

The Annapolis Times

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UMB, arabbers, local businesses bring food to those most in need



The University of Maryland Baltimore's Community Engagement Center teamed up with the southwest Baltimore's Arabber Preservation Society to deliver 2,000 pounds of frozen chicken to Baltimore community members. The chicken the arabbers handed out helped to feed approximately 900 families in the area, and residents. (See article on page 9) Courtesy Photo

Haute-Couture patternmaker and designer turns her home into a face mask factory

By *Fatiha Belfakir*

Realizing she was able to help relieve Philadelphia's medical community's shortage of facemasks during the pandemic, Laurel Hoffmann decided to mass-produce masks in her home-based studio.

The Philadelphia medical community faced a shortfall if N95 masks and other equipment, which state officials requested from FEMA to battle coronavirus. Medical institutions, nursing homes, home health aids, and community workers have also requested thousands of additional masks through their website.

When Hoffmann received an email from Elissa Bloom, head of the Philadelphia Fashion Incubator, stating that they needed volunteers to make masks for the Philadelphia medical community, she immediately volunteered, as she believes it's a moral obligation to support health workers who were risking their lives.

"If any of us were to become sick, what the health workers are doing far exceeds anything I'm doing, all I'm doing is making some little masks in the safety of my home," said Hoffmann. "I am steam-rolling these masks out at rapid fire. All that matters is that they function. It takes me 10 minutes or less, total time, to produce one mask including the cutting. I have made nearly 400 masks, and am still counting."

Her speed is possible because she is



Laurel Hoffmann decided to mass-produce masks in her home-based studio after she received an email that volunteers were needed to make face masks for the medical community. (Left) Hoffmann demonstrates industrial sample making to her Continuing Professional Education students. (Right) Completed mask made from donated printed fabric. Courtesy Photos

using the production patternmaking, layouts and other sample making skills she learned when she worked in the Philadelphia clothing factories back in the late sixties. Over the past 20 plus years, she has authored eight college classroom-tested books. They show how to draft and sew high-end clothing using minimal equipment, both for industry and for personal use, in so doing presenting the hands-on information needed to understand the logic that underlies high-end fashion computer technology.

Anne Millman, the director of the Volunteer Initiative at CoverAid PHL told the Baltimore Times that the organization's task force is divided into two focus areas; one channel is a manufacturing initiative to bring locally made cloth face masks to health care providers

and local governments at cost. The other channel, which Hoffmann has been involved in, is the volunteer effort.

"We had over 200 people sign up to sew masks; our effort has been a great success. CoverAID PHL has the ability to receive donations on our website, we have used those funds to purchase supplies for our volunteers," said Millman.

One of the most important steps in the project was to develop a cloth mask pattern that is approved by health care providers to meet their immediate needs. The organization objectives were to get the correct quantity of masks to the health care providers who needed them most.

"CoverAID PHL has delivered over 5,000 masks since April 1. We have delivered to MD Anderson Cancer Center @ Cooper; Liberty Lutheran; Bancroft; Nursing Care Services," said Millman.

CoverAID PHL developed a team system; while the team leaders help with communications with the volunteers, and help with all technical sewing ques-

tions, the volunteer makers agree to make this specific mask, which is a two layer cloth mask that is used in non-technical areas to preserve the PPE that is in critically short supply.

With the help of volunteers, Millman is able to direct the mask deliveries to the places with the most needs. Yet, all team members are facing a serious challenge of contamination due to the virus. Each member of the team is on shelter in place orders, and cannot come into direct contact with each other.

"We have several volunteer drivers who pick up masks from porches and doorsteps of people's homes, the masks are then delivered to specific health care providers. We have combined this service with our supply distribution," said Millman. "One of our volunteers, Angela Edmunds, packs orders of supplies for our makers, These packages are then distributed back to our makers by our volunteer driving network, the ability to deliver supplies to our makers has made a huge difference in our ability to sew quantities of masks."

Both Federal and State Tax Deadline Moved to July 15!

Please don't waste your money on paid preparers when you can get your taxes done for free! Tax Deadline Day has now been changed to July 15, 2020. If you earned \$56,000 or less in 2019, you could qualify for free tax preparation services from the nonprofit CASH Campaign of Maryland. While the CASH Campaign and their partners are on temporary hiatus due to the coronavirus, they will resume taking appointments again soon. Keep Your Money - Why waste it on paid preparers when you can get it done for free and on time for the new July 15 deadline? Visit: www.bmorefreetaxes.org or www.cashmd.org



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A Message from Greg A. Adams to Kaiser Permanente's Nurses

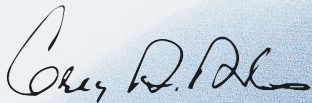
This month as the nation celebrates you, I want to express my personal gratitude and appreciation for the 63,000 nurses across Kaiser Permanente. Throughout our 75-year history, nurses have played a critical role in Kaiser Permanente's mission — to provide high-quality, affordable health care services and to improve the health of our members and the communities we serve.

2020 marks the 200th anniversary of Florence Nightingale's birth. It is through Florence's work on the front lines of a crisis, caring for injured soldiers during the Crimean War, that modern nursing was solidified as a profession. In the early 1900s, it was nurse Lavinia Dock who served at the front lines of the public health movement, devoting her life to improving the health of the poor, women's rights, and the profession of nursing. And today, nurses are once again standing and leading at the front line as we face one of the largest health care crises in the world.

Against the current backdrop of the COVID-19 pandemic, your pledge to serve is unwavering as you care for among the sickest patients and protect the health of many others with caring knowledge, skill, and wisdom. As caregivers, scientists, and researchers, your experience, expertise, and innovation will continue to play an important role as we lead through this crisis.

Know that Kaiser Permanente celebrates you every day, every month, all year long.

Sincerely,



Greg A. Adams
Chairman and CEO,
Kaiser Permanente



Guest Editorials/Letters

Black-owned businesses demand share of federal dollars as COVID-19 rages on

By J. Cunningham, Special to Texas Metro News

The coronavirus pandemic has ravaged the U.S. economy, leaving scores of businesses in limbo and livelihoods in jeopardy. Black businesses—many of which were already fighting to access capital—are struggling to weather this economic disaster COVID-19 has wrought. They are calling on the federal government to ensure that their companies aren't wiped out by the pandemic's onslaught.

Last month, the government passed the \$2.2 trillion CARES Act, which was supposed to help support businesses and sustain underemployed and out-of-work Americans but business owners said the funding fell short. The \$349 billion Paycheck Protection Program that was part of the CARES Act ran out of money in just two weeks, and multimillion-dollar chains extracted huge sums from the program. For example, Ruth's Chris Steak House received \$20 million, and the Potbelly Sandwich Shop got \$10 million.

Smaller business owners meanwhile complained that they couldn't get their applications through. Last week, the release of a second loan program to bolster businesses and revive the economy provides about \$484 billion for small businesses, hospitals and additional testing. However, black business owners say funds need to be earmarked specifically for African American firms to ensure that their companies survive the pandemic.

"It's clear that we're taking the biggest hit, but we're finding that the resources aren't being given to the worst hit," said Larry D. Ivory, president of the Illinois Black Chamber of Commerce, which represents 144,000 businesses, calling the phenomenon "pandemic racism." "It makes no sense. If you have devastation, you need to put money and resources into the people and places worst hit."

Black-owned businesses already stand to be disproportionately impacted by the pandemic, reinforcing disparities in the United States. Some 40 percent of revenues from black-owned businesses are in the top five most vulnerable sectors, including retail, leisure and hospitality, according to a report from the McKinsey Institute that was released earlier this month. Compared to other businesses countrywide, just 25 percent of revenues are affected, the report said.

"We need relief economically," said Regina Smith, the CEO of the nonprofit Harlem Business Alliance. "We cannot continue to support the continued demise of black businesses."

There are about 2.6 million black-owned businesses in the United States, which employ about one million people, according to the U.S. Small Business Administration. These firms, many of which are small, are considered to be the lifeblood of many communities. They create jobs, they keep money in communities, and they provide residents with needed products and services.

But black business owners say the COVID-19 pandemic will decimate their ranks if the government doesn't step in to help keep them from shutting down. They need grants and loans on a hyper-local level that will help black business owners with their immediate bills and keep them from having to furlough, fire, or cut the pay of employees.

They also need access to local, state and federal government contracts—and specifically, a "master contract" where the government awards money to a non-profit, community-based partner, and that entity, in turn, identifies black businesses to fulfill the contract, according to a white paper from the Black Business Empowerment Committee, a group of business owners, houses of worship and community groups committed to growing and sustaining black-owned businesses.

J. Cunningham is a long-time journalist and editor in New York.



Letters to the Editor

Editor:

Re: Increasing SNAP benefits will help us weather the coronavirus crisis

The Supplemental Nutrition Assistance Program (SNAP) is the best tool our nation has to combat this crisis because it feeds both people and our economy.

The SNAP benefit is provided on a debit-style card that can be used to buy food at grocery stores and farmer's markets. This support is always vital, but is especially critical now that many household budgets are stretched, jobs are being lost, and school meals are missing for millions of kids.

SNAP dollars help put food on the table and also boost our economy. SNAP, is efficient and effective, it reduces food insecurity with little administrative costs.

With the new Pandemic-EBT program, low-income students that rely on free or reduced-price school meals could receive \$114 a month in additional SNAP benefits to help offset the loss of school meals. Congress should also extend the P-EBT program into the summer months, until schools re-open.

I urge our legislators to support increased access to SNAP benefits so we can help those in greatest need while also providing the economic stimulus to weather this crisis.

Tam Lynne Kelley

Director

No Kid Hungry Maryland

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

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Remembering Dr. Dorothy Irene Height

By Alexis M. Herman

April 20, 2020 marked the 10th anniversary of the death of our gentle but fearless leader and mentor, Dr. Dorothy Irene Height. This significant anniversary offers us an opportunity for reflection during these unprecedented times we are living in today.

Dr. Height undoubtedly was a creative, compassionate, and visionary leader. Her scholarship, travels and experiences shaped her understanding of power and how to navigate it with competence and kindness. Through the programs and initiatives she developed, she used her power to empower poor women and girls around the world.

During the early Civil Rights Movement when women worked behind the scenes, her quiet power brought wisdom and a social worker's perspective to deliberations and strategies of the "Big Six" civil rights leaders. With an understanding of the importance of power of

location, she purchased a building in Washington, D.C. between the White House and the Capitol, the only African American-owned building along that corridor of power.

For decades, her political power was put to use serving as an advisor to five U.S. presidents. She led some of the largest and most influential women's organizations in American history, including her beloved National Council of Negro Women. And she achieved these accomplishments always wearing fabulous hats and an engaging smile.

While those achievements were immense, they pale in light of her greatest and most enduring accomplishments. During the turbulent times and critical issues that prevailed throughout her lifetime, Dr. Dorothy Irene Height was "A Bridge Over Troubled Waters." Her activism started as a teenager by bringing her peers together to nonviolently protest policies that prohibited African American children from swimming, debating or going to school with Caucasian youth.

She bravely confronted and navigated the injustices and engaged adults who had the power to make changes. Over the years, issues such as racism, the struggle for economic and social justice, women's rights, voter's rights, equal access to education, healthcare and jobs, fair wages, and dignity for all, brought purpose and passion to her life.

When she walked into a room, wisdom, humanity, and hope arrived with her. She was the bridge to alignment and unity to many civil rights organizations and leaders. To African American, Caucasian, Latina, Asian, and Native American women organizations, she served as a bridge of vision

and consensus in their pursuits seeking equality, equal pay, and jobs.

Through programs she implemented, she was at the forefront of the Y.W.C.A. realizing its most significant lifelong mission, eradicating racism. None of these were simple or easy undertakings, yet she courageously pursued what she knew to be right and good. Wherever the waters were troubled, she created a bridge, effective coalitions, and solutions.

Many of the critical issues of Dr. Height's era persist today. Over fifty years ago, she called attention to the health disparities related to social detriments, especially for black women and the elderly. Chronic health conditions such as hypertension, heart disease and diabetes were always at the forefront for education and outreach to our communities.

Today with thousands impacted by COVID-19 and millions who are unemployed, the consequences of these same health disparities are more apparent than ever. The troubled waters we now face have washed waves of reminders of the work our country still has to do. Leaders are searching for answers, managing fears and anxiety, and competing for vital resources in their communities.

In these turbulent, frightening, and uncertain times, we are called to embrace Dr. Height's spirit of direct action, by courageously bridging the waters with viable solutions, to serve the needs of our brothers and sisters, to hold leaders accountable for environmental and social justice policies, to provide food for the many who are in need today, to protect and defend the right to vote, to be the voice of the voiceless, and to lead with purpose and passion toward a just and safe society.

Ten years after her passing, we must embrace her spirit to right the wrongs and keep navigating troubled waters until we reach calm seas and still waters that were always her goals for women and children, for the country, for all of us. Today we must not only remember Dr. Height, but also renew her fighting spirit, and be that "bridge over troubled waters" that we need and seek. Girded by our faith and in the spirit of Dr. Height, I pray that each of us will find ways, large and small, to courageously speak up, stand up, and reach out to bring truth and mercy to "the least of these."

In the days and weeks ahead, we would do well to remember her words spoken at the dedication of the Headquarters Building of the National Council of Negro Women, "Through this last century we learned that it is in the neighborhoods and communities where the world begins. That is where children grow and families are developed, where people exercise their power to change their lives.... Building on my religious faith deeply rooted in my childhood and youth, I found my life's work. I am the product of many whose lives have touched mine, from the famous, distinguished and powerful to the little known and the poor. The past has taught me many lessons—most especially, that I have a responsibility to future generations."

In memory of Dr. Dorothy Irene Height, contributions may be made to the National Council of Negro Women at www.ncnw.org under donate.

Alexis M. Herman is the President of the Dorothy I. Height Foundation

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Baltimore grad spotlights Harriet Tubman in NFL Women's Empowerment Draft

By Stacy M. Brown

One hundred and seventy-one years ago, Harriet Tubman escaped to freedom in the North to become the most famous conductor on the Underground Railroad. Leading hundreds of family members and other slaves up the Eastern Shore of Maryland and into Delaware, Tubman risked her life and is universally known as one of the world's foremost abolitionist.

The history of Tubman isn't lost on Baltimore resident Kristen Miller. She sported a Baltimore Ravens Jersey with the name and photo of Tubman on the front during the Women's Empowerment Draft that debuted on the NFL Network earlier this week.

The Women's Empowerment Draft, a collaboration between the NFL Network and a group of Alfred University students dubbed, Art Force 5 (AF5), highlights the lives of 32 historically significant and iconic women who have contributed to the women's rights movement in the United States. Since there are 32 NFL teams, which was the number of icons chosen.

AF5 students use art to inspire discussion on topics of equality and social justice.

Founded by Alfred University and funded by the State University of New York, the program is nationally recognized with students creating non-violence workshops and impactful community art projects across the country.

The event featured at least a dozen Alfred University students living around the country in addition to about 20 more students, like Miller, from U.S. colleges and universities that are part of the initiative.

"It's truly an honor to be in such a position to have this platform to bring light to such powerful women," said Miller, who attended Baltimore City College High School.

Miller pursued higher education at Ithaca College located in New York, where she received a Bachelor of Science degree in Clinical Exercise Science.

She is currently pursuing a Master's degree as a non-traditional student from Gonzaga University in Spokane, Washington.

"I was privileged with having a wonderful community. I grew up in Baltimore City, and my community



Baltimore native Kristen Miller chose to spotlight Harriet Tubman during the Women's Empowerment Draft a collaboration between Art Force 5 (AF5) and the National Football League. AF5 is a group of college students using art to inspire discussion on topics of equality and social justice.

Courtesy Photo/Joy Bebawee

really played a big part in my life," Miller said. "It takes a village to raise a child, and my community

played the part. I've seen so many powerful women taking charge and not letting anyone, not even myself, prevent me from achieving greatness, and I've carried that with me."

The NFL and the 19th Amendment are both celebrating 100th anniversaries in 2020, and with an estimated 50 percent of American women reportedly football fans, the timing of the draft is perfect, said Adeye Jean Baptiste, a student at Alfred University.

Jean Baptiste co-hosted the Women's Empowerment Draft, which counts as an online city-by-city selection of 32 significant and iconic women pioneers in American history.

The draft honors the centennial of the 19th Amendment, which granted women the right to vote.

Thirty-two students from colleges and universities across the U.S. were featured wearing an NFL-style jersey that portraits and highlights a historical woman from their region or city.

New York City native Shirley Chisolm, the first African American woman to be elected to the U.S. Congress, was among the others honored. Chisolm appeared on a jersey highlighted with the colors of the New York Jets.

During the program, each student described the life and contributions of the woman featured on their jersey.

Alfred University alumnus and NFL Creative Director, Trent Cooper, produced the segments for the NFL Network, which posted coverage on their Facebook, Instagram, and Twitter pages.

"Bringing these two together in this way, through visual arts, raises awareness for equality on a national scale while also providing students like myself an opportunity to express our creativity," Jean Baptiste said.

Miller said she was inspired by her inclusion in the NFL Network/AF5 Women's Empowerment Draft.

"Being a woman and being able to share something about myself and women around me is amazing," said Miller. "To work on a project with 31 other women from various backgrounds, and to have a seat at the table has left me saying, 'wow.'"

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Don't be so hard on yourself

By Nikki Abraham, Nucleus Team Member, Positively Caviar, Inc.

During the quarantine, I had a moment where I broke down because of the want and need for everything to return to normal. In the midst of my tears, the reason for my sadness transitioned from the impact of the pandemic on my mental state to ultimately feeling badly about feeling bad. I still have a job, my health, and community while there are people dealing with illness and going without food, housing and employment so do I even really deserve to be unhappy about my situation? If you're wondering, the answer is yes.

Through several conversations, I came to the realization that I'm not the only person struggling with navigating my feelings during this emotionally challenging time. It's important for everyone to realize your emotions are valid. Having a moment of weakness does not make you weak it actually makes you human.

Acknowledging the moment and being

in touch with your emotional state is the first step toward healing. Allow yourself, to feel everything and be present in all emotions. Then, also give yourself space to let those feelings go. Anxiety, uncertainty and frustration during this time, is completely normal and should be expected. However, the question is how you are dealing with this anxiety?

I find myself saying the Serenity Prayer daily: "God grant me the serenity to accept the things I cannot change, courage to change the things I can, and wisdom to know the difference." One thing you do have control over is your attitude. It's important to be intentional about your resiliency. Once you have a negative thought don't allow it to fester but instead, challenge negative thoughts with neutral and positive thoughts.

Now is also the perfect time to fully take advantage of your community. I learned that it is vital to have a support system whether they're present virtually or in-person. Communication and expression of love is needed now more



Nikki Abraham,
Nucleus Team Member,
Positively Caviar, Inc.
Courtesy Photo

than ever. I also learned that it's okay to speak about your thoughts and feelings and to ask for help. I've utilized online therapy services, which are available during this time if needed. I've also taken full advantage of communicating with my loved ones on videos apps like Facetime, Zoom, and House Party.

Over the past few weeks, I've come across tweets and Instagram posts with the intent to belittle others if they aren't thriving during the pandemic or being productive in the sense of starting podcast, writing a new book, or learning a new language. If you happen to come across this content on social media do yourself a favor and keep scrolling as these posts negate the fact that all of our situations are different. Be cognizant of about whom you follow on social media being mindful that not all Instagram pages have your best interest at heart.

Processing the situation and figuring out how to sort your emotions takes time. Here's a gentle reminder that you don't have to have everything figured out. Being self-quarantined does not mean you have to become superhuman and you definitely don't have to make the most out of a global pandemic.

Positively Caviar, Inc. is a nonprofit organization focused on a message of positivity and optimism. To learn more about our organization, the nucleus team or how you join our positive movement, visit: staybasedandpositive.com.



If I could do one thing, I'd make sure we stay healthy.

If you could do one thing for your community, what would it be? More walk-in clinics? More funding for health services closer to home? Completing the 2020 Census is a safe and easy way to inform billions in funding for hundreds of services and programs in your community.
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Dr. E. Lee Lassiter

Telling the Black Community's Story the 'Write' Way

By Ursula V. Battle

Part II of a two-part series on retired columnist Dr. E. Lee Lassiter. In 1965, he became the second African American to be hired by The News American in the Editorial department.

The year was 1961. Having earned a B.S. degree in Secondary Education from Tuskegee Institute (now University) and a M.S. in Journalism from Boston University, Dr. E. Lee Lassiter prepared to make his way into the field of journalism. With two college degrees, and a journalism background that dated back to his high school days, the North Carolina native thought a newspaper might “scoop” him up. But his hunch was wrong.

As I completed my course work at Boston University, I tried to get a job like everyone else,” recalled Dr. Lassiter. “But not one white paper would hire a black journalist.”

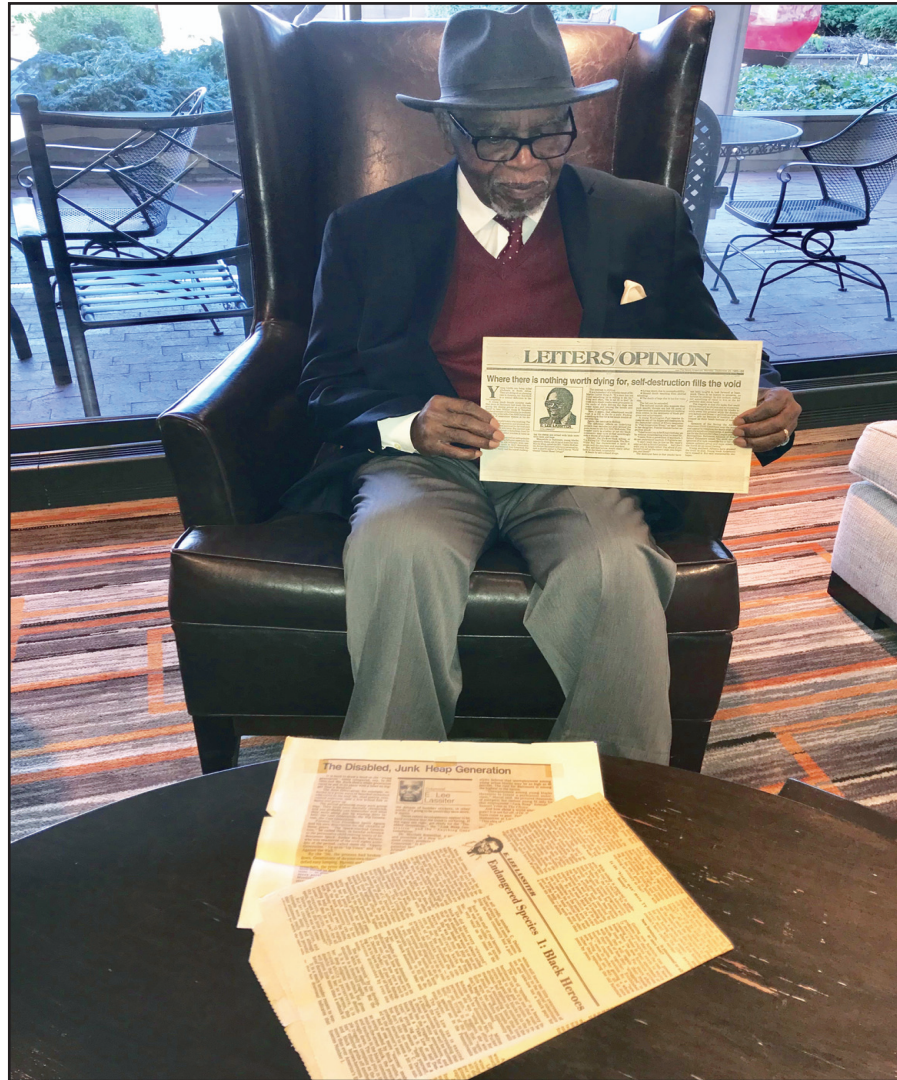
He added, “While searching nationwide for a position, I applied for a job in Boston University’s News Bureau and was hired as a reporter.” He resigned a few months later to fulfill deferred military obligations.

By then he had married the late Hannah Louise Lassiter, a fellow 1959 Tuskegee alumnus and classmate. He resumed his futile job search while on active military duty.

“I eventually circled back to North Carolina. I asked a newspaper in that area for \$4,000 a year, and was told not to price myself out the market. Meanwhile, my white Boston University classmates were turning down \$7,000-per year jobs. I came to Baltimore. The AFRO-American Newspapers offered me \$4,000, and I took it.

“I was hired as a copy editor for The AFRO’s National Edition. The AFRO had seven or eight editions and a national edition at the time. The beauty of my editing job was that I also got to do interviews and write news stories, features and editorials.”

Dr. Lassiter worked at The AFRO-American Newspapers from 1960 to 1965. He recalled working alongside the likes of Moses Newson and the late



Dr. E. Lee Lassiter looks at some of the many pieces he wrote as a columnist for The News American.

Photo by Ursula V. Battle

Jimmy Williams, Bettye Murphy Moss, George Collins, Sam Lacy, Ida Peters, and others.

“I also worked at The AFRO with the late Jack L. Hodge, who was an editor for the paper,” recalled Dr. Lassiter who will turn 84 in July.

Hodge and Dr. Lassiter would go on to become the first African-Americans to be hired by The News American in the Editorial department. Hodge joined the publication in 1964, and Dr. Lassiter followed in 1965.

“Jack Hodge let me know when there was an opening and I applied. He opened the door for me. All across the country, there was a push to get blacks in the media. Jack

Hodge brought other blacks in and expanded the base of minority writers.

“It was the 1960s. It was a time of Dr. Martin Luther King, Jr. and breaking down racial barriers. The black community was demanding change and there was no connection with the white newspapers. But The News American formed an Urban Affairs division, and formalized my role of helping the newspaper connect to the community.”

During Dr. Lassiter’s 21-year career with The News American, he served in most of the editorial posts in the department including assistant city editor and entertainment editor.

“From the inside, I was able to show the paper how to look at the black community beyond a photo op. Being the second black in editorial was a huge opportunity to move the Civil Rights attitude ahead.”

Dr. Lassiter recalled the situation he said birthed his bi-weekly column:

“Dr. King was killed, and blacks were looting. Spiro Agnew who was Maryland’s governor at the time, called in the black leaders and told them to tell the blacks to stop looting and burning. His tone and directives angered the black leaders, and they walked out the meeting. The managing editor asked me to explain in a piece why they walked out.”

In the editorial dated April 28, 1968, and whose headline read “A Negro Tells Why Gov. Agnew Was Wrong About the Riots,” Dr. Lassiter wrote: “The implication of Gov. Agnew’s action is that in the view of Whites, the Negro leader is still at best a blackbird with pigeon instincts trained to take the ‘word’ from the Great White Father back to the ghetto.”

“Based on that piece, the editor asked if I wanted to write a regular column,” said Dr. Lassiter.

At the time of the paper’s closing in 1986, Dr. Lassiter was as an assistant editorial page editor and an editorial page columnist. His column was nationally syndicated by the Hearst Publication Corporation. According to Dr. Lassiter, he was amongst just a handful of blacks in the country on the Editorial Board of a white newspaper.

Dr. Lassiter received an ROTC commission as a 2nd Lieutenant in the Adjutant General’s Corps of the U.S. Army. In 10 years of service, he attained the rank of captain. He earned his doctorate from Morgan State University in 1994. He taught at Coppin State College (now University) for 13 years. He attends Mt. Ararat Baptist Church, where he has been a member since 1963.

“You can move the interest and welfare of a people just by maximizing opportunities,” he said. A person can maximize an opportunity within whatever room they operate.”

To see a clip of Dr. Lassiter, visit <http://baltimoretimes-online.com>.

UMB, arabbers, local businesses bring food to those most in need



Arabbers handed frozen chicken out helped to feed approximately 900 families in southwest Baltimore. Courtesy Photos



Araber Anthony Savoy delivers chicken and bread to southwest Baltimore community residents.

By Stacy M. Brown

The University of Maryland Baltimore's Community Engagement Center teamed up with the southwest Baltimore's Arabber Preservation Society to deliver 2,000 pounds of frozen chicken to Baltimore community members.

Arabbers are street vendors who sell fruits and vegetables from horse-drawn

carts; and officials said it's those carts that made it possible for UMB to deliver the donation from Holly Poultry to residents.

"We knew that there was a need in the Southwest Baltimore communities. The Office of Community Engagement is committed to UMB's partnership with the southwest Baltimore neighborhoods, so when United Way connected with

Holly's Poultry about giving us a donation it was the perfect opportunity to collaborate with the southwest Baltimore neighborhoods to ensure that community members had access to food and other resources," said Madison Haas, Economic Inclusion Coordinator at UMB's Office of Community Engagement.

"Giving out this generous frozen chicken donation was a great way to do that."

The chicken the arabbers handed out helped to feed approximately 900 families in the area, and residents said they're more than grateful.

"This neighborhood, especially our older people, grew up with having them (arabbers) come out to the neighborhood, so this is marvelous," said Sonia Eaddy, a resident, told WBAL-TV.

"It's a blessing because so many communities are being forgotten, nobody is

coming. This is a big help for our seniors and residents in rental communities," another resident, Paulette Carroll said.

Local business Neopol Savory Smokery was able to store the large donation in its large commercial freezer.

UMB hopes to repeat the effort.

Local residents also said they hope the effort is repeated because it's a much-needed service, especially now.

"UMB can only be as good as it's community. The Office of Community Engagement is committed to having a positive relationship with Southwest Baltimore, where we can share resources and ideas with each other," Haas said.

"When COVID-19 hit, we knew it would be crucial to utilize university resources to ensure our community members had everything they needed. Giving out this Holly's Poultry chicken donation was one way to meet that need."

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From the lens of a camera: Scenes of Covid-19 in Baltimore

By Ursula V. Battle

Throughout the city and all over the world, we have seen the many images of COVID-19. They include people wearing masks, people standing six feet apart, and seeing signs on business doors that read 'Closed' or 'Only 2 customers allowed at a time.' James Trudeau, a research technician, and phlebotomist at Johns Hopkins University has captured such moments in time with his NIKON D800 camera.

"I started taking photos, because what was happening around the pandemic was a big piece in not only our country's history, but Baltimore's history," said Trudeau. "At Hopkins, I am in the heart of the city. Right now, there's emptiness along Monument Street where the hospital is located. The emptiness is what originally caught my eye. Seeing individuals with masks and standing apart is what started me on this journey."

Trudeau's project is called Scenes of Covid-19 in Baltimore. His images have made it onto the big screen—billboard screens that is. Shanklin Media is displaying his images on their digital advertising outdoor billboards near Penn Station.

"I initially reached out to Shanklin Media never thinking they would respond back," recalled Trudeau. "To see my images up there is breathtaking."

Trudeau, 31, a professional photographer says his passion for photography began when his father gave him his first Nikon 35 mm camera when he was a child. In 2014, he began his professional photography business. He photographs weddings, corporate events, fashion shoots, maternity sessions, lifestyle/newborn/family sessions and real estate. He won first place in the 2016 Maryland State Fair in the landscape section of photography. He is a resident of Baltimore County and has a wife and two daughters.

"Being a father and healthcare worker in this pandemic, I am trying to capture this part of our history," said Trudeau who is working as a data collector on a COVID-19 research study. "Most of this history is depressing. Hopefully, people will look at these photos and see this is



Shanklin Media is displaying James Trudeau's images about COVID-19 on their digital advertising outdoor billboards near Penn Station in Baltimore City.

Courtesy Photo/James Trudeau

where we were during this time-period. Someone told me the photos look apocalyptic. Unfortunately, I never thought there would be a time when you couldn't go to a bar or hug your best friend."

Trudeau says he arrives home from work each day and undresses at the front door.

"My daughters are being home-schooled. I try to capture all the views of this pandemic. I caught a photo of my scrubs on the washing machine with the sanitizer. My biggest fear is bringing something home to my family."

The Massachusetts native has lived in

Baltimore for 15 years. He talked about what "grabs his eye," and ultimately prompts him to "grab his camera."

"I have my camera everywhere I go," he said. "The subject person, an environment and what they are doing will get my attention. One day, I circled around a block to talk to a man. He was an older gentleman at a street corner sitting on a bicycle. He was wearing a nice leather jacket, hat, and a mask. When I approached him, I told him what I was doing, and asked if I could take a photo for my project. He said, 'sure, why not.'"

"I asked the man how COVID-19 was



James Trudeau, a research technician, and phlebotomist at Johns Hopkins University, is the photographer behind Scenes of Covid-19 in Baltimore.

Courtesy Photo/James Trudeau

impacting him. He said he had to ride his bicycle to get to the convenience store, and to pick up his prescriptions."

He reflected on another encounter with a man named 'Rudy.'

"He wore a mask, sitting in his wheelchair on the corner of Monument and North Patterson Park. After getting his consent to photograph him, I asked how the Coronavirus epidemic has affected his everyday life. '[I'm] tired of watching the same thing on TV, not able to watch sports or do anything but sit around and wait for this to end,' he replied. Rudy has been out of work for the last 20 years of his life and expressed that he has now had time to sit and reflect on his life.'"

Trudeau is optimistic that the social distancing, masks and other "signs of the times" will one day be a thing of the past. Until then, he will continue to capture the images of COVID-19 through the lens of his camera.

"I have taken about 50 or so photographs. I will continue to take photos. The pandemic isn't over yet. As unfortunate as it is at the moment with social distancing and the masks, until this pandemic stops, being a healthcare worker on the front lines and seeing these patients not getting visitors or seeing their families, people need to listen and abide by the rules. There will be a time we can hug one another and be social again."

Ravens and Pernell McPhee reunite for another year

By Tyler Hamilton

The Baltimore Ravens have agreed to a one-year-deal to bring veteran outside linebacker Pernell McPhee back for another season. Over the years, the Ravens have relied on their defense to build their tough, blue-collar reputation. Five of the 11 names on the Ravens' ring of honor were defensive players. Even though McPhee may never see his name up there with the likes of Ray Lewis and Ed Reed, he has been a key part of the team's history.

The offense uncharacteristically drew most of the attention last season. NFL MVP Lamar Jackson produced one of the most dynamic seasons ever by a quarterback. Baltimore averaged 31 points per game—a league best.

After a 28-12 loss to the Tennessee Titans in the divisional round of the playoffs at M&T Bank Stadium, the Ravens are focused on building their defense through free agency this off-season. Signing McPhee gives them another



The Baltimore Ravens have agreed to a one-year-deal to bring veteran outside linebacker Pernell McPhee back for another season.

Photo Credit: AP Photo/Nick Wass

defender that can help Baltimore return to the days of having a top defense. McPhee was the 165th pick in the 2011

draft but made his mark early in his career as a Raven. As a rookie McPhee posted six sacks. In his second season

McPhee played a critical role during the playoffs when the 2012 Ravens team won the franchise's second Super Bowl title.

After stints with the Chicago Bears from 2015 – 2017 and the Washington Redskins in 2018, McPhee returned to Baltimore last season.

McPhee was able to revisit his days as a disruptive player by registering three sacks, six QB hits, 19 tackles and seven tackles for a loss on seven games last year. Unfortunately, he missed the last nine games of the year after suffering a triceps injury in Baltimore's week seven win over the Seattle Seahawks.

Ravens head coach John Harbaugh hinted at the possibility of bringing McPhee back for another season last year. He felt that McPhee still had some productive football left in him. Harbaugh also praised how McPhee set the example for the younger players, specifically the outside linebackers.

"He's been instrumental with the young guys. He's been a very good player for us," Harbaugh said after the Seahawks game.

The player who benefited the most from working with McPhee is perhaps third-year outside linebacker Jaylon Ferguson. The season, Ferguson and sixth-year linebacker Jihad Ward will compete with McPhee for playing time.

Defensive coordinator Don 'Wink' Martindale used outside linebacker Matt Judon all over the field last year. That's the way former defensive coordinator Dean Pees once featured McPhee. Martindale will get another player that can be employed in different alignments to attack opposing teams.

It's a win-win situation for the Ravens and McPhee. Baltimore retains a player who fully understands and embodies what it means to "play like a Raven." The veteran player will have a presence in the locker room and set the tone for younger guys such as rookie Patrick Queen and Justin Madubuike.

McPhee will get to play for the team where he had lots of success and also where he has some unfinished business after having his last season cut short by injury.

Annual Photo Contest Now Taking Submissions

Annapolis— The Maryland Department of Natural Resources is now accepting entries for its annual photo contest. Photographers, novice or professional, can enter for the chance to win cash and other great prizes.

Winning entries will be posted online, featured in an issue of the seasonal Maryland Natural Resource magazine and placed in the 2021 wall calendar.

About 2000 photos were submitted by 500 photographers in the 2019 contest.

Entries can include images from anywhere in Maryland featuring birds, fauna, flora, insects, natural phenomena, outdoor recreation, scenic landscapes, weather, or wildlife. Judges will choose first, second, and third place winners for each season; from among the first-prize winners, an overall grand prizewinner will be awarded. Social media users will also be able to select a "Fan Favorite" via the department's Facebook page.

Photographers may submit up to three entries for \$10 with additional entries (no limit) at \$3 each between now and



This photo of a female red-winged black bird by Larry Helms earned second place in the Spring category of the 2019 Photo Contest. The 2020 contest runs through August 31, 2020.

August 31, 2020. All photos must be original and unpublished.

The contest is open to residents and visitors alike, but only photos of Maryland will qualify to win. The best overall photo receives a grand prize of \$500 cash, a one-year Maryland State Park and Trail Passport, a complimentary

five-year magazine subscription and five copies of the 2021 calendar. First, second, and third place winners also receive prizes.

For contest rules and how to submit your entry, visit: maryland.gov/dnr/2020/03/09/annual-photo-contest-now-taking-submissions-2/.

4 Ways to Help Nurses During the Coronavirus Pandemic

(Family Features) America's nurses are on the front lines of the fight against coronavirus, providing safe, quality, compassionate and nondiscriminatory care to those they serve, many of whom are doing so at significant risk to their own well-being.

The American Nurses Foundation, the philanthropic arm of the American Nurses Association, created the Coronavirus Response Fund for Nurses to provide direct financial assistance, mental health support and science- and data-based information to nurses serving on the front lines.

"Nurses always answer the call to serve their patients, communities and country during times of crisis," said American Nurses Foundation Chair Tim Porter-O'Grady, DM, EdD, ScD (h), APRN, FAAN, FACCWS. "As we confront the new and emerging challenges of this pandemic, nurses are and will continue serving on the front lines in extraordinary ways."

To show your support during this uncertain time, consider taking part in these four key actions:

1. **Text THANKS to 2022 to donate \$10.** One of the easiest ways to directly support nurses is to donate \$10 to the



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The philanthropic arm of the American Nurses Association.

Coronavirus Response Fund for Nurses, spread the word to others using the hashtag #ThanksNurses, and visit ThanksNurses.org.

2. **Stay home.** Only leave home for essentials and maintain a safe distance from other people.

3. **Wash your hands.** Frequently wash your hands for at least 20 seconds, especially after going to the bathroom, before eating and after blowing your nose, sneezing or coughing. It is also important

to wash your hands after going out in public and touching items that others may have come in contact with such as doors, shopping carts or credit card readers.

4. **Follow local guidelines.** Seek guidance from local public health officials, such as those at your county health department.

Nurses are reliable and proven responders during infectious disease emergencies, providing essential care where it is

needed most. Following simple steps like these can go a long way toward keeping people healthy.

Donations will help provide direct financial assistance, mental health support and science- and data-based information to benefit nurses. Visit ThanksNurses.org to learn more.

About the Support Fund

The American Nurses Foundation's Coronavirus Response Fund for Nurses is a nationwide effort to provide direct financial assistance, mental health support and science- and data-based resources to benefit nurses. The Johnson & Johnson company and its TYLENOL brand made a \$1.5 million commitment to launch this fund.

A portion of the donations will help support Nurses House, Inc., a national fund for registered nurses in need. The American Nurses Foundation is partnering with this organization to help nurses affected by COVID-19. Nurses who are unable to work due to COVID-19 infection, are caring for a family member with COVID-19 or are under mandatory quarantine can submit an application for assistance.

Source: American Nurses Foundation

What nurses do each day

There are millions of nurses nationwide. According to the American Association of Colleges of Nursing, there are roughly 3.8 million registered nurses in the United States. That number figures to grow along with the demand for qualified, highly trained nurses.

Nurses perform a variety of functions, some of which may come as a surprise to those outside the medical profession. Learning more about what nurses do on a daily basis can paint a clearer picture of just how

vital these health care professionals are.

Nurses are on the front lines of the medical profession, often interacting with patients more than any other professional within the health care field. Nurses communicate concerns, answer questions about conditions and care and even administer such care. While there are many tasks nurses can perform, some of their main responsibilities are observing and recording behavior, performing physical exams and diagnostic tests, collecting patient health histories, counseling patients and their families, and educating about treatment plans. Nurses also are responsible for administering medications, addressing and treating wounds and interpreting doctors' patient information to make decisions about necessary actions, where appropriate.



Nurses excel at listening to patients and analyzing their physical and emotional needs. Nurses also coordinate care with other health care providers and stay current with treatment options and cutting edge research and technology.

In addition to the aforementioned tasks, nurses may draw blood and perform other health-related tests. Testing may differ based on the subspecialty of the nurse. For example, obstetrics nurses may initiate sonograms or oversee urine testing for pregnancy hormones. Pedi-

atric nurses may plot growth charts and administer routine immunizations.

Nurses are also there to listen to patients, and some may offer compassionate advice as they aim to help patients navigate difficult situations.

According to CareerBuilder, nurses who work in physicians' offices, community health centers, schools, and other health environments may enjoy a regular working schedule and shifts during typical business hours. However, nurses working in hospitals and trauma centers tend to work rotating shifts to ensure patients receive round-the-clock care. Many nurses work outside traditional business hours, including during evenings, on holidays and on weekends. Some nurses are even on-call like doctors.

Nurses possess a distinct skill set that enables them to handle various tasks.



We want to hear from you.

What are you doing to stay motivated and positive during these times?

The Baltimore Times will be sharing #OnAPositiveNote entries to highlight how our neighbors are overcoming a very challenging time with positivity. Join us.

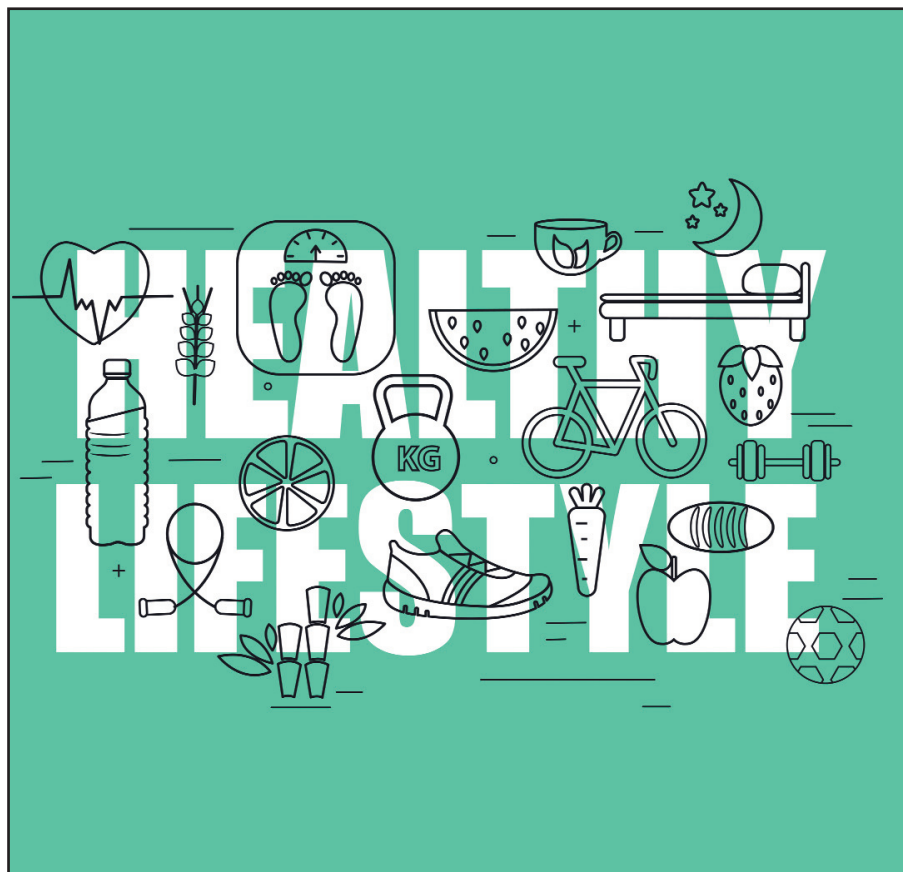
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Send us an email at btimes@btimes.com with the subject line #OnAPositiveNote. Tell us in 200 words or less (or send a 2 minute video) sharing how you have been creative in overcoming the challenges the COVID-19 pandemic has caused.



#OnAPositiveNote

Supercharge your immune system to combat illness, including COVID-19



News & Experts— As COVID-19 has spread around the world, data has shown that those with weakened immune systems are among the most susceptible to severe illness from the virus.

A number of factors can cause a compromised immune system, and some of those, such as smoking, alcohol consumption, and poor nutrition, are largely in our control. At the same time, there are ways people can improve their immune system and in the process be better able to fight COVID-19, says Dr. Nammy Patel, DDS (www.sfgreendentist.com), author of *Age With Style: Your Guide To A Youthful Smile & Healthy Living*.

“COVID-19 is going to be with us for a while,” Dr. Patel says. “We can wait around for a vaccine, but the reality is we need to focus on building our immune system, because the stronger it is, the better we are prepared to counter and get over any kind of virus.

“This pandemic is a wakeup call in so many ways. A healthy lifestyle, reducing the chances of having an underlying condition that can make COVID-19

symptoms much worse, has gained added importance. And a strong immune system is our biggest ally. We need to take this time that we have as a society to slow down and focus on our well-being.”

Dr. Patel suggests these ways to build your immune system:

•**De-stress.** “This is a very stressful time for all of us,” Dr. Patel says, “and stress is hard on the immune system. When your body perceives stress, the adrenal glands release the hormone cortisol, which causes your heart rate and your blood pressure to increase. When we’re hyper-stressed, our immune system’s ability to fight for us is reduced, and we’re more susceptible to infections. But to help yourself and your body, start with your mind and find ways to relax. We’re not going to be in this predicament forever. Be patient and be positive.”

•**Boil a healing potion.** Dr. Patel combines cinnamon, cardamom, black pepper, peppercorn, lemon, and sugar and brings it to a boil. “Drinking it on a daily basis, the properties from these spices



activate your immune system,” she says. “Together they help your cellular function while detoxifying. It’s easy to do and ideal when working from home.”

•**Do morning breathing exercises.** “Twenty minutes of breath work in the morning is time well spent,” Dr. Patel says. “Breathing through your nose is one of the most important things you can do for yourself. You are activating nitric oxide, all the hormones, and your immune system to get rid of all the bad bugs, whether it’s COVID-19, influenza or whatever.

•**Cook with healthy spices.** “Being home all the time takes away the fast-food excuse and makes it vital to cook clean,” Dr. Patel says. “Try cooking with mustard seed, turmeric, chili pepper, Thai chilies. These are great at building antioxidants in our body and killing off bad bacteria.”

•**Exercise daily.** “Don’t let social distancing guidelines prevent you from getting necessary fresh air and exercise,” Dr. Patel says. “Keep your distance, yes, but keep a commitment to stay fit. A 20-minutes-or-more walk is ideal. That fresh air is filled with oxygen, the fuel we need to fight any bug. If indoors, yoga is great as a combination of activating the immune system and relaxing us internally. Doing 20 suryanamaskars— yoga poses— in your own home will activate your good-feeling hormones.”

“You can really take some control back in this unprecedented time by doing all you can to strengthen your mind and your immune system,” Dr. Patel says. “As you feel healthier and less stressed, you’ll come to the realization that you’re going to come out of this challenge better and stronger.”

*Dr. Nammy Patel, DDS operates a practice called Green Dentistry in San Francisco and is the author of *Age With Style: Your Guide To A Youthful Smile & Healthy Living*. A graduate of the University of California’s School of Dentistry, she is a leader in the movement to bring environmental sanity and well being into the dental world. Dr. Patel focuses on helping patients recognize the vital connection between dental health and whole body health. For more information, visit: www.sfgreendentist.com.*

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