

# HAPPY NEW YEAR!



# 2020 Hindsight

#### By Nikki Abraham

I saw a tweet the other day that said, "With all that went down this year, God has to put us in the next bible." In that moment, I chuckled but also started thinking about what 2020 meant for me in its entirety. I focused on not just the events that occurred, but the lessons learned. I'm a strong believer that despite how bad the situation may be there is always good in the world and it is our responsibility to find it. Through this year, many gained a better perspective of life on mental, spiritual and emotional levels.

In a recent interview Barack Obama touched on the impact of 2020 in a nutshell when he stated, "adversity will give you more grit and a better understanding of what you can get through and what you can overcome." When you understand that bumps in the road are a part of life you will learn how to navigate better without ending up in a ditch. The trick is not to get fixated on everything going according to plan, and to use your challenges as the opportunity to learn more. Once you're clear about what matters most, you will learn to pivot in the midst of a storm and still be able to achieve all you desire.



Nikki Abraham Nucleus Team Member, Positively Caviar, Inc. Courtesy Photo

To say I experienced a rollercoaster of emotions throughout the last nine months is probably an understatement. What many saw as a difficult year was also the most enlightening year of my life. During this time, I not only learned perseverance in the face of hardship, but I was forced to literally and figuratively sit in my emotions and use these changes and challenges as a chance to grow, learn and focus on purpose. Above all else, I focused on the things I had the ability to change and learned the importance of being mentally and emotionally present while gathering tools to help maintain that mindset.

If I asked a room of people to choose a word to describe what 2020 meant to them, I'd probably be hit with adjectives like devastating and disappointing. With this in mind, I actively choose to ask

others what was their favorite thing about 2020. Those who were optimistic during such an unbearable period in time were the people who often had the opportunity to experience increase. I was inspired as I watched others step into tremendous blessings in the midst of a pandemic, including: marriages, babies, new jobs, financial increase, new homes and so much more.

As we set our goals for 2021, we need to keep in mind that all is possible. With the right community, mindset and tools we can accomplish anything as long as we approach the year with a hopeful and grateful attitude. I love starting the year by utilizing important tools to keep me on track and hold me accountable. Try writing down a list of goals and create a vision board to help visualize your objectives and maintain focus on what you really want. Remember to also prioritize your physical, mental and emotional health to keep yourself balanced as we head into the New Year.

We got through 2020 and accomplished so much, so 2021 should be a piece of cake!

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



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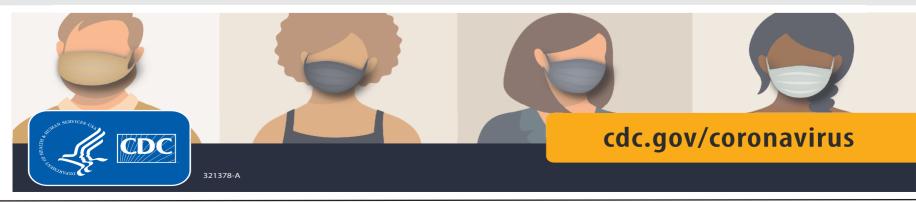








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# **Guest Editorials/Letters**

#### Death of Black doctor of COVID-19 sets off alarms

By Lauren Victoria Burke NNPA Newswire Correspondent

"He made me feel like a drug addict," Dr. Susan Moore, 52, said on a video days before her death on December 22, 2020 due to coronavirus. The Black Indiana doctor states on a Facebook video that she had received poor treatment from White caregivers because she was African American. Her message reached over a million people on social media as of December 24, 2020.

"This is how Black people get killed, when you send them home and they don't know how to fight for themselves," Dr. Moore said on the video. Moore asserted that her doctor attempted to discharge her at ten at night.

Moore's Facebook live post received wide attention and a lengthy segment on Roland Martin Unfiltered on December 23. Dr. Moore knew what to ask for, as she was being treated for coronavirus and strongly felt she was not receiving the best treatment.

Moore said that despite telling her doctor that she was in pain she received medication after tests proved what she had been saying since she arrived at the hospital.

"I put forth, and I maintain, if I was White, I wouldn't have to go through that," Moore said in her social media video.

On December 24, 2020, The Griot reported that Indiana University Health Hospital, "addressed claims of mistreatment in how Dr. Susan Moore was treated in the days before her death."

Indiana University Health Hospital, in a statement said, "We are very sad to hear about her passing," adding, "IU Health respects and upholds patient privacy and cannot comment on a specific patient, their medical history or conditions. As an organization committed to equity and reducing racial disparities in healthcare, we take accusations of discrimination very seriously and investigate every allegation." Black people have died at 3.6 times the rate of White people, and Latinos at 2.5 times the rate of white people, according to an analysis by the Brookings Institution. Moore cared for her mother, who has dementia, and her 19-year old son. A GoFundMe page is hoping to raise \$100,000 to assist the Moore family. It has raised over \$109,000 so far. https://www.gofundme.com/f/dr-susan-moores-family-assistance?qid=0b67322adabedeba722b9f6d0429414b

The coronavirus pandemic has hit the United States hard and has now become the most deadly event in U.S. history since the Civil War. Over 327,000 Americans have died from COVID-19 in 2020. An average of 2,000 people are dying a day in the U.S. due to coronavirus.

Lauren Victoria Burke is an independent journalist for NNPA and the host of the podcast BURKEFILE. She is also a political strategist as Principal of Win Digital Media LLC. She may be contacted at LBurke007@gmail.com and on twitter at @LVBurke

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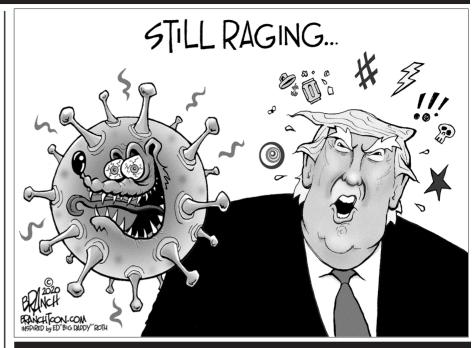
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# **Letters to the Editor:**

#### **Editor:**

Re: Russia is a dangerous adversary

Even in the midst of a pandemic, which was spread by Trump politicizing wearing masks; and even under a massive cyber security attack by Russia; President Trump continues to try to overturn the election. In a recent White House meeting Trump asked for input about former National Security Advisor Lt. Gen. Flynn's recommendation for Trump to declare martial law, send in the military to states he lost, and rerun the election, but sane heads prevailed and the recommendation was shot down. It looks like Trump is borrowing from other despots' playbooks, like Putin of Russia.

Russia's undetected cyber attacks of the last six months on our government, including the Treasury, Commerce and State Departments and the National Nuclear Security Administration showed the weakness in our cyber security systems. The cyber attacks also impacted many Fortune 500 companies, including Microsoft.

I believe President Trump's very close relationship to President Putin fostered the cyber attacks by allowing Putin to think the U.S. would not respond to the attacks. Amazingly, Trump refuses to condemn Russia even after presented with input on Russia's attacks by members of his administration, including Secretary of State Mike Pompeo and Attorney General William Barr. Can Trump's relationship with Putin be attributed to Russia having compromising information on him?

In recent years, Russia has been emboldened to increase military operations around the world. Russia invaded and took control of the Crimea; stationed extensive military forces in Syria in support of President Assad; and provided special operations troops in Venezuela to support President Maduro. Russia continues to upgrade its ballistic missile systems and its naval, air force and army units.

We need to treat Russia as an adversary, not a friend, and evaluate our deterrence capabilities to combat any potential Russian attacks, including cyber attacks.

**Donald Moskowitz** Londonderry, NH

# Page Opposite/Commentaries

# Black voters should see themselves in congressional staff

By Dr. LaShonda Brenson

As the new Congress prepares to take office and members of the U.S. House and Senate make key staff hires, it's time for careful scrutiny of the diversity reflected within the ranks of congressional staff. This is particularly true following an election in which Black voters were critical to its outcome.

More than 70 civil rights groups, including African American Mayors Association, Black Futures Lab, Congressional Black Caucus Foundation (CBCF), and NAACP Legal Defense and Educational Fund, Inc. (LDF), have formally called on new members of Congress to increase the numbers of staff of color within the mid-level and senior ranks of congressional offices. Our advocacy is particularly important right now, in the period between Election Day and the formal start of the new Congress when most key staff is hired.

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While we saw marginal improvement in senior staff diversity after the election in 2018, the lack of diversity among senior congressional staff of both parties is longstanding.

The data is sobering, if not surprising. People of color account for nearly 40 percent of the U.S. population.

fact that African Americans account for a third or more of the population in these states

Similarly, though Black voters made up 37 percent of Democratic voters in Virginia in 2016, and 47 percent of Democratic voters in Maryland, there's not a single Black person holding a

People of color account for nearly 40 percent of the U.S. population yet, Joint Center research found that people of color account for just 11 percent of Washington, D.C.-based senior staff in Senate personal offices. These include positions like chief of staff, legislative director, and communications director—the most influential staff positions in Congress.

Yet, Joint Center research found that people of color account for just 11 percent of Washington, D.C.-based senior staff in Senate personal offices. These include positions like chief of staff, legislative director, and communications director—the most influential staff positions in Congress.

Unfortunately, our 2018 report also found that the House was only narrowly more representative with staffers of color comprising just 13.7 percent of senior roles.

And this inequity remains true for Republicans who represent large numbers of Black voters and for Democratic members who often depend on Black voters as a critical component of their electorate.

There is not a single Black senior staff member in the personal offices of the Republican Senators who represent Mississippi and Louisiana, despite the senior staff position within the offices of the Democratic Senators who represent these states.

Meanwhile, the Congressional Black Caucus (CBC) is leading by example among congressional Democrats, with Black staff representing just over 53 percent of CBC top staff—compared to just 2.1 percent of the senior staff of White Democratic members of the U.S. House. Only 35 percent of African Americans in the United States live in districts represented by CBC Members, but 78.5 percent of the Black top staff in the U.S. House is employed by CBC Members.

This data is particularly troubling at a time when we desperately need more, not fewer, Black staff who can advise Members of Congress in better understanding and responding robustly to structural inequality, racism, and anti-Blackness.

Yet, there is an opportunity for change. There will soon be at least 60 new members of the U.S. House and there could be as many as nine new Senators. With each appointing a chief of staff, legislative director, and communications director, which amounts to 207 senior positions.

Far more of them should be filled by talented African Americans.

Continued progress will require that congressional leadership bring real resources to bear. More Congressional offices should formalize diversity and inclusion plans and measure progress. And all offices should focus on diversifying mid-level positions like press secretary and legislative assistant to further bolster the pool of talent that can eventually step into top positions.

Without question, some members can rightfully point to Black staff serving as state or district directors, or to improvements in the diversity of non-senior staff.

But at a time when the pandemic and economic turmoil has fallen disproportionally on Black people, robust representation of Black Americans in senior roles matters now more than ever.

Real progress is possible, but it will require that Members of Congress choose action over the status quo. And it demands that we hold them accountable for doing so.

Dr. LaShonda Brenson is the Senior Fellow for Diversity and Inclusion at the Joint Center for Political and Economic Studies.

Want to comment on the editorials or any other story?

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## 'Baltimore Uprising: Have Things Changed or Remained the Same?'

By Stacy M. Brown

In 2020, community members and others reflected on the fifth anniversary of the Baltimore uprising that resulted from Freddie Gray's death.

Many have witnessed community leaders from different sectors rise to lead efforts and share their talents to promote change in their city from that uprising.

As 2020 closes, the Baltimore Times has not forgotten the words and reflections of our community leaders. The newspaper will continue to amplify the voices of these leaders and will shine a spotlight on those individuals who have provided reflections on what has changed and what has remained the same.

It will do so through a new project titled, "Baltimore Uprising: Have Things Changed or Remained the Same?"

The project, which observes the fifth anniversary of the uprising, will provide an insightful view from community leaders about the past five years. It is made possible by a grant from Open Society Institute- Baltimore, whose goal is to ensure that Baltimore residents have many chances to reflect on the impact of the events that occurred in the city five years ago.

In January, Times Community
Services, Inc. in partnership with The
Baltimore Times, plan to host a virtual
community conversation and an art
exhibit to showcase the work of
community leaders and artists who have
captured and have taken part in the
positive change now seen in Baltimore
City.

As part of the project made possible by the grant from Open Society Institute-Baltimore, the work of photographer and community leader Daisy Brown will count among those being featured.

For Brown, the Freddie Gray incident and its aftermath hit home.

Brown, a staff photographer at The Peale Center in Baltimore, grew up on the west side of the city where the uprising took place.

When she ventured from her new digs on the east side, Brown immediately grasped the depth of what was occurring.



Daisy Brown, photographer Self portrait

"Nobody was really watching," Brown recalled, piecing the madness together in her mind.

"Everything that happened, or led up to that point, was that we, as a community, had to figure out how to deal with all of these injustices on our own. We didn't have the cell phone cameras that we do now where we could get eyes on the unsettling things that were going on."

"It was just our word. We had trauma before this, but when you talk to the neighbors, the elders in the community, your friends, no one had a resolve because no one understood how to deal with the injustice.

"This was built-up. Now, finally, someone was able to capture it, and we realized that [injustice like that slammed upon Freddie Gray] had been going on for decades."

Some might still question why the devastation of a neighborhood.

Brown has a sobering yet relatively simple response: "We finally let our emotions be seen and heard.
Unfortunately, it was violence because we didn't know any other way."

"Like children, if they are hurting, they're looking for ways to get their parents' attention.



Photo of Daisy Brown sitting on the steps of her childhood home in the 1000 block of Fulton Ave.

"They have to do something that's non-verbal. So, take that to a community who has never had anyone listen to them from a government perspective, and this is what you've got."

Today, Brown said the community has taken that raw emotion and learned how to use strategy, unity, education, and resources to fight injustice. West Baltimore did not know how to fight before, she added.

Brown added that it is unfortunate that Freddie Gray's life had to jumpstart change.

The silver lining, she said, is that the younger generation in West Baltimore stands better prepared than their elders ever were.

"The young people don't have to deal with injustice by themselves," Brown declared.

The community has put its collective resources together, forcing discernible change.

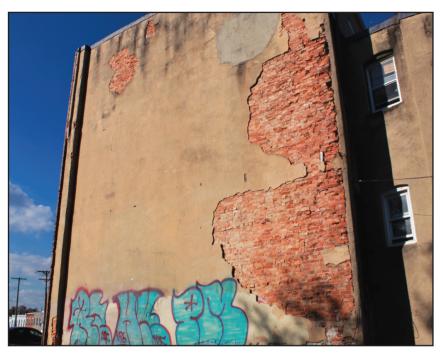
"Now," Brown proudly proclaimed.
"We're turning the tables and using the same laws the city provides and the

same restrictions. We have become mayor, we have become councilmembers, we're putting together nonprofits, and we're board members. "We are coming for you. I have so much pride to see how this has all evolved in five years. We've had to deal with so much that the rest of the city never had to deal with."

Baltimore Uprising: Have Things Changed or Remained the Same? is one of 13 community-based events and projects marking the fifth anniversary of the death of Freddie Gray and the Baltimore Uprising supported by Open Society Institute-Baltimore.

The Baltimore Times will highlight other stories like Brown's, and the newspaper plans to present an exhibition of Baltimore-based artists, a gallery walk, and a community conversation on the subject, "Baltimore Uprising: Have Things Changed or Remained the Same?"

To see the work of Daisy Brown, visit https://www.thepealecenter.org/stoop-shoots-by-daisy-brown/



Graffiti work on the side of a home on Fulton Ave.



Mural on the side of convenience store on the corner of Riggs and Gilmor Streets



Basketball hoop taken at the court on Gilmore and Laurens St. adjacent Gilmor Homes



Squeegee boys.
Photo taken on Orleans Street

**PHOTOS: Daisy Brown** 

# Rambling Rose

Happy New Year! & Happy Kwanzaa!



Rosa Pryor Trusty



Thank you to all who have supported my column, "Rambling Rose" and the paper I love from the bottom of my heart, "The Baltimore Times" I want to say thank you so very much and looking forward to 2021 to bring you back the live entertainment and shows. God bless you all. Remember if you need me, feel free to call me anytime at 410-833-9474 or email me at: rosapryor@aol.com.

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





(Left): William "Carlos" Hutchins, CH Productions usually has two affairs in December in which attendees bring toys for less fortunate families. Due to COVID-19, they were unable to have the affairs, so he held a toy drive drop off last week. He wants to send special thanks to everyone that contributed to the holiday toy drive. They received food from Rising Sun FBC Women's Ministry. Toys will be sorted and distributed to deserving families this week. God bless you and associates Carlos. (Right): William Carlos Hutchins with his Funding Group, located 1228 N. Rolling Road, Catonsville, Maryland 21218.

Robert Cradle, Baltimore native recently received the Better Baltimore Awards for 2020. He has been helping undeserved Baltimore-area residents for over 20 years. Through his nonprofit, the Rob's Barbershop Community Foundation has set up over 35 projects including about 15 permanent salons and barbershops, offering a range of grooming services to serve those living in poverty or lacking money or hygienic resources. Congratulations Rob, well deserve, May God continue to bless you.





Eartha Lamkin, Baltimore's own renowned jazz vocalist, opera singer, choir director, founder of "Youth Training Program" called "B-Sharp Summer Music Enrichment Academy," passed away last week. Her viewing will be Monday, January 4 from 5-8 p.m. Family hour from 5-6 p.m.at Wylie's Funeral Home 9200 Liberty Road in Randallstown and her funeral will be Tuesday, January 5, 2021 beginning at 11:30 a.m. Live Stream: For those who will not be able to attend the service. Go to: https://wyliefj.com Condolences to John Lamkin II and his children and family.



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## Ravens RB Gus Edwards unsung hero on offense

#### By Tyler Hamilton

While more flashy names such as Mark Ingram or J.K. Dobbins come to mind when thinking about the Baltimore Ravens running back group, Gus Edwards just keeps working and adding a pound element to the offense.

The 6-foot-1, 238-pound running back has been a forgotten man in the past when he didn't get drafted after coming out of Rutgers in 2018. Before playing for Rutgers, Edwards spent four years at the University of Miami.

The Ravens signed Edwards as an updraft free agent in 2018 and he's averaged 5.2 yards per carry in each of his last three seasons. He quickly established himself as a contributor to the Ravens offense and has taken an even bigger step this year.

"He's really incredible. Gus [Edwards], he deserves a lot more credit than he gets. He's the heart and soul, kind of, of our team, really, with everything he does; the way he runs the ball, you see the way he catches the ball, and he breaks tackles left and right. He's a beast. He's one of our best players. It's just so much fun to play with him. And like I said, he's one of our best players — the heart and soul of this team. We go as he goes, and '8' [Lamar Jackson], as well. Those two guys really carried us,"



The Baltimore Ravens signed Gus Edwards as an updraft free agent in 2018. He has averaged 5.2 yards per carry in each of his last three seasons and quickly established himself as a contributor to the Ravens offense and has taken an even bigger step this season. Photo Credit: Mark J. Rebilas/USA Today Sports

Ravens tight end Mark Andrews said after the Ravens 27-13 win over the Giants.

Edwards is on pace for a career year this season. His 663 yards are just short of when he led the Ravens with a careerhigh 718 yards in 2018. Edwards has one game left to pick up 56 yards and set a new career mark. His six touchdowns this season are more than he

has in his last two seasons combined.

It should be noted that Edwards is setting career highs with an offensive line that was already reeling after right guard Marshall Yanda retired and only got worse when left tackle Ronnie Stanley got injured and was done for the season.

That hasn't stopped Edwards from utilizing his punishing style for offensive coordinator Greg Roman.

Edwards is most effective running between the tackles, especially on the dive portion of the read-option when defenses are forced to account for Lamar Jackson pulling the ball and taking off on the outside.

Edwards is splitting carries with Dobbins and Ingram but he's making the most of his opportunities.

"I'm just taking what's given to me out there. I'm just trying to make plays for my offense. I know how critical these games are. I'm just trying to make plays," Edwards said.

This season Edwards is also becoming a threat as an option out of the backfield. He only has eight receptions for 119 yards, but four of his catches resulted in a first down for Baltimore's offense. As they say, 'The more you can do.' "He's catching the ball out of the backfield, now— it's getting deadly. He can do it all now," Jackson said. 'He's running it [and] getting yards after the catch. Gus [Edwards] is just being him. I've been saying that he's 'Gus the bus.' He just keeps it going [and] living up to his name. I'm used to seeing it, so it's not a surprise."

The Ravens have control of their playoff destiny and can lunch their ticket to the postseason with a victory over the Cincinnati Bengals on Sunday. Edwards will have to play a key role of they win.









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