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Renowned educator Dr. Anne O. Emery dies at 93



Former Walbrook High School principal Dr. Anne Emery (center), pictured at her home with Walbrook graduates Billy Harrington (left) and Wardell Woodrow Wilson, Jr. Dr. Emery, Harrington, and Wilson are all Tuskegee University alums. Dr. Emery, who founded Heritage United Church of Christ with her late husband, Vallen L. Emery Sr., died Wednesday, August 19, 2020. A native of Thomasville, Alabama, her illustrious career in education also included serving as vice principal of Lemmel Junior High School. Also called 'Mama Emery' by her former students, she was chartering president of the Baltimore Chapter of 100 Black Women and a member of the Baltimore City Commission for Women. (See article on page 7). Courtesy Photo

Finding the heart healthy ‘sweet spots’ as you age

By Michael Miller, MD

Heart disease is the leading cause of death for all people; and three out of every four men and women age 60+ have at least one major disease that is related to heart health—a history of smoking, diabetes, high blood pressure, or high cholesterol. But the good news is that in most cases, heart disease can be prevented. While you can’t stop aging, if you have any of these risk factors it’s never too late to boost your heart health by focusing on what we like to call the “sweet spots.”

Cigarette Smoking: Smoking makes your heart work harder, raises blood pressure, and increases your risk of dying from heart disease, heart failure, or a heart attack. Smoking cigarettes can shave 10 years off your life, but your risk of dying or having a heart attack drops by 50 percent after quitting for one year, and drops more as time goes on if you do not start smoking again.

Sweet Spot: Quitting smoking (without switching to vaping) is the best way to reduce the risks that come with smoking. There are many options to help people quit smoking, including hypnotherapy, acupuncture, behavioral counseling, and a prescription nicotine inhalation system that gradually reduces the urge to smoke.

Diabetes (Type 2): High levels of blood sugar from diabetes can damage your blood vessels and the nerves that control your heart and blood vessels. To lower the sugar level in your blood, most people’s



diabetes responds well to lifestyle changes, such as eating a healthy diet, getting regular exercise and losing weight.

Sweet Spot: I ask my patients in their 60s or 70s how much they weighed when they were in good shape, in their 20s or 30s. That helps us to develop diet and exercise goals to either stop the development of full-fledged diabetes if they are in the pre-diabetes stage, and may even reverse early-stage diabetes. Losing just 5-10 percent of body weight can often reduce the risk of diabetes and heart disease.

High Blood Pressure: High blood pressure is quite common, often has no symptoms, yet can lead to stroke and sometimes death. The ideal blood

pressure is less than 120/80, which is easy to monitor at home with a blood pressure cuff that can be purchased at a drug store. The goal is to gradually lower blood pressure, since a drastic or quick reduction may cause dizziness, weakness or fainting.

Sweet Spot: Too much salt in the diet is one common cause of high blood pressure. Limiting salt to no more than half a teaspoon per day can help lower the pressure, as can the use of medication that is gradually adjusted over weeks to months.

High LDL Cholesterol: High LDL (bad cholesterol) can damage your arteries over time and increase the risk for heart disease, heart attack and stroke. Cholesterol levels tend to climb as we age, but individuals in their 70s and even 80s benefit from low LDL.

Sweet Spot: High fiber foods such as oats and beans can lower LDL, as can safe and effective cholesterol-lowering medications, which have been proven to reduce the risk of a heart attack and stroke.

These heart healthy “sweet” spots are just a starting point. Heart disease prevention and treatment as you age is really a partnership between you and your doctor, with regular checkups to see how you’re doing, changes to medications or exercise routine as needed, and coaching on how to take better control of risk factors.

Michael Miller, MD, is a Professor of Medicine, Epidemiology & Public Health at the University of Maryland School of Medicine and Director, Center for Preventive Cardiology, University of Maryland Medical Center. He is author of the book, “Heal Your Heart: The Positive Emotions Prescription to Prevent and Reverse Heart Disease.” Learn more at <http://umm.edu/heart>

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Me Black Too

By Dr. Al Hathaway

One of the iconic images of the of Spike Lee's movie "Do The Right Thing" was a Korean storeowner located within the community posting a hand printed sign on his store window saying, "Me Black Too."

The purpose of the signage was to prevent his store from being looted or burned by identifying with the angry Black people within his community who had become extremely agitated by injustice and racism.

Similarly, rioting occurred after the assassination of Rev. Dr. Martin Luther King, Jr. when the power keg of racial abuse and injustice exploded and cities throughout America where set on fire.

Time and time again, there have been precipitating incidents against African Americans that have ignited the fuse on a time bomb burning in communities right below the surface.

Sparked by blatant police violence, or some atrocity against the personhood of an African American, or some racist action is all that is needed for people within communities to explode.

The names of people who because of police brutality caused the fuse of resistance to be lit due to abuse have in many cases resulted in people responding by burning and looting. We can no longer accept signage on stores we must demand dollars to buy stores.

In the case mentioned above, by posting the "Me Black Too" sign that Asian American's store was spared.

Is this the secret to avoiding destruction by identifying with the plight of African Americans and posting some version of "Me Black Too" signage?

In many ways that's what happening all over America, institutions and

individuals you would never imagine are posting their version of "Me Black Too" and hoisting #BlackLivesMatter signs and writing statements expressing they are empathic with the movement and how they now seek to display their "Me Black Too" sign.

Can you imagine no more Aunt Jemima, gone is Uncle Ben, so long to Mrs. Butterworth and good-bye to the imagery on Cream of Wheat; every corporation and organization is doing a self analysis and quickly displaying their "Me Black Too" sign.

Why? Is it possible they understand what we don't fully recognize, the power of the consumer dollar of the African American community?

According to a 2019 study by University of Georgia's Multicultural Economy Report, "African American buying power has seen impressive gains since the end of the last economic downturn, jumping from \$961 Billion in 2010 to an estimated \$1.3 trillion in 2018. Since 2000, the African American market has seen a 114 percent increase in buying power."

Is that the reason why companies and advertisers are displaying their "Me Black Too" signage? They don't want their economic businesses destroyed or threatened.

Some economic researcher will do an analysis on lost revenue by racial breakdown and we will discover factually what we know intuitively, African American consumer spending greatly impacts the bottom line of most companies in America. Without African American consumer spending most businesses would not be profitable. Sucking the dollars out of the African American community creates wealth for other communities!

Check out NFL Commissioner Roger



Dr. Al Hathaway
Courtesy Photo

Goodell's statement, though highly criticized as hypocritical, "We, the National Football League, believe black lives matter. I personally protest with you and want to be part of the much-needed change in this country. Without black players, there would be no National Football League. And the protests around the country are emblematic of the centuries of silence, inequality and oppression of black players coaches, fans and staff."

That's the biggest "Me Black Too" sign I've ever seen! For all of the hates Colin Rand Kaepernick endured and the minimization of the Black Out by the African American Community of football games, now the NFL aligns itself with #BlackLivesMatter.

Maybe the NFL understands something we don't fully understand, if the Black

Players and the Black Community joined together and took a stand, there would be no NFL: television viewership gone, advertisers gone, and all the profits the owners have enjoyed would be gone too.

"The National Football League (NFL) achieved a B for racial hiring practices and a C+ for gender hiring practices in the 2019 NFL Racial and Gender Report Card, released by The Institute for Diversity and Ethics in Sport (TIDES) at the University of Central Florida (UCF). This gave the NFL a combined B-grade. Their overall score of 79.3 percent is the lowest the League has recorded in the last 15 years. The B for racial hiring practices broke a streak of nine consecutive years of earning an A- or higher."

Maybe the 'Me Black Too' sign is being posted by the Washington Football team, who has hired Jason Wright as the first Black President in NFL history. When you add Doug Williams, Senior Vice President of Player Development, overnight the Washington Football teams has put on display, #BlackLivesMatter" and "BlackBrainsMatter.

For "Me Black Too" and #BlackLivesMatter to have a lasting impact, it has to be more than a symbol or a slogan to stem the destruction of a particular enterprise. It must mean we as a community, society and culture realize the structural impediments to equal access to capital and ownership must be dismantled. Incremental progress has had too many starts and stops; we are in the two-minute drill to get the ball across the finish line of economic equality.

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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Postal workers know best

By Dr. Ken Morgan

On Friday, August 21, 2020, a racially diverse group of about 30 Baltimore City residents protested outside the United States Postal Service (USPS) office in Govans to air their grievances about the USPS mess. They made their voices known. Signs read: "I Love the Post Office," "Black Votes Matter," "Save Our Post Office to Safeguard Mail-in Voting For Nov. 3 Election."

Courtney Jenkins, a postal worker, served as the main speaker.

They voiced that the taking out of processors and mailboxes, instituting speed-ups, and conducting other so-called reforms remain detrimental. These things put profits ahead of workers and postal customers. Wealthy businessman Louis DeJoy who was a major contributor to President Trump's election campaign serves as the postmaster general.

According to pundits, many of these issues at the USPS preceded President Trump. However, he has made the situation worse by instituting changes during the year of the COVID-19 pandemic, and a presidential election. Now, the perception is that Trump is using this effort to stymie mail-in ballots for the upcoming November 3 presidential election.

In the past, Democrats, as well as Republicans, manipulated to get their president into office. A case still talked about is that of former Chicago Mayor Daley, now deceased. He reportedly got Kennedy elected in a close race with Nixon. When Kennedy was elected in 1960, the Illinois ballots were among the last to be reported. These electoral votes would make Kennedy the president.

Sources said that a television commentator said that Mayor Daley was out late counting graves of deceased Chicago residents to assure a Kennedy win. Although never proven, the story still demands merit. Then, Blacks were disenfranchised by Democrats in the South and now by Republicans.

Trump's machinations misleadingly sound the alarm of voter fraud. He says that mail-in ballots create increased voter fraud and slows down of ballot counts. DeJoy's actions correspond with Trump's assertions, which are pitted against postal workers.

In the old days, obtaining a job for working-class Blacks in the post office was a gem. Blacks unable to attend college found the post office and industrial jobs attractive good-paying jobs in cities where Blacks resided. The environment was freer from racism than other work venues with half-decent pay and benefits.

I remember seeing the Off-Broadway play *Big Time Buck White*, as a young man. One of the characters said, "He got a good job working at the post office." Blacks in the audience laughed because it rang true. "It still is," said Courtney Jenkins, a postal worker of twelve years.

These jobs fostered Black migration to the north and west. According to the Pew Foundation, 23 percent of the workforce at the USPS is Black.

I place my bets on workers, to tell the truth over DeJoy and Trump. Allow workers to handle logistics, equipment and routes with pay increments. Get customer input. Then, they will be essential workers.

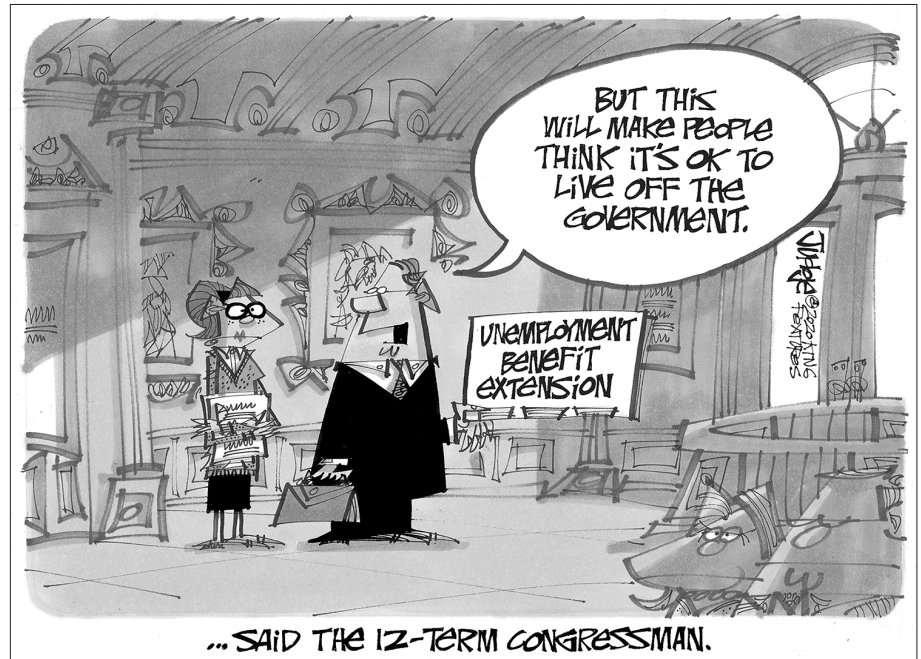
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... SAID THE 12-TERM CONGRESSMAN.

Community Affairs

Governor Hogan urges local boards to contact and train judges for upcoming election

Annapolis— In recent weeks, the Hogan administration's aggressive recruiting efforts have already helped drive more than 11,000 Marylanders to sign up to be election judges. Amid increasing reports that interested judges are not being contacted or are being turned away, Governor Larry Hogan wrote to local election officials on August 26, 2020, to urge them to move quickly to secure and train judges for the upcoming election.

"As of today, based mainly on our administration's aggressive recruiting efforts, more than 11,000 Marylanders have expressed interest in serving as election judges for the upcoming general election," writes Governor Hogan. "However, there are increasing reports that local boards of election have failed to contact, or even turned away, interested election judges. This is unacceptable, and hurts our ability to safely conduct the November election."

In his letter, the governor details the steps that he has directed the administration to take to recruit judges, which "have already put the state on track to exceed the number of judges needed to staff the polls."

Multiple notices encouraging approximately 65,000 state employees to sign up and serve as election judges, doubling the incentive of previous elections by offering 16 hours of administrative leave for each day of service.

"It is absolutely critical to ensure that the November election is conducted safely and effectively during the COVID-19 pandemic," writes the governor. "You must stress to local boards the importance of responding to and training election judges immediately. There is no time to waste."

In keeping with CDC guidelines that call for giving voters a wide variety of options, the Hogan administration continues to strongly encourage voting by mail, early voting and voting on election day at off-peak times as safe and efficient options.

Visit the State Board of Elections website for more information on becoming an election judge: elections.maryland.gov

It's time to rein in the administrative state

By **Sam Rutzick**

Unelected officials, while helpful and necessary, shouldn't be given authority to govern. Yet, for a long time, our nation has been progressively handing over power to the administrative state—and, during the pandemic, it seems we've given it over completely. Overlapping mandates from the federal government and state, county and city governments have left citizens with little certainty and, in our collective panic, we've relented control over our lives. But in our efforts to let the experts make the right calls for us, we've hurt ourselves.

The recent dustup over school reopening between Maryland Governor Larry Hogan and a local health officer is the perfect example.

On August 1, 2020 the (unelected) County Health Officer for Montgomery County, Dr. Travis Gayles, announced that all non-public schools in the county were to remain closed for in-person instruction through October 1, 2020, saying that “the data does not suggest

that in-person instruction is safe for students or teachers,” and that it is “necessary to protect the health and safety of Montgomery County residents.” That same day, Governor Larry Hogan responded via Twitter that the schools “should be empowered to do what's best for their community.”

Days later, Gov. Hogan issued an order

health were released. And even now, the reopening issue is caught up in litigation.

This incident isn't really about education policy or school reopening. It's not even about the coronavirus. Ultimately, it's about the administrative state taking another step forward in its encroachment on the sphere of elected officials. It's about the government— an

twisted and manipulated to grant them more power— naturally expands, especially in this hyperpolarized age. Our elected officials, hesitant to make decisions that will make them unpopular to their constituents, often hand off the decisions to bureaucrats, who regulate, rule-make, and basically govern in their stead. This is true on a grand scale in federal agencies and the executive branch, but it's also true on the smaller scale for school boards and county governments.

The result of this abandonment of authority is an inflexible government, unresponsive to the interests of its constituents — an entrenched apparatus of administrators and managers, writing regulations and enacting decrees at a whim. Doctor Gayle is probably not scheming to take more power for himself. I've no doubt he has nothing but the best interests of everyone in Montgomery County in mind. Surely, he is just doing his job. But the fact remains: The one who makes these decisions in Montgomery County (who gets to decide how citizens act, how we can associate with each other) is unelected and therefore unaccountable. He is ultimately just a bureaucrat.

This isn't staking out a position on school reopening. It isn't even against the existence of the county health officer. We should have experts involved in decision-making processes, but as advisors to elected officials— not as the decision-makers themselves.

Sam Rutzick is a contributor to Young Voices and a graduate of Columbia University.

“This incident isn't really about education policy or school reopening. It's not even about the coronavirus. Ultimately, it's about the administrative state taking another step forward in its encroachment on the sphere of elected officials. It's about the government— an entity that never lets a good crisis go to waste— taking advantage of the pandemic to expand already overbroad powers.”

countermanding Dr. Gayles' statement, stressing that “private and parochial schools deserve the same opportunity and flexibility to make reopening decisions based on public health guidelines.”

He added that, “the blanket closure mandate imposed by Montgomery County was overly broad and inconsistent with the powers intended to be delegated to the county health officer.”

In response, and citing particular sections of the Maryland state code to back up his powers, Dr. Gayles reissued his original order, keeping schools closed. It was only on the seventh that Montgomery County backed down after new policies from the state department of

entity that never lets a good crisis go to waste— taking advantage of the pandemic to expand already overbroad powers.

During a global pandemic that has claimed hundreds of thousands of lives, a level of caution and concern over schools reopening is of course warranted. But we should be careful not to sacrifice our democracy in the name of safety. This isn't ancient Rome, and we don't let single people take absolute power, even in a crisis. Our elected officials are supposed to be just that— elected.

The administrative state— the collection of bureaucrats and agents, elected by no one, operating under nebulously defined mandates that are

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How Do I Get My Child Prepared for School Amid COVID-19?

Sylvan Expert Discusses Tips, Challenges and Solutions

By Ursula V. Battle

In-person, online, hybrid, and small groups are among the options school systems around the globe have weighed to best decide how to safely educate students amidst the COVID-19 pandemic. As decisions are being made, many parents are still uncertain about best practices when it comes to ensuring their children are prepared for what many consider to be the new education normal COVID-19 has ushered in.

Emily Levitt is Vice President of Education for Sylvan Learning, a K-12 supplemental and enrichment education company.

"This year, I think it will be a little harder to set up the feeling of a class," said Levitt who is also a mother of two. "Kids will have a hard time doing that virtually this year. This affects me as a mom too. I have a child going into the third grade, and another going to the fourth grade."

She added, "We are all in this together, and we will get through it. It's not ideal, but because we are all in it together, we can make up lost ground. There is a lot of anxiety around everything. We need grace and patience."

Sylvan has more than 750 points of presence across the globe, 5,000 school relationships, and has been in existence for over 40 years.

"My charge is to ensure that the education quality stays high for all of our students no matter where they are," she said. "That includes North America, Asia, and the Middle East."

Levitt talked about some of

Sylvan's new offerings to help parents, educators, and students cope with the challenges presented by COVID-19.

"We have social distance groups, and are keeping them small with protocols in place," said Levitt. "Our teachers can help make sure students are logged-in to classes when they need to be, and that schoolwork is getting done and being handed in. The upside is that the children get their work done and it frees up parents to do their own jobs."

She said Sylvan is also assisting with pods, which are groups of students who learn together in homes under the tutelage of the children's parents or a hired teacher.

"We also started offering tutors for tutor pods up to four kids," she said. "If parents are looking for someone to take over, the teacher can do that for that pod."

She added, "We have also been approached by large corporations who want to add tutoring to their employees as an HR benefit. They want to form an arrangement with Sylvan to offer subsidized tutoring to their employees or offer discounted rates. Folks should ask their employers if they have a lower cost arrangement with us. They can also contact us directly."

Sylvan consists of franchised and corporate supplemental learning centers, which provide personalized instruction in reading, writing, mathematics, and other areas.

"Sylvan has seen a huge uptick in the number of calls we are getting from parents interested in our services," said Levitt. "For young kids, learning from a screen just is not appropriate. They have a harder time grasping the



Emily Levitt is Vice President of Education for Sylvan Learning.

Courtesy Photos



A Sylvan student learning online. A Sylvan instructor is shown in the picture's inset.

concept as opposed to being in person with someone. It's also harder to enforce class rules from a distance and easy for kids to hide in the crowd."

Levitt recalled her own personal experience, while offering tips for parents.

"It's harder for teachers to keep track of students virtually, than if they are in the room with you," she said. "I got my kids set-up on Zoom. One was playing a game, and the other

was fixing a snack while the teacher was teaching. It was not the teacher's fault. I let one of my sons have his class from his bedroom on his bed. However, I brought them each a desk for their rooms. Now, there are no video games and no television. This provides an environment which makes them feel like they have to do their work and not lounge around."

With a virus that presents a challenging test for the coming

school year, Levitt believes preparation is the key to 'passing' it.

"This is a good time for parents to look at their children's learning environment and other things they do have control over," she said. "In the spring we were not ready and did not see Coronavirus coming. Now we know what is coming. Parents can reassess and see what they can do to meet the more rigorous demands."

She added, "Parents should have a good workspace for their children with no distractions. It can be a corner on a table in a living room. Anything a parent can do that gives their children a dedicated workspace for school. For parents of children who are behind, are have learning disabilities, that is even more important."

Levitt is a former middle school teacher.

"Nobody wanted the pandemic to be a push, but education needed a push," she said. "There is a silver lining here. We can learn and education can take a big jump forward. Not just K-12, but colleges and universities too. I think one of the hugest things is that everyone understands now, is that without a K-12 system, the whole economy can fall apart. Parents can't go to work. If we are not bolstered the way we should be, everything falls apart. I hope everyone learns that lesson when this is done."

She added, "I also think snow days are a thing of the past. Everyone can log in now. Good luck to everyone, be kind to each other, and we will get through this together."

For more information visit <https://www.sylvanlearning.com/>.

Renowned educator Dr. Anne O. Emery dies at 93

'She was a great leader and a soldier on the battlefield'

By Ursula V. Battle

A student at Walbrook in the 1970s, Wardell Woodrow Wilson, Jr. recalled the school's principal Dr. Anne O. Emery seeing him without wearing his proper choir attire.

"As a choir member, we were supposed to have on red blazers," recalled Wilson. "She asked me why I didn't have on my blazer. I explained I was working full-time because I wanted to buy a car. She sold me my first car - a blue 1963 Dynamic '88 Oldsmobile, dirt cheap. Her students were everything to her, and she would do anything for her students."

Dr. Emery was a graduate of Tuskegee University (formerly Institute). Wilson, who is also an alumnus, credited Dr. Emery with "steering" him to the school.

"One of the greatest things she created was the Tuskegee Club," said Wilson. "The bus was filled with students and went to Tuskegee Institute. She was so nurturing. She was a great leader and a soldier on the battlefield. I called her Mama Emery. That is a title higher than Dr. Emery."

Dr. Emery, who founded Heritage United Church of Christ with her late husband, Vallen L. Emery Sr., died Wednesday, August 19, 2020. The Ashburton resident was 93. At *Baltimore Times* press time, funeral arrangements for Dr. Emery were still being arranged.

Rita Harris-Bowers is a lifelong member of Heritage United Church of Christ, located on Liberty Heights Avenue.

"My parents came soon after Dr. Emery and her husband started the church," said Harris-Bowers. "She and her husband tried to join a church and were denied. That's what got them going to start Heritage. Thirty years later, the church wrote an apology for rejecting them. Dr. Emery had that letter posted in her house. She was a powerhouse. No matter where she went, people knew who she was."

Harris-Bowers reflected on Dr.



Dr. Anne O. Emery
May 15, 1927- August 19, 2020
File Photo

Emery's quest to ensure students went to HBCUs (Historically Black Colleges and Universities).

"She started so many organizations at Heritage, including a college tour," said Harris-Bowers. "We rode for a week on the bus, and would hit all the HBCUs along the way. She knew all the college presidents. Once they were on that college tour, a lot of those kids got full scholarships. It brought tears to my eyes. She wanted every person that crossed her path to get a higher education."

She added, "She was well into her 80s still riding that bus. There is not one young person that would not have something powerful to say about Anne Emery and her support in their journey of academia and beyond."

Lynda M. Brown said she was a mentee of Dr. Emery.

"I first met Dr. Anne as a child in the early 1960's in the basement of the Heritage United Church of Christ, where the Baltimore Chapter Jack and Jill of America met to participate in positive cultural experiences," said Brown. "Throughout my life, Dr. Anne was a mentor and adviser. I admired her commitment to community organizations and her dedication to the education of all young people she encountered. Dr. Anne was always crisp, well-groomed, stylish, smart, and full of integrity."

Dr. Emery received a bachelor's degree at Tuskegee University and went on to earn a master's degree in education from Morgan State University (formerly Morgan State College). She earned a doctorate in education from Temple University.

A native of Thomasville, AL, her illustrious career in education included serving as vice principal of Lemmel Junior High School. She served as principal of Walbrook High School from 1971 until 1980.

Tanya Diggs, a 1977 graduate of Walbrook, recalled Dr. Emery's loving, but stern leadership.

"Dr. Emery did not play," recalled Diggs with a laugh. "She was very strict. She called me in her office if I was late. She would also call my mother and let her know. I got a beating when I got home. Dr. Emery kept me in trouble and out of trouble at the same time."

She added, "Dr. Emery was hard on me. She said I would learn, and I did. She loved us all, and cared about us as if we were her own children."

Dr. E. Lee Lassiter, an alumnus of Tuskegee and a retired newspaper columnist and educator, also recalled Dr. Emery's leadership at Walbrook. His wife, the late Louise Lassiter, was an administrator at the school.

"My most memorable memory is how Dr. Emery did and viewed things as principal at Walbrook," said Dr. Lassiter. "It was another school in the city system, but in my view, she operated it like a prep school. I recall the large room where she had the names of her 3,000 students on that board. She tracked each of them individually. She pointed their names out to me, and said, 'this one needs this, and this one needs that.' She tracked them, and through her own individual determination, she made sure they got it."

He added, "That's how Walbrook got so many Merit Scholars. She also scoured the city looking for the kind of teacher she wanted, and did what she had to do to get them on the Walbrook faculty."

Dr. Lassiter said he and Dr. Emery worked together in the founding of the Baltimore Tuskegee Alumni Association.

"The Alumni Association's annual breakfast, which will be 40 years old, was her brainchild. I am awed by her impact. She didn't start things that were temporary or fly by night. She started things that lived beyond her. She inculcated into others that they carry out things at a level of excellence she would have demanded if she were here."

Dr. Emery was chartering president of the Baltimore Chapter of 100 Black Women and a member of the Baltimore City Commission for Women.

"I worked with Dr. Emery in the Baltimore Chapter of the National Coalition of 100 Black Women," said Dr. Thelma T. Daly. "We have a very strong chapter because of her strategic planning and very focused vision for the chapter. Dr. Emery did not vacillate. She was no-nonsense and she wanted everything just right. If people took a role, she expected them to execute their role with excellence."

She added, "Dr. Emery was always accommodating. She enjoyed having meetings at her home, and we enjoyed going there. She would pull out the best china."

Dr. Emery's storied career also includes being appointed to the Maryland Higher Education Commission by former Maryland Governor Bob Ehrlich. She also chaired the board of directors of Bluford Drew Jemison STEM Academy, a school she is credited with helping to start.

"Dr. Emery was an educator from the heart," said Rose Hamm, former principal of Frederick Douglass High School. "All she wanted was for her children to make it and be productive. She had high standards. You could feel her coming down the hallway. She will be missed."

Dr. Emery is survived by one son Dr. Vallen L. Emery Jr., six grandchildren, and a host of other relatives and friends.

Rambling Rose

**Royal Theater & Community
Heritage Corp. Presents a Virtual
Courtyard Concert Fundraiser**



Rosa Pryor Trusty

Hello everyone, I pray that you are safe and well. This is a terrible situation, but we must move on and pray that this awful coronavirus will leave us soon. In the meantime when you leave your home, wear your damn mask, this is so important.

Well, I have been hearing since this COVID-19 hit, about the "New Norm." This means wearing a mask, no folding chairs to see live concerts in parks, no festivals of any kind, no jazz shows in night clubs, no meeting your friends for breakfast or having dinner meetings, nor having a date night in your favorite restaurant and no hanging out shooting the breeze with your buddies and friends at your favorite bar. It means that you call on the phone and have a delivery of your favorite foods or drive to a pick-up window to pick up your food or merchandise. It also means that we have to figure out how in the hell you see your favorite band or musicians on a virtual or live stream. This is a terrible situation! This is the "New Norm." So if you can't beat them, then you have to figure out how to join them.

This is one of those situations. I have joined Jim Hamlin of the Avenue Bakery with his non-profit organization, "The Royal Theater & Community Heritage Corporation (TRTCHC) in the fundraiser campaign to "Rebuild the Royal Theater." The same fundraiser we have done for the past five years from March through September in the Avenue Bakery Courtyard. We booked the best of the best jazz, blues and R&B bands and musicians to perform, BUT— we had to cancel all of them for this year! Instead, we are hosting a virtual Courtyard Concert to be live streamed on Saturday, September 5, 2020, from 3

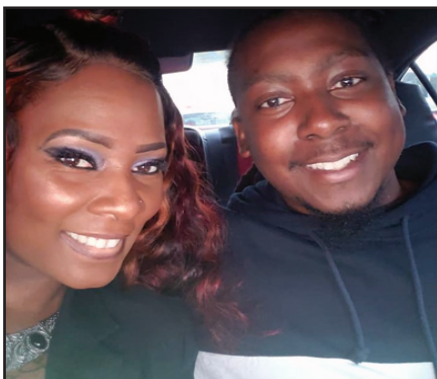
p.m. to 7 p.m. from the Avenue Bakery Courtyard with no audience. That's right, you cannot come to this event in person, you can only see it virtually.

The show will present Greg Hatza ORGANization, Guy Curtis Band and Caribbean Pan music from Baltimore's own Lenny Rogers. You can enjoy this signature concert free on Facebook, and website, which will take donations on line or by phone. For more information, call our special phone line at 410-225-3895.

Before I leave you, I want to send my condolences to the family, adopted families and friends for loss of a Baltimore icon, Dr. Anne O. Emery. The stories of her life and the work she has done will not be forgotten. Her legacy will live on.

Well, my dear friends, this is all I have for you this week. The photos on this page will tell the rest of the story. Until we meet again, if you need me, call me at 410-833-9474 or email me at rosapryor@aol.com.

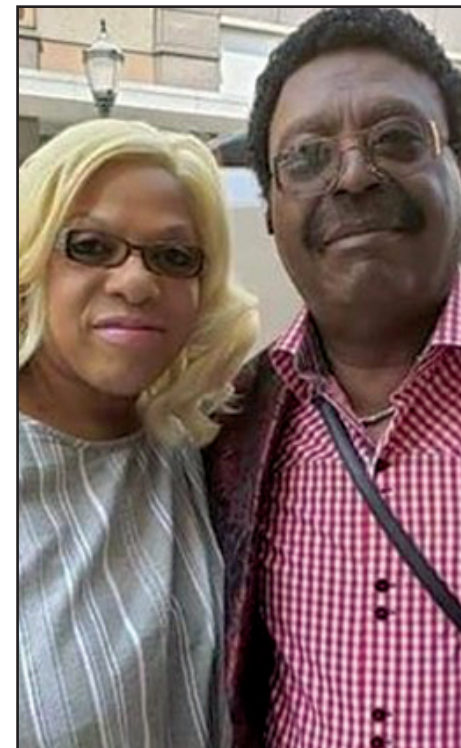
***UNTIL THE NEXT TIME,
I'M MUSICALLY YOURS.***



Congratulations to my grandson, Antoine Hendricks and his wife to be Davon on your wedding on Friday, August 28, 2020.



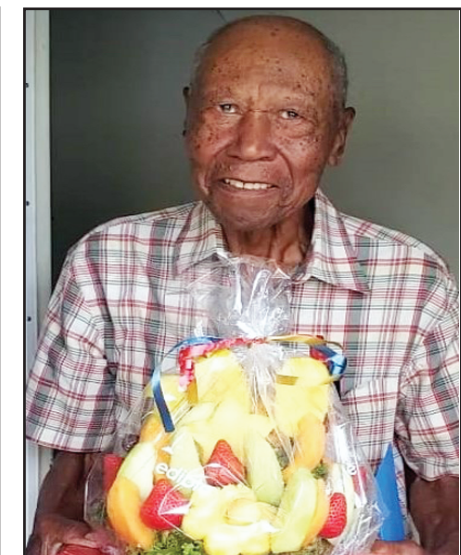
Mayor Bernard C. "Jack" Young with his wife Darlene celebrated their 41st Wedding Anniversary this month. Happy Anniversary Jack and Darlene!



Congratulations to my friend Carlton C. Douglass, PA for being voted as the Professional of the year and National Funeral Director 2020 with his lovely wife Darlene.



Sending condolences to my friend and musician John Billy for the loss of his wife, Shirley Billy who died in June 2020. John and Shirley have been together for 67 years and married 62 years. May she Rest in Peace.



Happy Birthday to George Gaines Sr. on his 100th Birthday this month. YOU GO MR. GAINES!!!! May God continue to bless you.

Ravens DeShon Elliott next man up after Earl Thomas release

By Tyler Hamilton

The Baltimore Ravens signed veteran safety Earl Thomas last season to replace Eric Weddle who retired. But “the Earl Thomas experience” ended prematurely when Thomas was released on Sunday, August 23, 2020.

Thomas’ time with the Ravens came to a screeching halt after he punched fellow safety Chuck Carr during practice last Saturday. That transgression wasn’t the only contributing factor to Thomas’ release according to multiple reports.

Thomas was reportedly late for meetings and was not the most liked player in the locker room. A veteran’s committee met with head coach John Harbaugh and determined the Ravens would be better off without Thomas.

The Ravens are moving forward with their mission to win the third Super Bowl title in franchise history with the group of young safeties that are left.

The next man up in place of Thomas is third-year safety DeShon Elliott. John Harbaugh spoke about Elliott having an impact after being inserted into the starting lineup.

“I expect him to” Harbaugh said when asked about Elliott being a contributor. “He’s been practicing really well and worked hard through the offseason. It’s his time so here we go.”

Elliott was a standout at Texas and wasn’t used to being a backup to anyone. The Ravens selected Elliott in the sixth round of the 2018 NFL Draft.

Climbing the depth chart was an uphill battle for Elliott since he was behind Tony Jefferson and Weddle. Elliott had to learn patience since he has been in the NFL. Despite being a backup, Elliott prepared like he was a starter.

A fractured forearm ended Elliott’s rookie season before training camp was over. He was poised for a prominent role in Baltimore’s secondary last



Baltimore Ravens safety DeShon Elliott will be part of the starting lineup in the upcoming NFL season.

Photo Credit: Baltimore Ravens.com

season but bad luck struck again when a knee injury landed him on injured reserve in October.

Elliott is gearing up for what he hopes will be his first full 16-game season of his young career.

“I think I got myself together physically, spiritually and mentally. I feel that God’s going to bless me with the things that I need to stay healthy this year,” Elliott said. “I will do the best that I can to stay healthy for my teammates and play for them. I love this team and I love this defense.”

Through the injuries and being stuck behind veterans on the depth chart, Elliott learned to be patient.

The patient approach has paid off because now Elliott finds himself in line to be a starter at one of the Ravens safety spots as long as he stays healthy. He is pumped up about finally getting the opportunity to be a consistent contributor.

“I’m excited. Whether they pay me or not I would play this game. My health has been the only question I’ve had from everybody. I’ll do what I have to do to be productive for this team. Every day, I’m going to work my butt off. I’m trying to be here to win with my ‘homies,’ my brothers,” Elliott said.

Tips to get the whole family moving at home



(Family Features) With many families stuck at home juggling working remotely, homeschooling and trying to keep everyone happy and healthy, it can be easy to let an otherwise active lifestyle fall by the wayside.

Regardless of age, being physically active provides numerous health benefits. The American Heart Association recommends at least 150 minutes of moderate-intensity aerobic activity for adults each week, and 60 minutes of moderate-to-vigorous physical activity for kids between the ages of six and 17 each day. Finding ways to move daily can help everyone in the family maintain their health—and prevent them from going stir crazy.

Although prioritizing activity in a quarantined environment might be one of the last things on your mind, parents who model healthy behaviors can inspire their kids to do the same.

When you sweat during family activities, don’t forget to stay hydrated. An option like Propel Flavored Electrolyte Water can help parents replace electrolytes lost in sweat. With zero calories, no sugar, and nine fruit flavors, it can help keep you hydrated and moving at home or outdoors.

Consider these tips to keep the whole family motivated and moving you might be surprised to find that exercise can be fun.

Go for a walk or bike ride. Incorporating walks or bike rides into your family’s daily routine can help get everyone moving as well as create quality, bonding time. If your family is more on the adventurous side, consider venturing outside your neighborhood to

find new trails or rougher terrain to explore nature while getting active. While your annual family vacation might’ve been canceled, there are likely hidden trails within a short drive from home.

Take a virtual class. Many fitness instructors and gyms are sharing free classes online designed for the whole family. Simply connect a streaming device to your television and search for virtual classes that are geared toward getting families moving, regardless of fitness level. Fitness instructors and studios are also sharing a variety of workouts— from family yoga to dance cardio in various time increments— on social media that you can find by searching various fitness-related hashtags.

Play a family game. Playing games together is an old-fashioned way to get the whole family moving and having fun. An activity as simple as tag or racing around the house, or even a game that requires some equipment such as soccer or basketball, can get everyone’s heart rate up. You can even create a fitness deck or activity dice to turn working out into a fun game.

Build your own obstacle course. Set out hoops, pillows, rope, ladders, cardboard boxes and other items you find around the house to create a fun and challenging obstacle course either indoors or out. This can be easily adapted to varying levels of difficulty to meet each family member’s level. Don’t forget a stopwatch to see who can complete the course the quickest.

Get your family moving and find more hydration tips at propelwater.com.

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CITY OF BALTIMORE DEPARTMENT OF TRANSPORTATION NOTICE OF LETTING

Sealed Bids or Proposal for the **F.A.P. NO. HP-119-1(37) E. S.H.A NO. BC440007, TR16305 PRECAST DECK PANEL REPAIRS OF BRIDGE NO. BC5210 ON HANOVER STREET OVER THE MIDDLE BRANCH OF THE PATAPSCO RIVER** will be received at the Office of the Comptroller, Room 204, City Hall, Baltimore, Maryland until **October 21, 2020** at 11:00 A.M. Board of Estimates employees will be stationed at the Security Unit Counter just inside the Holliday Street entrance to City Hall from 10:45 A.M. to 11:00 A.M. every Wednesday to receive Bids. Positively no bids will be received after 11:00 A.M. The bids will be publicly opened by the Board of Estimates in Room 215, City Hall at Noon. As of **August 28, 2020**, the Contract Documents may be examined, without charge by contacting Brenda Simmons at brenda.simmons@baltimorecity.gov or (443) 965-4423 to arrange for a copy of the bid book labeled **"NOT FOR BIDDING PURPOSES"** to be emailed to you. Anyone who desires to purchase a bid book to be used for bidding purposes must do so in person and by contacting Brenda Simmons at the email address or phone number above. The non-refundable cost is **ONE HUNDRED DOLLARS AND NO CENTS (\$100.00)** at the Department of Transportation 417 E. Fayette Street, Baltimore, Maryland 21202 made payable to the Director of Finance. **Conditions and requirements of the Bid are found in the bid package.** All contractors bidding on this Contract must first be pre-qualified by the City of Baltimore Contractors' Qualification Committee. Interested parties should call (410) 396-6883 or contact the Committee at 4 S. Frederick Street, 4th Floor, Baltimore, Maryland 21202. **If a bid is submitted by a joint venture ("JV"), then in that event, the document that established the JV shall be submitted with the bid for verification purposes.** The Prequalification Categories required for bidding on this project are **C03300 Concrete Construction, C05100 Structural Steel Erection**. Cost Qualification Range for this project will be from **\$2,000,000.00 to \$3,000,000.00**. A "Pre-Bidding Information" session will be conducted via Microsoft Teams on **September 16, 2020** at 10:00 a.m. hosted by the Department of Transportation. **By no later than September 15, 2020**, all Bidders must email your contact information to include your name,

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company name, phone number and email address to gregory.bauer@baltimorecity.gov to receive an invite to the Microsoft Team (video conference meeting.) Principle Items of work for this project are: **ARCH UNDERPIN BEAM – 122 EA; ASPHALTIC PLUG JOINT 1,020 LF.** The DBE Goal is **15%**. APPROVED: Joan M. Pratt, Secretary, Board of Estimates

CITY OF BALTIMORE DEPARTMENT OF GENERAL SERVICES NOTICE OF LETTING

Sealed Bids or Proposals, in duplicate, addressed to the Board of Estimates of the Mayor and City Council of Baltimore and marked for **GS 20807 – Police Annex Elevator Upgrade and Modernization**, will be received at the Office of the Comptroller, Room 204, City Hall, Baltimore, Maryland until 11:00 A.M. on **WEDNESDAY, October 07, 2020**. Board of Estimates employees will be stationed at the Security Unit Counter just inside the Holliday Street entrance to City Hall from 10:45 A.M. to 11:00 A.M. every Wednesday to receive Bids. Positively no bids will be received after 11:00 A.M. The bids will be publicly opened by the Board of Estimates in Room 215, City Hall at Noon.

The Contract Documents may be purchased for a non-refundable cost of **\$50.00** by sending a letter to the Department of General Services, Capital and Energy Projects Division, Suite 204, 200 Holliday Street, Baltimore, Maryland 21202, Att. Ms. Azza Rizkallah as of **FRIDAY, August 28, 2020**. In the letter, include a \$50 check addressed to the Director of Finance, and a Fedex Acc. No. in order to ship the documents to your office.

Conditions and requirements of the Bid are found in the bid package.

All contractors bidding on this Contract must first be pre-qualified by the City of Baltimore Boards and Commissions. Interested contractors should call 410 396-6883 or contact the Office of Boards and Commissions at 4 South Frederick Street, 4th Floor, Baltimore, MD 21202. **If a bid is submitted by a Joint Venture ("JV"), then in that event, the documents that establish the JV shall be submitted with the bid for verification purposes.** The Prequalification Category required for bidding on this project is **G90012— Installation of Elevators**.

The Cost Qualification Range for this work shall be **\$1,000,000.01 to \$2,000,000.00** A "Pre-Bidding information" session will be conducted at the site: **601 E. Fayette, Baltimore, MD 21202 on Wednesday, Septem-**

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ber 09, 2020 at 10:00 a.m. All attendees are required to wear a face mask and maintain social distancing at all times during the pre-bid meeting.

Principal Items of work for this project are:

1. Installation of Elevators
 2. Electrical
- The MBE goal is **17%**
The WBE goal is **3%**

CONTRACT NO. GS 20807

APPROVED:
Joan M. Pratt
Secretary, Board of Estimates

APPROVED:
Chichi Nyagah-Nash
Director, Department of General Services

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call: 410-366-3900
email: legals@btimes.com

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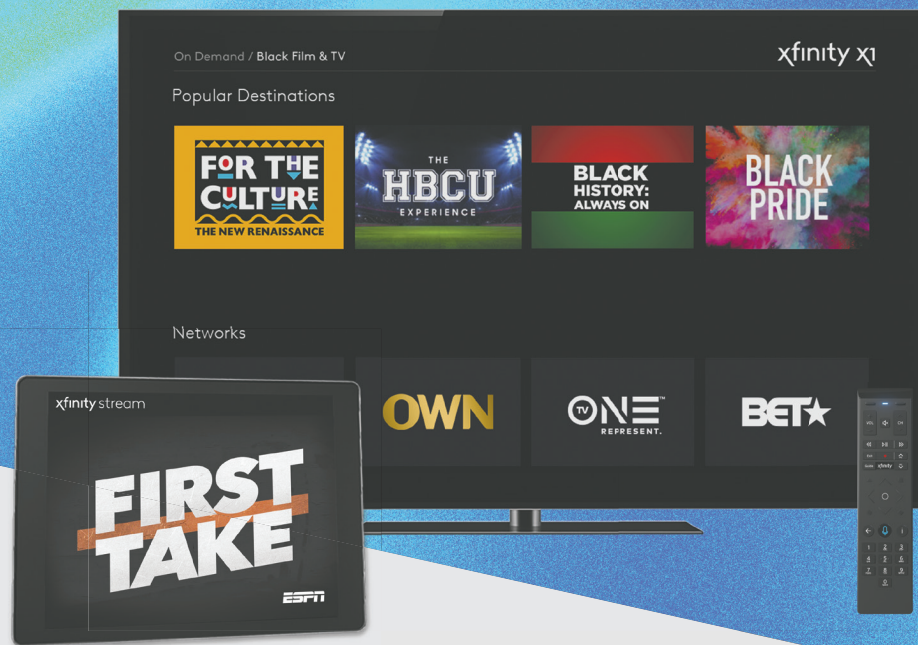
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