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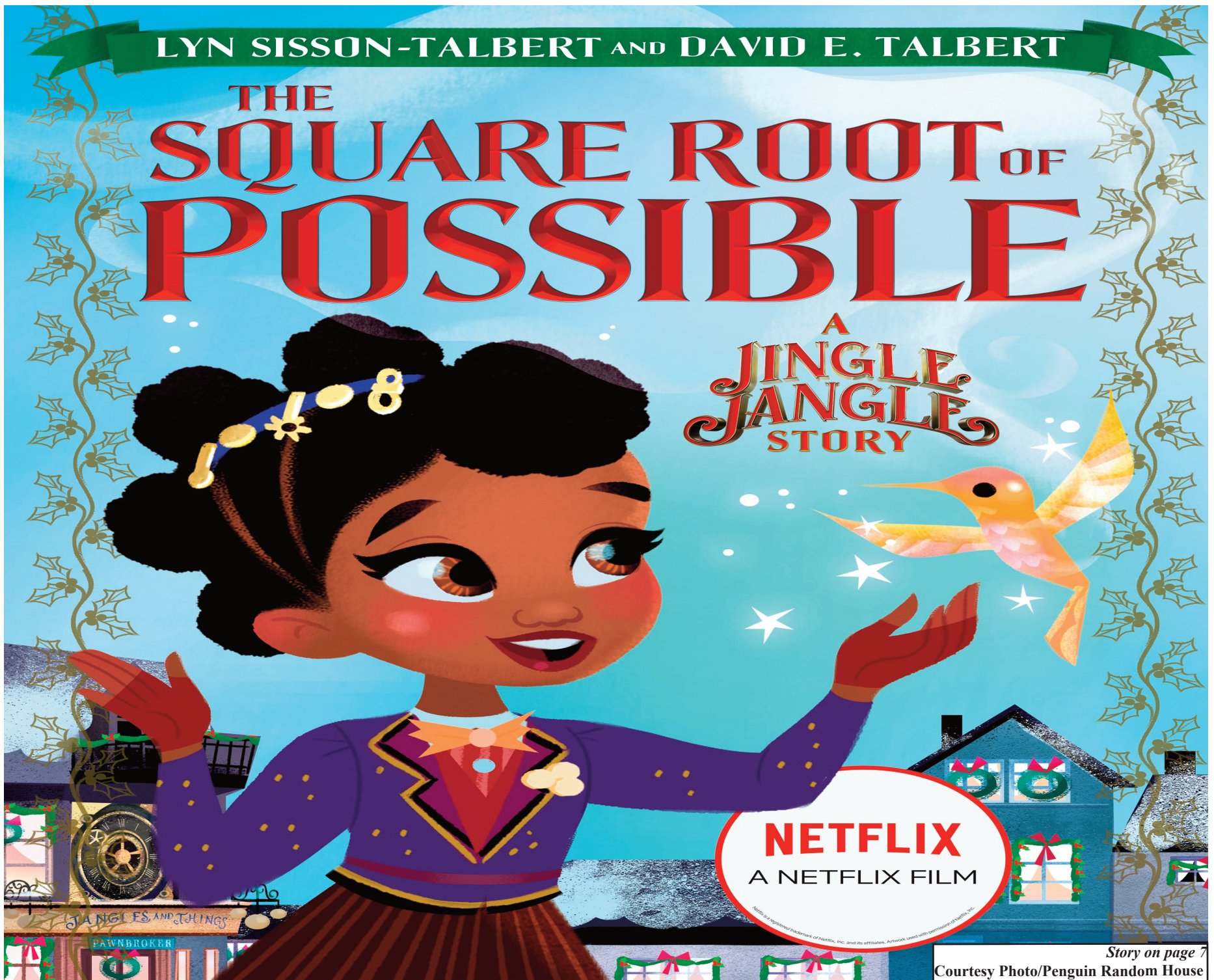
A Baltimore Times/Times of Baltimore Publication

## Film Producer Lyn Sisson-Talbert Taps Her Inner Child

LYN SISSON-TALBERT AND DAVID E. TALBERT

# THE SQUARE ROOT OF POSSIBLE

A  
JINGLE  
JANGLE  
STORY



**NETFLIX**  
A NETFLIX FILM

Story on page 7  
Courtesy Photo/Penguin Random House



# Baltimore counts among most 'giving' cities in America

By Stacy M. Brown

With the Season of Giving in full swing, a growing consensus opines that generosity is needed more than ever, with COVID-19 destroying the economic security so many households.

Food pantries reportedly have mile-long lines of cars around the nation, with many of the hungry needing help for the first time.

The number of homeless camps are increasing as many Americans struggle to pay for housing amid layoffs and furloughs.

A new report shows that Americans—particularly Baltimore residents—are stepping up. Philanthropy News Digest reported that, “total donations made through June equaled 47.3 percent of total giving for all of 2019.”

This week, officials at LawnStarter, which has locations in Baltimore, Washington, D.C., and Alexandria, Virginia, compared the 150 biggest U.S. cities across 12 key indicators of philanthropic behavior, from volunteering rates to the prevalence of food banks. They found that Charm City finished as the 10th most generous out of the 150 big cities it compared.

Minneapolis, Minnesota; St. Paul, Minnesota; Portland, Oregon; Salt Lake City, Utah; Vancouver, Washington;



**For anyone who is unable to donate money, LawnStarter experts did offer suggestions on some of the ways to show generosity toward others, including: volunteering; giving blood; offering your skills like sewing and writing; donating to your local foodbank; and checking on an elderly neighbor.**

Photo Credit: ClipArt.com

Boston, Massachusetts; Seattle, Washington; Washington, D.C.; and Tacoma, Washington; were the only cities to finish ahead of Baltimore.

The report also revealed that Baltimore enjoyed the fourth largest share of residents who improved their neighborhoods.

Further, the city ranked second in the category of residents who donate \$25 or more to charity.

For anyone who is unable to donate money, LawnStarter experts did offer suggestions on some of the ways to show generosity toward others.

“Time is often more valuable than

money—volunteering, especially in the pandemic when many people have stopped their usual volunteering—is vital for many organizations,” said Alexandra Graddy-Reed, an assistant professor of Public Policy at the University of Southern California. “Stocking food pantry shelves, giving blood, and offering your skills like sewing or writing are great examples. Sharing about organizations and their needs through social media is also a great way to help out at no cost.”

Dr. Susan A. MacManus, a Distinguished University Professor Emerita at the University of South Florida, added that residents could focus on kindness acts.

“[Especially] to those who are lonely, forgotten and ignored—a phone call, a card, a handwritten note or drawing, sing songs or play music, offer to read, take a walk, share a good story, make a cake, bring a pet, offer to go to the grocery for them,” Dr. MacManus stated. “It’s the simple things that so many people take for granted that are missing in needy people’s lives. It is also important to feature givers of all ages and from diverse socioeconomic backgrounds. Feature recipients filled with joy and gratitude at unexpected help from both friends and strangers.”

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# Guest Editorials/Letters

## NFL Executives on Diversity: 'We've Got to Do Better'

By Stacy M. Brown, NNPA Newswire Senior National Correspondent  
@StacyBrownMedia

Ron Rivera of the Washington Football Team was the only minority head coach hired in the NFL heading into the 2020 season and, to the highest-ranking African American in the sport, that's unacceptable.

"When you look at mobility of Black men and Black women in professional sports, it's poor," said Troy Vincent, the league's executive vice president of football operations. The only person in a higher post in the NFL is Commissioner Roger Goodell.

"The facts are the facts, none of the sports leagues are doing well," Vincent noted on a conference call with journalists, including the Black Press. "We have done a thorough examination of what we're doing wrong, what doesn't work. But there are no best practices in sports.

"Let's be straight. Let's be honest. We can go to every sport from basketball, hockey, baseball, here: Diversity, we do not see what we all hope for. We do not see true inclusion."

The league announced earlier this year that it had enhanced its Rooney Rule. This policy requires teams to interview ethnic-minority candidates for head coaching and senior football operation jobs.

The expanded rule requires teams to interview at least two external minority candidates for head coaching openings and at least one minority candidate for any coordinator job.

Additionally, teams must interview one external minority candidate for senior football operations and general manager jobs.

Clubs and the NFL league office must also include minorities and female applicants for senior-level positions, including club president jobs.

"It goes without saying that we have to do things differently," said Dasha Smith, the NFL's Executive Vice President and Chief Administrative Officer. "We are hopeful we will see different outcomes at the end of this GM and coach hiring season."

There currently are four minority head coaches in the NFL, including Rivera, Mike Tomlin of the Pittsburgh Steelers, Brian Flores of the Miami Dolphins, and Anthony Lynn of the Los Angeles Chargers.

Just two of the 32 teams have African American general managers—Chris Grier of the Miami Dolphins and Andrew Berry of the Cleveland Browns.

"We're a month away from 2021 and we're still talking about women in senior-level positions? In coaching positions? Come on. Gimme a break," Vincent demanded. "These young men and women today in high school and college—they're used to seeing women in leadership positions. And they pause because they get to this level? The closer you get to the playing field, the least opportunities there are for women? Come on.

"We've got to look at ourselves and be frank and call truth. Facts and data do not support where we are across the entire sports industry. So, we've got a lot of work to do."

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## Letters to the Editor:

### Editor:

#### Re: Trump is sabotaging our country

Vindictive Trump attacked our country for not reelecting him. Trump lost his cases in the courts, and then the corrupt President tried to circumvent the will of the people by coercing Republican lawmakers in swing states to overturn the election and appoint pro-Trump electors to the Electoral College.

He has placed his self interest above the country's interests, and he is sabotaging Biden's incoming administration. Trump is trying to turn the civilian leadership in the Pentagon into a politicized organization by infiltrating highly political unqualified personnel, including former campaign staff, and this weakens our military posture.

By delaying Biden's transition team's access to our government agencies, including intelligence agencies, Trump jeopardized our security in the world. Our adversaries, including Russia, China, North Korea and Iran were pleased with Trump's weakening of our deterrent capabilities.

Internally, Trump has done a terrible job combatting the coronavirus pandemic, and he is responsible for increasing hospitalizations and deaths. Trump is disrupting our economy by ending some

key Federal Reserve loan programs on December 31, 2020.

Trump's drawdown of troops in Afghanistan and Iraq is designed to cause havoc within the Biden administration, and place the President-Elect in the position of having to send troops back into war torn countries. This will put more troops in harms way, as they try to re-stabilize the countries and prevent terrorists from establishing bases.

Trump is causing some environmental havoc by opening up the Arctic Refuge to drilling for oil.

The outgoing corrupt and vindictive president is sabotaging the incoming administration and weakening our democracy, and he is promoting a radical following in the United States. Trump's comments and actions are consistent with that of current and former dictators. Given it's the eleventh hour in his Presidency, why is he loading up the civilian hierarchy in the Pentagon with his devout sympathizers? Is he hoping to not relinquish the Presidency with the backing of his civilian henchmen in the Pentagon?

**Donald Moskowitz**  
Londonderry, NH



## *Distance learning and COVID-19 pose challenges to educators, administrators, parents*

By **Stacy M. Brown, NNPA Newswire Senior National Correspondent**  
**@StacyBrownMedia**

In Southeast Los Angeles's most under-resourced and predominately diverse neighborhoods of Compton, Lynwood, and Bellflower, David Anderson has served as an educator in the expanding learning and youth development space for more than 15 years.

The General Manager of Think Together's Southeast Los Angeles region, Anderson leads a team of role models helping students through enrichment curriculum in the area.

Anderson has passionately advocated for the education equity needed in the public school system, noting that it's a requirement to have successful college and post-education careers.

This year, Anderson and his team have served more than 17,000 students in both a distance learning and in-person support capacity, with students of color comprising nearly 84 percent.

Anderson told Black Press USA that students, parents, teachers, and administrators of color all face various levels of challenges during the coronavirus pandemic.

"The biggest challenge with many of the students of color we serve is engagement. Students are faced with inefficient resources, little excitement to

that continuing to work even harder can improve the lives of themselves and their family."

Schools provide students with a haven for learning.

At the same time, teachers and administrators work together to find innovative ways in-person and virtually to make learning fun and help students

especially have the mantle of leadership to build a system of support for current students to rise, have successful careers and lives, and those students as adults may lay a framework for the next generation of students to be born into a life with choices.

"The next generation of students are to be born exposed to role models at home, enlightened to subjects and careers they may become passionate about, have goals, the will, and belief in themselves to work hard and make their dreams a reality."

The educator also noted that students of color and educators still face another barrier: balance.

"Regardless of your work and school environment, everyone is facing challenges. If you are fortunate to have a job still, you may be working and teaching from home. If you are a parent, or caregiver, working from home is accompanied by the challenge of balancing home and work responsibilities.

"There are heroes in this work deemed essential. These essential persons have the responsibility of being extra cautious because whether or not they have dependents their health supports others' well being. Beyond balancing home, work, and responsibilities are the balance and performing at high levels versus simply accomplishing tasks.

"Folks currently have the will; however, they often do not have the time nor the energy to be the daily highest performer and greatest achiever had they not had to balance.

"For sustainability, mental and physical health, it is vital to balance achieving at the highest level with ensuring impact and success and simply being our best in a given moment. Your best is enough."

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***"The biggest challenge with many of the students of color we serve is engagement. Students are faced with inefficient resources, little excitement to learn, and are born without being surrounded by role models and motivations which lead a child to dream, work hard and be successful," noted David Anderson, General Manager of Think Together's Southeast Los Angeles Region.***

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learn, and are born without being surrounded by role models and motivations which lead a child to dream, work hard and be successful," Anderson noted.

Anderson said the students his team serves are primarily students of color, born without choices and not enlightened to dream.

"Parents of the students of color are often challenged to provide for their children without the resources and support they need for themselves," Anderson relayed. "These parents have a lack of resources, a lack of time for mental and physical health, and limited time for communication and social-emotional support of their children. That yields an unhealthy and fatigued environment that takes the energy and will to continue to work hard and make it with only hope alone. It is next to impossible for a parent to progress and be their child's support and motivation while exhausted and without the belief

support students' academic trajectory and provide enrichment opportunities that students of color are not exposed to and cannot afford, Anderson offered further.

"Our students are not paying \$3,000 to \$15,000 to learn teamwork and confidence building through activities such as E-sports, coding, sailing, and photography. Nor are these students of color able to afford a sports trainer for the student to develop mastery in a sport to be competitive at a young age truly," Anderson said. "Without school, these students are not often exposed to financial literacy [or] the growing unlimited STEM and tech careers that a child may choose to pursue if their parents or family worked in these industries.

"It is at school where students of color learn civic engagement, leadership, entrepreneurship, and how to create generational change. Through adversity, teachers and administrators of color

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# Festive and Flavorful Holiday Snacks

(Family Features) The holidays are filled with delicious food— from indulgent breakfasts to decadent desserts— but snacks can get overlooked. Spice up this holiday season with festive snacks that are perfect for a quick on-the-go bite or a taste of your favorite holiday dessert.

Although beloved in pie, the pecans is versatile nut that can be used beyond the pie shell— add them to a snack mix, incorporate them into granola or munch on them straight from the bag. Delicious and nutritious, one ounce of pecans offers three grams of plant-based protein and three grams of fiber, plus 12 grams of “good” monounsaturated fats and only two grams of saturated fat— perfect to power you through long days of holiday shopping

You can also make snack-sized versions of your favorite holiday desserts to have on-hand when you’re craving a quick and tasty treat.

Chopped pecans add a flavorful and nutrient-dense crunch to these paleo-friendly No-Bake Pumpkin Pecan Pie Bites, while pecan halves provide a festive touch to these Reindeer Pecan Brownies



## Reindeer Pecan Brownies

**Prep time: 20 minutes**

**Cook time: 15 minutes**

**Yield: 20 brownies**

Nonstick cooking spray  
1 stick (1/2 cup) unsalted butter, melted  
1 tablespoon pecan or canola oil  
1 cup, plus 2 tablespoons, granulated sugar  
2 large eggs  
1/2 cup cocoa powder  
1 teaspoon espresso powder (optional)  
1/4 teaspoon kosher salt  
20 raw pecan halves, cut in half  
40 candy eyeballs  
20 red chocolate candies  
1/4 cup chocolate chips  
1 teaspoon vanilla extract  
1/2 cup all-purpose flour



espresso powder, if desired, and salt. Using rubber spatula, fold dry ingredients into butter mixture until just combined. Batter should be thick.

Using 1-tablespoon cookie scoop, transfer batter to prepared mini muffin tin. Bake 13-15 minutes until toothpick inserted in center comes out mostly clean, with some lingering crumbs.

Add chocolate chips to heatproof bowl; microwave until smooth and melted. Pour melted chocolate into sandwich bag and cut off small portion of one corner to use as tip. Use melted chocolate to “glue” on pecan antlers, candy eyeballs and red candy noses to brownies.

Allow chocolate to set before transferring brownies to airtight container.

Note: Brownies will stay fresh for up to three days.

### Instructions:

Preheat oven to 350 F.

Spray mini muffin tin with nonstick cooking spray.

In large bowl, whisk melted butter, oil and sugar until well combined. Add eggs and vanilla extract; beat until mixture is thick and pale in color, about 1 minute.

Sift in flour and cocoa powder. Add

espresso powder, if desired, and salt. Using rubber spatula, fold dry ingredients into butter mixture until just combined. Batter should be thick.

Using 1-tablespoon cookie scoop, transfer batter to prepared mini muffin tin. Bake 13-15 minutes until toothpick inserted in center comes out mostly clean, with some lingering crumbs.

Add chocolate chips to heatproof bowl; microwave until smooth and melted. Pour melted chocolate into sandwich bag and cut off small portion of one corner to use as tip. Use melted chocolate to “glue” on pecan antlers, candy eyeballs and red candy noses to brownies.

Allow chocolate to set before transferring brownies to airtight container.

Note: Brownies will stay fresh for up to three days.

Courtesy Photos/Family Features



## No-Bake Pumpkin Pecan Pie Bites

**Prep time: 15 minutes**

**Chill time: 1 hour**

**Yield: 12 bites (6 servings)**

Crust:

1 1/2 cups raw pecan pieces  
3/4 cup pitted medjool dates  
(about 7 dates), soaked in hot water 10 minutes  
pinch pink salt

Filling:

1/3 cup pumpkin puree  
1/3 cup full fat coconut milk  
1 teaspoon pumpkin spice  
1/4 cup maple syrup  
1 pinch pink salt  
1 scoop collagen peptides (optional)  
12 raw pecan halves, for topping

**To make crust:** In food processor, process pecan pieces, drained dates and salt until combined and “dough” starts to form into ball.

**To make filling:** In bowl, combine pumpkin puree, coconut milk, pumpkin spice, maple syrup, pink salt and collagen peptides, if desired. Whisk until smooth.

Line cupcake tin and evenly distribute crust mixture, about 1 1/2 tablespoons in each cupcake opening. Use fingers to press crust into even layer.

Evenly disperse pumpkin pie filling among openings until tins are about half full.

Top each with one pecan half and place in freezer at least one hour.

## Gingerbread Pecans

**Prep time: 5 minutes**

**Cook time: 40 minutes**

**Yield: 2 cups (6 servings)**

1 large egg white, beaten  
2 cups raw pecan halves  
2 tablespoons granulated sugar  
2 tablespoons light brown sugar  
2 teaspoons gingerbread spice blend  
1 pinch salt

Preheat oven to 300 F. Line baking sheet with parchment paper; set aside.

In large bowl, use fork to whisk beaten egg until frothy. Add pecans and stir until coated. Sprinkle pecans with granulated sugar, brown sugar, gingerbread spice and salt. Stir to coat evenly.



Spread pecans in even layer on prepared baking sheet.

Bake pecans 40 minutes, stirring halfway through. Allow pecans to cool completely.

Note: Pecans can be stored in airtight container for up to four days.

*“Christmas for me is all about spending time with my family. I cherish any chance we have to spend all day together making gingerbread houses, baking cookies, or sitting around and watching movies.”*

*—Blake Lively*



# Producer Lyn Sisson-Talbert Taps Her Inner Child

By Nadine Matthews  
@deeniemedi

Netflix' *Jingle Jangle: A Christmas Journey*, the tale of the brilliant, iconoclastic toy inventor Jeronicus Jangle (the younger played by Justin Cornwell, the older by Forest Whitaker) and his blerdy family, is one of the few incredibly delightful things about the year 2020. A Netflix original holiday movie and instant classic, it also stars Anika Noni Rose, Keegan-Michael Key, and Phylicia Rashad. Even better, that film now has two book tie-ins, written by its producer, the Las Vegas born and raised Lyn Sisson-Talbert.

An elegantly boisterous musical set during the Christmas season, the central character of *Jingle Jangle* is an inventor who because of the betrayal of a friend and the loss of someone important to him, has lost his sense of wonder and overall joy for life.

Sisson-Talbert who regularly collaborates with her husband, playwright, screenwriter, and director David Talbert, told *The Baltimore Times* that the two children's books, the novel *Jingle Jangle: The Invention of Jeronicus Jangle* for readers ages eight through twelve, and the beautifully illustrated picture book, *The Square Root of Possible: A Jingle Jangle Story*, for younger readers, gave her a chance to connect with her own inner child. "There is a little kid in me that's feeding from all this."

A self-described Daddy's Girl, Sisson-Talbert, reveals *Anne of Green Gables*; *Where The Sidewalk Ends*; and *Oh The Places You'll Go* were her favorite books as a child. To this day, she continues to read *Oh The Places You'll Go*. "It's a simple story that reminds you what you can do with your life."

She added, after some thought, "It also reminds me of my dad who passed away a few years ago; the encouragement he would give me."

Writing is a recent passion for Sisson-Talbert, whose career has been spent mainly behind the scenes as a producer in theater, film and television. Her credits include *Baggage Claim* and *Almost Christmas*.

*Jingle Jangle*, Sisson-Talbert explains, was originally meant for another medium. "Originally, David originally wrote it as a Broadway musical." After two decades of trying in vain to get it produced for the stage, they decided in 2014 to make it a vehicle for the screen.

A serendipitous encounter with *Hidden Figures* director Theodore Melfi, in the Los Angeles offices of Netflix put them on course to have *Jingle Jangle*



**Producer Sisson-Talbert (left) who regularly collaborates with her husband, playwright, screenwriter and director David E. Talbert (right), told *The Baltimore Times* that the two children's books, the novel "*Jingle Jangle: The Invention of Jeronicus Jangle*" for readers ages eight through twelve, and the beautifully illustrated picture book, "*The Square Root of Possible: A Jingle Jangle Story*," for younger readers, gave her a chance to connect with her own inner child.**

Courtesy Photos

produced by the streaming behemoth. They said, "We're with you for big ideas." David was like, "Well, I have a big idea!"

Sisson-Talbert says she wanted the book to stay very close to the narrative as laid out in the screen version. "It's always tough when you read the book then see the movie and you're dissatisfied. I didn't want there to be a disconnect. I wanted the books to be a celebration of the film."

First and foremost, Sisson-Talbert emphasized, she wanted to approach writing the books with a sense of wonder. "That little girl in me who always wanted to see stories like this is still there and I was tapping into that."

*The Square Root of Possible* is magnificently illustrated by Tara Nicole Whitaker, who also illustrated actress Vanessa Williams' children's book *Bubble Kisses*. Sisson-Talbert felt Whitaker was the perfect choice for the sense of instantaneous magic she wanted to create. "Her eyes tend to be very detailed and I wanted to show that emotion in Jeronicus' eyes. I wanted the illustrations to symbolize the square root of possible."

The story also has some intriguing easter eggs. "Some

of the buildings are named after unsung African Americans like my father, who was the first licensed optometrist in the state of Nevada. So in the book we have a building named Sisson Arms."

Black science and math lovers of all genders are the central figures in *Jingle Jangle*, making it groundbreaking beyond the diverse cast. "We wanted to showcase STEM education in a fun magical way. My mother was a nurse, my nephew is an engineer. I grew up around the sciences."

The theme song, *The Square Root of Possible*, whose lyrics also appear in the books, Sisson-Talbert reveals, was originally just titled, *Possible*. "I changed it because that's what this is all about. We found our square root of possible to pull all this off. We found our formula to pull all this together."

Though the process of doing the film and writing the books were exhilarating, it was also so overwhelming at times that Sisson-Talbert says she was reduced to tears. She used the music from the story (some written by John Legend) to keep pushing, and hopes others do the same. "I want everybody to figure out their formula and find their own square root of possible for their own lives and whatever issues they are dealing with."

***Once you've got a child to the point that they've discovered books, they're safe. There's a world of the imagination that when they're hurt or upset, they can move into, and it is wonderful. —John Rys-Davies***



# Rambling Rose



Rosa Pryor Trusty

## Baltimore's Holiday Angeles

Hello everyone, I hope all is well with you. I know COVID-19 is jumping up and down and doing the "James Brown." When will it end— nobody knows but in the meantime don't be a fool— wear your mask and keep that social distance. Celebrate the up-coming holiday with just the folks who live with you. Don't invite a bunch of families and friends to your home— it is not safe! Hopefully we can do the big family thing next year.

The title of my column this week is "Baltimore's Holiday Angeles" because of the good deeds that "Dante Daniels the owner of Colin's Seafood and Grill with a location at 1728 E. Northern Parkway in Baltimore and 3653 Offutt Road in Randallstown and Plating Change Initiative orchestrated. Through the efforts of actors Boris Kodjoe and his wife Nicole Ari Parker who is a Baltimore native, the "Plating Change Initiative," volunteers, patrons and friends distributed over 145 very flavorful, delicious dinners, which were lovingly prepared by Colin's Seafood & Grill, last week. Yes, I call them "Baltimore's Holiday Angeles."

A total of 1700 dinners will be distributed in the Baltimore City area over the next two weeks. The meals are being sponsored by American businessman, television personality and

philanthropist, Marcus Lemonis.

According to officials of "Plating Change Initiative," it is a great pleasure in giving because God gave us the greatest gift. Valerie Fraling, Dante Daniels and all the volunteers and friends are "Baltimore's Holiday Angeles!"

Not much music going on but An Die Musik Live on Charles Street is doing a lot of Live Streaming featuring shows from some of our favorite artists. Warren Wolf Christmas Vibes will be streaming his holiday show on Friday, December 18, 2020 at 7 p.m. For more information, call 410-385-2638 or go to [www.andiemusiklive.com](http://www.andiemusiklive.com).

There is no shortage of Christmas music out there that can evoke the holiday spirit. However, it takes a master of groove and swing like Warren Wolf to conjure a true feeling of Christmas Vibes. On his new album, the vibraphone great and father of five offers an album of jazzy Yuletide cheer, sure to provide the ideal soundtrack to the season for the hippest families.

Horseshoe Casino will be making up blessing bags to hand out to the homeless on Saturday, December 19 at 10 a.m. Volunteers will assemble hundreds of individual bags filled with a variety of personal care items to be distributed to the needy throughout



Last week, volunteers from "Call to Action Church Ministries" with the "Plating Change Initiative" distributed 145 meals prepared by Colin's Seafood & Grill.



Journalist Valerie Fraling played a pivotal role in the meal distribution that occurred last week.

Courtesy Photos



Dante Daniels owner of Colin's Seafood & Grill and his staff prepared the meals at his restaurant located at 1728 E. Northern Parkway for distribution.



Actors Boris Kodjoe and his wife, Baltimore native Nicole Ari Parker nominated Colin's Seafood and Grill to be the designated restaurant to provide the 1700 meals in the Baltimore area during the holiday season.

Baltimore leading up to Christmas.

The Blessing Bags are a very real way to meet the immediate need of the homeless by providing some basic supplies such as: toiletries, water, food and warmth this holiday season. Included in the Blessing Bags are: body wash; shampoo; conditioner; lotion; deodorant; razors; combs; sanitizing-wipes; hand warmers; chap stick; emery boards; socks; Band-Aids; feminine care products; and tissues. For more information, contact Morgan Kimmel at [morgan@citfam.com](mailto:morgan@citfam.com).

Well my dear friends, I have to go. My Boo-Boo and I are celebrating our Wedding Anniversary this weekend. That's right we are celebrating 20 years of marriage as of December 15; and 61 years of being my first love and best friend.

Okay, I have to go now. Remember, if you need me call me at 410-833-9474 or email me at [rosapryor@aol.com](mailto:rosapryor@aol.com). You can send your letters to me at 214 Conewood Road, Reisterstown, Maryland 21133. **UNTIL THE NEXT TIME, I'M MUSICALLY YOURS.**



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## God has gained an angel

By Joseph Green-Bishop

The Reverend Mamie Alethia Williams was an angelic servant of God who during nearly a half century of ministry profoundly and selflessly improved the lives of people throughout the world.

A powerful orator and effective church and civic leader, Reverend Williams, who passed recently in her Baltimore County home, performed a major role in progressive social change movements in the United States, Africa, Europe and in the Caribbean.

A graduate of Claflin University in her native South Carolina, and the Wesley Theological Seminary in Washington, D.C., there was little to help others that Reverend Williams did not do during her lifetime.

It seemed that she never slept. Her energy and her compassion were endless. At the root of her work were faith, prayer and a belief in goodness.

Annually, she organized a reception for the widows of ministers who pastored United Methodist Churches in the Baltimore-Washington area.

While some had forgotten these women, Reverend Williams insisted on acknowledging the roles they played in ministry.

She helped to raise money to build and open Africa University in Zimbabwe, recognized as one of the finest academic institutions on the African continent.

When the AIDS epidemic first arrived in this country she worked closely with organizations, and with medical professionals such as Dr. Anthony Fauci and Dr. Levi Watkins to educate members of the public about the disease.

Among her friends and mentors were Bishop Desmond Tutu; Reverend Joseph Lowery; Mrs. Coretta Scott King; Dr. Dorothy Height; Reverend Frank L. Williams; Reverend Alfreda Wiggins; Dr. Benjamin Hooks; Congressman Parren J. Mitchell; and others too numerous to list in this writing.



**Reverend Mamie Alethia Williams**

Reverend Williams was born into a God-centered family in Sumter, South Carolina. She and her sister, Mary Mayhan, spoke by phone each evening. "Mamie was my rock," said Mrs. Mayhan, a resident of Georgia who like others said that the world will miss Reverend Williams immensely.

Nearly two hundred people viewed a memorial service in Baltimore at the Howell Funeral Home, which honored the life and works of Reverend Williams.

Written tributes were presented to the family on behalf of U.S. Senator Benjamin Cardin; Congressman Kweisi Mfume; and the City of Baltimore. Numerous faith organizations and individuals also presented tributes.

"Her life was a sermon," said Robert M. Bell, the former Chief Judge of the Maryland Court of Appeals, whose mother and brothers were eulogized by Reverend Williams. "Reverend Williams was a true servant of God who took her religion seriously.

"She helped those she encountered in life. The life and work of Reverend Mamie Williams will be celebrated in the hearts and minds of those she touched. She shall live on."

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# Lamar Jackson named AFC Player of the Week

By Tyler Hamilton

Older basketball fans may recall when New York Knicks center Willis Reed heroically came back from a leg injury to lead his team to a championship in Game 7 of the 1970 NBA finals. Then there is Paul Pierce of the Boston Celtics who was carried off the court in Game 1 of the 2008 NBA Finals but came back later to lead his team to victory.

Now Baltimore Ravens quarterback Lamar Jackson can be added to the list of heroic comebacks even though it's on a much smaller scale. The Ravens were desperately in need of a win over the Cleveland Browns to keep their playoff hopes alive.

Jackson was named the AFC Offensive Player of the Week after leading the Ravens to a 47-42 come from behind win over Cleveland.

While the Browns were driving for the go ahead score, Jackson had to go to the locker room because he was cramping. He remained in the locker room when the Ravens offense took the field. Backup quarterback Trace McSorley led the Ravens on a drive, but got hurt before a do or die fourth down the Ravens needed to convert to keep the game alive.

"I started cramping on the field. I was cramping in my forearm. And I was telling Coach, 'I need to get some salt in



**Baltimore Ravens quarterback Lamar Jackson was named the AFC Offensive Player of the Week after leading the Ravens to a 47-42 come from behind win over the Cleveland Browns.** Photo Credit: Jason Miller/Getty Images

my system really quick.' My legs started cramping," Jackson said. "I was cramping. I didn't pull a Paul Pierce. I didn't pull a Paul Pierce. I was cramping. As soon as I saw him go down, I started running out of the locker room. And yes, I've [cramped] before, but it was my fault that I was cramping that time. But this time, I don't know what was going on—I thought I did everything right."

With 1:51 left on the clock, Jackson came in and found Marquise Brown for a 44-yard touchdown to make the score 42-35.

"We had a great play called, I dropped back, it looked like they were in man coverages. I was making a scramble to my right, and Marquise just came open. I just had to give him a playable ball, and he just did the rest," Jackson explained.

"There was no doubt. We know we have a chance whenever we get the ball with Lamar, so we just had to go out there and make a play," Brown said. "I just saw everybody come down in a Cover Zero-type look, and I just tried to beat my man. They came up, they got aggressive at the line, but I was able to shake loose, and Lamar [Jackson]—[he is] always extending the play, and he made a great throw. God put us in a great position."

Jackson finished the day with 163 passing yards and a touchdown. He rushed for 124 yards and two touchdowns. It was the kind of dual-threat performance that Jackson has become known for and was reminiscent of the playmaking ability that earned him the MVP last season.

The Ravens are still in the playoff hunt after beating the Browns. They're 8-5 record is tied with the Miami Dolphins for the final wildcard spot. But Baltimore's five playoff losses have all come against AFC teams.

Their remaining schedule features the Jacksonville Jaguars, New York Giants and Cincinnati Bengals, which should give them a chance to strengthen their odds of making the playoffs. They'll need help from the reigning NFL MVP and Week 14 Offensive Player of the Week.

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# Self-care strategies to help stay healthy this holiday season



*Don't attend or host an event if you're sick or have had close contact with someone who is sick. If feasible, keep the event outdoors or ensure the space is well ventilated with open windows. Limit the number of attendees so safe social distancing can be maintained between people not from the same household, and wear masks when less than six feet apart or indoors.*

Photo courtesy of Getty Images

(Family Features) With the COVID-19 pandemic added to the typical cold and flu season, many Americans are wondering what they can do to protect themselves and others this holiday season and how to respond if they get sick.

“As we enter this cold and flu season, it's so important to practice self-care,” said Dr. Ian Smith, a physician, best-selling author and host of “The Doctors.” “Key preventative measures like washing your hands often and covering your nose and mouth with a tissue or the inside of your elbow when you cough or sneeze can be extremely effective in preventing the spread of germs. With COVID-19 also in the picture, there are a lot of questions on everyone's mind around how to stay healthy and correctly identify and treat symptoms of the cold and flu or COVID-19.”

## Flu vs. COVID-19

If you get sick this season, your first question will likely be whether it's the

flu or COVID-19. Both the flu and COVID-19 are contagious respiratory illnesses caused by viruses. The flu is caused by the influenza virus and COVID-19 is caused by a coronavirus called SARS-CoV-2. Some of the symptoms of flu and COVID-19, like fever and cough, are similar, making it difficult to tell the difference based on symptoms alone. Testing may be required for a proper diagnosis. If you have questions or concerns about your symptoms or about COVID-19, consult your health care professional.

## Cold and Flu Treatment

For the common cold or flu, there are a variety of products available that contain several active ingredients commonly used to treat symptoms of respiratory viral infections. For example, Mucinex DM contains dextromethorphan, which helps to control cough and guaifenesin to help thin and loosen mucus and lasts 12 hours when used as directed. You can identify the right formula to provide relief based on symptoms you are

experiencing by using the online tool at Mucinex.com, where you can also find more information regarding self-care remedies.

## Holiday Gatherings

If you're hosting or attending a gathering this holiday season, check local and state health sites for restrictions on gathering and guidance beforehand. Take appropriate measures to protect yourself and others, and remind fellow guests to take similar precautions. Don't attend or host an event if you're sick or have had close contact with someone who is sick. If feasible, keep the event outdoors or ensure the space is well ventilated with open windows. Limit the number of attendees so safe social distancing can be maintained between people not from the same household, and wear masks when less than 6 feet apart or indoors. Frequent hand washing and limiting food preparers or servers can also help reduce the spread of germs.

# Legal Notice

CITY OF BALTIMORE  
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## NOTICE OF LETTING

Sealed Bids or Proposals, in duplicate addressed to the Board of Estimates of the Mayor and City Council of Baltimore and marked for **BALTIMORE CITY NO. RP20810 GARRETT PARK COURT AND STORMWATER IMPROVEMENTS** will be received at the Office of the Comptroller, Room 204 City Hall, Baltimore, Maryland until 11:00 A.M. **February 10, 2021**. Positively no bids will be received after 11:00 A.M. Bids will be publicly opened by the Board of Estimates in Room 215, City Hall at Noon. The proposed Contract Documents may be examined, without charge, at the Dept. of Rec & Parks at 2600 Madison Ave, Baltimore, Md. 21217 by appointment only on Wednesdays and Fridays, 8:30am – 4:00pm by emailing [benitaj.randolph@baltimorecity.gov](mailto:benitaj.randolph@baltimorecity.gov) as of **December 18, 2020** and copies may be purchased for a non-refundable cost of **\$100.00**. **Conditions and requirements of the Bid are found in the bid package.** All contractors bidding on this Contract must first be prequalified by the City of Baltimore Contractors Qualification Committee. Interested parties should call (410) 396-6883 or contact the Committee at 4 South Frederick Street, 4th Floor, Baltimore, Maryland 21202. **If a bid is submitted by a joint venture (“JV”), then in that event, the document that established the JV shall be submitted with the bid for verification purposes.** The Prequalification Category required for bidding on this project is **G90081 Surface and Re-surfacing of Tennis Courts, Playgrounds & Running Tracks**. Cost Qualification Range for this work shall be **\$100,000.01 to \$300,000.00**. A “Pre-Bidding Information” session will be conducted via Microsoft Teams at **10:00 A.M. on January 5, 2021**. Email your contact information to [jennifer.zhai@baltimorecity.gov](mailto:jennifer.zhai@baltimorecity.gov) to receive an invite to the Microsoft Team(video conference meeting) no later than January 4<sup>th</sup> at 4:00pm. Principal Items of work for this project are Impervious removal, sport court facilities improvements, and the construction of a new stormwater bioretention facility. The MBE goal is **11.58%** and WBE goal is **11.52%**. **APPROVED: Erika McClammy, Clerk, Board of Estimates**

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