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Mental Health Advocate Launches School to Spread 'Green Love' and Raise Awareness

By Stacy M. Brown

Green is the nationally recognized color for mental health awareness, and it represents the strength and courage of millions who fight each day to beat mental illness.

Kellene Diana, the founder of the mental health organization, The Green Heart Community, Inc., has continued to advocate going green.

Diana, a longtime advocate in the mental health community, kicked off Mental Health Awareness Month with the second annual lighting of Baltimore City Hall.

With assistance from Mayor Brandon Scott, the dome at City Hall was lit green for the first week of May.

"It is now an annual event, and it's a topic that because of the pandemic we have no choice but to talk more about because mental illness impacts celebrities, our children, people in leadership, our city council, our government, everyone," Diana remarked. "Unfortunately, some people are still hesitant and scared because of being judged, or they are scared that they will no longer be respected."

Furthering her advocacy work, Diana founded Green Heart University, an on-line school designed to spread "green love" and to bring radical awareness to the importance of mental health.

"We have students, instructors, and partners who are on a mission to spread awareness," Diana said. "We equip our students with the tools they need to become certified mental health coaches and advocate so that they can make an



Kellene Diana, founder of The Green Heart Community, Inc. kicked off Mental Health Awareness Month with the Mayor Brandon Scott with the second annual lighting of the Baltimore City Hall dome. Courtesy Photo

Continued on page 8

Multi-year P.E.A.R.L. Pledge launched to help uplift Black women, girls across America

Program seeks community nonprofit organizations to receive \$1 million in grants in year one

Chicago— Pearl Milling Company, maker of the 132-year-old pancake mix and syrup products previously found under the Aunt Jemima name, announced its community funding initiative as part of the brand's commitment to support the Black community.

P.E.A.R.L. Pledge is a multi-year program focused on championing the empowerment and success of Black women and girls across the country. In its inaugural year, the brand will award \$1 million in grants to nonprofit organizations helping to fulfill this mission.

As part of its rebranding journey, Pearl Milling Company set out to fulfill two promises: to continue delivering the same great-tasting products families have enjoyed for over a century and to inspire moments that matter around the breakfast table and in communities.



With a commitment to community impact, the brand developed P.E.A.R.L. Pledge (Prosperity, Empowerment, Access, Representation and Leadership) as a platform to help address societal barriers faced by Black women and girls.

Recognizing the importance of Black women in the brand's history, P.E.A.R.L. Pledge will focus on providing funding to organizations helping to meet the significant needs facing Black women and girls today, such as gaps in food security and inadequate access to

financial and educational resources.

In addition to opening applications for eligible nonprofits, Pearl Milling Company is encouraging people to nominate organizations for grants that will range from \$25,000 to \$100,000. These grants will be awarded based on several factors, including how the chosen organizations will use the funding. Both nominations and applications can be submitted at www.pearlmillingcompany.com/pearlpledge; nominations will close by 11:59 p.m. PST on May 27, 2021 and applications will close by 11:59 p.m. PST on June 3, 2021.

To help select the grant winners, Pearl Milling Company will work with an Advisory Council comprised of diverse

external partners knowledgeable about the needs in the Black community and who have personally worked to drive change, as well as diverse internal team members at PepsiCo. Grant recipients will be announced on the brand's website this summer.

Addressing issues of inequality and creating opportunities for Black people ladders up to a broader commitment for Pearl Milling Company's parent company PepsiCo. In 2020, PepsiCo announced it will invest more than \$400 million over five years focused on increasing Black representation at PepsiCo, supporting Black-owned businesses, and lifting up Black communities in the U.S. As an extension of PepsiCo's Racial Equality Journey efforts, P.E.A.R.L. Pledge adds to PepsiCo's community investment, which together with The PepsiCo Foundation, includes providing \$6.5 million in community impact grants, \$10 million to support Black-owned restaurants and \$5 million to launch a Leader Development Fellowship Program.

For more information about P.E.A.R.L. Pledge, visit: www.pearlmillingcompany.com/pearlpledge.

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Guest Editorials/Commentary

NBA creates annual Kareem Abdul-Jabbar Social Justice Champion Award to Honor Player Activism

New York— The NBA announced the creation of the Kareem Abdul-Jabbar Social Justice Champion award, a new annual honor that will recognize a current NBA player for pursuing social justice and upholding the league's decades-long values of equality, diversity and inclusion.

The award is named after six-time NBA champion and Naismith Memorial Basketball Hall of Famer Kareem Abdul-Jabbar, who dedicated his life to the fight for equality. The recipient will have advanced Abdul-Jabbar's mission to drive change and inspired others to reflect on injustice and take collective action in their communities over the previous year.

The winner of the Kareem Abdul-Jabbar Social Justice Champion honor will select an organization to receive a \$100,000 contribution on his behalf. The other four finalists will each select an organization to receive a \$25,000 contribution.

"I'm honored and grateful to be associated with this award that will recognize the dedicated and selfless people fighting to promote social justice for all marginalized people," said NBA Hall of Famer Kareem Abdul-Jabbar. "To me, it's another giant step in the right direction for the country and all people who value equality."

"Kareem Abdul-Jabbar exemplifies the values of the NBA and the long history of social activism in our league," said NBA Commissioner Adam Silver. "With this new award, we are proud to recognize and celebrate NBA players who are following Kareem's lead by using their influence to make a profound impact around important issues of equality and social justice."

All 30 NBA teams will be eligible to nominate one player from their roster to be the Kareem Abdul-Jabbar Social Justice Champion. The finalists, and the winner will be selected by a seven-member committee composed of NBA legends, league executives and social justice leaders.

Abdul-Jabbar has been a champion of inclusivity dating to his youth. At 17, he met Dr. Martin Luther King Jr. in Abdul-Jabbar's hometown of Harlem, N.Y. Inspired by King's message, Abdul-Jabbar committed to using his influence as a visible athlete to be an activist during the Civil Rights Movement. He attended the 1967 Cleveland Summit where Bill Russell, Jim Brown and other prominent Black athletes gathered to discuss Muhammad Ali's refusal to serve in the Vietnam War, one of several important moments in the history of Black athlete activism. Abdul-Jabbar has continued to promote equality and combat discrimination in the decades since his retirement from basketball. In 2016, former President Barack Obama awarded him with the Presidential Medal of Freedom, the nation's highest civilian honor. In 2009, Abdul-Jabbar created the Skyhook Foundation, aimed at providing educational STEM opportunities to underserved communities.

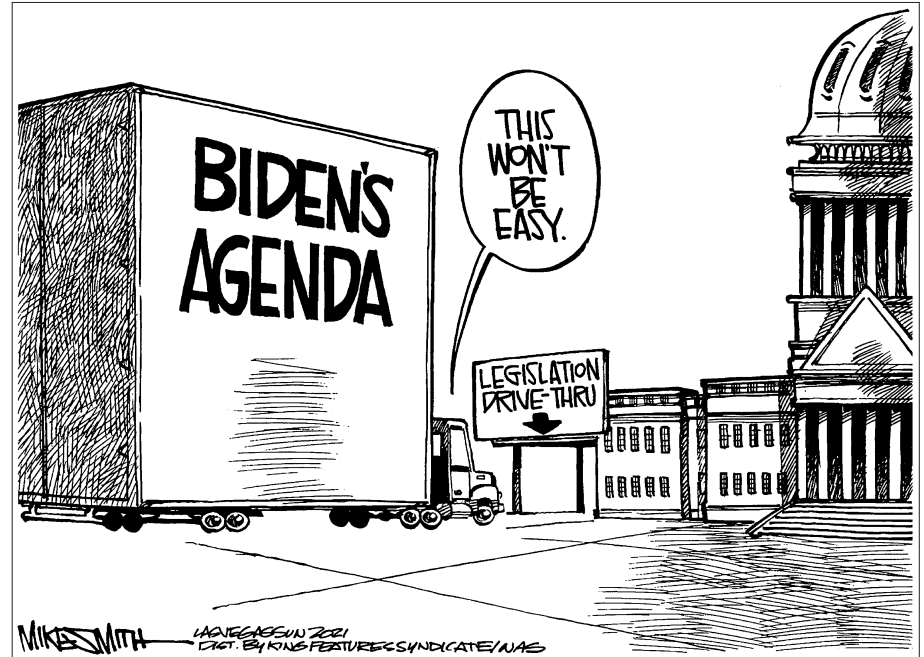
One of the most accomplished players in NBA history, Abdul-Jabbar holds league records for regular-season MVP awards (six), All-Star Game selections (19) and career points (38,387). He played 20 seasons in the NBA after leading UCLA to three consecutive national championships.

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Letters to the Editor:

Editor:

Senators Ben Cardin and Chris Van Hollen should accelerate development of the alternative-protein industry, specifically by funding cultured-meat research. For those who aren't familiar with the term, cultured meat is grown from cells, without slaughter. It's better for animal welfare, public health and the environment.

Upside Foods recently announced its cultivated chicken will be available to consumers this year, pending regulatory review. Despite this progress, open-access research is necessary to help reach price parity and address

significant knowledge gaps, such as those surrounding the creation of whole-cut meats.

Congress should reallocate the billions of dollars a year in subsidies the federal government gives to the slaughtered meat and dairy industries to cellular-agriculture development. We can create a food system that isn't cruel to animals, that doesn't breed pandemics, and that isn't driving climate change.

Jon Hochschartner
Granby, CT

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America's policing and political practices inextricably linked to KKK and white supremacy

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

Dr. Richard M. Cooper, the co-coordinator of African American Studies and faculty in the Social Work department at Widener University, said there is a hidden assumption in the statement, "comprehensive thoughts on the most recent rise of White supremacy."

The statement assumes a "rise" as an undefined indicator or measure of an increase in White supremacy over an unnoted period, Dr. Cooper submitted.

"For me, White supremacy is expressed in part, as overt White racism as a constant. It is omnipresent," he continued. "White supremacy exists in the institutional structures and the social systems of the United States. It has since and even before the birth of the United States."

With the recent guilty verdicts in the

trial of Derek Chauvin, the former Minneapolis Police Officer convicted of killing George Floyd; many opine that America is finally facing its day of racial reckoning.

Some say the murders of African American men and women and other individuals of color are reminders of how White America and its police force have routinely either prevented or undermined the quest for freedom, justice, and equality.

Several scholars told the Black Press that the United States, its police forces, and politicians now face a solemn question, "from the Klan to White supremacy, where does America go from here?"

"The original Klan and dozens of similar organizations rose after the end of slavery in direct response to the expanded rights of Black Americans," offered Dr. William Horne, a postdoctoral fellow at Villanova University studying White supremacy in the education system and White backlash movements.

"These racist paramilitary organizations worked to roll back their Black neighbors' newly won rights to bodily security, education, and voting, boasting membership of their communities' police, firemen, veterans, and wealthy White elites," remarked Dr. Horne, who co-founded and edits *The Activist History Review*.

Today's White supremacist radicals in the Republican Party parrot the rhetoric of "White genocide" used by the early Klan and affiliates while promoting the tactics of voter suppression, intimidation, paramilitary displays, and insurrectionary violence pioneered by

the same racist reactionaries, Dr. Horne concluded.

"White power, White control, and White terrorism do not vary by political party and do not vary by White people's voting patterns. Emphasizing Ku Klux Klan, White conservatives, and White Republicans allows White liberals and White Democrats to pretend to not be daily contributors to and benefactors of centuries of White abuse that encompasses all ethnicities, cultures, religions, and nations of origin that intentionally assimilated into racial Whiteness by controlling and abusing Indigenous, African-Black people, Asians, non-White Hispanics, and non-White Latinx," said Dr. Kimya Nuru Dennis, an activist, sociologist and criminologist.

Dr. Dennis is also an educator and researcher, and founder of 365 Diversity.

"The Klan represented a large percentage of White people generations ago—masked and unmasked. With the decline in Klan membership, and the recent increase in versions of White supremacist organization memberships, this highlights how White terrorism is the core of the stolen and enslaved Western Hemisphere and parts of the world," Dr. Dennis determined. "This is the foundation of local and national governments, police and law enforcement agencies, medical and health systems, K-12 schools and colleges-universities, workforce development and employment, and family services.

"Therefore, the question of where we go from here requires no longer pretending the main problem is formal

organizations like KKK and no longer allowing outspoken-when-convenient-White-liberals to be declared 'White ally.'

"When White people are allowed to smile and be comfortable in racial justice training, courses, protests, and discussions, that means the focus is 100 percent on keeping White people in power and not advancing African-Black people, Indigenous people, Asian diaspora people, non-White Hispanic people, and non-White Latinx/a/o people."

The idea of Euro-American White superiority traces back to the "age of enlightenment" that posited that the rational scientific progress made by the European powers gave them the position of superiority and empowered them to rule over the world, added Dr. Vishakha N. Desai, senior advisor for global affairs to the President of Columbia University.

"Thus, the idea of White supremacy and privilege connects colonialist practices abroad and racism at home," said Dr. Desai, who also chairs the university's Committee on Global Thought and is the author of the forthcoming book, *World as Family: A Journey of Multi-Rooted Belongings*.

"This is a broad generalization, and it must be stated that there have always been alternative points of view and actions. But the ideas of White superiority and the 'scientific progress' have been intertwined for three centuries, if not more.

"If we are to create a more inclusive society, we have to first create an idea of mutual respect and humility."

The Baltimore Times

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The Emotional Institute to present a Grief Ritual

By Ursula V. Battle

Noting these words by author Jamie Anderson, Bernadette Pleasant, founder of The Emotional Institute, said, “What Jamie Anderson says resonates through me and helps me to understand grief better.”

Pleasant, along with Sara Nics, is co-creator of “Grief Ritual,” a virtual event, which takes place on Sunday, May 23, 2021 from 4 p.m. to 5:30 p.m. The two women began having the recurring rituals in March 2020.

“Sara and I had the opportunity several years ago to attend a grief ritual,” said Pleasant. “It was a fascinating experience. I had been doing grief work for years prior to that, but to be a student was a breath of fresh air. Sarah and I met at the event, which was lifechanging and beautiful. She felt that the world needed more events like that and suggested that I do specific work dealing with grief. I thought it was a beautiful idea.

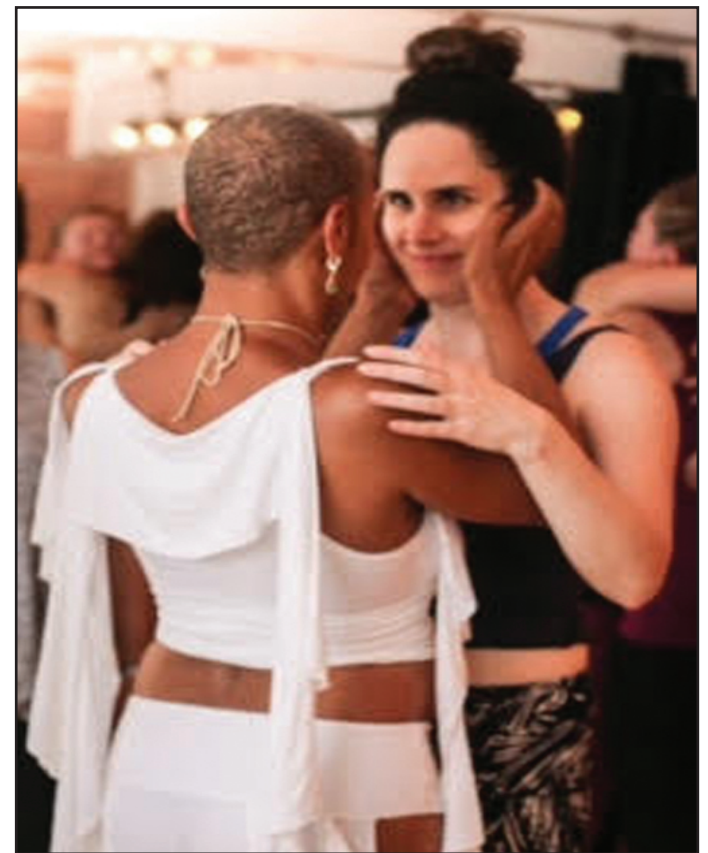
“We planned to do it in person before the COVID-19. But after the pandemic hit, we felt there was an even greater need because there was more grief present. The pandemic brought it forward more vividly. More people were grieving and having to push through.”

Pleasant approximates the upcoming Grief Ritual is number 12 of the ones presented thus far by The Emotional Institute, which she describes as a safe, inclusive place to learn about emotions in theoretical, practical, and embodied ways.

“Ideally, it’s done in person,” said Pleasant who facilitates the Grief Rituals. “There are some things you can’t do hands-on, such as hugging. There is healing that comes with the human touch, and a soothing nature that humans do when someone is grieving. Doing this virtually meant making some adjustments.

“We were pleased we went on and did it because there was such a need. We realized Zoom could only hold 100 people. I had to expand it because more and more people kept coming.”

Pleasant draws on the tradition of



(Left) The Emotional Institute will present a virtual “Grief Ritual,” on Sunday, May 23, 2021 from 4 p.m. to 5:30 p.m. For more information or to register, visit <https://www.theemotionalinstitute.com/grief-rituals>. (Right) The online sessions encourage human compassion and healing.

Courtesy Photos

African American women as natural healers, and conducts private coaching and public speaking.

“The Grief Ritual draws all ages, genders and ethnicities,” she said. “It creates a space where people feel safe to come. They can be on screen, or not be on screen. They can rave and howl as long as they are muted and not a distraction. Anyone who joins us can do it their way in a community. There is something about being witnessed. It means making dedicated time and being in a community of people and acknowledging ‘I am not okay.’ It’s an act of courage to show up in that Zoom room.”

Pleasant described the Grief Rituals, which she says run 90 minutes.

“We invite people in— all parts of them by welcoming them into the space. We welcome them in whether their hair

is straight, kinky, bald or whatever. We invite them to say the names of ancestors. If there is someone a person has lost, they say that person’s name. We do it in unison. We pour them in and bring them in our space because they are in our hearts. We also use water and fire. The water holding the tears— and the fire representing burning away. It creates a new.

“We also have movement. Grief tends to lock the body, and that holds on to grief. We keep the body moving. We also share suggestions of aftercare, how to take care of themselves, eating, journaling, taking a slow walk, and talking to someone about their grief. Many of our rituals end in celebration. When expressing grief, you have space for celebration. Through the tears there is room to move and celebrate.”

Pleasant said at its height, the online

sessions drew more than 200 people, with the median age for most participants being 40s and 50s.

“The numbers are tapering off with the world opening back up, but we will still offer these rituals,” said Pleasant, noting that while free, donations are accepted. “This is a space for all people. We all feel something whether you have lost a special person in your life, a job, a pet, or something else. It’s our desire that if people make time for themselves, it makes for a kinder world. If they see another human grieving, they make time for them.”

For more information or to register, visit <https://www.theemotionalinstitute.com/grief-rituals>.

“Grief is just love with no place to go.”—Jamie Anderson, Author

Minister's 'Good Friday' deed noticed

By Timothy Cox

During this past Easter holiday weekend, the Reverend Jesse Eugene Young of Silas First Baptist Church in Severna Park went to extreme measures to ensure that less fortunate members of the Baltimore area community received fish and chicken dinners.

In fact on Good Friday, April 2, 2021, Pastor Young purchased 100 meal tickets at \$10 a piece, from a food project sponsored by St. Mark United Methodist Church in Hanover.

Pastor Young says it is part of his ministry to tend to the less fortunate, especially senior citizens, many of whom don't have access to transportation to the Anne Arundel County-based church.

"I purchased the 100 tickets and gave the food away to senior citizens and to the homeless," said Pastor Young, a lifelong Baltimore resident who has pastored at Silas First Baptist for 32 years. "Most of my deliveries occurred on Good Friday," he said. "When I first



Pastor Jesse E. Young of Silas First Baptist Church in Severna Park says it is part of his ministry to tend to the less fortunate in the community. Courtesy Photo

leadership of the Reverend Herbert W. Watson Jr. Brother George Martin of the church's Men's Ministry administered the dinner drive. Brother Martin is a former offensive lineman at Winston-Salem State University, Winston-Salem, North Carolina.

A native of Northwest Baltimore, Reverend Young says his congregation moved into the current sanctuary in 1997. The original structure was founded May 31, 1904— 117 years ago. Two years ago, Rev. Young became the first African-American to have a street named after him in Anne Arundel County, to commemorate his 30th year as a pastor. West Earleigh Road is now renamed Rev. Jesse E. Young Way.

As a grandfather of four and husband to Gwendolyn Orellia Lewis Young, Reverend Young is no stranger to new technology. When COVID-19 took over last year, he was determined not to deny his congregation access to his ministry. In the process of earning the title of "Facebook King," Reverend Young says he "used every avenue possible to spread the gospel."

He purchased a Mevo Camera, and began live-streaming his services via Facebook Messenger. He also produces services that appear on Anne Arundel County and Howard County public access channels. Even at the tender age of 64, Reverend Young says he is not intimidated by continuing to be trained in new technology.

"I've even trained other churches on how this all works," he said.

On another subject, he feels the pandemic could spell the end of the mega church.

"Twenty-thousand members? I don't think we'll see that again. Not when people are becoming more accustomed to virtual settings, at home. Perhaps, we'll get back there, but it'll be a long while. Hopefully, some day," he said. "No more large choirs, just praise teams."

approached the recipients, many of them thought I was going to ask them for a donation. They were pleasantly surprised when they found out I had already paid for the meal."

The minister said he used his own personal transportation to distribute the meals.

"I enjoyed giving these people a chance to enjoy a good meal on Good Friday," he said. "The \$1,000 donation was a display of benevolence."

Reverend Young added that he was thankful to be in a position to help others from his particular platform.

"I've done this before— and it's not for show, or to be in the limelight, he said. "They were just happy to know someone was thinking about them."

The fish and chicken dinners consisted of two side dishes and a salad and were prepared by the congregation at St. Mark United Methodist Church, under the



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Mental Health Advocate Launches School to Spread ‘Green Love’ and Raise Awareness

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impact, income, and advocate for others.”

Diana called Green Heart University a first of its kind online school for mental health advocacy and coaching.

“We teach people how to become official mental health advocates and coaches to assist with the aftermath of the pandemic,” she said. “Green Heart University was created amidst the pandemic because of the need of so many, who have never dealt with this. I want to give people the tools they need to recognize and direct people with anxiety and depression. We have partnered with mental health professionals, suicide prevention professionals, and others to advocate for mental health.”

To date, Diana said Green Heart University had assisted thousands of women worldwide in achieving their dreams despite battling anxiety and depression.

Diana vows a personal commitment to erasing the stigma associated with anxiety and depression, particularly among women.

“The more you talk about mental health, the more responsible you are,” Diana declared. “Talking about mental illness and mental health is ok and necessary for the healing we need as a nation, not just in Baltimore.

“It’s our responsibility to open the conversation and give others the green light to do the same. We have to normalize these discussions, make them exciting. Mental health is just as important, if not more important, than physical health. If you are not right mentally then physically, you won’t feel right either.”

Kellene Diana, founder of the mental health organization, The Green Heart Community, Inc.,

Courtesy Photos



Morgan Professor Named ‘Outstanding HBCU Educator of The Year.’

Dr. David Marshall
honored by PRNEWS

By Ursula V. Battle

For two decades, Dr. David Marshall, worked as a television news anchor, reporter, producer, and writer. The long-time journalist has worked in New York City, Philadelphia, and Baltimore, having covered a plethora of news stories during his illustrious career. But now, Dr. Marshall finds himself in the news – PRNEWS. Dr. Marshall, who serves as Professor and Chair of the Department of Strategic Communication (SCOM) in the School of Global Journalism & Communication (SGJC) at Morgan State University, was recently honored by PRNEWS as the “2021 Outstanding HBCU Educator of The Year.”

“It’s been overwhelmingly positive,” said Dr. Marshall. “PRNEWS is a big national industry publication in the area of public relations, so it’s a professional achievement in your profession, which is always good. Professionally, within the Public Relations Society of America, which is our industry’s professional organization, there’s been a lot of congratulatory remarks and thanks for representing the profession.”

He added, “From the academic community, there’s been a lot of recognition. One of your jobs, I think as someone who works for a university, is to be a good brand ambassador. So, it may not necessarily be a national award, but you should really be leading in your local community or your church or your something to bring Morgan’s good name with you wherever you go.”

DeWayne Wickham, Distinguished Professor and Dean of the School of Global Journalism & Communication at Morgan State University, was among those saluting Dr. Marshall on his latest honor.

“We are certainly very proud of Dr. Marshall, the SCOM faculty, and students,” said Wickham. “In our school, we emphasize the importance of the professor-practitioner. This award validates our approach and celebrates the collective contributions that Dr. Marshall and



Dr. David Marshall, Professor and Chair of the Department of Strategic Communication (SCOM) in the School of Global Journalism & Communication (SGJC) at Morgan State University. Courtesy Photo

our entire SGJC faculty make to ensure student success.”

Dr. Marshall was among those honored by PRNEWS during the CSR & Diversity Awards held April 27, 2021.

The virtual awards ceremony celebrated communications leaders in 46 categories. In honoring the awardees, PRNEWS noted, “the winners and honorable mentions represent the communicators who use their platforms for the betterment of their communities and the global community at large. They amplify the voices of marginalized groups and dedicate themselves to social causes. These campaigns, initiatives, professionals, teams, rising stars and lifetime pioneers are helping to usher in a diverse,

equitable future and redefine organizations’ role in the fight for global change.”

Dr. Marshall is a graduate of Morgan, earning his bachelor’s degree in Religious Studies in 1987.

In 2019, PRSA Maryland named Dr. Marshall “Educator of The Year” at the annual “Best in Maryland” competition. He has been active with PRSA (Public Relations Society of America) National and The PR Council, an association dedicated to agencies with public relations offerings – on plans to create diverse pipelines of talent by encouraging agencies to increase their recruitment efforts at Historically Black Colleges and Universities (HBCUs).

“I’m really humbled quite frankly,”

said Dr. Marshall. “But I specifically wanted to have a platform as Outstanding HBCU Educator of the Year because I think that is the place where the work is really important to highlight the important roles of HBCUs.”

Dr. Marshall has served in a variety of capacities in academic life including professor, department chair, dean, academic vice president and college president. His teaching intersects public relations and journalism. He has launched a program at Morgan where his writing students are embedded at the AFRO-American and The Baltimore Times newspapers to enhance their journalism and story-telling skills. In addition to exposing students to the craft of journalism, Dr. Marshall aims to equip students with skills to tell empowering stories about people of color.

“We’re going to continue doing our job of giving the young people a great education, to watch them, and prepare them,” said Dr. Marshall, who also has experience around assessment and accreditation. A widely sought out speaker and consultant in the documentation of teaching and learning practices, he serves as the Assessment Coordinator for SGJC. Active in community and professional causes, he is also a member of NABJ (National Association of Black Journalists) and serves as President of The Maryland Chapter of The Public Relations Society of America. He earned his accreditation in Public Relations (APR) in 2019.

“I think there’s been the most reaction from industry professionals, in recognizing that this is really important work that needs to be done in order to, number one, really create pathways of opportunities for minority students coming out of HBCUs into these firms in Baltimore and across the country,” said Dr. Marshall referencing career opportunities in the field of Public Relations. “But more importantly, calling a spotlight on an industry which still in 2021, has not fixed or solved its diversity problem.”

He added, “My job is to not just to open doors for our young people, but literally to kick them down.”

African author pens children's book about diversity in skin tones

By Stacy M. Brown

Nonkululeko Kunene Adumentey was born in the Kingdom of Eswatini, a landlocked African nation that the world once knew as Swaziland.

A wife and mother of two young children, Adumentey calls her late father, Themba Micah Kunene, her hero.

He inspired Adumentey's passion for children and her will to celebrate children for their strength, voices, and diversity.

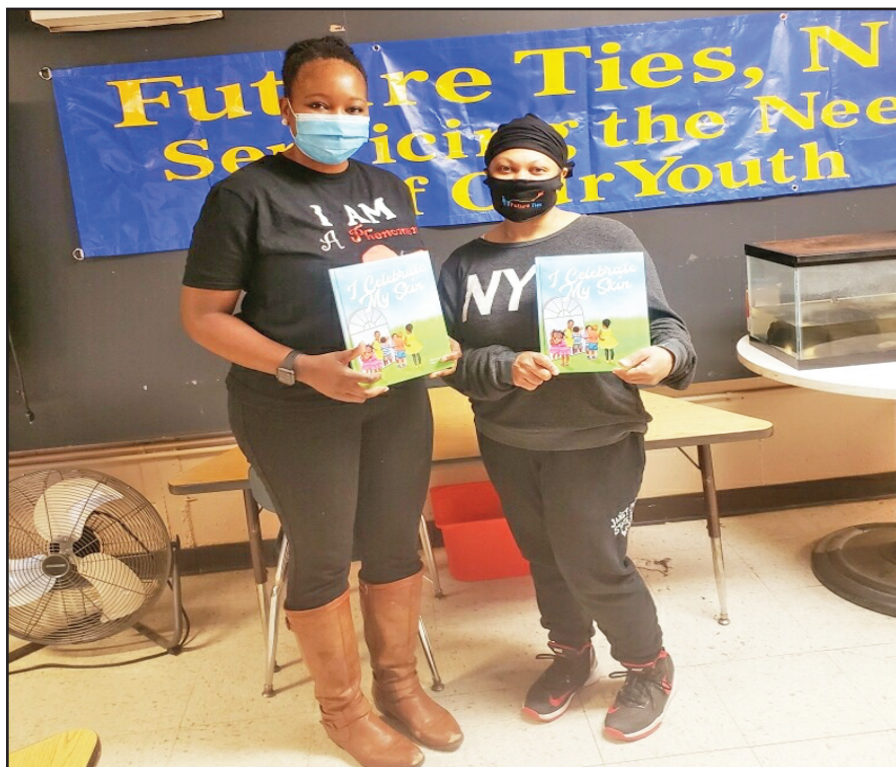
"My father was a man of humble beginnings who worked hard to provide for eight children," said Adumentey, adding that it was his conditional love, wisdom and work ethic that inspired the core of her principles and life mottos.

He also inspired her to appreciate the various skin tones found in Africans throughout the world.

That inspiration has led to Adumentey's new children's book, "I Celebrate My Skin," a 38-page hardcover book that teaches young ones about the beauty of different skin colors. It also teaches children why diversity matters.

"We must teach young people to have a true appreciation for themselves and their skin color," Adumentey demanded. "People of color are introduced to negative images of men and women of color, which affects how they perceive themselves."

Adumentey, whose name means "Freedom," left Africa for Canada at the age of 16. She eventually migrated to the United States, where she earned a master's degree in Public Health at St. Louis University. After moving to Chicago, Adumentey earned a second



Born in the Kingdom of Eswatini, formerly known as Swaziland, author Nonkululeko Kunene Adumentey was inspired by her father to appreciate the various skin tones found in Africans throughout the world. (Above) Nonkululeko Kunene Adumentey (left) and Jennifer Maddox, founder and executive director of Future Ties Community Center holding the book, "I Celebrate My Skin" at Future Ties Community Center in Southside Chicago, Illinois.

Courtesy Photo

master's degree in Geographic Information Systems at Chicago State University.

She said she had witnessed much growing up, including how the lack of diversity and understanding of race has harmed children.

"So, my book is about celebrating kids and embracing who they are," Adumentey said. "I wanted to inspire children from my village that they can do so much more. We have to love each other and embrace who we are."

Known by her friends and loved ones as Nonku, Adumentey says she is guided by one of her father's favorite mottos: "umtsentse uhlaba usamila," which counts as a saying about a strong grass that gets deeply rooted during its early stages of development.

"The essence of this saying embodies the core of early intervention and teaching young minds early so that they grow up strong and informed about the world," she said. "That's why I wrote the book. To inspire young ones toward

a greater future."

The book provides positive images, as well as anecdotes about the various skin tones found throughout the diaspora; and teaches lessons on the importance of diversity.

One critic at amazon.com notes that the book is "a beautiful representation of all of the different skin colors in the world. It teaches kids that no matter what color your skin is, we are all the same."

Another noted that the book "offers a simple but powerful message about the beauty of diversity. The text flows naturally, and the vibrant, charming illustrations engage little ones and adults alike. This would be an excellent addition to any children's library."

Adumentey says, "I Celebrate My Skin" is the first in a trilogy of books that she is writing to encourage children and others about the importance of diversity.

"I grew up in a very small village, and I faced a lot of childhood trauma, some sexual abuse, and other things," said Adumentey recalling that life was not easy growing up. "I could not celebrate who I was. I always felt like I was not fully myself but I covered everything up—and I was always 'okay.'"

"When I was 16, I left home alone to go finish high school in Canada. From that point, I traveled to the United States, got a scholarship and now I'm a mom of two, and life is different. I rediscovered myself, and I realized that my voice matters. I want my children to get this message at an early age, and that's where my book came into the mix."

"I Celebrate My Skin" is available for sale at: www.amazon.com/Celebrate-Skin-Nonku-Kunene-Adumetey/dp/1735738212.

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Baltimore AFRAM Festival Returns in August

The cultural festival is back for a week-long hybrid experience

Baltimore— Mayor Brandon M. Scott, Baltimore City Recreation and Parks (BCRP) and their partners are excited to announce the return of the Baltimore AFRAM Festival. The 2021 festival will provide Baltimore residents and festival goers a week-long hybrid experience beginning Monday, August 15, with the main festival taking place virtually on Saturday, August 21 and Sunday, August 22, 2021.

The historic Druid Hill Park will once again act as the festivals' hub, with both limited in-person and digital activities occurring in various landmark locations throughout the city.

Now in its 44th year, the Baltimore AFRAM Festival remains one of the largest African-American cultural arts festivals on the East Coast and a summer staple for the City of Baltimore. Due to health guidelines and restrictions of large gatherings caused by the Covid-19 pandemic, AFRAM's 2020 festivities



Now in its 44th year, the Baltimore AFRAM Festival remains one of the largest African-American cultural arts festivals on the East Coast and a summer staple for the City of Baltimore. The weeklong hybrid experience begins August 15 with the main festival taking place virtually on August 21 and August 22, 2021.

Courtesy Photo/BCRP

cannot be in person this year, I am just as excited to partake in this hybrid setting," said Mayor Brandon M. Scott. "I commend Director Moore and BCRP for their tremendous work to ensure Baltimoreans can still enjoy this experience. I look forward to tuning in with all of you for this year's festivities."

"We are so happy to bring AFRAM back to Baltimore this summer," said Baltimore City Recreation and Parks' executive director, Reginald Moore. "Having to sit out of the 2020 festival due to Covid-19 restrictions gave our agency time to reflect and strategize on how to bring the city a safe but memorable festival experience for 2021. While this year's festival won't bring 100,000 people to the park, we believe that the spirit of AFRAM will still be felt."

Details on performers, vendor information and how to attend/participate will be made available in the coming weeks. The public is encouraged to follow AFRAM on Instagram, Twitter and Facebook for real-time updates.

Visit aframbaltimore.com for more details. The AFRAM Festival is always free and remains open to guests of all ages.

were canceled. However, Mayor Scott and BCRP remain committed to using the festival as an opportunity to highlight Baltimore's best and brightest in Black art, fashion, food and culture.

"AFRAM is one of my favorite Baltimore traditions and although we

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Rambling Rose

The city is slowly opening!



Rosa Pryor Trusty

Hello everyone, are you excited? I know I am, but careful. So please continue to keep your mask on indoors and in crowded places. Stay safe!

Well my Boo-Boo and I went to a couple of events last weekend, which was very nice. First, we went to an indoor/outdoor car show, which we loved and saw many vintage and new cars on display with their owners in Painters Mill. They had food, drinks and areas where you could sit and rest and be socially distanced, thank goodness, because these old bones ain't what they used to be.

Then later that day we attended Gwen Patillo's 90th birthday celebration. Indeed it was very nice. You remember Gwen was Baltimore's own power-lifting champion for many years. Almost a hundred of her friends and family surrounded her wishing her a happy 90th year as she strolled down the aisle of the hall with her walking cane. "May God bless you with many more my friend."

Baltimore's Power Couple" did it again, well the female part this time. I am talking about Dr. Florine "Peaches" Camphor, wife of James "Winkie" Camphor who received an honorary doctorate at Coppin State University last week. These two people believe in pushing education. When "Peaches" started at Coppin, she did it with a \$250.00 scholarship, and didn't have to pay tuition. She graduated in 1958. She planned to be a nurse but changed her mind and decided to work as a reading specialist to help children. Now, both Peaches and Winky are very strongly involved in education even in retirement. Well done "Peaches." James "Winky" and Dr. Florine "Peaches" Camphor are the Duke and Duchess of Coppin State

University. I am so proud of them both.

Oh, let me tell you about Anthony "Swamp Dog" Clark, one of my favorite Blues musicians—I try not to miss any of his live shows. If you like the Blues, you have got to check him out. He is having this outside event with his band at the Old Bowie Town Grille at 8604 Chestnut Avenue in Bowie, Maryland on Sunday, May 23, 2021 from 4 p.m. to 7 p.m. This is an outside event with live music; plenty of good food and drinks. You got to check it out—you won't regret it. I'll see you there. Yes, the city is slowly opening and I am so happy.

Well my dear friends, I got to go now, enjoy your week. Stay safe. Remember, if you need me, call me at 410-833-9474 or email me at rosapryor@aol.com. You can send me your correspondence to my home office, 214 Conewood Avenue, Reisterstown, Maryland, 21136. UNTIL THE NEXT TIME, I'M MUSICALLY YOURS.



These ladies attended the Black-Eye Susan event at American Legion Federal Post #19 last Saturday. They look beautiful.



Dr. Florine "Peaches" Camphor with her husband, "Winkie" Camphor by her side as she received an honorary doctorate at the Coppin State University 2021 graduation on Friday, May 14, 2021.



Anthony "Swamp Dog" Clark will perform at the Old Bowie Town Grille, 8604 Chestnut Avenue in Bowie, Maryland on Sunday, May 23, 2020 at 4 p.m.

Dave Stryker Quartet featuring Warren Wolf with Jared Gold and McClenty Hunter will perform at Keystone Korner Baltimore located at 1350 Lancaster Street on Friday, Saturday and Sunday; May 21-23. Show-time— 7:30 p.m. and 9:30 p.m.



Rookie Daelin Hayes super excited to be a Raven

By Tyler Hamilton

The opportunity to join an NFL team is a dream come true for pretty much all athletes fortunate enough to play professional football. Sometimes that dream is taken to the next level when a player is selected by an organization with a track record of success like the Baltimore Ravens.

That's why 2021 fifth-round pick Daelin Hayes is excited about being selected by the Ravens. The rookie outside linebacker is well aware of the team's history of defensive players such as Ray Lewis, Haloti Ngata, Terrell Suggs and Ed Reed.

"It's just rich in tradition. I got goose bumps when I first came into the building. You talk about a long line of great players that came before you," Hayes said after his first day of rookie minicamp last week. "So, the standard was the standard, and you feel that when you walk in this building. It's just a feeling of excellence, and it just fired me up, and I was excited to get to work and anxious to get on the field today. So, yes, it was great feeling."

The Ravens also have an extensive connection to the community. That's another area where Hayes will really connect to the organization. He was heavily involved in community outreach at Notre Dame where he was a finalist for the Jason Witten Collegiate Man of Year Award.

Hayes volunteered and served as a mentor at schools in South Bend, Indiana. He also became a leader in the social justice movement at Notre



Outside linebacker Daelin Hayes from Notre Dame was selected by the Baltimore Ravens with the fifth-round pick in the 2021 NFL Draft
Photo by Shawn Hubbard/Baltimore Ravens Photos

Dame. Hayes was front and center at the Irish Juneteenth Rally and March.

The natural fit with the Ravens doesn't stop there. Hayes' ability to do multiple things within the defense is an excellent fit for the Ravens. Defensive coordinator Don "Wink" Martindale asks his players to do a variety of things. Specifically, the outside linebackers are required to rush the passer in Martindale's aggressive scheme. They also need to be able to drop into coverage on passing plays and set the edge against the run. Those are all areas that Hayes is well experienced from his time at Notre Dame.

"Yes, I feel like it's something I feel pretty comfortable in. Obviously, it's just about learning the nuances of the defense and just getting familiar with these different sets and different route combinations," Hayes said.

Although there are some similarities as far as being asked to do a lot of things, Hayes knows there's an adjustment he has to make.

"At Notre Dame, I was dropping, but I was always aligned to the boundary, so not a lot of route combinations came at me. There were times where I could be on the field, and there's all types of things that I could be adjusting to," Hayes explained. "So, it's a little bit— it's different, but that's what practice is for, that's what this time is for. So, I'm excited, I'm embracing the challenge, and [I'm] excited to see how that manifests itself in the fall."

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CITY OF BALTIMORE DEPARTMENT OF PUBLIC WORKS OFFICE OF ENGINEERING AND CONSTRUCTION

NOTICE OF LETTING

Sealed Bids or Proposals, in duplicate addressed to the Board of Estimates of the Mayor and City Council of Baltimore and marked for **WATER CONTRACT NO. 1285-Caroline Street & Vicinity Water Main Replacements** will be received at the Office of the Comptroller, Room 204 City Hall, Baltimore, Maryland until 11:00 A.M. on **June 16, 2021**. Positively no bids will be received after 11:00 A.M. Bids will be publicly opened by the Board of Estimates in Room 215, City Hall at Noon. The Contract Documents may be examined, without charge, at Contract Administration 4 South Frederick Street Baltimore, Maryland 21202 on the 3rd floor (410) 396-4041 as of **May 21, 2021** and copies may be purchased for a non-refundable cost of **100.00**. **Conditions and requirements of the Bid are found in the bid package.** All contractors bidding on this Contract must first be prequalified by the City of Baltimore Contractors Qualification Committee. Interested parties should call (410) 396-6883 or contact OBC at 4 S Frederick St., 4th Floor, Baltimore, MD 21202. **If a bid is submitted by a joint venture ("JV"), then in that event, the document that established the JV shall be submitted with the bid for verification purposes.** The Prequalification Category required for bidding on this project is **B02551 – Water Mains**. Cost Qualification Range for this work shall be **\$10,000,000.01 to \$15,000,000.00**. This project will be funded by Drinking Water State Revolving Fund Loan.

A "Pre-Bidding Information" session will be conducted via virtual in Microsoft Team Meeting +1 667-228-6519 PASS-CODE #996-785-185 on May 26, 2021 at 1:00 PM.

To purchase a bid book, please make an electronic request at:
<https://publicworks.baltimorecity.gov/dp-w-construction-projects-notice-letting>. For further inquiries about purchasing bid documents, please contact the assigned Contract Administrator **Torron.Coleman@baltimorecity.gov**. **Principal items of work for this contract include, but are not limited to:**
Abandonment and/or removal of existing water mains and installation of various sized

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new ductile iron pipes, valves, fittings, and appurtenances, replacement/installation of fire hydrants, renew and replacement of existing water services, replacement of small (residential) meter settings and meter vaults, temporary bypass piping, sidewalk restoration, curb and gutter, and roadway paving, as required.

The MBE goal is **22%**
The WBE goal is **16%**

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Clerk, Board of Estimates

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Chief Solicitor
City Hall

Lashella Miller
Chief
Minority and Women's Business
Opportunity Office

APPROVED:
Jason W. Mitchell
Acting Director
Department of Public Works

Azzam Ahmad
Acting Chief
Office of Engineering and Construction

CITY OF BALTIMORE DEPARTMENT OF TRANSPORTATION NOTICE OF LETTING

Sealed Bids or Proposal for the **TR21007 – CURB REPAIR CITYWIDE** be received at the Office of the Comptroller, Room 204, City Hall, Baltimore, Maryland until **JUNE 16, 2021** at 11:00 A.M. Board of Estimates employees will be stationed at the Security Unit Counter just inside the Holliday Street entrance to City Hall from 10:45 A.M. to 11:00 A.M. every Wednesday to receive Bids. Positively no bids will be received after 11:00 A.M. The bids will be publicly opened by the Board of Estimates in Room 215, City Hall at Noon. As of **MAY 21, 2021**, the Contract Documents may be examined, without charge by contacting Brenda Simmons at brenda.simmons@baltimorecity.gov or (443) 865-4423 to arrange for a copy of the bid book labeled "**NOT FOR BIDDING PURPOSES**" to be emailed to you. Anyone who desires to purchase a bid book to be used for bidding purposes must do so in person and by contacting Brenda Simmons at the email address or phone number above. The non-refundable cost is **SEVENTY-FIVE DOLLARS AND NO CENTS (\$75.00)** to be

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paid at the Department of Transportation 417 E. Fayette Street, Baltimore, Maryland 21202 made payable to the Director of Finance. **Conditions and requirements of the Bid are found in the bid package.** All contractors bidding on this Contract must first be prequalified by the City of Baltimore Contractors' Qualification Committee. Interested parties should call (410) 396-6883 or contact the Committee at 4 S. Frederick Street, 4th Floor, Baltimore, Maryland 21202. **If a bid is submitted by a joint venture ("JV"), then in that event, the document that established the JV shall be submitted with the bid for verification purposes.** The Prequalification Categories required for bidding on this project are **D02620 (Curbs, Gutters & Sidewalks)**. Cost Qualification Range for this project will be from **\$400,000.00 to \$600,000.00**. A "Pre-Bidding Information" session will be conducted via Microsoft Teams on **MAY 27, 2021** at 10:00 a.m. hosted by the Department of Transportation. Roll call will be taken at the beginning of the pre-bid meeting. By no later than 4pm on **May 26, 2021** email your contact information to include your name, company name, phone number and email address to Vijaykumar.parekh@baltimorecity.gov to receive an invite to the Microsoft Team (video conference meeting). Attendees who provide their email address will be furnished a copy of the Minutes of the Meeting by email which will include a list of persons present and their affiliation. It is possible that these Minutes will contain some clarification or discussion which will not be included in an addendum. Principle Items of work for this project are:
Miscellaneous Curb Replacement & Repairs - 17,000 Linear Feet
The MBE Goal is **27%**
The WBE Goal is **10%**
APPROVED: Bill Henry, Board of Estimates

CITY OF BALTIMORE DEPARTMENT OF TRANSPORTATION NOTICE OF LETTING

Sealed Bids or Proposal for the **TR21008 – ADA RAMPS CITYWIDE** be received at the Office of the Comptroller, Room 204, City Hall, Baltimore, Maryland until **JUNE 16, 2021** at 11:00 A.M. Board of Estimates employees will be stationed at the Security Unit Counter just inside the Holliday Street entrance to City Hall from 10:45 A.M. to 11:00 A.M. every Wednesday to receive Bids. Positively no bids will be received after 11:00 A.M. The bids will be publicly opened by the Board of Estimates in Room

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5 Inch Concrete Sidewalk - 33,000 Square Feet
The MBE Goal is **27%**
The WBE Goal is **10%**
APPROVED: Bill Henry, Board of Estimates

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