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Baltimore City College student athletes earn distinguished 'Minds in Motion' scholarship award



Of the 650 applicants for the 2020 "Minds in Motion" scholarship presented by the Maryland Public Secondary Schools Athletic Association (MPSSAA) and Allstate Foundation, only 18 student athletes throughout the state were picked as winners, and of those 18, two Baltimore City College students earned scholarship honors. Three-sport athlete Grace Pula (athlete in the white jersey on the right, jersey No. 6) and baseball standout Leo Rubinson (photo on page 9), both graduating seniors from City College, were named winners of the award after the list was announced by the MPSSAA on May 18. (See article on page 9). Phototo courtesy of Grace Pula.

Baltimore Beginnings

By Dr. Al Hathaway

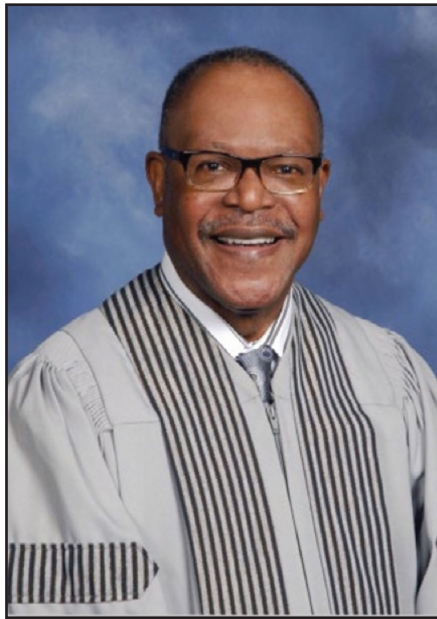
I'm honored to join the Baltimore Times team as a columnist. This column will allow me to share some of my experiences and offer solutions to some of the pressing problems of today. We are in the midst of massive change within our community. The anguish and angst of structural racism, police brutality, income inequality, health disparities, academic anemia and generational barriers has produced a schismatic divide. Who will be bridge builders to a new future? Who will venture out into the unknown to point us into a pathway forward? Clearly it is time to hear from the various voices that make up our community.

I grew up in West Baltimore and lived my early years at 1211 Druid Hill Avenue. I now serve as the Senior Pastor of Union Baptist Church that is in the block of my youth. I'm the 10th Pastor in its 168-year history and as a result I see Baltimore not only through my personal experiences, but also through the historic lens of a social justice ministry that has been on the cutting edge of change for more than a century and a half.

Interestingly, my educational experience within Baltimore City Public Schools was in racially diverse school settings. From Elementary school to Junior high school to High school I was a minority, even as an African American, during my years in public education.

Just a little footnote, I attended Betsy Ross Elementary School as a member of the wave of African American students integrating the school in Southwest Baltimore. The tension within the school and the community was so high that in record time Baltimore City Public School System built a brand new Elementary school just for the African American students who had migrated to the Shipley Hill Community of West Baltimore.

I didn't think much about it at the time, but I now realize structural racism was so intent on perpetuating itself that it



Dr. Al Hathaway
Courtesy Photo

found the funds to create a segregated school in the middle of an integrated community.

On the mind of every one today is police brutality and the unjustified murder of so many at their hands. I grew up in the time of Officer Friendly, as African American officers were integrating the Police Department.

We interacted with many of the police officers whose names would become legendary: Violet Hill Whyte; Officer Murdock; Bishop L. Robinson; Allen "Dickie" Burke; James H. Watkins; Dennis P. Mello; Edward J. Tilghman; William "Box" Harris; Edward V. Woods; Marvin Sydnor; Teddy Black; and Leonard Hamm, just to name a few.

In some sense in my early years this vanguard of the police department were the first line of interaction for many of us in the community. They knew our names, understood our struggles and became confidants and friends. This era of officers symbolized community police.

I've had some amazing experiences in academia, community organizing, and economic development.

Just imagine having as your Junior High School classmates: Elijah E. Cummings, the late Congressman; and Gregory Kane, the late journalist; and to top that off have as your Social Studies Teacher, the late Dr. Samuel L. Banks.

Growing up in the Upton Community on Druid Hill Avenue and within the walls of Union Baptist Church provided me with a bird's eye view of history in the making.

I remember peering through the fence of Gwynn Oak Park unable to go in because of the color of my skin. Then, because of the Gwynn Oak Park protest by clergy and others, I was able to ride on the merry-go-round that is now on the grounds of the Mall in the Nation's Capital.

I remember writing signage as a youth that I carried as a warm body picketing the Goldseker business for writing land installment contracts for African Americans relegating them to tenant status when in their minds they thought they were homeowners.

I remember the activism after the 1968 riots when members of the Goon Squad decided to run Parren J. Mitchell for Congress only to have him lose, and then ran him again in 1970 and he won.

I was assigned to the Franklinton Road polling warehouse and watched as the ballots were sealed and transported to the Board of Elections.

I was on the initial organizing staff of

Baltimoreans United in Leadership Development (BUILD), where I honed my skills in faith-based community organizing. Those skills were sharpened when I became the executive director of The Southeast Cluster of Churches in Washington, D.C.

There is so much more I could add in terms of community economic development. I was mentored by some of the most successful developers in the State of Maryland in real estate development and management.

I was educated theologically at the Ecumenical Institute of St. Mary's Seminary and University, earned my Doctor of Ministry degree at the United Theological Seminary in Dayton, Ohio and continued postgraduate studies at the Regent's College at Oxford University.

I'm an ecumenist with relationships at the highest levels in the major faith communities around the globe.

All of these experiences and more I will bring to future columns I will author in my humble attempt to challenge, critique and to collaborate in building a new Baltimore that is accountable, creditable, transparent, equitable and diverse.

Dr. Al Hathaway serves as the Senior Pastor of Union Baptist Church located at 1219 Druid Hill Avenue in Baltimore City.

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Guest Editorials/Letters

Shawn Stockman issues an open letter to police officers of America

Across the country, police officers are kneeling in solidarity with protesters against police brutality.

I have an idea: Take off those uniforms. Before you were a cop, you were a human. The human being decided to become a cop. Right now, we need to meet that human being. See him. Sit down with him. Talk to him. Walk with him. Kneel, pray, protest, cry, laugh and march with him.

I have friends who are police officers. They are good people. So, of all people, I am not one who believes that all cops are cruel or evil. I know most are good. But that's not what this is about. This isn't really about police. It's about police brutality. And that's great. But we also see that things still got tense between police and protesters after some of the demonstrations. Clearly, that symbolic gesture—kneeling in uniform—is not enough. To be honest, people are skeptical. Some think it's just for show. Why? There are just too many bad memories associated with those uniforms.

Let's start on common ground; an even playing field; eye-to-eye; and heart-to-heart. If people could see the man—outside of the uniform—I believe that would make all the difference in the world.

Let's have a real talk about police brutality. Let's listen to the people who are living this nightmare, year after year in city after city wherever black people can be found in America. Let's listen to all the black wives, daughters and mothers who fear for the lives of their husbands, fathers and sons. It's not just my wife.

I work closely with the sisters of Zeta Phi Beta Sorority, Inc. So I know first hand that this is a problem, coast to coast, year after year. They have been fighting this same battle and shedding the same tears, for the past 100 years. When the organization started in 1920, it was during the Spanish Flu pandemic; post-war unemployment; and race riots burning coast to coast. Here we are, as they celebrate their centennial and the Zetas are still dealing with the same situation in 2020.

Let's listen to the pleas and demands of these black women with as much empathy and patience as we listen to white women in this country.

There are so many other issues concerning black and white relations we still have to address—so, so many. This is just one tiny step toward changing the rudimentary principles that have governed a certain group of people under the spirit of oppression since the conception of this country.

This must end.

This is America.

It's time we live up to our beliefs.

Shawn Stockman is a founding member of Boyz II Men. He is currently scoring a film about the first 100 years of Zeta Phi Beta Sorority Incorporated.

We love to hear from our readers!

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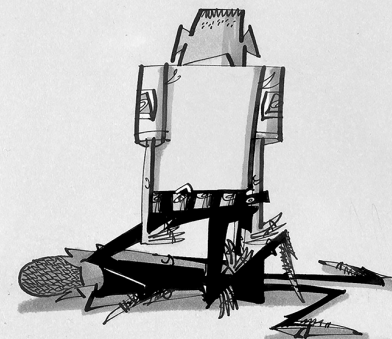
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WHICH ONE SHOULD UPSET AMERICANS?

Judge Zazakine Features



Letters to the Editor

Editor:

We have learned many lessons since the COVID-19 outbreak. One important lesson is just how critical it is for every Marylander to have access to health care. As more Marylanders lose their jobs and the health of our communities is at risk, the state's health insurance marketplace, Maryland Health Connection, has options for free and low-cost health insurance.

Marylanders have until June 1, 2020 to enroll in a health plan through Maryland Health Connection's Coronavirus Emergency Special Enrollment Period. More than 38,000 Marylanders have already received coverage since our state of emergency began in March, and have health coverage that will protect themselves and their families not just now, but in the future.

You can also enroll by filing your state taxes by July 15, 2020. On your state tax forms (502 and 502B) check the box to share your information with Maryland Health Benefit Exchange to see if you qualify for free or low cost health insurance.

We are committed to providing access to affordable health coverage for Marylanders during this difficult time, and beyond. I urge your readers to reach out to someone they love and let them know that health coverage is within reach.

Michele Eberle

Executive Director

Maryland Health Benefit Exchange
Baltimore, MD.

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The Baltimore Times

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The time for change is now

By Nicky Boothe Perry, Interim Dean, Florida A&M University College of Law and Deidre Keller, Incoming Dean, Florida A&M University College of Law

In 2012, Trayvon Martin was killed less than 30 miles from the Florida A&M University College of Law. In 2013, Johnathan Ferrell, who had played football for FAMU, was killed in Charlotte, North Carolina seeking help after a car crash. The protests sparked by the recent death of George Floyd are about issues that are very close to home for Central Florida. As the Interim Dean and incoming Dean of the College of Law, we feel compelled to add our voices to the chorus calling for systemic change.

We are living in historic times. COVID-19 continues to devastate our communities and reorder the economy. The recent deaths of George Floyd, Ahmaud Arbery and Breonna Taylor have unleashed outrage resulting from

hundreds of years of anti-blackness. The sense of foreboding occasioned by the pandemic merged with painful eminders of the inequities in our country as technology provided the world front row seats to the horrors of living while black in America. We're being forced to reckon, again, with racism woven into

our boys could be Trayvon Martin or Ahmaud Arbery.

As leaders at an HBCU we are concerned about the well being of all our students, but because 47 percent of the student body identify as black, we are intensely conscious of the fragility of black lives in this country. Our concern

providers worked tirelessly to preserve the lives of those impacted by COVID-19 and essential workers throughout the country showed up so that we could all buy groceries, have our garbage removed, and send and receive mail.

People protested in every single state across America; in cities and towns, people of all ages, races and ethnicities joined in solidarity against harmful policing and for the cause of racial justice. These selfless acts give us hope. While racism has always been present in America, its existence needn't be our country's destiny. As Dr. King said, "Change will not come if we wait for some other person or some other time." The time for change is now.

FAMU College of Law's mission is to serve as a beacon of hope and a catalyst for change. We stand in solidarity with all of those who have marched and protested against racism and the systemic failures to protect the lives and freedoms of all people. We will continue to provide access and opportunity for those who desire to be change agents. Our students are acquiring the skills needed for leadership and advocacy both in the legal community and society, generally. Our faculty provides impactful discourse on the pressing issues affecting our country. And the entire College of Law community stands ready to be a voice for the underrepresented and to partner with all who are willing to be the change we need in the world.

"The killings of Johnathan Ferrell, Breonna Taylor and George Floyd are emblematic of the systemic failure in policing, while the unjustified deaths of Ahmaud Arbery and Trayvon Martin illustrate the deep-rooted racist beliefs that have existed in this country since before its founding."

the very fabric of our country. Police brutality, economic oppression, and inequity in the justice and healthcare systems have been weighing on us for years. The burden is heavy. It is suffocating. Black people in America have long been struggling to breathe.

As Caribbean immigrants, we recognize that while we are judged by the color of our skin, African-Americans bear the brunt of generations of racially based trauma and deprivation in this country. As leaders in academia we inhabit a space of privilege. However, we are acutely aware that outside of our spheres of influence we are, simply, black women. As mothers of black sons we are painfully aware that our cherished children are viewed as threatening because of the color of their skin. Any of

is not just about societal barriers our black students face, but for their safety. Any of our black students could so easily be Johnathan Ferrell or Breonna Taylor.

The killings of Johnathan Ferrell, Breonna Taylor and George Floyd are emblematic of the systemic failure in policing, while the unjustified deaths of Ahmaud Arbery and Trayvon Martin illustrate the deep-rooted racist beliefs that have existed in this country since before its founding. Both the legal system and the moral compass of our country are in need of change.

As disturbing as the past few months have been, we have also witnessed the best of humanity. We protected the health of our neighbors by respecting "stay-at-home" orders. Healthcare

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Maryland Virtual Learning Platform: Continuous Efforts and Challenges

By Fatiha Belfakir

With Maryland schools shuttered as coronavirus outbreaks turned into a global pandemic, state educators continue their efforts and creativity to support students and to improve classroom instruction online.

Baltimore County Public School spokesperson, Brandon Oland confirmed that while in Baltimore County, the third and fourth marking periods have been combined and students will receive a pass/fail grade instead of a traditional letter grade, virtual teaching and virtual counseling services are available for students who need assistance.

“We are so proud of our teachers, they swiftly transitioned to virtual learning and are doing all they can to support students. Many of our teachers are also parents. They are truly heroes for what they have been able to do so far for students and what they continue to do,” said Oland.

In the last few weeks, millions of students, teachers and parents have had to adjust to learning from home, which means new challenges and responsibilities for both teachers and families. While teachers struggle with keeping children focuses on schoolwork, parents have to juggle daytime responsibilities with children's schoolwork.

Tazeen Khalid, a teacher of English for Speakers of Other Languages (ESOL) at Guilford Elementary School in Maryland, stated that at first she was completely fazed by the new learning platform and was apprehensive about its success.

“After teaching via distance learning for the past three weeks, I have gotten used to it and feel comfortable with it,” said Khalid.



Shaheer Sham, 18, a student at Lansdowne High School in Maryland said that he prefers online-learning, as he doesn't have to go to school. He enjoyed his online classes but found it challenging sometimes especially when doing assignments with no teacher around.

“Virtual learning is pretty much self-learning, I have to learn a lot on my own. However, the resources provided are useful and adequate. We are more than welcomed to contact our teachers if there's anything we need help with, Also, Google Meets is a really useful tool. It provides an online version of school office hours,” said Sham.

Like many teachers in Maryland, Khalid has no way but to use her creativity to help both her students and their families to maneuver through online learning. She provides a live small group instruction each day to student of different grade levels. Khalid was faced with a real obstacle, which are the language barriers.

“My students' families were faced by a huge road block initially due to language barriers, but with the assistance of several county interpreters, I have successfully managed to integrate my families into distance learning,” said Khalid.

“I act as a liaison for the rest of my staff and set up interpreting requests with our International Services Resource Center, I also made numerous phone calls to my Urdu speaking families to determine their technological needs and ensure that these needs were fulfilled.”

Khalid continues to contact families with chronic absenteeism and incomplete assignments. She advocates for many families who simply are not aware of the new attendance policies and eprises them of how the county documents student attendance.

In Maryland, many families are struggling to cope with the new norm of distance learning. Lack of devices and the lack of Internet service were major challenges.

“In BCPS, all middle and high school students are provided with devices for learning. We distributed more than 15,000 devices, via mail, to students in Grades 3-5 who need them. We have also provided packets for elementary school students with the same resources

that are posted online,” said Oland. “Howard County worked hard to gauge the technological deficits and tried to fix the access gaps. We distributed over 20,000 Chrome books at the ratio of 1 device per two students at high, middle and elementary school levels,” said Khalid.

Parents have to cope with balancing family commitments and school obligations. Several kids miss their weekly check-ins as their parents are essential workers and no one is available to log them in especially in the younger grades. “We offer virtual check-ins twice a week so families have flexibility to work with their schedules. Families also faced the new challenge of navigating the Canvas platform. This was especially daunting to the families of English Language learners. Our International Office worked diligently to provide interpretation services to familiarize the parents with online expectations,” said Khalid. As virtual learning continues in Maryland, some parents have complained of feeling overwhelmed with the new learning platform. Counselors at various schools have reached out to provide both student and parents with adequate support. Schools throughout the state of Maryland are providing adequate resources to ensure a good performance of both teachers and students.

“Howard County is using Lexia Core for Reading and Dreambox, which are an adaptive and engaging computer based learning program. Our teachers are posting activities and weekly assignments with awarding points for completion. We are making every effort to ensure that IEP and EL accommodations are being provided along with differentiated small group lessons,” said Khalid.

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Mayor, Parks Director Announce Summer Fun Program for Youth

By Stacy M. Brown

BMORE Summer Fun, a free, outdoor summer camp alternative for Baltimore youth ages five to 12, will launch on Monday, July 6.

The six-week outdoor program will operate from 8:30 a.m. to 3:30 p.m., rain or shine, according to a joint announcement by Mayor Jack Young and Reginald Moore, the executive director of the Baltimore City Recreation and Parks' (BCRP).

"Providing our children summer activities is a critical need, and I want to thank Director Moore and his team for putting this program together," Mayor Young stated in a news release.

"BMORE Summer Fun allows our youth to have access to engaging summer programming, and I am excited to see this program launch."

Because of the novel coronavirus

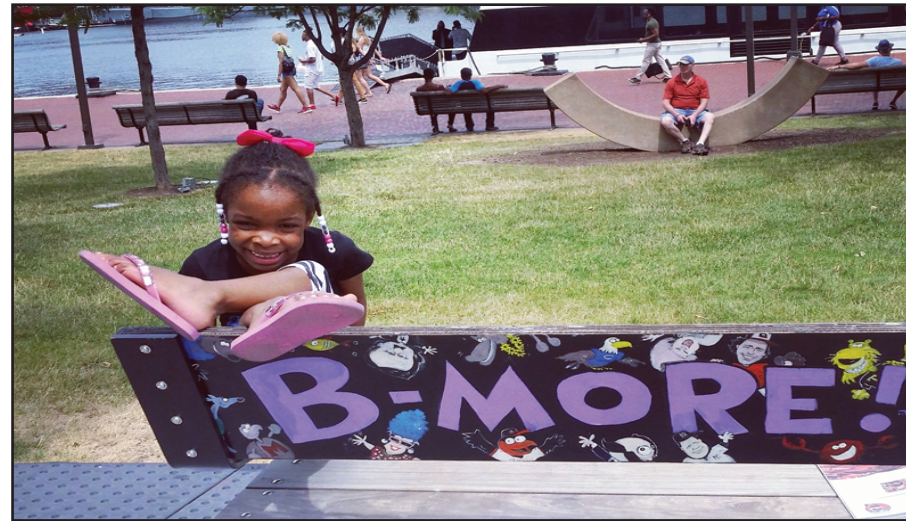


Photo Courtesy of BCRP

pandemic, both Mayor Young and Parks Director Moore said the BMORE Summer Fun experience will rely on Baltimore City outdoor spaces to allow social distancing while participants engage in summer sports and games, stem activities, crafts, nature play and more.

The city and BCRP have designated the following BCRP green-spaces that will serve as BMORE Summer Fun locations:

North Harford Rec Center
Samuel FB Morse Rec Center
Rita Church Community Ctr
Deweese Rec Center
Edgewood/Lyndhurst Rec Ctr
Farring Baybrook Rec Center
Harlem Park Rec Center
Herring Run Rec Center
CC Jackson Rec Center
Fred B. Leidig Rec Center
Joseph Lee Rec Center
Lakeland Rec Center
Locust Point Rec Center
Bocek Rec Center
Roosevelt Rec Center
Virginia S. Baker/Patterson Park Rec Center
Luckman Park
Vollmer Center
Greenmount Rec Center
Carrie Murray Nature Center

Additionally, 42 BCRP recreation center locations will continue to operate as meal sites throughout Summer 2020.

Each location is equipped with nearby indoor areas for inclement weather/Code Red Days, restrooms and supply storage, officials stated.

The outdoor format includes health

and safety precautions in response to the latest COVID-19 guidance.

Program participants will enjoy activities in small groups--one counselor assigned to every nine participants. Group assignments will remain the same for the duration of the program.

Both staff and participants are required to wear masks and routine temperature checks will be taken upon arrival.

To ensure staff and participant safety, BMORE Summer Fun will not offer trips or off-site activities, according to a news release.

"Summer camp is an essential part of our agency and parents citywide rely on us year over year," Moore said. "Although our summer offerings will look a little different this camp season, we promise the same fun, with safety at the forefront."

The outdoor format includes health and safety precautions in response to the latest COVID-19 guidance.

Program participants will enjoy activities in small groups – one counselor assigned to every nine participants. Group assignments will remain the same for the duration of the program.

"Both staff and participants are required to wear masks and routine temperature checks will be taken upon arrival. To ensure staff and participant safety, BMORE Summer Fun will not offer trips or off-site activities," Moore added.

Current Camp Baltimore registrants will have first opportunity to confirm their participation. The general public is encouraged to stay tuned to @recnparks on Twitter, Facebook or Instagram for an announcement as additional spots become available.

For more information about BMORE Summer Fun, call 410-396-7900 or visit <https://bcrp.baltimorecity.gov/virtual-rec>.



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Helping Graduating Seniors ‘Capture’ A Shining Moment

By Ursula V. Battle

Senior portraits are treasured images that forever “capture” a cherished moment in time – graduating from high school. But with schools closed due to COVID-19, the “lens” of opportunity to take these prized photos seemed “shut.” But a local photographer teamed up with a local non-profit to “snap” the coveted photos for more than 50 seniors and their family members.

Under sunny skies and with Rawlings Conservatory in Druid Hill Park as his backdrop, professional photographer Kyle Pompey, owner of Nice Shot Media House, Inc. took photos of seniors from Baltimore City, Baltimore County, and other areas.

The free photo shoot took place on Saturday, May 30, 2020, and seniors were joined by their families. The event was organized by Maryland MENTOR, the statewide affiliate of MENTOR: The National Mentoring Partnership in Maryland. The mission of Maryland MENTOR is to increase both the quality and quantity of mentoring relationships.

Sadiq Ali is the executive director of Maryland MENTOR.

“With COVID-19, we saw the lack of senior celebrations,” said Ali. “We saw this as a great opportunity to support young people and families. Our Maryland Mentor team came together with Kyle. We planned out the free photo shoot to be able to commemorate the moment.”

He added, “We were also inspired by a number of virtual celebrations and gatherings happening around the country. We thought Baltimore would be the perfect place to do something like this. With so much negativity, it was an opportunity to put positivity in the air and to celebrate our young people’s achievements.”

Ali talked about the event’s planning. “We had to take safety into consideration,” said Ali. “Obviously, there is still a pandemic affecting us and other areas around the country and world. We laid out a plan to make sure we had plenty of space for people to line-up, followed social distancing guidelines, and made sure everyone had a mask.”



Kyle Pompey, owner of Nice Shot Media House, Inc. provided the photography for the free photo shoot.

Photo Courtesy of Kenny Clapp

According to Ali, the event was publicized utilizing social media. Participants registered on Eventbrite.

“Word of mouth also helped a great deal,” said Ali. “Most of the graduates came from Baltimore City and Baltimore County. But we had some who registered who reside in Prince George’s County and Montgomery County. There was also a family from Carroll County. The word definitely got out across the state.”

He added, “It was an amazing event. It was beautiful, and the feedback we got made it all worthwhile. Maryland Mentor is a non-profit whose mission is to increase the quality and quantity of mentoring relationships and to close the mentoring gap. We see ourselves as a movement builder for the movement of mentoring. As a result of our work, we are able to work with hundreds of mentoring programs across Maryland and to host gatherings and events just like the free photo shoot.”

Ali touted Pompey’s talents.

“Kyle has been a great supporter of Maryland Mentor over the years,” said Ali. “I have personally worked with him on a number of projects over the years. He’s known for having a beautiful eye for the camera, and is a youth advocate. He was the perfect partner for an event like this.”

Pompey said the free photo shoot presented another bridge to supporting youth.



A family poses during a free photo shoot for graduating seniors. The event took place Saturday, May 30, 2020 in front of the Rawlings Conservatory in Druid Hill Park. Photos Courtesy of Kyle Pompey



A graduating senior poses during the event, which was organized by Maryland MENTOR.

“I am willing to do anything for the kids,” said Pompey who is also a city charter schoolteacher. “I have been doing photography for a while, and I’m at a point in my career where I want to give back to youth. I want to be able to say I invested my time into them, and was a part of their village. They needed some celebration.”

Pompey said he will be 40 in July, and started taking photos when he was 27.

“I was driving down the Eastern Shore and saw an eagle’s nest floating along on shallow water. I wanted to take that photo. That’s what sparked my interest. I brought a camera from a friend, and that



Students from all over Baltimore City, Baltimore County and other areas received free portraits.

snowballed into what I am doing now. I like to catch moments as I see them.”

Pompey said the graduates are able to access their photos by going online.

“Some of the graduates brought colorful smoke bombs,” said Pompey reflecting back on the picture-perfect day. “I also took photos of a couple of twins. The photo shoot was interesting and fun. I really enjoyed myself.”

For more information visit <http://www.marylandmentor.net/>

Baltimore City College student athletes earn distinguished 'Minds in Motion' scholarship award

By Demetrius Dillard

Of the 650 applicants for the 2020 "Minds in Motion" scholarship presented by the Maryland Public Secondary Schools Athletic Association (MPSSAA) and Allstate Foundation, only 18 student athletes throughout the state were picked as winners, and of those 18, two Baltimore City College students earned scholarship honors.

Three-sport athlete Grace Pula and baseball standout Leo Rubinson, both graduating seniors from City College, were named winners of the award after the list was announced by the MPSSAA on May 18.

Since 2008, the 'Minds in Motion' scholarship has been presented annually to student athletes who have shown tremendous initiative in the classroom and their respective sports.

The criteria for the applicants was that they had to be seniors with a minimum 3.25 unweighted GPA and participants in interscholastic athletic activities sponsored by the MPSSAA during their high school careers.

City athletic director Rolynda Contee recommended that Rubinson and Pula apply for the scholarship, along with several other student-athletes.

Contee, who is in her third year as AD, said she was excited to hear two of her student-athletes received award honors. "It just goes to show that our athletes work very hard at City College on and off the court," Contee said. "The fact that those athletes were able to multitask, still be able to get good grades and still excel in their respective sport actually speaks a lot of volumes about City College."

Pula expressed similar sentiments.



Leo Rubinson
Courtesy Photo/ Mark Miazga

"It was really great to see us being recognized and not overshadowed like we usually are," said Pula, who was glad to win the award with her childhood friend. "And it was also great to win it with Leo because Leo and I [have] gone to school together since kindergarten. Like we were best friends in elementary school, so it was really nice to win it with him too."

Pula registered a 4.0 GPA. With the advanced courses she took, her weighted GPA is about 5.28, she said. She excelled in soccer, swim and lacrosse all four years at City.

Some of Pula's athletic accomplishments include: leading goal scorer on the girls lacrosse and soccer teams for two seasons; received MVP honors for lacrosse and soccer teams; soccer team captain since sophomore year and lacrosse team captain since junior year.

Pula led her lacrosse teams to city championships her freshman, sophomore and junior seasons. In lacrosse, Pula played at the center position. In soccer, she mainly played at center-back and in swim competed in various freestyle, back stroke and relay events.

For the entire school year, Pula was occupied with sports but was able to manage being a full-time athlete and student, on top of covering athletics for the school newspaper, *The Collegian*, serving as a student ambassador, and being a member of the environmental club and honor society.

"I honestly think that being so busy helped me maintain my grades," Pula said. "I was trying to be a good example for my teammates, I wanted to make my family proud, I also wanted to make my

teachers proud as well so I just kept pushing."

Pula will continue her studies at the University of Maryland-College Park, where she plans to compete in club soccer and lacrosse. Likewise, Rubinson will attend Maryland in the fall.

"It was really exciting," Rubinson said of winning the \$1000 scholarship.

"It made me feel grateful for the mentors that I had at City and everything I was able to accomplish."

Rubinson nearly made all A's, logging a 3.98 GPA (roughly a 5.3 weighted GPA). With the baseball program, he was a third baseman and an outfielder, but primarily pitched.

For the 2017 season, Rubinson led the Knights to their first city championship in more than two decades by pitching a no-hitter through five innings. When City won the city title again after an undefeated 2019 regular season, Rubinson recorded three hits and two RBI. He also led the team in strikeouts.

Outside of school and sports, Rubinson is involved with the No Boundaries Coalition, a nonprofit focused on improving equity in communities that make up Central West Baltimore. He has been with No Boundaries Coalition for four years, and is mostly involved with the food justice segment of the organization.

City baseball coach Mark Miazga was beyond proud when he learned Rubinson won the Minds in Motion scholarship.

"Leo has been an integral part of our baseball program over the past four years, and just a tremendous athlete and someone who has brought great success to our program," said Miazga, also an English teacher.

"He's certainly a perfectionist, he's certainly someone who wants to work really hard on his writing and he never... has low expectations for himself."

At UMD, Rubinson will major in either business or economics with hopes of competing in club baseball.

"He's gonna be great at whatever he desires to do because he's just such a hard worker," Miazga said of Rubinson. "He's someone that I really respect not only as a player, but as a person."



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Taking care of your mental health in the face of uncertainty

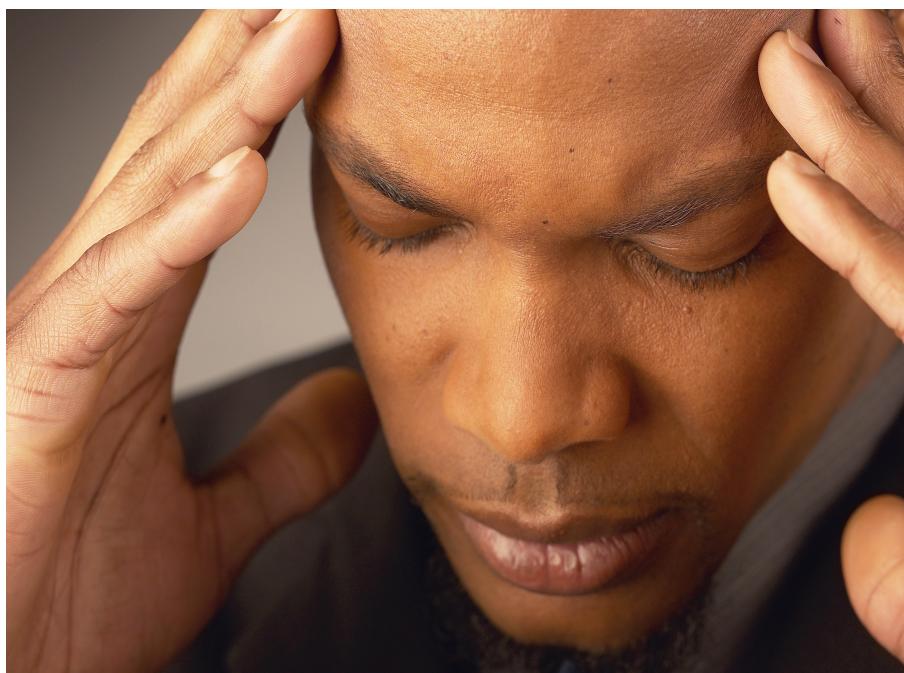
By Doreen Marshall, Ph.D.

Human beings like certainty. We are hard-wired to want to know what is happening and to notice things that feel threatening to us. When things feel uncertain or when we don't generally feel safe, it's normal to feel stressed. This very reaction, while there to protect us, can cause all sorts of havoc when there is a sense of uncertainty and conflicting information around us.

A large part of anxiety comes from a sense of what we think we should be able to control but can't. Right now, many of us are worried about COVID-19, known as the "Coronavirus." We may feel helpless about what will happen or what we can do to prevent further stress. The uncertainty might also connect to our uncertainty about other aspects of our lives, or remind us of past times when we didn't feel safe and the immediate future was uncertain.

In times like these, our mental health can suffer. We don't always know it's happening. You might feel more on edge than usual, angry, helpless or sad. You might notice that you are more frustrated with others or want to completely avoid any reminders of what is happening. For those of us who already struggle with our mental wellness, we might feel more depressed or less motivated to carry out our daily activities.

It's important to note that we are not helpless in light of current news events.



We can always choose our response.

If you are struggling, here are some things you can do to take care of your mental health in the face of uncertainty:

Separate what is in your control from what's not— There are things you can do, and it's helpful to focus on those. Wash your hands. Remind others to wash theirs. Take your vitamins. Limit your consumption of news (Do you really need to know what is happening on a cruise ship you aren't on?).

Do what helps you feel a sense of safety— This will be different for everyone, and it's important not to compare yourself to others. It's ok if you've

decided what makes you feel safe is to limit attendance of large social events, but make sure you separate when you are isolating based on potential for sickness versus isolating because it's part of depression.

Get outside in nature— even if you are avoiding crowds— I took a walk yesterday afternoon in my neighborhood with my daughter. The sun was shining, we got our dose of vitamin D, and it felt good to both get some fresh air and quality time together. Exercise also

helps both your physical and mental health.

Challenge yourself to stay in the present— Perhaps your worry is compounding—you are not only thinking about what is currently happening, but also projecting into the future. When you find yourself worrying about something that hasn't happened, gently bring yourself back to the present moment. Notice the sights, sounds, tastes and other sensory experiences in your immediate moment and name them. Engaging in mindfulness activities is one way to help stay grounded when things feel beyond your control.

Stay connected and reach out if you need more support— Talk to trusted friends about what you are feeling. If you are feeling particularly anxious or if you are struggling with your mental health, it's ok to reach out to a mental health professional for support. You don't have to be alone with your worry and it can be comforting to share what you are experiencing with those trained to help.

We are in this together, and help is always available. If you're feeling alone and struggling, please reach out to The Crisis Text Line by texting TALK to 741741 or National Suicide Prevention Lifeline at 1-800-273-TALK.

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Ray Lewis offers words of encouragement to George Floyd's family

By Tyler Hamilton

Baltimore Ravens legend Ray Lewis spoke to George Floyd's family earlier this week.

Floyd was laid to rest on Tuesday, June 9, 2020, after he killed by Minnesota police officer Derek Chauvin. Lewis shared some of the things he told the Floyd family during a virtual meeting with University of Maryland, Baltimore Interim President Dr. Bruce Jarrell.

"I told them that they are not alone. There are so many people across the world feeling so much pain and anger. People are frustrated of injustice, of what's right. The color of your skin should not define who you are or what you do in life," Lewis said. "I told George Floyd's family that God don't make mistakes. People have found their ways of doing what they want to do and evil finds even the strongest."

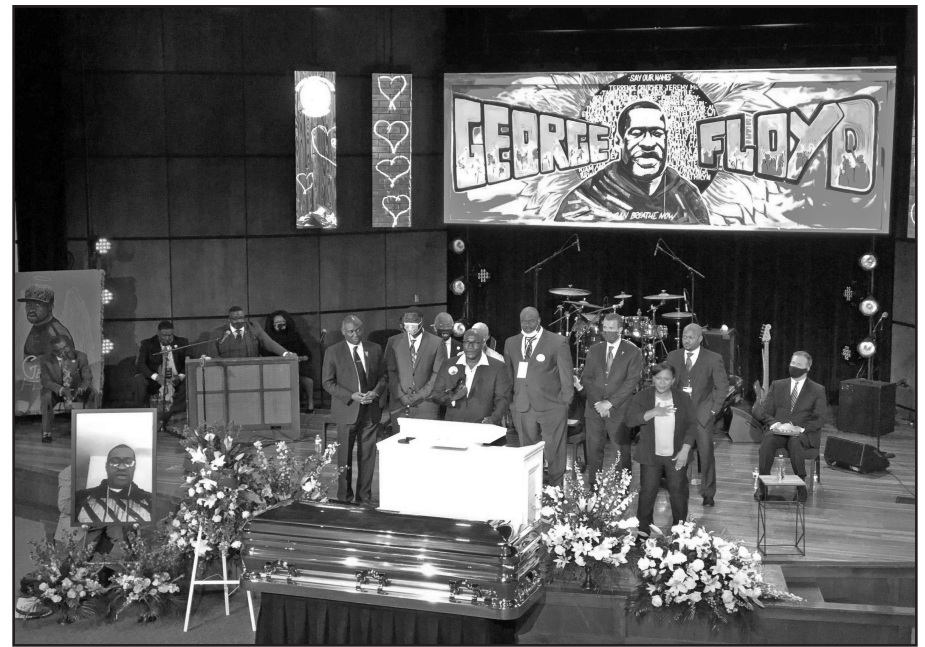
The tragedy sparked protests and riots across the country. It took Lewis back to a time when he was a sophomore in high school in 1991 when Rodney King was

brutally beaten by members of the Los Angeles Police Department. He said he remembered asking his mother why are black people treated differently. His mother's inability to answer him other than to say, "the world wasn't fair," still resonates with Lewis today.

"This one here has bothered me from a different place," Lewis said. "I've had sleepless nights because I think when you think about what's happening, the thing I fear the most is our kids are experiencing things that even our parents can't explain to them.

"People are just frustrated of injustice. The color of your skin should not define who you are or what you do in life. Our only way out of this is through love. We have to feel each other again. We have to love each other again. The question is: How do we replace all the pain, hurt, confusion, and injustice with love, hope, communication and integrity?"

The way that Floyd was killed stirs up emotions within any person with a conscience. Chauvin put his knee on Floyd's neck depriving him of oxygen while he



George Floyd's was laid to rest on Tuesday, June 9, 2020, after he was killed by Minnesota police officer Derek Chauvin while in police custody.

Photo Credit: Pierre Michael Jean/AFP/Getty Images

was held on the ground in handcuffs. Two other officers also held him down and another officer stood guard as people watched the tragedy take place. This went on for almost nine minutes before Floyd took his last breath.

Floyd's death has impacted the United States in a different way. More people are making their disgust known. "It's therapeutic to get that pain out," Lewis said. "When you turn that pain into an open dialogue, you start to see change.

Eventually, that pain becomes a vision. Then, that vision becomes a mission. That mission becomes your purpose. And that purpose becomes your destiny."

You can't tell people how to deal with these issues and if you're a black man, you live it.

"My advice to the world is that our only way out is love," Lewis said. "But we have to strategically put together the right connection to hold the people accountable."

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Rambling Rose

Druid Hill Avenue YMCA
celebrates 100 Years



Rosa Pryor Trusty

Hello everyone, how are you? I am telling you this has been a hell-la-VA week! But still no live entertainment, music concerts, jazz shows or park festivals. TERRIBLE SITUATION! But, we must think positively.

Now since you know I don't talk about politics or sports we won't mention anything about the "White House" or anyone in it. But, I did hear that the man in charge of that house, walked over to a church in Washington, D.C. to do a photo op or something like that and he held up this Bible upside-down for whatever reason and started lying again and lightning stuck the antenna of the roof of the church and spiraled down and struck the man that was holding the Bible upside-down in front of the church and was bar-b-cued right on site. I'm just saying, that is what I heard. Go ahead and (smile), I know you want to. It's okay because I laughed my ass off.

I have started writing my third book, an extension of my second book, *African American Community, History & Entertainment in Maryland*. However, this one will be a hard back table-top book with many more photos, stories and over 18 chapters about the history of your family and friends, your community, neighborhoods, nightclubs, restaurants, and musicians, including: Caribbean families who live in America, their festivals, lifestyle, music, and costumes, etc.

This book will also include stories about historical churches; popular ministers; hospitals; schools you went to; gangsters; politicians; and all your memories from the good old days. Let me preserve your history once again. Send me your pictures by email to: or mail to: 214 Conewood Avenue, Reister-

stown, Maryland 21136. The photos you send must be from the 1950s thru 1980s. If you have any questions, please feel free to call me anytime.

Okay! Now, let's talk about a couple of fun things to do. Do you remember I wrote about one of my favorite places I like to go on Sundays? It was the Baltimore Farmers' Market back in April's column and because of the COVID-19 they cancelled to further notice? Well, darlings they will open this weekend. That's right! The Baltimore Farmers Market & Bazaar is opening Sunday, June 14, 2020 from 7 a.m. to 12 p.m. every Sunday until December 20, 2020. The Market is located underneath the Jones Falls Expressways at Holliday and Saratoga Streets—rain or shine! You have to wear a mask or face covering and no more than four people in a group.

The Druid Hill YMCA is celebrating 100 years. The Druid Hill Y has occupied a significant place in Baltimore's history as a symbol of opportunity. The Druid Hill Y has a rich and illustrious history that began before it moved to its current home at 1609 Druid Hill Avenue. It has played particularly a meaningful role in the development of African Americans living in and around Druid Hill during segregation and throughout Baltimore's history, as a focal point for physical, mental and spiritual wellbeing.

During segregation, the Druid Hill YMCA was the only place in Baltimore where African Americans could swim at an indoor pool. As children, Thurgood Marshall, who rose to become the first African American Justice of the Supreme Court; and jazz legend Cab Calloway both lived in walking distance and learned to swim at the Druid Hill Y.



Syvanna Grandtwin, a student at Franklin High School got permission from her parents to join the Protest March in Reisterstown, Maryland, last week.



Renowned Baltimore photographer, Anderson Ward (with camera) celebrating 100th Anniversary of the Druid Hill Avenue, YMCA. (Pictured) J. Laws Nickens; E. Gaines Lansey; Stanley A. Waters Sr.; Eugene Costor; and Jimmy Hayes.

Now, its home to a rich array of programs fostering youth development, healthy living and social responsibility serving the individuals, families and youth of the Druid Hill, Upton and surrounding communities now and for centuries to come. Happy 100th Anniversary Druid Hill YMCA!

Just a reminder about a couple of cancellations announced that the Baltimore Office of Promotion & the Arts (BOPA): Artscape 2020 has been canceled and will return in 2021. Also Baltimore's 4th of July Celebration and Picnic at the Top is also cancelled for 2020.

Well my friends, I've got to go. Stay safe and please wear a mask. Next week, I will do a special column for Father's Day. Until then, remember I love you. If you need me, call me at 410-833-9474 or email me at . UNTIL THE NEXT TIME, I'M MUSICALLY YOURS.



Bishop Naomi C. DuRant Radio legendary broadcaster known from the historic WEBB Radio Station and WBGR AM 860 James Brown Radio Station as well as the pastor of the New Refuge Cathedral in Baltimore passed away last week at age 80. Condolences to the Family from "Rambling Rose." We worked together back in the day.

Westgate Hills Resident Lacy Adele Foster Celebrates 105th Birthday

BALTIMORE, June 5, 2020 – For Lacy Adele Foster, a resident at Westgate Hills Rehabilitation & Healthcare Center in Baltimore, the keys to a long, fulfilling life include staying active and engaged with family and friends, working hard and keeping a positive attitude. Good genes and corn beef sandwiches – her favorite – help, too.

Foster (pictured) just celebrated her 105th birthday at the Baltimore skilled nursing facility, with care team members and her family, who joined in the festivities window-side and via Skype. Among her gifts was a Mayoral Salute from the City of Baltimore. “You have been truly blessed with 105 years of life and memories and I wish you an abundance of joy, wonder, and health on this auspicious day and the many days ahead,” reads the salute, signed by Mayor Bernard C. “Jack” Young.

“Lacy has such a fun-loving spirit and enjoys keeping her mind sharp,” said Westgate Hills’ Michael Daichman, administrator. “Since she moved to Westgate Hills last summer, she has been a frequent participant in many of our programs and events, from exercise, to music, to arts and crafts. She is also an avid reader.”

Born on May 28, 1915, Foster was one of 11 children in a family where longevity certainly runs in the genes.



Lacy Adele Foster
Courtesy Photo
HAPPY BIRTHDAY!

Foster’s mother lived to 103 years old and one of her brothers lived to the age of 106. The centenarian has one surviving sibling, who is 98.

When asked if there is anything she wanted to do, but never got around to it, Foster is quick to respond, “I did everything that I wanted to do.”

Foster shared 37 years of marriage with William Foster, and the couple had two sons. She has seven beloved grandchildren. A 20-year resident of Burkeville, Virginia, Foster worked for 40 years at Hamburg’s Department Store

Taneasha Hines receives hair loss certificate

Baltimore— Taneasha Hines completed a hair loss certification class at the Atlanta Airport Westin on May 6, 2020. Now, Hines is certified as a hair loss specialist, which allows her to work with dermatologists and oncologists.

Hines was encouraged to participate with “Look Good, Feel Better” through the American Cancer Society to assist women suffering from hair loss as they undergo chemotherapy. She is trained to service men, women and children by learning to fit a client for a hair loss system and/or unit.

If you or someone you know is suffering from hair loss issues, Hines can be contacted at Posh Hair Designz located at 3407 Ft. Meade Road, Suite #90, Laurel, MD 20724. For more information, visit: www.officialposh.com or email:

Taneasha Hines
Courtesy Photo
CONGRATULATIONS!



Limited Edition OLD BAY® Hot Sauce Returns

Bringing the Heat Back to Summer

HUNT VALLEY, Md. June 10, 2020 – It’s back by popular demand. Just in time for the official start of summer, the Limited Edition OLD BAY Hot Sauce is here to spice up favorites like deviled eggs, Bloody Mary cocktails, lettuce wedge salads, pasta and potato salads, fried chicken, crab cakes, dips, and so many more seasonal foods. This unique hot sauce is in stock and shipping to stores for arrival as early as next week.

“When we first launched this special, limited OLD BAY offering in early 2020, we were excited to see the amazing response it received. We knew our loyal Chesapeake-area fans would em-

brace this hot sauce as the winter escape it was intended to be, however we quickly discovered that fans all over America, and even the world, were seeking it out. We’ve been fielding requests for its return ever since,” said Jill Pratt with OLD BAY. “OLD BAY fans are extremely passionate and loyal, so we are happy to let them know our hot sauce is back for this summer.”

With this release, the Limited Edition OLD BAY Hot Sauce will be available in stores on the East Coast. For those that are still anticipating their first taste of the OLD BAY Hot Sauce, its flavor is tangy with a kick of heat, and loaded with that distinctive OLD BAY blend of

herbs and spices that has won over hearts (and mouths!) for more than 75 years.

Starting next week, the Limited Edition OLD BAY Hot Sauce will begin appearing at East Coast retailers like Acme, Albertson’s, Bi-Lo, Big Y, Food City, Food Lion, Giant, Giant Eagle, Harris Teeter, Lowes Foods, Market Basket, Martin’s, Price Chopper, Publix, Safeway, ShopRite, Walmart, Wegmans, Weis, Winn Dixie, and more.

In addition, many local restaurants will be offering the OLD BAY Hot Sauce for tasting on special menu options. For more information on OLD BAY Hot Sauce and the latest list of stores selling the hot sauce, please visit OLDBAY.com and [Instagram](https://www.instagram.com/oldebay).



A comment on ‘cancel culture’

By Jasmine Garland

As the conversation of racial inequality continues to clog the airways (and rightfully so) we, as black people, find ourselves in a particularly delicate position balancing between patience and pissed off (again, rightfully so).

Non-black people all over the world are becoming more active in these conversations, and while this open dialogue is vital to everlasting change, it has become our job to tilt towards patience. While this may not be fair, I submit that this will be the only way we can solidify non-black allies in our movement.

With people, particularly white people, publicly sharing their position, we can easily dissect their words and look for hints of racist thought and disingenuous—this is something we have been trained to do for over 400 years. However, it is important to note the difference between an insult and an ignorant comment.

An insult is easy. There is no sense of solidarity or support—the intention is obvious. When a white business owner in Middle River made a joke on Facebook recently, insinuating that black people will not attack public service buildings, he made clear his position on the cause. This was an insult.

While the insult may have been the result of lack of education, his glib and inconsiderate comment rocked our community into ‘cancelling him’ and no longer supporting his business. Fair.

However, ‘cancel culture’ may be going a bit too far in its efforts to uncover hiding racists and leave them battered and bruised via social media outrage, and their pockets empty from boycotts.

The truth is, there are instances when a problematic comment gives us the opportunity to educate rather than to cancel. This is the case for comments made in ignorance such as, “all lives matter” and arguments against kneeling during the National Anthem. People who love the country and are passionate about “doing the right thing” often can be swayed. They simply need a good lesson on “the right thing.”



“I am not saying it’s everyone’s ministry to educate the ignorant. However, in times like these we should be selective about whom we cancel and to whom we offer the olive branch. We should be willing to see if a person has enough moral aptitude to break old forms of thought and create new ones.” — Jasmine Garland

Photo Credit: Alisha Wallace

Black people have been carrying the burden of educating white people for centuries—of course we are tired. Especially, when people act as if they don’t have access to the same resources we do in order to learn more about the plight of our people. However, I question whether our job as educators will ever truly be done?

Black people have always been teachers; we set the standard for peace and understanding. By far, the majority of our movements have started using peaceful methods as a way of showing how people should respond to negativity: with love.

Black Wall Street and the Black Panthers are evidence of our desire to protect ourselves and live peaceful lives. Even now, we are the model of peaceful protesting. We have made it clear that looting does not support our mission. So why would we stop our effort to inform the public?

The problem with “cancel culture” is

that it can shut potential allies down. Can we afford to cut people out of the cause for their ignorance and mistaken beliefs?

Those who make problematic statements learned this perspective from the world they lived in. Their white, military, police families colored every opinion they developed about black people for their entire lives. Overcoming this sort of social influence alone is incredibly difficult, perhaps nearly impossible.

Those who have been passive to our cause and make statements such as “all lives matter” may be reachable if we choose not to cancel them. Many racist adults did not originally choose racism for themselves, and the truth is, some of them are too far gone. However, many people have the heart and mind to be good people if, instead of going on the attack, we choose to have a conversation that leads to a new way of thinking.

We must consider, that “cancelling” a person may teach them a lesson regard-

ing what they express publicly, but it can also serve to solidify whatever negative perspective they have about our movement.

Further, when is an apology too little, too late?

I am not saying it’s everyone’s ministry to educate the ignorant. However, in times like these we should be selective about whom we cancel and to whom we offer the olive branch. We should be willing to see if a person has enough moral aptitude to break old forms of thought and create new ones.

This is our new burden, heavy as it may be. Instead of launching an attack of insults, we can launch an attack of education. A barrage of articles, data, documentaries and books can go much farther than a barrage of hate.

Cancel culture certainly has its place—racists beware. However, if the path to rehabilitation is available, we must be willing to consider it for the good of the cause.

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