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Local teen invents safety pouch as safety strategy during police traffic stops



Amber Palm is the inventor of the Dash Pouch. The 17-year-old Baltimorean who is headed to Bowie State University in the fall invented a special pouch that holds a driver's identification, registration, and an insurance card in one spot on the driver's dashboard. Thus, no reaching is involved to pull the items out of a glove box, pocket or enclosure, which could be misinterpreted with law enforcement. Her target audience is African-American males and females who want to protect their loved ones, and themselves, from negative law enforcement interactions. The Dash Pouch is currently being sold online through Amber's company, Palm & Co.

(See article on page 8). Courtesy Photo: LeQuan Dixon

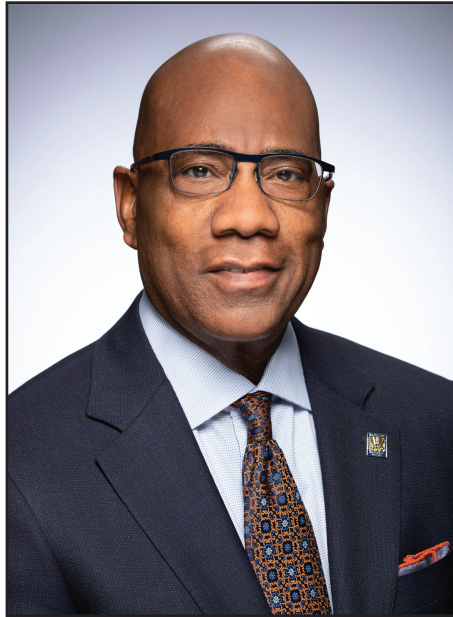
MSU President's 10-year anniversary highlighted by new financial commitment to support student success

Personal contribution and gifts from Alumni and Friends Grows the President's '\$5 Scholarship Fund,' to \$1 Million

Baltimore—Coinciding with the 10th anniversary of his leadership of Morgan State University, President **David K. Wilson** announced a new personal commitment of \$100,000 to benefit the *Growing the Future Opportunity Fund*. Administered by the Morgan State University Foundation (MSUF), the fund provides support for Morgan students facing financial barriers, through emergency assistance and grants that create a pathway toward academic success. With the new commitment, Wilson's contributions to support Morgan students since his inauguration as the University's 10th president, nears \$300,000, a sizable portion of which helped to launch the President's \$5 Endowed Scholarship Fund. The \$5 Fund has amassed some \$1 million since its **launch in FY 2011**.

In 2018, Morgan's Board of Regents gave Wilson a **five-year contract extension** with a three percent pay increase, which the President promised to reinvest back into the University. In addition to his own giving, he has been instrumental in making possible some \$50 million in private gifts and grants from individual and institutional supporters during his tenure at Morgan.

"Giving back is personal for me, because there is no way that I would have finished college without the generosity and contributions of others assisting my journey," said President Wilson. "It is a joy for me to be able to invest in our stu-



(Left) Morgan State University President Dr. David K. Wilson. A personal contribution and gifts from alumni and friends has grown the President's '\$5 Scholarship Fund,' to \$1 Million. (Right) Dr. Wilson congratulates a Morgan graduate during convocation ceremonies at Morgan State University.

Courtesy Photos/Morgan State University

dents here at Morgan and enable them to realize their dreams. Our students are the future leaders, innovators, educators, business starters and decision makers, and I want to be able to say that I contributed in every way possible to their success. My hope is that others who have the means will join me in making a contribution to the talent that will benefit America in the long term."

The *Growing the Future Opportunity Fund* has provided Morgan students with much-needed support during the COVID-19 pandemic. In addition to the announced commitment from President Wilson, the fund has garnered contributions from scores of Morgan alumni and some philanthropic organizations, such

as the **Andrew K. Mellon Foundation**. This fall, funds raised through Morgan State University Foundation's **2020 Virtual Gala** will also support the fund.

It was at the MSUF's FY2011 Homecoming Gala that Wilson announced the official launch of the \$5 Endowed Scholarship Fund, establishing it with his first commitment of \$100,000. Today, the fund helps some 30 students annually through scholarships and study abroad opportunities. Wilson began the \$5 Fund in commemoration of his father's commitment to his education and to create an

opportunity to provide access to higher education for other deserving students. Wilson added, "My hope is that others who have the means will join me in making a contribution to the talent that will benefit America in the long term." In addition to his own giving, he has been instrumental in making possible some \$50 million in private gifts and grants from individual and institutional supporters during his tenure at Morgan.

To make a contribution to support student success at Morgan, visit: [Give-ToMorgan.org](https://www.give-to-morgan.org).

Senator Van Hollen Now accepting Service Academy Applications for Class of 2025

Washington, D.C.— U.S. Senator Chris Van Hollen (D-Md.) announced that his office is now accepting applications from students in Maryland for nominations to one of the Uniformed Service Academies for the class of 2025.

All applications and supporting materials must be received electronically by 5 p.m. on September 30, 2020. More information, including the online application and related COVID-19 updates can be found at: vanhollen.senate.gov.

Qualified applicants will interview with Senator Van Hollen's Service Academy Advisory Board in November. In the past, interviews have been held at the University of Maryland Global Campus in Largo, Maryland.

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Guest Editorials/Commentary

Yes: End racist Black oppression and police brutality but no to taking down statues

By Dr. Ken Morgan

On July 4, 2020, the Baltimore Sun's headline read, "Christopher Columbus near Little Italy brought down, tossed into Baltimore's Inner Harbor." A flyer described the statue removal. Remove statues that glorify owners of enslaved people, white supremacists, culprits of genocide and colonizers.

Some misguided left groups, including anarchists and Antifa outfits, have tried to make tearing down statues the main piece of the oppression against Black folks here in Baltimore and around the nation. They remain a minuscule part of a more substantial majority of individuals and groups that feed into the rightwing bellows. The small group's support comes from bleeding heart liberals that make a case for monument removal.

Brandon Scott, the almost new mayor of Baltimore said in a statement, "I support Baltimore's Italian-American community and Baltimore's indigenous community. I cannot, however, support Columbus."

Brother Scott, you do not have to support the atrocities of Christopher Columbus.

Most Charm City and Tubman City residents, aka Baltimore, including Black folks, young people with working-class roots and some working-class-whites took to the streets.

We as everyday Black working-class and working minded persons need to lead, not follow. The high unemployment rate, unhealthy housing, continued cop brutality, and the "just us" system requires our primary attention.

Add to those working, low wages. Add no health insurance. For many with or without a job, add food insecurity. Almost two-thirds of Blacks live in Charm City—most number as working-class or poor.

Tell the real, accurate economic and cultural history, not revise it or pretend oppression did not exist. Trying to rewrite history will not make past Black oppressions, go away. Slavery and the end of slavery introduced the world to the full-blown industrial economy.

Destroying and removing statues cannot and should not erase that epoch and make believe slavery did not occur. We fought in the Civil War. We walked off plantations to help end the War. We made history. We represent *ourselves* as the makers of history.

Instead, we need to fix the miseducation fed to our children, young, some middle-aged and older people. Remind us that racist oppression still heavily pollutes the air as do Coronavirus droplets.

We, the majority of residents of the city, will tell you what we need. At the end of June this year, the Mississippi government voted to take down its flag—the last state symbol flying in the country containing the Confederate battle flag. The demands of the day required it. This happening is a blow to any who would seek to organize racist violence today. Politicians and the Greater Baltimore Committee dare not tell us.

Remember Peter Tosh's song, "I need equal rights and justice, no peace." "Everybody trying to reach the top, but how far is it from the bottom?"

"This is the only way we can stop hatred," according to a statue removal organizer. No, it is not.

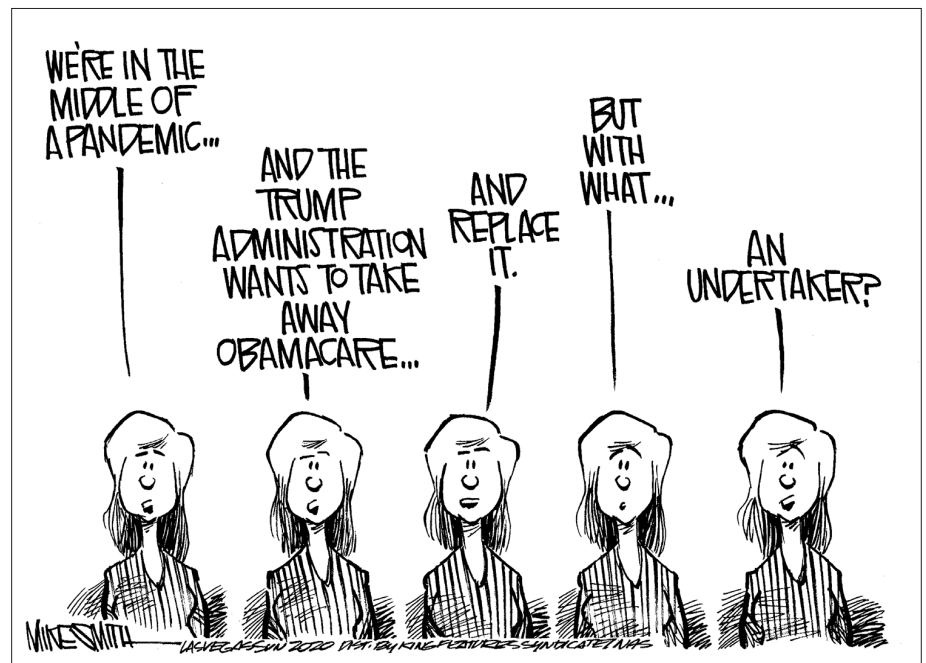
Former Coppin State University Professor, Dr. Ken Morgan is a human rights activist. He can be reached at: btimes@btimes.com

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Community Affairs

Marylanders urged to follow safety tips to avoid heat-related illnesses

Baltimore—The Maryland Department of Health (MDH) is reminding residents to follow safety tips and take precautions to avoid illnesses due to extreme heat. During the 2019 extreme heat season, Maryland had 21 heat-related deaths.

"As temperatures rise, Marylanders are at a greater risk for heat-related illnesses, like heat exhaustion and heat stroke," said Deputy Secretary for Public Health Fran Phillips. "Protect yourself and your family by staying indoors or visiting a cooling center, and drinking water to stay hydrated."

MDH encourages residents to use the following tips to help cope with hot weather:

- Drink plenty of fluids
- Avoid alcohol, caffeine and overly sweetened beverages
- Wear loose-fitting, lightweight and light-colored clothing

- Avoid direct sunlight and wear sunscreen; stay in the shade when possible
- Avoid salt tablets, unless advised by a doctor to take them
- Take it easy outside; schedule physical activity in the morning or evening when it's cooler and take breaks if necessary

Residents should never leave children or pets in a car for any amount of time during hot weather, even with the windows cracked. Residents also are encouraged to check on elderly neighbors or relatives to ensure they have a cool place to stay.

Residents in need of cooling centers are encouraged to reach out to their local health department or call 2-1-1 and provide their county location and ZIP code to get information about cooling center locations, hours of operation and available accommodations.

More resources about staying safe in hot weather are available from the MDH Office of Preparedness and Response at https://preparedness.health.maryland.gov/Pages/resources_hot.aspx.

Past due time for American healthcare system to protect Black Americans

By Dr. Benjamin F. Chavis, Jr.,
President and CEO, National
Newspaper Publishers Association

Today, Americans are facing unprecedented times. We are in the midst of a global pandemic, our country has fallen into an economic recession, and hundreds of thousands are protesting police brutality and racial injustice. But there is another epidemic in this country that must be addressed, and it must be addressed now.

CNN's Don Lemon said it best – “there are two deadly viruses killing Americans: COVID-19 and racism.”

Because of the systematic racism that is rooted in our nation, racial disparities in American healthcare have caused illness, injury, and death in minority communities across the country. Black Americans suffer the most at the hands of the American healthcare system.

Now, we are seeing COVID-19 shine a much-needed light on the harsh reality that has been plaguing an entire race for centuries.

In my own home state of [North Carolina](#), Black Americans make up 30 percent of COVID-19 cases and 34 percent of the COVID-19 deaths, even though they only make up 22 percent of the population. Really think about that math. How does it make sense?

That means, [162 Black North Carolinians](#) will die due to COVID-19, which is

agency care a patient received. These bills can range from a \$50 prescription drug to \$30,000 in emergency transport. Not surprisingly, Black Americans suffer from a higher rate of surprise medical bills, at higher costs compared to White Americans.

Congress holds the pen when it comes to reforming surprise medical billing in

Rhea Boyd, a practicing physician and healthcare scholar said, “ensuring that insurance is not a barrier to healthcare is really critical, particularly for African Americans...”

Insurance companies make billions of dollars every year by using sly tactics like skinny networks to lure consumers in and then slap them with a surprise medical bill when they go out-of-network. It is time to put a stop to insurance companies making billions off the backs of hardworking Americans.

It is clear that Senator Lamar Alexander and Representatives Frank Pallone and Greg Walden, three of the members committed to eradicating surprise medical billing, are in the pockets of Big Insurance. The bills they are sponsoring do not even bring insurance companies to the negotiating table, let alone hold them responsible.

We are halfway through 2020, and we still do not have proposed legislation that gets at the root of the surprise medical billing problem. We must get rid of skinny networks, improve access to care, and cover emergency services. It is time for insurance companies to pay, so we can save Black lives. Black Lives Matter.

Dr. Benjamin F. Chavis, Jr. is President and CEO of the National Newspaper Publishers Association based in Washington, D.C. He regularly comments on public policy issues that impact the quality of life of Black America. Dr. Chavis was the first person to coin the term “environmental racism.”

Because of the systematic racism that is rooted in our nation, racial disparities in American healthcare have caused illness, injury, and death in minority communities across the country.

Black Americans suffer the most at the hands of the American healthcare system. Now, we are seeing COVID-19 shine a much-needed light on the harsh reality that has been plaguing an entire race for centuries.

70 more than would be expected based on the demographic makeup of the state. That is, 70 more Americans who will die just because of the color of their skin.

Unfortunately, these healthcare disparities are nothing new. Black Americans have long suffered from a severe lack of access to quality, affordable care, which predisposes them to increased rates of underlying conditions and illnesses. Due to the lack of access, Black Americans are often forced to travel very far for care. This usually means, if they have insurance, they must go to out-of-network facilities and often find themselves hit with exorbitant surprise medical bills.

Surprise medical bills are unanticipated costs related to out-of-network or emer-

this country, but they are falling far short of what needs to be done. There are multiple bills in the House and the Senate that claim to rectify this injustice, but all of them still leave the cost to patients or providers without holding insurance companies accountable.

While Congress is trying to figure it out, we are seeing the administration miss the mark as well. In a [Twitter thread](#) on June 22, CMS Administrator Seema Verma may have misdiagnosed the real root of the issue – insurers. Because of the blatant and intrinsic greed, these companies are starving patients of care and putting the financial burden on their shoulders.

In a recent [Congressional hearing](#), Dr.

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Maryland Muslim Community reaction to death of George Floyd

By Fatiha Belfakir

The Islamic Community in Maryland (ICM) is coming up with series of educational programs and seminars to both promote justice and solidarity with the African American community and to condemn the death of George Floyd, a 46-year-old black man who was killed while in police custody in Minneapolis.

Imam Chad Earl, ICM Director of Religious and Youth Affairs, told the Baltimore Times that George Floyd wasn't killed in a vacuum, and it is the duty of the Muslim community to understand whether or not it is making any sort of difference or just benefiting from status quo. As he Black community leads this movement, Earl stated that the Muslim community must be willing to listen and learn how it can best help out as allies for justice.

"Calling for justice is at the core of our faith, whether we as Muslims understand it or not. We are taught, 'Help your brother whether he is oppressed or the oppressor.' When asked how one helps an oppressor, the Prophet Muhammad (Peace and Blessings be upon him) said, 'Stop him from oppressing.' Justice is a goal of Islam," said Earl. "Even if at some level we understand that only true and complete Justice will happen in the Afterlife, we must work together, amongst ourselves, and with other like-minded people to stand up for those who need our help to the best of our abilities."

In the aftermath of the most recent assault on black lives, the United States of America finds itself confronted with a devastating global pandemic and by persistent legacy of racism. Police violence against African Americans has once again become the subject of national debate as millions of devastated Americans gathered throughout the States to denounce police brutality and racial bias after the



Photos of George Floyd displayed on the side of a building at Fells point in Baltimore City.

Photo Credit: Fatiha Belfakir

death of George Floyd. Many people have been outraged by the unjust deaths of Freddie Gray, Ahmaud Arbery, Breonna Taylor, Tony McDade, and countless others who had their potential stolen.

According to Mapping Police Violence, one of the few organizations that track information on police violence and use of force, more than 1,000 unarmed people died as a result of police harm between 2013 and 2019. About the third of them were black.

ICM is working on a series of educational programs for the community in the coming weeks and months such as workshops, lectures, khutbas, which will

be held in an effort to better connect with and support local Masaajid which are predominantly African Americans.

Earl stated that the ICM is also studying its own demographics inside and will be looking at the causes and cures for any lack of participation from minority segments of the community, both African-American and others, so that it can build and maintain a community which lives up to the Prophetic model of uplifted and honoring humanity and its diversity.

"Given the fact that we're physically unable to gather in our houses of worship and elsewhere, we aren't able to measure the community's reaction as

well as we normally would. Yet, our community is very diverse, and that diversity manifests itself in a variety of responses," said Earl.

Earl explained that there is a large portion of the Muslim community, especially African-American Muslims and second and third-generation American Muslims from immigrant backgrounds who are very aware of the history and reality of Black life in America, and who are excited to be part of a movement of people from all across the country calling for real, systemic change.

"There are others in our community who understand some of that history, but are not particularly involved in calling for change, either due to a sense of the problem being bigger than they are able to tackle, inexperience in such movements, or even due to fear for themselves or their families if they get involved in protests or rallies or other activities," said Earl. "There is also a segment of the community, although much smaller, which really doesn't understand the depth of the problem and who read race relations in America through the lens of their own experiences as immigrants," added Earl.

Nawal Karsha, a Somali Muslim immigrant residing in Maryland for over twenty years, said that she is horrified and beyond angry of what's happened to George Floyd and to what the African American community had to go through.

"One president after another promises the African American people that justice and equality would be his way and nothing would comprise his mission and vision from becoming a reality, but all this leads to more of same oppressive attitudes and system," said Karsha. "This country is brutal to the African American people, equality to [the] African American is just a myth."

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Pride of Baltimore Chair Pens 'Agent of Change' Open Letter

By Stacy M. Brown

When Jayson Williams took over as chair of the Pride of Baltimore two years ago, he left a profound mark in economic development by spearheading major government, public, private, partnerships and he played a key role in enabling the development of the \$1.2 billion MGM National Harbor.

Williams' new job didn't preclude him from making a change in other areas, including diversity.

He underscored that by penning an open letter recently, titled "Agent of Change," to all in and around Baltimore.

"When I was a kid, my father, a cab-driver, drove me all over Baltimore City to teach me lessons during the time we spent together. He would educate me about communities and warn me about communities I should not go to alone," Williams wrote. "One such area was the Inner Harbor, where he warned me that, as a young black man, I could find myself in trouble even if it was not my fault. My father said he hoped that



*Jayson Williams,
Chairman of the Board
Pride of Baltimore
Courtesy Photo*

someday I could help change that for other young black and brown people. That it was our Inner Harbor, too."

The letter continues: "One of the first places my father took me that I can remember in the harbor was aboard Pride of Baltimore II. I loved the water and I loved 'pirate ships.'

"As the first black chair of the board of Pride, Inc., which manages the ship built as Maryland's goodwill ambassador and a symbol of hope, investment, history, and tourism, I knew I must be more than just a symbol of change. I was called upon to be an agent of change.

"When I became chair in 2018, Pride was in turmoil, having missed the sailing season for the first time ever due to a lack of funding.

"People told me that everyone would understand if we could not lead Pride back to success because it had been mired in difficulty before my arrival and some had lost hope in it.

"But they didn't understand that as a black man, since I was a child, I have always known that my failures are amplified in our society. I couldn't fail. Nor did our board believe the best days of Pride were behind it."

Williams said his first action was to grow the board because, while they were dealing with financial troubles, they had lost focus on diversity.

"We added women, minorities, young people, and new accomplished leaders of different backgrounds and experience. We prioritized connecting the organization back to the myriad communities it serves in Baltimore and across the state," Williams said.

Pride received various grants and launched an education program to tell the history of the privateer industry, both the good and the bad, and to get more kids within the Baltimore City and Anne

Arundel County Public Schools systems aboard.

"I am proud that we pulled off such a historic turnaround and ended the 2019 sailing season with money to invest in expanding our outreach in 2020," Williams said. "While COVID-19 ended many of our initiatives for this year, it has not and will not deter the energy and progress of Pride of Baltimore, Inc., the organization."

He added that he plans to ask the board to prioritize finding additional ways to make Pride of Baltimore II an agent of change.

"It will be addressed thoughtfully by the full board of directors with all of our committees working in concert toward that common goal," Williams said. "We will look to ensure more opportunities for diversity in hiring of crew, staff, vendors, and consultants. We will find more funding for programs that facilitate access for minority communities so that they, too, feel welcomed in the harbors we visit and aboard Pride of Baltimore II.

"If we are truly committed, we need each and every one of you as friends of Pride to support the board, staff, and crew.

"We want your time, stories, input, and donations to help put these plans into action. I will be joining Captain Miles for a "Coffee with the Captain" in the near future. I welcome your thoughtful attendance and questions."



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Local teen invents safety pouch as safety strategy during police traffic stops

By Andrea Blackstone

Police traffic stops continue to be a sensitive topic for African Americans. Before the incident in Minnesota with George Floyd, many African-Americans could reflect upon the “classic talk” they received at home about how to safely deal with police encounters.

The death of Floyd at the hands of police while he was in police custody sparked strings of protests and calls for police reform. The unfortunate event also renewed concerns about how Black civilians should currently handle being stopped by the police. For individuals who strive to reduce the possibility of any misunderstandings, even showing the police requested items such as a driver’s license and registration or proof of insurance can be stressful. Avoiding sudden movements, while keeping their hands in plain view, can greatly influence the outcome of the interaction, when it comes to driving while Black.

Amber Palm, 17, recognized the need for more Black motorists to stay safe during routine traffic stops and to prevent the escalation of more serious or deadly situations. The recent graduate of City Neighbors High School who was raised in Baltimore developed a clever product, which bridges the gap between police safety and motorist interaction.

The tri-fold design looks similar to a wallet, but is measured to fit three critical documents, in preparation for a traffic stop. It’s designed to hold a driver’s identification, registration, and an insurance card in one spot on the dashboard of the car. Thus, no hands are required to pull the items out of a glove compartment, clothes pocket or enclosure, which could be misinterpreted by law enforcement.

“The name of the product is the Dash Pouch. The process is simple. All you have to do is take the anti-slip pad, which has two adhesive sides, and place it in the front of your car— preferably on the dashboard. Place the pouch on top of anti-slip pad, while the vehicle is in use. When it is not in use, remove the pouch and put it away, somewhere out



Amber Palm fills online orders for her invention, Dash Pouch at home. Kia Palm is Amber’s mother and mentor. The teen is interested in studying Business Entrepreneurship in college said that her entrepreneurial parent helped her to search for manufacturers and places she could present her idea. The Dash Pouch is currently sold for \$15.00. Courtesy Photo: LeQuan Dixon

of sight, preferably in the sun visor. The sun visor is more convenient. Even if you forget to place the pouch back on the pad, your hands still remain visible to an officer,” Amber said. “My inspiration behind my invention was mainly the Philando Castile situation, the young

man that lost his life while being pulled over, because he had to reach for documentation. Knowing this, I feared for my loved ones, when they leave out the house to drive knowing that a traffic stop could lead to a tragic event. I wanted to do my best to prevent and

protect. Also, the device can be used to make the officer and driver feel safe.”

Amber’s company, Palm & Co. was founded in 2018. The teen’s loved ones inspired her to invent something that makes them feel more comfortable while driving, and also helps to protect them. Her product was officially launched in February this year. The ambitious Baltimorean is still trying to get the word out about her invention. To date, she has received over 50 orders from Maryland, Georgia, South Carolina and Hawaii.

“My main target is African-American males and females. I believe that the females want it to protect their loved ones and the males want it to protect themselves,” Amber said. “Also, I said African-Americans because I feel like more negatively-driven incidents have been happening to this race more than any other.”

Trina Mc Caskill, 48, is one of Amber’s customers. She says that she has had several run-ins with law enforcement. They did not always turn out in her favor. McCaskill says she fears for her life, and the lives of loved ones, all of the time. The Baltimore native says she has been using the Dash Pouch every day, since she purchased it.

“I recommend the Dash Pouch to every individual that felt the same fear that I did when they get into their vehicle to drive,” McCaskill said. “Since my hands are visible to [the] officer at all times, it puts me and the officer at ease, and could help save [my] life, so I definitely recommend this product.”

The Dash Pouch also appeals to concerned parents like Jaemellah Kemp who have new African-American teenage drivers in the house. The CEO of IT TAKES TWO, INC. routinely works with youth. Kemp celebrates her son’s milestone, but she has also had countless conversations with him about traffic stops, and making it home safely.

“Having his (my son’s) license, registration, and insurance card clearly visible would reduce our anxiety,” Kemp said.

To find out more about The Dash Pouch, visit: www.palmandco.shop

Vehicle for Change gives away 20 cars in celebration of 20th anniversary

By Demetrius Dillard

Vehicles for Change (VFC), a nonprofit headquartered in Halethorpe, celebrated its 20th anniversary by joining longtime partner Heritage MileOne Autogroup by presenting 20 families with vehicles in special giveaway ceremonies on June 24, 2020.

One of the organization's primary focuses is to put less fortunate families on the path to self-sufficiency through its sustainable car award program and re-entry training program.

According to its website, VFC has awarded more than 6,000 cars to low-income families since 1999. The vehicle giveaway on June 24, 2020 was a two-part celebration. The first ceremony was in the morning when Listra Williams, a certified nursing assistant at Northwest Hospital in Randallstown, was pleasantly surprised with a vehicle during her shift at work.

Northwest Hospital president, Craig Carmichael, joined MileOne Autogroup Chief Operations Officer Scott Fader and VFC Executive Director and founder Marty Schwartz in handing Williams keys to her car. The 19 remaining recipients were given cars at the main ceremony in the afternoon at Heritage Toyota in Owings Mills.

"A car impacts a family that is just unlike anything else so it really makes an enormous difference," said Schwartz, also the founder of VFC. "Our statistics show that 75 percent of families that get a car from us within the first 12 months of car ownership increase their annual salary by \$7,500."

The partnership between Mile One and VFC dates back five years. Steve Fader, president and CEO of Mile One, reached out to Schwartz and his team with intentions of furthering the mission of facilitating car ownership in the Baltimore area.

"Vehicles are transformational—go to work, go to the doctor's, go to the grocery store. When you don't have a vehicle, your life becomes very difficult," Fader said. "So we love this partnership and we look forward to continuing it for years."



Listra Williams, an employee of Northwest Hospital, was surprised with a car June 24, 2020 while at work. This was the first of 20 cars awarded today by Vehicles for Change and Heritage | MileOne Autogroup. She stands with Scott Fader, COO of MileOne Autogroup. Photos Courtesy of MileOne Autogroup



Steve Fader hands keys to Brittney Nelson, a mom of 20-month-old twins from Prince George's County.

VFC and Mile One also partners in training formerly incarcerated individuals to become auto mechanics. In addition to donating dozens of vehicles to VFC, Mile One has contributed \$75,000 this year to the nonprofit, according to Fader.

The afternoon ceremony was relatively brief, and included remarks from Mayor Bernard "Jack" Young, Schwartz, Fader and others.

"This is something that is very, very important for young people and families who don't have cars," Young said,

acknowledging the philanthropic efforts of VFC and Mile One. "You can connect with your cars in anywhere you want to go, whether it's work, whether it's taking your kids to an amusement park, whether it's to ride just for fun. This is really a wonderful, wonderful gesture by your (Fader's) team."

Brittney Nelson, a young mother with twin toddlers, was one of the event's special recipients. She had been without reliable transportation for well over a year, and had spent roughly \$700 to \$800 a month for Uber rides.

Nelson said the gift from VFC was the push and change needed to put her life back in order, adding that she will also have the time and opportunity to complete on-campus college courses with goals of obtaining a long-sought-after degree in business administration from the University of Maryland Global Campus.

"It means a lot to me, it means a lot to my kids. I'll be able to spend a lot more time with them and a lot less time on public transportation," said Nelson, a Prince George's County resident who was given a 2010 Ford SE. "This gift of a vehicle means so much more than just transportation. It's been my symbol of restoration. I now feel capable, I feel like everything I've had to place on the backburner is now possible and within my grasp."

Aleesea Jones, a full-time employee at Wal-Mart, is an incoming sophomore at Liberty University and resident of Garrett County - a rural region of the state with a very limited public transit system. Jones relied on her parents and grandparents to get around.

"I definitely appreciate an organization donating cars, because every business is out there to make money but they're doing this kind gesture for low-income families," said the 19-year-old who received a 2012 Nissan Versa. "Having this car and getting that sense of independence is really nice."

After an executive citation was presented to VFC on behalf of Baltimore County Executive Johnny Olszewski, the recipients were told to stand by their vehicles as they were acknowledged by Schwartz.

Families were then told to step in their vehicles and start their engines as a celebratory gesture to conclude the afternoon.

For additional information about Vehicles for Change, a list of qualifications and criteria to receive a vehicle through VFC's car award program or to donate a vehicle, visit: www.vehiclesforchange.org or call 855-820-7990.

Doctor and author discusses ‘The Principles of Total Life Transformation’

By Stacy M. Brown

Across the world, COVID-19 has disproportionately affected the Black community.

Mentally, physically and spiritually Dr. Joseph Williams says that our health should not be an afterthought during this pandemic.

As author and health expert, Dr. Williams fiercely advocates for better health and, with summer approaching, wants to help others reach their goals.

His recently released book entitled, “The Journey: Principles of Total Life Transformation” helps people who are trying to achieve transformative action.

“What got me into this lane is I was obese, and I had a story similar to many Americans, and I got tired of it,” said Williams, affectionately known by his friends, colleagues and family as Dr. Joe.

“We are conclusively seeing that people who don’t have underlying conditions can survive this, and [what] we learn from that is that our health is our wealth. We have to be serious about what we’re eating, exercising and our overall lifestyle.”

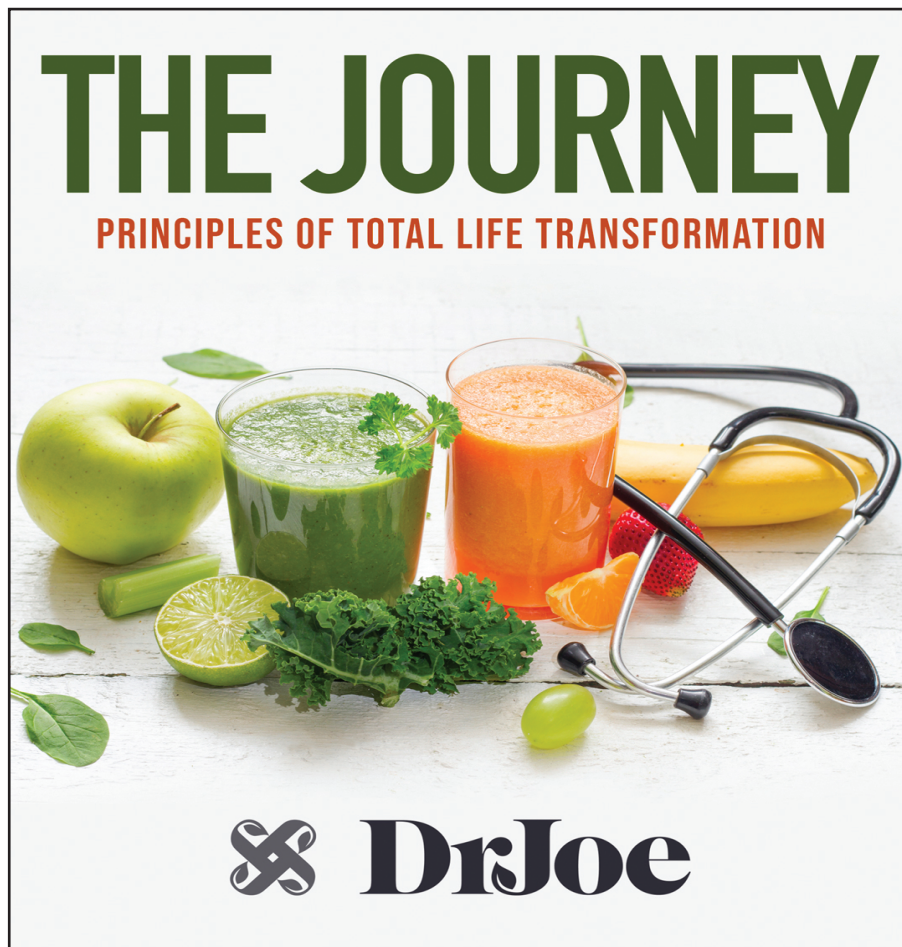
Dr. Williams said he once had an “unhealthy relationship with food.”

“In America, there’s a connection with food. When we close a deal, we eat. When we mourn, we eat. Everything is followed by eating. We have to break that cycle,” Dr. Williams demanded.

Born and raised in Atlanta, the Morehouse alum has made it his mission to help people reach their health goals.

He notes that he has been intentional about setting the proper parameters on what it requires to make an actual lifestyle change—“a change in the mind, body and spirit.”

Dr. Williams says he learned how to “emotionally detoxify” as well as “spiri-



Doctor and author, Dr. Joseph Williams just released his book entitled, “The Journey: Principles of Total Life Transformation” Courtesy Photos

tually recalibrate,” which resulted in his weight loss.

Reversing all medications and health ailments, Dr. Williams has taken what he learned and conducted a 40-day holistic process to help 127 people between the ages of 26 to 77 years old lose 2,325 pounds during his 40-day comprehensive process titled, “40 Days with Dr. Joe.”

In his book, Dr. Williams notes that “Like a trained fighter who takes punches while remaining focused on his strategy, we should be aware of our

emotions without breaking focus on what we need to accomplish.

“Life will throw many punches; however, when they come, we must understand our ability to choose how we react. We have more power than we often understand.”

He also proclaims that the most significant obstacle to physical health, especially in Western cultures, “is our relationship with food. In the West, food is used to meet. It’s used to celebrate, [as well as] when someone passes away.



“Life will throw many punches; however, when they come, we must understand our ability to choose how we react. We have more power than we often understand.”

Customs and food go hand in hand. This mindset gives food purposes besides its original divine purpose.”

When a negative emotion comes and [we are] aware of it, Dr. Williams says everyone must refocus their mind.

“The place of our focus should be in the direction that’s desirable— not where we are but where we desire to be,” he said.

To receive a free copy of Dr. Williams’ book, “The Journey: Principles of Total Life Transformation,” visit <https://www.22s.com/app/m/121319>



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A portrait of Kerry Douglas, a Black man with a goatee, wearing a blue suit and a patterned tie, looking slightly to the right.

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A portrait of Bryant Scott, a man with short dark hair and a goatee, wearing a grey suit and a purple tie, smiling at the camera.

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Pledge to save water and help a school win a garden

Colgate®, ShopRite® and TerraCycle® prepare to award three gardens made of recycled material

Newark, N.J.— TerraCycle announced the return of the *Save Water Challenge* that asks school students, teachers and communities to take the pledge to save water on behalf of their school for a chance to win one of three recycled gardens made from recycled oral care waste.

Launched in partnership with the global oral care leader Colgate-Palmolive and regional retailer ShopRite, starting July 7, 2020, schools located throughout New York, New Jersey, Pennsylvania, Delaware, Connecticut and Maryland, that participate in the Colgate® Oral Care Recycling Program, are eligible to enter for a chance to win a garden and outdoor furniture made from recycled toothbrushes, toothpaste tubes and floss containers.



Through September 30, 2020, consumers can pledge to save water on behalf of a participating school once a day during the promotion timeline. The top three schools with the most pledges

by the end of the contest period will win the grand prize gardens. Grand prizewinners will be announced in October and the gardens will be installed next spring. Schools can encourage their community

to pledge online by logging onto <http://www.terracycle.com/col-gateshopritegarden2020>. ShopRite is also encouraging community participation in the contest with displays throughout its 321 stores and information about the contest on ShopRite's Facebook page.

A full set of rules for the 2020 "Save Water Challenge" can be viewed: <http://www.terracycle.com/col-gateshopritegarden2020>.

To learn more about the Colgate Save Water initiative, visit <https://smiles.colgate.com/page/content/everydrop-counts> or your local ShopRite retailer.

The Colgate Oral Care Recycling Program is an ongoing activity, open to any individual, family, school, or community group. For each piece of waste sent in using a pre-paid shipping label, participants earn money toward donations to the school or charity of their choice. To learn more about the program, please visit www.terracycle.com/colgate.

#MasksOnMaryland



You can make masks easily at home from a bandana and hair ties, a t-shirt, or a scarf. **Please don't buy masks intended for health care professionals.**



Your cloth mask should fit snugly but comfortably and cover your nose and mouth. **As always, avoid touching your face as much as possible.**



Don't touch the front of your mask, and don't touch your face while removing it. **Wash your hands after taking it off and launder it frequently.**



Masks can help slow the spread of the virus, but it's still essential to **practice social distancing. Keep gatherings limited in number and outdoors.**

FOR HEALTH RESOURCES, VISIT CORONAVIRUS.MARYLAND.GOV.

Should Ravens fans get 'opt out' season ticket opportunity?

By Tyler Hamilton

As the Covid-19 pandemic continues to evolve, the impact it will have on football is in question. Two preseason games have been canceled. The National Football League Player's Association (NFLPA) voted to eliminate all four pre-season games this season. The possibility of having a season without fans in the stands is becoming a likely option.

Multiple teams have started to allow their season ticket holders to opt out of their season tickets for the 2020 season without losing their seat license. The plan came to existence as rising concerns about limits being placed on stadium capacity started to become a realistic possibility.

Currently, the Baltimore Ravens are not one of the teams to offer an "opt out" plan but that could change in the near future. Earlier this year, the Ravens pushed the final season ticket payments back from May 15 to June 15 to accommodate their fans.

"We're constantly monitoring the serious impact this public health crisis is having on our fans and community," Ravens senior vice president of ticket sales and operations Baker Koppelman stated to SI.com in March. "Priorities have shifted for many people, and right-



M&T Bank Stadium is home to the Baltimore Ravens. The 2020 NFL season is scheduled to start on September 10, 2020. Training camp set to begin on July 28, 2020. Fans will not be allowed to attend practices at the Under Armour Performance Center in Owings Mills. Courtesy Photo/NFL.com.

fully so. We hope this adjustment offers some relief at a time when families and businesses are forced to deal with more pressing needs."

The NFL has not developed a league-

wide policy for fan attendance this season. Each team is being allowed to determine fan attendance at games as it

pertains to the corona virus guidelines set by the state where the team plays their home games.

According to Maryland.gov, the state's key COVID-19 health metrics continue to trend in a positive direction, with the statewide positivity rate dropping to a new low of 4.51 percent and total current hospitalizations falling to 403.

M&T Bank Stadium has provided a legitimate home field advantage for the Ravens over the last two regular seasons. The Ravens hold a combined 13-3 home record since 2018. But both seasons ended with a home loss in the post-season.

There will almost definitely be a limit on how many fans will be able to attend the games in the stadiums. The process to determine which fans will be allowed to attend games still has to be addressed. Hopefully, the decision will be made by the time the stadiums are reopened this month.

With training camp set to begin on July 28, 2020 for all teams, fan attendance won't be an option for practices at the Under Armour Performance Center or any of the other NFL facilities. Attending games may not be an option either.

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