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Connie Johnson, one of the leading cooks at UMMC's Midtown Campus, prepares meals to be served at her first annual "All Walks of Faith Summit" senior feeding summit.

Photo Credit: UMMC Communications

Local chef holds first-ever 'All Walks of Faith' community summit

By Demetrius Dillard

With overwhelming support from local religious institutions and community organizations, Connie Johnson, a notable chef with the University of Maryland Medical Center's Midtown Campus, successfully arranged the first annual "All Walks of Faith" Senior Feeding Summit on October 24, 2020.

Though the summit was geared primarily to Baltimore's senior citizens, it welcomed community members of all age groups. Held on a warm, cloudy Saturday on the campus of Baltimore City Community College, the feeding summit provided 3,000 healthy cooked meals for senior citizens in the city at no cost.

The global pandemic has substantially limited the access of healthy meals, particularly for the elderly—many of whom can't leave the confines of their home on a regular basis for safety purposes.

Furthermore, many seniors are unable to cook nutritious meals for themselves and, as aforesaid, have been particularly vulnerable during the global health crisis. Consequently, the "All Walks of Faith" summit brought together religious leaders from churches, mosques and synagogues for a unified purpose while highlighting a major national issue affecting the elderly population.

Continued on page 9

Conversations with my 'Business Besties'

By Takia Ross

How are these women I would see on my Instagram feed doing it? I remember starting my business seven years ago and thinking this to myself everyday. At the time, I was following every Black Woman I could find who was making moves in the business world to glean any insight I could about how I could start and grow a successful business.

Each day as I scrolled down my feed, I saw them "DOING IT!" and I had no clue how.

I saw them getting up everyday and getting to work; that's motivation and dedication. I saw them sharing their trials and how they kept going; that's tenacity and commitment. I saw them juggling life and business; that's time management. How did they know when it was time to hire team members and how did they fund it? How did they decide whether to be a sole proprietorship, an LLC, an S-Corp? What motivates them and not the cliché answers we've been programmed to give? How did they learn how to manage their money if they had grown to have poor money management skills? Who would they recommend I get to know to better myself? How do they protect their intellectual property? How did they choose a banker? How did they choose whether to self-fund or seek out investors?

There were so many questions I wanted to ask and so many deeper conversations I wanted to have but I had no way to access these women to be able speak to them. Little did I know that God was making a way for me to have these conversations on a daily basis in my very own make-up chair.

As I put my head down and began to do the work to build my business, the women that I prayed to learn



This is the first article from Takia Ross for her new column "Conversations with my Business Besties" that will appear regularly in The Baltimore Times
Photo Credit: ASGarland Photography

from began to book appointments for services. These women would come to my studio and for one hour, and we would have profound conversations about life, love, work, growth, empowerment, business and politics—you name it and we discussed it.

We debated and encouraged. We shared what we learned and the mistakes we made. Resources were exchanged and connections were made. There were tears and laughs; joys and pains. But, no matter what, I

left these sessions better than when I started. I knew more. I believed in myself more. I grew more. I was empowered to live in my "magic" because I had a front row seat to women who were living in theirs.

I began to call these beauties, my Business Besties! And over the years my tribe has grown, to not only include women who were sitting in my chair, but women all around the world, in every industry, at every level from the C-Suite to making sweets. These women keep me grounded and motivated. I can call them with any question or concern and I can count on them to give me the push I need to be my best self. They don't mince words and they don't accept mediocrity. These women expect nothing but greatness and are a living example of how to get it done. And, now, I get to share these conversations with my Business Besties with you!

I hope you will join me for deep conversations with my Business Besties about our journeys and how we navigate them in my column in The Baltimore Times. Be ready for tangible action steps that you can take to start, grow and scale your business. Be sure to grab a pen to jot down ideas, as our conversations may help to spark your creativity and prepare you to get to work. And, get ready for a few laughs, lots of love and a good good conversation along the way!

Takia Ross is the owner of Accessmatized Make-Up Artistry, home of Pretty Mobile Baltimore, DMV's First Mobile Make-Up Studio; and creator of KiKi Thunda Cosmetics, a small batch cosmetics manufacturing company. She was named one of Baltimore's Top 25 Women to Watch; one of the DMV's Top 100 Minority Business Enterprises; and one of Baltimore's Top Community Builders.

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Guest Editorials/Letters

Maryland Democrats ride blue wave to election night victory

By Stacy M. Brown

While much of the country held its collective breath awaiting the results of the 2020 Presidential Election, Maryland Democrats cruised to a sweeping victory in down-ballot races, including in Baltimore, where voters chose City Council President Brandon Scott as the city's next mayor. Nick Mosby easily defeated Republican Jovani Patterson to win Scott's now-vacant City Council President's seat. After Tuesday's voting, City Council remained all Democrats.

The state's high voter turnout proved a factor in just about every contested race and contributed heavily to a Democrat sweep.

Representative Kweisi Mfume won his race for the U.S. House in Maryland's 7th District against Republican Kimberly Klacik, backed by President Donald Trump after she co-signed Trump's condemnation of Baltimore under the late Rep. Elijah Cummings.

"Voters have spoken loudly and clearly," Mfume told supporters gathered in the city on Election Night.

All seven of the state's U.S. House Democrats won new terms. Ninth-term Democratic Rep. C.A. Dutch Ruppersberger of Baltimore County defeated Republican State Senator Johnny Ray Salling in the 2nd District; and John Sarbanes, a seventh-term Baltimore County Democrat, beat Republican Charles Anthony in the 3rd District.

Democratic Republican David Trone defeated State Delegate Neil Parrott in the 6th District, while Democratic Representative Jamie Raskin retained the 8th District seat. State House Majority Leader Steny Hoyer defeated Chris Palombi in the 5th District, and Democratic Rep. Anthony Brown defeated George E. McDermott in the 4th District.

Unofficial tallies had Biden defeating Trump in Maryland, with nearly 64 percent of the vote than about 35 percent for the President.

With a record number of early voting and, perhaps, a new high in total votes, Biden already surpassed the all-time mark set by Barack Obama.

As of press time, Biden captured more than 70 million votes (50.2 percent). In 2008, Obama earned 69,498,516 votes to establish a record.

Trump collected 66,706,923 votes (48.1 percent) and could join Biden in exceeding Obama's total.

Still, the race between the former Vice President and Trump has come down to a few battleground states' results.

With a large swath still left uncounted as of Wednesday morning, Biden maintained an electoral college lead of an estimated 238 to 213 – 270 is needed to win.

Biden also flipped Arizona, making him the first Democrat to win that state since 1996 when Bill Clinton claimed victory.

Winning Arizona means Biden could lose one of these states— Pennsylvania, Wisconsin or Michigan, but still capture the presidency.

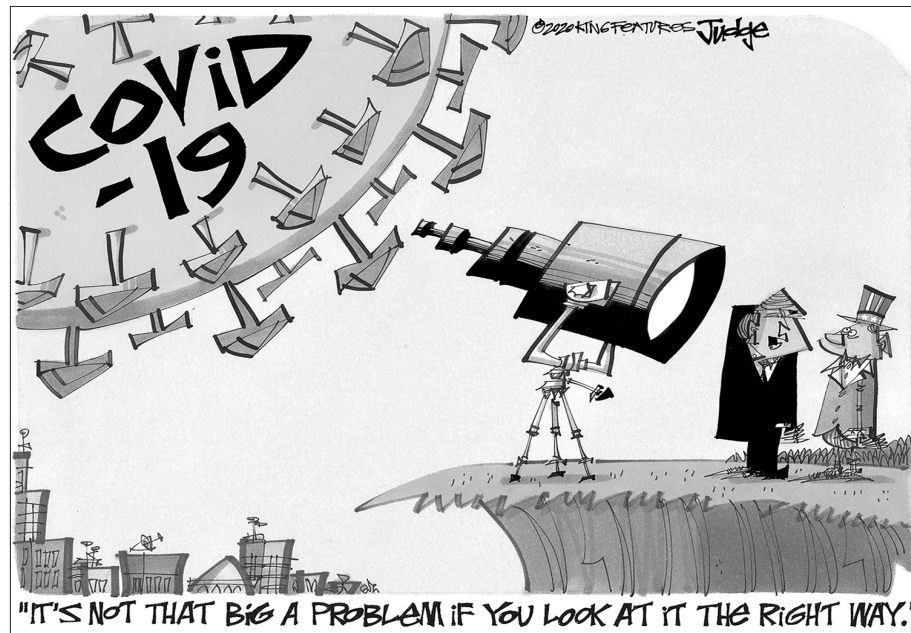
Georgia where a large swath of votes remain uncounted in predominately Black Atlanta and Fulton County, also remained in play for Biden.

By early afternoon Wednesday, Biden had taken the lead in Wisconsin while the other states remaining had yet to complete their counts. Each of those states counts ballots cast on Election Day first.

Trump asked that the count end before officials tally mail-in votes, which arrived in record numbers.

Meanwhile, in Baltimore, Scott says he is ready to lead the city to new heights.

"Our city has voted for a new way forward," Scott said. "I have learned so much from my time serving on the City Council, and I've also learned countless lessons from my colleagues. I've watched their success and their struggles. It could not be more clear that we need a new way."



Letters to the Editor:

Editor:

The last nine months have shone a spotlight on the importance of advanced care planning as families struggled to care for loved ones suddenly facing a life-limiting illness and unable to express their healthcare wishes. That makes this November, which is National Hospice and Palliative Care Month, an important opportunity to encourage our community to learn about these medical specialties most have heard about but too few understand.

Hospice is unique in that it offers an interdisciplinary team approach to treatment that includes expert medical care, comprehensive pain management and emotional and spiritual care. Caring for the whole person during end-of-life allows the team to address each patient's unique needs and challenges. In addition to caring for patients, hospice offers services for families and loved ones that provide emotional support and advice to help family members become confident caregivers and adjust to the future with grief support for up to a year.

Hospices are some of the best providers of community-based supportive care, also known as palliative care. The goal of supportive care is to improve quality of life and relief from pain. It can be provided at any time during an illness— during and after treatment, from diagnosis on.

The best time to make plans for the kind of care you or a loved one would want is before you are faced with a medical crisis.

One of the most frequent comments we hear from families is, "Why did we wait so long before calling hospice?"

We are committed to serve and deliver high-quality person-centered care to anyone who is facing a serious or life-limiting illness. We will provide physical, emotional, and spiritual support all while supporting your wishes and plan of care. We are there when you need us. Call 410-987-2003.

Michael J. Brady

Acting President and CEO
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How the respectability politics of being a little black girl drives my vote today

By Alanah Nichole Davis

I can't really speak to what generations after me are doing but I come from a line of matriarchs, aunts and mothers—both biological and social—who don't take any mess when it comes to how you approach them in conversation.

My Grandma Alice Creque who was my mother's *mommy* passed away when I was in middle school but I have so many fond memories of spending time with her in the Bronx, NY where I was born. Grandma Alice was a private Black woman who ate her oatmeal every morning, answered her yellow wall-mounted house phone when she felt like it, and never let anyone see her without her good wig and dentures. In terms of respect, she was brimming with it for others and her slender figure, statuesque posture, and dark skin added a well-deserved note of always being deserving of respect back from folks. She was the definition of a lady to me. My mother

always used phrases like, “be ladylike” with me growing up and I can only imagine that she got it from Grandma Alice.

The politics of respectability is still important to the women in my family. I was born in 1991 when respectability

was voting for. With her gray-colored, honest West Indian eyes she looked over the bridge of her nose and told me it was not my business in many words, or none because her eyes usually spoke for themselves. I was taught not to pry by many women in my family but my four

outside of the curtain for a short time. When she finished she scooped me up and we were on our way. On the way home, she said, “You don't discuss who you're voting for.” To this day conversations about politics make me a bit uncomfortable.

My Grandma Alice had unknowingly set the tone for me, and my relationship to politics for years to come. I can't begin to imagine how or where my Grandma may have arrived at the decision not to discuss it. After some years now I've seen how conversations about politics can overheat so to speak and that was something my Grandma just didn't do—overheat that is.

However, she did vote and taught me a valuable lesson in doing so. She wasn't easily swayed is the message I got from her not leaving who she voted for to be up for discussion and those are lessons I took with me on November 3, 2020 to my polling place.

Much like my much younger and inquisitive mind at the polling place with my Grandma, I'll be holding friends accountable by peeking over their shoulders figuratively on social media to make sure our values are aligned.

Today, I'll drive my mother and my daughters, and frame the importance of voting—by voting myself. Just like my Grandma before me.

“On one particular occasion in memory, I recall parting my lips on the walk to the school to ask Grandma Alice whom she was voting for. With her gray-colored, honest West Indian eyes she looked over the bridge of her nose and told me it was not my business in many words, or none because her eyes usually spoke for themselves.”

politics—contrary to popular belief that young folks are careless—is in fact alive and very well. I can still distinctly remember walking with my Grandma Alice to her polling place, which was an elementary school just a few blocks away from her project apartment on Webster Avenue where she raised four children, buried a husband, and where she now babysat her grandchildren. On one particular occasion in memory, I recall parting my lips on the walk to the school to ask Grandma Alice whom she

and a half-year-old self was quite inquisitive.

When we arrived at the polling place there were curtains for privacy over what I imagine weren't even computers yet, maybe just papers with pencils? My Grandma and I waited in a short line and were ushered into a curtain of our own. Well, I thought it was ours. Ms. Creque as most of the neighborhood called her peeped my little nose and eyes trying to peer over her ballot and she quickly grabbed my hand and placed me just

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Black men receive good news in prostate cancer treatment

By Stacy M. Brown

At a risk rate of 74 percent higher among African American men than non-Hispanic white men, prostate cancer has exacted a deadlier toll on Black men than it does white and all other men of color in the United States.

According to medical researchers, Black men have the highest risk of developing this cancer and dying from prostate cancer, the most common disease in men and the second leading cause of cancer-related death in men after lung cancer.

Black men remain more likely to develop more aggressive types of prostate cancer as prostate cancer death rates in African Americans are more than double those of every other racial and ethnic group in the United States.

However, a 2020 study has revealed some good news.

African American and white men with prostate cancer live equally as long if the same care delivery system treats them.

The use of Provenge (sipuleucel-T), a personalized cancer vaccine, extended survival by nearly 15 months over oral hormone therapy, according to the retrospective study of more than 6,000 men, researchers reported at the American Society of Clinical Oncology Genitourinary Cancers Symposium in San Francisco.

“Provenge, developed by Dendreon, was the first approved cancer vaccine. It involves collecting a sample of a patient’s white blood cells, exposing the dendritic cells to tumor antigens in a lab, and reinfusing the trained immune cells back into the body,” described Liz Highleyman for Cancerhealth.com. “It targets prostatic acid phosphatase, a protein found at high levels in most



Black men have the highest risk of developing and dying from prostate cancer, the most common disease in men and the second leading cause of cancer-related death in men after lung cancer, according to medical researchers.

Photo Credit: MichaelJung/Shutterstock.com

prostate tumors. Dendritic cells present these proteins for recognition by T cells, the immune system’s main cancer-fighting soldiers.”

When comparing African American and white men who received the Provenge treatment, Black men lived over 4.5 years, compared with 2.5 years for Caucasian men—a difference of 20.9 months and a 48 percent relative risk reduction of death.

No other prostate cancer treatment has shown this level of added benefit in African American men with advanced prostate cancer.

“Based on our analysis of these real-world data, men with metastatic castration-resistant prostate cancer who had immunotherapy added to their treatment regimen had a significant reduction in the risk of death at three

years, regardless of the sequencing,” lead study author Dr. Rana McKay of Moores Cancer Center at the University of California, San Diego, said in news release from the drug-maker Dendreon.

According to a retrospective analysis of medical and pharmacy claims data from more than 6,000 Medicare Fee for Service beneficiaries, the addition of Provenge to either the drugs Zytiga or Xtandi, at any point in a patient’s mCRPC [metastatic castration-resistant prostate cancer] treatment regimen, reduced the risk of death by 45 percent and extended median overall survival by 14.5 months.

Another study looked at survival data from 60,035 men diagnosed and treated for prostate cancer by the U.S. Veterans Administration (V.A.) Health Care System between 2000 and 2015.

Because VA hospitals provide the same subsidized care to all eligible veterans, African American men don’t experience the delays in diagnosis or treatment that they can often face in the general population regardless of their socioeconomic standing.

Of the men included in that study, 18,201 were African American, and 41,834 were white.

African Americans tended to be diagnosed at younger ages, lived in areas with lower median incomes, and had less education and more additional health problems than the white men. According to a Harvard University blog, after adjusting for tumor grade, prostate-specific antigen levels, smoking habits, the types of treatment received, and other factors with an influence on prostate cancer survival, investigators found that African Americans had slightly better odds of not dying from the disease than the white men did.

“Specifically, the 10-year prostate cancer-specific death rate was 4.4 percent among African Americans and 5.1 percent among white men. And among all men in the study who were still alive after 10 years, 81.8 percent were African Americans, and 77.5 percent were white,” the Harvard blog noted.

“Based on our analysis of these real-world data, men with mCRPC [metastatic castration-resistant prostate cancer] who had immunotherapy added to their treatment regimen had a significant reduction in the risk of death at three years, regardless of the sequencing,” Dr. McKay stated. “This magnitude of risk reduction is a compelling finding, and additional analyses are underway looking at other variables that could impact outcomes.”

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Pratt Library expands services to public

Baltimore— The Enoch Pratt Free Library will begin offering appointment-only computer use at 3 locations starting November 4th. A limited number of computer stations will be available at the Central Library, Southeast Anchor Library, and the Pennsylvania Avenue branch.

A small number of walk-in customers will also be accepted. Customers entering a Pratt building will have their temperatures checked and be required to wear a mask or face covering. Anyone experiencing symptoms of COVID-19 will not be admitted. Each computer station will be spread six feet apart. The keyboard and mouse will have protective covers and each workstation will be disinfected in between appointments.

“We know many of our customers rely on the Pratt for our computers to connect to the Internet,” said Pratt Library President & CEO Heidi Daniel. “Connectivity is important to help people find jobs, apply for unemployment, connect with family members, to complete educational work, and so much more. That’s why we are prioritizing bridging the digital divide for customers who may not have access at home. We hope to open more locations for computer appointments in December.”

Customers can begin calling to book November appointments. A video with a special Computer



Appointment guest helps customers walk through the process.

In July, the Pratt began lending Wi-Fi hotspots to customers. Free Drive-In Wi-Fi can also be accessed outside 8 library locations. The Pratt’s Bookmobile and Mobile Job Center have been outfitted with Wi-Fi hotspots and redeployed to neighborhoods where connectivity can be challenging. Each vehicle can support up to 60 devices.

“We will continue to look for ways to expand our services to meet the needs of our community while

Customers can sign up for a 45-minute appointment by calling one of the three locations:

*Central Library
400 Cathedral St.
410-396-5325*

Monday - Saturday: 10am-4pm

*Southeast Anchor Library
3601 Eastern Ave
443-984-3901*

*Monday - Friday: 10am - 4pm
(every other Saturday)*

*Pennsylvania Ave. Branch
1531 W. North Ave
410-396-0399*

*Monday - Friday: 10am - 4pm
(every other Saturday)*

keeping customers and staff safe,” said Daniel.

Contact-free Sidewalk Service materials pickup is also available at 14 Pratt locations, which also feature remote printing by appointment. More details are available at prattlibrary.org.



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MarylandHealthConnection.gov



Parenting during the Pandemic

By *Fatiha Belfakir*

As the COVID-19 pandemic and lockdown continues to overwhelm households throughout the globe, families and their children are developing feelings of sadness, anxiety, fear of death, and fear of being isolated.

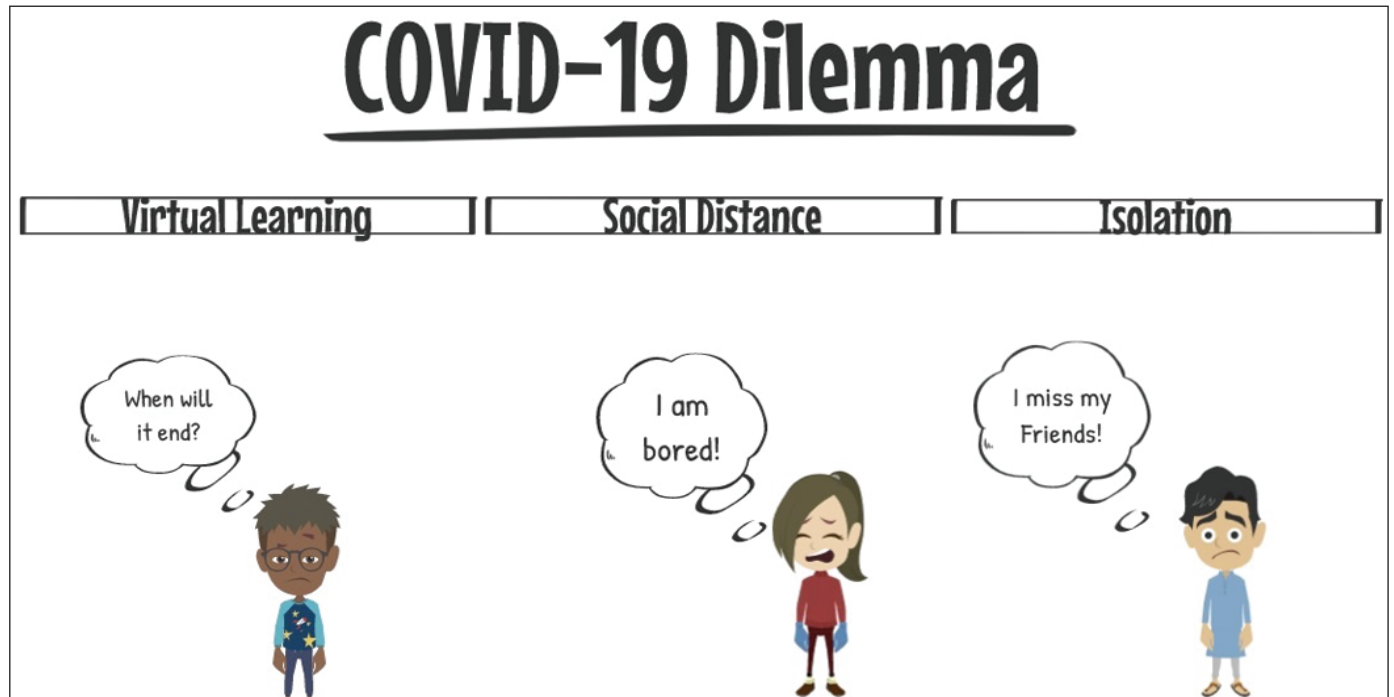
Dr. Laura Markham who is a clinical psychologist and Columbia University graduate, was recently interviewed by The Baltimore Times. The founder of AhaParenting.com, author of three books, and parenting coach, Dr. Markham uses her expertise to help many families across the world.

Q: How should parents talk to their children about coronavirus pandemic?

Children take their cues from us. So, if you are worrying about the pandemic, your child will be more worried. It is very important you manage your own anxiety, so your child feels secure and confident. Your child needs to feel that you are going to keep them safe. You can tell your child yes, this is a germ that can affect people really badly. We have to be very careful. We wash our hands; we wear a mask and we don't go to see people inside their homes. But don't worry it's the parents' job to keep their children safe and I will keep you safe.

Q: The current pandemic is affecting kids emotionally. What should parents understand about the impact that stress can have on children?

Children are stressed out if parents are stressed out. No parent need to listen to news in front of their kids. You definitely don't want your child to hear about the number of cases and death tolls from coronavirus. It is not helpful to a child. You have to keep in mind that when children are stressed they don't necessarily come to you and tell you about what they are stressed about. Instead, they misbehave. It is very important for parents to remember that this is a difficult time for kids. Sure,



Graphic by Sara Ibrahim

parents need to set a limit when a child misbehaves. However, parents also need to be patient and understanding that their kids are having hard time and suffering from isolation and limitation. They cannot do the same things they used to do. Everything is upsetting and different for them.

Q: How do you think the pandemic will impact young children's social, emotional, or mental wellbeing?

I think it depends on the age of the child. One thing that concerns a lot of professionals is that children need to see faces. They need it for both their verbal and emotional development. For instance, a baby and a toddler need to see parents' faces, which impacts their understanding of emotions.

Q: What strategies can parents implement to help their kids cope with loneliness during COVID-19?

One thing, kids can meet up with their friends. If you know of any families who are careful about the virus the way your family is, and if you and your kids can get along with these families. Second, kids can meet up with their

friends online with parents' supervision. They can find activities they like such as painting, coloring, stories or playing with clay. They can interact and show each other monsters that they are making out of clay. It is possible even for your younger kids to have a play date on zoom. Finally, playing with their siblings. It is possible for siblings to get closer at this time when they don't have friends around.

Q: What should parents do if their children start acting out?

First, you have to remember that kids are just like grown ups. Sometimes they just need to cry. When your child gets really difficult, you should be very patient and very understanding. However, you will set whatever limit you want to. Yet, take a deep breath, calm yourself and do not take it personally. Tell your kids the magic words such as: I hear you! I understand! When you do that you are not angry about it. You are calm, patient and loving while you are implementing your rules. Parents should keep the lines of communication open with their children and allow them to express their feelings.

Q: In your opinion, what are some of the best ways that parents can rely on to cope with their own social and emotional hardship during the pandemic?

It is hard for parents. First, you should notice how you are coping with stress and try to be constructive about it. Many parents that I talked to are using alcohol, watching Netflix or social media instead of getting a goodnight's sleep. My advice is to limit your social media intake. Also, research shows that there are three things that reliably reduce stress, reduce anxiety and reduce depression— 1-physical exercise; 2-get outside; and 3-health [using] the mindfulness practice such as guided meditation every day. If you have children, you can have a dancing party after dinner. Take your kids outside and play with them. Guided mediation is good for kids as well. You can download a free app to do that. This will make a big difference in your ability to stay calm when your kids act out.

Local chef holds first-ever 'All Walks of Faith' community summit

Continued from page 1

Johnson, known locally as "Chef Connie," got inspiration to prepare heart-healthy foods from her late grandmother, Dorothy "Dot" Dougherty. Because Dougherty had to modify her diet in her latter years, it prompted Johnson to cook more nutritious, heart-friendly meals for her grandmother.

"This is important because this is designed to feed the elderly. My grandmother who died at 94 had pancreatic cancer [and] one of the reasons we had to change her diet was because of her cancer," said Johnson, who serves as the supervisor of dietary patient services at UMMC.

"She was a salt freak, so I was able to redesign the meals with no salt and we saw it helped her. She gave them out to her friends, next thing you know I was feeding two-to-300 elders a week with this new recipe."

After seeing how popular her meals were among the elderly community, Johnson partnered with the University of Maryland to create "Dot's Simple Meals" in honor of Dougherty. She hopes to have Oct. 24 designated as a special day.

"I'm going to ask government officials to designate October 24 as 'Dignity Day,' a day we give honor to our seniors," she said. "I'm hopeful that this event will get the attention of funders... so we could do this maybe once a month, or get some government grants and do it all year-round."

Meal recipients were welcome to either walk up and receive meals from volunteers, or by drive-up service. Walk-ups had the option of getting a hot meal along with a bag of fruits and vegetables, while drive-ups could only get fruit and vegetable bags. The food was prepared at nearby Forest Park High School, and was transported to BCCC throughout the afternoon.

The meals, delicately flavored with fresh herbs and seasonings, contained no salt

or butter in accordance with nutritional guidelines for seniors.

Over this past summer, Johnson partnered with local nonprofit Liberty Village Project to provide 1,000 meals a week to seniors during the COVID-19 pandemic, according to a UMMC release.

UMMC supported the summit by lending valuable health resources to seniors and information on access to important health screenings and services.

Tee Daniels of Greeky Attire, Inc. was at the summit to help transport meals to elders residing at senior living facilities.

"When we had our customer Connie say that she was trying to get meals out to the elderly, we jumped on board to say 'OK, well let's get them out to Belvedere Towers, let's get them out to Bernard E. Mason [senior apartments]," Daniels said. "All those people don't have the means to get here, so I'm just the man in-between getting meals to where they need to be."

The event had a few special appearances, namely from Baltimore City Police Chief Michael Harrison and a local band named the Baltimore All-Stars Marching Unit, Inc., who put on an exhibition about midway through the summit.

Liberty Village Project, which serves disadvantaged residents of the Forest Park, Garrison and Howard Park neighborhoods, sponsored the summit along with K.E.Y.S. Empowers, a mentoring and youth development organization based in Northwest Baltimore, and the Mayor's Office of Children & Family Success.

"Today's summit is funded by K.E.Y.S. Empowers, but this is an extension of the work that we do. We continued to do this since the pandemic started," Mujahid Muhammad, founder and president of K.E.Y.S. Empowers. "Today is a day of dignity for Baltimore, and we show our dignity by taking care of those who put us in a place to be able to do what we do today."



The Baltimore All-Stars Marching Unit delivers an exhibition during the senior feeding summit. Photos: Demetrius Dillard



Community members, most of whom were senior citizens, wait in line to receive hot meals at the "All Walks of Faith Summit" at Baltimore City Community College on Oct. 24, 2020.

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Ravens undergo bout with COVID-19

By Tyler Hamilton

Until recently, the Baltimore Ravens were able to mostly steer clear of problems related to Covid-19 on their team. The NFL created a separate reserve list (Covid-19 reserve) for players that have either tested positive or come in close contact with someone else that had COVID-19.

Once a player is placed on the COVID-19 reserve list, they have to quarantine for five days then submit a series of negative tests before re-gaining access to team facilities.

One player tested positive before training camp.

Defensive tackle Brandon Williams was placed on the Covid-19 reserve list in October. Williams came in close contact with someone who had COVID-19 causing him to be placed on the list according to ESPN. The report said Williams did not test positive but had to be isolated for five days after the initial exposure to COVID-19.

The Ravens placed star cornerback Marlon Humphrey on the COVID-19 reserve list on Monday, November 2. He took to social media to break the news that he received a positive test.

"I got the Rona. Hopefully I'll be back healthy soon," Humphrey said in his social media post.

The Ravens released a statement regarding Humphrey's positive test.

"We were informed early this morning that a Ravens player has tested positive for COVID-19. He immediately began to self-quarantine, and our organization is now in the NFL's intensive protocol. In coordination with the league, we have started the process of contact tracing and are following the guidelines of intensive protocol.



The Ravens placed star cornerback Marlon Humphrey on the COVID-19 reserve list on Monday, November 2 after the game against the Pittsburgh Steelers the day before at M&T Bank Stadium in Baltimore. Photo Credit: AP/Gail Burton

The health and safety of our players, staff and community continue to be our highest priority. We will continue to work closely with the NFL and our team doctors and will follow their guidance.

Humphrey played in Sunday's game against the Pittsburgh Steelers before receiving news of his positive on Monday. Anyone COVID-19 carrier can be contagious for up to 72 hours before it shows in positive test results.

Humphrey was listed as having missed practice on Wednesday before facing Pittsburgh due to an illness. The illness was not said to be related to COVID-19.

"I don't know if he was feeling ill or what he was feeling, but I know he tested [negative] completely through. So, we followed all the protocols, like I said, to a 'T' with that. He had a

negative test every day [last week], so that's why he practiced," Ravens coach John Harbaugh said.

The Ravens initiated contact tracing to

Humphrey immediately. Any player that was said to have been in close contact with Humphrey is subjected to five days of multiple tests.

On Tuesday, the following players were added on to the COVID-19 reserve list: DB Terrell Bonds; LB Tyus Bowser; S DeShon Elliott; LB L.J. Fort; LB Malik Harrison; LB Matthew Judon; and LB Patrick Queen

The Ravens met virtually throughout the week and held practice with players wearing masks due to intensified protocols after a player tests positive.

Baltimore will face the Indianapolis Colts on Sunday, November 8, 2020 in a clash of AFC postseason hopefuls. They'll be short a few players because of Covid-19 but the Ravens are up for the challenge.

"Straight-forward, let's go. We're excited to play the Colts this week," Harbaugh said on Monday. "It's always a tough place to play there. They're very good at home, always, and they have a very good team. So, it's a big challenge for us, but we're a good team, and we're looking forward to it."

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Seventh grader becomes health advocate, raises funds for Children's Miracle Network

By Yulani Semien
The Drum Youth Reporter

Every year, Children's Miracle Network Hospitals chose a champion to serve as the ambassador for their local hospital.

For Baton Rouge, that champion is Chad Barnes Jr, the 2020-2021 CMN Ambassador for Our Lady of the Lake Children's Hospital.

He is the spokesperson for the children's hospital and helps host events and to raise money for kids who live with illnesses.

The seventh grader appears on Our Lady of the Lake commercials, posters and websites. He has participated in the hospital's media-thons, events, fund raisers and the grand opening for the new children's hospital on Essen Lane.

"I think my favorite part in what I do is letting kids know that they aren't alone," Barnes said.

In June 2017, he began experiencing stomach pains and bloody stools. His health worsened, activating symptoms and leading to medication, hospitaliza-



Miles for Miracles 5k featured, "Charging Up with Chad," and a chance for Chad Barnes Jr. to ride in a Tesla.
Courtesy Photo/NNPA

tion, anxiety and more pain. He was diagnosed with ulcerative colitis, a condition that causes inflammation in the intestines.

It is an invisible illness and rarely does Barnes look as bad as he may feel. At times, this could make it difficult for his parents,

Donna and Chad Sr., to care for him.

"I was experiencing appetite loss, nausea, stomach aches, and pain. Ultimately it was traumatic. I was admitted into the hospital for about two weeks, which was horrible not being able to do the things I've done before. I

was originally put on 10 plus medications in the beginning," he said.

Even while living with this disease, the gifted and talented student enjoys playing the trumpet, bullet journaling, writing calligraphy and drawing. He says he wants to attend Stanford University and become a lawyer or social justice activist. He manages an Instagram page—@IBD.Teens—that helps inspire other kids with similar digestive diseases. The page helps young patients stay safe, find comfort, have fun, be positive, and help find natural remedies to help soothe inflammation.

Earlier this October, the Dance Marathon at LSU hosted its annual Miles for Miracles Walk featuring Barnes and his fascination with the Tesla Company. The 5K-walk was dubbed "Charging with Chad," and he was granted a ride through Baton Rouge in a Tesla.

Even before becoming an ambassador, Barnes has been friendly and supportive of others. He invites teens and children to tour the new kid-friendly facility. "It's a better place now that we have our own hospital designed just for us," he said.

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**Charles Covington:
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Hello everyone, hoping you and everyone in your family are well and safe. This COVID-19 is no joke. Please wear your mask when you leave your home and in some cases such as going to the supermarket and casino, wear gloves, too. I truly miss seeing you at the live shows, concerts, clubs and the entertainment festivals, but hopefully this too shall pass. It is better to be not seen for a little while than to never be seen again alive. This week, I have a positive column for you. I am not talking about funerals or sick and shut-ins.

This week, I want to tell you about a long-time good friend of mine who is a very gifted and talented young man. I am talking about Baltimore native Charles Covington, Jr. who is self-taught and is a treasure trove of jazz lore who appears on over seventy-five albums. As a junior high student, he was expelled from school when he was caught in the band room picking out chords on the piano. After hearing Errol Garner and Ahmad Jamal, Covington was "hooked" on jazz. When he heard Ray Charles, he decided he had to imitate that sound. As his exposure to jazz grew, he became determined to find his own way.

Covington could hear a tune and duplicate it. Gifted with perfect pitch, by his own admission, he became a jazz "fanatic." After serving time in the army, Covington returned to

Baltimore determined to learn music and play jazz. He enrolled at the Peabody Conservatory of Music, taking the only class offered in jazz. He took his instruction at his teacher's home, because people of color were not welcomed at Peabody at that time. Covington taught himself piano and organ at the Hammond Music School in Baltimore, spending 50 cents an hour to learn in their practice rooms.

As Covington's fame grew, he studied Fats Waller, Ray Charles, Wild Bill Davis, and Jimmy Smith. He perfected his use of the sustain pedal on the B-3 organ. Later Covington became an open act at the Royal Theater in Baltimore. Later Covington took up chess, in an effort to make ends meet when playing music was slow. He'd haunt the chess clubs in New York where he hustled chess. And became one of the top ten Black chess players in America. He still enjoys "Life Master" status granted by the United States Chess Federation. He came home after three years performing on the road. His renown and expertise as a jazz pianist and organist garnered the attention of the Peabody Conservatory of Music which then hired him to teach jazz piano. His tenure there lasted twenty years. He also added to his resume a twelve-year stint as a professor of piano at Howard University.

Charles Covington, pianist, organist, chess master, mathematician, magician, gentleman and genius will be performing on live stream on Sunday, November 8 at 2 p.m. at An Die Musik Live. For more information, call 410-385-2638 or go to: www.instantseats.com. Enjoy!!

Something else to lift up your spirit. How about some down home good gospel singing live? That's right. Lonnie Parker, gospel promoter, producer and program organizer is celebrating his anniversary with a Pre-Thanksgiving Day Celebration on Sunday, November 15, 2020. Showtime is 3 p.m. at the Israel Baptist Church, 1200 N. Washington Street in Baltimore. The headliner is Harvey Watkins, Jr. and the Canton Spirituals, also on the program are Darrell McFadden & the Disciples; Kenny Davis & the Melodyaires; Eric Waddell & the Abundant Life Singers; and Stroman 3rd Generation Gospel Singers. The MC's are Rev. Lee Michaels, Radio Personality for Heaven 600 and Minister Robert Wilson. I believe there will be some shouting going on. I sure hope they shout the COVID-19 away!

Well, my dear friends, I did the best I could to keep this column positive. Hope you enjoy. I got 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,
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Charles Covington solo Jazz Piano Live Streaming Concert from An die Musik Live, 409 N. Charles in Baltimore on Sunday, November 8, 2020 at 2 p.m. For more information, call 410-385-2638 or go to website: www.andiemusiklive.com



Pre-Thanksgiving Day Concert featuring Harvey Watkins Jr. & the Canton Spirituals at an anniversary celebration of Bro. Lonnie Parker, Gospel Program Organizer on Sunday, November 15 at 3 p.m. at Israel Baptist Church, 1200 N. Washington Street &



Kenny Davis & the Melodyaires will be in concert at the Israel Baptist Church Pre-Thanksgiving Day Concert.



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A Veteran's Plea: Return To The America We Fought For

By Jim White, Ph.D.

I am a former Army Ranger. After two tours of Vietnam, I can attest to all that we sacrificed. We lost friends and families. We lost limbs. We lost years of our carefree youth. In many cases, we lost the ability ever again to feel completely safe and whole. We lost our innocence.

And not just in Vietnam but also in Lebanon, the Gulf War, Croatia, Afghanistan, and hot spots around the globe, soldiers—rangers, marines, navy men and pilots—did it gladly.

Why?—because we loved America.

But the America of today is not the same place it was. Its very fabric is unraveling. This angry, bitterly torn country is not the nation of ideals we fought for. Its deep polarization has made civil discourse impossible, in the media and in the public.

We fought and risked our lives—and tragically, lost them—to uphold the values of our Constitution that we hold dear: democracy, freedom, tolerance, and more.

Unfortunately, our leadership on both sides of the aisle has failed us by not adhering to these values. We have been pitted against each other along partisan, economic, and even racial, lines. Whoever would have thought that Americans would become our own greatest enemies?

America must return to the principles on which this country was built. These are the principles our leaders should adhere to... and the litmus test voters judge them by in the critical upcoming election.

We must return to wisdom and civility. Thankfully, everything we need to restore our country can be found in the texts and teachings of the Founding Fathers and Mothers.

Regardless of which party we vote for, we should demand that leaders govern with criteria including:

Truth. Right now, there is stupefying dishonesty in Washington, and that dishonesty is eroding the public's trust in government. If we are not told the truth... for instance, about the



Coronavirus, then how are we to make informed decisions about whether it is safe to go out, to go to work, or to send our children to school? We must demand transparency.

Accountability. This goes hand in hand with truth telling. We must hold our leaders, as well as our public servants—such as our police—accountable for their actions. They must be worthy of our trust. *Sua sponte*, “of their own accord,” may be appropriate for army rangers, but not for political leaders.

Patriotism. We elect politicians to lead and to serve the people. They must care about all Americans, not just their own electoral base, cronies, or special interest groups. We want to follow a passionate leader who loves this country and puts its interest above themselves, their political party, and winning votes.

It should go without saying that those who serve and sacrifice are treated with

the utmost gratitude and respect. To utter words such as “loser” or “sucker” in the same breath as “fallen soldiers” is nothing short of repulsive.

This week we commemorate September 11, one of the most horrific days in American history. We will lower our flags to half-staff to remember all those we lost to evil.

But we should also remember that 9/11 marked a turning point for Americans coming together in mutual support and cooperation. It was a day that helped us recapture Esprit de Corps... the patriotism that characterized us, not just in the military but in society nationwide.

My latest book, *BROKEN AMERICA: Ten Guiding Principles to Restore America*, releases September 9. It is a guide for returning us to the civility and patriotism that once made us proud to be American.

Because *that* America is the one I was honored to fight for.

*Jim White, Ph.D. is Founder and President of JL White International, Chairman and CEO of Post Harvest Technologies, Inc., and Growers Ice Company, Inc., as well as Founder and CEO of PHT Opportunity Fund LP. He is the bestselling author of several books and holds a BS in Civil Engineering, an MBA, and a PhD in Psychology and Organizational Behavior. He shares his extraordinary insights and critical thinking skills in a live webinar series, **Healing America with Dr. Jim White**, in which he examines the many issues and challenges faced by our nation... and how to fix them.*

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