

Baltimore organizations provide handicap accessible van to Police Sgt. Isaac Carrington



Following a shooting outside his home in August 2019, Sgt. Isaac Carrington, then a 22-year veteran of the Baltimore Police Department, spent weeks at Shock Trauma recovering. On Tuesday, January 5, 2020, he got a lift when representatives from MileOne Autogroup and its nonprofit arm Wheels for Change, The Signal 13 Foundation and the Baltimore City Lodge #3 Fraternal Order of Police presented him with a handicap accessible van. The organizations joined forces to raise the necessary funds for the vehicle totaling over \$70,000, which was outfitted by and purchased from Bedco Mobility. Photo: (Left to right) Nancy Hinds, Signal 13 Foundation; Michael Fader, MileOne; Mike Mancuso, Fraternal Order of Police; Sgt. Isaac Carrington and wife Michelle (in front); Jerry Heid (liaison officer between BPD and Signal 13); and BPD Commissioner Michael Harrison. (See article on page 8). Courtesy Photo: MileOne Autogroup

Baltimore social worker pens book to draw attention to pandemic of child sex abuse

By Stacy M. Brown

“Body Safety Zones Activity and Coloring Book” is a publication that Baltimore-based social worker and therapeutic consultant Terri Johnson has long wanted to publish.

“It’s been a book that I’ve been writing in my heart for about 30 years,” Johnson said.

There is little reason to wonder why Johnson, who works to protect children from harm, wanted to publish a book, which people of all ages could understand.

“When I was young, I started noticing violations of young people, including myself, in terms of not feeling like my body belonged to me,” Johnson said.

Johnson says she became protective of her younger siblings and cousins, and later, she offered counsel to many who suffered sex abuse as children.

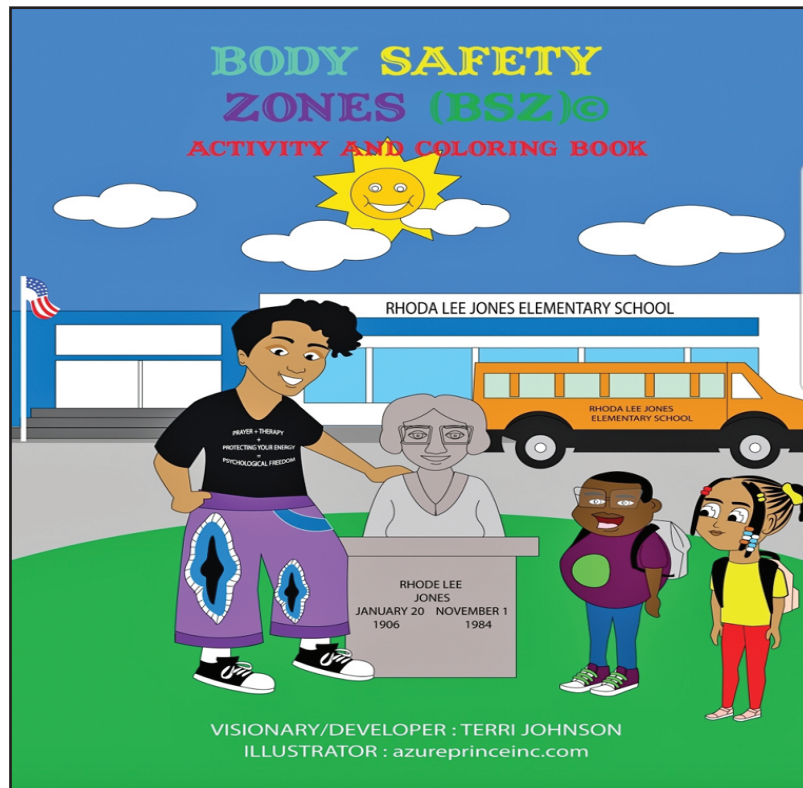
According to the anti-sexual violence organization RAINN, child sexual abuse counts as an international public health crisis. In the United States alone, child protective service agencies substantiate or find evidence for a claim of sexual abuse every nine minutes, RAINN officials said.

Johnson’s book follows a school social worker and students discussing the four “body safety zones”—mouth, chest, private parts and bottom. They also discuss how to tell adults “no,” if they make them feel uncomfortable and how boys should speak up, too.

“Sometimes, a person who touches children will tell them lies or things that are not true, such as ... ‘This is a secret, so don’t tell anyone.’ Don’t trust them, friends, tell a trusted adult,” Johnson writes in the book.

“I have had a lot of clients in my private practice share with me the devastation of sexual abuse,” Johnson said. “My spirit was unsettled. Children are my favorite people, and sexual abuse is a pandemic that is silent and ignored. It was hard for me to get people to spread the word about this book. It’s just a tool to start the conversation.”

The Morgan State and University of Maryland graduate says there is a lot of information available to the public about child abuse. However, Johnson pushes



Baltimore-based social worker and therapeutic consultant Terri Johnson is the author of “Body Safety Zones Activity and Coloring Book.” The book follows a school social worker and students discussing the four “body safety zones”—mouth, chest, private parts and bottom. Courtesy Photos

prevention over intervention.

“You have to prevent child sex abuse and the devastation that comes with it,” Johnson said. “It’s a violation of not just your body, but your soul. There is a lot of anxiety, depression, relationship issues, sexual health issues, identification issues like ‘Who am I,’ and ‘Where do I fit.’ There’s a lot of uncertainty.

“I’m a proponent of prevention, so what better way to empower little people than with information [to] let them know that adults have to respect their bodies?”

At 32 pages, “Body Safety Zones” includes a glossary of terms and a resource page featuring child advocacy organizations.

“In the book, I didn’t name actual body parts. That’s why it’s ‘zone,’” Johnson said. “But in the back of the book, there’s a glossary that encourages parents to give the proper name because that’s how predators capitalize, by giving a private area a different name and normalizing it. Knowing the correct names empowers children. I want to

leave parents with a plethora of resources, so they can further educate themselves to see how devastating this can be for children.”

Johnson spent the summer teaching body safety zones to elementary school students at Mary Ann Winterling Elementary School in Baltimore. The book pays homage to the school and Johnson’s great grandmother, Rhoda Lee Jones, who raised her and inspired her passion for children.

“I asked the kids if they want to be a body safety advocate or ambassador,” Johnson said. “I shared with them that when you speak up and see something

that’s not right—that’s being an advocate. An ambassador is spreading the word and teaching others about body safety zones. Many of the kindergartners and pre-kindergartners said they want to be ambassadors. They get it.”

A portion of the book’s proceeds will benefit a book scholarship in Johnson’s great grandmother’s name and child organizations that work toward the prevention of child sex abuse.

To learn more about Johnson, visit her Instagram page @persistenceistheway. To purchase “Body Safety Zones,” visit <https://www.amazon.com/Body-Safety-Zones-Terri-Johnson/dp/1734837713>.

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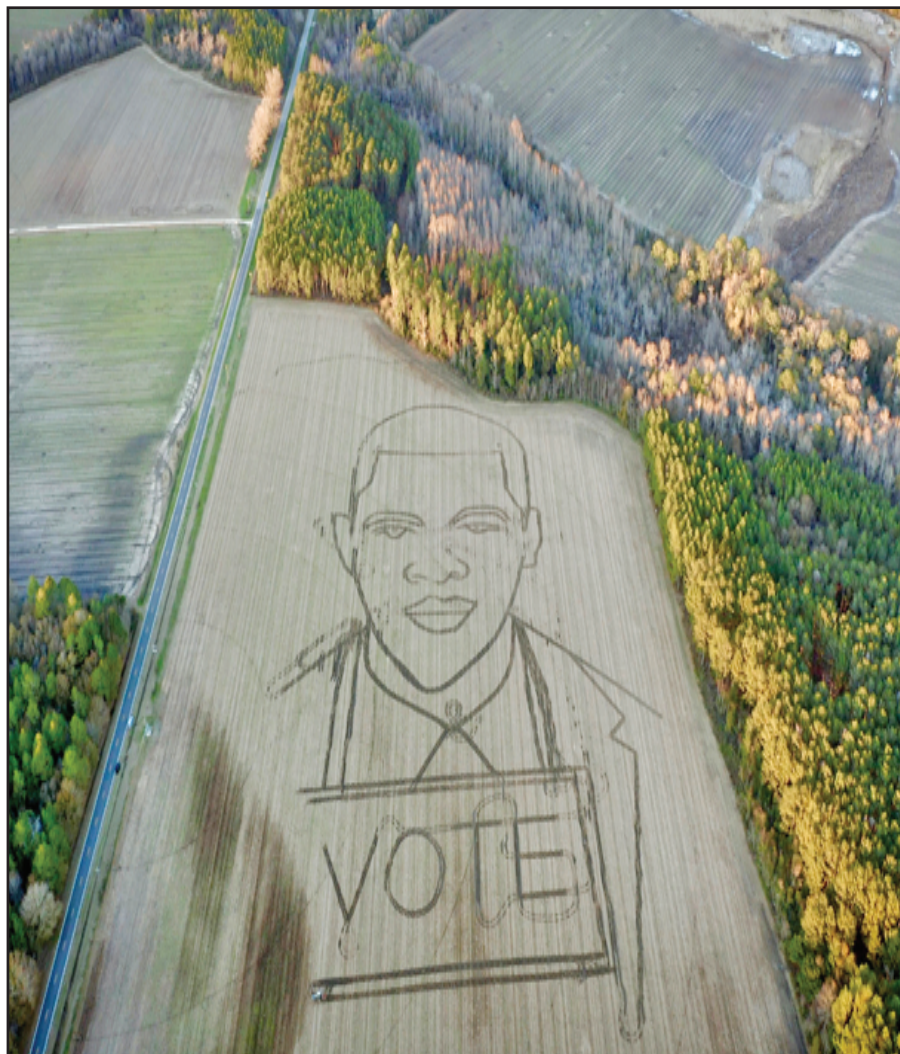
Georgia farmers create 40 acre portrait of John Lewis in last minute call to vote

Atlanta— In a stunning poetic short, John Lewis’s words about our planet united with the imagery of his crop art portrait drawn into 40 acres of Georgia farmland.

The message called “The Spirit of History” was the latest release in a powerful series of digital spots addressing the 2020 elections shared by celebrity cultural leaders Mark Ruffalo, Jason Momoa, Zoe Kravitz, Janelle Monáe, Donald Glover and Van Jones. The spot features John Lewis’s legacy encouraging Georgia citizens to “Vote With Love” in the senate runoff race on January 5, 2021.

The John Lewis farm tribute was created by crop artists John Quigley and Art Tanderup in a 40-acre field on Regenerative Farmer Dan Glenn’s farm in Irwin County, Georgia. Dozens of Georgia’s diverse communities worked together through rain and shine to create the call to action. The farm sits on the original Tribal Lands of the Muskogee Creek Nation. Chief Marian McCormick supports the message of “Vote With Love” and had the following to offer about John Lewis “I know that the Native American were truly helped by him. Mother Earth does not know about the color of our skin.” McCormick and her community have been working with Four Directions to activate the Native Vote in Georgia.

The spot was the second crop art piece from the grassroots effort #WithLove that sprung up in a push to appeal to U.S. citizens to vote. The first was what some are saying— is the largest political message ever made in the crop art battles “A Giant Message of Love,” a 50-acre aerial mural of the



The John Lewis farm tribute was created by crop artists John Quigley and Art Tanderup in a 40-acre field on Regenerative Farmer Dan Glenn’s farm in Irwin County, Georgia. Dozens of Georgia’s diverse communities worked together through rain and shine to create the call to action.

Photo Credit: Kristian Melom/Spectral Q for /WithLove.vote

United States with the words UNITE, #VOTEWITHLOVE, in a farm of the swing state Wisconsin.

An additional complimentary spot

“Walk Together Children” building upon Georgia’s history, spotlights Martin Luther King’s Kingtree, South Carolina speech encouraging the power of the

vote. Video portraits of Atlanta citizens paint the scene of the 2021 election, shot in landmark locations such as Ebenezer Baptist Church, where Rev. Raphael Warnock served as senior pastor and Martin Luther King’s mother was shot and killed in 1974.

One dozen and counting spots, created by a consortium of independent producers and directors, including Lilakai Moon and HUMAN., are united under the message “#VoteWithLove” for the 2020 and 2021Geo elections. The call to action is anchored in an anthem video that showcases the origins of the words in an emotional appeal from the late John Lewis.

The campaign showcases the breadth of people and personalities that make up the United States, Wisconsin and now Georgia, and range from professional athletes, farmers, youth, Indigenous Americans and a formerly incarcerated Black woman. The spots came together through the dedication of the ad makers and were created pro bono with the exception of some hard production costs.

“What we saw in November is that Georgians are powerful. We turned out in historic numbers to exercise our power at the ballot box, and we’re going to do it again,” said New Georgia Project CEO Nse Ufot. “This poetic short and crop art project will serve as a visible reminder that our voice matters. That our vote counts.”

Partners for the Georgia spots and activation include New Georgia Project, Movement Voter Project, NAACP Georgia, Culture Surge, Black Voters Matter, March for Our Lives Georgia

To see all the spots and credits, visit: <http://withlove.vote>.

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Guest Editorials/Commentary

Warnock, Ossoff win Georgia Senate runoffs

By Stacy M. Brown

Just ahead of the Senate Runoff Election, President-elect Joe Biden went to Georgia and rallied voters by demanding, “Send me these two men!” The Peach State responded.

Democrats, Raphael Warnock and Jon Ossoff, have defeated Republican incumbents Kelly Loeffler and David Perdue in close races. Warnock will go to Washington as the first Black Democratic senator from the South and Georgia’s first African-American senator. Ossoff will also make history, arriving on Capitol Hill as the first Jewish senator from Georgia.

With 98 percent of the results reported, Warnock defeated his opponent, 50.6 percent to 49.4 percent while Ossoff turned back Perdue 50.2 percent to 49.8 percent, according to projections.

The projected wins also sent a resounding message from Georgia to Senate Majority Leader Mitch McConnell (R-Kentucky): “You’re fired!”

The victories mean that McConnell and the Republicans no longer control the Senate. It also puts an end to McConnell’s moniker as “The Grim Reaper,” a title indicating his propensity for ensuring that vital legislation passed by the House would routinely die in his “graveyard.”

“Because this is America, the 82-year-old hands that used to pick somebody else’s cotton went to the polls and picked her youngest son to be a United States senator,” Warnock said, a reference to his mother made during a victory speech early Wednesday. “I stand before you as a man who knows that the improbable journey that led me to this place in this historic moment in America could only happen here.”

“What happened last night was stunning,” Warnock said in his first interview on Wednesday with CNN. He also said that he is proud of the people of the Georgia and his colleague Ossoff who was mentored by the late Rep. John Lewis.

The election, which shifted in favor of Democrats after votes were counted late Tuesday from heavily Black-populated DeKalb County, proved symbolic for some.

Following a near-decade war against the Voting Rights Act and the undisputable suppression of hundreds of thousands— if not millions— of African-American Democratic votes, Republicans lost the White House and the Senate, in large part, because traditional red states like Georgia flipped.

Democrats also count as the majority in the U.S. House of Representatives. Warnock, 50, the senior pastor at Ebenezer Baptist Church, where the Rev. Martin Luther King, Jr. preached and served as pastor, will serve for a two-year term in a seat, which became vacant after former GOP Sen. Johnny Isakson retired early.

Ossoff, 33, who owns a production company that makes documentaries, ended the hopes of the 77-year-old Perdue for a second six-year term. Both elections required runoffs after no candidate received more than 50 percent of the vote in November’s general election.

More than three million Georgia residents flocked to the polls before Tuesday’s runoffs, contributing to an historic voter turnout for a runoff election. Each of the four candidates received more than two million votes in the tight contests.

The election came as Trump continued to ramp up unsubstantiated claims of election fraud in the state.

In Fulton County, election workers reportedly faced death threats and racial slurs.

“We have had innumerable racial slurs thrown at our staff, mostly via phone but some on social media as well, and that’s been a really disappointing— just disconcerting turn of events,” County Director of Elections Richard Barron said adding that the President’s claims of voter fraud have not helped.

Late Tuesday night, Twitter flagged a post by the President as a “disinformation alert.”

In the tweet in which Twitter administrators inserted a strike-through line and stamped as disinformation, Trump wrote, “Looks like they are setting up a big ‘voter dump’ against the Republican candidates. Waiting to see how many votes they need.”

The President posted the tweet as votes in heavily populated African-American locations like DeKalb County were being tabulated and reported.



Community Affairs

Governor Hogan and Maryland Health Benefit Exchange announce new special enrollment period

Baltimore— Gov. Larry Hogan announced a new special enrollment period in which all uninsured Maryland residents have the opportunity to enroll in health coverage now due to the ongoing COVID-19 pandemic and the recent rise in the positivity rate throughout the state. The enrollment period begins immediately and will run until March 15, 2021.

“I am pleased to announce this new special open enrollment period, in addition to last year’s COVID-19 special enrollment, which saw record enrollment as one of the longest periods in the country,” said Gov. Hogan. “This additional special enrollment period is another way we are helping Marylanders weather the pandemic and come back stronger and healthier in the New Year.”

Health coverage through Maryland Health Connection, including private health plans and Medicaid, covers costs for coronavirus tests at doctor’s offices, urgent care centers or emergency rooms.

Individuals can enroll now through Monday, March 15, 2021.

Coverage dates will vary based on when a Marylander enrolls in a plan:

- Enroll Jan. 4–Jan. 15, coverage starts Jan. 1
- Enroll Jan. 16–Feb. 15, coverage starts Feb. 1
- Enroll Feb. 16–March 15, coverage starts March 1

“We are encouraged by the overwhelming response during the last special enrollment period. As the pandemic continues and job loss remains an acute consequence, we are working to make health coverage accessible to all and to support the diverse communities in Maryland,” said Michele Eberle, executive director of the Maryland Health Benefit Exchange.

The last COVID-19 special enrollment period ran from the onset of the pandemic in March through Dec. 15, making it one of the longest in the country. Nearly 107,000 Marylanders enrolled in 2020 health coverage through the special enrollment. Of the 107,000 enrolled, nearly 35,000 enrolled in private health plans, while 72,000 enrolled in Medicaid.

At-risk populations need to be priority beyond vaccine

By Patrick J. Kennedy

An end to the pandemic is finally in sight. Both Pfizer and Moderna reported that their vaccine candidates are 95 percent effective, and subsequently received emergency use authorization from the FDA.

Prioritizing the delivery of vaccines to people most at risk— including those with underlying illnesses and those who live in communities disproportionately impacted by the virus— is the right thing to do. Chronically ill patients are six times more likely to be hospitalized and 12 times more likely to die following infection, compared to their otherwise healthy peers. Meanwhile, hospitalization rates among African Americans and Hispanic/Latino individuals were 4.7 times the rate of Caucasian individuals; and the death rate of those with intellectual disabilities is roughly twice that of the general population.

Policymakers' recognition that patients facing the most risk deserve early access to the vaccine is worth applauding. But inexplicably, an increasing number of policymakers also seem comfortable with the exact opposite approach for other critical medicines.

Among both Republicans and Democrats, there is growing interest in

policymakers and insurers to rely on QALY analyses when deciding how much to pay for new drugs.

The result is as heartless as one might expect.

Suppose a patient suffers from a neurological disorder that produces a range of symptoms from blindness to partial paralysis. Now, let's suppose the

chronic illnesses, disabilities, and mental illness— those Americans for whom a return to “perfect” health is impossible.

If ICER's valuation methods continue to gain clout, vulnerable groups may find that the medication upon which they once relied is no longer covered by insurance. Meanwhile, the prospect of advancing innovative new treatments that benefit Americans with chronic illnesses, disabilities, and mental illness will become bleaker.

Three decades ago, Oregon tried to employ such discriminatory metrics in a public insurance program, but a legal challenge ultimately found them in violation of the Americans with Disabilities Act. Unfortunately, QALYs are, once again being considered by insurers, state-run Medicaid programs, and policymakers with the aim of reducing healthcare spending.

While this goal is understandable, the target is off base.

The incoming administration has a chance to put an end to QALYs. Vulnerable Americans desperately need our help. We cannot let them down.

Patrick J. Kennedy, a former Democratic U.S. representative, was lead author of the Mental Health Parity and Addiction Equity Act. He served on the President's Commission on Combating Drug Addiction and the Opioid Crisis. This piece originally ran in the Boston Herald.

“If ICER’s valuation methods continue to gain clout, vulnerable groups may find that the medication upon which they once relied is no longer covered by insurance. Meanwhile, the prospect of advancing innovative new treatments that benefit Americans with chronic illnesses, disabilities, and mental illness will become bleaker.”

the use of “quality-adjusted life years,” or QALYs, to “value” medicines. QALY-based value assessments are discriminatory, especially to elderly and those living with disabilities.

Here's how the QALY approach works: If a treatment provides a patient with an additional life-year of “perfect health,” it is awarded one QALY. If a treatment extends a patient's lifespan, but fails to return them to perfect health, it only receives a fraction of a QALY. The more QALYs a drug provides, the more “valuable” it is.

The Institute for Clinical and Economic Review, or ICER, has long urged

FDA approves a new treatment that restores the patient's vision, but does little to address their mobility issues.

For ICER, this hypothetical breakthrough drug would never yield a “full” QALY, as it wouldn't restore the patient to “perfect health.” Despite greatly improving the patient's condition, the drug may only be deemed worthy of half a QALY, thus insurers' would be urged not to cover it because it's not considered cost-effective by ICER's standards.

Cost-effectiveness evaluations inevitably and systematically discriminate against those living with

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Thirteen Local Civil and Human Rights Activists to be Honored

First Virtual MLK Jr. Awards Program Friday, Jan. 15, at 6 p.m.

Annapolis— The 33rd Annual Dr. Martin Luther King, Jr., Awards Program will air virtually on Friday, January 15, 2021 at 6 p.m. The program will conclude with a viewing of the award-winning short film, “The Dream Revisited: Civil Rights In Perspective,” followed by a virtual discussion of local leaders and activists, “Is Dr. King’s dream being nurtured in Anne Arundel County today?” The largest celebration of Dr. King’s birthday in Anne Arundel, this will be the first year the event will be held virtually via cable and social media. The U.S. Naval Academy Gospel Choir will perform during the program.

There are several ways to watch the free program: Viewers can access the program at www.mlkjrm.org, the MLK Committee’s website. Viewers can also access the program via the City of Annapolis Television (local access) on channel 99/100 for all Comcast subscribers and on channel 34 for all Verizon subscribers. For Anne Arundel County cable networks, viewers can access the program on channel 38 for all Verizon subscribers and channel 98 for all Comcast/Broadstripe subscribers. Contributions to the nonprofit MLK Jr. Committee are welcome at the website above and by mail to P.O. Box 371, Annapolis MD 21404.

The Dr. Martin Luther King, Jr., Awards Program in Anne Arundel County was founded in 1988 by then Alderman Carl Snowden. Designed to pay homage to the memory of Dr. King, the program honors those whose deeds, words and actions have helped keep Dr. King’s legacy alive. The program is a reflection on the best that Anne Arundel County has to offer.



Peace Maker Award

Diana Love founded the West Annapolis Pop Up Pantry (WAPP) in 2020 and worked with community partners to raise more than \$100,000 in one month to provide food and aid for COVID-19 crisis response. Amy Marshall is also the recipient of the Peace Maker Award. Marshall supported Diana Love’s efforts with the WAPP by offering her short-term rental property as a storage and distribution site. Love and Marshall’s mission is to support members of the community who’ve lost their income due to COVID-19 and who do not have access to federal aid such as unemployment, stimulus checks, or loans.



Drum Major Award

Midshipman First Class Madeleine Cooke is originally from Maryland. Cooke and her family ultimately settled in New York City, where Cooke graduated from St. Saviour High School in Brooklyn. During high school, Cooke volunteered at the St. Saviour Church food pantry. She now attends the U.S. Naval Academy, where she consistently meets the Academy’s mental, moral, and physical mission with resolve and grit and has been an exemplary leader. At the Naval Academy, Cooke is the president of the Midshipman Black Studies Club, which works to empower future leaders of the U.S. Navy and U.S. Marine Corps.



Courageous Leadership Award

Adrienne Jones, Maryland House of Delegates Speaker has been a delegate since 1997, originally serving as Speaker Pro Tempore in the Maryland House of Delegates for 16 years. In 2019, she received the Casper R. Taylor Jr. Founder’s Award for her government service, the highest award given to a member of the House of Delegates. She served for 37 years as the first executive director of the Baltimore County Office of Fair Practices and Community Affairs, as deputy director of the Baltimore County Office of Human Resources, and is the founder of the annual Baltimore County African American Cultural Festival, now in its 21st year.



Morris H. Blum Humanitarian Award

Steuart Pittman, Jr graduated from the University of Chicago and went on to work as a community organizer in Chicago and Des Moines. Once back home in Davidsonville, Pittman coordinated programs for National Low Income Housing Coalition and Association of Community Organizations for Reform Now before starting his own business as a farmer and horse trainer. Pittman is also a director of the Anne Arundel County Soil Conservation District. Currently, Pittman serves as Anne Arundel County Executive, where he has pledged to engage communities from every sector and practice transparency and data-driven policymaking.



Dream Keepers Award

Delorma "Dee" Goodwyn has spent nearly 30 years volunteering for civil rights and social causes in Anne Arundel County. For the past decade, Goodwyn has served on the Dr. Martin Luther King Jr. Committee Board of Directors, supporting various programs and fundraising efforts, and also establishing the Fannie Lou Hamer program. Goodwyn was appointed member of the Annapolis Human Relations Committee.



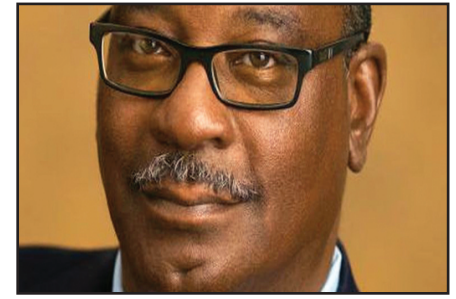
Coretta Scott King Award

Barbara Arnwine is president and founder of the Transformative Justice Coalition and is internationally renowned for contributions on justice issues, including the passage of the landmark Civil Rights Act of 1991 and the 2006 reauthorization of provisions of the Voting Rights Act. She is also the board vice-chair of the National Coalition to Abolish the Death Penalty and serves on the board of directors of MomsRising and Independent Sector.



Coretta Scott King Award

Daryl Jones, Esq. Attorney Daryl Jones, is a former two-term member of the Anne Arundel County Council. He was the first African-American male and the second African-American to be elected to that body. A resident of Severn, Maryland, he is now serving as chairman of the board of directors for the Transformative Justice Coalition, a national voting rights organization. Under his leadership the TJC has ensured that millions of eligible voters rights are protected.



Coretta Scott King Award

Vincent Leggett is president and CEO of Leggett Group USA, an Annapolis-based consulting firm. Three decades ago, Leggett founded the Blacks of the Chesapeake Foundation. He is a board member of the Chesapeake Legal Alliance and former chair of the Wiley H. Bates Legacy Center. Leggett was elected president of the Anne Arundel County Board of Education and served as the CEO of the Housing Commission of Anne Arundel County and the Housing Authority of the City of Annapolis.



Drum Major Award

Dr. Erin Snell has dedicated her career to promoting educational equity and finding solutions to systemic racism that leads to these inequities. She is the executive director of the Annapolis nonprofit Charting Careers, which works to break the cycle of poverty by supporting children and their families through mentoring and college and career preparation. She also serves as co-founder and co-chair for the Collaborative of Nonprofits Serving Children and Youth in Annapolis and Anne Arundel County.



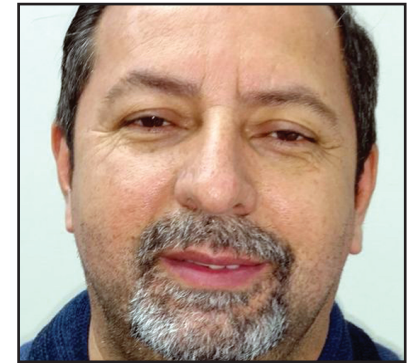
Drum Major Award

Dee Strum served two terms as president of the National Coalition of 100 Black Women, where she worked with Speaker Nancy Pelosi and Vice President Joe Biden on the reauthorization of the Violence Against Women Act and amendments to the Voting Rights Act of 1965. Strum was recruited by the Indiana Office of the Governor to establish Indiana's first statewide housing agency. She returned to Annapolis and established her first business, MDStrum Housing Services, and became a national expert in housing and community development.



Drum Major Award

Michael Sears is the director of Leadership Innovation at the Boeing Leadership Innovation Laboratory, Stockdale Center for Ethical Leadership at the U.S. Naval Academy. Sears, a graduate of the U.S. Naval Academy. Sears is also a 30-year veteran of California's Silicon Valley, where he worked with technology companies, ultimately becoming CEO of a technology company, and founder of a small Internet media company. During that time, Sears was granted and received three U.S. patents as a co-inventor of technology.



Alan Hillard Legum Civil Rights Award

Walter Vasquez was born and raised in El Salvador. Vasquez later moved to Miami before ultimately settling in Annapolis. There, he opened Sin Fronteras, a Mexican-Latin American restaurant with locations in Annapolis and Glen Burnie. Since his time in Maryland, Vasquez has been an advocate for greater Hispanic and multicultural representation in Annapolis government and economic planning. This month, Vasquez opened Annapolis International Market, an international grocery store which he hopes will help stimulate cultural growth for his shoppers and the community.

Local Baltimore organizations provide handicap accessible van to police Sgt. Isaac Carrington

Baltimore— Following a shooting outside his home in August 2019, Sgt. Isaac Carrington, then a 22-year veteran of the Baltimore Police Department, spent weeks at Shock Trauma recovering. On Tuesday, January 5, 2020, he got a lift when representatives from MileOne Autogroup and its nonprofit arm Wheels for Change, The Signal 13 Foundation and the Baltimore City Lodge #3 Fraternal Order of Police (FOP) presented him with a handicap accessible van. The organizations joined forces to raise the necessary funds for the vehicle totaling over \$70,000, which was outfitted by and purchased from Bedco Mobility.

“With the donation of this accessible van, I can now look forward to recovery,” said Sgt. Carrington. “This generous gift of mobility makes it possible for me to get my life back together and move forward. I am very thankful for all the support.”

The FOP, which orchestrated the fundraising effort and pledged the initial funds, worked closely with Signal 13, an organization dedicated to providing financial assistance to qualified Baltimore City Police Department personnel, both civilian and sworn, who experience unexpected financial hardship, to drive awareness to the effort.

“Signal 13 was founded in 1983 by a former police commissioner and local philanthropists to help injured officers like Sergeant Carrington. Signal 13 is a not-for-profit with a mission to support Baltimore police families and make their lives better. We are honored to support Sgt. Carrington as he begins this new chapter,” says Nancy Hinds, CEO of the Signal 13 Foundation.

Signal 13 board member, Steve Fader, CEO of MileOne Autogroup and president of Wheels for Change, its nonprofit arm providing relief to organizations in the community who struggle with transportation, learned of the fundraising effort during a recent board meeting and pledged on the spot.

“We know from our many years of providing vehicles to those in need that transportation is transformational,” said



MileOne Autogroup and its nonprofit arm Wheels for Change, The Signal 13 Foundation and the Baltimore City Lodge #3 Fraternal Order of Police (FOP) presented Sgt. Isaac Carrington with a handicap accessible van. on Tuesday, Jan. 5, 2021.

Courtesy Photos/MileOne Autogroup

Fader. “Being able to do this for Sgt. Carrington is a great honor and privilege.”

With the necessary funds raised, Bedco Mobility was approached to outfit the vehicle— a 2019 Toyota Sienna specifically for Sgt. Carrington’s needs.

Fifteen hours of driving lessons and a special driver’s license from the Motor Vehicle Administration are required in order to operate the accessibility van.

“I’m extremely grateful for the collaborative effort of the FOP, MileOne Autogroup, Wheels for Change, and the Signal 13 Foundation in supporting Sgt. Carrington. Their generosity helps him have some mobility and normalcy, which is greatly appreciated,” said Baltimore City Police Commissioner Michael S. Harrison who joined Sgt. Carrington and representatives from each of the organizations at the Baltimore Police FOP Lodge #3 for the presentation.



Bedco Mobility outfitted a 2019 Toyota Sienna specifically for Sgt. Carrington.

Ravens aren't looking to 'Remember the Titans'

By Tyler Hamilton

Making the playoffs was the first goal for the Baltimore Ravens. It took a five-game winning streak, but here they are after finishing with an 11-5 record.

This team is a little different from last year's Ravens who finished with a 13-3 record and had the top seed in the AFC playoffs. Everything went right during the regular season for the 2019 Ravens.

They won 12 straight games. Lamar Jackson lit up the NFL and was eventually named the league's MVP. However, it was a different story once the postseason rolled around.

The Tennessee Titans came into M&T Bank Stadium and closed the curtain on Baltimore's season with a 28-12 win in the Divisional round of the playoffs.

This year's Ravens team is a lot different. They had to scratch and claw their way to the playoffs.

"We're excited about the opportunity. I do love the team. I love the players and the coaches. I love what we've been through—the adversity, even—[and] the challenges, because it forges you and it makes you who you are. So, that's exciting, man. You're living in the moment, and it's an exciting thing to be



As the No. 4 seed in the AFC playoffs, the Baltimore Ravens will get a chance to revenge last season's loss when they travel to Nissan Stadium in Nashville to face the Titans in the Wildcard round on Sunday, January 10, 2021. (Above) Baltimore Ravens quarterback Lamar Jackson.

Photo Credit: Nick Cammett/Diamond Images via Getty Images

in the playoffs in the National Football League," Ravens coach John Harbaugh said.

As the No. 4 seed in the AFC playoffs, Baltimore will get a chance to revenge

last season's loss when they travel to Nissan Stadium to face the Titans in the Wildcard round.

The two teams played earlier this season in Week 11 with the Titans coming out on top 30-24 thanks to a 29-yard touchdown run by Derrick

Henry in overtime. That's two consecutive games the Ravens have lost to Tennessee.

The state of shock all of Baltimore experienced after the Divisional loss last season really stung. It put a screeching halt to what appeared to be a storybook season. In many ways, this next matchup could be considered a revenge game. However, that's not the approach that Harbaugh is taking.

"I think we're just focusing on the game. The previous games, really, have little bearing," Harbaugh explained. "We've played them many times over the years. So, it's kind of got some history—the rivalry does, sure. But what impact does any of that have on the next game? We just have to go out there and play our best game of the year—that's what we're preparing to try to do."

Jackson isn't focused on who the opponent is even though last year's loss put a damper on his MVP season. He doesn't have his eyes on revenge—moreover he's locked in on a bigger prize.

"It's not about them; it's about us," Jackson said. "It really doesn't matter who we play. We're going to go in there with the same mentality; just focus on our assignment and just try to come out with a 'W.'"

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Best Friends Animal Society offers top five ways pets can make our 2021 New Year's resolutions stick

It's that time of year again when many of us start making New Year's resolutions. After a tumultuous 2020, it may be more imperative than ever to strive for physical, mental, and emotional balance.

The good news is that there is someone who might be able to help you reach those goals that is closer than you think: your dog or cat. That's right—Fido and Fluffy can provide you with the motivation to get 2021 started on the right track.

Best Friends Animal Society, a leading animal welfare organization focused on making America a no-kill nation by 2025, offers five ways your pets can be the best resolution buddies. (Keeping in mind masks, leash laws, and social distancing should be observed whenever you're in public. It's also wise to research hours of operation for any destination before you visit.)

Start Moving— Do you have an active dog? Then you have a free personal trainer! Dogs love to get exercise and do it with such enthusiasm, they're sure to make you smile as you head out the door. Walking at a vigorous pace for just 30 minutes, five times a week can provide the moderately intensive cardiovascular exercise most physicians recommend. (If you and your dog aren't quite ready to hit that goal at the moment, try a 10 minute walk at your own pace and boost your time by five-minute increments each week).

Some cats even like to go for walks on a leash and harness or in a stroller. If you're not sure how your kitty would feel about it, do some research online to find the safest ways to introduce walking or strolling into your routine.

And if you really want to make those steps count, download Best Friends' ResQWalk app. Sponsored by Front of the Pack, ResQWalk not only tracks your mileage, it allows people to raise money for animal rescues and shelters in the U.S. every time they go walking.



Ease stress— Of course, pets are adorable to look at and fun to hang out with...it turns out they're also good for you! As research has shown, spending quality time with pets can lessen anxiety, lower blood pressure, and bolster your immune system—health benefits many of us can use.

How can you make the most of this natural stress relief? A daily 15-minute break with your cat or dog to meditate is a great start. Sit with your pet in a quiet, comfortable place focus on being present, breathing deeply, and stroking your pet's fur. Another option is to break out a yoga mat and do some poses with your cat or dog, which will not only ease stress, but also provides a gentle workout.

Eat better— Did your eating habits change in 2020? This year, swap out fatty, sweet or salty treats and start sharing some good-for-you snacks with your pet.

Dogs can eat raw sunflower or pumpkin seeds, plus produce like watermelon, blackberries, cranberries, blueberries, bananas, apple slices, and baby carrots (but no grapes or raisins, which can be toxic). Cats can get in on the fun, too. Felines are able to enjoy fish like salmon or mackerel, meats like plain boiled chicken, and even a bit of cheese or egg.

Just keep in mind that only 10 percent of a pet's daily calories should come from treats. Your veterinarian can confirm which foods are appropriate for your particular pet.

Venture Out— If you've been stuck at home and can't take one more day staring at four walls, leash up your dog (or a travel loving cat, if you've got one) and hit the road for a day trip. Many beaches, state parks, and local landmarks are still open for sightseeing, so find a spot that's sure to boost you and your pet's spirits.

Be Social— Socializing may seem oxymoronic during COVID-19, but there is a way to be amongst others safely. Get outside with your dog! They are natural ice breakers and you're sure to meet like-minded people who want to share about their own pets. A game of fetch or frisbee at the local park can also be a fun, socially distant activity to enjoy with friends and family.

Wait...what? You don't have a pet? Well, there's no better time than the new year to adopt a new best friend! By adopting, not only will you be saving a life, you'll get a great deal, as most pets are also fixed, vaccinated, micro-chipped and ready to go home for just one low fee.

To get started, visit: www.bestfriends.org and find a local shelter or rescue where your perfect pet is waiting.

"I love dogs. They live in the moment and don't care about anything except affection and food. They're loyal and happy. Humans are just too damn complicated." —David Duchovny

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