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Twelve-year-old Baltimore native lands big role in 'TROOP ZERO'



Baltimore native Milan Ray is among the cast of *TROOP ZERO*, which is currently airing on Amazon Prime Video. Milan portrays the feisty character "Hell-No Price." She is in the sixth grade and has been acting and modeling since she was three. Milan has appeared in numerous commercials and has done voiceovers for many companies and social media campaigns. (Story on page 2) Photo by Ursula V. Battle

Twelve-year-old Baltimore native lands big role in ‘TROOP ZERO’

By Ursula V. Battle

On Friday, January 17, 2020, TROOP ZERO, made its debut on Amazon Prime Video. The family-friendly film about is about a girl named “Christmas Flint” (McKenna Grace) who is growing up in a tiny Georgia town. When Christmas learns that the winners of the annual Birdie Scout Jamboree talent contest will be included on a recording to be sent into space for posterity, her mission in life becomes to join the Scouts and win Jamboree.

However, when Christmas’ efforts are snubbed by the snobbish local Birdie Scout troop and their uptight leader “Miss Massey” (Allison Janney), she rallies a group of elementary-school misfits to start their own chapter.

Baltimore own’s Milan Ray plays one of those misfits. She talked about being in the film and portraying the feisty character “Hell-No Price.”

“I can relate to Hell-No,” said Milan. “We both like to keep our feelings in. She comes off as a bully. But she has a

reason. Hell-No is trying to survive by getting food for her and ‘Smash’ who is her friend. She looks over Smash.”

“Smash,” a character who likes to smash things, is portrayed by Johanna Colón.

“It was great working with the cast because we all bonded instantly,” said Milan. “We were all connected. It was great working with all of them. They were so much fun. We have a group chat to stay in touch.”

With grudging help from her dad’s office manager, “Miss Rayleen” (Viola Davis), Christmas and her crew have to bypass every roadblock Miss Massey can find in the fine print of the Birdie bylaws in order to reach the Jamboree and their chance at immortality. From Christmas’ solitary late-night vigils to a final show-stopping musical performance, TROOP ZERO is an endearing and magical tale set against a backdrop of beloved hits of the ’70s, as Christmas forges friendships that will change her life.

“The movie is filled with many emo-



Milan Ray (left of Viola Davis) plays the feisty character “Hell-No Price,” in “Troop Video,” currently playing on Amazon Prime Video.

Courtesy Photo

tions,” said Milan. “It’s good for all ages and it’s kid friendly. Troop Zero has a message for everyone. It doesn’t matter if you are weird or different. People can come together and bond.”

She also talked about working with Viola Davis.

“It was inspiring to work with her,” said Milan. “Working with a beautiful, inspiring black women was wonderful. It was a great learning experience.”

Milan is 12, and in the sixth grade. She has been acting and modeling since she was three. She has appeared in numerous commercials and has done voice overs for many companies and social media campaigns.

“When I went out for the audition for this movie, I auditioned for Hell-No and a character named ‘Ginger.’ I got the role of Hell-No, but I already expected it. I was like ‘yeah!’”

Milan’s most popular spot is a national Wal-Mart “Trolls” commercial. The commercial has had over 10 million views on YouTube.

“I feel good to represent my hometown like this,” said Milan. “I also want to direct and produce films. I also want to do animation. I want to do the whole package.”

Nicole Ray is Milan’s mother.

“I am absolutely proud,” said Ray. “To see your child live their dream is amazing.”

Milan had this advice for aspiring performers.

“It might start off slow and be frustrating, because you are getting all these auditions and not being cast. But don’t give up. Stick with it. A week before I was cast in this film, I talked to my uncle. He said I would get a role, and he was right.”

TROOP ZERO is rated PG and can be viewed on Amazon Prime.

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Guest Editorials/Letters

Silence the Violence for 2020

By Ed Gray
North Dallas Gazette Senior Columnist

Last week, we began the new decade the same way that we finished the old decade. Last year in Dallas, more than 200 people were murdered, sadly most were African Americans. Though we march for justice and claim "Black Lives Matter," they clearly don't matter to us in Dallas, as most of the killings are committed by black members of our society.

Our nation is at war with itself. If you are young, gifted and black, chances are you will not get to be old enough to brag about it. Rory Norman, a one-year-old, was killed last week. His family apparently was targeted in an ambush at their home. How many children, how many babies, must die at our own hands before we realize we are our biggest enemy.

The City of Dallas and its Dallas Police Department are under political fire. This criticism is warranted as its leadership has the moral responsibility to provide security to its citizens. Whatever it takes to restore safety, sanctity, and sanity, the City must act.

The City of Dallas acting means it must not police and occupy because of crime stats. This was done earlier in a ham-fisted manner resulting in a Dallas citizen, Schaston Hodge, being shot sixteen times by the Texas Rangers.

The Mayor and the city manager are wringing their collective hands because this type of crime is bad for business. How can business interests bring corporate dollars to enrich Dallas further?

Now before we blame the Dallas Police Department on increased crimes of murders and assaults, let's be real! These are often not random killings, but crimes which reflect our social ills. This crime upsurge cannot be solved by merely policing more or throwing money at the problem. This can only be changed if we change.

We alone must Silence the Violence.

Dallas Police Chief Renee Hall has been given an ultimatum to reduce crime. If she is going to reduce crime, a tremendous task, Chief Hall needs help from the black community. The community, our black community, must police itself.

We must Silence the Violence

The Black Lives Matter movement must immediately be an internal call for Dallas. We must stop the self-inflicted genocide that goes on yearly. If we do not, then 2020 will be just like 2019. If we do not, it will be another number, another death, and another hashtag.

Ed Gray is a presidential scholar at Southern Methodist University. He is the host of The Commish Radio Show airing Saturdays 3 p.m. to 5 p.m. on FBRN.net, can be reached at egray62@att.net. NDG was awarded NNPA's 2018 Robert S. Abbott Best Editorial for Gray's "Confederate Statues: The White Man's Burden" column.

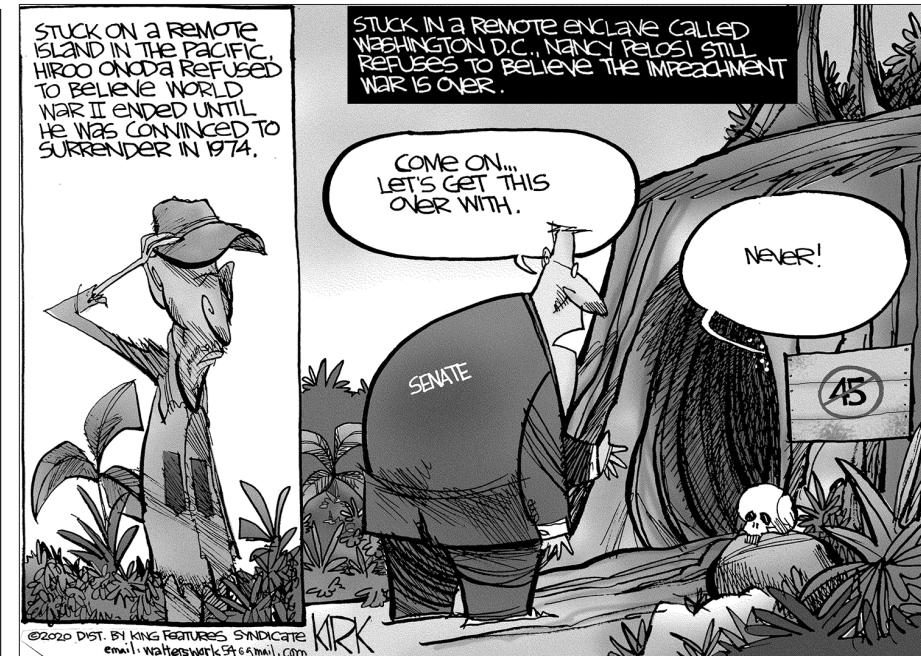
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Letters to the Editor

Editor:

I am writing to thank Baltimore residents for sharing the true meaning of Christmas with children in need this past holiday season.

Because of the generosity of donors in Baltimore and across the United States, Operation Christmas Child, a project of Samaritan's Purse, collected more than 8.9 million shoebox gifts in 2019. Combined with those collected from partnering countries in 2019, the ministry is now sending 10,569,405 shoebox gifts to children worldwide.

Through shoeboxes—packed with fun toys, school supplies and hygiene items—Baltimore volunteers brought joy to children in need around the world. Each gift-filled shoebox is a tangible expression of God's love, and it is often the first gift these children have ever received. Thanks to the generosity of donors, Operation Christmas Child has

collected and delivered more than 178 million gift-filled shoeboxes to children in more than 160 countries and territories since 1993.

It's not too late for people to make a difference. Though drop-off locations serving Baltimore are closed until November 16 – 23, 2020, information about year-round volunteer opportunities can also be found at samaritanspurse.org/occ or by calling 410-772-7360.

Thank you again to everyone who participated in this global project—many who do so year after year. These simple gifts, packed with love, send a message to children worldwide that they are loved and not forgotten.

Dana Williams
Operation Christmas Child
Boone, NC

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Page Opposite/Commentaries

Census Officials Kick Off \$250 Million Ad Campaign in Washington

By Stacy M. Brown, NNPA Newswire
Senior Correspondent
@StacyBrownMedia

The U.S. Census Bureau unveiled its \$500 million “Shape Your Future. Start Here,” 2020 advertising campaign on January 14, 2020 in Washington, D.C.

Nearly \$38 million—or approximately 16 percent—of the paid media budget is earmarked toward African American and black audiences. The “Shape Your Future. Start Here,” tagline is geared to helping underscore the notion that people can shape their future by responding to the 2020 Census.

At a news conference at Arena Stage in Washington, D.C., Census officials revealed that they would have more than 1,000 ads that target a range of demographics in 13 different languages. Those ads are projected to reach 99 percent of U.S. households.

“The 2020 Census is here and like we say in the ad: ‘Across America, we all

count,’” Steven Dillingham, director of the Census Bureau, stated at the news conference.

“The 2020 Census is your census, and its success depends on you. It’s a once-in-a-decade chance to inform how billions of dollars in funding are allocated for critical public services like hospitals and health care clinics, schools and education pro-

During the conference, several samples of the video advertisements were pre-viewed. In one video, children were featured teaching adults how to count their forms. The ad aims to curb the routine undercounting of children. In another ad that’s specifically geared to African Americans called “The Mural,” Census officials highlight a desire for an accu-

to collect data from all residents.

Census officials emphasized the importance of digital for the campaign. About 29 percent of the paid media portion of the ad budget is allocated toward digital and social media channels; only television, at 39 percent, has a larger allocation. Johnson noted that as many as 65 percent of people are expected to complete the Census online this year.

The 2020 Census is billed as the most extensive collection of statistical information on everyone who lives in the United States and is required by the U.S. Constitution.

Responses to the 2020 Census will shape how more than \$675 billion in federal funding is distributed to local communities.

The U.S. Census Bureau’s goal is a complete and accurate count and, utilizing paid media is a critical component of the campaign, according to officials.

In spreading ad dollars, the U.S. Census Bureau has decided against advertising in the Super Bowl this year after previously running ads in 2010 and 2000.

“It isn’t an efficient spend of taxpayers’ dollars,” Alex Hughes, a census program director at VMLY&R, which is handling the campaign, told reporters.

“The work, research and dedication that has gone into this campaign is unmatched to that of any previous censuses,” said Kendall Johnson, executive director of the communications contract for the Census Bureau. “Our outreach is multifaceted with a heavy focus on increasing response among groups that are historically undercounted. And it’s based on the most extensive research ever conducted to understand both what motivates people to respond to the census and what prevents them from responding.”

At a news conference at Arena Stage in Washington, D.C., Census officials revealed that they would have more than 1,000 ads that target a range of demographics in 13 different languages. Those ads are projected to reach 99 percent of U.S. households.

grams, roads and bridges, and emergency response for the next 10 years,” Dillingham said. “Through advertising, public events, partnerships and digital and traditional media, we are embarking on a nationwide effort to let everyone in the country know about the upcoming 2020 Census and encourage them to respond online, by phone or by mail.

“And we are extremely committed to reaching those people who are historically undercounted.”

The communications campaign includes television and radio commercials, digital, social media and print advertising and messaging on billboards and at bus stops.

The Census’ massive public education effort encourages participation among multicultural and hard-to-count populations with ads in English and 12 other languages: Arabic, Chinese, French, Haitian Creole, Japanese, Korean, Polish, Portuguese, Russian, Spanish, Tagalog and Vietnamese.

rate count in the black community.

“Taking the 2020 United States Census impacts how funding flows in our communities for many programs and services,” the ad notes. “Because when a community comes together, anything is possible.”

The ads will run on television, radio, the Internet, newspapers, magazines, billboards and various special events.

Bureau officials say there are three main phases of the campaign: Awareness, Motivation, and Reminder. The first began on Tuesday, January 14, the day of the news conference, and will run through March.

The Motivation phase will highlight how easy it is and the benefits of completing the Census, which can be done online, by telephone or through the mail.

During the Reminder phase, officials plan to mount a campaign that points out the urgency to count everyone with as many as 500,000 census takers and other employees swarming the nation seeking

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Top 10 Travel Destinations to Start the New Decade

(Family Features) For many, traveling offers an opportunity to disconnect from the everyday and experience new places and cultures. With the beginning of a new decade, it is the perfect time to start deciding your next travel adventures.

When booking your future destinations, consider these spots and tips recommended by travel expert and Bank of America ambassador, Lee Abbamonte, the youngest American to visit every country plus the North and South Poles.

England, Germany, Scotland, Azerbaijan and more

While technically more than one place, these locations have one thing in common: Union of European Football Associations (UEFA) Euro 2020. The international soccer event marks the first time the games will be held across the continent in 12 host cities.

"The year is a big one for sports," Abbamonte said. "From sporting events in Europe to Japan, it is a fun year for travel and to enjoy once-in-a-lifetime experiences."

Australia

From its deserts to tropical beaches, Australia is a beautiful country to explore. While many people might be familiar with the Sydney Opera House and the unique wildlife, there are many hidden gems in Australia.

"I've been to Australia 10 times and I still can't get enough," Abbamonte said. "One of my favorite cities is Melbourne. While it's one of the largest cities in Australia, the heart of the city is hidden and secretive. It comes to life when you visit the alleys, laneways and arcades. The vibrant city has so much to offer: cafes, a unique street culture and street art."

New Zealand

If you are going to New Zealand for the first time, Abbamonte recommends boogie boarding down the sand dunes, hiking up a volcano and visiting the Moeraki Boulders. However, if you are really interested in getting the blood pumping, take a leap from Nevis Bungy near Queenstown. It is among the highest bungy jumping experiences in the world, measuring 440 feet.

Mexico

"Mexico City has two of my favorite things – great food and sports," Abbamonte said. "The street tacos are to die for, and I love going to soccer games at Estadio Azteca."

In 2020, there will be many festivals to explore. The city is a cultural hub with music, theater, dance and food events throughout the year. While experiencing the festivities, it is also an opportune time to take a step back and enjoy Chapultepec Park.

Brazil

One of Abbamonte's favorite waterfalls is Iguazu Falls located on the border of Brazil and Argentina. While Iguazu Falls might be well known, the falls themselves are truly unique. The waterfall system consists of 275 falls that stretch over approximately 1.68 miles. The Devil's Throat is the tallest fall with a drop of more than 262 feet.

While traveling internationally can be fun and exhilarating, there are also places throughout the United States that offer memorable activities:

Scottsdale, Arizona

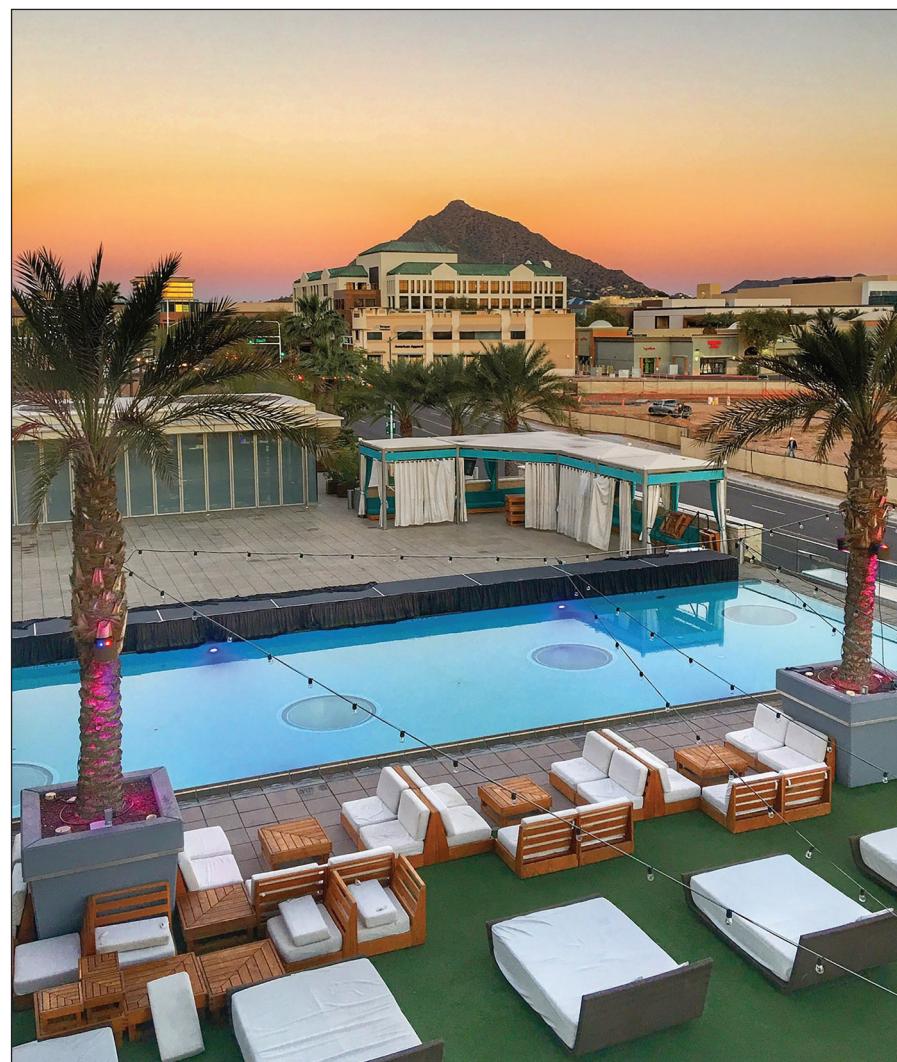
If you enjoy being outdoors, Scottsdale is an ideal place to visit. There are many trails to explore in Camelback Mountain, Papago Park and Hole in the Rock. After hiking, follow Abbamonte's example and golf at The Short Course at Mountain Shadows.

"Scottsdale has some of the most beautiful sunsets in the States, and from The Short Course at Mountain Shadows, I get to enjoy the view while practicing my swing," he said.

Boston, Massachusetts

"I love sports, so I visit Boston regularly for the professional games," Abbamonte said. "I'm also fortunate that Boston is a beautiful city I can enjoy along the way."

Boston is one of the oldest cities in the country. Founded in 1630, Boston is filled with history, museums and universities. If you are interested in a more unique attraction, check out the Warren Anatomical Museum, which is one of the last of its kind in the United States.



Scottsdale, Arizona

Portland, Oregon

What makes Portland unique are the bizarre and wonderful things you can do when you visit. For example, you can try bone marrow ice cream, stop by Mill Ends Park (the world's smallest park) or attach your wish to The Wishing Tree.

"Portland is absolutely beautiful," Abbamonte said. "It has a bit of everything – restaurants, bars, parks – and I enjoy the people watching. Portland has some of the nicest people while maintaining an edgy vibe."

Tampa, Florida

Tampa might be known for its spring break party scene, but it has so much more to offer. For example, the city's

zoos and aquariums provide opportunities to interact directly with animals. Then you can take a break at Clearwater Beach, which is known for its soft, white sand and calm waters.

Santa Barbara, California

"I go to Santa Barbara when I want to recharge," Abbamonte said. "I enjoy the food, walking around, talking to the locals and even watching a football game or two."

There are wine tours, zoos, beaches, museums and restaurants. While taking in the city, also make time to visit the hidden gems such as Knapp's Castle ruins.

Find more solutions to make your travel goals attainable at bankofamerica.com/Premium.

Johns Hopkins Holds 38th Anniversary MLK, Jr. Commemoration

"In a real sense all life is inter-related. All men are caught in an inescapable network of mutuality, tied in a single garment of destiny. Whatever affects one directly, affects all indirectly. I can never be what I ought to be until you are what you ought to be, and you can never be what you ought to be until I am what I ought to be...This is the inter-related structure of reality."

—Dr. Martin Luther King, Jr.

By Ursula V. Battle

On Friday, January 17, 2020, Johns Hopkins held its 38th Annual Martin Luther King, Jr. Commemoration program in Turner Auditorium. The theme of the event was More Than 50 Years Later: Where Do We Go From Here?

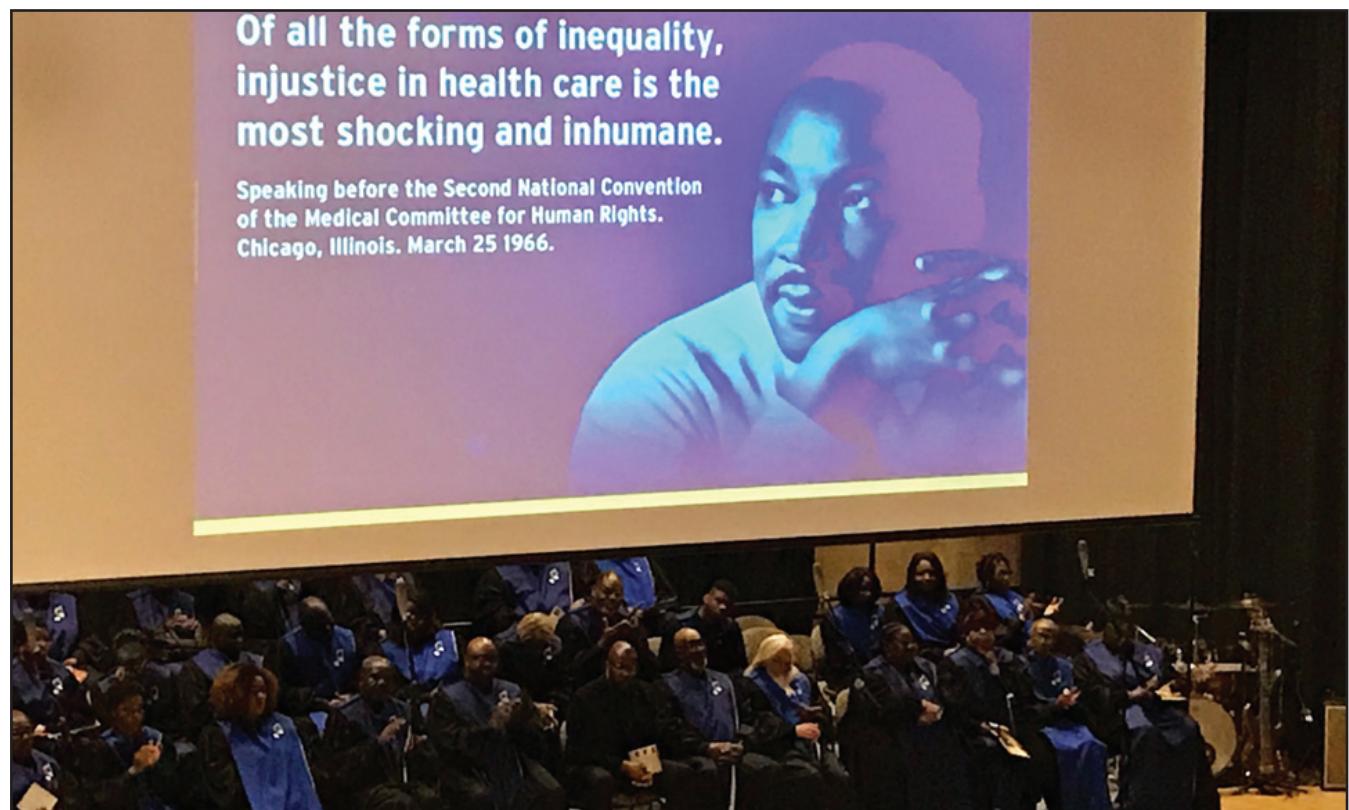
During the event, Dr. Sherita Hill Golden, Vice President and Chief Diversity Officer for Johns Hopkins Medicine, asked the event's Keynote Speaker Dr. Valerie Montgomery Rice, President and Dean of the Morehouse School of Medicine questions in a "conversation-like" setting. During their discussion Dr. Montgomery Rice, who is the first woman to lead the Morehouse School of Medicine, highlighted Dr. King's quote at the top of this story.

"If you want more black males in the classroom, just do it," she said in noting the decline in the number of black males in the U.S. applying to medical school. "Figure out a way to find those students who have the scores and accept them. Put the resources in place. It's not rocket science. Then as you do it, make room for significant conversations. We all gain by working together and that quote says it all."

Dr. Robert Higgins is Director for the Department of Surgery at the Johns Hopkins University School of Medicine.

"This event is an opportunity for all of us to pay homage to a great leader and humanitarian," said Dr. Higgins. "Dr. King's legacy lives on and on today and forever."

During the event, The Martin Luther King, Jr. Community Service Award was presented to Hopkins employees making exemplary contributions to their communities.



Dr. Sherita Hill Golden, Vice President and Chief Diversity Officer for Johns Hopkins Medicine, and Dr. Valerie Montgomery Rice, President and Dean of the Morehouse School of Medicine during the 38th Annual Martin Luther King, Jr. Commemoration program. Unified Voices of Johns Hopkins is seated behind them. Photo: Ursula V. Battle

"Today we honor Dr. King's memory by presenting these awards," said Jennifer Nickoles, Vice President for Operations and System Integration for Johns Hopkins Health System and event Co-Chair. "They took it upon themselves to make a difference. By doing for others, they joined Dr. King as role models for equality. They empower individuals, strengthen barriers, and move us closer to Dr. King's legacy for our nation."

They honorees were: Adebola Giwa, M.D.; Jordan Grant; Dr. Erica Johnson, Vicki Migues-Jordan; Monique Levy; Celia Litovsky; Brittany Avin McKelvey; Kijon Renfroe; and Blossom Tewelde.

Giwa is a pediatrician at Johns Hopkins Children's Center. He raises funds for school supplies for the Loyola Early Learning Center, a Baltimore Head Start school. Grant is a student at Baltimore City College. The 16-year-old works with BMORE LIVE, a community collective established to promote positive youth engagement. Dr. Johnson works at

Johns Hopkins Bayview Medical Center as its internal residency director. She and her colleagues formed Project Voice, an educational program designed to strengthen intergenerational ties and promote positive concepts related to aging.

Migues-Jordan is a Clinical Operations supervisor at Johns Hopkins Hospital. For the past 15 years, she had taken it upon herself to create more opportunities to give back to the community. Levy is a Patient Service Coordinator III at Johns Hopkins Hospital. She founded Led Ladies in 2012 to empower women to lead more stable lives.

Litovsky is a graduate student at The Johns Hopkins, Krieger School of Arts and Sciences. She volunteers to help organizations that impact local prisons. McKelvey is a Graduate Student at Johns Hopkins University. She was 13 when she was diagnosed with thyroid cancer. She dedicates time to supporting cancer patients and survivors. Renfroe is Project Associate with Johns Hopkins

Healthcare, LLC. He has traveled to areas hit by catastrophes to help rebuild homes for families forced out by the disasters.

Tewelde is a medical student at Johns Hopkins University. She is a volunteer for the MERIT Health Leadership Academy, which mentors Baltimore City students interested in a medical career.

The free event also featured musical performances by Unified Voices of Johns Hopkins, and a reception. Kevin Sowers, President of Johns Hopkins Health System also spoke during the program.

"Today, we find ourselves in 2020, and ask ourselves the question, how far have we come?" said Sowers. "No matter how far we advance, there will also be new issues to conquer. It is up to us to educate the next generation of leaders. Light the fire of passion and compassion to overcome obstacles, so that as a society, we continue to move forwards always."

Baltimore Ravens are well represented at Pro Bowl

By Tyler Hamilton

The 2019 season ended on a sour note for the Baltimore Ravens. Their championship aspirations were erased in the divisional round of the playoffs. However, there is still one more game to play for 12 Ravens.

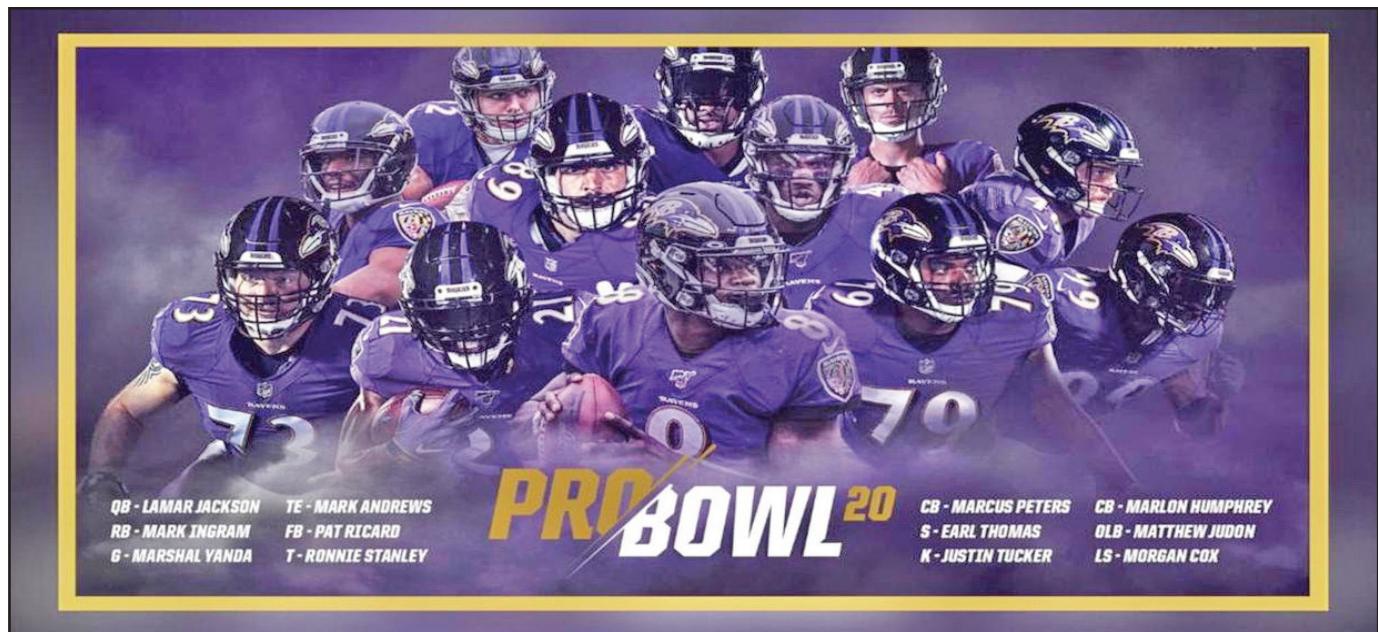
Baltimore had 13 players selected to play in the Pro Bowl. Cornerback Marcus Peters was one of them but he won't make the trip to Orlando for the game because of an injury.

The Ravens were still represented well at game in Orlando. Lamar Jackson, Mark Ingram, Mark Andrews, Marshall Yanda, Ronnie Stanley, Orlando Brown and Patrick Ricard will represent the offense. Marlon Humphrey, Earl Thomas, and Matthew Judon represented the defense while Justin Tucker and Morgan Cox were special teams selection.

John Harbaugh and the Ravens staff coached the team. A trip to Orlando isn't a bad consolation prize for Harbaugh.

"It'll be fun. It's a chance for us to kind of heal up a little bit in a great environment," Harbaugh said. "You get to see the other players in the league. That's kind of a neat thing about it."

Jackson was mum on attending the Pro Bowl when he was asked about it after the playoff loss to the Tennessee Titans. That's understandable. The only Bowl



Twelve players from the Baltimore Ravens were selected to play in the 2020 Pro Bowl and John Harbaugh and the Ravens Courtesy Photo/BaltimoreRavens.com.

Jackson wanted to attend was the Super Bowl. That was the goal he would always bring up when asked about his major accomplishments during the season.

The 23-year-old quarterback is the likely MVP of the league in only his second season. Everyone wants to see his dynamic playmaking ability. That's why he was one of the top vote getters for the Pro Bowl. Even future Hall of Famer Drew Brees' son wants to see

Jackson more than any other player.

"Lamar, my son Baylen is looking for you at the Pro Bowl this week. You are his guy! He's pumped to meet you," Brees said on his Twitter account.

No other team has more players on the Pro Bowl. It's a testament to the talented roster that former GM Ozzie Newsome

and current GM Eric DeCosta have put together.

Judon, one of the Pro Bowl players is set to hit free agency.

The Ravens staff will have decisions to make regarding Judon and some other key players who will become free agents when the league year ends.

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Rambling Rose

Open House and Tour of The Historic Cloisters Castle



Rosa Pryor Trusty

Hello my dear friends, I hope everything is well with you. My prayers go out to the family and friends who may have lost a loved one recently on the streets of Baltimore. I will try to talk about some things that will cheer you up for a moment.

If any of you are planning a wedding or an engagement party, stop looking. I have a perfect place for you that you may not even know exists. I am talking about the Historic Cloisters Castle, which dates back to 1932, with many architectural elements that date back even further which gives the house a much older appearance. The Castle features include a four-story spiral stair tower; chapel; cloistered garden; windmill; elaborate stained-glass windows and doors; multiple fireplaces; hand-painted murals; ornamental ironwork; and balconies. Now doesn't that sound like a picture of beauty and a place to have an elegant event? Well, the Cloisters Castle invites newly engaged couples to kick off 2020 with a castle tour and meetings with local vendors at their Open House this winter.

Caterers, photographers, florists and more will be on hand to help with all planning needs to create the perfect wedding at this historic landmark of Maryland located at 10440 Falls Road in Lutherville, Maryland. Open Houses are scheduled for Saturday, January 25, 2020 and Saturday, February 8, 2020 from 11 a.m. until 3 p.m. on both days. For more information, call 410-821-7448.

Baltimore has some of the greatest musicians—one of them is Mark G. Meadows, acclaimed jazz composer, pianist, vocalist, collaborator, recording artist, teacher and now actor. There is something for everyone in his music, which harmonizes pop, gospel, R&B, Hip-Hop, funk and jazz. Meadows, who



Benny Russell Big Band, which is comprised of some of the area's finest musicians. The Benny Russell Orchestra is led by virtuoso tenor saxophonist, Benny Russell, hailed as a "top-flight jazz musician" (Beth Levin, the Global Jazz Network). Mr. Russell is the director and founder of the Rock Spring Jazz Academy and adjunct professor at the Harford Community College. He is also an RS Berkeley endorsed musician.

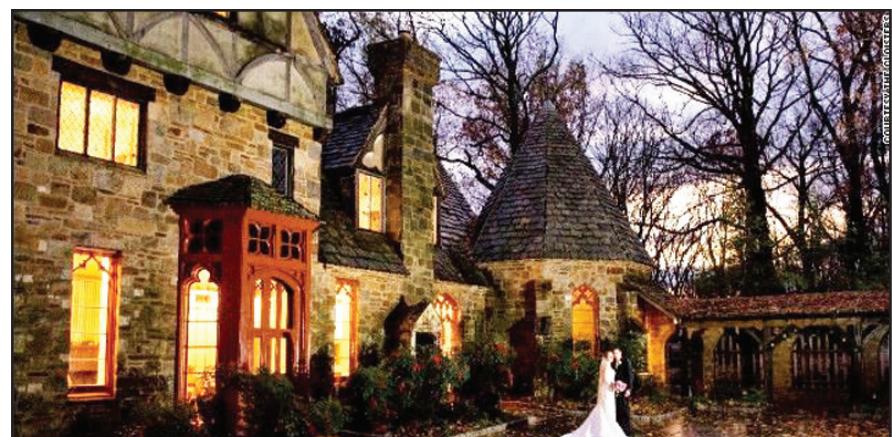
released his third studio album "To the People," in 2016, began his musical odyssey at the age of three with the gift of a toy keyboard. At age five, he started formal piano lessons under the tutelage of renowned Russian classical pianist and pedagogue Rosalie LeVant. Meadow is also an adjunct instructor at Shenandoah Conservatory and at the Duke Ellington School of the Arts in Washington, D.C., where he directs and arranges for the Mellow Tones. This remarkable musician in person will perform the music of Stevie Wonder at the Caton Castle Lounge on Hilton and Caton Avenue on Saturday, January 25, 2020 from 6 p.m. to 10 p.m. It will be a great show!



The Jonathan Kreisberg Quartet will perform at the Baltimore Museum of Art on Sunday, January 26, 2020 from 5 p.m. to 8 p.m. Guitarist, Jonathan Kreisberg has been steadily building a name as one of the most compelling composers and performers in jazz.



Mark G. Meadows will perform the music of Stevie Wonder on Saturday, January 25, 2020 from 6 p.m. to 10 p.m. at the Caton Castle Lounge on Caton Avenue & Hilton Street in Baltimore.



The Cloisters Castle Open House takes place on Saturday, January 25, 2020 and Saturday, February 8, 2020 from 11 a.m. to 3 p.m. on both days. The historic Cloisters Castle located at 10440 Falls Road in Lutherville dates back to 1932

Well, my dear friends, have fun, I got to go, but remember if you need me, call me at 410-833-9474 or email me at apryor@aol.com.

UNTIL THE NEXT TIME, I'M MUSICALLY YOURS.
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NOTICE OF LETTING

Sealed Bids or Proposals, in duplicate addressed to the Board of Estimates of the Mayor and City Council of Baltimore and marked for **Water Contract No. 1404: URGENT NEED WATER INFRA-STRUCTURE REHABILITATION AND IMPROVEMENTS-PHASE III-FY20** will be received at the Office of the Comptroller, Room 204 City Hall, Baltimore, Maryland until 11:00 A.M on **February 26, 2020**. Positively no bids will be received after 11:00 A.M. Bids will be publicly opened by the Board of Estimates in Room 215, City Hall at Noon. The Contract Documents may be examined, without charge, at the Department of Transportation Service Center located on the first floor of the Harry S. Cummings Building, 401 E. Fayette Street, Baltimore, Maryland 21202 as of

January 24, 2020 and copies may be purchased for a non-refundable cost of **\$100**. **Conditions and requirements of the Bid are found in the bid package.** All contractors bidding on this Contract must first be prequalified by the City of Baltimore, Department of Public Works, Office of Boards and Commissions (OBC). Interested parties should call (410) 396-6883 or contact OBC at 4 South Frederick Street, Baltimore, Maryland 21202 on the 4th floor. **If a bid is submitted by a joint venture ("JV"), then in that event, the document that established the JV shall be submitted with the bid for verification purposes.**

The Prequalification Category required for bidding on this project is **B02551: Water Mains.** Cost Qualification Range for this work shall be **\$5,000,000.01 to \$10,000,000**

A "Pre-Bidding Information" session will be conducted in the 3rd floor large Conference Room of Office of Engineering and Construction, Abel Wolman Municipal Building on **January 31, 2020** at 10:00AM

Principal items of work for this Contract include, but are not limited to:

Urgent need water main repairs and replacement as necessary, including, but not limited to, replacement/installation of various size new ductile iron pipe, valves, fittings, and appurtenances replacement/installation of fire hydrants, small (residential) meter settings and meter vaults, renew and replace-

Legal Notice

ment of existing water services, sidewalk restoration, curb and gutter, and roadway paving, sedimentation and erosion control measures and maintenance of traffic, as required.

The MBE goal is **12%**
The WBE goal is **5%**

APPROVED:
Clerk, Board of Estimates

APPROVED:
Rudolph S. Chow, P.E.
Director, Department of Public Works

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DATE: Thursday, February 06, 2020

TIME: 2PM

Unit	Name
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2075	Kouka, Patou J.
3032	Thomas, Tavon Quincy
3008	Whooley, Gerald Lee
5034	Jones, Rachelle I.
2191	Berryman, Daniel T.
1016A	Johnson, Alan D.
2162	Holland, Novena Elyse
1008	Banks, Christopher C.
5074	Weddington, Juanita R.
1090	Boyd, Ashley N.
2071	Morton, Melissa I.

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The Baltimore Times,
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Phone: 410-366-3900
or email: legals@btimes.com

Avoid starting the New Year with workout injuries

Baltimore— It's a new year and you have a new gym membership. But before you start lifting weights and running miles on the treadmill, make sure you're ready.

Experts say trying to get in shape and shed pounds can lead to unwanted injuries, especially for those who are new to working out.

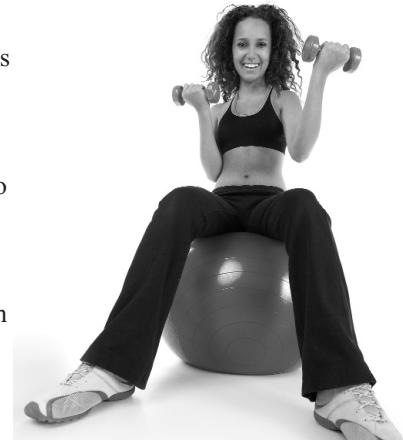
"A good first step is to take the time to learn how to properly use exercise machines and other equipment that your gym has to offer," says William Kang, MD, orthopedic surgeon with Saint Agnes Medical Group.

According to Consumer Products Safety Commission data analyzed by USA Today, more 450,000 people made trips to hospital emergency departments in 2012 for injuries related to exercise equipment. These include back, hip, leg and ankle injuries from lifting too much weight, falling off treadmills and exercise balls and overdoing it on the treadmill or elliptical machine.

Dr. Kang says these simple tips can help make your workout safe.

- When you're lifting weights, focus on form and the amount of weight you're lifting. Too much weight and too many repetitions are a recipe for injuries.
- Whether you are using an elliptical machine or a treadmill, it's important to take it slow. Limit your speed and the amount of time you spend on the machine, especially if you are just starting an exercise program.
- It is important to be consistent. Fifteen minutes a day is much more safe and effective than one heavy two-hour workout.

Dr. Kang says if you know your limitations and start slow, you can have an effective workout and avoid injuries.



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