


The Annapolis Times

Vol. 29 No. 35 July 2 - 8, 2021

A Baltimore Times/Times of Baltimore Publication

4th of July Parade & Fireworks in Historic Annapolis



Come join the patriotic salute to our nation and frontline workers, with marching bands, fire engines old and new, cars and vans, service clubs and scouts before you start your cookout or head out on vacation! The parade kicks off at Amos Garrett and West Street on Saturday, July 3, 2021 at 10:30 a.m. and heads down West Street, wrong way around Church Circle, and down Main Street. Anywhere along the parade route will provide a good view of the parade. On Sunday, July 4th, Annapolis launches its fireworks from a barge in the Annapolis Harbor at 9:15 p.m. The best viewing areas include public spaces Northeast of the Severn River, City Dock, along the Naval Academy Bridge (limited parking area), any of the street end parks facing Spa Creek, and aboard a boat in the Annapolis harbor. The Spa Creek Bridge will be closed to traffic from Eastport into Annapolis beginning at 6 p.m. The bridge will remain closed until the conclusion of the fireworks at approximately 10 p.m. For more information about all the activities scheduled for the July 4th holiday weekend, visit:

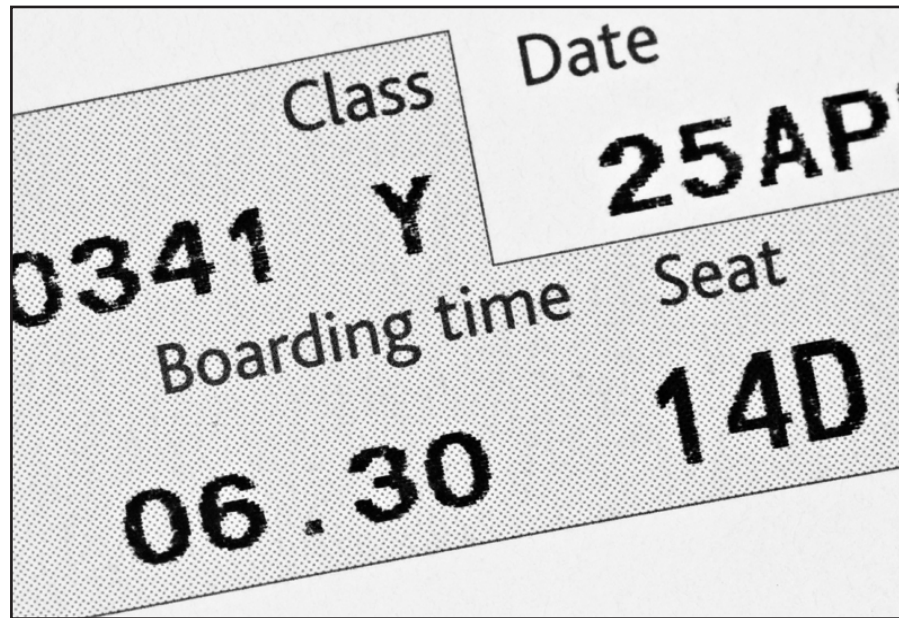
www.visitannapolis.org.

Photo Credit: ClipArt.com

TSA reminds passengers to remain calm and respectful at security checkpoints

Washington, D.C.— As America continues to recover from the pandemic and vaccination rates rise, the Transportation Security Administration (TSA) and the Federal Aviation Administration (FAA) are excited to welcome the traveling public back to the nation's transportation systems. The federal facemask mandate remains in effect on buses, trains, and other forms of public transportation traveling into, within, or out of the United States, and in U.S. transportation hubs such as airports and stations.

Unfortunately, rising rates of unruly passengers, as reported by the FAA, are troubling as TSA reports similar incidents at checkpoints across the country. These incidents needlessly interrupt travel, delaying flights and other transportation operations across the country. TSA, in coordination with our air carrier and airport management partners, as well as the FAA, will not tolerate such actions, and may pursue criminal charges and a civil penalty up to the maximum allowable by law. Transportation Security Officers (TSO) and aviation employees across the system, work to keep the traveling public safe. TSA is urging travelers to be patient as they work to ensure a secure travel experience for all who pass through our nation's checkpoints.



Violations of TSA requirements may result in criminal charges and civil penalties. If you have any concerns or questions during screening at a TSA checkpoint, or have a disability, medical condition or require additional assistance, ask for a Supervisor or Passenger Support Specialist.

Photo Credit: ClipArt.com

“Passengers do not arrive at an airport or board a plane with the intent of becoming unruly or violent; however, what is an exciting return to travel for some may be a more difficult experience for others, which can lead to unexpected, and unacceptable, behaviors,” said TSA Senior Official Performing the Duties of the

Administrator Darby LaJoye. “We appreciate our continued partnership and coordination with the FAA and stand together in a unified position of zero-tolerance with respect to attacks against our employees.”

Two separate incidents this month have triggered referrals to law enforcement

for passengers in Louisville, KY and Denver, CO. In Louisville, a passenger allegedly assaulted two TSOs while attempting to breach the exit lane and is facing state criminal charges for criminal trespass, fleeing and evading police, misdemeanor assault, and resisting arrest. The Denver incident involved a passenger allegedly biting two TSOs and remains under investigation. Both passengers also face a potential civil penalty of up to \$13,910 for each violation of TSA security requirements.

Passengers with questions about checkpoint procedures and how to prepare for TSA security screening, or who need additional assistance during the security screening process should contact TSA Cares in advance of their travel: 855-787-2227 (Federal Relay 711). Additionally, passengers can submit questions to @AskTSA on Twitter or Facebook Messenger on weekdays from 8 a.m. to 7 p.m. and on weekends/holidays from 9 a.m. to 7 p.m. ET. Information is also available at TSA.gov. If you have any concerns or questions during screening at a TSA checkpoint, or have a disability, medical condition or require additional assistance, ask for a Supervisor or Passenger Support Specialist.

Seeing is believing. Get 2 security cameras installed FREE*.

ADT's 24/7 monitoring plus top of the line security cameras help ensure your loved ones are safe – whether you're out and about or in the next room.

Call today to speak with a home security expert
1-866-368-6214 • Offer expires: 7/15/2021



*ADT Video Doorbell AND Outdoor Camera Professionally Installed Free. Requires 36-month monitoring contract starting at \$56.99/mo. with GSP (24-month monitoring contract in California, total fees from \$1,367.76), and enrollment in ADT EasyPay. Offer includes installation of one (1) video doorbell camera AND one (1) outdoor camera with minimum purchase price of \$999 after promo is applied depending on geographic location. Applicable taxes extra. Upon early termination by Customer, ADT may charge 75% of the monthly service charges due for the balance of the initial contract term. Quality Service Plan (QSP) is ADT's Extended Limited Warranty. Service and installation charges vary depending on system configuration, equipment, and services selected. Expires 7/15/2021.
Genetec: Additional charges may apply in areas that require guard response service for municipal alarm verification. System remains property of ADT. Local permit fees may be required. Prices and offers subject to change and may vary by market. Additional taxes and fees may apply. Satisfactory credit required. A security deposit may be required. Simulated screen images and photos are for illustrative purposes only.
©2021 ADT LLC dba ADT Security Services. All rights reserved. ADT, the ADT logo, 800.ADT.ASAP and the product/service names listed in this document are marks and/or registered marks. Unauthorised use is strictly prohibited. Third-party marks are the property of their respective owners. License information available at www.ADT.com/legal or by calling 800.ADT.ASAP. CA ACO17155, 974443, PPO120288; FL EFO001121; LA F1639, F1640, F1643, F1654, F1655; MA 172C; NC Licensed by the Alarm Systems Licensing Board of the State of North Carolina, 7535P2, 7535P1, 7562P10, 7563P7, 7565P1, 7566P9, 7564P4; NY 1200336515; PA 19079; MS 15019511. DF-CD-NP-0221

Prepare for unexpected power outages with a Generac home standby generator

REQUEST A FREE QUOTE!
855-993-0969

FREE 7-Year Extended Warranty*
A \$695 Value!
Limited Time Offer - Call for Details

Special Financing Available
Subject to Credit Approval

*To qualify, consumers must request a quote, purchase, install and activate the generator with a participating dealer. Call for a full list of terms and conditions.



NOTICE

Any unsolicited manuscripts, editorial cartoons, etc., sent to *The Annapolis Times* become the property of *The Annapolis Times* and its Editorial Department, which reserves the right to accept or reject any or all such unsolicited material.



We Cancel TIMESHARES for You

Every year 150,000 people reach out to us for help getting rid of their timeshare. In 2019, we relieved over \$50,000,000 in timeshare debt and maintenance fees. We can help.



Get your free information kit and see if you qualify:

888-984-2917

The Annapolis Times

(USPS 5840) is published every Friday by *The Baltimore Times/Times of Baltimore*, 201-2530 N. Charles Street, Baltimore, MD 21218. Subscriptions by mail \$60 per year. Standard bulk postage paid at Baltimore, MD 21233.

Postmaster send address changes to:

The Baltimore Times
201-2530 N. Charles Street
Baltimore, MD 21218



2ND ANNUAL GRAB CRABS & GO

WHEN:

SATURDAY, JULY 10
12PM - 3PM

WHERE:

ROBERTA'S HOUSE
928 E NORTH AVENUE
BALTIMORE, MD 21202

HOW:

PURCHASE YOUR
CRABS ONLINE USING
THE LINK BELOW.
DOZEN: \$65
HALF-BUSHEL: \$170
BUSHEL: \$300

TO PURCHASE YOUR CRABS, VISIT:
ROBERTASHOUSE.ORG/EVENTS

QUESTIONS? EMAIL: MDYJACK@ROBERTASHOUSE.ORG OR CALL (443) 690- 3874

A pandemic silver lining: transformed health care delivery

By Annette Bakker

COVID-19 transformed how Americans get health care. Before the pandemic, when people felt sick, they went through a familiar drill— make an appointment, drive to the doctor's, and all too often, wait. But as health-care providers reduced in-person visits during the pandemic all that changed. By May 2020, nearly 50 percent of patients sought care remotely via phone or video appointments with their doctors, up from just 11 percent in 2019. Almost 80 percent of Americans now say they're interested in virtual visits, according to a survey by McKinsey & Company.

The transformation goes beyond telehealth, though, to include more use of online portals, digital medical devices, and in-home treatment. Collectively, these changes are accelerating a shift towards "patient-directed care." Previously, doctors acted as the final arbiters of what patients needed— but now doctors and patients collaborate to make decisions. It's up to lawmakers, regulators, healthcare professionals, and patients themselves to ensure these positive changes last long after COVID-19 recedes.

The potential ramifications of this shift are enormous.

In a 2018 survey published in JMIR Medical Informatics, 88 percent of patients said telehealth had saved them at least one hour per appointment, and 41 percent said it saved more than three hours. Telehealth is also considerably less expensive. An in-person doctor's visit costs \$146, on average, while the average phone or video consultation costs \$79.

Meanwhile, COVID-19 has ramped up the use of digital monitoring technology, for instance, by using cell phone data on patient whereabouts, provided with permission, to better understand the disease. The need to stay home has also encouraged patients to use online portals for tasks like ordering prescriptions and reviewing their own lab results.

For example, the University of Southern California's Keck Medicine ran a pilot study in which it provided lung transplant patients with a tablet and a bluetooth-enabled device that detects signs of organ rejection. The device measured stats on blood pressure, heart rate, and lung health, which were shared with doctors in real time. Patients with the monitoring kit had 44 percent fewer hospital readmissions than a control group, and spent 54 fewer days in the hospital when they were readmitted.

Covid-19 has also sped up a trend towards not just diagnosis, but actual treatment outside of traditional settings. Spurred on by the pandemic, the non-profit healthcare system Intermountain Healthcare is now launching an at-home bone marrow transplant program.

Patients can only benefit from these exciting developments if we make sure they last. When the pandemic first started, the Centers for Medicare and Medicaid Services relaxed restrictions on telehealth.

These rule changes were originally only meant to last through the pandemic. But patients, providers, and advocacy organizations are asking officials to make them permanent. And CMS is already making some changes permanent.

And now that patients are in the driver's seat, we'll need to make sure they have the right directions. Because of hospital restrictions due to COVID-19, patients are struggling to meet the requirements for accessing treatment. Organizations such as the Children's Tumor Foundation would like to assist by telling patients exactly what they need to do before they can get a drug— whether that's simply getting their blood pressure checked or undergoing more complicated exams.

Covid-19 has taken a terrible toll, but it's also bringing the future closer, empowering patients to take greater control of their care. We are all ready to bid the virus farewell, but should embrace the positive change it has brought.

Annette Bakker, PhD., is president of the Children's Tumor Foundation.

ONE STEP FORWARD...



Community Affairs

Sha'Carri Richardson bolts into history and Tokyo Olympics

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

With lightning-like quickness and a will to dominate, Sha'Carri Richardson is on her way to the Olympics in Tokyo.

The 21-year-old native of Dallas, Texas, won the women's 100-meter final during the U.S. Olympic Track and Field Trials.

Richardson's victory came in just 10.86 seconds— amazingly, it was an eyelash slower than her head-spinning performance in the semifinal heat, where she crossed the finish line in just 10.64 seconds.

Many are comparing the Olympic-bound track and field star to greats like Florence Griffith-Joyner and Gail Devers.

Richardson has remained humble, and she credits her grandmother, Betty Harp, for much of her success.

"My grandmother is my heart, my superwoman," Richardson told Runners World. "To have her here at the biggest meet of my life, it's just amazing. That probably felt better than winning the races, just being able to hold her after becoming an Olympian."

Already turning heads in and around the sport, Richardson further raised eyebrows when she dominated the U.S. Olympic Track & Field Team Trials in Eugene, Oregon.

Jumping out to a fast start, Richardson appeared to purposely slow down toward the end of the race and point toward the clock, which registered her dramatic timing.

"Nobody knows what I go through," Richardson said in a post-race interview with ABC. "Everybody has struggles, and I understand that. But y'all see me on this track, and y'all see the poker face I put on. But nobody but [my family] and my coach know what I go through... and I'm highly grateful to them. Without them, there would be no me."

Stay up-to-date on positive news in the community! Sign up for The Baltimore Times weekly newsletter at <https://bit.ly/2E5NuM5>

Book called “boy.” gives voice to mothers of Black sons

By Norma Adams-Wade, Founding Member of the National Association of Black Journalists, Texas Metro News Columnist

Eric Garner’s mother Gwen Carr knows paralyzing grief first-hand. Other Black mothers across the nation say they share a similar mind-numbing foreboding: the possibility of fear or hatred of Black people by police or racists killing their Black sons.

This palpable emotion—ranging from distress to defiance—is expressed in 48 personal letters from Black mothers to America that comprise the book “boy,” also known as “Defending Our Black Sons’ Identity in America.” The book also is commonly referred to as “The Boy Book.”

Compiling author Sherilyn Bennett, who collected the mothers’ letters, is an entrepreneur, consultant in graphic design, branding and corporate diversity, ordained minister, and mother of two

adult sons—both school football coaches. She was born in Ocala, Florida and lives in Charlotte, N.C.

Images of watching media reports of the May 25, 2020 murder of George Floyd by a Minneapolis police officer would not allow her to rest until she

or racist encounters.

Gwen Carr, Eric Garner’s mother wrote the book’s Foreword. Some of Garner’s last words, “I can’t breathe,” became a national rallying cry after the 43-year-old, 6-foot-3, 350-pound, great-grandfather [cq of six died July 17,

ordeal transformed her. She now pushes for legislation beyond street protests.

“I chose to be a catalyst for change because I refused to be a culprit of complacency,” Carr wrote in the Foreword. “I transitioned from mourning to movement and from sorrow to strategy! ...Eric’s name is one of too many names belonging to Black males that have been murdered by police officers who were acquitted.”

Rhonda Willis of Fort Worth wrote one of the letters. Her husband Fred Willis is helping promote the book. She tells of their son Joshua, now 11, earlier in grade school when a White classmate told her son that he (the White student) was better than her Black son.

When her son shared the story, she said she and her husband immediately began to regularly affirm their son’s worth to counteract any possible damage to his self-esteem.

“I used to think that racism didn’t start until boys were teenagers or young men but this really opened by eyes...,” she wrote in her letter.

Besides the book signing, the book is also available through Amazon and at some major retail book departments including walmart.com. To learn more, visit: www.boybooknation.com.

Norma Adams-Wade, is a proud Dallas native, University of Texas at Austin journalism graduate and retired Dallas Morning News senior staff writer. She is a founder of the National Association of Black Journalists and was its first southwest regional director. She became The News’ first Black full-time reporter in 1974. To contact Adams-Wade, email: norma_adams_wade@yahoo.com.

“Bennett, Eric Garner’s mother Gwen Carr, and a couple of the mothers who wrote essay letters were in Dallas in June for a book signing, meet and greet, and to encourage other mothers who have experienced or are experiencing similar traumas of losing sons in police or racist encounters.”

completed the “boy.” book that she views as a catalyst for change in America.

The book also includes chapters about (a) what your rights are and how to act if stopped by police, (b) a historical perspective about treatment of Black men and women by police, and (c) a licensed mental health counselor’s assessment of lingering trauma from police brutality and/or racist treatment in various settings.

“We must recognize that not all fights against racial inequality happen in the streets,” Bennett said in a promotional piece.

Bennett, Eric Garner’s mother Gwen Carr, and a couple of the mothers who wrote essay letters were in Dallas in June for a book signing, meet and greet, and to encourage other mothers who have experienced or are experiencing similar traumas of losing sons in police

2014. He had several existing health problems including severe asthma.

Video recordings show that Garner repeated “I can’t breathe” 11 times while Daniel Pantaleo, a White New York police officer, used a chokehold, already illegal at the time, while arresting Garner. Authorities say the police suspected Garner was selling cigarettes illegally on the street in Staten Island. The medical examiner ruled the death a homicide, but a Richmond County grand jury refused to indict the officer who was acquitted.

New York City later reached a \$5.9 million out-of-court settlement with Garner’s family. Five years later, the Justice Department refused to bring criminal charges against the officer but under a New York Police Department disciplinary hearing, Officer Pantaleo finally was fired in August 2019. Garner’s mother said the five-year

The Annapolis Times

Publisher

Joy Bramble

Managing Editor

Joy Bramble

Director of Special Projects

Dena Wane

Dir., Promotions/Entertain. Columnist

Eunice Moseley

Editorial Assistant

Kathy Reeve

Administrative Assistant

Ida C. Neal

Writers

Ursula Battle

Stacy Brown

Demetrius Dillard

Rosa “Rambling Rose” Pryor

Website

Cieara Adams

Photographers

Dennis Roberts

Gar Roberts

The Annapolis Times is a publication of The Baltimore Times/Times of Baltimore, Inc. No part of this publication may be reproduced without the written consent of the publisher

Mailing Address

The Baltimore Times

201 - 2530 N. Charles Street

Baltimore, MD 21218

Phone: 410-366-3900- Fax 410-243-1627

www.baltimoretimes-online.com

Want to comment on the editorials or any other story?

Please contact: The Annapolis Times

201 - 2530 N. Charles Street, Baltimore, MD 21218

Phone: 410-366-3900 Fax: 410-243-1627

email: btimes@btimes.com

Local NFL star leads wellness and safety seminar for Amazon employees

By *Demetrius Dillard*

In an ongoing effort to emphasize wellness and safety, Amazon fulfillment center BWI2 in Canton brought Baltimore Ravens player Anthony Levine Sr. in to lead a WorkingWell class for its employees on June 11, 2021.

Amazon's recently launched WorkingWell program is part of the company's investment of more than \$300 million into safety projects in 2021 and its mission to be Earth's Safest Place to Work.

Levine, a safety, has a deep-rooted passion for fitness and wellness which made him an ideal fit to lead Amazon's employees in the special stretching and exercise routine that features some of the company's latest safety and health programming.

To begin, Levine introduced himself, explained the importance of stretching and expressed his devotion toward health, wellness and fitness before leading the group of about 30 employees on a series of stretching exercises for them to do before, during and after their shifts to reduce the likelihood of injury.

The assortment of stretches included wrist rotations; 20 hand squeezes to loosen hands and fingers; shoulder and lat stretch; neck stretches; lower back twists; ankle rotations - clockwise and counterclockwise; and quad stretches.

Suffering a broken arm, foot and collar bone over the course of his career taught him the importance of stretching. The process of going through recovery, rehabilitation and working vigorously to improve physical condition were valuable learning experiences, he said. "Every injury that I've had, it kind of



Baltimore Ravens safety Anthony Levine stopped by Southeast Baltimore's Amazon fulfillment center to lead a "WorkingWell" stretch and exercise routine for the company's employees on June 11, 2021. Photo Credit: Demetrius Dillard

helped me in a sense," said Levine, a nine-year veteran who will be returning with the Ravens this upcoming season on a one-year contract. "It helped me realize the importance of each injury and each part of my body so now I'm a lot better."

Levine added that he would have loved if something similar to WorkingWell was around during his younger days

when he worked with Sam's Club.

To conclude the 20-minute routine, Levine and Amazon employees also did forward, back and side lunges, squats, arm raises and calf stretches, as he went on to highlight the importance of blood circulation, the core and other body groups.

Following the WorkingWell huddle, Levine gave autographs and took pictures with employees. He felt that

Amazon's new safety and wellness initiative was a superb idea.

"It might encourage people to want to exercise more, to want to work on their body, to want to get going," said Levine, a native of Louisiana. "So this right here, this might be the fire that they needed to get them going, to get them exercising, to get them thinking about a healthy lifestyle outside of [healthy] eating."

Various aspects of the WorkingWell program commenced in the U.S. in 2019, and has since expanded to 859,000 associates at 350 sites in North America and Europe, according to Amazon.

By the end of the year, WorkingWell aims to extend its scope, covering all of Amazon's operations network in the nation with the aim of cutting recordable incident rates by 50 percent by 2025. The health and safety initiative also emphasizes healthy eating along with mental activities proven to help associates recharge and re-energize, according to Amazon.

Robert Taylor was one of the 30 Amazon associates who participated in the WorkingWell routine with Levine. He said it was an enjoyable experience.

"I really enjoyed this. It was great meeting an NFL player from the Ravens and it gave us more of a reason to workout and exercise before, and after, and during our shift," said Taylor, who is approaching his sixth year with the company. "It shows that Amazon does care about our safety. They want us to leave in the same condition that we came to work in, and make sure we don't get hurt while we're delivering smiles to our customers."

DENTAL Insurance

from Physicians Mutual Insurance Company.

Call to get your **FREE** Information Kit

1-855-337-5228

dental50plus.com/MDDC

Includes the Participating (in GA: Designated) Providers and Preventive Benefits Rider. Product not available in all states. Acceptance guaranteed for one insurance policy/certificate of this type. Contact us for complete details about this insurance solicitation. This specific offer is not available in CO; call 1-800-969-4781 or respond for similar offer. Certificate C250A (ID: C250E; PA: C2500); Insurance Policy P150 (GA: P150GA; NY: P150NY; OK: P150OK; TN: P150TN); Rider kinds B438/B439 (GA: B439B). 6255

LIFE LINE SCREENING_{Co}
The Power of Prevention

Are you at risk for stroke or cardiovascular disease?

Call Life Line Screening at
888-787-4645

Special Offer for Readers
5 screening package for \$149

'Cooking Up Success'

Baltimorean Receives Julia Child Award

By Ursula V. Battle

TV host, writer and editor Toni Tipton-Martin was among groups of people invited to the White House by former First Lady Michelle Obama, not once but twice. The recipient of "Southern Foodways Alliance John Egerton Prize," she is the author award-winning books *Jubilee: Recipes From Two Centuries of African American Cooking* and *The Jemima Code: Two Centuries of African American Cookbooks*.

A native of Los Angeles, California who now resides in Baltimore, the multi-talented author is the recipient of a long list of impressive honors, awards, and appearances. Tipton-Martin continues to "cook up" success. She is the recipient of the seventh annual "Julia Child Award."

Created by The Julia Child Foundation for Gastronomy and the Culinary Arts, the award is given to an individual or team who has made a profound and significant difference in the way America cooks, eats, and drinks.

"It's an exhilarating acknowledgement of the work that I have spent years building," said Tipton-Martin. "I have been trying to draw attention to African Americans in the food industry, and to change the image and expression of folks and what we think about them. So, this is an enormous, and important acknowledgement of that work."

Tipton-Martin will receive the award on November 4, 2021, at the Smithsonian's National Museum of American History in Washington, D.C.— the home of Julia Child's kitchen. The award is accompanied by a \$50,000 grant from the Foundation, which is one of the leading grant-giving private foundations solely dedicated to supporting the field of gastronomy and the culinary arts.

Each year, the recipient receives a uniquely designed award engraved with his/he name and year of honor, along with the \$50,000 grant, which benefits the food-related non-profit of the recipient's choosing.

"Growing up in Los Angeles was



Renowned food writer and Baltimore resident, Toni Tipton-Martin is the recipient of the seventh annual "Julia Child Award." Created by The Julia Child Foundation for Gastronomy and the Culinary Arts, the award is given to an individual or team who has made a profound and significant difference in the way America cooks, eats and drinks.

Courtesy Photo/The Julia Child Foundation

wonderful," she said. "I developed my appreciation for diversity and inquisitiveness, the community that I grew up in, and I was part of the first group of kids to be bused out of our neighborhoods and sent to other communities beyond our own. All those things had a great influence on my work. It was also where I became interested in Journalism."

Tipton-Martin is the Editor-in-Chief of *Cook's Country* magazine and will soon be a host on the PBS show. She has published in Best Food Writing of 2016.

"I will continue to take my message to bigger and bigger audiences and now through PBS, I will be able to share my message on another level. I'm really excited," she said.

In 2008, Tipton-Martin founded The SANDE Youth Project as a grassroots outreach to improve the lives of vulnerable families. SANDE presented an after-school cooking program for elementary school age kids and invited high school culinary students to cook at the James Beard House. She will use the \$50,000 grant that accompanies the Julia

Child Award to focus its mentoring and training activities on the next generation food writers.

"The role of food writing is an important one that has been dismissed or treated dismissively over the years," she said. "Hopefully, this Award, and the level of acknowledgement will open eyes to journalism programs, Black journalists and other journalists and organizations representing people of color, and that journalists have an important role in excavating and uncovering stories."

Tipton-Martin, 62, has also appeared as a guest judge on Bravo's *Top Chef* and was featured on CBS Sunday Morning's annual Food Show. She has been a featured speaker at the Library of Congress, and many universities.

In 2005, she published a historic reprint of an early 20th century cookbook, *The Blue Grass Cook Book*, by Minnie C. Fox, containing the first known photographs of African American cooks. She is also co-author of *A Taste of Heritage: New African American Cuisine*.

"The stories that I uncovered in my books, were languishing in scholarship," she said. "It's not like I have written something new. I utilized Journalism, one-on-one skills, and spent a lot of time in research, looking for the voices of real people to tell a different story about who our people have been, as a means of inspiring the next generation. We have kids that are lost and have few options because we've narrowly defined what success looks like in our community."

"And yet people right here in Baltimore, people have obtained their independence by being vendors and arabbers, and those are valuable careers that aren't in vogue, popular, or whatever the trendy terminology is today. We haven't shown real careers respect and we haven't treated Food Writing as a career with dignity. This award touches so many opportunities beyond getting young people motivated in careers in the food world that don't necessarily involve service and cooking."

To learn more about the Julia Child Award, visit juliachildaward.com.

Rambling Rose

Happy July 4th — Be Happy & Safe!



Rosa Pryor Trusty

Yes! Yes! Yes! Baltimore is opening up again—a little at a time, THANK GOD! But in some places you still have to stay social distanced and wear a mask and that is okay. I respect that. No need to rush things.

I am going to tell you about some dynamite places you can go to and enjoy yourself over the weekend as well as the weekend after that. Folks, please if you have not had your vaccine yet, please do so. If you don't care about yourself, think about your family and friends. We don't want to start this damn thing up again. Okay let's Party!!!!!!!!!!!!

On Sunday, July 4, 2021 there will be a 4th of July BBQ Bash at Little Market Café in their outdoor courtyard located 3731 Hamilton Street in Ellicott City, Maryland. With an all-you-can-eat BBQ and music from Mallow Hill, the event includes burgers; hot dogs; corn on the cob; potato & pasta salads; baked beans; watermelon; snowballs; soft drinks; and so much more. There will be a cash bar with beer, wine, spirits of your choice and spiked snowballs. WOW! Spiked Snowballs? "I want to try that one."

Saturday, July 10, 2021 is Jazz Night at 101 E. 25th Street in Baltimore City hosted by Scotty P and "The Love From Above Band." They are offering a warm summer evening with good food and smooth live jazz, the perfect combination all in their new location, The Jerk Garden. They are planning to give us "Jazzy Nights" featuring top-notch live music on the second Saturday each month from now through September at their majestic outdoor pavilion under the stars. Photo ID is required and no children allowed! Their line-up looks like this: July 10 — "Scott P & the Love from Above"; August 14 — "On Kee Jazz Band" and September 11 — "Mare Evans

Live." I have never heard of any of them, but that doesn't necessary mean that they're not good—they may turn out to be the best I have ever heard. Check them out and let me know what you think.

Catonsville Chamber of Commerce is hosting "Fridays" Free at 15 Mellor Avenue in Catonsville, Maryland on July 9; Friday, July 16; and Friday, July 23 from 6 p.m. to 8 p.m. This sounds very exciting! The event is open to the public and as I said earlier—it's free!

Okay, let's talk about a "Party Boat." Kick off the holiday weekend starting on Friday, July 2 at 8 p.m. at the "Glow In The Dark Boat Party" on the Maryland Party Boat. Boarding starts at 7:30 p.m. and the boat sets sail at 8 p.m. The DJ will be playing the hottest dance music and your first round is on the house. So wear your hottest glow in the dark outfits and have fun. For more information and tickets, visit: MarylandPartyBoat.com.

Well my dear friend, enjoy your holiday and if you haven't planned anything, meet me and my boo-boo, "Shorty," at the American Legion Post 122 located at 4422 Painters Mill Road in Owings Mills, Maryland, our new hang out spot where I will be tasting this new drink that bartender, George Fuller turned me on to called, "Peanut Butter Whisky." I am still in shock, I never heard of such a drink but honey child—it's delicious!

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.



The Maryland Party Boat kicks off celebrations for the 4th of July holiday weekend with The Glow In The Dark Party on Friday July 2, 2021 at 8 p.m. For more information and tickets, visit: MarylandPartyBoat.com.



Gerald Albright will perform in concert at the Lake Arbor, South Pointe at the National Harbor on Friday, July 9, 2021.



DJ Mike Jones is back! The first Wednesday every month starting Wednesday, July 7, 2021 from 6 p.m. to 10 p.m. at the City View Bar & Grill located at 6700 Security Blvd.



The Todd Marcus Quartet will perform at Boordy Vineyards located at 10820 Long Green Pike in Hydes, Md. along with the Wayne Johnson Ensemble on Saturday, July 3 from noon to 4 p.m. For more information, call 443-606-3821.



George Fuller, dynamite bartender at American Legion Post 122 at 4422 Painters Mill Road in Owings Mills, Md.

Ravens Rashod Bateman buys his mom a house

By Tyler Hamilton

The road to the NFL is a long, arduous journey for a lot of players. Far too many of them have a tough story of overcoming adversity. Baltimore Ravens wide receiver Rashod Bateman is no different.

Bateman's adversity was hearing his mother, Lashonda Cromer, being physically abused by his stepfather because he and his two older brothers Monjharvis and Travian were just a room away. Bateman had to call 911 multiple times to save his mother.

Football was the ultimate coping mechanism for Bateman. He used to sleep with a football every night and get lost in football games on television. It was the only time he was able to escape the reality of what was happening in the house.

Years later, Bateman is able to use football as a way to reward his mother for all that she endured by buying her a house. The 2021 Ravens first-round pick knew exactly what he wanted to do with his first NFL paycheck.

While other rookies told Ravens.com in an interview that they'd like to buy a car, a dog or invest, Bateman's response was different: "I'd definitely buy my mom a house first," Bateman said.

It's no wonder he was the first Ravens rookie to sign his contract—a four-year deal worth \$12.6 million.

Growing up in Tifton, Georgia was no easy experience. Bateman's mother had to work multiple jobs to make ends meet. They moved from house to



Baltimore Ravens wide receiver Rashod Bateman has bought his mother Lashonda Cromer a house. When they were growing up they moved from house to house while his mother worked multiple jobs to support her three sons after divorcing her abusive husband.

Photo Credit: Mitchell Layton/USA TODAY Sports

house while Cromer was stuck having to support her three sons after divorcing her abusive husband.

Being able to reward his mother with a permanent home that she can call her own is the experience for Bateman. He undoubtedly spent countless nights trying to think of a way to make life better for his mother as she went through so much.

Bateman posted a picture of the house he bought his

mother on Instagram along with a special message.

"Dreams to reality," Bateman wrote. "Welcome home mama, I love you."

Bateman and his family are in a good place now and are not likely to have to struggle again. His mother sacrificed a lot and now he gets to repay her by buying her a house.

Leaf Filter
GUTTER PROTECTION

BACKED BY A
**YEAR-ROUND
CLOG-FREE
GUARANTEE**

EXCLUSIVE LIMITED TIME OFFER!

15% OFF & **10% OFF**
YOUR ENTIRE PURCHASE & SENIORS & MILITARY!

+ 5% OFF TO THE FIRST 50 CALLERS ONLY! WE INSTALL YEAR-ROUND!

FINANCING THAT FITS YOUR BUDGET!
Promo Code: 285
*Subject to credit approval. Call for details.

CALL US TODAY FOR A FREE ESTIMATE **1-844-566-3227**

Mon-Thurs: 8am-11pm, Fri-Sat: 8am-5pm, Sun: 2pm-8pm EST

For those who qualify. One coupon per household. No obligation estimate valid for 1 year. *Offer valid at time of estimate only. †The leading consumer reporting agency conducted a 16 month outdoor test of gutter guards in 2010 and recognized LeafFilter as the "#1 rated professionally installed gutter guard system in America." Manufactured in Plainville, Michigan and processed at LMT Mercer Group in Ohio. See Representative for full warranty details. CST# 1035795 DOP# 10783658-5501 License# 7656 License# 50145 License# 41354 License# 99338 License# 128344 License# 218294 WA UBI# 603 233 977 License# 2102212986 License# 2106212946 License# 2705132153A License# LEAFNW822JZ License# WV056912 License# WC-29998-H17 Nassau HIC License# H01067000 Registration# 176447 Registration# HIC0649905 Registration# C129229 Registration# C127230 Registration# 36920918 Registration# P6475 Registration# 1821804 Registration# 13V10952900 Registration# PA062983 Suffolk HIC License# 52229-H License# 2705169448 License# 26200022 License# 262000403 License# 0086990 Registration# H-19114

No Clipping Required.

ON AVERAGE, AARP MEMBERS ENJOY

\$449² SAVINGS

ON AUTO INSURANCE

when they switch from companies like
GEICO, State Farm and Allstate

Your savings could be even more! **Call The Hartford 1-877-579-9788**

The AARP® Auto Insurance Program from The Hartford.¹

Call The Hartford now to request a FREE money-saving quote.

1-877-579-9788

No coupon necessary.

Not an AARP member? If you're 50 or over, request a FREE quote and more information today!

FREE duffel bag when you request your free quote!³

AARP® Auto Insurance Program from THE HARTFORD

AARP and its affiliates are not insurers. Paid endorsement. The Hartford pays royalty fees to AARP for the use of its intellectual property. These fees are used for the general purposes of AARP. AARP membership is required for Program eligibility in most states.
The AARP Automobile Insurance Program from The Hartford is underwritten by Hartford Fire Insurance Company and its affiliates, One Hartford Plaza, Hartford, CT 06155. It is underwritten in AZ by Hartford Insurance Company of the Southeast; in CA by Hartford Underwriters Insurance Company; in WA, by Hartford Casualty Insurance Company; in MN, by Sentinel Insurance Company; and in MA, MI and PA, by Trumbull Insurance Company. Auto is currently unavailable in Canada and U.S. Territories or possessions. Specific features, credits and discounts may vary and may not be available in all states in accordance with state filings and applicable law. Applicants are individually underwritten and some may not qualify.
¹In Texas, the Auto Program is underwritten by Southern County Mutual Insurance Company through Hartford Fire General Agency, Hartford Fire Insurance Company and its affiliates are not financially responsible for insurance products underwritten and issued by Southern County Mutual Insurance Company.
²Savings amounts based on information reported by customers who switched to The Hartford from other carriers between 1/1/19 and 12/31/19. Your savings may vary. ³Gift is a limited time offer and not available in all states. Email address required in most states. Allow 4-7 weeks for delivery. Bottle not included.
⁴Based on customer experience reviews shared online at www.thehartford.com/aarp as of February 2021.

Marylanders urged to follow safety tips to avoid heat-related illness

Baltimore— The Maryland Department of Health is alerting residents of rising temperatures forecast this week. According to the National Weather Service, the heat index will be in the 100s today and tomorrow. Marylanders should follow safety tips and take precautions to avoid illness due to extreme heat.

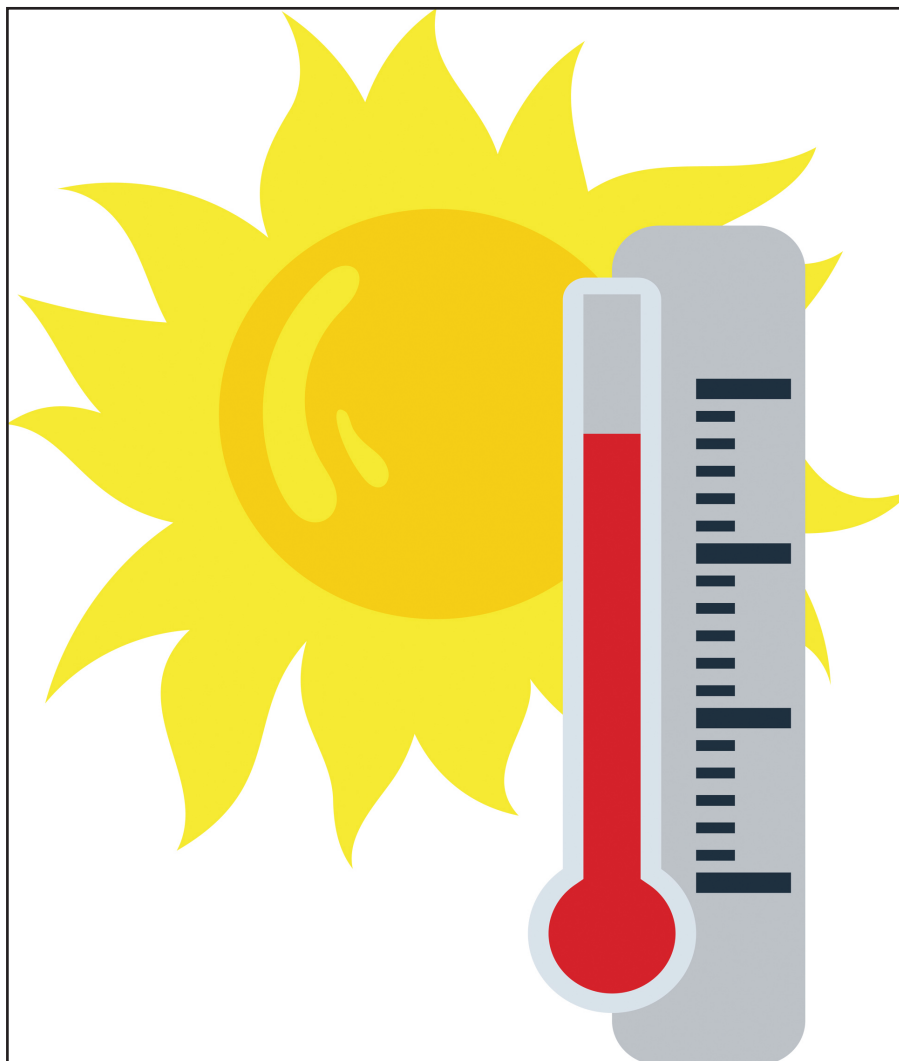
“Warmer temperatures are here and Marylanders can be at a greater risk for heat-related illnesses, like heat exhaustion and heat stroke, if they don’t take some precautions,” said Deputy Secretary for Public Health Dr. Jinlene Chan. “Protect yourself and your family by staying indoors or visiting a cooling center, and drinking plenty of water to stay hydrated. And be sure to check on friends and neighbors who may be susceptible to heat-related illness.”

From May through September, MDH monitors temperature conditions and incidents of heat-related illness and death.

Weekly reports are available online through the Office of Preparedness and Response Extreme Heat webpage. The site also includes the state Heat Emergency Plan, information about heat-related illnesses and tips for staying safe and healthy during hot weather. Fact sheets are available for download in English and eight other languages.

MDH encourages use of the following tips to help cope with hot weather:

- Drink plenty of fluids,
- Avoid alcohol, caffeine and overly



sweetened beverages.

- Wear loose-fitting, lightweight and light-colored clothing.
- Avoid direct sunlight and wear

sunscreen; stay in the shade when possible.

- Avoid salt tablets, unless advised by a doctor to take them.

● Take it easy outside; schedule physical activity in the morning or evening when it’s cooler and take breaks if necessary.

Individuals who are at higher risk for heat-related illness include those with chronic diseases (e.g., heart disease, diabetes, high blood pressure), older individuals, infants and young children and people who work outdoors.

Marylanders are advised to never leave children or pets in a car for any amount of time during hot weather, even with the windows cracked. Always check twice to ensure that children or pets are not in a vehicle— on an 80 degree day, within one-half hour, the temperature inside of the vehicle can climb to well over 100 degrees.

Residents in need of cooling centers are encouraged to reach out to their local health department or call 2-1-1 and provide their county location and ZIP code to get information about cooling center locations, hours of operation and available accommodations.

There is currently one heat-related death reported in the state for 2021. During the 2020 extreme heat season, Maryland had 16 heat-related deaths. More resources about staying safe in hot weather are available from the MDH Office of Preparedness and Response at https://preparedness.health.maryland.gov/Pages/resources_hot.aspx.

This year thousands of men will die from stubbornness.

Learn the preventive medical tests you need. ahrq.gov



AHRQ
Agency for Healthcare Research and Quality
Advancing Excellence in Health Care • www.ahrq.gov



CLASSIFIEDS

AUTOS WANTED

Donate Your Car to Veterans Today! Help and Support our Veterans. Fast - FREE pick up. 100% tax deductible. Call 1-800-245-0398

MISCELLANEOUS FOR SALE

DISH TV \$64.99 FOR 190 Channels + \$14.95 High Speed Internet. Free Installation, Smart HD DVR Included, Free Voice Remote. Some restrictions apply. Promo Expires 7/21/21-855-270-5098.

NEED IRS RELIEF \$10K – \$125K+ Get Fresh Start or Forgiveness. Call 1-844-431-4716 Monday through Friday 7 AM – 5 PM PST

WANTED

AMERICAN & FOREIGN CLASSIC CARS AND MOTORCYCLES WANTED \$\$\$PAYING CASH\$\$\$
KRMILLER1965@yahoo.com
717-577-8206

ANNOUNCEMENTS

SELL YOUR ANTIQUE OR CLASSIC CAR. Advertise with us. You choose where you want to advertise. 800-450-6631 visit macnetonline.com for details.

Become a Published Author. We want to Read Your Book! Dorrance Publishing- Trusted by Authors Since 1920 Book manuscript submissions currently being reviewed. Comprehensive Services: Consultation, Production, Promotion and Distribution Call for Your Free Author's Guide 1-866-482-1576 or visit <http://dorranceinfo.com/macnet>

REAL ESTATE FOR SALE

READY TO BUY, SELL, OR RENT YOUR VACATION HOME OR HUNTING CAMP? Advertise it here and in neighboring publications. We can help you. Contact MACnet MEDIA @ 800-450-6631 or visit our site at MACnetOnline.com

WANTED TO BUY

Wants to purchase minerals and other oil and gas interests. Send details to P.O. Box 13557 Denver, CO 80201

Reach over 20 Million homes nationwide with one easy buy! Only \$2,395 per week for a 25 word classified. For more information, go to: www.naninetwork.com

MISCELLANEOUS

Want faster & Affordable Internet? Get Internet service today with Earthlink. Best Internet & WiFi Plans. Call us Today to Get Started. Ask about our specials! 866-396-0515

New authors wanted! Page Publishing will help self-publish your book. Free author submission kit! Limited offer! 866-951-7214

DISH TV \$64.99 For 190 Channels + \$14.95 High Speed Internet. Free Installation, Smart HD DVR Included, Free Voice Remote. Some restrictions apply. Promo Expires 7/21/21.1-833-872-2545

BATH & SHOWER UPDATES in as little as ONE DAY! Affordable prices - No payments for 18 months! Lifetime warranty & professional installs. Senior & Military Discounts available. Call: 855-761-1725

Attention Active Duty & Military Veterans! Begin a new career & earn a Degree at CTI! Online Computer & Medical training available for Veterans & Families! To learn more, call 888-449-1713

HOME BREAK-INS take less than 60 SECONDS. Don't wait! Protect your family, your home, your assets NOW for as little as 70¢ a day! Call 866-409-0308

HOME IMPROVEMENT

The bathroom of your dreams for as little as \$149/month! BCI Bath & Shower. Many options available. Quality materials & professional installation. Senior & Military Discounts Available. Limited Time Offer – FREE virtual in-home consultation now and SAVE 15%! Call Today! 1-877-540-2780

GENERAC Standby Generators provide backup power during utility power outages, so your home and family stay safe and comfortable. Prepare now. Free 7-year extended warranty (\$695 value!). Request a free quote today! Call for additional terms and conditions. 1-855-465-7624

Eliminate gutter cleaning forever! LeafFilter, the most advanced debris-blocking gutter protection. Schedule a FREE LeafFilter estimate today. 15% off Entire Purchase. 10% Senior & Military Discounts. Call 1-855-791-1626

Update your home with beautiful new blinds & shades. Free in-home estimates make it convenient to shop from home. Professional installation. Top quality - Made in the USA. Free consultation: 877-212-7578. Ask about our specials!

MISCELLANEOUS SERVICES

Wesley Financial Group, LLC Timeshare Cancellation Experts Over \$50,000,000 in timeshare debt and fees cancelled in 2019. Get free informational package and learn how to get rid of your timeshare! Free consultations. Over 450 positive reviews. Call 888-965-0363

HEALTH & FITNESS

Attention oxygen therapy users! Inogen One G4 is capable of full 24/7 oxygen delivery. Only 2.8 pounds. Free info kit. Call 877-929-9587

Dental insurance - Physicians Mutual Insurance Company. Covers 350 procedures. Real insurance - not a discount plan. Get your free dental info kit! 1-888-623-3036 www.dental50plus.com/58#6258

VIAGRA & CIALIS! 60 pills for \$99. 100 pills for \$150. FREE shipping. Money back guaranteed! 1-844-596-4376

ATTENTION DIABETICS! Save money on diabetic supplies! Convenient home shipping for monitors, test strips, insulin pumps, catheters & more! To learn more, call now! 877-810-0063

Don't let the stairs limit your mobility! Discover the ideal solution for anyone who struggles on the stairs, is concerned about a fall or wants to regain access to their entire home. Call AmeriGlide today! 1-844-317-5246

DENTAL INSURANCE from Physicians Mutual Insurance Company. Coverage for 350 plus procedures. Real dental insurance – NOT just a discount plan. Do not wait! Call now! Get your FREE Dental Information Kit with all the details! 1-877-553-1891 www.dental50plus.com/macnet#6258

VIAGRA and CIALIS USERS! 50 Generic Pills SPECIAL \$99.00 FREE Shipping! 100% guaranteed. 24/7 CALL NOW! 888-445-5928 Hablamos Español

PEST CONTROL

Find Pest Control Experts Near You! Don't let pests overtake your home. Protect your loved ones! Call today to find great deals on Pest Control Services – 833-872-0012

EDUCATION

TRAIN ONLINE TO DO MEDICAL BILLING! Become a Medical Office Professional online at CTI! Get Trained, Certified & ready to work in months! Call 888-572-6790.

AUTO INSURANCE

Looking for auto insurance? Find great deals on the right auto insurance to suit your needs. Call today for a free quote! 866-924-2397

Enjoy the cookout. Just don't invite COVID.

Symptoms? Exposed?
Get tested and notify your contacts
...even if you're vaccinated.

