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UMB Breaks Ground on New Community Engagement Center



Pro Football Hall of Famer, Ravens legend, and new UMB Foundation board member Ray Lewis brings second-grader Blair Pinnacle, III onto the stage at the ceremonial groundbreaking of UMB's new Community Engagement Center. (See article on page 3) Courtesy Photo

Destination Crenshaw: How this black city is finding solutions amidst gentrification

Baltimore— Urban renewal projects have ushered in the rise of gentrification in historically black communities across the country. Pushed by private developers, these projects often lead to drastic increases in property taxes and rent, forcing black families from their homes and businesses, which have been staples of the community for decades, surviving recessions and natural disasters, to close. We've seen the effects of cultural erasure and what happens when gentrification infiltrates communities right here in Baltimore with Fells Point. The arrival of gentrifiers can be akin to hitting a refresh button that doesn't acknowledge the long-withstanding history and contributions from generations of residents that built the community into a desirable location.

As these renewal projects have become more prevalent, we have most recently seen it in Chicago, Pittsburgh and right here in Charles Village; Midtown; Hampden; and West Baltimore. Gentrification has infiltrated so many of our communities, and many are beginning to push back, demanding more transparency and inclusion in the decision-making process for the developments planned for their neighborhood. In some cases, they've even disavowed the plans altogether.

The growing power struggle between black communities and developers can be seen as far as Los Angeles, home to the largest African American community west of the Mississippi. Residents are bracing for a similar influx of outside influences and attempts by private developers to take over.

Due in large part to the influence of its black community, Los Angeles continues to be seen as a major cultural center. Among the many projects planned in LA ahead of the 2028 Summer Olympics, is the LA Metropolitan Transportation Authority's controversial \$2 billion LAX/Crenshaw metro-line that will finally connect the Los Angeles World Airport to downtown, Hollywood and the beach, but not before cutting right through the heart of the Black community.

The train line was initially planned without enough stations on the world-famous Crenshaw Boulevard, a sign to the



Rendering of Sankofa Park once the project is complete.

Courtesy Photo

black community that their neighborhoods were simply a pass-through. Metro also cut costs by designing over a mile of it at street-level instead of underground or above ground as had been done for other train lines in major commercial corridors. This design required the deforestation of over 400 mature trees and elimination of over 300 street parking spaces, pushing many small black-owned businesses into jeopardy along one of the most important black business corridors on the West Coast.

As a life-long community organizer, Councilmember Marqueece Harris-Dawson held meetings with activists, community advocacy groups, and business owners upon entering office in 2015 to hear their concerns and jointly determine a course of action, eventually leading to the creation of what may be a first-of-its-kind anti-gentrification project, called Destination Crenshaw.

Destination Crenshaw will rise for 1.3-miles, flanking the street level portion of the metro line, displaying over 100 public artworks of black activists, innovators and significant African-American achievements, to serve as a defiant reminder of the black community's history and presence in the city.

The community-based project is seeking to repair and restore the ecosystem of the Crenshaw neighborhood by planting

nearly a thousand new trees and over 30,000 new square feet of greenscaping. Councilmember Harris-Dawson enlisted the help of advocates and community ambassadors from Issa Rae to Nipsey Hussle and has brought in starchitect Zena Howard of Perkins & Will, known for her role in designing and stewarding the Smithsonian's National Museum of African American History and Culture.

Equally important is the role Destination Crenshaw will serve as an entry point and incubator for economic equity. As the availability of public sector jobs increases across the country, we have a unique opportunity to bring the same jobs that helped build the Black middle class to our community. Working closely with City Council District 8, Destination Crenshaw will create a pipeline into many major high-paying construction jobs in the country, enabling families to afford to stay in their city. Additionally,

the 1,200 schools in the community will also see new arts engagement programs for students, as well as adding 4 acres of parkland to the area.

Councilmember Harris-Dawson is also leading efforts to strengthen legacy businesses by focusing on infrastructure improvement to assist in facade renovations, building repairs, and new parking spaces.

With Destination Crenshaw slated to open in late 2020, community engagement is already underway with canvassers making their way throughout the neighborhood to provide updates, recruit interested artists, and host skill-building construction workshops ahead of job openings. Since we've seen how typical 'urban renewal projects' have played out in cities like Richmond, Virginia, and New Orleans, we wanted to push back against developers that often engender cultural erasure and create a plan to ensure that no matter who moves into our community— they will be embraced daily of our historic contributions and that Crenshaw is a neighborhood centered around Black heritage.

Destination Crenshaw is a 1.3-mile long outdoor art and culture experience celebrating Black Los Angeles. This community-inspired project will use the iconic Crenshaw Boulevard as a canvas and anchor for public art and streetscape design. Destination Crenshaw will be built for, by, and in honor of our community, and will celebrate the historical and contemporary contributions of Black L.A. and the Crenshaw community—the largest black community west of the Mississippi River

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UMB Breaks Ground on New Community Engagement Center

Baltimore—In the heart of West Baltimore at 16 S. Poppleton St. sits a historic building that has been a fixture in the neighborhood since 1917. The columns on the building's façade are faded and the windows broken and boarded up, but the inside holds a wealth of history and potential for the city of Baltimore.

After years of being vacant, this historic building and its capabilities are finally being utilized. While preserving the building's historic exterior, the University of Maryland, Baltimore (UMB) is transforming the interior into a brand-new Community Engagement Center (CEC).

Oct. 24 marked the start of the renovation with a groundbreaking ceremony. UMB representatives, city leaders, elected officials, and West Baltimore residents were all invited to come and celebrate.

"I've been waiting for this for a long time," UMB President Jay A. Perman, MD, told the crowd attending the ceremony. "This building is not UMB's alone. It's all of ours. This is your building."

During his remarks, Perman reflected on the partnership between UMB and the West Baltimore community which took a tremendous step forward in 2015 when the University opened a modest CEC located a short walk from the new building.

UMB leaders and West Baltimore community members are excited to see the center expand into this new space that's seven times larger. The additional space will make room for more community-driven programming that neighbors in West Baltimore have been asking for: an exercise/dance studio, a large multi-purpose room for events, safe after-school programming, a wellness suite,



Rendering of UMB new Community Engagement Center.

Courtesy Photo

and a larger computer lab.

"To see the center grow is very exciting," said Cassandra Fair, a Poppleton resident. "The energy at the groundbreaking was fantastic! When it first started there was only a few of us, and now it feels like everyone is involved." Collaboration with the community is a crucial pillar in this reimagining effort. Community members have been involved in the planning process every step of the way. UMB has established a joint effort with community organizations like the Southwest Partnership to ensure that the specific needs of its West Baltimore neighbors are met.

The importance of community partnerships also was emphasized by Ravens legend, Pro Football Hall of Famer, and UMB Foundation, Inc. board member Ray Lewis, who spoke at the ceremony.

"This building is an investment in people, because if you invest back in people, then all of this works," Lewis said. "If we affect people, we affect nations."

Perman, who becomes the University of System Maryland Chancellor in January, also took a few moments to play a video tribute to the late Rep. Elijah E. Cummings, JD '76, who was a fervent supporter of UMB's community engagement initiatives and an advocate for the West Baltimore community.

After the speakers wrapped up, the event continued with the ceremonial groundbreaking. Keeping with the theme of community collaboration, instead of having a traditional ceremony with shovels to dig into the dirt, community members were invited to hang paper leaves on a metal elm tree. On each leaf, attendees were asked to finish the phrase: I will grow in the CEC when I ...

Collectively, everyone's leaves covered the tree with color and aspirations for a bright future together.

"The fact that we were able to secure this property and will grow our programming exponentially to serve more families and children is extremely exciting to us," says Ashley Valis, MSW, UMB's executive director of strategic initiatives and community engagement. "Together, we have imagined, planned, brainstormed, and convened many residents to deliver a new center that will be a welcoming and transformational space for our neighbors. It will be a place that our community deserves and has needed for a long time."

The new CEC is expected to open its doors in the summer of 2020. Friends of UMB have the unique opportunity to pave the WELCOME WAY entrance to the renovated building by sponsoring inscribed bricks to be laid in front of the facility. Upon completion of the renovation, an elm tree sapling will be planted on the grounds to represent the hopes and aspirations placed on the sculpted tree at the ceremony.



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WE'LL TAKE IT FROM HERE SANTA

We need a healthcare system that supports the new American workforce

By Brent Messenger

Americans are increasingly leaving their traditional 9-to-5 jobs to work for themselves. Last year, nearly 57 million people performed freelance work -- up from 53 million in 2014.

The Affordable Care Act made this transition possible for many. It enabled millions of Americans, including those with pre-existing conditions, to purchase health insurance independent of their employer. Consequently, Americans can work independently without worrying that medical emergencies could destroy their finances.

As the head of community at Fiverr, an online marketplace for independent work, I've seen first-hand how important affordable health care is for people to pursue freelancing. Yet policymakers have repeatedly tried to undermine the ACA. These efforts have caused premiums to increase, making coverage unfeasible for many.

Attacking the ACA further is a mistake. Instead, lawmakers should protect and strengthen the law. Independent work allows people to become their own bosses -- and boosts the economy.

Consider this hypothetical -- a small public relations firm occasionally needs to make some infographics. In past decades, that firm would have had to hire an in-house graphic designer. That's expensive. And only designers within commuting distance could apply. But now, the firm can engage a freelancer -- who could have many similar clients and earn a sizeable income. Indeed, in 2018, skilled freelancers in the top 25 markets for independent work generated over \$135 billion in revenue.

Win-win scenarios like this help explain why freelancing contributes \$1.4 trillion to the American economy annually.

Many Americans want to work independently but remain tethered to their employers for health benefits. Fifty-six percent of Americans cite health insurance as the reason they've stayed with their current employers.

The ACA sought to remove this barrier, and it largely succeeded -- at least under President Obama. In 2013, the year before most ACA provisions went into effect, only 64 percent of full-time independent workers had health insurance. By 2016, that increased to 83 percent.

The ACA also spurred entrepreneurship. Consider a study from one Temple University researcher who analyzed the ACA provision that allowed young Americans to stay on their parents' insurance until age 26. Young people who received that coverage capitalized on the security it provided. They were up to three times more likely to start their own businesses.

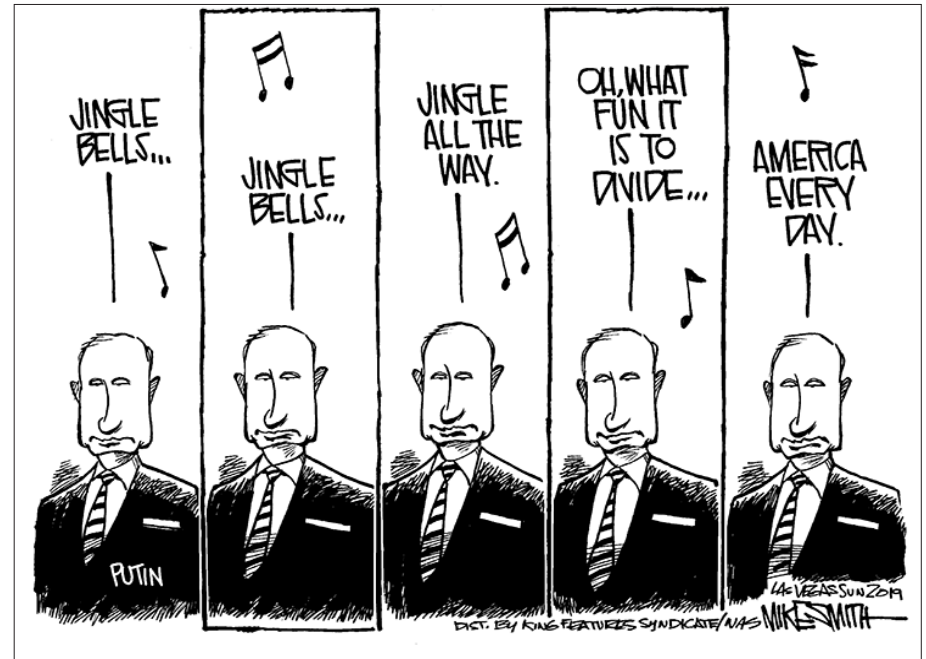
Yet some politicians have relentlessly attacked the ACA. In late 2017, Congress neutered the law's individual mandate -- the requirement that all Americans obtain insurance or pay a penalty. The Trump administration has also allowed insurers to sell lightly regulated plans that cover only some of the benefits included in standard ACA plans.

These politicians hope that, due to these reforms, young, healthy workers will forgo coverage or enroll in junk insurance plans. That would leave only older, sicker Americans in the ACA's insurance exchanges. Premiums would surge, making plans unaffordable for millions of middle-class people who don't receive subsidies.

Sadly, the efforts to undermine the law are working. Last year, exchange plan premiums rose 6 percent more than they would have absent this sabotage. The number of people enrolled in unsubsidized ACA plans plummeted from 6.3 million in 2016 to 3.8 million in 2018.

Politicians could promote entrepreneurship by restoring the individual mandate and taking steps to uncouple health insurance from employment. Such reforms are good policy and good politics. More than half of freelancers consider themselves politically active, compared to only a third of non-freelancers.

All Americans should be able to pursue independent work. Health coverage mustn't stand in the way.



Community Affairs

“I hope that in this year to come you make mistakes. Because if you are making mistakes, then you are making new things, trying new things, learning pushing yourself, changing your world. You are doing things you’ve never done before, and more importantly, you’re doing something.”

—Neil Gaiman

Breaking News!

Jesus was indeed born in December! Christmas is correctly dated!

By The Reverend Peter Bramble, Ph.D., STM, MAR, LTH

Recently, a preacher from Delaware was on YouTube calling Christians “heathen” for claiming that Jesus was born in December. He declared that he had the proof. His proof was taken from St Luke’s Gospel, Chapter One and verse 26 where it is clearly written: “In the sixth month The Angel Gabriel was sent to a city of Galilee named Nazareth, to a virgin betrothed to a man whose name was Joseph, and the virgin’s name was Mary.”

The preacher then continued to prove his case. He said emphatically that the sixth month was June. And that is true for our calendar which is solar (sun) based. But it is not true for the Jewish calendar, now running for over 5,700 years, which is lunar (moon) based.

See, for us, our year begins in January and the sixth month is indeed June. But for the Jewish people (and Jesus and the writers of the New Testament were Jewish and functioning off the lunar calendar), their year begins roughly between September 19 and October 17, give or take a day or two.

If what is stated above is true, then the “sixth month” when the Angel Gabriel appeared to Mary suddenly becomes mid-March to mid-April. Jesus would have been conceived in March and if one counts nine months forward—the time it takes before a baby is naturally born, we can and indeed **MUST** conclude that Jesus was born in mid-December to mid-January time period.

Christmas Day—a fixed, rather than moveable feast for Christians.

Amazingly, some parts of the Christian Church actually celebrate January 6th as being more important than December 25th. And they have been doing this for centuries now! All this is still within the time frame of how the Jewish calendar would have served to place the conception of Jesus as being in the sixth month on the Jewish calendar and Jesus’ birth coming nine months later.

Christians therefore need not be doubtful about Christmas and its dating. It is dated correctly according to the Scripture, Luke 1:26 and the Jewish Calendar whose New Year often starts in September.

March 26th in the year Jesus died. We know that Passover and Easter could never come before the Spring Solstice because it was only after the first Full Moon after the Spring Solstice that Passover, and consequently Easter could be dated.

If it were indeed true that ancients believed that great Religious folks died on the day they were conceived, and Jesus was known to have died on March 25th, then its an easy count from the day of conception—March 25—to the day of birth, 9 months later, December 25th.

This is just another argument to help Christians gain more confidence in the factual basis of their faith which is often ridiculed and attacked in these modern

“Christians therefore need not be doubtful about Christmas and its dating. It is dated correctly according to the Scripture, Luke 1:26 and the Jewish Calendar whose New Year often starts in September.”

days. The Christian Faith is grounded in historical facts about a man who was born, most likely in December and crucified most likely in March.

We know that he was born; and we chose to celebrate his birth

on December 25th without apology. We know He died at Passover time, and we believe he arose from the dead Easter Day.

So, Merry Christmas and a Happy New Year!

The first Christians, when they placed the time of the birth of Jesus were most certainly aware of the time the Bible says Jesus was conceived—in the sixth month! But they were Jews, and their first month was September! That is why in the calendars of the Roman and other Catholic Churches, March 25th is celebrated as the Feast of the Annunciation, their sixth month and exactly nine months before December 25th, which is

While we are on the topic of dating Christmas, here is another theory about how it was dated in ancient times:

It is said that ancient peoples believed that great Religious folk died on the day they were conceived. The early Church believed that Jesus died on March 25th, the first Good Friday. Enterprising scholars could actually check this out by researching whether there was a Jewish Passover on what would have been

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LinkedIn Local Baltimore donates over \$19,000 to Living Classrooms Foundation

By Stacy M. Brown

Living Classrooms Foundation, a Baltimore-based non-profit educational organization, has announced that they have received a donation for more than \$19,000 from LinkedIn Local Baltimore. Living Classrooms Foundation officials said the organization has a distinctive competency in experiential learning—literally learning by direct experience, or “learning by doing.”

LinkedIn Local, a global community in over 650 cities, spanning over 80 countries and every continent, created by LinkedIn users are designed to take online professional relationships offline to get to know the person behind the profile.

LinkedIn Local Baltimore is a community-based event series and held monthly with all proceeds benefiting Living Classrooms Foundation.

Melody Baron and Molly Browning co-host the events and advocate for the foundation. Baron was awarded as a Rising Star with the foundation in 2017 and currently serves as co-chair of the Associate Leadership Council.

“It has been remarkable to bring Australian founder, Anna McAfee’s LinkedIn Local concept to Baltimore,” commented Baron, according to a news release.

“We launched here in January 2018 and I have met so many wonderful people, had the privilege of taking everyone who attends our events on a tour of Baltimore and learned so much along the way. I’m grateful for the opportunity to give back to the community through these events,” Baron stated.

“Networking events are quite the trend here in the Baltimore area. Connecting with others and building solid relationships as a way to help non-profits is a win for everyone,” she said.

LinkedIn Local Baltimore celebrated the holiday by presenting a check to James Bond, president of Living Classrooms Foundation at its headquarters at the Frederick Douglass-Isaac Myers Maritime Park in Fells Point.

Proceeds from LinkedIn Local events in 2019 will support hands-on environmental STEM education for Baltimore



(Left To Right): Molly Browning, LinkedIn Local Baltimore co-host; James Piper Bond, President, and CEO of Living Classrooms Foundation; Antonio Moore, Living Classrooms alum; Antonio’s mother, Charlotte Whittings; Melody Baron, LinkedIn Local Baltimore host; and Terry Williams. (Back row: Left to Right): Antonio’s close friends, Matthew Johnson and Marquise Williams. Photos courtesy of Photography: By James Trudeau

students at Living Classroom’s Masonville Cove Environmental Education Campus.

Established in 2009 in South Baltimore, Masonville Cove is the nation’s first Urban Wildlife Refuge Partnership, and home to a state-of-the-art green building nature center; a canoe and kayak launch; a fishing pier; a bird sanctuary; and beautiful waterfront public trails.

The campus acts as a gateway to connect underserved communities to the outdoors and the Chesapeake Bay ecosystem through environmental education focused on the local watershed.

During the LinkedIn Baltimore event held on December 18, 2019 Baron interviewed Living Classroom’s program graduates, including Antonio Moore.

The 20-year-old Moore said, in his neighborhood, individuals are “lucky to live and make it to 18.”

“They don’t show my neighborhood during halftime or during the Ravens game commercials. My middle school time with The Living Classrooms Foundation gave me a look at the other side

of Baltimore where people were privileged to live beyond the death, pain, and other struggles, a part of growing up,” Moore stated.

“I grew up the youngest of five siblings, and while my mother was at work and my father was absent from my life, I became disengaged from high school. I was running the streets in my neighborhood,” he stated.

Moore said he had to learn how to outthink his surroundings, and look beyond what he sees with his eyes.

“I’m now in college, an award winning youth leader, writer, and motivational speaker. But, most importantly, I’m a big brother to broken kids in those same streets in my neighborhood with the organization ‘Challenge 2 Change,’” he said.

Moore added that he’s now “selling hope,” and giving young people inspira-



Melody Baron, LinkedIn Local Baltimore host interviews Living Classroom graduate, Antonio Moore

tion, connections, and permission to dream bigger.

He said his success will never be measured by accolades, television appearances, or degrees.

“For me, I never wanted to make it out of my city, but make it better. Partnering with the resources and the existing work of the Living Classrooms Foundation, a better Baltimore is on the way,” he said.



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Get Inspired to Give Back this Holiday Season

(Family Features) For many, the holiday season sparks the spirit of giving – not only among family and friends, but to those living in need and the organizations working to help them. If you're committed to helping improve the lives of others in your community, it may mean thinking long-term.

After the lights come down and the New Year's ball drops, the programs and services provided by most nonprofits and cause-based organizations continue to run year-round. Their ability to help those they serve not only relies on meeting a single season's fundraising goals but also on the ongoing commitments from donors who provide the financial stability they need to plan and grow. These five tips can help your gifts provide long-term benefits for the causes you support:

Make a personal connection. Hand-deliver your donation to a local chapter and introduce yourself as a supporter. Even consider bringing your kids to inspire generations of giving. Inquire about how you can make the greatest impact and learn about ongoing events and opportunities to get involved.

Spread your contribution over time. If a strict monthly budget has you concerned about breaking the bank, consider signing up for a recurring donation to benefit those served by an organization like The Salvation Army throughout the year. A \$25 monthly gift can feed 126 people over the course of one year or provide 11 nights of shelter for those in need in your community.

Introduce co-workers to the cause. Many businesses support employees' volunteer efforts and match contributions, which makes it easy for you to become a champion for cause-related work in your community. Gathering colleagues who share your passion for a cause is a team-building activity that allows you to build personal connections with people you might not have a chance to interact with regularly other-



wise. Sharing the load also means you can take turns volunteering, attending events or making contributions for a larger overall impact than you could make on your own.

Give the gift of giving. Rather than giving material goods, consider a meaningful contribution in your gift recipient's honor. Or share an experience to benefit the cause: spend date night volunteering or gift someone tickets to a nonprofit organization's performance or gala event.

Pay it forward with younger generations. Introducing kids to the joy of giving can pay dividends for decades to come. Teach the little ones in your life about the big impact they can make by letting them get hands-on. Kids delight in getting to donate loose change, by dropping it in an iconic red kettle, for example (this year, you can even donate through Apple Pay or Google Pay) and you can take advantage of their interest by explaining the impact of their donation. An average of 82 cents of every \$1 donated to The Salvation Army goes directly to help neighbors who need it most.

Donations to nonprofit organizations are tax-exempt no matter when they are contributed during the year. Learn more about giving opportunities all year long by joining the Fight for Good at SalvationArmyUSA.org.

Rambling Rose

**'HAPPY KWANZAA!
HAPPY NEW YEAR TO YOU ALL'**



Rosa Pryor Trusty

Hello everyone, in just a few more days we will have made it to another year. It has been a long rough year for many such as losing a love one, the sick and shut-ins, many are in the hospital, nursing homes or rehabilitation centers but if you are reading me now, as my God-father, Biddu Wood, used to say, "you are above ground." You are in a good place. We must be grateful and thankful for what we have, because if you think about it, no matter how bad you think your situation may be, I promise you someone else is much worse off than you.

I just want to say, it has been a pleasure talking to you this year through my columns and I appreciate you still picking up The Baltimore Times. I thank you from the bottom of my heart. The ongoing success of our free publication depends on you, so keep reading us in 2020. We encourage you to advertise your events, your organization and company with us.

Just in case you have not made your plans for the end of the year celebration, try checking out the "Annual Kwanzaa Celebration & Marketplace" at the Eubie Blake Cultural Center, 847 N. Howard Street on December 28th from 3-7 p.m. It is a free family event. There will be live entertainment and vendors from the Pennsylvania, Virginia, and Baltimore areas. For more information, call 443-250-0478.

Another Pre-New Year's event is hosted by Sam Brice & John Holt. It will be a "Holiday Dinner & Show" featuring Dave Smooth & the #1 Temptation Review Band on Saturday, December 28th at the American Legion Post #285, 2324 McEldery Street in Baltimore. The event is BYOB, free open buffet, DJ, and dress to impress!

If you have not made other plans, the Champagne Ballroom located 2701 W. Patapsco Avenue in Baltimore is hosting a New Year Celebration featuring The Intruders on Tuesday, December 31 from 8-2 a.m. Tickets include party favors, noise maker's champagne toast, hot & cold buffet and BYOB. For more information call 410-644-3434.

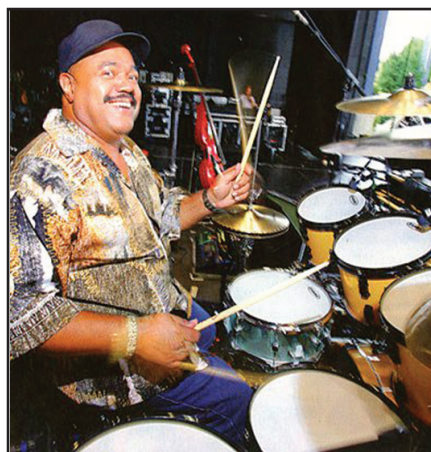
Also for the end of the year celebration, our girl, Gabrielle Goodman & Friends will be celebrating Kwanzaa and a Year-End Concert on Sunday, December 29 at 5 p.m. at An Die Musik Live at 409 N. Charles Street; with her will be Craig Alston on saxophone, Moe Daniels on piano, Jesse Moody on drums and Reginald Payne on bass. Baltimore's home grown is a jazz singer, composer, author and associate professor of voice at Berklee College of Music.

How about an "Ole Fashion Cabaret" at the Hollywood Firehouse, 24801 Three Notch Road, Hollywood, Maryland on Tuesday, December 31 from 8:30 p.m. to 1:30 a.m. and you will be entertained by my group "Signature Live" with free set-ups, BYOB, dinner available. For more information, call 301-481-9165.

Well my dear friends, I got to go. It has been a joy. If you need me call me at 410-833-9474 or email me at rosapryor@aol.com. Send photos, press releases and flyers to: 214 Conewood Road, Reisterstown, Maryland 21136. UNTIL NEXT YEAR, I'M MUSICALLY YOURS.



Greg Hatza ORGANization will perform a tribute to Jimmy McGriff with Robert Shahid, Brian Kooken and Benny Russell on Wednesday January 1, 2020 from 12 noon until 3:30 p.m. for their New Years Day Extravaganza at the Caton Castle Lounge on Caton Avenue and Hilton Street. For more information, call 410-566-7086.



Dennis Chambers, our own Baltimore native & world-wide renowned drummer is back home to perform with Leni Stern, Tom Kennedy and Mike Stern on December 27th & 28th at the An Die Musik Live, 409 N. Charles Street in Baltimore. For more information, call 410-385-2638.



Art Sherrod, Jr. will be performing at the Hollywood Casino at Charles Town Races in the H Lounge Stage, 750 Hollywood Drive, Charles Town, WV on Tuesday, December 31st from 10 p.m. -2 p.m. For more information, call 800-795-7001.



Olivia "Libby Libby" Harris passed away last week. Funeral Arrangements was not made at press dead line. "Libby Libby" as she was fondly called, was a dynamite oldies DJ and the sweetest personality you have ever seen. She was the owner of Tequila Sunset Lounge on Pennsylvania Avenue. She was a good friend of mine and will be totally missed; Condolences to her family from Rambling Rose.

Ravens team with Helping Up Mission to distribute coats

By Tyler Hamilton

Reaching out to the community has been a longstanding tradition for the Baltimore Ravens. Their latest community outreach program is a timely one since the temperature continues to drop.

The Ravens teamed with the Helping Up Mission to distribute coats for their 2019 coat drive. Head coach John Harbaugh was joined by various Ravens players to give the coats away.

Being a part of the Baltimore community is something the Ravens don't take lightly.

"It's important to be here because it's

Baltimore. We care about Baltimore. I think this city epitomizes what the Ravens are all about," Harbaugh said.

The Helping Up Mission has a mission to "provide hope to people experiencing homelessness, poverty or addiction by meeting their physical, psychological, social and spiritual needs."

The coat drive is one of many programs offered by the Helping Up Mission. It's a place where those in need can go to have a warm bed for the night and receive two hot meals.

"Craig Singleterry [senior security manager] in our security department has



Head coach John Harbaugh and the Ravens teamed with the Helping Up Mission to distribute coats for their 2019 coat drive.

Photo Credit: Jake Roth - USA TODAY Sports

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been heading that up for over 10 years now. It's awesome, putting together coats and all kinds of different winter gear for the Helping Up Mission guys who are a great crew," Harbaugh said.

"They have a huge group in there. It had to be 70, 80 guys that we were with

this morning who are just great, great people working hard to get on track. It was a great moment, and it's a great group down there at Helping Up Mission."

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Alan Amrhine, Communications Director
Lutheran Mission Society

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**CITY OF BALTIMORE
DEPARTMENT OF
TRANSPORTATION
PUBLIC NOTICE
ESTABLISHMENT OF GRADES**

The Chief of Engineering and Construction Division, designee of the Director of the Baltimore City Department of Transportation will be in his office, Room 729, Charles Benton Jr. Building, 417 E. Fayette Street, Baltimore, Maryland 21202 on **January 3, 2020** from 10 am until 12:00 noon for the purpose of the hearing and consider protest and explain matters in connectin with the establishing the grades of the following new street for Developer's Agreement No. 1632-500 N. Central Avenue to be known as 1234 McElderry Street.

This includes:

McElderry Street from Station 0+00 to Station 5+34.60 between Aisquith Street and North Central Avenue.

Respectfully,

BIMAL DEVKOTA, P. E., CHIEF
TRANSPORTATION ENGINEERING
AND
CONSTRUCTION DIVISION

AND

STEVE SHARKEY, DIRECTOR
DEPARTMENT OF TRANSPORTATION

Legal Notice

Pine Haven SPS upgrade – Pasadena, MD. Gradient construction is looking for qualified M/WBE and DBE subcontractors for Bypass pumping, Concrete work, hauling, Demo and Electric/controls. Details for the project can be found at <https://www.aacounty.org/departments/central-services/purchasing/solicitations/> or by faxing contact information to 410-257-3550. Project bids January 14, 2019.

**To place Legal Notices in
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Creating “Happy Holidays” for a loved one living with Alzheimer’s

Tips for a dementia-friendly holiday celebration from the Alzheimer’s Foundation of America

New York— Families across the country are getting into the holiday spirit and planning their celebrations. For the more than 5.8 million American families affected by Alzheimer’s disease, the Alzheimer’s Foundation of America (AFA) is providing tips on how to adapt holiday gatherings to make them as enjoyable as possible for someone living with Alzheimer’s or another dementia-related illness.

“Having Alzheimer’s doesn’t mean the holidays can’t still be enjoyable and special,” said Charles J. Fuschillo, Jr., AFA’s president and CEO. “By making a few adaptations and preparations, family caregivers can help their loved ones living with Alzheimer’s have a happy holiday celebration.”

Families caring for someone with Alzheimer’s disease should consider the following steps:

- **Keep them involved.** Find ways to maintain the person’s involvement in the holiday celebration. If they are used to doing the holiday cooking, keep them involved by inviting them into the preparation process. If they enjoyed music, play some of their favorite holiday songs or ones from their favorite era.

- **Build on past traditions and find new ways to connect.** Keep building on old traditions where you can; share old family photos with the person and reminisce. Create new traditions; find things they are able to do and enjoy, such as looking at neighborhood holiday lights or listening to music, and spend time doing it with them. To the greatest extent possible, ask the person what traditions are important to them, so you can prioritize and plan.

- **Be sensitive to the individual’s needs.** Excess stimuli can be challenging for someone living with dementia, which is why it’s important to take the environment into account ahead of time. Be aware of the person’s sensitivity to



Keep building on old traditions where you can; share old family photos with the person and reminisce.

factors such as crowds and loud noises, and try to plan celebrations in a way that minimizes those stresses. Be mindful of over-decorating, as too many flickering lights or decorations can lead to over stimulation or disorientation. Have comforting items and activities available to help.

- **Maintain the person’s normal routine.** Changes in one’s daily routine can also cause challenges for someone living with dementia. Planning can be the key to ensuring a person’s comfort. If the person usually takes an afternoon walk, build in time for that. If they go to bed earlier in the evening, hold the celebration earlier in the day so that everyone can participate.

- **Be open.** Consider sharing beneficial information with family and friends regarding the person’s health prior to a gathering, especially with those who do not see that individual regularly. This will enable them to understand where the person may be in the disease progression, so that they know how they can be helpful and supportive.

- **Plan travel appropriately.** If you’re traveling with someone who has Alzheimer’s to a celebration, consider their capabilities and plan to make arrangements that are comfortable and realistic. Take into account whether they



Keep family members living with Alzheimer’s disease involved

travel better at a specific time of day.

Families who have questions or would like additional information can contact AFA’s Helpline at 866-232-8484 or visit the website: www.alzfdn.org. The helpline is open seven days a week.

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Thank you for your support, your love, good wishes and partnership over the years and hope that the coming year will bring you all good things!

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