

# The Annapolis Times

Vol. 28 No. 32 June 5 - 11, 2020

A Baltimore Times/Times of Baltimore Publication

## *'Look me in my eyes'*



*Jasmine Garland: "As I sat in a sunny Mt. Vernon park and ate my lunch on Saturday afternoon, I tried to prepare my mind for the protest I would be attending later. I felt the weight of my city's pain and was conscious of the fact that day I would have to be willing to sacrifice everything to support the cause of justice."*

*Jasmine Garland participated in a protest march in Baltimore on Saturday, May 30, 2020 sparked by the murder of George Floyd in Minneapolis, Minnesota on May 25, 2020. "As the protest died down and protestors took a rest on the grass of City Hall, I approached an officer. His bright blue eyes met mine honestly and I felt a moment of relief..." (See article on page 9) Photo Credit: Alisha Wallace*



# Policing in America 2020: Vestiges of Slave Patrols on Contemporary Urban 'Plantations'

By Regi Taylor

It was Negro History Week, 1968. I couldn't wait to get home from school to tell my grandfather what I had learned. Papa, 89-years-old, still lucid and engaged, always asked about my 'lessons' in 4th grade.

When I told Papa that President Lincoln freed the slaves he chuckled. I asked why?

He said Lincoln hadn't freed slaves. He said President Lincoln signed a paper that changed very little. We had heard stories that Papa's parents had been born slaves, and how he was raised a slave even though he was born in 1879, after the Emancipation Proclamation.

Papa said since slaves were mostly illiterate, had no money, nowhere to go, and no way to get there, setting them 'free' wasn't real.

Not fully grasping 'slavery' at nine-years-old, I got a bitter lesson in what it meant to be African American eight weeks later, when Martin Luther King Jr. was assassinated. It was the first time I saw my parents and grandfather cry.

Living a half-mile from Baltimore's downtown and two blocks from the 5th Regiment Armory, the staging area for the Maryland National Guard, whose heavy military vehicles and jeeps full of guardsmen rumbled past our front door 24/7 preparing to repel the uprising that followed King's death, was eerie.

The all-white troops with automatic weapons and German Shepherd's like the ones I'd seen on TV attacking civil rights marchers looked ominous. My parents' fear was palpable.

From my 3rd floor bedroom window I saw fires raging downtown, and heard sirens day and night, along with loud radio dispatches from the National Guardsman's walkie-talkies. The evening news reports of fires, people killed, hundreds injured, and thousands arrested compounded my fright.

A white man had killed Dr. King and more white people were coming to kill the rest of us was how my nine-year-old brain processed it. These series of events and being called a nigger, threatened with arrest, and ordered out of the store



by a merchant, four years later left ugly impressions on my psyche.

These heavy-handed policing tactics had grown out of slave patrols, a more than 300-year policy of subjugating African Americans. According to a scholarly analysis on this topic in 2006 by Turner, Giacomassi and Vandiver, "the Slave Patrol should be considered a forerunner of modern American law enforcement."

Slave Patrol behavior continued openly as a legal police policy and practice despite the passage of the Civil Rights Act in 1964.

Fast forward to 1980. On a cold winter night a guy I knew came by at 1 a.m. on a Monday to say my 21-year-old brother had been shot by Baltimore City police and was taken to University of Maryland Shock Trauma, clinging to life. My brother survived the shooting after a two-month hospital stay.

The police report said he matched a robbery suspect and was approached from behind by patrol officers with guns drawn, telling my brother to raise his hands. The report continued that my brother wheeled around with a gun in his hand and officers fired. The report concluded that a gun was found under a nearby car, without a firing pin.

The medical report concluded he had been shot 3 times— all from the back. One bullet through his left forearm, one

lodged near, his spine and a bullet through his right thigh.

When my brother was released from the hospital, despite having no ability to stand or walk, police attempted to toss him into the back of a patrol wagon, Freddie Gray-style, to be arraigned for attempted murder of cops. I protested and cops took him in a squad car instead.

At the arraignment, our family was represented by a sitting city councilman in private, law practice. Our attorney asked

the judge for a sidebar. After five minutes the judge dismissed all charges. Case closed.

"Members of slave patrols could forcefully enter anyone's home, regardless of their race or ethnicity, based on suspicions that they were sheltering people who had escaped bondage," according to criminologist Gary Potter, who further explains that police were empowered to brutalize the "dangerous underclass" which included African Americans, immigrants and the poor. Sound familiar?

Harassment, beat downs, shootings and killing people of color by police, who evolved from official strong-arm enforcers of America's overtly racist system, not surprisingly, continues because the culture that historically spawned such treatment was never dismantled. The urban terrain is different but the racist plantation enforcement mentality of many cops is unchanged.

George Floyd, Breonna Taylor, Eric Garner, Michael Brown, native son Freddie Gray, all among the countless unarmed African Americans killed at the hands of police. Too many of us have personally lived these stories. Institutional slavery is dead. Slavery's legacy is alive and lethal.

## Dental Insurance

Get dental insurance from Physicians Mutual Insurance Company to help cover the services you're most likely to use -

✓ Cleanings ✓ X-rays ✓ Fillings ✓ Crowns ✓ Dentures

1-855-337-5228

Call now to get this **FREE** Information Kit!  
[dental50plus.com/MDDC](http://dental50plus.com/MDDC)

Product not available in all states. Acceptance guaranteed for one insurance policy/certificate of this type. Contact us for complete details about this insurance solicitation. This specific offer is not available in CO, NY; call 1-888-799-4433 or respond for similar offer. Certificate C250A (ID: C250E; PA: C250Q); Insurance Policy P150 (GA: P150GA; NY: P150NY; OK: P150OK; TN: P150TN). 6154-0120

## NOTICE

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

## The Annapolis Times

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

Postmaster send address changes to:

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

# Dr. Johnnetta Cole appointed Special Counsel on Strategic Initiatives at BMA

Baltimore— The Baltimore Museum of Art (BMA) announced that renowned scholar and arts administrator, Dr. Johnnetta Betsch Cole will serve as the museum's Special Counsel on Strategic Initiatives.

In her role, Dr. Cole will provide guidance to the BMA's board, director, and senior leadership team as they continue to implement the museum's long-term strategic vision, which positions social equity and civic engagement as essential aspects of its scholarly and public program and within its internal structures. Dr. Cole will offer her expertise on a pro bono basis for a period of three years.

"Over the last several years, we have made important investments in enhancing the ways in which we represent and serve different individuals and communities. This has included a commitment to sharing the essential contributions of underrepresented artists and to expanding our connections to the people of our city through a range of off- and on-site



*Dr. Johnnetta Betsch Cole will serve as Special Counsel on Strategic Initiatives at the Baltimore Museum of Art*  
Courtesy Photo/BMA

initiatives. We are deeply honored to have Dr. Cole join us in enacting and furthering our vision to make the BMA a truly civic-minded institution," said Christopher Bedford, BMA Dorothy Wagner Wallis Director. "As we look to the future, and in particular in this moment of uncertainty, we know that her knowledge and dedication to inclusivity in scholarship and public life will be invaluable as we shape the role of the museum and its relationship to the cultural and social landscape of Baltimore."

As a scholar, educator and administrator, Dr. Cole has worked to address issues of race, gender, and other systems of inequality. She recently retired from the position of Principal Consultant at Cook Ross—a firm that supports organizations in establishing and expanding inclusivity initiatives. She was also the president of the Association of Art Museum Directors from 2015 to 2016 and recently co-chaired the American

Alliance of Museum's Working Group on Diversity, Equity, Accessibility, and Inclusion. Prior to her role at Cook Ross, she served for eight years as the Director of the Smithsonian National Museum of African Art. During her tenure as the director, she appointed the first Chief Diversity Officer at a Smithsonian museum. In collaboration with her colleagues, Dr. Cole expanded the museum's outreach to African immigrant communities in Washington, D.C., Maryland, and Virginia, opened the first Smithsonian exhibition on the African continent, and launched an initiative to increase the museum's acquisition and exhibition of works by African women artists.

"I very much look forward to working with the board, director and senior leadership team of The Baltimore Museum of Art, a museum that is committed to diversity and inclusivity among its staff, in its exhibitions, and its public programs," Dr. Cole said.



## If I could do one thing, I'd have a daycare closer to work.

If you could do one thing for your community, what would it be? More daycare centers? More funding for Head Start? Completing the 2020 Census is a safe and easy way to inform how billions of dollars in funding flow into your community for hundreds of services.

**Respond online, by phone, or by mail.**

Complete the census at:  
**2020CENSUS.GOV**

Paid for by U.S. Census Bureau.

Shape  
your future  
START HERE >

United States<sup>®</sup>  
**Census**  
**2020**



# Guest Editorials/Letters

## We need more of what happened at Baltimore City Hall this past Monday

By Dr. Ken Morgan

Count them—three executions in the last three months took place. The cops executed George Floyd in Minneapolis and Breonna Taylor in Louisville. Two right-wing vigilantes murdered Ahmaud Aubrey in Satilla Shores, Georgia. Who knows those killed and brutalized at the hands of the cops not counted as victims?

Malcolm X once said, “The chickens have come home to roost,” after the assassination of President John F. Kennedy. Both nations, the United States and the Nation of Islam, ostracized him. They distorted his message but that is another story. Well, the chickens once again came home to roost in the way of a mass march and protest at City Hall this past Monday.

The murder of George Floyd at the hands of four white Minneapolis cops triggered the rally of an estimated several thousand people. The people attending were black, white, and many young. Demonstrators, waived signs in the air from black lives matter to white silence.

COVID-19 continues to ravage black folks disproportionately across the U.S. A horrific number of black essential, low-paid workers face life-changing decisions. Should they remain on the job, forced to return too many times to unsafe workplaces facing death. Countless numbers of us stand in unemployment lines.

Hundreds of thousands of us never have found jobs or have not met the levels of being part of the civilian workforce. Our seniors in nursing homes continue to die like swatted flies around a garbage can.

Remember the Freddie Gray killing. The people in those zip codes— 21215, 21216, and 21217 still wait for some modicum of improvement. Don't forget the other zip codes where black folks live.

Guess what? The usual social oppression of black people continues to take place. We continue to face inequalities wrapped in racism. Most blacks, especially the working class, continue to carry these inequalities wrapped in economic and social oppression— tied with racism's bow. No pity party resides here.

History tells us that black people's economic and social gains accrued from protests, demonstrations, rallies and the like. We remember dynamic groups and famous spokespersons. The groups and spokespersons rest on the shoulders of the people or the masses. Over 200,000 blacks fought for the North in the American Civil War, not counting those that walked off plantations. Who can forget the different black migrations or the black toilers that plowed the fields?

What about the unsung heroes such as Lucy Parsons; Hubert Harrison; Cyril Briggs; Mary Terrell; Harry Haywood; Claudia Jones; Queen Mother Moore; and Ella Baker, who helped to stir the black masses?

We need more of what took place at Baltimore City Hall with the voices that must be heard and the bodies that must be actively involved. Even though, what started out as peaceful, protests were hijacked by agitators creating chaos, breaking windows looting stores and burning buildings, we know the truth. We have known it for 400 years.



## Letters to the Editor:

**Editor:**

**Re: A thief is a thief no matter who they are**

As my wife and I watch the press 24/7 coverage of the legal righteous protests and illegal rioting and looting in cities, we are ashamed of the people smashing windows and stealing items from businesses.

We are also ashamed of the large corporations that looted 500 billion dollars of our stimulus tax dollars without having to break any windows to carry a heavy wide screen television 12 blocks past the cops, through a crowd back to their apartment.

Most of the looters got the \$1,200 each stimulus check, which helped them buy food and make payments on a few bills, but they are still unemployed with little or no health care insurance.

Both groups who steal are wrong and led by Trump and his posse who are more famous than Ali Baba and the Forty Thieves.

If you have not checked your checking account lately you may not remember that it takes one thousand million to become a billion dollars. That is a long way from the \$1,200 you finally got.

We all can stop being Trump's piggy bank if we vote him and his fellow GOP

parasites out November 3, 2020.

Enough is enough but use a non-violent way. Do not riot, shoot or loot but sue the criminals, embrace education, run for office, become legislators, map out your future, register and vote.

When our country faced riots during the administrations of Jimmy Carter; Ronald Reagan, Bush (1); Bill Clinton; Bush (2); and Barack Obama, each of these brave presidents gave a speech from the Oval office to show us he was in control. However, our “macho man” president, Trump, is being well guarded in the basement of the White House.

*1 Corinthians 6-10 “Nor thieves nor greedy nor drunkards nor slanderers nor swindlers will inherit the kingdom of God.”*

**James J. Hankins**  
Wilmington, NC

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

**Please send your letter by regular mail to:  
Letters to the Editor, The Annapolis Times  
2513 N. Charles Street, Baltimore, MD. 21218  
email: [btimes@btimes.com](mailto:btimes@btimes.com)**

**We love to hear from our readers!  
Connect with us:  
Facebook.com/TheBaltimoreTimes  
Twitter: @Baltimore\_Times  
Instagram: @thebaltimoretimes**



## Fear!

By Douglas R. Kington

On most weekday evenings since the onset of the pandemic, I jump into my minivan and drive to a property our firm manages on behalf of a healthcare client. Due to the late hour, I am always able to park in the first space after the bus stop, in front of the building. This space offers a great vantage point from which to quickly scan the courtyard for unusual activities before I begin my inspection routine.

My routine usually requires less than 15 minutes. First, I inspect the suite entrances and storefronts looking for broken glass or doors ajar. Next, I enter the service entry door and walk through the interior hallways and mechanical room listening for unusual noises, sniffing for unusual odors and looking for anything out of order. Finally, it's up to the rooftop parking deck to observe the mechanical equipment, and check for newly deposited trash, personal effects stashed by the homeless and spent consumables left behind by illicit drug users. I take pictures to record my observations. If all goes well, I am able to

quickly complete my routine, return to my vehicle where I jot down a few notes, and then drive home.

This past Monday evening began as usual. I parked in my favorite spot. Alley— clear of people and trash. Dumpster— clear of residential trash bags and bulk trash. Storefronts— five of eight secure and intact. Inspecting the last three requires my walking into the

---

---

***“However like most of the black men I know,  
I carry my fear hidden beneath a proud,  
tough exterior. I try not to let that  
fear consume me or alter my  
optimistic outlook but I do keep my hands  
visible when stopped by the police.”***

---

---

cul-de-sac, a portion of the courtyard that is tucked away and not visible from the street. Entering the cul-de-sac presents the most physical danger to me. I never go there alone after dark. Before entering, I dial-up my already heightened ADD sensitivity to “hyper” mode. I never wish to surprise or be surprised.

This area is frequented by the homeless. It is where they seek shelter from the elements. It is where they seek respite from a hard day on the streets. It is also where they methodically prepare and consume their illicit drugs before drifting off into a nod.

I turn the corner, scanning the final three storefronts, when I detect an anomaly. The service entry door is propped open and the glass pane is shattered. Bad news. I now enact my three-hour break-in routine.

This routine begins with my calling the police. When they arrive, they search the interior, collect crime scene evidence if appropriate, and issue a report. Next, I

call the glass company, requesting them to board the door or window until the glass can be replaced. Once boarded, I can return home.

About four times every year, someone breaks into this building. I enact my break-in routine every time. Every time except tonight. While awaiting the police, I received a call from the glass company. They inform me that, due to the “riots,” their 24/7 emergency boarding and glass replacement services will

against the murder of George Floyd one week earlier by a brutal, criminal, white police officer in Minneapolis. I wondered what did this white technician know about fear?

Neither he nor the homeless, drug addicted, white men and women who take shelter in my cul-de-sac will ever know the fear experienced by George Floyd as he begged for his life in the eight minutes and 46 seconds before his murder. The technician and my cul-de-sac visitors will never know the fear black men experience living their lives in the United States or whenever encountering a police officer. They will never know the fear I carry when I turn that corner into the cul-de-sac. Yes, I fear someone in the cul-de-sac may try to attack me but what I really fear is that some police officer, who sees me enter the courtyard of the property I have been hired to manage, follows me into the cul-de-sac, draws his gun and kills me when I turn around startled to learn I have been followed.

They will not know my fear as I am pulled over while driving away from the property after completing my inspection routine. The officer will only see me exit the courtyard of an office complex at dusk. He will see me jump into my car, do something for a few minutes, and then pull off. After he stops me, and after asking for my license and registration, he will observe all manner of “dangerous” tools in my minivan, will draw his gun, and will fire when he believes I am reaching for a tool rather than the registration card he requested.

However like most of the black men I know, I carry my fear hidden beneath a proud, tough exterior. I try not to let that fear consume me or alter my optimistic outlook but I do keep my hands visible when stopped by the police. And today, I salute the diverse group of men and women around the country who peacefully protest the murder of George Floyd.

### ***The Annapolis Times***

**Publisher  
Joy Bramble**

**Managing Editor  
Joy Bramble**

**Director of Special Projects  
Dena Wane**

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

**Editorial Assistant  
Kathy Reeve**

**Administrative Assistant  
Ida C. Neal**

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

**Website  
Jourdan Taylor**

**Photographers  
Dennis Roberts  
Gar Roberts**

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

**Mailing Address  
The Baltimore Times  
2513 N. Charles Street  
Baltimore, MD 21218**

**Phone: 410-366-3900- Fax 410-243-1627  
www.baltimoretimes-online.com**

***Want to comment on the editorials or any other story?***

***Please contact: The Annapolis Times***

***2513 N. Charles Street, Baltimore, MD 21218***

***Phone: 410-366-3900 Fax: 410-243-1627***

***email: btimes@btimes.com***



# Farzam Jedinia's creativity emerges during quarantine

By Fatiha Belfakir

As the coronavirus pandemic continues, many people are finding themselves wondering how to keep kids entertained during quarantine.

Farzam Jedinia, 10, a fourth year student at Olde Creek Elementary School in Fairfax, Virginia came up with a creative way to stay connected with his friends and classmates during the quarantine. While he enjoyed his days off from school during the pandemic, he soon realized that he was truly missing his school days, teachers and his friends.

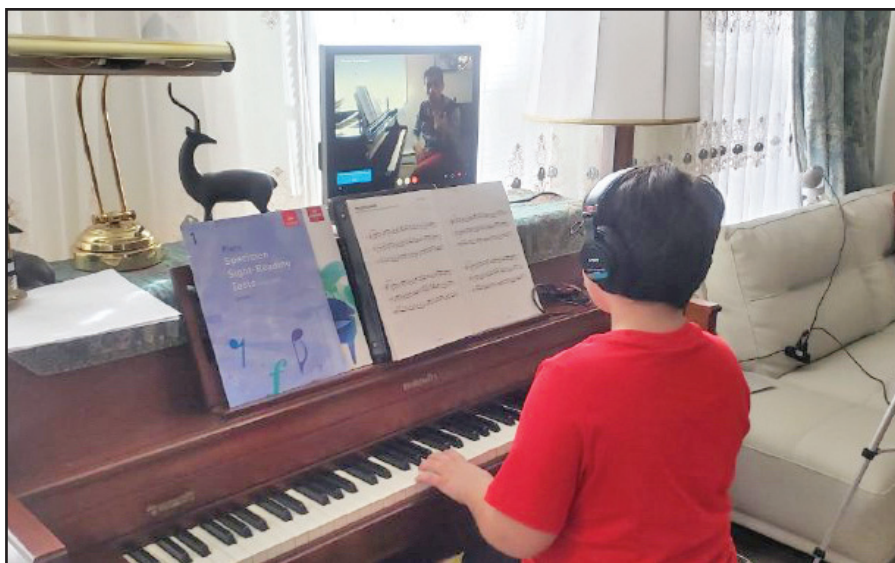
With his father's assistance, Farzam created a YouTube channel, where he regularly posts videos of a variety of creative and affordable indoor activities and games for friends to enjoy while encouraging them to stay home.

"Coronavirus pandemic forced many children out of school including me. It is good to play some simple games at home and stay away from screens and video games for some time. I decided to provide videos with the help of my dad to make the home stay easier for other school children, and we decided to encourage them by using the hashtags of #StayAtHome and #FlattenTheCurve," said Farzam.

Coronavirus disease is affecting day-to-day life of families and kids around the world. In addition to taking daily simple precaution such as proper hand hygiene, the Centers for Disease Control and Prevention (CDC) advised that families put distance among themselves and others in an effort to prevent the spread of covid-19. As a result, businesses and schools are temporary closing.

For many kids, the pandemic creates a unique situation where they found themselves staying home more than normal. Thus, it is important to stay healthy during this uncertain time while navigating social distancing.

Farzam's mother, Afroz, stated that like most kids, her son Farzam found it very challenging to practice social distancing at the beginning of the pandemic, as he was



**Ten-year-old Farzam Jedinia continues his extra curriculum education online, taking music lessons via Skype.** Courtesy Photo

accustomed to being friendly and enjoying his friends' company.

"It is still hard for Farzam not to see and play with his friends, but learning the risks and threats this novel virus brings, he decided to open a new pathway towards his friends on the virtual environment by introducing simple games at home and encouraging his pals and peer group to stay at home," said Afroz.

While observing social distancing measures, Farzam said that posting games and indoor activities on his YouTube channel brings him closer to his friends who appreciate his efforts.

"The games were very simple and joyful. I played many of them at home with my sister," said Fatima, 10, from Montgomery County.

Farzam aims to fight the loneliness of social distancing. He believes that creative games increase fun, generosity and connection with friends during the coronavirus crisis. In his videos, he demonstrates games that are easy and simple. The games do not require anything other than materials available in most households such as paper plates, spoons, and ping-pong balls.

"I improvise games with my dad and try to share these games with my friends

and other children around the world who are experiencing the same situation of lockdown at home," said Farzam.

Adjusting to any new situation can be challenging, especially when it involves the uncertainty of a new virus. In addi-

tion to filming YouTube videos about indoor activities and games, Farzam is adapting to his new daily routine. With school closed, Farzam no longer rushes to school bus as he used to, but rather, he found himself rushing to his laptop in the mornings to join his virtual classroom. He is enjoying the virtual learning experience because he always wanted to know how home schooling works.

"My daily routine has changed, it is not easy, keeping up with school work is kind of challenging as I forget to finish my assignments sometimes because I am at home and feel more relaxed and detached from the school environment. However, it is more relaxing and less stressful," said Farzam.

Farzam told the Baltimore Times he believes that games and indoor activities can bring families and friends together during these heavy times. Thus, he will continue his regular virtual hangouts by uploading videos and games on his YouTube channel to both challenge and entertain kids worldwide.



## Homeownership more affordable.

M&T has options to help you achieve homeownership. You may be eligible for solutions to help:

- Reduce the cash needed at closing
- Lower monthly payments
- Save thousands by paying less interest
- Qualify with a less-than-perfect credit history

Get started with one of our mortgage specialists by calling 1-888-253-0993 or visit us at [mtb.com](https://mtb.com).

**M&T Bank**  
Understanding what's important®



Equal Housing Lender.

Certain restrictions apply. Subject to credit and property approval. ©2020 M&T Bank. Member FDIC. NMLS# 381076. 43771-A 200519 VF

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



# Let the summer play.

Celebrate all the legends and soon-to-be legendary music that heats up summer with Xfinity. This Black Music Month, whether you're summering in or celebrating out, catch music-themed movies, enjoy your favorite music networks, and stream top apps like Pandora, Music Choice and more right to your TV. This is what summer sounds like. And no matter what it brings, Xfinity Black Film & TV has your soundtrack. **Simple. Easy. Awesome.**

Visit [xfinity.com/discovermore](https://xfinity.com/discovermore) to learn more.



Restrictions apply. Not available in all areas. Xfinity TV service subscription required. NPA231658-0001 NED AA BMM V1

The Xfinity logo, with the word "xfinity" in a lowercase, sans-serif font. The letter "x" is white, and the letters "finity" are white, all set against a dark, circular background that is part of the woman's headphones.



# Caroline Center Delivers Graduation – Curbside

## *Forty-one women comprise 2020 class*

By Ursula V. Battle

The mother of four children ages 16, 13, six and two, and working a full-time job, Jermia Kelley admitted she did not think she would be able to add school to her already busy schedule. But staff at the Caroline Center convinced her she had what it took to juggle a busy schedule and complete her studies. Kelley decided to enroll. She successfully completed her studies, and is among the 41 women who participated in a special graduation held May 21, 2020.

The curbside graduation took place in front of the Caroline Center, which is located at 900 Somerset Street in Baltimore.

“My goal is to earn a doctorate in pharmacy,” said Kelley who also holds an A.A. degree. “Caroline Center made us believe in ourselves. They successfully helped me, and the other students change our views in how we saw certain things, and completing tasks. They kept our energy level up and our hearts in it.”

She added, “Everyone we came in contact with at the school was so dedicated to our cause. They gave us everything we needed to be successful.”

Celebratory signs and balloons lined the sidewalk in front of the center where the graduates drove down in their cars to receive their certificates, and a pin.

“I didn’t know what to expect at the graduation,” said Kelly who is 35-years-old. “I had never participated in a curbside graduation prior to our ceremony. I was super excited. Everyone was standing outside with their masks on, and holding signs and balloons. It wasn’t the standard graduation, but the Caroline School celebrated our milestone while being safe. It was different, but a great experience. Kudos and applause to everyone.”

The graduation was initially to have taken place a week prior at Notre Dame of Maryland University. However, the COVID-19 pandemic prompted the location and date change.

“Attending the Caroline Center has been a life-changing experience,” said Kelley of the 15-week program. “For graduation, they also gave us a flower,



*Caroline Center graduates Tammie Ford and Jermia Kelly.  
Courtesy Photos*



*CNA/GNA Caroline Center Program Coordinator Toni Moore-Duggan and graduate Tiffany Jones.*

balloon, and put our certificates in an Ivy League folder with gold trim. We also wore our scrubs. It was the details of the graduation that really impressed me. It was well-thought out and planned. I am so happy to have the experience of attending Caroline Center.”

Caroline Center is an 503(c) nonprofit organization sponsored by School Sis-

ters of Notre Dame. The program provides a holistic approach to education and individualized instruction in a supportive community, where women can prepare for careers as a certified nursing assistant or pharmacy technician.

The center was founded in 1996 on the vision of Mother Caroline Friess, (1824-1892), the woman who established the

School Sisters of Notre Dame in North America. Caroline Center’s mission is to empower each woman to reach the fullness of her potential so that she can create a future of hope for herself and her family.

“The amount of opportunity I now have because of Caroline Center is wonderful,” said Kelley who is now interning at Johns Hopkins Hospital. “I will start Pharmacy school in the fall, and now have a career path. The Caroline Center motivated me to further my education. I want people to know that a girl from Baltimore who grew up on the rough side of town and has four kids was able to make it. I want to inspire others and to keep carrying the flame.”

Caroline Center, which will celebrate 25 years of commitment to women and commitment to work in 2021, is accredited by the Maryland Higher Education Commission, the Maryland Board of Nursing, and the Maryland Board of Pharmacy.

“We realized it was important to celebrate the women,” said Jessika Robey, Academic and Career Advancement Specialist for Caroline Center. “We decided to have a curbside graduation. The atmosphere was wonderful, and the weather was beautiful. The graduation really made a huge impact. The graduates got to see each other and celebrate together. With everything going on in the world, it was pure happiness.”

According to Robey, Caroline Center consistently scores well above the national benchmarks for successful workforce development organizations, making it one of the most effective career skills training programs in the country. Robey said that while the center teaches, so do the students who come through its doors.

“For me, one of the things that stands out is what I learn from the women,” she said. “I teach them, but they teach me. I wake up every day happy to go to work.”

For more information about Caroline Center, visit <https://caroline-center.org/>



# 'Look me in my eyes'

By Jasmine Garland

As I sat in a sunny Mt. Vernon park and ate my lunch on Saturday afternoon, I tried to prepare my mind for the protest I would be attending later. I felt the weight of my city's pain and was conscious of the fact that day I would have to be willing to sacrifice everything to support the cause of justice.

What I didn't prepare for, what I couldn't have known to prepare for, was the heartbreak.

We took to the front lines of the protest and marched through most of the city. It was a long, hard march. We were in pain emotionally and physically, our voices grew weak from the repetitive shouts of the names of the slain and the demands of the people, and there were moments of hopelessness when white diners at luxury establishments moved indoors to avoid us.

Then, I watched as a young white man in Fells Point rolled his eyes, removed the lid of his plastic beer cup and flung it into the crowd—I broke, as did many others. The question raging in my mind was how? How can you not support our movement, how can you not see our pain?

It was in his eyes. He did not see me.

As we faced police officers in front of City Hall— without yelling, without crying—I asked “Do you love us? Do you understand our pain? Do you fight for us?”— with no answer. I removed my mask and sunglasses. I wanted to be a person, someone you see in the grocery store or on the same pew at church. The worst thing that could've happened, the thing I couldn't have known to prepare for, was the avoidance of my stare.

I stared deeply into the eyes of black and brown police officers, I begged them to look back, chanted “look me in my eyes” and they looked away. Never meeting my eyes, never meeting my pain. I have felt unimportant before but never completely unseen.

As the protest died down and protestors took a rest on the grass of City Hall, I approached an officer. His bright blue eyes met mine honestly and I felt a moment of relief—I was real to someone, a white man no less. He explained that officers are trained not to show emotion, not to



Jasmine Garland

Photo Credit: Alisha Wallace

voice an opinion, just to do their jobs. As he spoke, I realized the fundamental problem we face as a nation: police officers are taught to look past the pain they see every day because if they saw us as people, if they saw us as their family, they could never choose a side.

Instead, they must act as if it's us

takes love to think twice before murdering someone out of fear, anger or prejudice. It takes love to stand up to other corrupt police officers to protect an unarmed man. It takes love to overcome your pride and take the knee. It takes love to bear the harsh criticisms you face even though you are a good cop; to know

out of them. Because a system with love at its heart does not finance the prison industrial complex and it does not maintain the control of slaves. A system founded on love in service of the people sees whole people, supports them and as a result it protects them. All people. Black people. Us.

***“I stared deeply into the eyes of black and brown police officers, I begged them to look back, chanted “look me in my eyes” and they looked away. Never meeting my eyes, never meeting my pain. I have felt unimportant before but never completely unseen.” — Jasmine Garland***

against them whether it's on the protest line, whether it's regarding petty crimes, whether the person they face is mentally handicapped or poor, or a broken product of their environment. They are not allowed to feel for us and therefore we lose the fundamental component that brings our society together— love.

It takes love to let a kid go for a petty crime he committed to impress his friends or make money for his family. It

that the blue uniform you wear represents a symbol of hate for many people because of the system that employs you. It takes love to show up to work every day not just with the goal of staying alive but to protect the lives, even, of assumed lawbreakers. It takes love to build a system that rehabilitates criminals rather than erase their sense of humanity and take away their dignity.

This is why the love has been trained

Many of us felt that heartbreak and continue to feel it as we march for peace. Beyond anger, there is heartbreak. We are desperate for love; we are desperate for healing. The absence of love in our community and the growth of our desperation can be seen in the fires lit across America. This is the same fire that burns in our hearts. Only love can calm the flames. Only love can rebuild our country.



# Exercise and safety is message from Coach Mack Allison at Time2Grind Gym

By Stacy M. Brown

The novel coronavirus pandemic has forced many to stay at home in Baltimore and all over the United States.

For athletes, stay-at-home means gyms and other training facilities are mostly off-limits.

However, staying at home doesn't mean physical exercise and training has to stop altogether, according to Mack Allison III, who runs the Time2Grind Gym, a haven and sanctuary for many area youths.

Coach Mack, as he is famously known, hasn't stopped trying to motivate his students.

"I've been training all kinds of athletes for more than 30 years, and this is the first time in my life that I've experienced a situation like [the coronavirus pandemic]," Allison said. "This virus has changed a lot of people's lives."

Still, Allison works out each evening after the work and he regularly calls and encourages many of his students to do the same.

"Our athletes have to become more self-motivated and disciplined," Allison said. "I tell them to train in their basement, bedroom, backyard or any place that you have in your house."

Allison also does what he calls drive-bys.

"I get in my car and tell them to put a mask on and come out and run up and down the block for exercise and a workout," Allison said.



*Mack Allison III, who runs the Time2Grind Gym, a haven and sanctuary for many area youths has been encouraging and motivating his student athletes to continue training at home during the quarantine.* Courtesy Photos

The longtime coach, who has helped to develop champions from his gym, added that health and safety is the recurring theme.

"I tell them all of the time that boxing was here before we were born, and it will be here long after we're no longer here," Allison said. "So, I keep telling them to wear a face mask and gloves, and have hand sanitizer if they're going to go anywhere."

Allison also has a unique exercise to stay active during the pandemic.

"It's called '5020.' You can use jumping jacks or high knees push-ups," said Allison. "You do it 50 times with 20 regular push-ups or knee push-ups. You want to be able to do eight sets of this without stopping, but you can start with four sets."

Allison has kept his students engaged and encouraged.

"Whatever your coach has taught you—practice it. I had my students laughing, when I showed them a video of me using toilet paper to help me with my push-ups and curling exercises," Allison said. "I think it's so important for the coaches to stay connected with their athletes by texting them, calling them, using Zoom. We have to stay away until the virus goes away. The mayor hasn't opened things back up yet, and I agree with the mayor because Covid-19 is no joke. It's serious, and I tell my kids that nobody is dying on my watch being silly."

*We love to hear from our readers!  
Connect with us:  
Facebook.com/TheBaltimoreTimes  
Twitter: @Baltimore\_Times  
Instagram: @thebaltimoretimes*

## HOW HAVE YOUR PLANS CHANGED?

Help us better understand....

Please help us by taking this online survey to determine what news you are seeking, what's most important now, what we can do better, and what your current shopping plans are. We will use the survey results to deliver community news that is most important to you along with helping businesses get some ideas on what you need.

**\$1,000 will be awarded by Pulse Research to one respondent.**

**The survey is available at: [www.pulsepoll.com](http://www.pulsepoll.com)**

  
MINORITY BUSINESS DEVELOPMENT AGENCY  
**BUSINESS CENTER**  
U.S. DEPARTMENT OF COMMERCE  
**Baltimore MBDA Business Center**  
1 North Charles Street, Suite 707  
Baltimore, MD 21202  
667.303.3530

*The Baltimore MBDA Business Center under the U.S. Department of Commerce offers established Minority Businesses the following Core Business Services:*

- **ACCESS TO CAPITAL**
- **ACCESS TO PROCUREMENT & CONTRACTS**
- **GLOBAL BUSINESS DEVELOPMENT**
- **STRATEGIC BUSINESS CONSULTING**

Contact the Baltimore MBDA Business Center to register, gain access to a nationwide network and invaluable resources.

[www.baltimorembdacenter.com](http://www.baltimorembdacenter.com)



# Ravens make financial commitment to social justice reform

By Tyler Hamilton

The recent occurrences of police social injustice have made it clear that change is needed. Breonna Taylor and George Floyd lost their lives at the hands of police. Ahmaud Arbery was shot and killed by vigilantes. Enough is enough.

The Baltimore Ravens have always been an organization that has a deep connection to the community. Knowing that change is needed, Ravens owner Steve Bisciotti is committing \$1 million to make that change through social justice reform in the Baltimore area through the Stephen and Renee Bisciotti Foundation according to the team site.

Bisciotti released the following statement via BaltimoreRavens.com on Monday, June 1, 2020:

“There is nothing I can say to ease the pain felt by African-American communities across our country. No words will repair the damage that has been done.

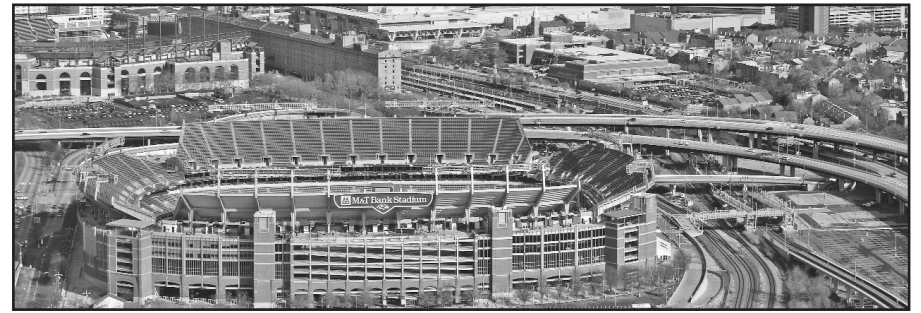
“Like many people, I am sickened, disheartened and shaken by the acts of racism that continue to overwhelm our

society. The most recent killing, involving George Floyd, is yet another tragic example of the discrimination that African-Americans face each day.

“Now, more than ever, we must all strengthen our pursuit of positive change, as we stand with peaceful protestors around the country. We must all seek to understand by listening better and learning more. We must all discover new ways to unite. We must all work to break the cycle of systematic racial injustice.

“Our players have been—and will continue to be—at the forefront of this change. We believe in their commitment to furthering social justice and invoking meaningful change. We stand side by side with them, in full support. It is for this reason that I have asked a group of former and current Ravens players to decide which organizations should receive proceeds from the \$1 million donation we are making today.”

A committee consisting of current and former Ravens players will determine which programs will directly benefit from the funds.



Ravens owner Steve Bisciotti is committing \$1 million to make that change through social justice reform in the Baltimore area through the Stephen and Renee Bisciotti Foundation. (Above) M&T Bank Stadium in Baltimore.

Photo Credit: Patrick Smith/Getty Images

This isn't the first time the Ravens have worked to create change after police brutality. In 2018, the Ravens organization along with its players donated a combined \$500,000 to various social justice efforts throughout Baltimore City.

Back in 2015, after Freddie Gray's death during an arrest by Baltimore police, the Ravens reached out to the community. Protestors stormed the streets

and the protest turned into looting. The Ravens sent two busloads of coaches and players to talk to people in the community and help out where they could.

Now is the time for unity and taking a collective stand against social injustice. The Ravens are doing the right thing, which will hopefully be the start of an extreme push towards making America a better place for people of color.

# GENERAL MOTORS

## Lung Cancer • Other Cancers

**Special trusts have been set up by vendors and suppliers of the General Motors plant to pay asbestos victims. You can make a claim without ever leaving your home.**

If you ever worked at the General Motors plant before 1982 you may have been exposed to asbestos - and not even know it. You could be entitled to multiple cash settlements **without even leaving your house**, going to court, or filing a lawsuit.

If you ever worked at the General Motors plant, you were likely exposed to asbestos. If you have been diagnosed with Lung Cancer (even if you are a smoker)- or Esophageal, Laryngeal, Pharyngeal, Stomach, Colon, Rectal Cancer or Mesothelioma, or know someone who died from one of these cancers, call

# 1-800-478-9578

Free Claims Analysis

**NORRIS**  
INJURY LAWYERS

www.getnorris.com/asb  
Nationwide Service

Birmingham, Alabama attorney Robert Norris helps injured claimants, nationwide, collect cash benefits from Asbestos Trusts. "No representation made that the quality of legal services to be performed is greater than the quality of legal services performed by other lawyers."

## Save Now On Home Security

Monitored by ADT®  
the #1 home security company in the U.S.

**GREAT LOW PRICE**  
MONITORING  
**\$27<sup>99</sup>**  
PER MONTH

**ADT® 24/7 Monitored Home Security**

- 24/7 monitoring provides peace of mind
- Yard sign and window decals help deter crime
- Quickly connect to fire and emergency response
- May qualify for a homeowners insurance discount

**ADT**  
Authorized  
Premier Provider

**Protect  
Your  
Home**

**1-866-368-6214**

**WE'RE AVAILABLE 24/7—CALL TODAY!**

BASIC SYSTEM: \$99 Parts and Install. 36-Month Monitoring Agreement required at \$27.99 per month (\$1,007.64). 24-Month Monitoring Agreement required at \$27.99 per month (\$671.76) for California. Offer applies to homeowners only. Basic system requires landline phone. Offer valid for new ADT Authorized Premier Provider customers only and not on purchases from ADT LLC. Cannot be combined with any other offer. The \$27.99 offer does not include Quality Service Plan (QSP), ADT's Extended Limited Warranty, or Cellular Backup. For all offers, the form of payment must be by credit card or electronic charge to your checking or savings account; satisfactory credit history is required and termination fee applies. Certain packages require approved landline phone. Local permit fees may be required. Certain restrictions may apply. Additional monitoring fees required for some services. For example, Burglary, Fire, Carbon Monoxide and Emergency Alert monitoring requires purchase and/or activation of an ADT security system with monitored Burglary, Fire, Carbon Monoxide and Emergency Alert devices and are an additional charge. Additional equipment may be purchased for an additional charge. Additional charges may apply in areas that require guard response service for municipal alarm verification. Prices subject to change. Prices may vary by market. Some insurance companies offer discounts on homeowner's insurance. Please consult your insurance company. Photos are for illustrative purposes only and may not reflect the exact product/service actually provided. Licenses: AL-09-07104, AR-04P-0001729, AZ-000217913, CA-0406330, CT-06-01093944, DC-06A002051, DE-02-01212, FL-EC-03003427, GA-03000401, IA-03-0203395, IL-03-010291, IN-02-001042, KY-02-001042, LA-02-001042, MD-02-001042, MI-02-001042, MN-02-001042, MO-02-001042, NC-02-001042, ND-02-001042, OH-02-001042, OK-02-001042, OR-02-001042, PA-02-001042, RI-02-001042, SC-02-001042, SD-02-001042, TN-02-001042, TX-02-001042, UT-02-001042, VT-02-001042, WA-02-001042, WI-02-001042, WY-02-001042. ADT is a registered trademark of ADT Security Services, Inc. ©2019 ADT Security Services, Inc. All rights reserved. ADT, the ADT logo, and Protect Your Home are trademarks of ADT Security Services, Inc. All other trademarks are the property of their respective owners. DF-CD-NP-0120

Allstate American grew its business with this ad.

**THIS AD RAN IN 3 MILLION NEWSPAPERS  
AND COST LESS THAN \$1,500!**

## WHAT'S THEIR SECRET?



MARYLAND | DELAWARE | DISTRICT OF COLUMBIA  
**MDDCPRESS**  
MDDCPRESS.COM  
ADVERTISING SERVICES

**SIMPLIFY YOUR BUY!**

**410-212-2616**



# The New U.S.A.: The United States of Anxiety

By Drs. Lorece V. Edwards, Lenwood Hayman and Randolph Rowel  
Morgan State University  
School of Community Health & Policy

As COVID-19 spreads across the nation levels of anxiety and stress are skyrocketing. People everywhere are experiencing heightened levels of anxiety and stress, especially black and brown people in America. One of the factors contributing to the high levels of stress and anxiety are black and brown people who are more likely to be a part of the new COVID-19 essential workforce. Essential workers must report to work daily. People in these positions often calculate the risk versus the benefit. A new framework for understanding perceived risk and risk prioritization—the Perceived Risk Hierarchy Theory (PRHT) helps to connect the dots.

The Perceived Risk Hierarchy Theory (PRHT) was developed to understand risk and risk prioritization among marginalized populations. PRHT posits that perceptions of risk severity are attenuated by what people perceive as more imminent in their lives (high-to-low risk ranking order; Edwards et al., 2017). PRHT postulates that people calculate their perceived risk based on how proximate and urgent the threats are in their lives as well as the impact assessment of the identified risk. This framework is critical for essential workers during the COVID-19 pandemic as they risk their lives and the health of their families to perform a job. Daily, essential workers choose between making a living, their health, and life. As a result, their stress and anxiety levels are skyrocketing.

“Essential workers” now refers not only to first responders, but also to grocery store employees, fast food workers, personal care aides, sanitarians, transit drivers, nursing home assistants, and several others still going to work during the crisis. Several of these workers, many of whom reside in hyper-segregated communities, live paycheck-to-paycheck and cannot afford to miss any days of work. Furthermore, many work



multiple jobs just to make ends meet and survive. Essential workers thus face an increased risk of both being exposed to COVID-19 and contracting the disease due to their exhaustion and often, compromised immune systems due to stress.

As news emerged that COVID-19 was infecting essential workers, especially those who could not maintain social distancing, many feared becoming infected and possibly transmitting the virus to their loved ones at home. Immediately, workers became concerned about their jobs and their finances. Their anxiety levels continuously increase as they worry about the consequences of not reporting to work. Several essential workers are also afraid of having to take public transportation to and from work, as using public transportation has helped spread COVID-19, especially in cities with high urban population density. Density is a key factor in determining area vulnerability to the virus (Florida, 2020).

Essential workers are on the front lines of this public health crisis. They know the dangers and associated-risk of being hyper-exposed to COVID-19 via underlying health risks, over-crowded housing, and limited access to healthcare and

COVID-19 testing. However, their financial insecurity requires them to prioritize between the risk of being exposed to COVID-19 and the risk of unemployment. For essential workers, leaving home is not a choice. Lacking the necessary, yet seldom supplied by employers, personal protective equipment works to further increase their anxiety. Combining these pressures along with long hours, little sleep, and sometimes having to self-quarantine within their own home to protect their family members, COVID-19 has created a crisis on top of a crisis (Catchings, 2020) and ultimately, the crisis' interconnect.

Daily exposure to various stressors that can cause feelings of anger, fear, doubt, loneliness, and hopelessness have been exasperated by COVID-19. The accumulation of these feelings may not only create feelings of anxiety but could also cause panic attacks. In these uncertain times, some people have even mistaken anxiety symptoms as symptoms of COVID-19. Much of this is due to the stress associated with the fear of acquiring/dying from the virus and the fear of losing social and financial stability. This emotional trauma, which is in direct response to the life-altering consequences of this pandemic, often manifests in physical symptoms.

As COVID-19 continues to spread, many marginalized people already struggling with health and finances are bearing the brunt of the virus. In the U.S., health and wealth are intimately linked. Therefore, hyper-segregated cities and subpar neighborhoods rooted in the historical legacy of redlining have been hit the hardest. These communities have experienced increased levels of stress/anxiety due to limited access to testing, denied hospital treatment, and a fear of acquiring COVID-19 and spread-

ing the virus to others— especially vulnerable family members.

COVID-19 presents a clear and present danger for black and brown communities in the United States. Although the virus presents as an equal opportunity crisis, the impact and burden are unequally distributed. Not only is the stress regarding safety growing, but communities are concerned with their mental health as they prioritize navigating the virus for the benefit of their livelihood over the risk to their health and lives. COVID-19 has exposed the socioeconomic contributions that institutional practices and government policies have made to the disparate health outcomes experienced by marginalized communities in the U.S. The PRHT suggests that marginalized communities live every day on high alert for perceived threats and are in a constant state of mobilizing for the next assault. Although the United States of Anxiety may be an unfamiliar place for some, black and brown people know it as the place they live, work, play, and pray.

## References:

- Catchings, C. *The Psychological Impact to Essential Workers During COVID-19*. Retrieve on May 17, 2020 from <https://www.talkspace.com/blog/coronavirus-essential-workers-mental-health-impact/>.
- Edwards, L., Brown, L., Lindong, I., et al. (2017) *None of Us Will Get Out of Here Alive: The Intersection of Perceived Risk for HIV, Risk Behaviors and Survival Expectations among African American Emerging Adults*. *Journal of Health Care for the Poor and Underserved*, 28 (2), 49 - 68.
- Florida, R. (2020). *The Geography of Coronavirus*. Retrieved on May 17, 2020 from <https://www.citylab.com/equity/2020/04/coronavirus-spread-map-city-urban-density-suburbs-rural-data/609394/>.

**“My father was so very afraid. I felt it in the sting of his black leather belt, which he applied with more anxiety than anger, my father who beat me as if someone might steal me away, because that was exactly what was happening all around us.” —Ta-Nehisi Coates**





**FIYAH!**  
FIRESIDE CHATS  
WITH AMERICA'S  
BLACK PRESS



**STACY BROWN**  
NNPA SR. CORRESPONDENT

**THE INTERVIEW: BLACKPRESSUSA  
+ OTIS WILLIAMS  
AND THE TEMPTATIONS**

FRI. 6.5.20 | 7:30PM ET

[facebook.com/blackpressusa/LIVE](https://facebook.com/blackpressusa/LIVE)





# Five tips to keep mosquitoes away this summer

News & Experts— Summer, is on its way, which means so are mosquitoes. The flying pests invade neighborhoods like an army but they aren't just a backyard nuisance with bites that itch they also can carry dangerous diseases, including West Nile virus and Zika.

Most regions of the U.S. have issues with mosquitoes, but knowing prevention and mitigation measures can stop them from mushrooming into a big problem, says Dr. Craig Stoops ([www.mosquito-authority.com](http://www.mosquito-authority.com)), a retired U.S. Navy medical entomologist and chief science officer at Mosquito® Authority, a mosquito control company.

“People are unfortunately attractive to mosquitoes,” Dr. Stoops says, “but there are numerous ways we can avoid the irritation and the potential danger of a bite. So much has to do with preparing your property and knowing how mosquitoes thrive.

“Some people are more susceptible to bites than others. Mosquitoes can be attracted to different chemicals found in human skin. But just because mosquitoes are an inevitable part of summer doesn't mean you're defenseless.”

Dr. Stoops offers five tips on reducing the appearance of mosquitoes and their bites:

•**Consider a professional service**— Sometimes people prefer to do it themselves when it comes to fixing home issues, but they later find that a persistent problem is often better left to trained professionals. “Companies that specialize in mosquito control can effectively address the problem by implementing an entire program over a period of time, including follow-ups,” Dr. Stoops says. “There is a science and strategy to a program, and it requires considerable knowledge of how to treat different types of yards in different regions of the country. A good company in this industry continually educates its people as well as the consumers on how to effectively stay ahead of the problem.”



•**Get rid of standing water**— Still water is a perfect breeding ground for mosquitoes. Common places of standing water include: clogged drain gutters, corrugated drain pipes, bird baths, pet bowls, planters, trash and recycling bins, children's toys, and kiddie pools. “It is important to remain vigilant and remove any containers and debris from your yard to lower the habitats available to mosquitoes,” Dr. Stoops says. “A mosquito needs only about a tablespoon of water to lay eggs.”

•**Use safe repellents**— Repellents registered by the Environmental Protection Agency have been reviewed and approved to pose minimal risk when used properly. “Some of the most effective ingredients commonly referred to in a repellent are DEET, Picaridan, and oil of lemon eucalyptus,” Dr. Stoops says. EPA-approved repellents provide up to two hours of protection.

•**Dress appropriately**— “Studies have shown that some mosquitoes are more attracted to dark clothing,” Dr. Stoops says. “Avoid wearing lightweight, thin materials, which mosquitoes can bite right through. Instead, opt for tightly woven materials, like cotton, denim, nylon, or windbreaker-type materials, which are more difficult for the bugs to penetrate. Clothing that provides UV protection is typically tightly woven and often protects against insect bites, too.”

•**Keep your landscape clean**— “Trimmed trees and shrubs improve a property's air circulation,” Dr. Stoops says. “The increased air flow will physically push mosquitoes out of that area and remove the environment they thrive in. Also, there are some gardening choices that can deter mosquitoes: basil, lavender, and catnip are all plants that mosquitoes don't like.”

“Many people just think of bug spray during mosquito season,” Dr. Stoops says. “The main idea should be to keep them out of your yard as much as possible. From there, considering summer is the time to get away, always prepare for your environment, especially if hiking or camping.”

*Dr. Craig Stoops, LCDR (ret.) MSC USN, is a retired U.S. Navy Medical Entomologist and chief science officer at Mosquito® Authority, a mosquito control company. He has conducted mosquito control and research in the United States, South and Central America, Southeast Asia, Africa and the Middle East. Dr. Stoops is board certified by the Entomological Society of America in Medical and Veterinary Entomology. For more information, visit: [www.mosquito-authority.com](http://www.mosquito-authority.com).*



## CLASSIFIEDS

### AUTO'S WANTED

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

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

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

### MISCELLANEOUS FOR SALE

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

### HOME IMPROVEMENT

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

### INSURANCE

SAVE BIG on HOME INSURANCE!  
Compare 20 A-rated insurances compa-  
nies. Get a quote within minutes. Average  
savings of \$444/year! Call 877-270-4283!  
(M-F 8am-8pm Central)

### AUTO DONATIONS

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

### FOR SALE

SELLING A FARM OR HOUSE? Advertise it here and neighboring publications. We  
can help you. Contact MACnet MEDIA @ 800-450-6631 or visit our site at MACnet-  
Online.com

Reach over 20 million homes nationwide with one easy buy!  
Only \$2,395 per week for a 25 word classified!  
For more information, go to: [www.naninetwork.com](http://www.naninetwork.com)

### MISCELLANEOUS

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

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

Only the Highest quality CBD products  
from AceWellness! We guarantee highest  
quality, most competitive pricing on CBD  
products. Softgels, Oils, Skincare, Vape &  
more. Coupon Code: PRINT20 1-855-  
681-3113

Eliminate gutter cleaning forever! Leaf-  
Filter, the most advanced debris-blocking  
gutter protection. Schedule a FREE Leaf-  
Filter estimate today. 15% off Entire Pur-  
chase. 10% Senior & Military Discounts.  
Call 1-855-995-2490

Need some cash? Sell us your unwanted  
gold, jewelry, watches & diamonds. Call  
GOLD GEEK 1-844-209-9872 or visit  
[www.GetGoldGeek.com/nani](http://www.GetGoldGeek.com/nani) BBB A+  
Rated. Request your 100% FREE, no risk,  
no strings attached appraisal kit. Call  
today!

Wesley Financial Group, LLC Timeshare  
Cancellation Experts Over \$50,000,000  
in timeshare debt and fees cancelled in  
2019. Get free informational package and  
learn how to get rid of your timeshare!  
Free consultations. Over 450 positive  
reviews. Call 844-909-3339

DIRECTV NOW. No Satellite Needed.  
\$40/month. 65 Channels. Stream Break-  
ing News, Live Events, Sports & On  
Demand Titles. No Annual Contract. No  
Commitment. CALL 1-866-825-6523

AT&T Internet. Starting at \$40/month  
w/12-mo agmt. Includes 1 TB of data per  
month. Get More For Your High-Speed  
Internet Thing. Ask us how to bundle and  
SAVE! Geo & svc restrictions apply. Call  
us today 1-888-796-8850

NEW AUTHORS WANTED! Page  
Publishing will help you selfpublish your  
own book. FREE author submission kit!  
Limited offer! Why wait? Call now: 866-  
951-7214

BOY SCOUT COMPENSATION FUND  
- Anyone that was inappropriately  
touched by a Scout leader deserves justice  
and financial compensation! Victims may  
be eligible for a significant cash settle-  
ment. Time to file is limited. Call Now!  
833-729-0164

### ANNOUNCEMENTS

SELL YOUR ANTIQUE OR CLASSIC CAR. Advertise with us. You choose  
where you want to advertise. 800-450-6631 visit [macnetonline.com](http://macnetonline.com) for details.

### EDUCATION/CAREER TRAINING

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

TRAIN ONLINE TO DO MEDICAL BILLING! Become a Medical Office Professional  
online at CTI! Get Trained, Certified & ready to work in months! Call 888-572-6790. (M-F  
8am-6pm ET)

COMPUTER & IT TRAINING PROGRAM! Train ONLINE to get the skills to become a  
Computer & Help Desk Professional now! Now offering a \$10,000 scholarship qualified  
applicants. Call CTI for details! 888-449-1713 (M-F 8am-6pm ET)

### HEALTH/FITNESS

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

### BUILDING MATERIALS

Metal Roofing & Siding. Biggest selection in the area. Low Prices Cut to length. Good Qual-  
ity but sold as secondary 717-445-5222

### MEDICAL & HEALTH WELLNESS

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

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

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

Still paying too much for your MEDICA-  
TION? Save up to 90% on RX refill! Order  
today and receive free shipping on 1st order  
- prescription required. Call  
1-888-906-1529

DENTAL INSURANCE from Physicians  
Mutual Insurance Company. Coverage for  
350 procedures. Real dental insurance. NOT  
just a discount plan. [Don't wait!] Call now!  
Get your FREE Dental Information Kit with  
all the details! 1-888-623-3036 [#6258](http://www.dental50plus.com/58)



# YOU'RE ALWAYS A WINNER WHEN YOU PLAY RESPONSIBLY.

Playing the Maryland Lottery is fun, but please play within your limits.  
For confidential help with gambling problems, please visit  
[mdgamblinghelp.org](http://mdgamblinghelp.org) or call 1-800-GAMBLER. You must be 18 to play.

