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Annapolis March underscores importance of showing up at polls



Over 1,000 people showed up in the name of unity for the 1,000 Men March that took place in Annapolis on Saturday, September 19, 2020. The march highlighted the plight of people of color, including unwarranted shootings of African Americans by bringing together civil rights organizations, elected officials, community members and business people in an effort to draw attention to racial injustices. Additionally, the event underscored the need for people of color, and more African American men, to vote during the presidential election on November 3, 2020. (See article on page 8). Photo Credit: Joyce Images

It's time for your flu shot!

By Jeffrey Gerbino, MD

The University of Maryland Medical Center Midtown Campus is again offering free flu shots this season. The flu vaccine is a proven way to prevent or reduce the symptoms of influenza (flu), a serious respiratory disease that killed nearly 1,000 people in Maryland last year and sickened 74,000.

The COVID-19 pandemic makes flu shots even more vital this year, as we face the prospect of two potentially deadly respiratory diseases at the same time. Flu and COVID-19 are both spread from person to person and have similar symptoms and effects, but are caused by different viruses.

We're still waiting for a COVID-19 vaccine, but the flu vaccine is ready to go.

Flu shots are one way to reduce the chance you'll get the flu and possibly end up in the hospital or die of flu. To be clear, the flu vaccine will not protect against the virus that causes COVID-19. However, flu prevention may help save medical resources to care for a rise in the number of COVID-19 patients that experts predict will come with colder weather.

Annual flu vaccinations are recommended for everyone age six months and older. A flu shot is needed

every year because there are many different flu viruses and they change from year to year. The flu vaccines protect against the three or four most common flu viruses that research suggests will be widespread this year in the United States.

Keep in mind that it takes about two weeks after a flu shot before your immune system is ready to protect you against the flu. Flu season usually peaks between December and February, but since we're also dealing with the unknowns of COVID-19, it's hard to predict whether this will be a normal flu season. So, the earlier you get your flu shot, the better.

Also, it's possible to have flu or other respiratory illnesses as well as COVID-19 at the same time. We're still learning about COVID-19, so we don't fully know what could happen if you get both. But we do know that flu and COVID happening at the same time could mean bigger problems than we've had with COVID alone.

Take charge of your health now, by attending Free Flu Shot Friday in October.

Jeffrey Gerbino, MD, is an internal medicine specialist at the University of Maryland Medical Center Midtown Campus



What you need to know about Flu Free Fridays, a community vaccination program at the University of Maryland Medical Center Midtown Campus:

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Guest Editorials/Commentary

The New Normal: Black Quarterbacks Matter

By Bertie Simmons, Ed.D. (and grandson)

I am an 86-year-old author and retired educator. This does not necessarily make me an expert on football. However, my grandson, Austin Fendley, a recent graduate from the University of Texas and an avid football fan, knows as much about the subject as many coaches and sports commentators. Also, he and I are “two peas in a pod” about racism. We have watched with interest as more and more Blacks have been named starting quarterbacks on the national football scene. Capitalizing on our strengths, we decided to co-author this article.

Since the earliest days of professional and college football, the number of Black players has increased exponentially. However, the ratio of Black players and Black quarterbacks remains disproportional with 67 percent Black players and 17 percent Black quarterbacks. The Canadian Football League was more open to welcoming Black players than the leagues in America were. As an example, Warren Moon was not selected in America until he had won five Grey Cup championships in Canada. Moon became the first Black Houston Oilers’ quarterback in 1984, and his success shattered the stereotype that Blacks could not succeed as a quarterback. He ushered more successful black quarterbacks into the National Football League (NFL) in the 1980s. When Moon first became the Oilers’ quarterback, I remember hearing people say he was not smart enough to function as an NFL-caliber quarterback. I happily watched him prove them wrong.

The number of Black quarterbacks in the American professional leagues has grown, and Michael Vick was drafted in 2001, as the first Black to be taken with the first overall pick in the NFL draft.

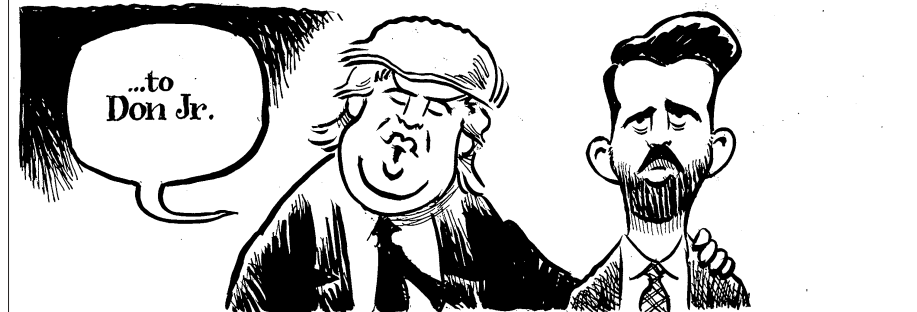
In 2017, longtime quarterback, Eli Manning, was benched and was replaced with Geno Smith who was Black. Since the inception of the game, two Black quarterbacks and one multiracial led their teams to a Super Bowl victory: Doug Williams in 1988; Russell Wilson in 2014; and Patrick Mahomes in 2020.

America has, in fact, made progress in naming Black quarterbacks on the professional fields. Still, many of them have experienced racial issues. For example, Deshaun Watson, the Houston Texans’ quarterback stated that he did not want to be called a dual-threat quarterback because the term is traditionally used to stereotype Black quarterbacks. In 2018, racial remarks were made about him after he made a bad decision during a game. A superintendent of a school district outside Houston remarked, “When you need precision decision making you can’t count on a Black quarterback.” Fortunately, that superintendent came under fire and he later resigned.

After reading a story about Deshaun’s upbringing, we were reminded that he gives credit to his mother who was a single parent of four children and living in the projects. His mother held down a fulltime job and after she got off work, she would spend the next few hours volunteering at a homeless shelter. That made her eligible to be the recipient of a Habitat for Humanity home. In 2011, when Deshaun was in high school, his mother was diagnosed with stage-five tongue cancer forcing him to function as a high school quarterback and as a caretaker raising two of his siblings. Given the history of Deshaun and his mother, and the hardships the family faced, the challenges of being a Black quarterback did not seem to be an insurmountable task.

A proven truism over the last two seasons is that we are clearly in the age of Black quarterbacks. The remarkable advancement of blacks to master the game’s most important position proves those who thought they lacked the leadership skills and intelligence are wrong. Clear evidence with 10 Black quarterbacks starting the first week of the 2020 NFL season reiterates that the new normal— Black Quarterbacks Matter.

For 61 years, Dr. Bertie Simmons, Ed.D., author of Whispers of Hope: The Story of My Life, was a dedicated educator in the Houston Independent School District (HISD). Simmons came out of retirement to serve as principal of Furr High School in 1999. During her more than 17 year tenure, she was instrumental in revitalizing the school and creating transformational opportunities for some of Houston’s most disadvantaged students.



Community Affairs

Maryland State Board of Elections started mailing ballots to voters

Annapolis— The Maryland State Board of Elections announced that it has started sending ballots to Maryland voters for the 2020 Presidential General Election. Almost 800,000 ballot packets were shipped to voters in Maryland over a five day period.

The first set of emails to domestic voters who requested a ballot via web delivery were also sent today. The Board will send ballots to these voters from an email address with the prefix “absentee” and the suffix “@marylandelections.us.” For example, if a voter receives an email from absentee3.sbe@marylandelections.us, that is a legitimate email from the Maryland State Board of Elections. Voters who requested that their ballots be emailed are encouraged to look for emails from a “@marylandelection.us” address and to add it to their contact list.

The first phase of ballot drop boxes have been delivered. Boxes for local boards of elections’ offices, early voting locations, and additional locations in the

most populous counties were delivered. The next delivery phase will be October 15 through 17 and the final phase will be October 22 through 24.

The complete list of ballot drop box locations and their anticipated opening dates is available at: https://elections.maryland.gov/elections/2020/PG20_Drop%20Box%20Locations.xlsx

Each Maryland jurisdiction will have at least two ballot drop box locations available to voters. Voters can submit their completed mail-in ballots in any drop box located in their jurisdiction of residence.

Once open, drop boxes will remain open until Election Day, November 3 at 8 p.m. In all, 282 ballot drop boxes will be available at 281 locations around the state. Two ballot drop boxes will be available at Camden Yards in Baltimore.

Due to the COVID-19 pandemic, the Board 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, 2020.

Genetics, Diagnosis, Treatment: NIH Takes on Sickle Cell Disease Globally

Washington, D.C.— Each year, some 150,000 children in Nigeria are born with sickle cell disease, the most common—and often life-threatening— inherited blood disorder in the world.

“I was not happy when I read that Nigeria will have the highest contribution to the global burden of sickle cell disease by 2050—if we continue at the present birth rate and the level of inactivity in newborn screening,” said hematologist Obiageli Nnodu, M.D., the lead researcher in Nigeria for the Sickle Pan African Research Consortium (SPARCo), funded by the National Heart, Lung, and Blood Institute (NHLBI), part of the National Institutes of Health. “As a country, we can do better than that. After all, this is a disease where children die undiagnosed, and largely from preventable causes such as bacterial infections.”

Sickle cell disease affects 20 million people worldwide, including at least 100,000 in the United States, mainly African Americans, but Hispanics and

Asian Americans, too. To help address the problem on a global scale, the NHLBI has been supporting programs in sub-Saharan Africa, where more than 75 percent of the sickle cell disease births worldwide occur. SPARCo, with a hub in Tanzania, and additional sites in Nigeria and Ghana, works to develop an

infrastructure for sickle cell disease research, health care, education, and training to take place in Africa.

which has a growing electronic registry of more than 10,000 individuals with sickle cell disease. “The genetic diversity of Africa’s population allows scientific research that will increase our understanding of how a disease caused by a single gene can manifest in such different ways,”

highly trained personnel— a critical advantage for countries with few resources.

On the treatment front, a large multinational NHLBI-funded clinical trial found that a daily hydroxyurea pill was safe and effective for young children living with sickle cell disease in sub-Saharan Africa. The NHLBI also has its sights on developing genetic therapies for the disease, as part of a newly announced NIH collaboration with the Bill & Melinda Gates Foundation. The goal of the partnership, which also addresses HIV, is to advance possible gene-based cures to clinical trials in the United States and relevant countries in sub-Saharan Africa within the next seven to 10 years.

“A person’s health should not be limited by their geographic location, whether it’s in rural America or sub-Saharan Africa,” said Gary H. Gibbons, M.D., director of the NHLBI. “Harnessing the power of science is needed to transcend borders if we want to improve health for all.”

“Sickle cell disease affects 20 million people worldwide, including at least 100,000 in the United States, mainly African Americans, but Hispanics and Asian Americans, too. To help address the problem on a global scale, the NHLBI has been supporting programs in sub-Saharan Africa, where more than 75 percent of the sickle cell disease births worldwide occur. SPARCo, with a hub in Tanzania, and additional sites in Nigeria and Ghana, works to develop an infrastructure for sickle cell disease research, health care, education, and training to take place in Africa.”

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“We are showing that with effective partnerships, significant advances in health and biomedical science can be achieved,” said Tanzania-based Julie Makani, M.D., Ph.D., who leads the SPARCo consortium.

SPARCo, in collaboration with the Sickle Africa Data Coordinating Center, led by Ambrose Wonkam, M.D., in South Africa created Sickle In Africa,

explained Makani.

Newborn screening, as Nnodu noted, is the first step to reduce mortality and suffering for these children, and for that, they need good tests readily available at the point of care. That’s why NHLBI supports research towards development of diagnostics, such as a new rapid result test that is relatively inexpensive, accurate, and can provide a timely diagnosis of sickle cell disease. The test does not require sophisticated laboratory equipment, electricity, refrigeration, or

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STAR celebrates 30 years of addressing health disparities in Baltimore

By Stacy M. Brown

Sisters Together And Reaching, Inc. (STAR), a faith-based, nonprofit community organization that provides spiritual support, direct services, and prevention education to HIV/AIDS infected, and affected African-American women and men, is celebrating its 30th anniversary this month. And many who have worked with the organization like Randi Woods, say the celebration wouldn't be possible without STAR's founder, the Rev. Debra Hickman.

"She has employed 300 people over 30 years, and she's created space for nurses, doctors, and public health students to gain real life experience," said Woods, a registered nurse who serves as the nonprofit's senior director of community care coordination.

Woods added that Hickman, affectionately known as "Rev. Debbie," has formed relationships within the community and large health systems.

STAR counts as a community faith-based nonprofit that Hickman founded in 1991 to serve the Greater Baltimore HIV/AIDS community.

Since its inception, STAR has been a premiere advocate addressing health disparities among African American men, women, and their families living with HIV/AIDS and other chronic diseases in Baltimore City.

Located in the heart of Charm City, STAR has been a service provider of comprehensive care coordination and support services to thousands of individuals and families – creating healthy generational behaviors withstanding time.

Woods noted that STAR services include, but aren't limited to, preventative testing, health promotion



(Left) Rev. Debra Hickman, founder and CEO of STAR (Right) STAR's annual community block party turned Health Festival. Originally started in a pavilion in Druid Hill Park, the Health Festival now takes place in Eager Park with the help of multiple partners.

Photo Credit: Aisha Butler/Jazzy Studios

prevention education, patient advocacy, and comprehensive, holistic care management.

"Through time, STAR has developed multiple collaborative partnerships with traditional and non-traditional partners to continue working effectively with high-risk communities addressing traditional and non-traditional aspects of living with HIV/AIDS and other chronic diseases," Woods stated. "Along with our partners, our future legacy of community engagement, prevention education, and community impact will serve as a pillar for every person serviced through our programs."

Born and raised in Baltimore, Hickman's parents migrated from the South searching for work and more opportunities for their children.

As the oldest of two children, Hickman learned early how to handle business

affairs as her parents had limited education.

"When Rev. Debbie started STAR, she was working a full-time job and was leading a very small team of women volunteers from churches around the city," Woods said. "Since that time, she has remained committed to advocating for justice in healthcare for the men and women of Baltimore City."

Hickman has served on the Mayors HIV Commission and is a two-time appointee by the White House Secretary of Health to serve on the Centers for Disease Control and Prevention/Health Resources Service Administration Advisory Council (CHAC).

She also has worked as a consultant to the Centers for Disease Control and Prevention (CDC).

In 1999, Hickman was selected to be among the first 40 CDC Leadership

Scholars. Under the leadership of former Mayor Martin O'Malley and past City Council President Sheila Dixon, Hickman was appointed to serve as a Commissioner for the Baltimore City HIV Commission and recently appointed by the White House Secretary of Health and Human Service Office to the Centers for Disease Control/Health Resource Services Administration Advisory Board.

"Rev. Hickman's favorite scripture is Psalm 34, and she attempts to carry this scripture out through a life that truly blesses the Lord by following his commands and sharing His love wherever she goes," Woods said. "Rev. Hickman is known as a visionary and her motto is, 'Be Forward Focused and Not Past Possessed.'"

To learn more about STAR, visit www.sisterstogetherand-reaching.org.


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MedStar Health

Annapolis March underscores importance of showing up at polls, correction of racial injustices

By Andrea Blackstone

Although the coronavirus has often brought the issue of isolation to the forefront because of need to social distance and quarantine, there have also been remarkable moments when the power of unity has proved to be unstoppable.

Saturday, September 19, 2020 marked one of those unprecedented times in Annapolis's rich history, when over a 1,000 men, women, children, community leaders and elected officials participated in a peaceful 1,000 Men March. A sea of masked faces began to fill the streets from Navy-Marine Corps Memorial Stadium to Annapolis City Dock. Participants commemorated the 25th anniversary of the Million Man March held in the District of Columbia on October 16, 1995, while highlighting issues ranging from ending police brutality to the importance of voting in the upcoming presidential election on November 3, 2020.

Randy Curtis, 33, a resident of Severn played a major role in organizing the largest event of this kind in Annapolis. His father, Bishop Antonio Palmer of the Kingdom Celebration Center and the United Black Clergy along with Carl Snowden, longtime civil rights activist and convener of the Caucus of African American Leaders, were also instrumental in organizing the event.

Curtis says he has worked with conscious leaders in other locations and wanted to do something for his home city of Annapolis. Holding police and citizens who are engaging in detrimental activities accountable, cleaning up the community, improving housing and addressing educational issues are among his noted concerns. He further said that related policies and procedures need to be changed; and he feels that officials such as Gavin Buckley, Mayor of Annapolis and Anne Arundel County Executive Stuart Pittman are approachable officials who also want to see positive change occur in the Black community.



The event drew a crowd of diverse ages, including young children. Over 1,000 people reportedly attended the event. Photo Credit: Joyce Images

“My idea is to go to them (Buckley and Pittman) with strategic changes for policies and procedures, and fight all the way through, until we see change in the books,” said Curtis while mentioning his follow up plan. “And, I’ve learned enough to be humble to my elders. I’m actually having a meeting with all of the leadership that we have in the Black community and saying ‘let’s agree on three things that we want to see change in the immediate future and tackle those three issues up front.’”

Curtis led the charge to bring individuals and leaders together but he says he wants a collective voice to be heard. He added that he believes that participation by the younger generation in the event helped to dismantle the belief that the older and younger generation don’t see eye-to-eye on issues. The older generation was able to show by example how to come together

for the sake of freedom, justice and equality for Blacks in America, including in Anne Arundel County.

Carl Snowden also pointed out that he believes that Curtis senses the need for more overall civic engagement and participation from African American males.

“The major goal (of the march) was to

demonstrate the need for people of color— in particular— to participate in another march that is going to take place. And that march is going to take place on November 3, when we march to the ballot box, hopefully in unprecedented numbers, to use our vote to become our voice. And so there is going to be a concerted effort by all of the organizations that were involved to energize, organize and mobilize African American voters to go to the polls in great numbers,” Snowden said. “As you know, African American men vote in less numbers than African American women. An idea here is to get African American men to follow the leadership of women who have used the vote very strategically to bring about our change. And so we hope to emulate our black women in terms of going to the polls in the numbers proportionate to our goal.”

Darius A. Stanton— founder of the Annapolis Arts, Sports and Leadership Academy— added that day’s mood sent a message of unity to over 10 statewide politicians. Voter registration was underway from the top of the March route all the way to the City Dock.

“I think the 1,000 Man March built a unified force to push the changes needed in our own communities to seek mental health, bring our family units together, to ensure we build our own economic base, make the needed reform and investments in education and the justice system, by voting and holding elected officials accountable,” said Stanton. “We are much stronger coming out of the march!”

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84-Year-Old Body Builder, Beyoncé' Video Star Endorses 'A Better You'

By Stacy M. Brown

Ernestine Shepherd is a world champion bodybuilder. Before one could dismiss that with a “so what?” note, the Baltimore resident is 84.

The now legendary “6-pack granny” recently appeared in a video for Beyoncé’s “Black is King” album. The grandmother and retired school secretary proudly stands as a Guinness World Record holder for the world’s oldest female competitive bodybuilder.

On Saturday, Oct. 10, 2020, Shepherd will join UnitedHealthCare to host “A Better You,” a health and wellness event aimed at helping African Americans approaching retirement and other Medicare beneficiaries learn more about Medicare and their health coverage options.

The online event promises to provide safe access to seniors’ resources and information to make informed health care coverage decisions before the annual Medicare Enrollment Period, which begins Oct. 15.

Virtual attendees will hear from Yohannie Shambourger, former Mr. Universe and Shepherd’s trainer, who will share nutrition tips and walk through a series of exercises.

UnitedHealthcare’s Rita Tolbert plans to guide participants through a Medicare discussion, including eligibility requirements and enrollment windows.

“I always say and truly believe that age is nothing but a number. I won my first bodybuilding competition at the age of 71, after having lived a sedentary life,” Shepherd told the Baltimore Times.

“I feel better now in my 80’s than I did in my 40’s. Exercise and wellness are important to improve our quality of life at any age. People must listen to their bodies and do what works for them – going for a walk, doing some stretches from your seat, and even dancing while you cook. It’s about making movement part of your lifestyle.”

Shepherd said she began her fitness journey as a school secretary in 2007 when she participated in her first bodybuilding contest and won first place honors.

Three years later, Guinness formally

presented her the title of World’s Oldest Performing Female Bodybuilder.

She called working with Beyoncé an incredible experience.

“She recruited me to appear in the music video for the song ‘Power,’ which celebrates the beauty and power of Blackness. When I arrived on-set, she approached me and gave me a big hug,” Shepherd recalled. “She was truly wonderful, and the interaction highlighted that anything is possible, regardless of your age.”

Because staying fit and creating healthy habits are essential, Shepherd has maintained a daily routine. “Typically, I start my day at 4 a.m. and go for a 10-mile run/walk, followed by strength training around 7:30 a.m. I then lead exercise classes at the local gym until 11:30 a.m. and return home for lunch,” she said.

“I have five to six meals a day, which often includes oatmeal, baked white potatoes, chicken, brown rice, sweet potatoes, and tuna. I also supplement my protein intake with 8-ounce glasses of liquid egg whites throughout the day.”

Shepherd and UnitedHealthCare suggest that now more than ever, African Americans approaching retirement need the information to make informed coverage decisions, which is the goal of “A Better You!”

“The last thing you want to do is worry about your coverage options once you need medical attention. Just like forming healthy lifestyle habits, ensuring that your health care coverage options meet your needs is an important way to take care of yourself,” Shepherd stated.

“If Medicare coverage has never crossed your mind, the best thing you can do right now is to learn about it. Understand your needs, learn the terminology, coverage options, and enrollment dates so that once you’re ready to make a decision, you have all the information you need to make an informed choice.

“It’s also important to understand health care if you have parents or loved ones approaching the age of eligibility or needing assistance with their coverage. Learn about the Medicare program so you can help them choose



On Saturday, Oct. 10, 2020, Ernestine Shepherd will join UnitedHealthCare to host “A Better You,” a health and wellness event.

Photo Credit: Dora Williams/ Boden Agency

the right plan when the time comes. “

The event is free and open to the public, for more information or to register, visit <http://ABetteryou.info/>.

Staying Positive on The Eastern Shore

Steven Reynolds

**Morgan State University Strategic
Communication Student**

Wake up. Brush your teeth. Get ready for school. Check your emails. Fill out a health survey. Get your temperature checked before walking onto campus. For many students across the country, this is the new norm.

Ask Jeremy Korie, 25, a senior at The University of Maryland Eastern Shore (UMES). He will tell you this is his everyday routine while trying to graduate during the global pandemic. Korie is a Computer Engineering major who has been infatuated with computers and technology his whole life. From taking them apart to putting them together, Korie says he can do it all.

For Korie and possibly many others in a technology focused major, COVID-19 has reassured him that he has chosen the right path. He wants to work in a computer-based field after graduation, so seeing the world depend solely on technology to survive everyday life gives him a glimpse at what the foreseeable future may look like.

“COVID basically showed that technology is needed for almost anything. Without it, there would be no Zoom calls. There would be no remote classes,” Korie said.

Even though Korie is convinced he made the right choice for his major, he said it is hard to stay motivated sometimes. Like many students, he feels isolated because he cannot have roommates on campus. The learning is quite different. He said a few of his professors are nervous due to fears of teaching face-to-face.

“You grow up your whole life doing all your work in school, in-person, and out of nowhere, it’s like you’re forced to do everything remotely. It’s not the same,” Korie said. He added, “In my case, it’s harder to focus. It’s too much stuff going on to remember each time for multiple classes, and then you’re not really learning stuff directly.”

According to the EDUCAUSE Center for Analysis and Research, which surveyed more than 40,000 college



Jeremy Korie catches up on homework in the Arts and Technology building at The University of Maryland Eastern Shore (UMES) on September 29, 2020. Photo credit: Jamal Johnson

students at 118 U.S. institutions and nearly 10 thousand faculty members, 70 percent of students preferred mostly or complete face-to-face instruction environments, while 73 percent of professors preferred face-to-face classes.

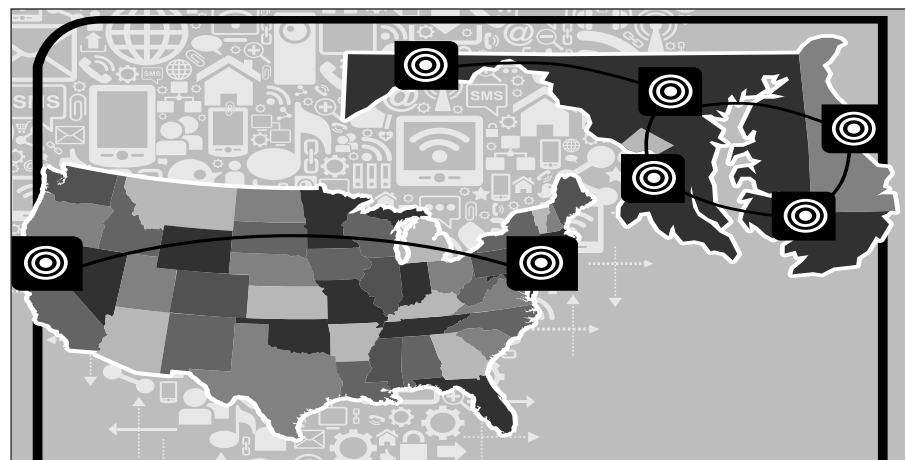
Korie, is still in search of his new norm, but is determined to get the job done. What works for him is going to the gym and listening to his favorite music when not studying for classes. Despite the circumstances, Korie said he has come too far to let anything stop him now. That extra dedication and effort is even noticed by his friends on campus.

“I’ve seen him take summer classes and work hard every break to pay off classes to graduate. He made it this far and nothing is in his way from getting his degree,” said 23-year-old Criminal Justice Major Shaquille Smith.

This experience has impacted Korie so much, he feels like he could give a lecture helping other students who might have questions about how to stay motivated when faced with adversity. If

he could drive home one point though, that point would be simple: keep up with

what is going on with COVID-19 while also staying focused on the task at hand.



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Morgan State University designated as new historic site

Historic Sites Initiative Recognizes the Birthplace of the National Society of Black Physicists

Baltimore—The American Physical Society (APS) has designated Morgan State University and the Sanford Underground Research Facility in Lead, South Dakota as Historic Sites. Each site will receive a plaque acknowledging its exemplary contributions to physics.

“As an institution rooted in the marvels of discovery and enlightenment, Morgan State University has long served as a haven for the nation’s Black scientific community—as well as a top producer of African-American graduates with degrees in STEM,” said David K. Wilson, president of Morgan State University. “We are truly honored to be designated an Historic Site by the American Physical Society. This notable distinction not only acknowledges Morgan’s early contributions to modern physics, but also our unrelenting commitment as an R2 classified doctoral research institution to cultivating



In 2016, the National Trust for Historic Preservation today named Morgan State University a National Treasure, the only such honor for a college or university campus in the United States.

Courtesy Photo/Morgan State University

tomorrow’s STEM leaders.”

The APS citation reads: “On April 28, 1977, Morgan State University became the birthplace of the National Society of

Black Physicists (NSBP). Its founders sought to promote the professional well being of African American physicists within society at large and within the

international scientific community. They have successfully mentored young Black students to increase their representation in physics and technology. Their persistent professional devotion to inclusion has produced the largest national organization that actively supports African American physicists.”

In 2016, the National Trust for Historic Preservation today named Morgan State University a National Treasure, the only such honor for a college or university campus in the United States.

The American Physical Society is a nonprofit membership organization working to advance and diffuse the knowledge of physics through its outstanding research journals, scientific meetings, and education, outreach, advocacy, and international activities. APS represents over 55,000 members, including physicists in academia, national laboratories, and industry in the United States and throughout the world. Society offices are located in College Park, Maryland (Headquarters), Ridge, New York, and Washington, D.C.



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Rambling Rose

Forum Caterers Celebrates 41 Years This Week

Hello everyone, How are you? I see some of you are tip-toeing out a little more into the public bars and clubs, the places where I feel are my second homes, but if I were you, I wouldn't be so hasty about doing that. I am just saying, I truly believe it is just not safe yet. Any closed-in building that you have to remove your mask to eat and drink and you can sit or stand at a social distance, you will not see me or my "Boo-Boo." No honey not yet! It is just not enough to jeopardize my health or life. Those of you who are dipping your toes into the hot water by hanging out at in the nightclubs, please be careful, there is no vaccine for this COVID yet. Stay healthy. Just my opinion!!

I want to say "Congratulations" to the Haysbert family for running a successful business for 41 years. They are the owners of the Forum Caterers located 4210 Primrose Avenue. Forty-one years ago it was the brainchild of three remarkable Black entrepreneurs; B. Tyrous "Terry" Addison who most believed was born to be an entrepreneur. Business was always his first love. In 1983, he joined Raymond Haysbert Sr., who at the time was president of Parks Sausage Company and radio station owner Dorothy Brunson to buy The Forum Caterers Inc. in Northwest Baltimore. He sold his interest in 1990. Dorothy E. Brunson was the first African American woman to own a radio station in Baltimore, Maryland and one of the first in the nation. She started out working as an executive with Inner City Broadcasting Corporation between 1973 and 1979. She owned radio station WEBB 1360 AM in Baltimore, Maryland purchased from entertainer James Brown in 1979. She later purchased radio stations in Atlanta and Wilmington, North Carolina. She joined Haysbert Sr. and "Terry" Addison in the purchase of the Forum Caterers.



The Forum Caterers Inc. celebrates 41 years this month and was founded by three remarkable Black entrepreneurs; B. Tyrous "Terry" Addison, (left) who passed away in June 2005 at age 76; Dorothy E. Brunson who passed away in July 2011 at age 72 (center); and Raymond V. Haysbert Sr. who passed away in May 2010 at age 90.

Raymond V. Haysbert Sr., the leader of this trio was a prominent African-American business executive and civil rights leader during the second half of the 20th century in Baltimore, Maryland. Haysbert joined Baltimore-based Parks Sausage Company in 1952, becoming CEO as it grew into one of the largest Black-owned U.S. businesses. Also in that year he was recruited by Henry G. Parks Jr., founder of the sausage company there bearing his name, to serve as accountant and office manager, later promoted to general manager, then executive vice president, before being named president and CEO of Parks Sausage Company. In September 1979 Haysbert brought the Forum Caterers while still being involved with his buddy, Henry Parks at Parks Sausage Company.

Before the passing of Raymond V. Haysbert in 2010 the business was passed on to his three children; sons, Brian and Reginald and daughter Nikita Haysbert who has continue the legacy of their father being a full service on and off premise catering company that has served many happy customers throughout the Baltimore/Washington area.

Ladies and gentlemen I can this with personal experience, because they served my organization Rosa Pryor Music Scholarship Fund, Inc. Black & Gold Ball for over 20 years and my



Reginald (left), Brian, and Nikita Haysbert, brothers and sister are now the owners of the Forum Caterers located 2421 Primrose Avenue carrying on the family legacy.

guests loved every moment. Thanks my friends and congratulations guys, you are the best of the best!

I spoke to my buddy, Peggy Raley, vice preident and artistic director of True Blue Jazz, Inc. She told me that they are forging ahead this year because everyone needs the healing power of music— yes Lord! I agree! They will have virtual festivals and live venues in downtown Rehoboth Beach. She said they will still have a handful of COVID-compliant venues in downtown Rehoboth during their festival dates, October 15-18, 2020.

There will be 15 shows in four venues. Also this year they are offering two nights of great streaming live jazz featuring regional, national and international artists that be can be

enjoyed from anywhere in the world, absolutely free. She understands that even though their businesses down at the beach would love to see visitors, many people just don't want to leave home yet and that's why they are streaming. The Boardwalk Plaza is hosting a watch party on both nights so that folks who do come to town can watch the live-stream on big screens. For more information, call 302-448-1766 or go to info@truebluejazz.org. Tell her Rambling Rose told you.

Well, my dear friends, enjoy, be safe, stay healthy, wear your mask and 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.

Ravens Lamar Jackson and Mark Andrews becoming potent duo

By Tyler Hamilton

Two years ago, the Baltimore Ravens decided it was time to re-energize their offense. The team traded back into the first round of the 2018 NFL Draft and selected Lamar Jackson, one of the most electrifying prospects at that time. The Ravens added tight end Mark Andrews in the third round of that same draft.

The two showed flashes as rookies, but last season was truly a breakout year for them. Jackson led the league with 36 passing touchdowns and was named NFL MVP. Andrews was on the receiving end of 10 of Jackson's passing touchdowns, solidifying himself as one of the most dangerous tight ends in the league.

The Jackson-to-Andrews connection hooked up two times for touchdowns in the season opener, but failed to get into the end zone in the next two games against the Houston Texans and Kansas City Chiefs. They got back on track on Sunday, October 4, 2020 in the Ravens' 31-17 win over the Washington Football Team when Jackson found Andrews for two touchdowns.

"It felt wonderful. Our chemistry, really, never left. It was just a hiccup in the [Kansas City] game, I guess. We're good—it was great to have the chemistry going today," Jackson said after the game.

"It's great. Any time you can find the end zone, and you can throw a couple touchdowns, it feels great," Andrews added.

The chemistry and trust that a quarterback has in their tight ends is crucial for an offense like the Ravens that relies on throwing the ball between the hashes. So far this season, Andrews has 12 receptions for 166 yards and four touchdowns.

Andrews has become an ultra-reliable option for Jackson because the two work at it all the time.

"We're working hard in practice, and we're just hitting our stride. We're just



Ravens quarterback Lamar Jackson and tight end Mark Andrews showed flashes as rookies but the 2019 season was truly a breakout year for both them.

Courtesy Photo/Baltimore Ravens.com

going to keep on getting better. When you have a guy like [No.] 8 [Lamar Jackson], it's just fun to go around and fly around and play games. It was a good win," Andrews said.

Ravens head coach John Harbaugh has a front row seat to observe the work that Andrews and Jackson do every day. He can't put an exact finger on what makes it work so well. All he knows is that it's productive.

"I'll tell you what, I wish I could honestly give you some kind of a scientific answer but it really is more art than science," Harbaugh said. "I think, sometimes, it's the throws. Sometimes, it's the catch. Sometimes, it's the coverage. Sometimes, it's just the wind. Sometimes, it's whatever, and that's just the way football goes. No two games are ever the same, so you really can't evaluate them in the same place. Those two guys have a great connection. I did call him Mark Jackson, coming off [the field] after the one touchdown."

The Ravens hope to keep riding the Jackson to Andrews connection as they march through the season. Right now, the Ravens (3-1) sit behind the Pittsburgh Steelers (3-0) in the AFC North standings. Andrews has never scored a receiving touchdown against the Steelers. Baltimore would like to see that happen when the Ravens host the Steelers later this month.

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CITY OF BALTIMORE
OFFICE OF BOARDS AND
COMMISSIONS
PUBLIC NOTICE

PROJECT #1343 - ON-CALL DESIGN
CONSULTANT SERVICES FOR
CONDUIT INFRASTRUCTURE AND
ASSOCIATED PROJECTS

The City of Baltimore Office of Boards & Commissions has been requested by the Department of Transportation, Conduit Division to certify the qualifications of an Engineering Design firm to provide technical assistance in all aspects of conduit design, construction and specification development, and construction administration for the proposed improvements to the City's Conduit Infrastructure contract for a three (3) year term with two (2) additional option years at the City's discretion.

The engineering design services to be provided include, but are not limited to, Civil Engineering, traffic engineering, Utility engineering, and related work for the Baltimore City Conduit System. Also, developing duct bank, manholes, roadway alignment, storm drainage improvements, street lighting, electric duct banks, water and wastewater, reconstruction, resurfacing, stormwater management, erosion and sediment control, surveys, environmental site assessments and other related civil engineering tasks. The scope of services may also include providing on-site project management and/or inspectors, staff support, GIS support and other miscellaneous tasks for various Capital Improvement Projects. Responsibilities will include preparation of construction contract documents including plans and specifications for bid.

The selected firms must demonstrate:

*Experience in, Civil, Utility, and Traffic Engineering as well as Streetscape/Landscape.

*Experience in preparing plans, specifications and other contract documents for improvement on City Conduit system to meet the needs of the CITY. Contract documents shall be delivered in hard copy format. Preparation of contract documents and any other supporting information pertaining thereto shall be prepared in accordance with CITY standards.

*Experience to provide designs and evaluation

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tion for related transportation improvements, such as curbs, sidewalks, roadway paving, utility adjustments, related drainage features, maintenance of traffic, roadway signage and land marking and other roadway appurtenances.

*DOT encourages firms that have the experience and capacity to work on this professional services contract to submit proposals. All firms must demonstrate and document their capacity and resources to deliver the required services on time.

*Project design fees have been estimated at \$2,000,000 per consultant for the professional services contract estimated for the three (3) year term. The City intends to select two (2) consultants for contract award.

*The City Department of Transportation, Conduit Division reserves the right to have a second interview with eligible firms. Should you have any questions regarding the scope of work for this project, please contact Ms. Amal Abid at (410) 396-4545, or by e-mail at amal.abid@baltimorecity.gov.

Prequalification Requirement

All firms listed in this specific proposal must be prequalified by the Office of Boards and Commissions for each discipline at the time of submittal for this Project. Any contracting firm listed in this specific proposal to perform work must also be prequalified. *A copy of the prime and all subcontracting firms' current Prequalification Certificate must be included in the submitted package for proposal.* Information regarding the prequalification process can be obtained by calling the Office of Boards and Commissions on 410-396-6883.

Submittal Process

Firms interested in submitting a proposal for this project shall address a "Letter of Interest" to the Office of Boards and Commissions, 4 South Frederick Street, Baltimore, Maryland 21202 or you may email: obc.consultants@baltimorecity.gov. Since these letters are utilized to assist small minority and women business enterprise in identifying potential teaming partners, the letter should be submitted within five (5) days of the date of the project's advertisement. The letter must contain a contact person. Failure to submit a "Letter of Interest" will not disqualify a firm from submitting a proposal for this project.

Legal Notice — Project #1343
continued on page 14

To place Legal Notices in The Baltimore Times,
call: 410-366-3900 or email: legals@btimes.com

Legal Notices

Legal Notice — Project #1343 continued from page 13

Only individual firms (including, individuals, sole proprietorships, corporations, limited liability companies, limited liability partnerships and general partnerships) or formal joint ventures may apply. Two firms may not apply jointly unless they have formed a joint venture.

Each consultant applying for this Project will be required to complete and submit an original Federal Form 255, along with five (5) copies to the Office of Boards and Commissions on or prior to the due date. The Federal Form 255 cannot be supplemented with additional pages, and the five copies must be submitted on or before 12:00PM (NOON) by Friday, November 13, 2020. Submittals will not be accepted after this deadline.

Insurance Requirement

The consultant selected for the award of this project shall provide professional liability, auto liability, and general liability and workers' compensation insurances as required by the City of Baltimore.

MBE/WBE Requirements

It is the policy of the City of Baltimore to promote equal business opportunity in the City's contracting process. Pursuant to Article 5 Subtitle 28 of Baltimore city Code (2000 Edition) - Minority and Women's Business Program, Minority Business Enterprise (MBE) and Women's Business Enterprise (WBE) participation goals to this contract.

It is policy of the City of Baltimore to promote equal business opportunity in the City's contracting process. Pursuant to Article 5, subtitle 28 of the Baltimore City Code (2000 Edition) – Minority and Women's Business Program, Minority Business Enterprise (MBE) and Women's Business Enterprise (WBE) participation goals apply to this contract.

The MBE goal is 30%.

The WBE goal is 15%.

Both the proposed Minority and Women's Business Enterprise firms must be named and identified as an MBE or WBE within Item 6 of the Standard Form (SF) 255 in the spaces provided for identifying outside key consultants/associates anticipated for utilization for this project.

Any submittal that does not include the

Legal Notices

proper MBE/WBE (in some instance DBE) participation will be disapproved for further consideration for this project.

Verifying Certification

Each firm submitting a SF 255 for consideration for a project is responsible for verifying that all MBEs and WBEs to be utilized on the project are certified by the Minority and Women's Business Opportunity Office (MWBOO) prior to submitting the proposal. A directory of certified MBEs and WBEs is available from MWBOO. Since changes to the directory occur daily, firms submitting SF 255s should call MWBOO at 410-396-4355 to verify certification, expiration dates and services that the MBE/WBE is certified to provide.

Non-Affiliation

A firm submitting a proposal may not use an MBE or WBE to meet a contract goal if the firm has a financial interest in the MBE or WBE. The firm has an interest in the ownership or control of the MBE or WBE. The firm is significantly involved in the operation of the MBE or WBE (Article 5, Subtitle 28-41).

A resume for each person listed as key personnel and/or specialist, including those from MBE and WBE must be shown on the page provided within the application.

Out-of-State Corporations must identify their corporate resident agent within the application.

Please be advised that for the purpose of reviewing price proposals and invoices, the City of Baltimore defines a principal of a firm as follows:

A "Principal" is any individual owing 5% or more of the outstanding stock of an entity, partner of a partnership, a 5% or more shareholder of a sub-chapter "S" Corporation, or an individual owner.

Firms will not be considered for a specific project if they apply as both a sub-consultant and prime consultant.

The applications for this Project (Form 255) cannot be supplemented with any additional information such as graphs, photographs, organization chart, etc. All such information should be incorporated into the appropriate pages. Applications should not be bound. Applications should simply be stapled in the upper left-hand corner. Cover

Legal Notices

sheets should not be included. Inclusion and/or submittal of additional material may result in the applicant being disqualified from consideration for this project.

Failure to follow directions of this advertisement or the application may cause disqualification of the submittal.

Sincerely,

Deena Joyce, AEAC Executive Secretary
Office of Boards and Commissions

**To place Legal Notices
in The Baltimore Times,
contact Legals Department
Phone: 410-366-3900
email: legals@btimes.com**

2021 Plans and prices ready to view on MarylandHealthConnection.gov

Baltimore—Marylanders can now view plans and prices for 2021 health coverage on MarylandHealthConnection.gov, the state's online health insurance marketplace.

Open enrollment begins November 1 and runs through December 15 for coverage that begins January 1, 2021. Prices have fallen for the third year in a row. Rates for 2021 average 35 percent less than they were in 2018.

A third insurance company, UnitedHealthcare, is returning to the marketplace for 2021, joining CareFirst BlueCross BlueShield and Kaiser Permanente.

For the second year, "value plans" are offered to help consumers lower out-of-pocket expenses. Some plans include unlimited doctor visits before deductibles are met. "Value plans" were very popular when they were introduced last year, one of every three enrollments. Pre-deductible services have been expanded for 2021.

"We know that Marylanders are especially concerned about their health and their access to affordable coverage in 2020," said Michele Eberle, executive director of the Maryland Health Benefit Exchange, which operates the state's health insurance marketplace. We're glad to be able to offer more plans this year with lower rates."

Since mid-March, about 75,000 people have enrolled through Maryland Health Connection during a special enrollment set up in response to the coronavirus emergency. That special enrollment is available for anyone who needs coverage now and will run through December 15, 2020. This enrollment period is for private plans only. Marylanders who qualify for Medicaid may enroll any time of year.

One of every six Marylanders receives their health coverage through Maryland Health Connection (MHC), the state-based health insurance marketplace. Residents can compare and enroll in health insurance as well as determine eligibility for Medicaid or financial help with private plans.

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