in 1997. Thanks to major advances in medical research, Graham says her disease is now undetectable and not transmittable. She has participated in clinical trials at Johns Hopkins and the National Institutes of Health. Graham is the Director of HIV/AIDS Outreach Services and Ministry at Mt. Lebanon, a Baptist church in Baltimore City.

Courtesy Photo

zon.com and other outlets, offers critical information on what to expect, where to find trials, and what questions to ask.

CISCRP, whose motto is Education Before Participation, routinely celebrate research participants like Graham. They call the participants, "medical heroes."

"Today, nearly 4,000 new medical therapies are in active clinical trials. The success of these medical advances—ultimately measured by improvements in the quality of patients' lives and by the availability of new treatments and cures for unmet medical needs—depends on the millions of people who participate in clinical trials each year," Getz said. "We

call these brave individuals like Gail Graham 'medical heroes.'"

"Ordinary people like you and me who have chosen to give the extraordinary gift of participation in clinical research," Getz said. "Their decision to participate is a selfless act because participation always carries risk and will likely not provide any direct personal medical benefit. Future generations are the direct recipients of the gift of participation. Medical heroes—through their participation and partnership with the clinical research enterprise—profoundly contribute to society's collective knowledge about the nature of disease, its progression and

how and how not to treat it."

Graham says clinical trials are vital and her journey has made her a believer.

"On April 29th 1997, I found out at work that I was HIV positive. I was the supervisor of admissions for Kennedy Krieger Institute Neurobehavioral program, and my first thought was, 'God please, I just want to live long enough to see my kids graduate high school,'" Graham said.

She wondered how she would tell her children.

"I made a point of learning as much as I could and still can about this virus and the disease, and I had a great boss who supported me," Graham said. "I was open with Human Resources and they worked with me and gave me all the exceptions to use regarding leave and sick days. My best friend learned with me and has continued to be by my side unconditionally."

Now, in her role as director of HIV/AIDS Outreach Services and Ministry, Graham says she remains busy assisting others.

"For the last eight years we have had a World AIDS Day testing for turkey event. The last Saturday of November we provide free testing counseling gently used clothes blood pressure screening and any other services that we can obtain for the community," Graham said. "HIV is no longer considered a death sentence. With proper treatment, you can become undetectable (level of HIV virus so low it can't be detected).

"If you keep taking your medication and maintain your undetectability, the risk of you passing it to others is zero."



844-934-0799

BOGO
40% OFF

Call
for details

Renewal
by Andersen.

WINDOW REPLACEMENT

The Better Way to
a Better Window



GUTTER PROTECTION

NO MORE GUTTER CLEANING,
OR YOUR MONEY BACK – GUARANTEED!

0% AND! 15% OFF

FINANCING* SENIOR & MILITARY DISCOUNTS

*Contact us for additional details

FREE ESTIMATES!

1-844-566-3227

Promo Number: 285

Mon-Thurs: 8am-11pm, Fri-Sat:
8am-5pm, Sun: 2pm-8pm EST

CSLB# 1035795 DOPL #10783658-5501 License# 7656 License# 50145 License# 41354 License# 99338 License# 128344 License# 218294 License# 603 233 977 License# 2102212986 License# 2106212946 License# 2705132153A License# LEAFFW822J2 License# WV056912 License# WC-29998-H17 Nassau HIC License# HD1067000 Registration# 176447 Registration# HIC.0649905 Registration# C127229 Registration# C127230 Registration# 366920918 Registration# PC6475 Registration# IR731804 Registration# 13VH09953900 Registration# PA069383 Suffolk HIC License# 52229-H

Christmas Village includes a 'Cynful' Delicious Dessert endor

By Stacy M. Brown

Experts on The Food Network have noted that the modern and fast-paced world where the phrase "killing two birds with one stone" has trickled into nearly every area of life. "Believe it or not, it applies to a trend showing up on the restaurant scene, too," Food Network contributor Carlynn Woolsey wrote. "Chefs nationwide are combining desserts and drinks to make for some super special — and convenient — creations."

And, that's what Cymande Hagans has done for patrons of Baltimore's Christmas Village.

She is inviting all to "come taste temptation" at her Cynful Bliss stand at West Shore Park, that's now a traditional indoor and outdoor German Christmas Market.

"It's cold, but we are enjoying Christmas Village in Baltimore," said Hagans, the founder of Cynful Bliss, an online boutique and mobile baker specializing in alcohol-infused cupcakes, cakes, candies and other desserts. "We also offer traditional non-alcoholic dessert options for any occasion."

However, what's making the mouths of customers water are Cynful Bliss Salted Caramel Apple Cheesecake, Cynful Colada, and Chocolate Covered Cherry. Also appealing are her creations: Greed, a peach cobbler mixed with peach brandy; Envy, a red velvet cake with rumchata; Gluttony, a chocolate cake with Guinness, Jameson, and Bailey's; and Lust, a raspberry cheesecake with white chocolate liqueur.

"It's all a little naughty and taste so good," Hagans said. "We have something for everyone. This is the first year at Christmas Village in Baltimore; we were at Christmas Village in Philadelphia last year, but after doing some wine festivals here, we decided to come to Christmas Village."

When Christmas Village closes in December, the delicious desserts won't. Cynful Bliss will continue to take orders on their website, at www.cynfulbliss.com. Hagans says the company allows customers to "get blissed" with services that cater to wed-



*Cymande Hagans, owner, Cynful Bliss is a vendor at Baltimore's Christmas Village.
Courtesy Photos*



dings, bridal showers, baby showers, birthday parties, and even fundraising events.

"We can come up with the perfect item to sweeten any occasion, including at schools, clubs, and for groups and organizations," Hagans said. "It's always great watching people enjoy our desserts for the first time. Our flavors aren't too overpowering."

Hagan and her Cynful Bliss will remain at Christmas Village through the closing date of Christmas Eve.

This year, Christmas Village has a remodeled and expanded layout, with a new and expanded open floor plan for the stage, added decorations and space for the Christmas Village Beer Garden, a



brand new centerpiece in the middle of the wooden shopping huts, an expanded outdoor food and drink area, a new kids'

corner, and the addition of a second circle of wooden shopping huts.

The 65 feet tall Christmas Village Ferris Wheel returned next to the Visitor Center. Like last year, its colorful lights will shine bright throughout the whole Inner Harbor. The Christmas Village Christmas Tree will again light up at the Inner Harbor Ice Rink, which is sponsored by Joseph and Harvey Meyerhoff Family Charitable Fund, this year.

In partnership with Waterfront Partnership, Christmas Village, Christmas Village Ferris Wheel, Inner Harbor Ice Rink, and other festive attractions will again create the Holiday District in Inner Harbor. Other exciting changes include an expanded selection of mulled wine, even more food options, new artists and vendors, and updated theme weekends.

"It's the most wonderful time of year on the Baltimore Waterfront," Christmas Village Project Manager Nancy Schmalz stated in a news release. "After a terrific year last year, we want to continue to surprise and delight with even more new additions, new vendors, more food, and changes in how we use the space."

The Christmas Village will be open until December 24. Hours are Sunday through Thursday from 11 a.m. to 7 p.m. and Friday through Saturday from 11 a.m. to 8 p.m. and on Christmas Eve from 11 a.m. to 5 p.m. The village is closed 9, 10, 16, and 17.

For more information about Christmas Village, visit: www.baltimore-christmas.com



Cynful Bliss vendor booth at Christmas Village

Meeting the Temptations, a dream come true for 15-year-old

By Andrea Blackstone

As another Christmas holiday-giving season is nearly upon us, random acts of kindness never go out of style. This time of year, people are often in search of the perfect gift to give to friends and loved ones. However, a kind gesture exhibited by Dr. Otis Williams and his fellow Temptations members reminds us that giving time to someone is one of the most precious gifts of all.

Despite a rigorous tour schedule, Williams, the founding and only surviving member of the original Temptations line-up, made one Maryland young man's wish come true on the evening of October 26, 2019 at the Lyric in Baltimore City.

Fifteen-year-old Eric Carpenter-Grantham smiled widely when he came face-to-face with Williams before the Temptations sang their hit songs in front of a packed house of all ages. Eric, who just celebrated his fifteen birthday, embodies the idea that life is a gift that should be embraced each day.

In 2016, the teenager underwent heart bypass surgery and even though he still experiences symptoms of heart block, suffers from asthma, has some speech delay, and lives with high functioning autism spectrum disorder, he has made three gospel CDs, which should remind everyone about the value of determination and having a positive outlook.

Williams' celebration of life is an inspiration. The widely acclaimed artist turned 78 in late October but his energetic spirit and undeniable talent remains engrained in countless hearts and minds around the globe.

"In 1961, the Temptations started. We've been rolling ever since," Williams said in an exclusive interview with *The Baltimore Times*. "It's great when you can touch people of all walks of life as young as they are, all the way up to seventies and eighties and ninety years old. So, we cover a lot of generational span for touching people's hearts and spirit."

Williams' personal journey spans from Texarkana, Texas to Motown and global superstardom. The group was



Eric Carpenter-Grantham, (third, left) has met a host of celebrities and music icons, including: the Jackson 5; Pastor Joel Osteen; Bishop TD Jakes; Kirk Franklin; Debbie Allen; Shirley Cesar; and a host of others. His dream was to meet Dr. Otis Williams (middle) and his fellow Temptations. The singing group will celebrate their 60th anniversary in 2020. During the holidays, time can be the biggest gift of all. Through meeting Eric. The Temptations remind what the holiday spirit is really all about. Photos: Andrea Blackstone

even named the #1 R&B Artists of All-Time, according to Billboard. Even so, the group's achievement surpasses the millions of albums that have been sold. The Temptations continue to inspire a new generation of new fans like Eric, in addition to other fans of all ages, from a variety of walks of life.

"It just shows you that music can cast a long, living spell. Music is boundless.

Music can bring people together," Williams said. "It's very inspiring when a young man such as himself (Eric) admires us and our singing, and wants to meet us all through the efforts of us singing. It inspired him to want to meet us. That's a big, huge compliment. And then to know what he's dealing with as a far as himself, that's even more inspiring."

The Temptations and Eric have some-



Eric Carpenter-Grantham, 15, (left) recently celebrated his 15th birthday. Despite having heart surgery at the age of 11, managing autism spectrum disorder, speech delay and asthma, the spiritual teenager from Sliver Spring, Md. who is a gospel artist has not stopped living his dreams. Eric says that other kids with autism can be whatever they want. Eric loves very old music and has made three gospel CDs. His mother, Linda Carpenter-Grantham (right) raises her son with faith, love, courage

thing else in common: growing up singing and appreciating gospel music. Faith in a higher being is prominently showcased through the way Eric wears the word "Jesus" cut into his hair.

His mother, Linda Carpenter-Grantham says that her son always asks God to make his dreams come true, including when it comes to meeting singers and other well-known people that he admires like the Temptations. She added that it has been Eric's wish to meet The Temptations, ever since he saw the movie back in the summer.

"I just said, 'thank you Lord,' because I knew God would do it (allow Eric to meet the Temptations)," Carpenter-Grantham said. "Of course I am very happy for him. I feel like God has a purpose for Eric's life. It's something about each (music) group or each person, the way that he feels about them that it's doing something inside for him. It's building inside of his character. He's very sensitive about these people (artists)."

Carpenter-Grantham added that her son genuinely loves gospel music and oldies. He even researches artists he admires. Eric's joyous spirit serves as a reminder that we should never let go of having faith in our dreams, no matter what we endure.

Eric remarked that the meeting with Williams and the other members of the group was a beautiful moment. He wishes more young people would like this kind of music as opposed to cursing-filled, inappropriate music.

"It was a really special moment for me to see the Temptations. Their music is so nice," Eric said. "It just warmed my heart."

The Temptations are approaching another heartwarming milestone. In 2020, the group will celebrate their 60th anniversary. Williams' autobiography, entitled "Temptations" is the source for the Tony Award-winning Broadway musical, "Ain't Too Proud."

The group is scheduled to tour over 50 cities for over 100 weeks, starting in Providence, Rhode Island in July 2020.

December 15 Deadline to Enroll for Health Care in Maryland

By Stacy M. Brown

The door is closing on the opportunity to sign up for 2020 health insurance coverage through the Maryland Health Benefit Exchange. With the December 15 deadline fast approaching, officials have worked to point out that costs are down and more affordable than last year.

This year, residents have the option of Value Plans, which feature lower deductibles and increased access to primary care, mental health care, and generic drugs before deductibles apply. Value plans are designed to lower consumers' out-of-pocket costs for the health care services the majority of people use most frequently.

"Not only are most premiums going down, but we are excited to introduce our new Value Plans,"

Michele Eberle, the executive director of the Maryland Health Benefit Exchange, which operates the state's health insurance marketplace, stated in a news release.

"These plans offer deductibles that are hundreds or even thousands of dollars cheaper than in 2019," Eberle said. "Value plans are designed to give Marylanders more access to primary care, mental health care, and generic drugs before their deductibles apply."

Officials are hoping that everyone takes advantage of coverage. A year ago, enrollment via Maryland Health Connection reached 153,963 during the open enrollment period for coverage, which was a 2.2 percent increase over 2018, when 153,571 bought plans.

In September, the Maryland Insurance Administration announced that average individual market health insurance premiums (before any subsidies are applied) would be 10.3 percent lower in 2020 than they were in 2019.

As the deadline to sign up for 2020 coverage approaches, the Maryland Health Connection announced it would hold as many as 20 "Last Chance" events throughout the state during the final week leading up to the December 15 deadline.

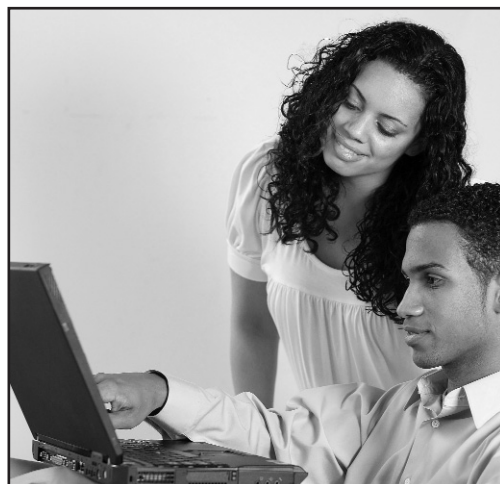
Residents can enroll in health and dental coverage through the Maryland Health Connection, the state's insurance marketplace.

At the free "Last Chance" events, certified health insurance navigators will help Marylanders sign up for a health plan and understand their coverage options and financial help available. Assistance also is available in Spanish.

Residents can visit: MarylandHealthConnection.gov or the Enroll MHC mobile app to browse plans, compare coverage and costs, and enroll. Among the choices of health care providers for Maryland residents are CareFirst Blue Choice; CareFirst of Maryland, Inc.; and Kaiser Permanente.

"The fall open enrollment is for private health and dental plans only. People who have coverage through Medicaid will receive a notice when it's time to renew; enrollment for Medicaid is all year for eligible Marylanders," Eberle said.

To learn more about 2020 health insurance plans and prices, Marylanders can visit MarylandHealthConnection.gov. To find free, in-person help at an upcoming event, visit: MarylandHealthConnection.gov/LastChance.



To learn more about 2020 health insurance plans and prices, Marylanders can visit MarylandHealthConnection.gov. The enrollment deadline is December 15, 2019.

Photo Credit: ClipArt.com

SBLC receives \$400,000 grant to prepare Baltimore City residents for entry into a technical skills training program

Baltimore— SBLC, a Baltimore non-profit that provides adults with functional literacy, life skills training, career preparation services and several pathways to a high school diploma, has been awarded a \$400,000 grant by The Harry and Jeanette Weinberg Foundation.

The two-year program grant will be used to academically prepare Baltimore City residents for entry into a technical skills training program.

The grant will continue a two-year pilot effort by SBLC to integrate remedial and academic support with skills training and certification at the Regional Skills Training Center (RSTC) in the Park Heights community through JARC (Jane Addams Resource Corporation; focuses on manufacturing) and Jump Start (focusing on construction). The Weinberg grant will also provide workforce development classes at other community organizations such as the Bio-Technical Institute, Civic Works and others.

In addition, the grant will allow SBLC to introduce Bridge-to-Careers Skill Builder Academies. The courses offered will emphasize the knowledge and education needed for a particular industry. With partners, SBLC will outline the career paths that start at the entry level and grow to more technical occupations where a combination of training, education and credentialing are explored.

A third component of the grant is to increase the number of students, called learners by SBLC, who are co-enrolled in GED prep classes and sector-training. Existing work-ready learners will work with SBLC staff, who will provide academic and post-secondary support. The

goals are to increase co-enrollment by five percent and 10 percent, respectively, over the next two years by expanding partnerships to include additional sector training providers and community colleges.

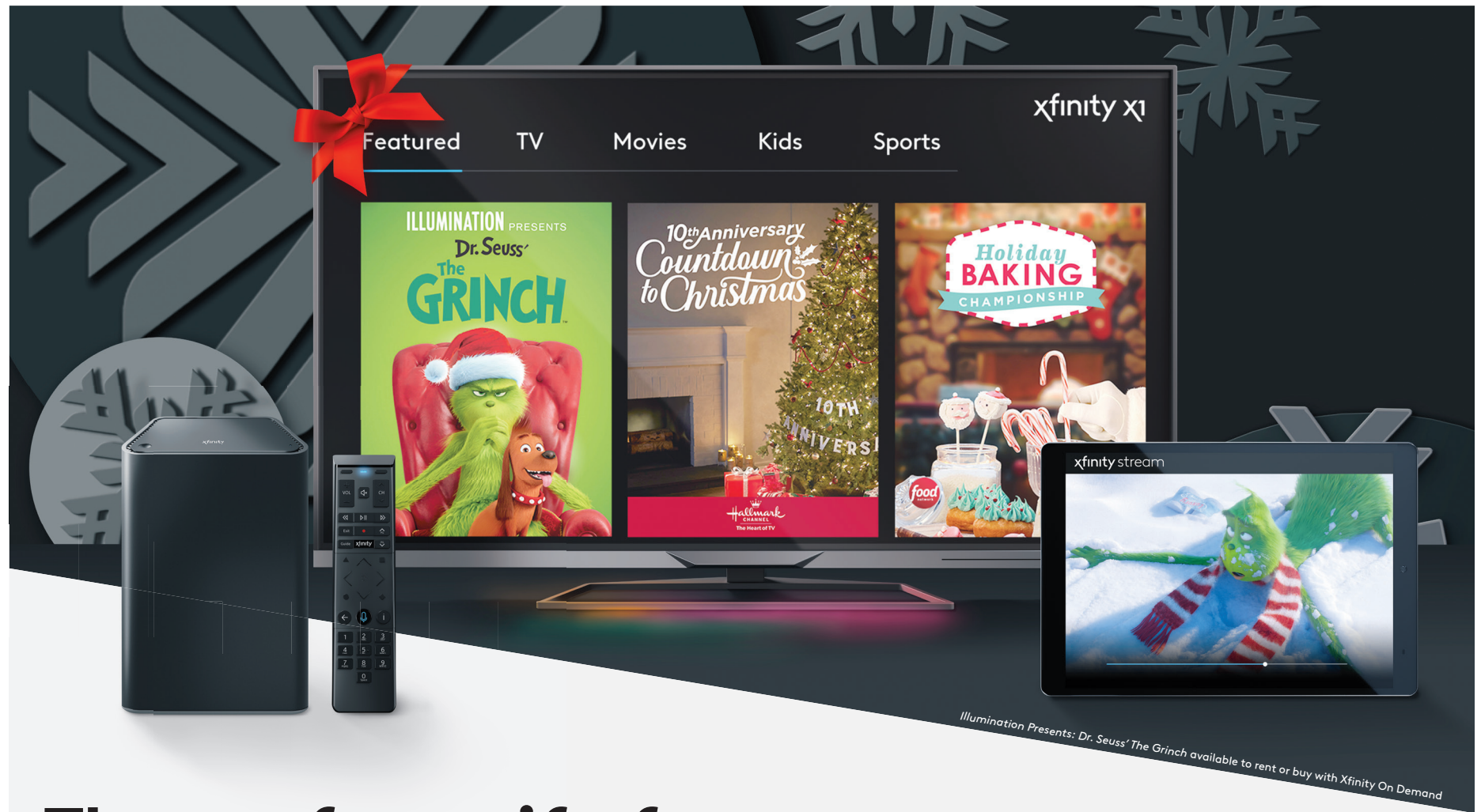
"We are so grateful to the Weinberg Foundation for their support of our mission and focus," said Tanya Terrell, executive director of SBLC. "The work we have done implementing programs at the Regional Skills Training Center has helped us positively impact the lives of our learners. With the most recent grant, we are able to expand the work we do to help adults earn a high school diploma and an industry-recognized credential to increase the quality of life for our learners, their families and the Baltimore community."

More than 80,000 adults in Baltimore do not have a high school diploma. Data from the Georgetown Center on Education and the Workforce forecasts that by 2020, 69 percent of jobs in Maryland will require additional training beyond high school, making a high school diploma a necessary credential for most employment opportunities. In addition, the U.S. Census American Community Survey shows that Baltimoreans who have a high school diploma or its equivalent earn about \$7,000 more a year than those without a high school diploma; for those with a college degree, the difference is \$30,000.

For nearly 30 years, SBLC has provided a supportive, rigorous and transformative education to adults of all ages and backgrounds who are eager to learn, motivated to succeed and committed to making a difference in their lives and in the lives of others. Students may pursue the GED program or National External Diploma Program. When a student completes either program, he/she receives a Maryland State High School Diploma. For more information, visit southbaltimorelearns.org.

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

Send your community calendar events to: kreevie@btimes.com



Illumination Presents: Dr. Seuss' The Grinch available to rent or buy with Xfinity On Demand

The perfect gift for you comes with \$100 back.

Here's a gift that goes beyond the holidays. Unwrap a \$100 prepaid card during the Xfinity Beyond Black Friday Event. Just choose the package that's right for you, and you'll get amazing speed and coverage from America's best Internet provider. Plus you'll get the Emmy Award-winning X1 Voice Remote with Xfinity X1—giving your family the easiest all-in-one entertainment experience for watching holiday favorites. Now that's **simple, easy, awesome**.


The Xfinity Beyond Black Friday Event ends December 10.
Go to xfinity.com, call 1-800-xfinity, or visit an **Xfinity Store** today.

The Xfinity
**BEYOND
BLACK FRIDAY
EVENT**



Choose a package with
**amazing speed
and entertainment**
for an incredible value

**And for a limited time
ask how to get**



\$100
on our most popular
X1 packages



Restrictions apply. Not available in all areas. New residential customers only. Limited to qualifying X1 Double and Triple Plays with two-year agreement. Early-termination fee applies if all Xfinity services are cancelled during the agreement term. May not be combined with other offers. America's best Internet provider based on download speeds measured by over 111 million tests taken by consumers at Speedtest by Ookla. Prepaid card mailed to Comcast account holder within 18 weeks of activation of all required services and expires in 180 days. Cards issued by MetaBank®, Member FDIC, pursuant to a license from Visa® U.S.A., Inc. *Illumination Presents: Dr. Seuss' The Grinch* © 2019 Illumination. All rights reserved. © 2019 Universal Studios. All rights reserved. © 2019 Comcast. All rights reserved. NPA229023-0005 NED AA Q4 BF V1

Communications class takes Morgan Students straight to the top

*Discuss Class Projects
and More with Mayor Young*
By Ursula V. Battle

For a group of Morgan State University students, their class took them straight to the top.

Straight to the city's top elected official that is. The young men and women are students in Morgan's SCOM 220 (Strategic Communication Writing) class, and were given an opportunity to discuss their Fall 2019 class projects with Baltimore Mayor Bernard C. "Jack" Young.

Their class projects are called "Branding Baltimore", and are multimedia narratives of everyday people living in Baltimore. The narratives are slated to begin airing on CharmTV Spring 2020. Launched in 2014 by the City of Baltimore, CharmTV's mission is to creatively deliver content that spotlights the essence of Baltimore.

Morgan senior Blanca Assie, 26, was among the students to participate in the Meet & Greet with Mayor Young. The session, which included a tour of City Hall, and even cookies baked by the Mayor, took place Tues. Nov. 26, 2019.

"It was really exciting," said Assie who wants to work in Public Relations and Advertising. "We were rewarded for the work we have been doing. I am really grateful for that."

She added, "Meeting Mayor Young face to face, I learned that he is for Baltimore, and is working for the people. He means what he says, and really wants to turn the violence around."

The students also participated in a Q&A session with the mayor.

David Marshall, Ph.D., APR is Professor and Chair of Morgan State University's Department of Strategic Communication, School of Global Journalism & Communication.

"I think the students are leaving City Hall with a greater sense of understanding the challenges facing leaders in urban communities," said Dr. Marshall. "For most of these students, it's the first time they have been in a room with the mayor. The question and answer session also gave an opportunity to follow-up



Mayor Bernard C. "Jack" Young and Morgan State University SCOM 220 (Strategic Communication Writing) students during a Meet & Greet at City Hall.
Photo Courtesy of Dr. David Marshall

instead of relying on a soundbite. This makes for a better-informed student, which leads to a better democracy."

According to Dr. Marshall, the SCOM Capstone class has been doing a content analysis research project this semester examining more than 6,000 social media and digital postings about the hashtag #baltimore. The students are using the theory of framing to explain exactly what people are saying about Baltimore in the social and digital world--and making communication recommendations to the city based on the data about strategies to better tell Baltimore's stories.

"The role of the university is not to produce just practitioners," said Dr. Marshall. "The role of education is to get students to think about their role in the world, and do something on their own personal convictions. It empowers them to move democracy forward."

He added, "The tools are cell phones, cameras and press releases. That's the big value of an event like this. How many young people in the city can say they got involved in a ceremonial room at City Hall? It's a big deal and the type of positive things we need in light of the political landscape. More positive experiences to keep young people engaged in politics and in their communities, so that they are not turned off by what they see.

This is a powerful way of making that happen."

Tonya Miller Hall is Senior Director of Public Affairs for the Mayor's Office and Executive Director of Charm TV.

"My goal at Charm TV is to bring forward content that spotlights Baltimore in a new and interesting way," she said. "I partnered with the students at Morgan State University under Dr. Marshall's leadership to create content specially for CharmTV. The stories the students share through their programming are the small gems. These are the local heroes of Baltimore that the students showcase in short form content."

Hall said events like the Meet & Greet "shows" young adults what they can become.

"We often forget that many of our young people of color don't have the same access to people as others do," she said. "The fact that they were in the room with the mayor allows them to see what's possible. Mayor Young is a local Baltimorean. He was born and bred in this city. Although it may be aspirational, it shows the students that becoming mayor is attainable."

**A Holiday Concert
and Singalong!** Perfect for all ages!

featuring **Michael Britt, organist**

Video-streamed on the Big Screen --watch him play!

Sunday, December 8 at 3 p.m.

Tickets: \$20. Children and students free!

*Brown Memorial Presbyterian Church, 1320 Park Avenue
A Tiffany Series Event*

5th Annual Annapolis Chocolate Binge Festival & Holiday Market

Chocolate
Binge
Festival

Annapolis— Everyone loves chocolate and Annapolis has had chocolate for sale for over 270 years, according to advertisements in the paper showing chocolate for sale on Duke of Gloucester Street in downtown Annapolis in 1748!

On December 8, 2019, people in Annapolis will be able to enjoy West Street filled with local chocolatiers ready to help chocoholics get through the holiday season during the 5th annual Annapolis Chocolate Binge Festival from noon to 5 p.m. on the first block of West Street featuring family friendly entertainment, chocolate, holiday shopping and as the sunsets get your camera ready for the Holiday Light Canopy that goes from circle to circle on West Street lighting up the Annapolis Arts District, sponsored by BGE.

The Annapolis Chocolate Binge Festival will be a fun time to indulge your sweet tooth, which benefits the Annapolis Arts District and local food pantries. The day is loaded with family friendly fun. There is a giant gingerbread house moon bounce for the kids, you can roast marshmallows and make s'mores at the fire pit in the middle of West Street with the Annapolis Fire Department, drink hot cocoa with the PoPo, get a chocolate massage at Sadona Spa, drink some chocolate beer at Stan and Joe's and

make your own holiday ornament at Wine and Design.

Take a chocolate tour shopping 40 local and regional vendors selling various chocolate specialties, including chocolate caramels, cakes, chocolate bars, truffles, fudge, cookies, candies, hot chocolate, brownies, barks, pastries, macaroons, and more. Expect to find high quality chocolates including; small batch bean to bar, vegan, kosher, non-gmo, organic and gluten free options.

Some of the local and regional chocolatiers attending include Veritas Artizen Chocolate, Heritage Chocolate, Chocotenango, Kilwins, The Country Cookie, Otterbein's Cookies, Annapolis Caramel Company, Little Boy Bakery, CoCo Couture, Happy Chicken Bakery, Fox-



trot Chocolates, Moondance Cookies, Harper Macaw, Charm School Chocolate and more. See www.annapolischocolatefestival.com for a complete list.

You can also complete your holiday shopping at the holiday market at the Annapolis Chocolate Binge Festival featuring dozens of local artisans with a wide range of handmade items including jewelry, pottery, candles, wood turnings, paintings, photography and more. Plus visit the galleries and shops in the Annapolis Arts District along West Street for other unique gifts.

The entertainment starts off at noon on two different stages on West Street include Bayside Brass Band, Unified Jazz Ensemble, Mac and Blue, Naptown

Sings and more.

Tickets are just \$5 in advance online for adults (kids under 12 are free with parents) and funds raised benefit the Annapolis Arts District. Attendees are also invited to bring canned foods and drop them off with the Annapolis Fire Department, which will be located at each end of the festival collecting for local food pantries.

The Annapolis Chocolate Binge Festival is brought to you by the Inner West Street Association and managed by Evans Management LLC. They also bring you the First Sunday Arts Festivals and Dinner Under the Stars.

For more information, visit: www.annapolischocolatefestival.com

**Lutheran
Mission
Society**

Alan Amrhine, Communications Director
Lutheran Mission Society

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

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

Your advertising resource
**MDDC
press**
www.mddcpres.com

SHELVES FOR YOUR EXISTING CABINETS.

ShelfGenie®
EVERYTHING WITHIN REACH™

Schedule your free design consultation
(844) 538-5547

Hours: Mon - Fri 9am-9pm, Sat 10am-4pm EST



BUY FIVE, GET ONE FREE

*Applies to purchases of 5 or more Classic or Designer Glide-Out™ shelves. Expires 12/31/2019.



love has no religion



before anything else, we're all human
rethink your bias at lovehasnolabels.com

love
has
no
labels

CLASSIFIEDS

FINANCIAL

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

AUTO'S WANTED

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

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

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

MISCELLANEOUS FOR SALE

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

TRAVEL

Orlando + Daytona Beach Florida Vacation! Enjoy 7 Days and 6 Nights with Hertz, Enterprise or Alamo Car Rental Included - Only \$298.00. 12 months to use 855-403-8409

EDUCATION/CAREER TRAINING

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

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

COMPUTER & IT TRAINING PROGRAM! Train at home to become a Computer & Help Desk Professional now! Call CTI for details! 888-449-1713 (M-F 8am-6pm ET)

MISCELLANEOUS

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

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

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

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

A PLACE FOR MOM has helped over a million families find senior living. Our trusted, local advisors help find solutions to your unique needs at no cost to you. Call 855-741-7459

ATTENTION: Have you or a loved one used Juul or another cigarette vaping device & developed a serious health condition such as stroke, seizure, convulsions, lung damage, pulmonary issues including heart attacks? You may be entitled to compensation! Call now: 844-392-9703

CASH PAID for unexpired, sealed DIABETIC TEST STRIPS! 1 DAY PAYMENT & PREPAID shipping. HIGHEST PRICES! Call 1-888-776-7771. www.Cash4DiabeticSupplies.com

Recently diagnosed with LUNG CANCER and 60+ years old? Call now! You and your family may be entitled to a SIGNIFICANT CASH AWARD. Call 844-231-5496 today. Free Consultation. No Risk

MEDICAL/HEALTH WELLNESS

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

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

CATHETER SUPPLIES. We offer a complete line of popular and lesser known product to fit your needs. Even the discreet "pocket catheter." To learn more or get free samples, Call 844-540-2092

ATTENTION DIABETICS! Save money on your diabetic supplies! Convenient home shipping for monitors, test strips, insulin pumps, catheters and more! To learn more, call now! 844-698-4858.

Recently diagnosed with LUNG CANCER and 60+ years old? Call now! You and your family may be entitled to a SIGNIFICANT CASH AWARD. Call 877-648-6308 today. Free Consultation. No Risk.

HOME IMPROVEMENT

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

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

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

ANNOUNCEMENTS

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

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

AUTO DONATIONS

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

FOR SALE

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

HEALTH & FITNESS

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

WANT TO BUY

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

Reach millions of homes nationwide with one easy, affordable buy in the NANI Network!
For more information, go to: www.afcp.org/nani

Four tips for steering your business through tough times

News & Experts— Good times come with this certainty: They never last.

For businesses, that means formidable challenges (a weak economy, new competition, a sea change in the marketplace) are always just around the corner, and unprepared business leaders face the potential for disaster.

“You don’t have the luxury of resting on your laurels,” says Alyssa Rapp (www.alyssarapp.com), CEO of Surgical Solutions and author of *Leadership & Life Hacks: Insights from a Mom, Wife, Entrepreneur & Executive*. “You have to keep battling, innovating, out-innovating, and outworking your competition.”

She knows something about that. From 2005 to 2015, Rapp served as the founder and CEO of Bottlenotes Inc., charting a course for the company through the turbulent years of the Great Recession. During her time at Bottlenotes, Rapp was named one of *Inc. Magazine’s* “30 Under 30” coolest entrepreneurs in the U.S. Starting in 2015, she served as the managing partner at AJR Ventures, which advised privately-held companies and private equity firms on their digital-marketing strategies.

Rapp offers four tips for helping business leaders meet the toughest of times with a resolute attitude:

•**Acknowledge fear, and move through it.** Fear gets a bad rap, but it’s there for a reason: to protect you from something. “Just like standing on a balance beam is scary because your life or

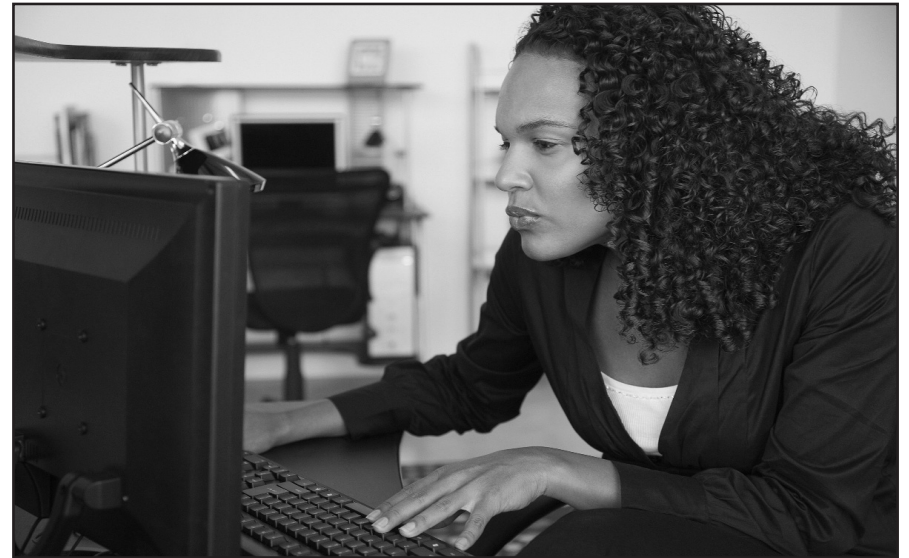
limbs are at risk, so, too, is making business decisions that carry huge risks,” says Rapp, a former competitive gymnast who knows something about balance beams. Your job is to acknowledge the fear— to take note of its presence – and then push through it. “Fear is a normal human response,” she says. “The trick is in not letting it dominate your psyche.”

•**Commit to finishing what you start.** You have to commit before you even begin. “If you start anything knowing you probably won’t succeed, then you won’t,” Rapp says. “You’re setting yourself up for failure. You must show up with full commitment, having faith, true grit, and belief in yourself.”

•**Know that all great ideas start with ‘what if.’** Never be afraid to ask what if, over and over, until you find a solution, Rapp says. She points out that most of the best entrepreneurial innovation in the United States over the past 20 years has been born out of Silicon Valley, precisely because of the constant willingness to ask and re-ask this simple question.

“Some people’s responses to challenges or obstacles are to stop asking questions,” Rapp says. “If you want to solve a problem, you have to open yourself up to the possibility that change is inevitable, and reframing the problem will present an otherwise undiscovered solution.”

•**Remember that you have to be present to win.** You can’t win a race if



you’re not competing. “So before you do anything else— before you commit to finishing what you start, before you acknowledge your fear and move through it— you have to show up,” Rapp says. “Remember that saying that 80 percent of success is showing up? There’s truth to that because showing up matters.”

It’s inevitable that, regardless of how well you think you’ve planned, life will throw you curveballs, Rapp says.

“They will come at you in every area, every industry, every walk of life,” she says. “I’ve faced them as a mom, wife, entrepreneur, executive, friend – you name it. But I don’t run from them. I’ve learned to apply my brother’s advice: ‘The only way out is through.’ The truth is, I love curveballs, because each one

comes with a question: What the hell are you going to do about it?”

Alyssa Rapp, author of Leadership & Life Hacks: Insights from a Mom, Wife, Entrepreneur & Executive, has been CEO of Surgical Solutions since 2018. Previously, from 2015 to 2017, she advised startups and private equity-backed companies through AJR Ventures. Prior to that, Rapp ran an e-commerce business called Bottlenotes. She has been named one of Crain’s Chicago’s “Notable Women in Health Care.” Rapp also teaches at Stanford Business School and has recently been named Adjunct Professor of Entrepreneurship at the University of Chicago’s Booth Business School. For more information about Rapp, visit: (www.alyssarapp.com).

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

Free Drug Education

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

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

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

MARKETPLACE

Selling, buying, hiring?
ADVERTISE HERE!

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

Professional Services

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

PAINTING SERVICE

THE BEST QUALITY PAINTING

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

Chris & Mike Levero
Bonded & Insured
Free Estimates

FIVE STAR HOME SERVICE

410-661-4050
410-744-7799

MHIC# 10138
www.fivestarmaryland.com

CUSTOM CONTRACTOR UNLIMITED

Fully Licensed & Insured

Specializing in:

Brick & Stone Repair
Sidewalks, Porches & Steps
Chimney/Fireplace Repair
Brick Re-pointing
Small Home Improvements



www.custom-contractor.com

MHIC#79665

410.356.6202

The Annapolis
Times Classifieds
work for you!

1-800-884-8797

The Annapolis Times
Classifieds work for you!

1-800-884-8797

Pick³ Pick⁴

Let it snow.

Purchase Pick 3 or Pick 4 tickets,
look for the snowflakes, and you could win

\$2 or \$5 INSTANTLY.



Now through December 29

mdlottery.com

Please play responsibly. For help, visit mdgambinghelp.org or call 1-800-GAMBLER. Must be 18 years or older to play.

