# The Annaholis Times of Baltimore Publication

# Maryland scholar shines by graduating from high school and college at the same time



Khari Dawson, 17, received approximately \$700,000 in college scholarship offers. The previously homeschooled high school student from Prince George's County was dual- enrolled in a program at the Community College of Baltimore County (CCBC). Khari also graduated with an Associates degree in the humanities and social sciences with a creative writing concentration from the community college. She will attend the University of San Francisco in the fall. (See article on page 6).

### Denzel Washington Family Foundation commits \$1M to support Historic Wiley College Debate Team

Marshall, TX— Award-winning actor Denzel Washington's family foundation has made the fourth \$100,000 installment toward a \$1 million commitment to support student members of the legendary Wiley College debate team.

The historically Black college in Marshall, Texas, is home of "The Great Debaters," which became popularized by a 2007 film Washington directed and starred in as Professor Melvin B. Tolson, the legendary Wiley debate team coach who led the college on a 10-year winning streak in the 1930s and pioneered interracial collegiate debates during the Jim Crow era.

"Supporting the next generation of brilliant minds in the art of debate at Wiley College will open so many doors of opportunity for these students during college, career, and beyond," said Denzel Washington, who last visited the campus in 2018 for a debate competition. "We are honored to continue supporting the best and the brightest in the land and look forward to The Great Debaters continuing to do



While the Wiley College debate team took a break from competing during the pandemic last year, the team of 30 members has consistently won national competitions— including the prestigious Pi Kappa Delta national championship in 2014 and 2016— and will resume competition this fall, under the leadership of coach Caleb Williams.

Courtesy Photo/Wiley College

what they do best: win."
Washington's family foundation made

an initial \$1 million commitment in 2007—donating \$100,000 per year for a decade—to revive the debate team, which had dissolved after Tolson departed Wiley in 1947. The foundation continued its ten-year \$1 million commitment in 2018. Funds are used to recruit debate team members and provide them with scholarships.

"We are grateful for the Washington family's generosity for 15 years and counting to Wiley College's phenomenal debate team, which, because of this support, can live out our motto to 'Go forth Inspired,'" said Wiley College President Dr. Herman J. Felton. "Being a dominant force as home of The Great Debaters makes us a very attractive option for those skilled in debate, and this financial support

further amplifies the benefits of becoming a Wiley debate scholar."

Wiley is located roughly 150 miles east of Dallas and serves just over 800 students, most who are first in their families to attend college and are Pellgrant eligible. The nationally renowned debate team is now called the Melvin B. Tolson/Denzel Washington Forensics Society, named after the legendary coach and the inspirational actor and philanthropist. While they took a break from competing during the pandemic last year, the team of 30 members has consistently won national competitions—including the prestigious Pi Kappa Delta national championship in 2014 and 2016— and will resume competition this fall, under the leadership of coach Caleb Williams.

Jaylon Bolden is a recent graduate of Wiley and was a member of the debate team for the past five years, competing on topics ranging from current events to policy to history. Bolden has been awarded \$80,000 in scholarships over the years, thanks to the Washington family's support, and hopes current and future debate scholars share in the impactful and rewarding experience of being a part of the award-winning team.

"All throughout high school I just knew I was going to play football in college, but we make plans and God laughs. Coming to Wiley to be a part of the Tolson/Washington Forensics Society was divine intervention," Bolden said. "I was a part of a legacy that was so much bigger than I could ever imagine. Traveling the country to compete on behalf of *my* college, being a leader on campus, *and* having it paid for by Mr. Washington, I couldn't have asked for a better experience."



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Are you a craftsperson who makes unique, one-of-a-kind pieces? Showcase your brand at our upcoming event as people from near and far shop for your specialty items.

Applications to participate in the first annual Times Community Services' Baltimore Makers Marketplace are now being accepted!

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For more information and to get the process started, complete the application here:

https://forms.gle/jB386JnWza9DzVCc8

### **EVENT DETAILS**

When: Saturday, September 18, 2021

Where: Coppin State University, Tawes Center

2500 W. North Ave, Baltimore, MD 21216

Event Hours: 10:00 a.m. - 4:00 p.m.

Set-up: 7:30 a.m. – 9:30 a.m. Breakdown: 4:00 p.m. – 5:00 p.m.



# **Guest Editorials/Letters**

# Is Critical Race Theory most relevant in learning about race and racism?

By Dr. Ken Morgan

For at least the last 18 months and perhaps much longer, debate continues concerning critical race theory (CRT), especially around its use in public schools. All that glitters is not gold. Derrick Bell became one of the primary architects of critical race theory in legal studies in the 1970s. He wrote his seminal book, *Race, Racism, and American Law* on the subject. Other contributors included Richard Delgado, and Kimberlé Crenshaw, an early adherent to CRT.

The rightwing dragged it up again after the Black Lives Matter protests. Though the theory is decades old, it started receiving widespread attention last fall following the summer of Black Lives Matter protests. Conservative Christopher F. Rufo stated to Fox TV's Tucker Carlson. It needed banning and wiped out in all public domains.

Then-President Donald Trump appended an executive order narrowing bias and diversity training in federal government offices. GOP state lawmakers, along with a smattering of democrats within their legislatures, created bills to prevent schools from teaching racism that holds America responsible for racial and gender-based oppression.

About 25 states began legislation limiting or restricting CRT. Rightwing zealots believe that anything with racism in it needs cleansing, according to Dr. Camika Royal, an associate professor of Urban Education at Loyola, a CRT scholar herself.

The now-deceased Bell viewed social class conflict and their conquests involving the black struggle historically as fleeting. Bell said that society is divided between white oppressors and the oppressed Blacks. He leaves out social class conflict and the gigantic conquests blacks made.

Bell saw the Supreme Court's landmark 1954 school-desegregation decision, Brown  $\nu$ . Board of Education, only as a way for whites to enhance America in the eyes of third-world countries. He gave little or no credit to the Black women, men, and children, who gave their lives, blood, sweat and tears for the civil rights and Black rights struggles.

Critical race theory minimizes the historical Black experience. It sees the race clashes of whites against blacks and not the clashes between the masses of Black people with big business corporations' upper white echelons of social class as the foundation of society's struggle. It trivializes the gains that Blacks made. CRT sees critical historical movements as a fleeting moment in time.

Bell labels these gems as "short-lived victories that slide into irrelevance as racial patterns adapt in ways that maintain white dominance." He concludes that struggle does not merit it. He says that coercing white workers will show success in governing white workers' inborn racist nature. We need not retreat or trivialize from his anti-historical view.

Bell presupposed that whites only supported black rights if it were in their interests— a term called "interest convergence theory."

The international fight against police brutality of blacks through the George Floyd movement shows a lot. It shows that white privilege and white supremacy do not reign supreme, contrary to Bell's ideas and worldview on race.

No, I do not argue with the rightwing position. Working people, specifically the Black masses, need to wage struggles against the deepening economic and social crisis that inhibit us from learning the comprehensive history—good, bad and indifferent. No one is born a racist, white supremacist, sexist or homophobic.

We need to understand the gains and losses of battles in the past and not trivialize them or make them fleeting. We need to build our confidence. The rich history provides us with the spirit of struggles yet to come. The account gives us tools to eradicate racism, white supremacy, sexism, and homophobia—the struggle continues.

Former Coppin State University professor, Dr. Ken Morgan is human rights activist. He can be reached at: btimes@btimes.com.



# letters to the Editor:

### **Editor:**

It has been common knowledge for years that all major developing countries have possessed the ability to conduct germ warfare. The Wuhan crisis is no exception.

Was a virus created in the lab and deliberately leaked into the local wet markets for experimentation on the people of Wuhan? This is totally consistent with China's poor record on civil rights and it's complete lack of concern for all of the Chinese people.

If the virus were created in Wuhan, it is by no means a poor reflection on all Asians especially Asia-Americans. It is simply a reaffirmation of the

Communist Chinese Government's inhuman disdain for human life. They are the ones to blame.

Now, we the American people are required by our government to get the vaccine without being told what are the short/long term side effects.

This is inherently a violation of our civil rights. The one benefactor from the spread of the virus is the environment. Consider how working from home reduces the amount of carbon emissions caused by the automobile.

Joe Bialek Cleveland, OH

When sending letters to the editor, your correct name, address and telephone number must be included with your submission. Your letter will not be published without the required information.



Please send your letter to:
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Baltimore, MD. 21218
email: btimes@btimes.com

# Page Opposite/Commentaries

# **Expanded Child Tax Credit**

By Congressman James E. Clyburn (D-SC), House Majority Whip

Persistent poverty is a scourge on our nation. The COVID-19 pandemic exposed the struggle those living in poverty face every day, and their plight was exacerbated by the economic impacts of the virus.

It has been my mission since coming to Congress to do everything I can to address persistent poverty. Those efforts often feel a little like the Greek myth of Sisyphus, who kept rolling the rock up the mountain only to have it roll back down when he approached the top.

This month, we are again making progress on one significant front in the fight against poverty. American families will begin receiving monthly Child Tax Credit checks on July 15; thanks to an expansion of the popular program in the American Rescue Plan (ARP) that was signed into law by President Biden in March with only Democratic support.

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The Center for Poverty and Social Policy at Columbia University projects that this provision will cut the child poverty rate in half this year.

Previously the Child Tax Credit was capped at \$2,000 and not fully available to the lowest-income families. Thanks to the ARP, the full amount of the expanded credit— now available for all

neither filed a tax return for 2019 or 2020 nor used the IRS Non-Filers tool should go online and use the IRS Child Tax Credit Non-filer Sign-up Tool to sign up today.

Eligible families who get their refunds from the IRS through direct deposit will see these payments in their bank account; those who don't use direct deposit will

"The challenge we face with this life-changing benefit is that it is set to expire after one year. It was a temporary fix to immediately address the economic impacts of the pandemic. We know, however, that persistent poverty existed well before COVID-19, and it will continue well beyond the recovery if we don't take permanent action."

households filing jointly with incomes up to \$150,000 and single parents with incomes up to \$112,500— is \$3,600 for every child under 6 years old and \$3,000 for every child ages 6-17. Starting July 15 and continuing through the end of the year, these households will receive \$300 for every child or \$250 every month for each child in those respective age ranges. The remainder of the credit can be claimed when filing 2021 tax returns early next year.

Families who filed tax returns for 2019 or 2020, or who filled out the IRS Non-filers tool last year to receive an Economic Impact Payment, will get this tax relief automatically. Families who

receive their payments by mail.

The challenge we face with this lifechanging benefit is that it is set to expire after one year. It was a temporary fix to immediately address the economic impacts of the pandemic. We know, however, that persistent poverty existed well before COVID-19, and it will continue well beyond the recovery if we don't take permanent action.

To keep this huge rock from falling back down the mountain and plunge millions of American children back into poverty, Congress must make the expanded Child Tax Credit permanent. Doing so would be a dramatic, positive change in the life of American families and a real solution to addressing persistent poverty.

Unfortunately, just as Republicans opposed the American Rescue Plan, they also oppose extending this key provision. They don't seem to understand that stronger families produce a stronger, more productive nation. Whether or not they are persuaded to join the effort to address persistent poverty and strengthen American families, Democrats are working hard to make the expansion of the Child Tax Credit permanent.

Now is the time to break out of this Sisyphean struggle and sustain and build on the progress we have made lifting a significant number of families out of poverty. The public supports these efforts.

In addition to the expanded Child Tax Credit, we must permanently extend other economic lifelines in the American Rescue Plan like the expanded Earned Income Tax Credit, Child and Dependent Care Tax Credit, and nutrition assistance for children.

We must also provide the benefits of the Affordable Care Act's Medicaid expansion to those in the 12 states, including my home state of South Carolina, that have refused to participate. Democrats won't stop moving this boulder until we reach the top— and stay there.

Congressman James E. Clyburn (D-SC), is the House Majority Whip

Want to comment on the editorials or any other story?

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# Maryland scholar shines by graduating from high school and college at the same time

### By Andrea Blackstone

The pandemic presented an unprecedented time in education for educators and students who juggled virtual learning amid isolation, but some seniors who persevered did not miss a beat despite the threat of learning gaps and challenges. Not only did 17-year-old Khari Dawson receive approximately \$700,000 in college scholarship offers, but she also graduated with an associate degree in the humanities and social sciences with a creative writing concentration from the Community College of Baltimore County (CCBC). Khari's academic journey will continue in California. She opted to attend the University of San Francisco in the fall, where she accepted a full scholarship opportunity to pursue a bachelor's degree in English with a concentration in Creative Writing. Additionally, she plans to minor in Film.

"I'm really happy to have finished college, and to have a degree already," Khari said. "And to have fulfilled some of my requirements for the four-year (university) that I'm going into already. That's pretty exciting."

Khari was homeschooled during her high school years because she wanted to be, not because of pandemic-related circumstances. The Prince George's County-based scholar said that she had been homeschooled on and off over the period of her entire life. Her perceptive mother— Khadijah Z. Ali-Coleman, Ed.D— is the co-founder of Black Family Homeschool Educators and Scholars (BFHES). The purpose of the community-based education research group is to help Black homeschooling families and allow them to interact with each other. Ali-Coleman is a media professional and multi-disciplinary artist who also earned a Doctor of Education (Ed.D.) from Morgan State University. Her dissertation study dovetails with her daughter's real-life journey. It was titled, "Dual Enrolled African American Homeschooled Students' Perceptions of



Khari Dawson, middle, participated in the University of Maryland's Young Terps program. She earned three college credits during the 7-week program. Khadijah Z. Ali-Coleman, Ed.D., left, is Khari's mother. Ben Dawson, right, is the scholar's father. Courtesy Photo

Preparedness for Community College."

Ali-Coleman's daughter said that her mother ensured that she uncovered her passions and learning interests, although she adhered to learning traditional subjects such as Social Studies and English, which is the true essence of homeschooling. Khari began taking college classes during her freshman year of high school. Her mother allowed her to embrace learning in exciting ways.

"It's so interesting, because if we have been indoctrinated to look at learning in this linear kind of way, and there are certain ages and certain ways that children do this or do that...that's just so unnatural. That's not how learning happens," Ali-Coleman said.

Khari's mother noted how creative her daughter was early in her life. It led Ali-Coleman to try the homeschooling route. Ali-Coleman also said that she did her best not to replicate a traditional classroom setting. She utilized her background as an instructor to embrace other teaching strategies that are even used in costly private schools with less "restrictive environments." Taking trips, going to plays and museums, watching films and participating in creating a

short film, were some of the components Ali-Coleman integrated to help her daughter thrive, when the pandemic did not interfere.

"I enjoyed being kind of the leader of my own education," Khari said. "I became an English major and joined the honors college and also this honors sorority called Phi Beta Kappa. Through those I was able to take honors classes and I had access to smaller class sizes and things of that nature."

Additionally, Ali-Coleman explained that Khari applied to the Black Scholars Program at the University of San Francisco which focuses on social iustice. Taking classes in African American studies and culture is required. Ali-Coleman spoke of the respect that Khari has learned to give and receive as a human while exploring what she wants in the world. Khari, who has already had some exposure to filmmaking hands-on is interested in creating films where the lens of how Black people see themselves is broadened. There is more to Blackness than struggle and disenfranchisement. Ali-Coleman said that she is proud to know that her daughter cares about issues such as mental health.

"I think the thing that is making me most proud is seeing all the things that she's accomplished on her own, and it is really just a testimony to this whole homeschool pathway as being one where it really supports the children having the agency and autonomy."

The second annual BFHES virtual teach-in which was conceived by Ali-Coleman and Dr. Cheryl Fields
Smith—who is a frequently cited researcher of Black homeschooling families—integrates policy and research that benefits Black homeschooling parents will be held July 19-23, 2021. Please visit blackfamilyhomeschool.org to obtain more information about the event.

# September 18, 2021 Expo will feature locally-manufactured products Baltimore Makers Marketplace to be held at Coppin

By Ursula V. Battle

Baltimore may be known for its professional football and baseball teams, but it is also a city that touts a franchise of entrepreneurs. On Saturday, September 18, 2021, a major league expo is taking place that will allow attendees to support this local pool of talent. The event is called the "Baltimore Makers Marketplace," and is being presented by Times Community Services, Inc., and The Baltimore Times, in collaboration with The Baltimore Development Corporation (BDC), the Coppin State University Center for Strategic and MCB Real Estate, LLC.

The event will take place 10 a.m. -4 p.m. in the J. Millard Tawes Building, and will feature products made and sold by Baltimore-based businesses. Coppin State University is located at 2500 W. North Avenue in Baltimore, Maryland 21216.

Paris Brown is the founder/CEO of Catalyst Enterprises, the African American Shopping Network, Inc., and Black Boutique TV.

"Times Community Services has been a long-time supporter of small and community-based businesses," said Brown, who is also one of the event's organizers. "Now, more than ever, it is important to support our local business economy. These businesses have invested in Baltimore, and we want people to know them. This event will showcase their business, encourage local buying, and create what we hope is an annual event that supports the growth and sustainability of local businesses."

Times Community Services, Inc. is the philanthropic arm of The Baltimore Times.

"The Baltimore Times is ecstatic to collaborate with the Baltimore Development Corporation, Coppin State University, and Catalyst Enterprises and MCB Real Estate to present this event," said Joy Bramble, founder and publisher of The Baltimore Times. "We are always seeking ways to highlight and support local businesses. This event presents a phenomenal opportunity to bring



Andy Cook, Executive Director of Made in Baltimore. Courtesy Photo

together entrepreneurs and consumers in a way that ultimately benefits our local economy."

Dr. Ronald C. Williams is the founding Director of the Coppin State University Cener for Strategic Entrepreneurship.

"This event presents an opportunity for more people to learn about the involvement of Historically Black Colleges and Universities in the maker movement," said Dr. Williams. "We are happy to partner with The Baltimore Times for this event. Black people have always been makers. It's vital in the whole job creation element of what to do as a College of Business. There is a big need to re-shore manufacturing in this country. It's an economic security issue."

He added, "Legislation coming down the pike at the federal level has carved out for HBCUs, the critical nature of the maker movement chain and Coppin can be on the forefront of all of that. Coppin is a community-centered university. This event allows us to use our space for the purpose of inviting the community in."

The Baltimore Development Corporation is the economic development agency for the city of Baltimore. The BDC's programs include "Made in Baltimore," a community of



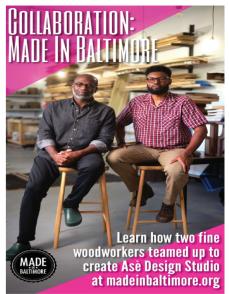
Made in Baltimore is a program of the Baltimore

manufacturers, retailers and maker spaces working together to create and promote locally-made products. Made in Baltimore has a growing network of over 200 product-based businesses ranging from home-based maker to large scale manufacturer. Many of them will be selling their products at the Baltimore Maker's Marketplace.

"This is our first big public event since COVID, so we are really excited to be out in the world and face-to-face with people and doing in-person sales," said Andy Cook, Executive Director of Made in Baltimore. "A lot are small businesses that rely on craft shows and other vender opportunities to make their revenue, and a lot of them suffered loss over the past year."

Made in Baltimore supports businesses through a variety of services including free business development workshops and resources, print and media campaigns, connections with large institutions and universities, and ongoing work to advance policy for urban manufacturing. Through such efforts, which also include free business certification, Made In Baltimore works to elevate makers and manufacturers in the city of Baltimore.

"Our goal is to get Baltimore to focus their consumer spending on products made in Baltimore," said Cook.



"Spending in our city helps to revitalize neighborhoods and builds community wealth in our city. It's about getting consumers to buy locally and invest in our communities."

Cook founded The Made In Baltimore program at the Baltimore Office of Sustainability.

"The goal is to see among the businesses we work with, an increase in jobs, revenue, and space being used for those businesses to manufacture products made in Baltimore," said Cook. "Those metrics all point to a greater maker economy which we believe creates good living wage jobs for Baltimoreans and help reinvigorate blighted areas in our city."

He added, "Everyone roots for the Ravens and Orioles, and our message is the same. Be proud of the city and the products being made here."

For more information about the Baltimore Maker's Marketplace, visit http://baltimoretimes-online.com/

## Five students from Baltimore area among 2021 SECU scholarship winners



Lenora Knowles from Baltimore City, will attend the University of Maryland, College Park Courtesy Photo/SECU

Baltimore— SECU, Maryland's largest state chartered credit union, announced its 2021 SECU MD Foundation
Scholarship Recipients. The SECU MD Foundation Scholarship Program awarded \$115,000 in scholarships to 28 SECU members spanning communities across the state who will be attending a trade, technical school, college or university for the fall 2021 semester.

Since the Scholarship Program's inception in 2007, SECU and the SECU MD Foundation have awarded over

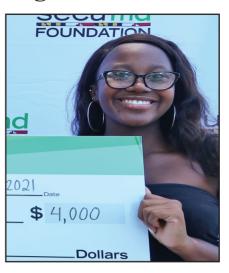


Benjamin Tellie from Catonsville, Baltimore County, will attend George Washington University Courtesy Photo/SECU

\$700,000 in scholarships to more than 250 students statewide to help offset the financial burden of earning a degree.

In recognition of the Scholarship Program's 15th anniversary, the program is awarding \$115,000 in scholarships for the 2021–22 academic year. The program exemplifies SECU's ongoing commitment to empower access to education.

"Our Scholarship Program is built on the foundational tenet that cost shouldn't serve as a barrier to pursuing one's dreams," said Becky Smith, EVP and



Ericka Lowery from Rosedale, Baltimore County, will be attend the Community College of Baltimore County Courtesy Photo/SECU

chief strategy & marketing officer for SECU Maryland and executive director of the SECU MD Foundation. "Instead, this is a bright opportunity that opens doors for the next generation of changemakers."

While recipients enjoyed a virtual celebration in 2020 due to the necessary safety precautions of the pandemic, the SECU MD Foundation celebrated this year's winners in a drive-thru celebration with fanfare at the corporate office on June 24, 2021.



Grant Mobley from Timonium, Baltimore County, will attend American University Courtesy Photo/SECU

The five Baltimore City and Baltimore County scholarship winner are: Lenora Knowles, Baltimore City; Benjamin Tellie, Catonville; Tyliah McDonald, Halethorpe (not pictured); Ericka Lowery, Rosedale; and Grant Mobley, Timonium.

The SECU MD Foundation's 2022 Scholarship Program will be launched by February 2022. For more information or any questions about the scholarship program, visit:

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### Lamar Jackson focused on Super Bowl not new contract

### By Tyler Hamilton

The business side of the NFL manages to show its ugly head from time to time whenever contracts are about to expire. Even in the case for someone who clearly loves the game like Baltimore Ravens quarterback Lamar Jackson.

After stepping in as a rookie and guiding the Ravens to a playoff appearance, winning an MVP and reestablishing the Ravens as one of the best teams in the AFC, Jackson's in line for a new contract.

However, the All-Pro quarterback has a bigger, more team oriented goal in mind as opposed to worrying about his contract.

"I'm not really focused on that right now. I'm focused on getting a Super Bowl. I'm focused on getting better. I'm focused on working with my teammates right now," Jackson said after minicamp last month. "I'm focused on winning right now. I'm trying to bring a Super Bowl here.

"MVPs and stuff like that, having winning records and stuff, that's cool, but I want to bring a Lombardi [Trophy] here myself."

The Ravens' season ended with a loss to the Buffalo Bills in the Divisional

round of the playoffs. Jackson was knocked out of the game due to a concussion. This was the second year in a row that the team was bounced from the playoffs in the second round.

Jackson has led the team to the playoffs in each of his seasons but he wants to take the next step with the Ravens.

"Man, because we fell short three years in a row since I've been here," Jackson said when asked what drives him to always think about the Super Bowl.
"And, I'm always seeing teams, when they get there— it's hard work, preparation, stuff like that. We're watching highlights and stuff like that on TV. And it's like, when they win it, it's like your whole life just changed. It's not even a change; it's like the excitement I see. The feeling— like holding the [Lombardi] Trophy up and stuff like that."

Kansas City Chiefs quarterback Patrick Mahomes' 10-year, \$450 million contract is currently the biggest deal in the league. Like Mahomes, Jackson has an NFL MVP to his name. However, unlike Mahomes, Jackson hasn't led his team to the Super Bowl but he is clearly among the best quarterbacks in the league.



Baltimore Ravens quarterback Lamar Jackson has led the team to the playoffs in each of his seasons but he wants to take the next step with the Ravens. Jackson says he is not worrying about his contract. Right now, he is focused on winning and getting a Super Bowl. Photo Credit: Scott Taetsch/USA TODAY Sports

The Ravens know what they have in Jackson both mentally and physically. Head Coach John Harbaugh has no doubt that Jackson will not be impacted by the contract talk this season.

"Lamar [Jackson] is confident, and Lamar understands what's important. I mean, Lamar is going to get ... Look what he's done; he's going to get paid. He knows that. The question becomes, what's he going to do," Harbaugh said. "And that's the great thing about Lamar and why you have so much confidence in him— is that's what he focuses on. You focus on that— all the other things tend to fall [in place]. Be great at what you do, [and] someone is probably going to want to hire you to do it."





erience reviews shared online at www.thehartford.com/aarp as of February 2021

# 'Know Your Risk' campaign launched to raise awareness about prediabetes and encourage prevention

Social media and transit campaign promotes a simple, one-minute quiz to help Marylanders understand their risk for and take action against prediabetes

Baltimore— The Maryland Department of Health (MDH) launched "Know Your Risk," a new statewide campaign encouraging Marylanders to take a one-minute online quiz to assess their risk for prediabetes. The campaign supports prevention goals outlined in Maryland's Diabetes Action Plan, the state's multifaceted strategy to address diabetes over the next decade.

"Diabetes has had a lasting and deep impact on our communities statewide and we want to help people prevent onset of the disease whenever we can," said MDH Secretary Dennis R. Schrader. "Public education and awareness, along with coordinated care and effective disease management, are essential to helping Marylanders understand their risk and take action to take control of their health."

The campaign urges Marylanders to "take one minute" to complete an online quiz designed to assess their risk for prediabetes. Marylanders are encouraged to discuss the results with their doctor and make lifestyle changes if necessary.

According to the Maryland Behavioral Risk Factor Surveillance System, 10.5 percent of Maryland adults have diabetes. The Centers for Disease Control and Prevention (CDC) estimates that approximately 1.6 million or 34 percent, of Maryland adults have prediabetes, a condition of elevated blood sugar that could lead to type 2 diabetes.

However, nine out of 10 people with prediabetes know neither their status nor their risk for diabetes.

For more information about prediabetes, how to prevent type 2 diabetes and to take the "Know Your Risk" quiz, visit health.maryland.gov/prediabetes.



Nine out of 10 people with prediabetes don't know their status or their risk for diabetes. For more information about prediabetes, how to prevent type 2 diabetes and to take the "Know Your Risk" quiz, visit health.maryland.gov/prediabetes.

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# Drug and Alcohol Rehabilitation and Education

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www.narcononnewliferetreat.org/blog/naloxone-availability.html to learn about the overdose reversing drug known as naloxone and find out its availability in your state. Narconon can help you take steps to overcome addiction in your family.

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