

‘Mompreneurs’ Expand The Cube to Benefit More Working Mothers



Dr. Tammira Lucas (left) and her sister, Tekesha Jamison, founded The Cube, the state's first co-working space resource to help parents balance business and families. (See article on page 9). The Chris Cam

Recipient of inaugural George E. Mitchell Park Heights Community Fellowship Grant announced

Baltimore— Park Heights Renaissance, the non-profit organization that is shaping the future of the Park Heights community, has announced Plantation Park Heights Urban Farm's Project Access as the recipient of its inaugural George E. Mitchell Park Heights Community Fellowship Grant.

Project Access was selected from a pool of applicants, which submitted an original concept to address a specific social or economic challenge of one or more of the priority project areas as identified in the Park Heights Master Plan. The unique program will receive \$25,000 to support the sustainability of its urban agriculture curriculum in elementary schools. Focused on Baltimore City students in the four public elementary schools in Park Heights— Arlington Elementary; Creative City; Pimlico Elementary; and Park Heights Academy— Project Access will provide experiential teaching to young students on how to grow, harvest and package nutrient-dense foods that will then be available to families in the Park Heights community.

"The key to keeping our young students energized and engaged is through sustainable programs like ours that set the foundation for learning, for community engagement and long-term success," said Richard "Farmer Chippy" Francis, director of Plantation Park Heights Urban Farm.

The Fellowship Grant was initiated to honor the legacy of George E. Mitchell who, before his untimely passing in July 2020, worked as a tireless advocate for the residents of the Park Heights community.

"George Mitchell dedicated his life to loving and helping people but his leadership and passion for the Park Heights community is what gave me the vision for this grant opportunity," said Yolanda Jiggetts, executive director of the Park Heights Renaissance. "Mr. Mitchell always made the children one of his highest priorities, so we look forward to seeing how Project Access develops over the next 12 months."

The goals of the Fellowship Grant are to inspire leaders and residents of Park Heights to imagine and implement a



Plantation Park Heights Urban Farm's Project Access as the recipient of its inaugural George E. Mitchell Park Heights Community Fellowship Grant. (Above) Richard "Farmer Chippy" Francis is the director of Plantation Park Heights Urban Farm.
Courtesy Photo/Plantation Park Heights

creative public and community service-oriented project, to strengthen and develop leaders and role models for youth in the Park Heights community, to strengthen and encourage community unity and to support social entrepreneurial enterprises that empower the community to increase opportunities and improve the quality of life for the residents of Park Heights.

The Park Heights Master Plan's priority project areas include youth engagement and safety, community leadership and training, reentry returning citizens, workforce development and skills training, social enterprise development, food access solutions, affordable housing and housing opportunities for vulnerable populations and social determinants of health.

"Mr. Mitchell was a champion for Park Heights. I cannot think of a better way to honor his legacy than to invest in the youth of the community he loved," said Mayor Brandon M. Scott. "Project Access is most deserving of this award and I look forward to the greatness that will come from this monumental investment."

"Our challenge was a difficult one because of the high quality of

applications. Each applicant presented a unique approach and while each was deserving of funds, we had to make the hard choice of choosing one project to

fund," said Ellen Parker, PHR board member. "The good news is that this is an annual initiative, not just a one-time funding opportunity."

Last fall, during Preakness 145, 1/ST RACING and the Maryland Jockey Club honored the legacy of George E. Mitchell with the renaming and introduction of The George E. Mitchell Black-Eyed Susan Stakes (GII). As part of its continued commitment to recognize Mitchell's contributions each year during the Preakness weekend celebration, and as part of 1/ST RACING and the Maryland Jockey Club's partnership with the Park Heights Renaissance, the recipient of the George E. Mitchell Fellowship Grant will be recognized before the running of The George E. Mitchell Black-Eyed Susan Stakes (GII) on Friday, May 14, 2021. Following the race, members of the Mitchell family will join leaders from Park Heights and other city and state officials to present the trophy to the winning connections of the 97th running of the Black-Eyed Susan Stakes graded stakes race.

For more information on Park Heights Renaissance, visit: www.boldnewheights.org.

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Kristy Fercho on Increasing Black Homeownership

Over this past year, home has never been more important. Safe, affordable housing has long been one of the most common aspirations for all Americans, and the principal way most families build wealth in this country. Yet obtaining this goal remains more difficult for people of color.

The racial homeownership gap is as large today as it was during the days of segregation, with the white homeownership rate roughly 30 points higher than Black households. New Urban Institute analysis shows that the gap may continue to grow absent intentional action. This has lasting implications: when one generation misses the wealth-building opportunities of homeownership, successive generations feel the impact as well.

For me, this is personal. As a Black woman and the Head of Wells Fargo Home Lending, I am passionate about growing Black homeownership and providing access for those shut out of the American dream.

I'm proud to have a leadership role at Wells Fargo as we take action to increase Black homeownership. We're doing this by incorporating low-down payment financing options and closing cost credits available through offerings like our new Dream. Plan. Home.SM. programs; diverse, in-market sales teams ready to provide access and support; collaboration with non-profits that understand local markets and more. These efforts are part of our \$60 billion commitment to growing Black homeownership. Wells Fargo is also investing \$50 million in Minority Depository Institutions to empower diverse communities.

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Housing stakeholders must work together to close this gap, bringing unity to this urgent moment, and I have seen firsthand the great work underway not just by lenders, but also advocates, policymakers, and others. In addition to leading Home Lending for Wells Fargo, I'm also the chair-elect of the Mortgage Bankers Association (MBA) board of directors and the leader of an affordable homeownership working group within the Office of the Comptroller of the Currency's Project REACH, which promotes financial inclusion through greater access to credit and capital.

For the MBA, one of our goals is to drastically increase affordable homeownership in the next two years by working with member companies and policymakers to take action now. As the Biden administration takes shape, our mission is to drive consideration of policy actions focused on housing, such as first-time homebuyer credits and FHA reforms.

Project REACH convenes stakeholders from government, financial institutions, nonprofits and more to tackle the structural barriers that have contributed to the racial homeownership gap. Removing these barriers to financial inclusion will help millions of people, previously left out of the system, gain access to more opportunities for themselves and their families.

Even as we work together to address barriers to homeownership, there are steps potential homebuyers can take to ensure they are best positioned to reach their goals.

- **Build your savings: trim unnecessary expenses and reduce any outstanding debts.**
- **Find a qualified lender: compare different lenders and their loan offerings to find the right fit.**
- **Do your homework: learn about your property value and equity, mortgage payments, first-time homebuyer programs and down payment assistance.**
- **Know your borrowing power: get pre-qualified or pre-approval to find homes that fit your budget.**

We all have a role to play, and while none of us can break down these barriers alone, if we are united in our pursuit, we can make a huge impact together.

For Wells Fargo's homeownership resources, visit: myfirsthome.wf.com



Meet Kristy Fercho:

Kristy Fercho is Executive Vice President and Head of Wells Fargo Home Lending. Fercho oversees one of the nation's leading combined home lenders and servicers, funding one of every twelve loans and servicing one of every eight loans in the country. She leads a team of more than 25,000 mortgage professionals in sales, operations, servicing, capital markets, portfolio management, and related business, risk management, and supporting functions.

Guest Editorials/Commentary

Hospice is about living, not dying

By *Ottamissiah "Missy" Moore*

I've been a nurse for 33 years and have spent 25 of those years caring for people in hospice. In 2017, my son, Demitrice was diagnosed with an aggressive form of cancer, and suddenly hospice came home. I knew we didn't have a lot of time left together, and I wanted to spend every moment with my son. That's why hospice was the right choice for Demitrice and our family.

On National Healthcare Decisions Day, I want to share the importance of compassionate death in the Black community, including hospice care. Hospice is a set of services designed to treat symptoms and side effects, improve quality of life, support families and address spiritual needs. It occurs during the last six months of life, after treatment of the life-limiting disease has stopped.

In the days after we chose hospice, a doctor, nurses, a social worker, and a chaplain visited our home and lent us the care and support that Demitrice needed to avoid suffering while being surrounded by loved ones. Because of hospice, I was able to focus on my son in his last days.

Those days were filled with watching movies and eating homemade chocolate chip cookies. Hospice meant that Demitrice could truly live until he died, and that every moment was spent with his loved ones. He also avoided the suffering associated with cancer because hospice reduced his symptoms and kept him comfortable.

There is evidence that Demitrice's experience isn't unique. Hospice and palliative care benefit thousands of people at the end of their lives, but Black people continue to utilize it at lower rates than their White counterparts. A recent Journal of the American Medical Association (JAMA) study found that 34.9 percent of Black study participants died using hospice services compared with 46.2 percent of White participants. This disparity echoes the disparities that occur throughout the lives of Black people, from being less likely to receive pain medications, to dying at higher rates in childbirth.

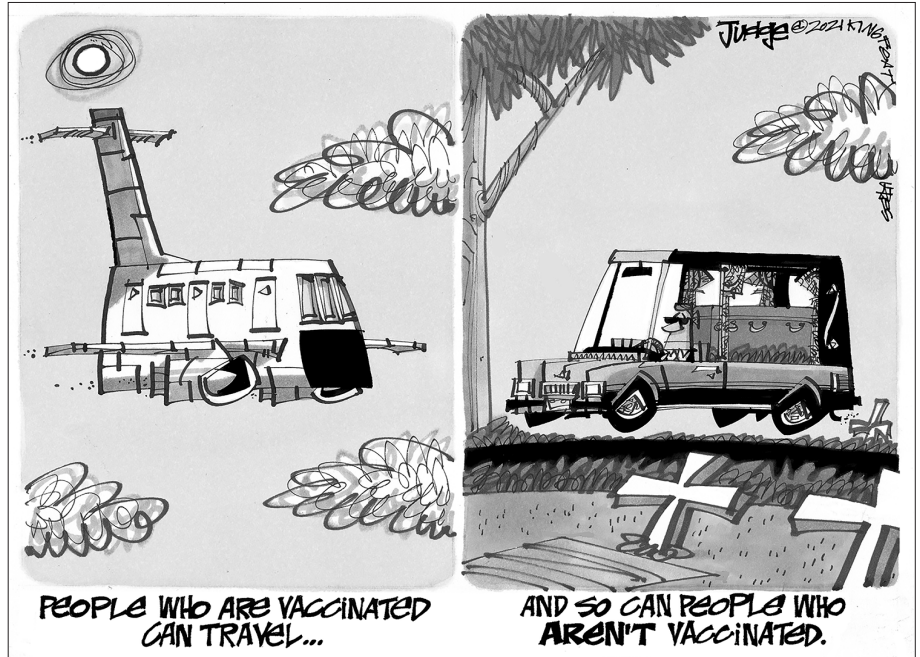
The causes of this disparity in hospice use are varied— from racism and unconscious bias to a lack of trust in the medical system. Black people are also less likely to fill out an advance directive, which speaks for a person when they can't speak for themselves. The hospice workers helped us put Demitrice's affairs in order and fill out an advance directive, including a chaplain who shared his spiritual wisdom.

However, you don't have to wait until you get sick to share your wishes for the end of life with your loved ones. National Healthcare Decisions Day is a time for families to discuss and consider their end-of-life options in the event that someone gets sick. The national nonprofit Compassion & Choices offers free tools and resources on planning for the end of life for individuals and their families, including an End of Life Decision Guide and Toolkit that walks you through the steps of identifying your wishes and conveying them to others.

I hope that Demitrice's story helps others make decisions about their end-of-life care. He died surrounded by myself and my son, peacefully and at home.

Ottamissiah "Missy" Moore is a nurse, consultant and community activist based in Washington, D.C.

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Community Affairs

Baltimore Convention Center Field Hospital launches pilot program for walk-up vaccinations without appointments

Baltimore— The Baltimore Convention Center Field Hospital (BCCFH), a public-private partnership of the Maryland Department of Health (MDH), University of Maryland Medical System (UMMS) and Johns Hopkins Medicine (JHM), will be launching a pilot of same-day walk-up COVID-19 vaccinations with no appointment needed, as of April 22, 2021.

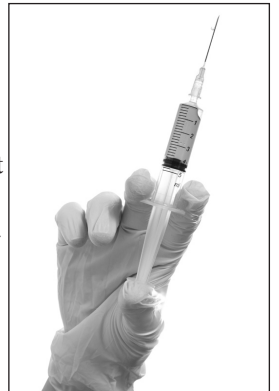
A limited amount of 200 Pfizer vaccines will be available each day on a walk-up basis between 10am and 12pm Monday thru Saturday for individuals age 16 and older, following Maryland's vaccination eligibility guidelines. Aligning with the charge from MDH for geographic priority at the BCCFH, the walk-up slots will be offered for residents of Baltimore City.

Walk-up vaccinations offer an option for Baltimoreans who have difficulty

accessing registration via a computer or phone, or who may prefer it instead of direct scheduling or pre-registration. Individuals seeking a walk-up vaccination should follow signage

directing them to the area outside the Pratt Street Lobby near the Light Rail stop, which will be a different "check-in" area than for other BCCFH COVID-19 operations. Walk-up times and vaccination capacity may change over time, and individuals should be prepared to wait, depending on demand.

Vaccination appointments are also offered at the BCCFH; individuals can call 410-649-6200 or visit www.umms.org/BCCvaccine to book an appointment. Additional information about other vaccine sites and Maryland's response to COVID-19 is available at covidlink.maryland.gov. Vaccine and other coronavirus data are available at coronavirus.maryland.gov.



Researchers test ways to encourage healthier lifestyle in African-American men

By Joy Franklin
For Men's Health Network

African Americans could expect to live 14.6 fewer years than white Americans in 1900 but the gap between the lifespan of African American men and white men was slightly smaller at 14.1 years. By 2015, the gap for both sexes had shrunk to 3.4 years, based on Centers for Disease Control statistics, though the gap between the life expectancies for African American and white men in 2015 was greater at 4.4 years, indicating that progress in closing the gap has been less for African American men than women.

COVID-19, which has disproportionately affected Black and other minority communities, appears to have reversed the slow progress. CDC projections for 2020 show a gap of 6 years for both sexes, with African Americans' life expectancy at 72 years compared to 78 years for white Americans. However, the life

expectancy gap between African American and white men is projected to be 7.2 years. While there's been some progress in closing the gap, much more needs to be done to address the systemic causes in society and in the health care system.

destroyers that undermine quality of life. In addition to type 2 diabetes, heart disease and stroke, these include gallbladder disease, many types of cancer, osteoarthritis, sleep apnea and mental disorders such as depression and anxiety. Obesity also puts people at

goals and ways to achieve them. A second group received the basic education session and information about improving healthy behaviors, but did not participate in follow-up sessions.

Study participants wore fitness trackers which measured daily exercise and completed surveys about healthy behaviors at the start of the study and at follow-up visits 6 and 12 months later.

Researchers found improved nutrition-related behaviors in the AHB group compared to the control group, but no improvements in daily physical activity. While the study's findings were limited both because of under-recruitment and because only 218 of the 333 completed the final survey, there is an obvious need to continue this type of research.

Men's Health Network reported that a recent survey found that men want to take control of their health. In the survey, 85 percent said they wanted to take charge of their fitness and 84 said they wanted to take charge of their diet and nutrition. The results were not broken out by race. But the survey indicates that this is an area where men want to be empowered.

One conclusion of the study was that because African American men have historically been a relatively understudied group, little is known about effective strategies for engaging them in research and improving health-related behaviors. This study contributes to that knowledge.

Hopefully, it will provide useful insight to support further research into ways to empower African Americans to lead healthier lives and continue to reduce the life expectancy gap.

Learn more about Men's Health Network at www.menshealthnetwork.org

“Poor diet and lack of exercise that result in obesity and/or hypertension contribute to a daunting list of health destroyers that undermine quality of life. In addition to type 2 diabetes, heart disease and stroke, these include gallbladder disease, many types of cancer, osteoarthritis, sleep apnea and mental disorders such as depression and anxiety.”

Poverty, environmental threats and racism, along with inadequate and unequal access to health care all contribute to health disparities that result in earlier mortality among African Americans. These systemic problems also contribute to individual factors, such as higher rates of obesity and hypertension, that lead to higher rates of heart disease, stroke and type 2 diabetes. The good news is that these individual factors can be modified by behavioral changes.

In 2014, the Patient Centered Outcomes Research Institute (PCORI) funded a study designed to determine if a program called Active and Healthy Brotherhood (AHB) would help Black men increase their daily exercise in an effort to reduce their risk of chronic disease. The research team also looked at how AHB affected other healthy behaviors and signs of health problems, such as high blood pressure and blood sugar.

Poor diet and lack of exercise that result in obesity and/or hypertension contribute to a daunting list of health

higher risk of severe illness from COVID-19, according to the CDC. In fact, those who are obese, compared to those with a healthy weight, are at increased risk of dying from all causes of mortality.

For the PCORI-funded study, conducted by Winston-Salem, N.C.-based Gramercy Research Group, researchers had hoped to recruit 400 African American men, but were only able to enroll 333 from four North Carolina counties. Those recruited, who had an average age of 51, didn't exercise often or eat enough fruits and vegetables, or they had diabetes, high blood pressure, or heart disease. They were divided into two groups.

The AHB group received a basic education session followed by 16 weekly sessions which focused on being active, eating healthy, and managing stress. The sessions included small-group activities that allowed the men to discuss health goals and support each other. After AHB ended, the men received three phone calls to talk about

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McDonalds awarding \$500K in scholarships to HBCU students

By Stacy M. Brown

Incoming and current students of historically Black colleges and universities (HBCUs) have just a short time left to apply for the McDonald's Black & Positively Golden Scholarship program aimed at helping individuals continue their education during the COVID-19 pandemic.

McDonald's USA is awarding \$500,000 to incoming and current HBCU students through the program in partnership with the Thurgood Marshall College Fund (TMCf).

For the second consecutive year, 34 HBCU students will have the opportunity to make their dreams a reality and obtain a college degree—receiving up to \$15,000 each in funding for the 2021-2022 academic year.

The application deadline is May 10, 2021 at 11:59 p.m. EST.

“The McDonald's Black and Positively Golden Scholarship has allowed me to be able to fully focus on completing my coursework and clinical at Howard University without having to worry about how I was going to support myself financially,” noted Maya Rashad, a Howard University College of Nursing and Allied Health Science, student.

“I had more time available to dedicate to my studies instead of trying to juggle a part-time job and a heavy course load. Receiving this scholarship has opened many doors and has made me more confident in my abilities as a student,” Rashad continued. “Without this scholarship, I am not sure if I would have been able to graduate this upcoming May 2021 with a zero balance. I will forever be grateful that I received this scholarship and am excited to see others embark on this opportunity as well.”

According to a news release, the scholarship program is just one of the many ways “the Golden Arches demonstrates its commitment to helping young, gifted and Black leaders succeed and to serving up bright futures in the communities it serves.”

According to “Moving Upward and Onward: Income Mobility at Historically Black Colleges and Universities,” a study conducted by



Howard University College of Nursing and Allied Health Science student, Maya Rashad

Courtesy Photo/McDonalds USA

Samuel DeWitt Proctor Institute/Rutgers Graduate School of Education, more students experience upward mobility at HBCUs than any other institutions, and nearly 70 percent of HBCUs students attain at least middle-class incomes.

McDonald's officials said the company understands the impact of HBCUs on Black youth.

They are committed to helping elevate the Black community by awarding

scholarships to students striving to turn their dreams of attending and graduating from an HBCU into reality.

“We are proud to continue our longstanding partnership with McDonald's and work with these exceptional students,” Dr. Harry L. Williams, President, and CEO of the Thurgood Marshall College Fund (TMCf), said in a statement. “Amid the uncertainty and confusion of the current state of the world, students remain some of the key drivers of change. They are rising to the challenges they are facing and working hard to provide much-needed support to their families and communities,” Williams remarked. “With the help of partners like McDonald's, TMCf is committed to supporting these outstanding students and helping them develop into tomorrow's industry leaders.”

As the pandemic continues to impact the ability of students to attend college, “we are honored to provide support and financial resources to help HBCU students nationwide turn their dreams of going to and staying in college into reality,” said Marty Gillis, New Jersey McDonald's Franchisee and National Diversity Marketing Committee Lead. “We are committed to feeding and fostering the communities we serve, and seeing young, gifted, and Black students succeed, and couldn't be prouder to

partner with the TMCf for more than 20 years to do so.”

Students interested in applying must meet the following eligibility requirements:

*Be 18 years old or older.

*Be enrolled full-time as a freshman, sophomore, junior, or senior attending an HBCU during the 2021-2022 academic school year.

*Have a current cumulative grade point average of 2.7 or higher

*Demonstrate leadership abilities and financial need

*Be a U.S. citizen or legal permanent resident with a valid permanent resident card or passport stamped I-551.

Incoming and current HBCU students are encouraged to apply for the Black & Positively Golden Scholarship through May 10 at 11:59 p.m. EST at www.tmcf.org.

Thirty-four scholarships, up to \$15,000, will be awarded to students for the 2021-2022 academic year, and winners will be announced this summer.



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Seawall Seeks Community Input on Its Proposed “Service Center” Project:

Looking to create Baltimore’s most civically engaged building

Baltimore— Seawall, the Baltimore-based developer behind projects like R. House, Miller’s Court, and Lexington Market, began conversations this week with neighbors and community associations about redevelopment plans for the warehouse at 2507 N Howard Street in Remington. The building, which Seawall has owned since 2014, was most recently home to materials salvage company Brick + Board and before that, an auto repair service center.

The Service Center project will adaptively reuse the existing 28,000-square-foot building and add a 40,000-square-foot, four-story addition above it. The first and second floors will become retail and office space, with leasing preference given to socially conscious organizations working to improve Baltimore City. The upper four floors will become 59 apartments targeted towards community-minded residents who are committed to being neighbors and not guests in the surrounding area through the project’s “Service Works” program.

The program will encourage building residents to volunteer hyper-locally with pre-screened nonprofits working in the immediately surrounding communities; residents who volunteer up to four hours per month will receive a discount off of their monthly rent. Seawall has taken inspiration and sought advice from Philadelphia developer Shift, whose J-Centrel project in the Harrowgate/Kensington neighborhood employs a similar model. The Service Center will look to break ground in early 2022, with completion slated for early 2023.

“We’re very excited to be starting the conversations with the communities that



Baltimore-based developer, Seawall plans to turn the Remington/Charles Village warehouse located at 2507 N. Howard Street in Baltimore City into hub for community engagement and connected living through its “Service Works” program, rewarding residents and businesses for hours volunteered. Pictured is an architectural rendering of the proposed “Service Center”

Courtesy Photo/Seawall

surround this project on how we can collectively create the most civically engaged building in our city,” said Shawn Brown, Seawall’s Director of Residential Leasing and Community-Building. “The vision for the Service Center was born out of years of conversations with community members about how new development in the neighborhood can remain in step with community needs and

wants, and enmesh new residents in the existing fabric of the area.”

Seawall has a long history in Remington and the surrounding areas, working in the community since 2007 when it acquired the over 100-year-old H.F. Miller & Son Tin Box and Can Manufacturing Plant at 2601 N Howard St. and redeveloped it into Miller’s Court, an 85,000-square-foot mix of commercial office space for education nonprofits,

local coffee shop Charmingtons, and 40 residential units available at discounted rates for Baltimore City public school teachers. Since then, Seawall has worked on a combination of owned projects, like R. House, Remington Row, and Union Mill, and also as a third-party development partner on projects like Baltimore Design School, Green Street Academy, and the Center for Urban Families.

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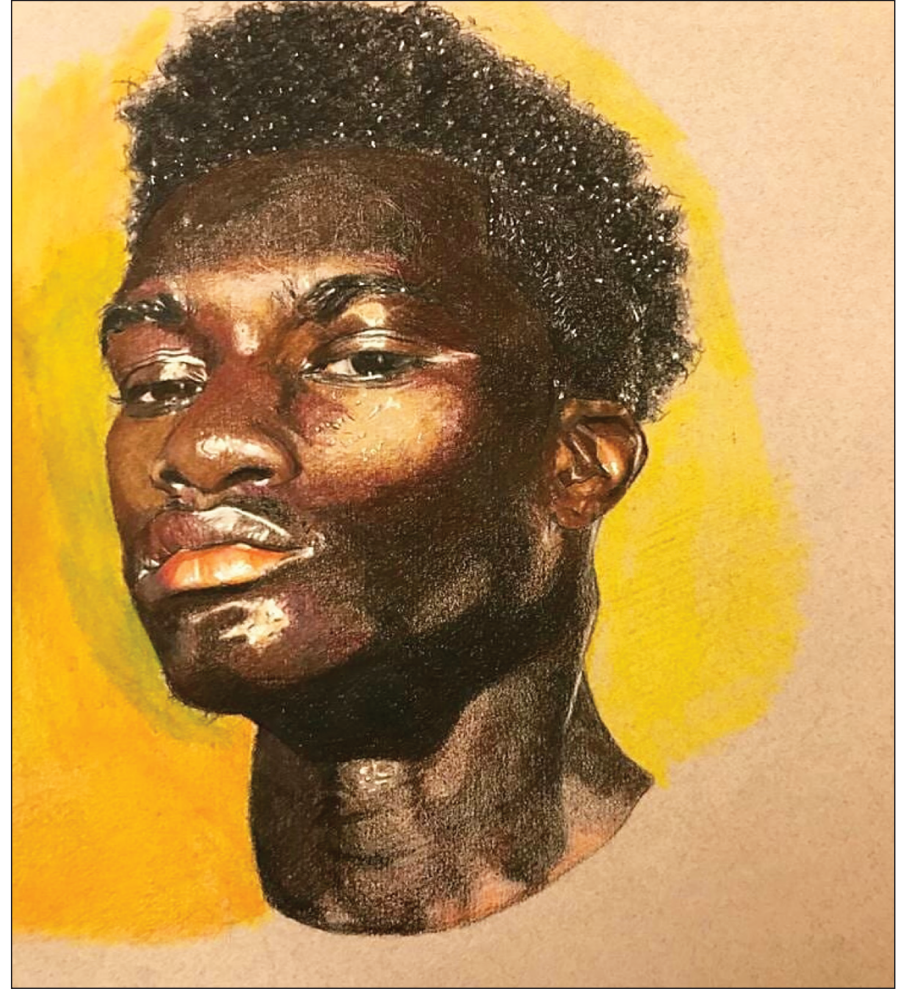
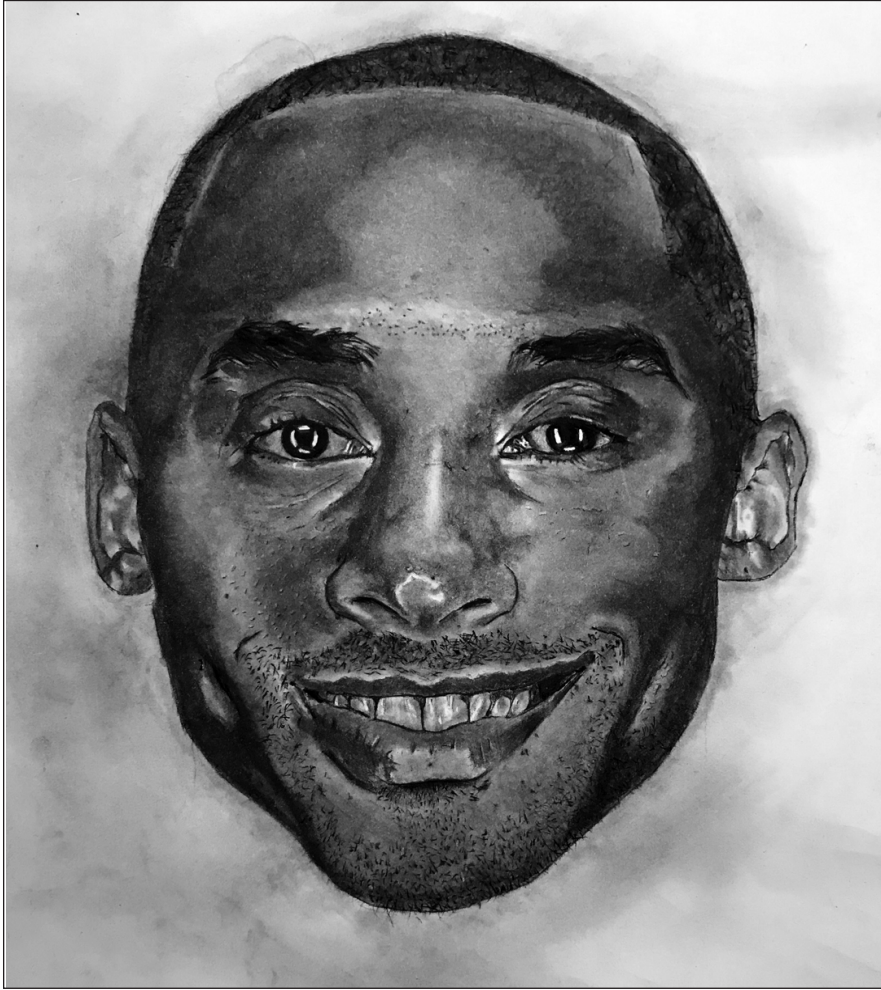
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Portrait Drawing Inspiration



Portraits by Gideon Daramola

By Fatiha Belfakir

Passionate about drawing at an early age, gifted 16-year-old artist, Gideon Daramola, finds pleasure in drawing portraits. His artistic taste and inspiration have transformed as he develops an interest in drawing the complexity of the human face.

“I started drawing when I was a kid. I drew cartoons, superheroes and mostly comics. I started drawing portraits like a year ago,” said Daramola. “I decided to start drawing portraits when I begin to analyze the complex details in human faces and how I could use different techniques to create a copy of that face on a paper.”

Daramola told The Baltimore Times that his art techniques have been improving over the years as he continues to enlarge his circle of learning and

sharpened his realistic drawing.

“When drawing a human face, the highlights and the features on the face capture my attention,” said Daramola.

Daramola utilized graphite pencils to draw pictures until he found out about charcoal/graphite powders. When drawing, Daramola starts with a sketch then he develops the skin with various layers and grades of ground graphite/charcoal powder. His best part are the highlights on the face, which makes the drawing more realistic.

“My drawings are mostly realistic but I’m trying to make them look more hyper-realistic as time goes by, my favorite drawing is the one of Mayor Brandon Scott,” said Daramola.

Daramola has two siblings, an older sister and a younger brother. His mother Gbemisola Daramola thinks he is “reserved and talented.”

“Gideon’s passion and creativity for drawing was evident since childhood, I am really interested in his drawing especially when he draws my portrait, which I proudly share with my friends,” said the mother.

Andrew Hoffmann, a production editor at Weatherwise magazine, and a member of The Philadelphia Cartoonist Society was impressed with Daramola’s illustrations and his ability to emphasize details in his portraits.

“These works clearly show a lot of skill. This artist is adept at a variety of techniques and has a solid knowledge of human anatomy, learning the techniques involved in conveying realistic images accurately is a lifetime pursuit for an artist and this artist is off to a great start,” said Hoffmann. “Outside of continuing that study, the best advice I can offer is to just keep on doing it, the

only fair way for an artist to judge his or her own work is to compare it to itself. If the art you do today looks better than the art you did a year ago, you’ll know you’re on the right path,” added Hoffmann.

Daramola loves to see the joy and happiness on people’s faces when they see his artwork. He is always striving to be better in every piece of art that he makes. He aspires to be as good as his favorite artists such as Kelvin Okafor; Arinze Stanley; and Fatola Israel (Heavenly Artz). His dream is to see one of his artworks in a museum one day. Daramola’s dream is to become be a full-time artist and an aeronautical engineer.

‘Mompreneurs’ Expand The Cube to Benefit More Working Mothers



Images of space in The Cube. Dr. Tammira Lucas and sister, Tekesha Jamison expanded from a 1,200-square-foot space to more than 15,000-feet in the former home of Function Coworking Community. Courtesy Photos

By Stacy M. Brown

Juggling families and business is often a challenging proposition for mothers, mainly when they are entrepreneurs—or “mompreneurs.”

With that in mind, Dr. Tammira Lucas and her sister, Tekesha Jamison, founded The Cube, the state’s first co-working space resource to help parents balance business and families.

Today, nearly six years later, Dr. Lucas and her sister have proudly announced they have expanded from a 1,200-square-foot space to more than 15,000-feet former home of Function Coworking Community.

“We saw that there was an increase in spaces but no solution for mom entrepreneurs,” Dr. Lucas said. “Moms often are crumped in the category of women entrepreneurs, but there is a huge difference, especially in our needs and the different services on how we balance careers and families.”

Dr. Lucas said she and Jamison desired to create a space that would allow mothers to grow and not be forced into choosing their careers over family.

“The Cube not only is a co-working space, but it provides onsite babysitting

services for parents so they can get their work done without being interrupted every few minutes,” noted Dr. Lucas, who holds a Bachelor of Science degree in management science from Coppin State University.

Dr. Lucas also earned a Master of Business Administration from Strayer University and a Doctor of Business Administration from Walden University.

The expansion allows 17 office spaces open to co-working activities, a gallery center to host events, and an expanded soft play environment for children six and younger.

“This is really setting the tone for Black women entrepreneurs and showing them that there is a possibility to do everything you want to do in business, but also providing a space for Black women to grow their own business and careers,” Dr. Lucas exclaimed. The growth of The Cube required a vision and lots of hard work, Dr. Lucas added.

She said Black entrepreneurs—particularly Black women—face numerous challenges and disparities that often stand as obstacles to entrepreneurial success.



Photo Credit: Austin Hill

The expansion could represent a model for others, Dr. Lucas declared.

“For me, this is personal. The expansion is important because we are the largest Black women-owned co-workspace to provide usage and services in the United States,” Dr. Lucas said. “When I started this business, I had a vision on where I wanted to go, and I never thought that I would be making history. We are Black women entrepreneurs, and we don’t get adequate financial resources and any support.

“But this is an example of what we can do and how we can do it. We bootstrapped this business and did not receive a penny of funding. If I can show people better than I can tell them, then that is what I will do. I was told it was not possible or that it was ‘cute.’

“But now we have been able to sustain this for over six years, and we have three employees and growing. I’m going to show people all of the possibilities.”

Rambling Rose

*Oh My Goodness,
Live Entertainment Again!*



Rosa Pryor Trusty

Hello everyone, hoping my column this week finds you and your family healthy and safe. I also would like to extend my condolences to the families of my readers and fans who have lost loved ones since my last column.

Oh my goodness, can you believe it—we have the opportunity to be able to see and hear out-door live entertainment again? I am very excited to see how this will work. I am not ready to attend an indoor concert yet, but I am open to an outside venue concert depending on how it's set up. I do believe it is much safer than an indoor show.

First, we will start with a one of a kind birthday party. Yes, folks it's party time, Pomonkey style! Lamont is the owner of this fantastic entertainment complex in Pomonkey, Maryland, located off of Indian Head Highway (Rt.210).

For an adult crowd looking for an entertainment outlet, which offers both indoor and outdoor concerts; car shows; special events; dancing; outdoor BBQ; and great food; then check out Lamont's Entertainment Complex on Saturday, April 24, 2021, starting at 12 noon when Lamont celebrates his birthday.

The entertainment includes: Mousey Thompson & the James Brown Experience featuring Greg Cooper; The Hardway connection; The Stacy Brooks Band; The Stone Pleasure Band; and Paul Wills & the Brothers 7 Band; just to name a few. For more information, call 301-283-0225 and tell them "Rambling Rose" told you.

Then, there is another type of party. Well, the one I have in mind is the Paul Carr's Jazz Academy of Music Concert featuring the Jazz Academy Combos.

I believe it is also going to be live streamed and on YouTube as well. It's a "Spring Concert featuring the Jazz Academy Combos on Saturday, April

24, 2021 at 3 p.m. at the N. Chevy Chase Christian Church.

Founded by saxophonist Paul Carr in 2002, The Jazz Academy of Music was established to advance and preserve jazz music through education and outreach. He partnered with established professional performing musicians in the community and educators in our school and colleges to afford opportunities to students to learn the history and traditions of jazz music. For more information, call 301-871-8418.

Now, more about some more positive stuff—my dear friend, Paul Coates the founder of Black Classic Press and his family recently received the "Family-owned Business Awards 2021 from Baltimore Business Journal. This honor is well deserved my friend, Congratulations!

Black Classic Press was founded in 1978. It is devoted to publishing obscure and significant works by and about people of African descent. It specializes in republishing works that are out of print and quite often out of memory.

Now my friend, Paul Coates is ready to look into his rear-view mirror and leave the business into the hands of his daughter Kristance, as operations manager; and his son Damani as Chief Operating Officer. I met the family in the late 1990's and I am so proud to know them. Enjoy your retirement Paul Coates; your business will be in great hands.

I hate to include sad news in my column, but these days it can't be helped. This week, I am reporting that Dr. Warren Garrison, Baltimore's well-known drummer passed away last week. Please keep his sons Brandon, Wayne and Craig in your prayers. Also an old friend of Shorty's and mine, William Quinn, a DJ from the old days, best known as "Wild Bill #1" passed away last week. For



Paul Carr's Jazz Academy of Music is having their 2021 Spring Concert on Saturday April 24, 2021 at 3 p.m. outdoors at N. Chevy Chase Christian Church located 8814 Kensington Parkway in Chevy Chase, Maryland. This is an event you don't want to miss!



Mousey Thompson & The James Brown Experience featuring Greg Cooper will be part of the entertainment lineup at Lamont's Birthday Bash on Saturday, April 24, 2021 at Lamont's Entertainment Complex in Pomonkey, Maryland.



Baltimore's renowned drummer, Dr. Warren Garrison started performing professionally at age 15 at the Pennsylvania Avenue Royal Theater passed away last week. Funeral arrangements were not available at press deadline.

many years, starting back in the 80s, he played at Roots Lounge on Vine and Smallwood Streets in West Baltimore. William owned a couple of businesses—a grocery store and a carryout. My deepest condolences to both families.



William "Wild Bill #1" Quinn, the very popular Oldies but Goodies DJ passed away last week

Well, my dear friends, I do believe I have run out of space. But remember if you need me, call me at 410-833-9474 or email me at: rosapryor@aol.com. **UNTIL THE NEXT TIME, I'M MUSICALLY YOURS.**



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MEMORIAL

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211 Maryland and RALI “Stop the Stigma” opioid education campaign reignites statewide

Baltimore— More than 43,000 Marylanders sought crisis intervention for substance use and mental health through 211 Maryland in 2020. The nonprofit organization is responding to this need by partnering with Rx Abuse Leadership Initiative (RALI Maryland), an organization committed to ending the opioid crisis in Maryland, to reignite the statewide “Stop the Stigma” campaign to support those with opioid addiction while raising awareness of the National Prescription Drug ‘Take Back Day’ on April 24, 2021 in Maryland. Marylanders can opt-in to receive opioid-related text messaging support by texting MDHope to 898-211, and to request a free medication disposal bag.

“As the central connector to health and human services statewide, we saw a spike in opioid-related calls for help last year and preliminary data for 2021 suggests even more people will be in crisis this year,” said Quinton Askew, president and CEO, 211 Maryland, Inc. “Now is the time to reach people by what they use most— their telephones. Our proactive text messaging support gives those suffering from opioid and other drug addiction a crisis specialist in their pocket. We are proud to partner with RALI Maryland to further extend awareness of all of the ways people can access opioid-related resources.”

Through the education campaign, RALI Maryland is offering free

prescription medication disposal bags to promote safe disposal of drugs. To request a free disposal bag, opt-in to the MDHope texting program (text MDHope to 898-211), select 1 for education and prevention, and 3 for disposing Rx safely. Messaging and data rates may apply.

“One of the easiest ways to play a positive role in our state’s opioid crisis is to dispose of any expired or unneeded prescription medications in a responsible way, so they don’t end up in the hands of someone who could misuse them or harm themselves,” said Blair Eig, M.D., president and CEO, Maryland Patient Safety Center, a RALI Partner. “RALI and 211 Maryland provide resources and education for all aspects of opioid misuse, including overdose prevention, signs of overdose, treatment options, safe disposal and— with the MDHope texting platform— Marylanders in need receive bi-weekly support and positive affirmations to remind them that there are people who care.”

Information is offered to anyone in Maryland with concerns about opioid use including family, friends, professionals and service providers. The MDHope text messages include:

- *Information about overdose reversal medication
- *Overdose prevention tips
- *General information on opioid use
- *Treatment options
- *Signs of overdose
- *Safe disposal of prescription drugs
- *Bi-weekly support and affirmations

To learn more about 211 Maryland and MDHope, visit: www.211md.org/stop-the-stigma. For information about RALI Maryland, visit: www.RALImd.org.

Ravens look to take advantage of deep wide receiver draft class

By Tyler Hamilton

The Baltimore Ravens have a history of success in the NFL Draft. In fact, the New York Post recently named the Ravens as the best drafting team over the last five years.

There is no doubting the team's success at most positions but the one glaring omission from their track record is wide receiver. It's not like the Ravens haven't used picks to select receivers though.

Baltimore used a first-round pick on Marquise Brown two years ago. Just last season the team invested a third-round pick to select Devin Duvernay.

Ravens General Manager Eric DeCosta knows the team needs to do a better job picking receivers. But his big picture approach keeps things in perspective.

"I'm aware that there's some fan discontent with our wide receivers in our drafting and all of that. But in general, I look at our record and how we win games and how we play football. I'm proud of the team," DeCosta said during a pre-draft virtual press conference.

Brown has posted seven and eight touchdowns respectively in the last two seasons. He has shown signs of being a dangerous receiver. Duvernay didn't have a huge impact as a rookie but DeCosta firmly believes there are big things ahead for the team's young receivers.

"We have some really good, young receivers. It's insulting to these guys when they hear that we don't have any receivers. It's quite insulting. I'm insulted by it, too, to be honest. I think we have some guys that want to show everybody what they can do," DeCosta said.

The Ravens brass acknowledged that



It would come as no surprise if Baltimore used its first-round pick on a receiver this year. There are two options projected to be available. Those options include: LSU's Terrace Marshall and Minnesota's Rashod Bateman (pictured).

Photo Credit: Jesse Johnson/USA Today Sports

this year's draft class is deep and has a variety of player types to choose from.

"There are more and more players coming out of the position that are developed, and the way the college game is going, I think we're going to continue to see it. It's a unique class, because there's versatility in the class. There are a lot of outside guys. There are a ton of slot players," said Joe Hortiz, director of college scouting for the Ravens. "There's value throughout the Draft. Our board is stacked throughout. There are not a couple high guys and then a gap. There's a nice column with a lot of names in it. It's exciting as a scout to look up there

and say, 'Hey. If we have an opportunity to take a guy high, it's going to be awesome.'

"There's going to be a guy we like, but there's also going to be an opportunity in those middle rounds, much like there was last year for us, to take players that we like.' So, it's nice to go into a Draft knowing that throughout the Draft, there's going to be options for us."

Some analysts predict a total of 15 receivers will be selected within the first two rounds.

It would come as no surprise if Baltimore used their first-round pick on a receiver this year. There are two

options projected to be available. Those options include: LSU's Terrace Marshall and Minnesota's Rashod Bateman.

Hortiz offered his take on both of them.

"In terms of [Rashod] Bateman and [Terrace] Marshall [Jr.], both [are] talented guys who have some versatility," Hortiz said. "Marshall has played outside and then moved inside. Bateman did the same thing in each of the past two years. So, they've showed off their ability to play from different spots of the offense— both [are] talented guys. A little different at what they do best, but certainly two guys that we have our eye on."

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Dinner Under the Stars: Annapolis' premier al fresco dining event

Wednesdays starting April 21st

Annapolis— Everyone is craving to be outdoors now that spring has arrived and 35 percent of county residents have received their first dose or completed their COVID vaccination. To accommodate those that prefer to dine outdoors the Inner West Street Association just received approval to start the Dinner Under the Stars outdoor dining and live music events next Wednesday, April 21, 2021.

The event will be on Wednesday evenings from 5 p.m. to 10 p.m. with socially distanced dining and live music by local musicians from 6 p.m. to 9 p.m. Diners can choose from the five traditional participating restaurants on the first block of West Street including 49 West Coffeehouse Winebar & Gallery, Luna Blu Ristorante Italiano, Rams Head Tavern, Stan and Joe's Saloon, and Tsunami. Diners can also eat outdoors close to the original area at Level— A Small Plates Lounge, Reynolds Tavern, or take a stroll to Curate for coffee and dessert. Those looking to take in the arts



Photo Credit: Jeff Voigt

can explore nearby art galleries (Gallery 57 West and Annapolis Collection Gallery) and the new murals that have been recently completed in the area. There is also family entertainment you can add to your night by experiencing an escape room at Mission Escape Rooms or take an art class at Wine & Design.

As the weather continues to warm up the Inner West Street Association is

seeking sponsors to add up to three additional nights at the end of May through the end of the season for Dinner Under the Stars so that extra nights of outdoor dining in the street can be accommodated.

During the height of the COVID pandemic last year most events shut down and some even went out of business.

The Inner West Street Association man-

aged to find safe ways to expand Dinner Under the Stars by adding social distancing, adding additional nights, and having safety measures that include wearing a mask when not seated for dining. This event was also used as a model of what outdoor dining can look like in cities around the state. Last year Inner West Street Association hosted 120 free admission events compared to 25 events in 2019. The cover of this year's Annual Financial Report from Comptroller Peter Franchot features Dinner Under the Stars with the tagline "Ingenuity in the Face of Adversity," which could also be a tagline for the Inner West Street Association and most of us that have had to reinvent ourselves during the past year.

Diners planning to visit Dinner Under the Stars have the option to make reservations or have first come first served seating. Visit the website www.DinnerUnderTheStars.org for event details that include the music schedule, reservation policies, safety protocols, and sponsorship opportunities.

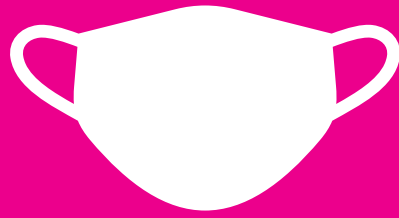


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