


The Annapolis Times

Vol. 28 No. 47 September 25 - October 1, 2020 A Baltimore Times/Times of Baltimore Publication

Baltimore chef builds business on culinary treats and love



Amanda Mack, chef and founder of Crust by Mack serves up tasty treats Friday to Sunday in the Whitehall Mill located 3300 Clipper Mill Road, 21211. Her friends and those who patronize the Black-owned Crust by Mack said the chef's creations are known for bringing people together and keeping them connected through a series of curated events and brand collaborations with others in the culinary community. (See article on page11) Photo Credit: @Kriswillphotography

Overcoming the fear of failure

By Chazz Scott
Nucleus Team Member
Positively Caviar, Inc.

It's something we've all faced. You can't hide from it or run away from it. Defeat, in any form, is an experience that all of us have encountered in some fashion or form. Growing up, I admit that I was afraid to fail. I think many of us are. The media, teachings forced into modern school systems and society has indirectly given our mind prompts to be afraid of failure and to avoid it all costs.

As I continue to make mistakes and "suffer" losses in my life, I began to learn a valuable lesson, which ironically allowed me to increase my self-confidence and persistence in my life. I know it sounds counterproductive but failure is simply another tool to help get you to your desired goal. Once you begin to modify your perspective about this term it will yield you everlasting strength to continue to pursue new goals, projects and to step outside your comfort zone to truly live.

Many Silicone Valley tech companies encourage failure. In fact, Google X, which is Google's secret research and development subsidiary responsible for focusing on testing radical new technologies to solve some of the world's hardest problems, is all about failure. More specifically, it turns out that "failure isn't just an option, it's practically a requirement" as one CNN article states. Google X is responsible for hundreds of innovative projects that include global worldwide Internet accessibility, driverless cars, and even space elevators. Google X's executive,

Dr. Astro Teller, admits that the only reason why many of their projects are successful is because "success was in itself a failure." So why does one of the world's most, profitable companies—that influences nearly 1 billion people—put so much emphasis on failure? Are they on to something? I certainly think so.

You've heard the stories— from Michael Jordan to Albert Einstein, Oprah and Thomas Edison. Oprah was let go from one of her first jobs in TV after the producer declared that she was "unfit for television." Michael Jordan was cut from his high school varsity basketball team and sent to his junior varsity team as a sophomore. Albert Einstein who is considered one of the greatest minds in history was called a slow learner growing up. Even Thomas Edison who is credited for the creation of the light bulb embraced a fearless attitude by testing his light bulb experiment over 10,000 times. Edison said he learned "10,000 ways not to make a light bulb." He succeeded by relentless trial and error and eventually achieved his goal. You only need to be right once.

These great figures in human history experienced numerous failures in their lives but that didn't stop any of them from achieving their goals. It simply created another opportunity to learn for their failures and try again. They never gave up. If you study these high-achievers you begin to understand that a critical quality of being successful in life is not being afraid to fail. After all, it's not what happens to you it's how you react to it that matters.

Let me make myself very clear. I am



Chazz Scott
Nucleus Team Member
Positively Caviar, Inc.
Courtesy Photo

surely not suggesting that failure is something that you should try to do. What I am saying is that in life, failure is inevitable. Whether it is in your relationships, career or personal development, failure is a part of the process. For this reason, you must change your relationship with failure and see it as part of your journey to achieving your desired outcome. Change your perspective of failure and know that the best way to handle it is to learn from it.

Here is my challenge for you. The next time you fail at something in any aspect of your life try seeing it for what it is. Remind yourself of people in your life that have failed but eventually achieved their goal. Think about the high-achievers that I mentioned who faced failure. They are no different than you. Remember that it's all a part of the process and this is something that all of us experience so you are not alone. Pick yourself back up get a pen and write down why you failed and figure out ways to correct it in the future. Most importantly, keep your eyes on your goal. I will leave you with one quote that I would recommend that you memorize and reflect on, "Refuse to let circumstance alter your thinking, and you will see circumstance grow into the image of your thought."

Positively Caviar, Inc. (PCI) is a grassroots nonprofit organization focused on instilling mental resilience by way of positive thinking and optimism. Each month, a member of the Nucleus Team will feature a column focused on mental and physical health tips, scientific studies, nutrition facts and stories that are positive in nature to support a positive and healthy lifestyle. To learn more about how you can support, volunteer or donate to Positively Caviar, Inc. visit: staybasedandpositive.com.

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The Annapolis Times

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

Postmaster send address changes to:

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Guest Editorials/Letters

We need jobs!

By Dr. Ken Morgan

The COVID-19 pandemic continues to take its toll with drastic job losses, safety, and high prices on working-class people.

Black America's inequalities make it even far more oppressive. We are the last hired in good times and first fired during bad times. COVID-19 disproportionately strikes us in morbidity and catching the disease much more than the percentage of whites.

President Trump continues to defend his bungled handling of COVID-19 and mounting job losses. Do you believe that President Donald Trump still says that Blacks are better off than they have ever been because of his policies?

One question is whether it is COVID-19 safe to go to work or do you stay home with your child because it still remains unsafe to attend school? In our economic system, working people remain left to deal with concerns of a disruptive, dog-eat-dog, competitive economy on their own. Even with woefully inadequate government funding, problems of Black inequality, restoration, and renovation fall way short under both Republicans and Democrats.

Remember former President Obama, a Black man— chose “corporations to large to fail,” over saving people from losing their homes in 2009. Low-income people with Blacks near or at the bottom were affected the most.

He proudly said, “I’m not the president of Black America. I’m the president of all Americans.” Maybe he forgot where he was. Currently, both Democrats and Republicans continue to fight back and forth in Congress over another “help the people package” for the people. There we go gaming again.

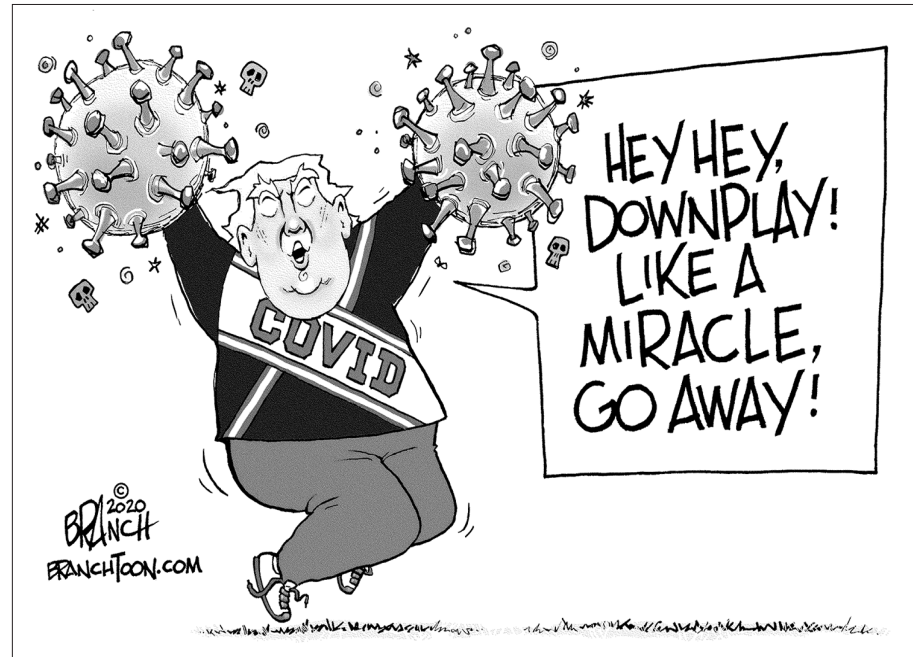
Even with the current drama, the U.S. Bureau of Labor Statistics continues to undercount unemployment percentages. Previous administrations did the same thing. The Bureau continues to use the U-3 statistic to unemployment. It does not underestimate rates under the more accurate U-6 figure, which corresponds to a more on-target percentage.

Unions, labor, and the “Black Lives Matter” movement, and the Black community need to make demands and fight back far beyond just voting Trump out. We need income. We need to fight for a federal government public works program putting millions to work at union-scale wages building needed hospitals, schools, housing, mass transportation, and many more infrastructure projects. We need to fight to stop layoffs; to cut the workweek with no cut in pay; to create a cost-of-living clause benefit that includes retirement benefits; and to fight for unemployment benefits for as long as workers need it.

Given the devastating fires in the west, a government-funded public works program could put tens of thousands of people to work at union-scale wages to stem forest fires. Workers could clear brush; replace old electrical lines; train personnel to sniff out potential hazards; and make sure that any new fires could be isolated and brought under control.

Dr. Ken Morgan is scholar-activist and former educator at Coppin State University. He can be reached at: kmorgan2409@comcast.net.

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Letters to the Editor:

Editor:

Re: Propaganda Disinformation of Demagogues

Trump uses propaganda disinformation against our democratic institutions. He attacks our court systems—the FBI; intelligence agencies; Mueller’s investigation of Russian meddling in our election; the Ukraine episode; the Justice Department; news media; and our military.

Trump refers to journalists as “enemies of the people,” which was a phrase used by Stalin in Communist Russia. Like other demagogues, Trump is trying to impose his distorted will on the public and the press. His wild statements pander to far right radicals who espouse un-American ideology, including the neo-Nazis in Charlottesville, Virginia, who Trump called fine people.

Trump has threatened the use of U.S.

military forces to quell protests by U.S. citizens. Members of his administration, Congress and retired generals have expressed grave concern with this attack on our democracy and Constitution.

Trump’s distorted ranting and disinformation are similar to past WWII dictators and current dictators who conceal the truth from their countrymen.

Trump has lied about contact with Russia, the Ukraine, the coronavirus pandemic and a host of other things. The Washington Post reported he lied about 20,000 times during his presidency.

Our democracy is under threat by a demagogic president.

Donald Moskowitz

Conservative Independent
Londonderry, NH

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

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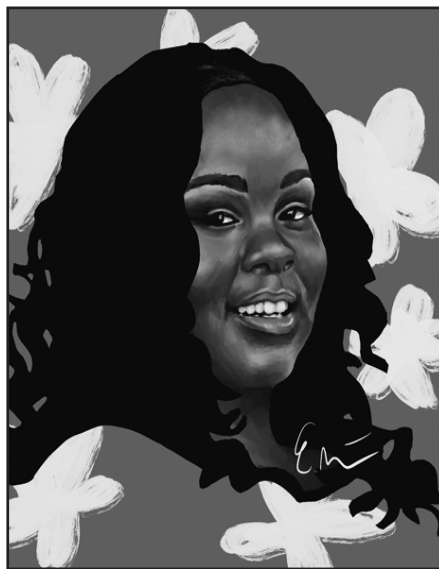
What about our daughters? Baltimore Black mother's thoughts on Breonna Taylor's birthday

By Alanah Nichole

I am a Black, single mother of two girls Blair (8) and Harper (6). One night recently, my Remington home was quiet because I sent them to their father's house for a much-needed break after 84 consecutive days at home together amid social distancing precautions due to COVID-19. Today, my mind finds some ease in reading that we are headed into Phase 1 of re-opening here in Baltimore.

However, the imagery associated with the police killing of Breonna Taylor is one I've struggled not to replay in my mind. The thoughts of the civil unrest all around the country make it hard to focus, sleep, or just let your kids go out for a quick visit. On Friday, June 5, 2020, it was much harder to ignore the imagery because it was Breonna's 27th birthday.

On March 13, 2020, 26-year-old Breonna Taylor was fatally shot by



Painting of Breonna Taylor by local artist Charlotte Malmin

Louisville Metro Police Department officers while she was sleeping when they entered her home. This senseless killing took a daughter from her mother.

When my girls are home, I often peer into their room to watch them sleep and to ensure their safety—wishing them sweet dreams. Even now when they are only 25 minutes away, I miss them dearly. They carry on and leave their toys all over the floor but as annoying as it may be for a mother, I'm sure Breonna's mom would give anything to rewind the hands of time and relive those days. My daughters are much younger than Breonna was or would've been today but the world and its ills are one and the same for my daughters as they were for her.

This is all a nightmare; to think that my

daughters could grow older, take jobs serving their communities like Breonna, and have their lives taken, carelessly by law enforcement wherever they may reside. I pray God to plant a hedge of

I'm stumped by the entire system from the police force to the prison system—it's not necessarily broken, it was just never meant to protect the majority of us.

In Baltimore, I have memories as early

“They carry on and leave their toys all over the floor but as annoying as it may be for a mother, I'm sure Breonna's mom would give anything to rewind the hands of time and relive those days.”

protection over them even right now. I'm afraid and rightfully so, I'm unsure that hashtags are enough, I'm unclear on if protests or officers taking knees is enough to appease the grief that Breonna's mom must feel. The collective grief in community is heavy and the media is persistent on messaging around George Floyd, But all I can ask is, What about our daughter, Breonna?

How should we train our own daughters to live in a world that has no regard for them? Should I prepare their minds even now to be fearful of law enforcement? There are so many questions laying squarely on my shoulders as a black mother. Especially given the geographic context and history of police brutality in Baltimore. Do we move to another state? I've even gone the length to research the story of George Floyd and found that he lived in multiple states over the course of his life. You simply can't outrun acts of carelessness, I guess.

as age 16 where friends of mine both young men and women were locked up. We would all just be hanging out trying to come of age—not looking for trouble. As I got older—in my early twenties—I worked in healthcare just like Breonna and would come home after a long night exhausted from patient care. The degrees of separation between myself and Breonna, situations like hers, and my daughters are too close.

I've skimmed articles where her mother describes it as being “harder to breathe without her.” I spend nearly 365 days of the year in very close proximity to my daughters and I can't imagine, and I don't want to imagine a day without my children here on earth. The 84 days that I have been home with my girls marks the 84 days that Breonna's mom has been without her. She has a lifetime to go.

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Former college basketball standout's new book teaches 'How to Play Basketball the Fun Way'

By Stacy M. Brown

Jenarie Davis-Middleton is a self-described unconventional writer who likes to share life experiences. The wife and a mother of five noted that although her schedule is hectic, she tries as often as possible to incorporate quiet time to clear her thoughts—and to write books.

Davis-Middleton has penned, "How To: Play Basketball the Fun Way," a 122-page expose accompanied with a host of "how-to" photos, which provide intriguing lessons on fundamental and expert-level hardwood acts like the two-hand chest pass, shooting a set-shot in the face of a defender, how to rebound and play defense properly.

"When you think of defense in basketball, what comes to mind? For me, playing defense was my favorite," said Davis-Middleton, a standout basketball player in middle school, high school, and college. "Playing defense prepared me to score on the offensive end. It's exciting when you can stop the other team from scoring."

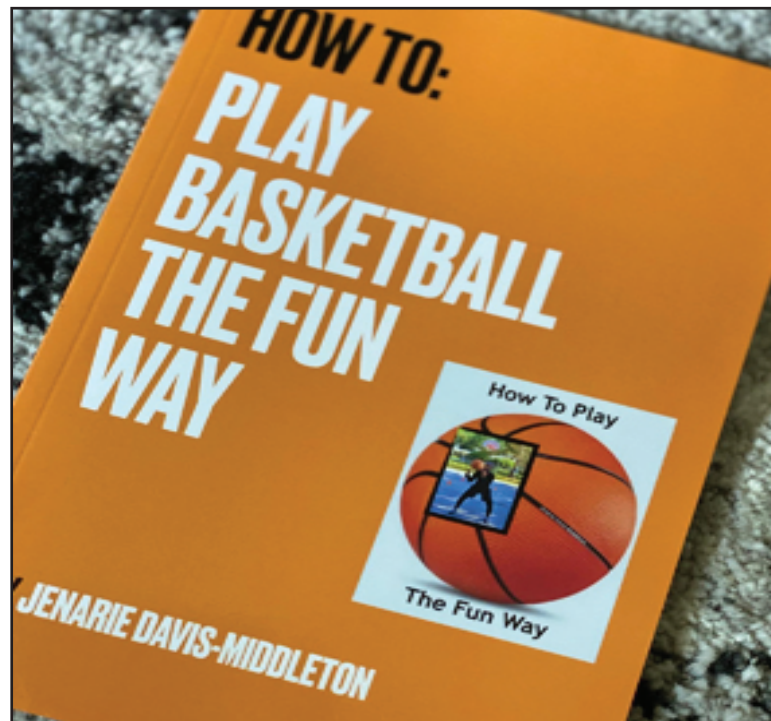
It wasn't until she was 12 years old that Davis-Middleton says she learned how to play basketball.

"I didn't know how to shoot or dribble the ball," she said, noting that her father, musician Aaron Teel, taught her the importance of timing.

"Timing the ball is an art," Davis-Middleton noted. "If you can time the ball right, you can steal the ball from other players any time. It's not too difficult. All you have to do is have fun."

The book details just how to time the basketball—always make sure you swipe at the ball with an open palm, hitting it upward with your fingertips.

"Never swipe down," Davis-Middleton explained. "If you do, the referee will



(Left) Jenarie Davis-Middleton, a standout basketball player in middle school, high school and college has penned, "How To: Play Basketball the Fun Way," a 122-page expose accompanied with a host of "how-to" photos divided into 11 chapters and including a page on basketball terminology and a court diagram.

Courtesy Photos/Jenarie Davis-Middleton

most likely call a personal foul."

Divided into 11 chapters and including a page on basketball terminology, a court diagram, and a bonus feature on how Davis-Middleton earned a scholarship to Jacksonville University in Florida, the book is a comprehensive tutorial on playing basketball, but getting the most fun from the game.

Davis-Middleton's journey toward publishing the book began in 2002, during her junior year in high school. She said her father and her mother, Stephanie Teel, were inspirations. Her father urged her to "write things down," and her mother wouldn't allow her to quit.

"When I was in college when I first felt weak, my mother left me handwritten

notes," Davis-Middleton recalled. "She gifted me with somethings during those tough moments that I still have today. I promised that I'd stay focused and finish school, and I did. They helped me become the woman I am today."

Davis-Middleton said she also learned her basketball skills by watching NBA games.

"Every chance that I had, I practice and learned from watching players like Allen Iverson and Kobe Bryant," Davis-Middleton said. "My dad and uncle taught me everything about the basic skills I needed to get better."

She added that she needed all the encouragement she could muster initially trying out for the Jacksonville University Dolphins.

Before trying out, Davis-Middleton sprained her ankle.

"I drove to tryouts barely able to press on the gas pedal, but I ignored the pain and continued," she said.

Before she arrived home from tryouts, the university coach had called her family with good news.

"Mommy and daddy hugged me so tight, and we cried together," Davis-Middleton said. "Life experiences will teach you how to maneuver in society. Education improves your scope of thinking. Experience and education ties in together."

To purchase "How To: Play Basketball The Fun Way," visit amazon.com. To learn more about Davis-Middleton, visit: www.Jenarie.wordpress.com.

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In Memoriam: NCNW mourns the passing of Supreme Court Justice Ruth Bader Ginsburg



Supreme Court Justice Ruth Bader Ginsburg 2016 portrait.
Photo: Supreme Court of the United States

By **Johannetta Betsch Cole**

My heart is broken over the passing of my shero, Supreme Court Justice Ruth Bader Ginsburg. But as Ella Baker's words declared and were written and set in music by Bernice Johnson Reagon: "We who believe in freedom cannot rest until it comes."

And that is why we must honor our sister, Justice Ruth Bader Ginsburg, by carrying on her relentless work for the emancipation of women, and the equality of all under the law.

Among Justice Ginsburg's many critical judicial opinions were those involving disability rights, gender equality and affirmative action. The second woman appointed to the Supreme Court, she stood firmly against discrimination leveled against her because she was a woman and a Jew.

Her experiences as a woman and a mother, together with her superior intellect, shaped a legal philosophy firmly opposed to all forms of discrimination against marginalized people. She wrote bluntly in 1986, "to pretend that [affirmative action is

unconstitutional] is to pretend that history never happened and that the present doesn't exist."

We all remember our sister's fearless dissent from the 2013 Supreme Court decision to remove voting rights protections. Indeed it was that dissent that earned her the nickname "Notorious R.B. G." When I vote in the November 3rd election, her name will be among the names of our heroes and sheroes that I will call. The sincerest tribute that can be paid to Justice Ginsburg is to vote and urge everyone we know to do the same.

Justice Ruth Bader Ginsburg passed on the evening of the beginning of the Jewish New Year, Rosh Hashanah, a time when wishes are extended for a joyous and peaceful new year. Join me in wishing that Justice Ruth Bader Ginsburg's soul will rest ever so peacefully during her new year as an ancestor for justice.....and forever more.

The post NCNW mourns the passing of Supreme Court Justice Ruth Bader Ginsburg appeared first on Atlanta Daily World.

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More than 96 percent of Maryland Residents have already responded to 2020 Census

By **Stacy M. Brown**

Going into the final days of the all-important census count, Maryland has a 96.3 percent response rate, placing the state high up on the list of states that have responded.

Pending legal action, the Census count could end on September 30, 2020.

In July, President Donald Trump suddenly decided to speed up and end the count by September 30.

That action spurred lawsuits in California by a National Urban League-led coalition seeking to extend the count beyond Trump's deadline.

Additionally, the Mexican American Legal Defense and Educational Fund and Asian Americans Advancing Justice have asked a federal judge in Maryland to extend the time for the census count.

A bipartisan group of U.S. senators introduced legislation this month to allow for the continued count, while Census Bureau officials have also asked for more time.

"There is current and ongoing litigation, but the one thing I can tell you is that what is going to hold true is that time is running out, and people need to respond," declared David C. Cook, the chief public information officer at the U.S. Census.

Cook expressed concern about African Americans who are historically undercounted.

"When you look at the Black and African American community, children under five typically are undercounted for various reasons," Cook stated.

"Just to be clear, if you have a child that's born on or after Apr. 1, 2020, they don't need to be on the form. It's who lived in your house as of Apr. 1. Also, Black males 18 to 25 are historically undercounted, so we've been targeting that demographic, and we're letting people know that it is safe to respond. We don't share your information. It's the law."

Everyone can still respond online, by phone, or by mail. Census officials



continue to implore Americans that it's vital to cooperate if a census taker arrives at your home.

Census results shape the future of communities.

Census data informs how billions of dollars in federal funds are distributed for health clinics, school lunch programs, disaster recovery initiatives, and other critical programs and services for the next decade.

The most recent available count shows states whose residents have had the most significant response are Idaho (99.7 percent), West Virginia (99.6 percent), Hawaii (98.9 percent), Washington (98 percent), and Maine (98 percent). While the nation's overall response rate stands at 93.6 percent, six states haven't yet reached 90 percent – Alabama (85.6 percent), Montana (86.9 percent), Mississippi (87.1 percent), South Carolina (87.7 percent), New Mexico (88.6 percent), and Arizona (88.9 percent).

The Census is working on getting residents across the country to respond as they faced many challenges, Cook noted.

"As a nation, the number of households who answered the doorbell is more than 90 percent. Knowing that the count continues," Cook observed. "Looking back at the 2020 count, the self-reported rate was at 63 percent, so we know that we have to stay out in front of people and get them to respond."

For more information about the Census, visit <https://2020census.gov/en/what-is-2020-census.html>

NOTICE OF VIRTUAL PUBLIC HEARINGS (Aviso de Audiencias Públicas)

MDOT MTA gives notice of ten public hearings to provide interested persons the opportunity to comment on proposed changes to CityLink, LocalLink, Express BusLink, and MobilityLink services. The proposed changes would become effective on January 3, 2021.

Due to the ongoing COVID-19 health crisis, and MDOT MTA's commitment to protect the public and employees, all public hearings will be hosted virtually.

Full details of the proposed service changes are available for public review on the lobby level of the William Donald Schaefer Building at 6 St. Paul Street in Baltimore and online at mta.maryland.gov/winter2021.

SCHEDULE OF VIRTUAL PUBLIC HEARINGS

Monday, October 5, 2020, 5:00 PM - 8:00 PM Access Code: 129 210 1303	Saturday, October 10, 2020, 10:00 AM - 2:00 PM Access Code: 129 654 1793
Tuesday, October 6, 2020, 11:00 AM - 2:00 PM Access Code: 129 427 6711	Tuesday, October 13, 2020, 5:00 PM - 8:00 PM Access Code: 129 433 7012
Wednesday, October 7, 2020, 5:00 PM - 8:00 PM Access Code: 129 604 0835	Wednesday, October 14, 2020, 5:00 PM - 8:00 PM Access Code: 129 722 3314
Thursday, October 8, 2020, 11:00 AM - 2:00 PM Access Code: 129 048 9980	Thursday, October 15, 2020, 5:00 PM - 8:00 PM Access Code: 129 874 7308
Friday, October 9, 2020, 11:00 AM - 2:00 PM Access Code: 129 331 5365	Friday, October 16, 2020, 11:00 AM - 2:00 PM Access Code: 129 217 1401

PROVIDE TESTIMONY DURING VIRTUAL PUBLIC HEARINGS

1. To provide testimony during a specific virtual hearing pre-registration is recommended, but not required. **To register please visit mta.maryland.gov/winter2021 or call 410-767-3999.**
2. Anyone who has not pre-registered is welcome to join any online hearing. If you wish to provide testimony during the hearing, you will be invited to virtually "raise your hand," to speak once all pre-registered attendees have spoken.
3. **IF YOU DO NOT HAVE INTERNET ACCESS, YOU MAY PARTICIPATE BY PHONE.** At the time of the virtual hearing you wish to participate in, dial 415-655-0001, then enter the 9-digit Access Code listed above with the corresponding virtual hearing date. Instructions will be provided for those who wish to speak. Callers will automatically be muted when joining and then unmuted when called upon to speak. Each caller will be able to listen to the entire event.

PROVIDE WRITTEN TESTIMONY

MDOT MTA will accept written testimony through Monday, November 16, 2020. Written testimony may be mailed to MDOT MTA, Office of Customer and Community Relations, 6 St. Paul Street, Baltimore, MD 21202. Alternatively, you may email your comments to HearingComments@mdot.maryland.gov. Your name and address must be included with your comments to become part of the public hearing record.

Please contact the department listed below to request assistance with hearing or speech difficulties, a language interpreter, or printed material in an alternate format or translated. All requests must be received one week in advance.

Por favor comuníquese con el departamento que se indica a continuación para solicitar ayuda con las dificultades auditivas o del habla, un intérprete de idiomas o material impreso en un formato alternativo o traducido. Todas las solicitudes deben ser recibidas con una semana de antelación.

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Actor/Producer Tray Williams develops series focusing on sex trafficking survivors

By Nadine Matthews @deeniemedia

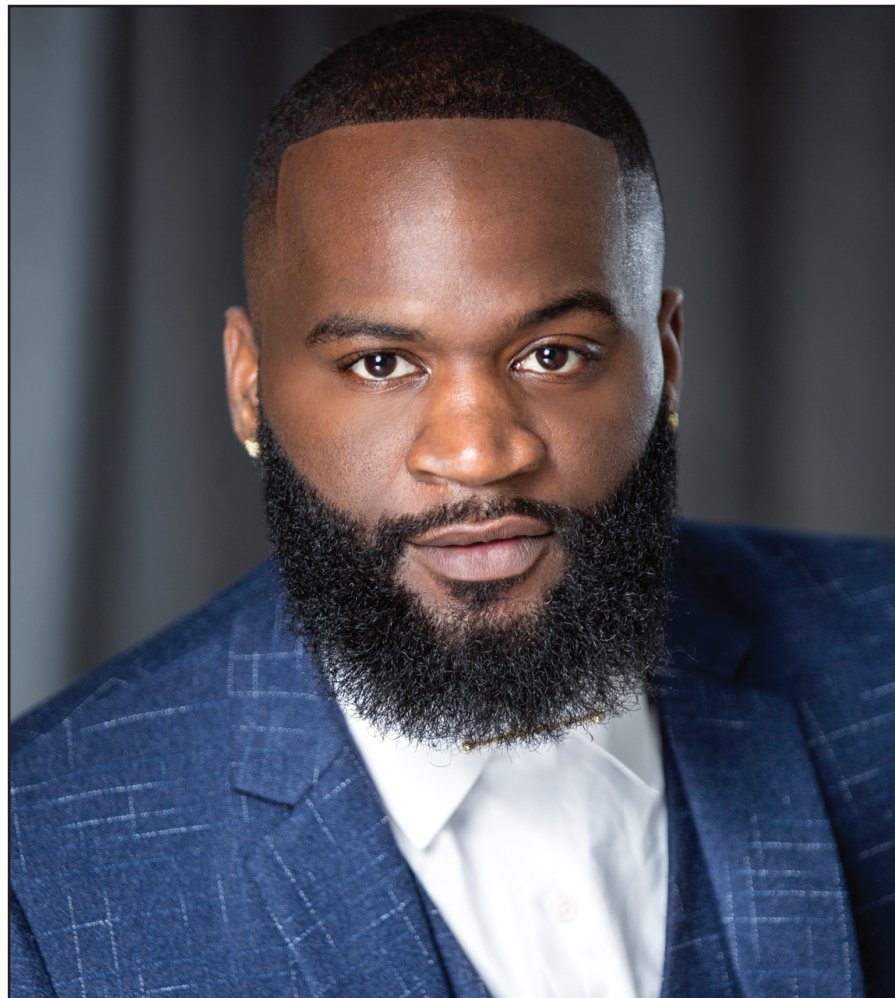
Actor and producer Tray Williams proves the importance of quickly bouncing back from disappointment. Feeling let down after a highly anticipated meeting that the actor director describes as “a scam,” he agreed to read a script offered him by another similarly disappointed attendee, who was a filmmaker. The response was overwhelmingly positive, and a lightbulb went on in Williams’ head. In short order, Williams relocated to Los Angeles to seriously pursue acting.

Since then, the Houston native has acted in fifteen films and numerous commercials and is also fully immersed in the role of producer. Williams produced popular Youtube reality competition, “Trapped With The Prince Family” and is president of TV/film distribution for Media Room 360, which provides content for Amazon Fire TV, Roku, Apple TV, VOD, and all android devices. “My job is to bring in content for our platform. So we help people get distribution,” he explains.

Williams, who’s also a father of two, is very clear about his worth and value. “I went through some tough situations early in life so now nothing is going to be any harder than that. I also do a lot of research and so I’m confident because I feel prepared.”

Some years ago, Williams became acquainted with Tamra Simmons, producer of the docuseries “Surviving R. Kelly.” It turned out that one of the scripts Williams presented to Simmons coincided with a project that she was developing about sex trafficking. “She was like, ‘We should just work on this together,’” he recalls.

Simmons and Williams are currently in the process of shopping the series, of which he says, “We wanted to highlight



Tray Williams, actor and producer
Photo credit: Slingshot Photography

stories of survival, and go in depth about the impact of sex trafficking on the victims and their families.”

Compelled to write a script after watching a shocking news report, the project has been a harrowing experience for Williams in certain ways. “They were showing that young girls were just being captured and put into cars. I just felt like I had to do something about it. It was terrible, and I felt so bad.”

What Williams learned from doing the research was much different from what he assumed prior. “Most of them have been sexually abused by a mother’s boyfriend.” Compounding that tragedy,

he says, is that girls are often not believed when they report the abuse. Many run away, ending up prey to thousands of sex traffickers involved in a one hundred billion dollar industry.

Though Black women and girls make up just five percent of the American population, they constitute forty to sixty percent of the victims of sex trafficking.

In his research, Williams found that girls are much more likely to be coerced into a life of prostitution than to be physically made to do so. “A lot of them are manipulated by the men initially convincing them they really love them,” he explains mournfully.

Distressingly, Williams found that most of the traffickers are Black men. “The saddest thing for me was finding out that the ones doing most of the trafficking are Black men. That to me, is heartbreaking.”

Williams says he has thought about what he would say to anyone thinking of trafficking or using trafficked girls and women for sex. “I would ask them to think about whether or not it’s really worth it to ruin a woman’s life. You would kill someone if that was your daughter or your mother.”

Recognizing that the desperate situations these young girls and women are in can cause them to ignore their instincts and ignore red flags, he says he would caution them “No matter how bad your situation is, do your research before going all in with anyone. Don’t make a bad situation worse. Don’t be so trusting. Understand that everybody is not your friend.”



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Baltimore chef builds business on culinary treats and love

By Stacy M. Brown

Amanda Mack wouldn't let the coronavirus pandemic stop her from realizing her dreams.

In June and at the pandemic's height, Mack opened Crust by Mack inside the renovated and historic Whitehall Market in Baltimore.

"Opening during a global pandemic was scary. Not only did I have to take into consideration the health of my customers, but I have three children at home who I had to keep safe," Mack declared. "I also had to readjust my menu, business plan, and hours of operation and prayed that I would make enough to support my family during a time when everything in the world is at a standstill."

The accomplished chef said her culinary business represents a safe place where all are welcome, and her tasty treats are made with love. She said her mission is to serve customers with respect and kindness, and in a way that uplifts and strengthens the community.

"Each time guests visit Crust, I want them to feel welcome, safe, and valued. I want them to leave feeling warm inside and excited to return soon," Mack exclaimed.

She eagerly revealed where she developed a love for all things culinary. "My love for baking developed as a child watching my grandmother bake in her tiny apartment," Mack reminisced. "Sometimes, she'd wake me up at 5 a.m. to bake biscuits for breakfast before we'd head off to school. As I got older, I realized that baking was very therapeutic. It became the peace I needed during some of the most challenging times of my life."

Her friends and those who patronize the Black-owned Crust by Mack said the chef's creations are known for bringing people together and keeping them connected through a series of curated events and brand collaborations with others in the culinary community.

Mack grew up in West Baltimore and ultimately graduated from Coppin State University. She added that her love for her community transcends beyond the



table. Mack has spent the past decade as a vehicle for change in food justice and family nutrition in Baltimore food desserts.

Her work with The Johns Hopkins School of Public Health supports the "B'More Healthy Kids Initiative" by providing families with healthy alternatives to fast food, teaching families to cook healthy and affordably.

In 2014, Mack authored the children's book, "Greens Don't Grow in Cans," which teaches the origin and nutritional value of fresh fruits and vegetables, while also encouraging family participation in meal preparation.

Twice awarded by the mayor for her continuous contributions to Baltimore, Mack also remains actively involved in community organizations that support youth enrichment and has helped raise over \$20,000 for Baltimore programs.

All of what she said is inspired by her love of baking and her family.

"The women in my family are my constant inspirations. They are strong, fearless Black women, and every day they remind me of my values and my worth," Mack stated.

"My mom especially, is my greatest inspiration. I watched her overcome so many obstacles as a child and not once give up! She never made excuses or passed blame; she just did what she had to do.

"Most recently, I stood by her side as she battled breast cancer. There were times I thought she wasn't going to



Amanda Mack, Crust by Mack
Photo Credit: Kristina Williams
@Kriswillphotgraphy

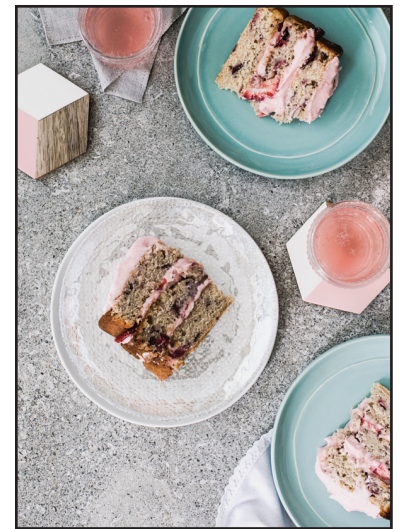


Food Photography by Kate Grewal

make it, and I could not even imagine how my life would have been if she wasn't here.

"It is such an honor standing alongside her in my own bakery week after week. Watching her cook for our guests and allowing them to share the best parts of herself has been my greatest joy since opening Crust."

Because access bridges the equity gap, Mack said she and her family understand that every business may not be created equally.



"From conception, we built our bakery as a resource to our community," she exclaimed. "We will open our doors to entrepreneurs and small businesses, those of color, to participate in programming that creates access to tools and information needed to create an equitable and sustainable business from the inside out."

Morgan State University wins Second Annual Ford HBC-You Mobility Challenge: Receives \$25,000 grant for its innovative FRESHLY program

Now in its second year, the Ford HBC-You Mobility Challenge program has contributed \$60,000 in grants to HBCU's for smart mobility

Dearborn, Mich.— Students at Morgan State University (MSU) in Baltimore, Maryland, will benefit from the university having won top honors and \$25,000 in the Second Annual Ford HBC-You Mobility Challenge. Morgan's FRESHLY Program will address food insecurity and help students access mass transit and connect to healthy food resources and grocery stores.

At the heart of the FRESHLY Program is a student-built software app that will allow students to navigate between meal planning and prep courses and trips to grocery stores and farmer's markets using university shuttles— all under the universally applied and implemented COVID-19 protocols. Students will use the app to make reservations and track shuttle locations. The grant also will support Saturday shuttle service, connecting students to surrounding grocery stores and the MSU Food Resource Center, which was launched two years ago as a ground-breaking wrap-around service provider for students facing food insecurities. Students will also receive instruction on meal planning that focuses on nutrition, the art of couponing, and how to maneuver through local grocery store apps.

"The quality of proposals we received from Historically Black Colleges and Universities for the Ford HBC-You Challenge from across the country was



Pamela Alexander
Director of community development
Ford Motor Company Fund
Courtesy Photo

outstanding," said Pamela Alexander, director of community development, Ford Motor Company Fund. Understanding smart mobility needs on their campuses and proposing well-crafted solutions that will make a real difference in people's lives demonstrates the passion that students have for serving their communities."

Second place and \$10,000 was awarded to students from Talladega College in Talladega, Ala. Talladega students partnered with the Alabama Institute for the Deaf and Blind (AIDB) to develop improved sidewalks with truncated domes, which are raised circles on the pavement used to alert

visually-impaired pedestrians when they've reached the end of a sidewalk.

Created by the Ford Motor Company Fund, the philanthropic arm of Ford, the Ford HBC-You Mobility Challenge asks students, alumni, faculty and administrators to design innovative mobility-based projects that address critical campus or community needs consistent with charitable purposes.

"Resources are absolutely critical in our collective effort to assist those in our community facing extenuating circumstances— chief among them is food insecurity, which is a real issue even for students on college campuses," said Kevin Banks, Ed.D., vice president for Student Affairs at Morgan State University. "We are extremely thankful to Ford for spearheading social responsibility programs that benefit and uplift communities. The Ford HBC-You Mobility Challenge Grant will have an immediate impact on Morgan's Food Resource Center and its capacity to combat hunger on our campus and within the greater Morgan Community."

With the theme of "Making Lives Better: Changing the Way We Move Through Smart Mobility," the challenge was created to empower HBCU students, alumni, faculty, and

administrators to collaborate on creating and implementing sustainable solutions that address unmet needs and improve the lives of individuals within their communities.

"Talladega College and AIDB are both student-centered organizations and we share a special bond. The innovative Ford HBC-You Mobility Challenge Grant will strengthen this bond while enhancing the lives of deaf and blind students at both institutions by providing them with greater mobility and independence," said Talladega College President Dr. Billy C. Hawkins.

The Ford Fund has long been a supporter of HBCUs, shifting now to a focus on mobility. Ford Fund invests more than \$13 million a year in various educational outreach initiatives including grants, scholarships and other programming worldwide. More recently, Ford Fund worked with the United Negro College Fund to provide transportation to students needing assistance to return home during the Covid-19 pandemic.

For more information on Ford's programs that support the African American community, go to <http://fgb.life>.

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Sid Wilson appointed executive director of South Baltimore Learning Center

Baltimore— The South Baltimore Learning Center (SBLC), a Baltimore nonprofit that for 30 years has provided adults with functional literacy, life skills training, career preparation services and several pathways to a high school diploma, has appointed Sid Wilson as executive director.

Wilson's professional background includes expertise in workforce development, education, individual and corporate relationship building, business operations, sales and leadership.

As executive director, Wilson leads and directs the overall operations of SBLC, ensuring quality learning outcomes, operational efficiency and financial performance in addition to cultivating relationships with funders and partners.

Before joining SBLC, Wilson served as director of strategic partnerships and career placements with NPower Maryland, a national nonprofit providing young adults and military veterans with technology skills training and career placement. Wilson also served as



Sid Wilson, executive director SBLC
Photo Credit: Kim Brock

director of business services with the Anne Arundel Workforce Development Corporation. In addition, he spent 11 years at Enterprise Rent-A-Car, where he received multiple Exceptional

Achievement Awards while advancing to a variety of sales and operations leadership roles.

Wilson holds a bachelor's degree in business administration and sociology

from Morgan State University.

He is a volunteer with iMentor Baltimore, a mentoring program that empowers students from low-income communities to graduate high school, succeed in college and achieve their ambitions.

"We are so fortunate to have Sid Wilson join SBLC. His professional background, coupled with his passion for serving our learner population, should serve him well in this role," said Andrea Griesmar, SBLC board chair.

For 30 years, SBLC has provided a supportive, rigorous and transformative education to adults of all ages and backgrounds who are eager to learn, motivated to succeed and committed to making a difference in their lives and in the lives of others. Students may pursue the GED program or National External Diploma Program. When a student completes either program, he/she receives a Maryland State High School Diploma.

For more information, visit southbaltimorelearns.org.

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Rambling Rose

*LaFayette Gilchrist addresses
life in Baltimore on new CD*



Rosa Pryor Trusty

Hello everyone, how are you? I am so bored and I can't stand myself but I am alive and healthy.

I don't normally talk about international musicians but this time I will make an exception because of his connection with Baltimore, and he is one of us, just as Dennis Chambers and Kim Waters are. We love them and so proud of the fact that no matter how famous or world-renowned they become, they never forget their hometown, where it all began.

I am so proud of Lafayette and appreciate him as a person and a musician. Okay, check this out. Lafayette Gilchrist, known worldwide as a renowned pianist, composer and bandleader has a new release—a powerful double-disc where he addresses life in Baltimore, race relations in America, and affairs of the heart—entitled, “NOW.” He returns to the trio format on his self-released double disc, the follow-up to last year's critically acclaimed solo piano album, “Dark Matter,” which many critics cited as one of 2019's best jazz releases. This CD contains several lovely tunes centered on affairs of the heart. One of those is the stunning “Newly Arrived,” with its entrancing melody and suspenseful romanticism.

Gilchrist's inspiration for the song was Sade's 1988 classic tune “Love is Stronger Than Pride.” On the haunting ballad “The Wonder of Being Here,” which touches on the love that remains after a short-term romance, Gilchrist unravels a melody that sounds as if it was lifted from Abbey Lincoln's songbook. Okay, this is enough, all I am saying the CD is baaaaaad!! Get it! Check it out! You will like it. I do!

Let me tell you about a group that you may or may not know about because they are not widely publicized. They are Black Professional Men, Inc. (BPM). I came across the group accidentally last year when they had a social event. Let me tell you a little about them other than the fact they have some fine specimen of men in this group. I'm just saying! Anyway, The Black Professional Men, Inc. is a non-profit organization based in Baltimore. BPM was established in 1991 to address the social, economic and political awareness needs of the African-American community, especially young males.

The organization is a 100 percent volunteer organization, which participates in a variety of community service initiatives to provide youth with exposure to different experiences and positive role models. They host seminars, workshops and field trips within the Baltimore metro area for the young men and boys that they mentor. They sponsor their mentees on cultural and educational trips, attend Baltimore Raven's games and attend the Congressional Black Caucus Foundation Conference. Each year they host the Rays of Hope Scholarship Breakfast, where they award college scholarships to deserving young men.

On Saturday, October 3, 2020 from 10 a.m. to 1 p.m. the BPM book club members will select a book to read and discuss and will continue on the first Saturday of each month. Next month, the public is invited to a scheduled Zoom meeting with the topic: Black Men Book Club Join Zoom Meeting at: <https://zoom.us/j701208794?d=bGljOFZKZlFHcm1GTOR3TkVTNmpPd09> Meeting ID: must wear Masked. The password is BPM.



Lafayette Gilchrist, acclaimed pianist and composer addresses life in Baltimore on his new powerful double-disc that will be available October 2, 2020.



The Black Professional Men, Inc. is having a book reading on Saturday, October 3, 2020 10 a.m. to 1 p.m. on Zoom at: .

Now look my friend, if you understand what I just typed on the above line, I take my hat off to you because I don't understand not one damn part of it. I tell you what, do what I am going to do, go to their website: www.blackprofessionalmen.org or call 443-550-1276.

Oh, by the way, the Landmark Lodge #40 “Grab and Go Crab Feast in a Bag,” (such a grand idea) will be held on Saturday, September 26, 2020. The menu: 1½ dozen steamed crabs; pork BBQ;

fried or baked chicken; Swedish meatballs; crab soup; corn on the cob; whipped potatoes; coleslaw; green beans; two beers or two sodas. So check it out and let me know how it was.

Well my friends, I have to go now. I am out of space, but remember 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



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Ravens gear up for showdown with Chiefs

By Tyler Hamilton

An already hot start for the Baltimore Ravens will reach an even higher level of hype as they get ready for a prime time showdown with the Kansas City Chiefs. Both teams have a 2-0 record and feature the last two players to be named MVP.

Lamar Jackson is the reigning MVP and looking to follow 2018 MVP Patrick Mahomes' progression from top player in the league to Super Bowl champion. Jackson is already off to an excellent start, after completing 77 percent of his passes to go along with four touchdowns and zero interceptions.

Monday Night's Chiefs vs. Ravens game will have big time implications for the playoffs since these two teams are likely to have the best record. A Ravens' win in Baltimore this week could mean the AFC Championship will go through M&T Bank Stadium instead of Kansas City.

The game also features two Super Bowl winning coaches in John Harbaugh and Andy Reid. To make things even more interesting, Harbaugh coached special teams and defensive backs for Reid before being named the Ravens head coach.

There is no doubt that this game is special for Harbaugh. Normally, coaches don't get into the pregame hype, especially right after a win. That wasn't the case for Harbaugh.

"You can't help it, you think about it," Harbaugh said. "It's probably the first thing that goes into your mind once you get in the locker room. You kind of start talking about the game and then everybody is talking about it in the locker room, about the next one, too. Honestly, it's that way every week, but



Kansas City Chiefs quarterback Patrick Mahomes and Baltimore Ravens quarterback Lamar Jackson after the week 3 game at Arrowhead Stadium, last year where the Chiefs beat the Ravens 33-28. Photo Credit: Jamie Squire/Getty Images

this probably as much as any week, we're thinking about the next one," Harbaugh said after Baltimore's convincing 33-16 win over the Houston Texans.

"I don't think you can ignore it. You can't sit there and pretend. Every game is important, they all count for wins, and you don't want to mess up one that the fans or somebody else might not think is important. But who wouldn't get excited for a game like this? When you're playing a team that is the defending champs, the favorites to win the whole thing again—going forward—the type of players they have, the coaches they have? You're going to get excited about it. It's not something that we downplay. We don't ignore it. We try to embrace it and make the most of it."

The Chiefs and Ravens were on a

collision course for the AFC Championship last season. They had a week 3 clash that was one for the ages when the Chiefs beat the Ravens 33-28

at Arrowhead Stadium. Jackson led Baltimore to 15 points in the fourth quarter but they couldn't pull out the win.

Despite the loss, Baltimore held the top seed in the playoffs while Kansas City was the number two seed. The rematch, which would have been a dream matchup was eliminated by the Tennessee Titans when they defeated the Ravens, ending Baltimore's 14-2 season on a sour note.

Jackson and the Ravens are on a redemption tour this year. They'll host the Titans later. But first up to bat will be the Chiefs. Both teams stand in the way of Jackson's ultimate goal, to win it all. That's all that matters to him.

When asked about his past accomplishments such as winning the Heisman Trophy and having an MVP award, Jackson made it clear that the Lombardi trophy is the one he has his eyes set on.

"I'm focused on winning a bigger trophy," Jackson said.

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National Health Aging Month spotlights proper care and attention for older adults

By Stacy M. Brown

Experts believe the number of older adults in the U.S. will reach nearly 71 million by 2030.

According to AARP, this expanding older adult population will significantly affect the nation's public health system and increase the demand for aging-related services.

September counts as National Healthy Aging Month, a period in which more than the usual attention is encouraged for seniors and their health.

"Spend time with elderly people, call your local nursing home and ask if there's something you can do to support their residents as they deal with COVID-19," said Aaron Blight, the founder of Caregiving Kinetics and the author of the upcoming book, "When Caregiving Calls: Guidance as You Care for a Parent, Spouse, or Aging Relative."

"Challenge cultural assumptions about aging or oldness. Rethink what retirement actually means, hire an older worker, and write a letter to an elderly person who has been confined to their home during COVID-19," Blight suggested.

Jim Owen, a 79-year-old fitness enthusiast and the author and producer of "The Art of Aging Well," which airs on PBS this fall, said if we've learned anything from the pandemic, it's that the people most vulnerable are those with underlying health conditions.



September counts as National Healthy Aging Month, a period in which more than the usual attention is encouraged for seniors and their health. Courtesy Photo/ncba-aging.org

"We also know that these chronic diseases are, to some degree, lifestyle-related, so if you smoke, or are obese, or live a sedentary way of life, you are at higher risk of getting seriously ill or dying from the virus," Owen noted. "The best way I've found to do that is by focusing on one healthy habit at a time—say, going for a walk everyday—and challenging yourself to keep it up for thirty days. Then make another small change. If you do that every month, imagine where you could be a year from now."

Stephanie Erickson, a clinical social worker and author of the book, "Plan for Aging Well," said the focus needs to center on a complete rebuild of the

nation's medical and healthcare system so older adults could receive care and support for "their body, mind, and soul."

"Our current model is intervention and medically based and should include a balanced approach to provide opportunities for our emotional, psychological and spiritual wellbeing," Erickson demanded. "Aging is scary for people and conversations about it are avoided, leaving older adults alone and without a clear plan of their expectations, in terms of care and support as they age. This creates unavoidable crises and family conflict.

"This pandemic has highlighted, very clearly, how little we support those who

are aging. It is now time to rebuild the system completely."

Writer and educator Kathie Lapcevic says older adults should focus on simplifying their lives.

"Slowing down all the crazy distractions and overwhelm that comes with trying to do it all and be it all for everyone," Lapcevic said. "Take time to live a life that is slower and more intentional with a focus on personal priorities, not those that are applied from social media or marketing."

For more information about older adults and National Healthy Aging Month, visit www.aarp.org or www.healthyaging.net.

The Maryland State Board of Elections Recognizes National Voter Registration Day

Annapolis— In conjunction with National Voter Registration Day, the Maryland State Board of Elections reminds all eligible Marylanders who have not yet registered to vote in the November 3 general election to do so. The deadline to register is October 13, 2020.

Those who have not yet registered can do so online using Maryland's Online Voter Registration System or by submitting a voter registration application to their local board of elections or the Maryland State Board of Elections. Marylanders using the online registration system must complete the registration process no later than 11:59 p.m. on Oct. 13 in order to vote in the

general election. Those who choose to send registration applications by mail must ensure the applications are postmarked no later than Oct. 13 in order to vote in the general election.

Same-day registration will also be offered to those Marylanders who choose to vote in person during early voting (Monday, October 26 to Monday, November 2) or on Election Day, November 3.

The Maryland Board of Elections encourages those who are already registered to go online and verify their voter information is accurate and up to date.

Every year, millions of Americans find themselves unable to vote because they

miss a registration deadline, don't update their registration, or aren't certain how to register. National Voter Registration Day was created in 2012 to help address the issue, serving as a nonpartisan rallying point to help eligible voters across the country register and give them the option to participate in the democratic process. Since then, nearly 3 million citizens have registered to vote on the holiday, which takes place every year on the fourth Tuesday of September.

Due to the COVID-19 pandemic, the Maryland State Board of Elections is encouraging voters to cast their ballots by mail. Applications for mail-in ballots

have been sent via first-class U.S. Mail to eligible Maryland voters.

Applications must be received by October 20. Mail-in ballots will be sent to voters by first-class U.S. Mail beginning in late September and continuing in October.

In addition to voting by mail or in person during early voting or on Election Day, Maryland voters can cast their ballots at authorized ballot drop box locations around the state. Locations will begin opening roughly 30 days prior to Election Day. Once open, the ballot drop boxes will remain open until 8 p.m. on Election Day, November 3, 2020.

Community Action Agency of Anne Arundel County appoints new Youth Development Services Director

By Stacy M. Brown

The Community Action Agency of Anne Arundel County has appointed Dr. Lenny Howard as the agency's Director of Youth Development Services.

The agency's CEO, Dr. Charlestine Fairley, says Dr. Howard brings vast experience in helping youth and young adults achieve academic goals, learn coping strategies for social and emotional management, build life skills, and foster character development.

Noting Dr. Howard's previous stints as a school counselor and principal, executive coach and mental health counselor, and his career as a college administrator and professor, Dr. Fairley said the new appointee is the right person for the job.

"Dr. Howard has a demonstrated passion for helping young people achieve success," Dr. Fairley stated in a news release.

The anti-poverty agency for all of Anne Arundel County, the nonprofit Community Action Agency began in 1965 and serves more than 10,000 county residents each year.

In 1968, the agency was designated the anti-poverty agency by the Anne Arundel County Council. It serves local residents through its programs developed to offer homelessness prevention, free mental health services for children and their families, Early Head Start for pregnant women and infants and toddlers, Maryland Energy Assistance, and programs to prepare youth for education success and workforce preparation.

The agency's mission is to empower people in reducing poverty and building



Dr. Lenny Howard
Director of Youth Development Services
Community Action Agency
of Anne Arundel County
Courtesy Photo

resilient communities.

Its vision includes being recognized as the leader in addressing poverty and improving the quality of life in Anne Arundel County communities.

"Dr. Howard is providing full-time direction and leadership to the Agency's comprehensive treatment, prevention, and education services for youth," the agency said in the news release.

"He will oversee the addition of new and innovative programming developed to help youth navigate the challenges they face."

The Community Action Agency's Youth Development Services has been serving children and youth, ages five to 24, since 1972.

The Agency's Youth Development Services office is located at the Stanton Center, at 92 West Washington Street in Annapolis.

"Dr. Howard is the right person to guide Youth Development Services as we expand our programming to benefit children and youth living in Anne Arundel County," Dr. Fairley said.

Local woman receives non-surgical hair restoration certification

Annapolis— Grace Dennis received a certification in hair loss February 26, 2020 after completing a hair loss class at the Atlanta Hilton Gardens Hotel in Kennesaw, Georgia.

As a certified hair loss specialist, Grace works in conjunction with dermatologists and oncologists measuring and fitting chemotherapy and alopecia clients for hair loss systems and units. She is a member of the National Alopecia Areata Foundation (NAAF) and is a participant in the "Look Good, Feel Better" program through the American Cancer Society. Grace serves men, women and children.

If you or someone you know is suffering from hair loss issues, she can be reached at: Grace and Elegance Beauty Salon, Inc. located at 42 Hudson Street, Suite 211 in Annapolis, Maryland.

For more information, phone: 410-266-3305, email: gmdennis@verizon.net or visit her website: graceandeleganceinc.com



Grace Dennis
Certified Hair Loss Specialist
Courtesy Photo

Virtual Caregiver Educational Workshop

Annapolis— The Department of Aging and Disabilities announces an upcoming virtual Caregiver Educational Workshop.

Mary Chaput, Program Director for the Family Caregiver Support Programs in Anne Arundel County, will present "Respite Care: What Is It and How Do I Get It?" on October 29, 2020 at 7:00 pm via the Zoom platform. Respite care is an essential part of the overall support that families may need to keep their family member with a disability at home. Understanding when it's time to find that care, whether a few hours a week or round-the-clock, is essential for family caregivers. The workshop will help you plan for and find care and will explore options for paying for care.

Register for this workshop online at <http://www.aacounty.org/aging> or call 410-222-4339.

Anyone needing accommodations must contact Mary Chaput at 410-222-4339, or by e-mail at agchap01@aacounty.org. TTY users, please call via Maryland Relay 7-1-1. All materials are available in an alternative format upon request.

This workshop is presented at no cost to the public by the National Family Caregiver Support Program of the Anne Arundel County Department of Aging and Disabilities.

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