

Maurita's Essentials

Specializing in Beauty Products 'Naturally' Made in Baltimore



Meredith Hurston founded Maurita's Essentials in 2008 after she learned how to make soap, lotion, and body butter. According to Hurston, the Maurita's Essentials line of products is predominantly plant-based and free of harsh chemicals. Maurita's Essentials will be one the "Made in Baltimore" businesses participating in the "1st Annual Times Community Services Baltimore Maker Marketplace." The Baltimore Maker Marketplace will be held Saturday, September 18, 2021, 10 a.m. – 4 p.m. at Coppin State University located at 2500 W. North Avenue. (See article on page 9). Courtesy Photo

Two ways to build positive habits and break negative ones

By Chazz Scott,
Nucleus Team Member,
Positively Caviar, Inc.

Our habits make us who we are. The process of repetitive action shapes and builds our personality, whether we want to admit it or not. For example, the time you go to sleep, the types of foods you eat, how often you exercise, and even how you tie your shoes all become regular habits.

Many of these habits were built unconsciously because of our environment and past experiences, and some habits we may have constructed consciously. Either through your preferences in the types of foods you enjoy or how much time you like to watch television during the week.

The hidden issue with habits is they have the potential to creep up on you and negatively impact your success in life. This is why it's necessary to become conscious of the type of habits that are not in alignment with your goals or your future self. Why is it so hard to break a bad habit? Well, the answer lies in the ways our brains operate.



Chazz Scott,
Nucleus Team Member,
Positively Caviar, Inc.
Courtesy Photo

Our brains are very efficient. The brain is constantly looking for ways to optimize itself. This is to free up space so we can focus on other tasks. In fact, it's estimated that at least 80 percent of

our actions take place automatically without us having to think about it. Most of us have experienced the driving somewhere and we arrived at our destination, not remembering the entire trip. This hardwired innate capability is very effective from a survival perspective but can be detrimental if you've unconsciously picked up a habit that does not serve you well.

So, when you want to change, it can be challenging for your brain to get outside of its "normal" operating system. Change can feel difficult, but the good news is, it's not impossible. James Clear, author of "Atomic Habits," discusses in his book that "if you're having trouble changing your habits, the problem isn't you. The problem is your system." He says, "bad habits repeat themselves again and again not because you don't want to change, but because you have the wrong system for change." His book, "Clear" offers a different perspective that focuses on the system of our habits rather than striving for a particular goal.

Habits are difficult to modify but they can become much more manageable to change with the right approach or system.

Here are two ways to help build good habits:

1. One way to do this, which is discussed in "Clear," is to modify your environment. Most of our decisions are based on what's available to us in our external surroundings. Essentially, our habits are influenced depending on what's available to us in our environment. As an example, if your office or home is filled with doughnuts or bagels, it will be hard not to grab one. So, if you want to modify your habits, you will have to manage your environment. If you want to drink more

water, put a few water bottles around the house in common places. Or, if you wish to read before you go to sleep, place a book on your pillow while making your bed every morning. These subtle changes can make a significant difference when the options are easily presented to you during your regular routines. As written in *Clear*, "be the designer of your world and not merely the consumer of it."

2. Our friends, family and coworkers influence every aspect of our lives. We imitate their behaviors whether we realize it or not. In fact, one groundbreaking study tracked 12 thousand people for 32 years and found that a person's chances of becoming obese increased by 57 percent if he or she had a friend who is obese. This startling research reveals that if you hope to adopt a new habit, you should put yourself around people who participate in habits you desire to instill in yourself.

So, if you desire to work out more, find a workout tribe. If you wish to read more, find a book club to join. As the data suggests, the people you consistently surround yourself with, influence you whether you realize it or not!

Positively Caviar, Inc. is a nonprofit organization focused on a message of positivity and optimism. Once a month, the Nucleus Team writes a column focused on mental and physical health tips, scientific studies, nutrition facts and stories that are positive in nature to support a purposeful and positive lifestyle. To learn more about our organization, the nucleus team or how you can join our positive movement, visit: staybasedandpositive.com

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**Orioles host Crab
feast at Oriole Park
on August 13**



The all-inclusive experience includes unlimited crabs, drinks, and more on the Oriole Park field on Friday, August 13, 2021 beginning at 6 p.m.

Photo Credit: ClipArt.com

Baltimore— Fans are invited to attend the second-ever Crab Feast, presented by Miller Lite, at Oriole Park on Friday, August 13, from 6 p.m. to 10 p.m. While the Orioles are in Boston to take on the Red Sox, fans ages 21 and over can watch the game on the center field video board and enjoy all-you-can-eat crabs and drinks from tables set up on the Oriole Park infield dirt.

The Crab Feast includes unlimited crabs and a variety of sides, as well as beer, soda, and water. All fans will also receive an Orioles bottle opener, presented by Miller Lite. Complimentary parking will be available in Lot C, and fans can enter through Gate C beginning at 6 p.m.

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Guest Editorials/Letters

Not for Blacks only: Get vaccinated!

By Dr. Ken Morgan, Ed.D

COVID-19 virus brings out the inequities and discrimination that continue for Black people to this day. This virus pandemic drew more U.S. Blacks into higher economic and health hardship rates than Whites above the pre-pandemic disparities.

Thanks to the U.S. Census Bureau's experimental use of the Household Pulse Survey (HPS), it can distinguish between pre-pandemic disparities of Blacks and its pandemic disparities. Statisticians, Lindsay M. Monte and Daniel J. Perez-Lopez at the Census Bureau's Social, Economic, and Housing Statistics Division created the experimental modeling.

The Census Bureau found that where there is lost employment of Black adult households, Blacks are more apt not to pay for housing more than whites. They cannot afford it.

Blacks were less likely to maintain their health insurance than whites. Many Blacks were more likely to work in high-exposure jobs. The Census Bureau reported these facts and more.

Black unemployment rates were higher than whites before the pandemic, according to the Bureau's Current Population Survey (CPS). These labor market differences put Black working-age adults at a more significant disadvantage during the pandemic. The unemployment rate for Black adults remained higher throughout the pandemic.

Black adults outstripped white adults in looking at debt to pay for household expenses in January. The researchers found Black adults more likely use credit cards, loans, or borrowed money to pay for rent, gas, and food costs. These methods, during the pandemic, stood out more when someone in the household lost a job.

In Black adult households, when persons lost income, 11.1 percent Blacks were more likely than white adults reported that they often did not have enough to eat in January.

During the pandemic, anxiety became more predominant among blacks than white adults living in households where a black person lost income.

Black adults have been more likely than white adults to borrow money to make ends meet projects. We may also see a more prolonged impact of the pandemic on Black households as debts mount.

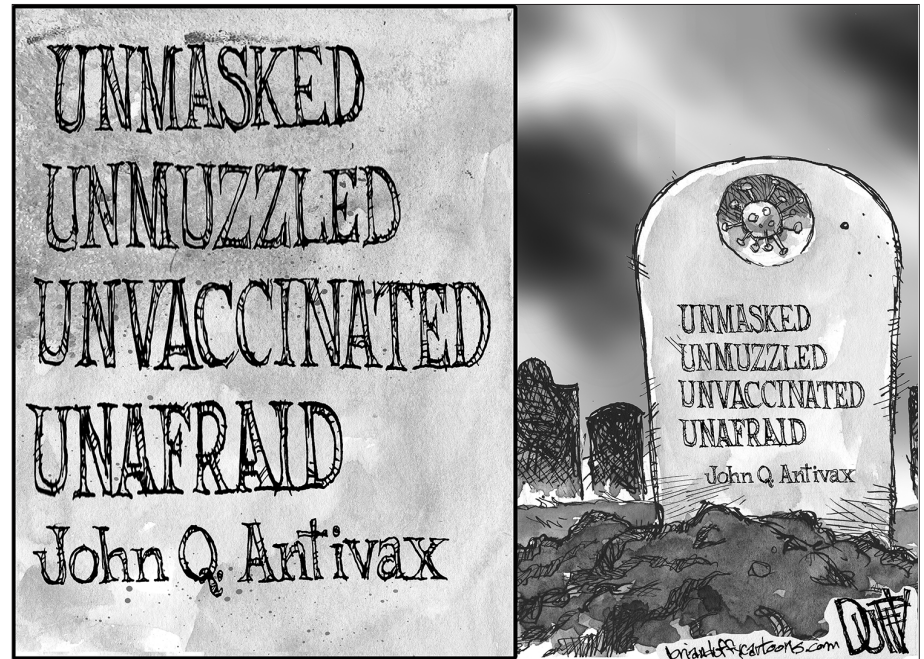
On July 27, 2021, the Center for Disease Control and prevention (CDC), advised that vaccinated people should still wear masks. The purpose is to protect those not immunized because of the Delta COVID-19 variant virulence.

This fact actually pertains to high transmission areas where COVID-19 and the Delta variant rapidly began reversing the downward number of persons getting COVID-19. I would still wear masks, although Maryland is not a high transmission state. All teachers, children, and staff, the CDC advises to wear masks.

Whatever your race or ethnicity, get vaccinated and wear a mask. If you are vaccinated, still wear your masks, because you might be a carrier, although the CDC says it is unlikely. Stay away from conspiracy theories. It can be a matter of life or death.

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

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Letters to the Editor:

Editor:

Environmental groups like the Sunrise Movement and Greenpeace USA should support federal funding for cultured-meat research. For those who aren't familiar with the term, cultured meat is grown from cells, without slaughter. In addition to animal welfare and public health benefits, this revolutionary protein will help prevent climate change.

"Industrial livestock agriculture—raising cows, pigs and chickens—generates as much greenhouse gas emissions as all cars, trucks and automobiles combined," Greenpeace USA itself states. "Cattle ranchers have clear cut millions of acres of forests for grazing pastures, inhibiting the landscape's ability to absorb carbon from the atmosphere."

Perhaps environmental groups see

cellular agriculture as a 'pie in the sky' solution. But nothing could be further from the truth. Cultured meat has already been granted regulatory approval in Singapore, and is even available for home delivery. Meanwhile, an Israeli company has reduced production costs for a quarter pound of cultivated chicken to less than \$4.

Despite such progress, federal investment is necessary. Private research generally isn't shared, for obvious reasons, which hinders development of the field as a whole. That's why organizations like the Sunrise Movement and Greenpeace USA should support government funding for cultured-meat research. The future of the planet might depend on it.

Jon Hochschartner
Granby, CT

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The movement for justice will not be deterred

By Rev. Jesse L. Jackson, Sr.

The right-wing majority on the Supreme Court just undercut the Voting Rights Act again. Having gutted the section that required pre-approval of state voting laws to protect the rights of minorities to vote in *Shelby v. Holder*, Republican-appointed justices now have castrated the backup clause— Section 2— which bans racial discrimination in election practices in *Brnovich v. DNC*. The result will open the floodgates even further to the wave of partisan laws that Republicans are pushing in states across the country to suppress the votes of African Americans and other people of color. The right-wing justices continue their assault on the meaning and power of the Voting Rights Act, a triumph of the civil rights movement that Justice Elena Kagan, writing in dissent, noted represents the “best in America.” The reaction against the civil rights movement continues.

Every movement for equal justice under the law in this country has been met with a brutal reaction. When reformers tried to limit the spread of slavery into new states coming into the republic, the slave states seceded,

legislators have sought to make it harder for African Americans and other people of color to vote. The long lines that mark inner-city voting sites are a graphic demonstration of the success of those efforts, for many people can't take the

on the Supreme Court are rewriting the laws passed by Congress to serve their own partisan purposes. Now the excuse is to limit voter fraud, even though there is no evidence of such fraud other than in the ravings of partisan politicians. This struggle will continue.

Clearly, Republicans across the country have decided that rather than seeking to win the votes of African Americans and other peoples of color, they would rather pass measures to suppress their vote— from discriminatory changes in voting practices, to gerrymandering of districts, to (most dangerously) empowering Republican legislatures to overturn the results of an election. Once more people of conscience must stand up and organize to protect the right to vote and to counter those who would suppress it.

Once more, right-wing justices have written another shameful chapter of judicial ignominy that must simply be overturned. Once more Congress must act to pass the John Lewis Voting Rights Act to counter the brazen efforts of the court's right wing to neuter it. Once more, those standing in the way of equality under the law will find that the movement for justice will not be deterred.

The Reverend Jesse Louis Jackson, Sr., one of America's foremost civil rights, religious and political figures.

“The so-called “conservative” justices on the Supreme Court are rewriting the laws passed by Congress to serve their own partisan purposes. Now the excuse is to limit voter fraud, even though there is no evidence of such fraud other than in the ravings of partisan politicians. This struggle will continue.”

launching the Civil War, the deadliest war in American history. After losing the war, when the federal government began reconstruction to free the slaves and guarantee equal political and economic rights to all, the reaction was brutal, with lynching and terrorism— led by the Ku Klux Klan and others— spreading to suppress the newly freed slaves. In the end, segregation— America's version of apartheid— spread through the South and the hope of the civil rights amendments was crushed. Now, after the civil rights movement, the Voting Rights Act and the election of Barack Obama, the reaction has been fierce.

Across the country, Republican

hours off from work to cast a ballot. In each era, the lawless reaction and blatant violations of the Constitution have been ratified by disgraceful decisions in the Supreme Court. The court ratified segregation in *Plessy v. Ferguson*, inventing the doctrine of separate but equal, a concept that existed only in the judge's imaginations, not in the realities of any of the former slave states. Voter suppression following the civil rights movement was ratified in *Shelby v. Holder* and now in *Brnovich v. the DNC*, that have essentially gutted the Voting Rights Act, the crown jewel of the civil rights movement.

The so-called “conservative” justices

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How to protect your black skin from cancer:

Skin Cancer Often Detected Among Black Men and Women

By Merdies Hayes, Our Weekly News

With California fully reopening and with summer here, many people can hardly wait to spend more time outdoors walking, biking, hiking, camping and swimming after more than a year mainly indoors due to the COVID-19 pandemic.

Although that is welcome news for families and outdoor enthusiasts, we cannot forget an important fact: spending too much time in the sun and its harmful ultraviolet (UV) rays is hazardous to your health as it can cause skin cancer, a potentially deadly disease.

This is true for all ethnic groups, including the Black community. According to a 2016 study in the Journal of the American Academy of Dermatology (AAD), melanoma, a form of skin cancer that affects all ethnic groups, is more frequently detected in later stages in Black men and women than in any other ethnic group. This can lead to a worse prognosis and higher mortality rates.

The AAD has reported that people with darker skin tones do not receive a diagnosis until the cancer is in its later stages. This tends to be because the symptoms are harder to recognize. Reportedly, the five-year melanoma survival rate for African Americans is 65 percent, compared with 91 percent for White persons.

“There’s a misconception that people with black or brown skin can tolerate the sun more than other people of different racial backgrounds,” said Dr. Joy M. Twersky, a dermatologist with Kaiser Permanente Southern California. “That’s false. Anyone can get skin cancer, and



Black persons should also look for a sore that will not heal (or heals and then reappears). Look for a dark spot, growth or darker area of the skin that is bleeding, growing, or changing in size or shape. Also, look for a dark line around or underneath a fingernail or toenail.
Photo: iStockphoto/NNPA

it’s smart for all of us to protect our skin from UV radiation to lessen our risk.

“It’s important to use sunscreen with a sun protection factor (SPF) of 30 or higher to better protect our skin, and it should be reapplied as needed, including every 1-2 hours when in the water or when perspiring. It’s important to know that using sunscreen alone isn’t always enough, however. We should also consider taking other steps to protect ourselves.”

The AAD further reports that doctors diagnose around 24 percent of melanoma cases in the regional stage, meaning that cancer has spread to

nearby lymph nodes. As well, physicians tend to diagnose roughly 16 percent of melanoma cases when they are in the “distant-stage” (cancer has spread to distant parts of the body).

Protecting your skin

Twersky offered the following tips to lessen your chance of getting skin cancer:

*Avoid the sun during its peak hours from 10 a.m. to 4 p.m.

*Understand that sand, water and snow can reflect 85 percent of the sun’s rays.

*To protect your eyes, wear sunglasses capable of blocking 99 percent of UVA and UVB radiation.

*When possible, wear loose-fitting, long-sleeved clothing to cover much of your skin.

*Wear clothing with the UPF label that helps protect against UV radiation. Because their skin is more sensitive, completely shield the skin of babies younger than 6 months from the sun.

“Taking these precautions will help you a great deal in preventing skin cancer,” Twersky said. “Additionally, following these simple tips will also help keep your skin looking healthier.

Checking your skin

It is important to keep an eye out for new spots or growths on your skin that are changing, such as growing, itching, or bleeding, as these could be early signs of skin cancer, and they can occur even in sun-protected places, like the soles of our feet. Use a mirror to examine difficult-to-see areas, especially on the bottoms of feet and between the toes.

Examine areas most likely to develop skin cancer, such as soles of the feet, inside the mouth, the anogenital region, the palms of the hands, and other areas where skin’s pigment is not as dark.

Black persons should also look for a sore that will not heal (or heals and then reappears). Look for a dark spot, growth or darker area of the skin that is bleeding, growing, or changing in size or shape. Also, look for a dark line around or underneath a fingernail or toenail.

With early detection, skin cancer can be treated more easily. That’s why it’s important to regularly check our own skin. If you find something of concern, have your skin checked by a doctor.

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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://bit.ly/B2Mvapp> or scan our QR code:



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.

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Downtown Partnership announces inaugural BOOST program cohorts

By Demetrius Dillard

In an endeavor to transform Baltimore's central business district into an entrepreneurial setting more reflective of the city's demographics, the Downtown Partnership of Baltimore recently launched the BOOST (Black-Owned & Occupied Storefront Tenancy) program.

The BOOST Program is an integral part of Downtown Partnership's initiative of creating a more robust and diverse business community along with inspiring Baltimore's next generation of emerging Black entrepreneurs.

On July 12, 2021, at Center Plaza, Downtown Partnership executives joined local business and political leaders to announce the first five Black-owned businesses selected for BOOST's incubator program.

The celebratory event was led by Downtown Partnership president, Shelonda Stokes, and featured remarks from Mayor Brandon Scott and City Council president, Nick Mosby.

"Today's announcement isn't the end of our journey with these five, amazing businesses. It's just the beginning," Stokes said. "We didn't create BOOST to check off a box and move on. We're in it with them for the long haul because their success will create opportunities for other entrepreneurs to follow in their footsteps."

BOOST is presented by Fearless, a \$40 million Black-owned technology company based in Downtown Baltimore. The company's founder and CEO, Delali Dzirasa, was also in attendance in addition to dozens of business leaders and community members, including BGE executive Rodney Oddoye.

When Mosby spoke at the podium, he shared what some might consider a concerning statistic. A few decades ago, one could read Black Enterprise Magazine's Top 100 list of the nation's most successful Black businesses and easily find about a dozen based in Baltimore alone. Deplorably, that is no longer the case, according to Mosby.

"Look over the past 30 or 40 years, and you see the decline of African-



Business owners of the first five BOOST cohorts stand with Downtown Partnership of Baltimore President Shelonda Stokes (far right). Boost cohorts: The Black Genius Art show, a multimedia creative space and fashion brand owned by Bryan Robinson; Codetta Bake Shop, a café and bakery specializing in desert items owned by Sumayyah Bilal and Christopher Burgess; Elite Secrets Bridal, a bridal design house owned by LaTonya Turnage; Media Rhythm Institute, a hip-hop-inspired media space with a café and educational studio owned by Deverick Murray, Jimmie Thomas and Tiffany Welch; and NKVSKIN, a line of natural beauty products owned by Nikia Vaughan. Photo credit: Downtown Partnership.

American owned businesses in our city. It was 40 years ago when you could open up a Black Enterprise [Top] 100 list and see 12 or 13, 14 businesses based in the city. That is no longer the case," Mosby highlighted. "The last Top 100 report that came out through Black Enterprise only listed one business from Baltimore City, and that's unacceptable. And that's why we stand here today."

"We understand and know that it's pivotal, particularly in our central business district, that it's reflective of our city. It's also really important that we create opportunities and incubators that help small businesses grow and thrive."

Of the 30 applicants for the new incubator program, five were chosen as recipients for BOOST's inaugural class of cohorts, which were: The Black Genius Art show, a multimedia creative space and fashion brand owned by Bryan Robinson; Codetta Bake Shop, a café and bakery specializing in desert items owned by Sumayyah Bilal and Christopher Burgess; Elite Secrets Bridal, a bridal design house owned by LaTonya Turnage; Media Rhythm Institute, a hip-hop-inspired media space

with a café and educational studio owned by Deverick Murray, Jimmie Thomas and Tiffany Welch; and NKVSKIN, a line of natural beauty products owned by Nikia Vaughan.

Robinson, a native of East Baltimore, said being named one of the first BOOST cohorts was "an honor for one because I started out in the city of Baltimore in community settings."

"I'm always looking at social enterprise, linking with other artists and different media," he added. "It's all about community outreach, being in the community and representing Baltimore."

Over the duration of the ceremony, the five businesses had their products displayed for guests to view and inquire about. The BOOST program will provide up to \$50,000 in grant funding for capital and operating expenses, according to Downtown Partnership.

Moreover, businesses selected for BOOST will open a physical retail location at one of Downtown Partnership's pre-identified available downtown storefronts. Thanks to the BOOST initiative, businesses will have access to "a robust cohort of experts for

business education and mentorship as well as ongoing technical, legal, accounting, and marketing advice."

"BOOST businesses will bring new life into empty spaces, and they'll have the advantage of being in our city's largest office, residential and tourist areas," Scott said. "Already, largely due to the impacts of COVID-19, more people see the value of supporting local business, particularly those who are run by women and people of color. The system has not been fair to these businesses, but we're changing that with things like this."

BOOST is supported by BGE; M&T Bank; the Baltimore Development Corporation; Gross, Mendelsohn & Associates; the City of Baltimore Small Business Resource Center; Maryland Small Business Development Center; DLA Piper; the Greater Baltimore Urban League; and the T.Rowe Price Foundation.

To conclude the event, Stokes joined Scott, Mosby, Dzirasa, Oddoye and others along with the five winners for a ribbon cutting to signify the ushering in of a more vibrant, flourishing Black business sector in Baltimore.

Specializing in Beauty Products 'Naturally' Made in Baltimore

By Ursula V. Battle

Looking back on her childhood, Meredith Hurston vividly recalls her mother wearing Estée Lauder's Eau de Parfum Youth Dew. "As a kid growing up, I remember my mother was an avid wearer of Estee Lauder Youth Dew," she said. "It's a perfume that comes in a clear hourglass shaped bottle that has a gold metallic elastic bow tied around the front of it."

Created more than 50 years ago, Estée Lauder describes the parfum as "absolutely captivating, with opulent flowers, rich spices, and precious woods." Hurston would grow up to become a medical lab scientist working as a quality specialist. She has also "mixed" her interest in beauty products and science through her company, Maurita's Essentials.

"My Mom is who you'd think of when it comes to sophisticated and classy ladies," said Hurston. "She loved things that were elegant and timeless. What stuck out to me was how much this fragrance was a part of her daily routine. It dawned on me that there is no reason I couldn't become like Estee Lauder and have thousands of brand loyalists like my mother was to Youth Dew."

Hurston founded Maurita's Essentials in 2008 after she learned how to make soap, lotion, and body butter. According to Hurston, the Maurita's Essentials line of products is predominantly plant-based and free of harsh chemicals. The entrepreneur said unrefined shea butter is the company's star ingredient and is used in most of their formulations. She also noted Maurita's Essential products are free from parabens, sulfates, and phthalates and handmade in small batches to ensure quality while using premium butters, oils, botanicals, and fragrances.

"Although I was interested in science and medicine as a kid, I had no idea there was such a thing as cosmetic chemistry," said Hurston. "I ended up with a degree in medical technology/clinical laboratory science. I have an affinity to healthcare, but I



Meredith Hurston is the founder of Maurita's Essentials, a line of handmade products she says are free from parabens, sulfates, and phthalates. Courtesy Photos

discovered my love of natural hair and skincare when I decided to give up relaxer treatments."

Maurita's Essentials is based in Baltimore. The company's products include: Decadent Whipped Body Butter; Glow Body Oil; Radiant Sugar Scrub; and Ultra Hydrating Shea and Aloe Body Cream.

Maurita's Essentials will be among the "Made in Baltimore" businesses participating in the "1st Annual Times Community Services Baltimore Maker Marketplace." The Baltimore Maker Marketplace will be held Saturday, September 18, 2021, 10 a.m. – 4 p.m. at Coppin State University located at 2500 W. North Avenue, and will feature

products made and sold by businesses based in the city.

Founded by Andy Cook, "Made in Baltimore" is a community of manufacturers, retailers and maker spaces working together to create and promote locally-made products. The organization has a growing network of over 200 product-based businesses ranging from home-based maker to large scale manufacturer.

"People like skincare options that don't present harsh ingredients, and are mainly plant-based oils," said Hurston. "They are looking for natural products that are non-toxic and provide alternatives to products found on retail shelves."

Hurston says the company's top sellers are its body butters and cremes. Maurita is Hurston's middle name, which she chose as a tribute to her late grandmother, Katie Maude. Hurston is a native of Flint Michigan, and a graduate of The University of Michigan-Flint. The 45-year-old is a member of Delta Sigma Theta Sorority, Inc.

Like Estée Lauder's Youth Dew, Hurston hopes her products will have an impact on consumers for years to come.

"Our dream is to transform your dry skin to help you achieve a gorgeous and glowing complexion," said Hurston.

For more information about Maurita's Essentials, visit <https://www.mauritasesentials.com>. You can also follow the company on Facebook at <https://www.facebook.com/mauritasessentials> and on Instagram <https://www.instagram.com/mauritalux/>



Maurita's Essentials Radiant Glow Gift Set



Maurita's Essentials Parisian Massage Glow Body Oil.

New dean appointed to lead Morgan's School of Global Journalism and Communication

Baltimore— Following a national search, Pulitzer Prize-winning journalist and current Assistant Dean for Programs Jackie Jones was selected by Morgan State University President David K. Wilson to serve as the next dean of Morgan's School of Global Journalism and Communication (SGJC). Jones, who in addition to her role as assistant dean also serves as the chair of the Department of Multimedia Journalism, replaces DeWayne Wickham, the school's inaugural dean following his near decade of leadership. She will assume the role effective August 1, 2021, becoming only the second person to lead SGJC.

"We searched the nation seeking a qualified and highly capable candidate to build upon the success that DeWayne Wickham began, and that search has led us right back to Morgan, where we found the best person, in the selection of Jackie Jones, to take over the leadership reins," said President Wilson. "Jackie Jones has been a co-collaborator in the School of Global Journalism and Communication's growth into a top destination for students seeking preparation for careers in a diverse and competitive communications field, and she was instrumental in navigating the school to attainment of its first-ever accreditation. In her, we've found the right person for the job."

As dean, Jones will be responsible for management and oversight of 24 faculty members and more than 400 students. She will also oversee and coordinate the activities of SGJC's three academic units (Department of Multimedia Journalism, Department of Multiplatform Production and Department of Strategic



Decorated journalist Jackie Jones was selected to serve as the next dean of Morgan State University's School of Global Journalism and Communication. She assumes the role on August 1, 2021, becoming only the second person to lead the school, beginning a new era. Jones has served as assistant dean for programs for the past five years and as chair of the Department of Multimedia Journalism since 2013. (Above) Jackie Jones (second from left) with her students.

Courtesy Photo/Morgan State University

Communication) and the performance centers that provide students in these departments with opportunities to apply to real-world settings the things they learned in the classroom. Her responsibilities will also include leadership of the operation of WEAA-FM, the university's NPR affiliate radio station, which has a small professional staff and serves as a learning lab for students.

In addition, she will be tasked with expanding experiential learning opportunities for SGJC's undergraduate students and guiding the school through the launch of a master's degree in Global Multimedia Journalism and Communication in Africa and the development of a Journalism and Mass

Communication Ph.D. program.

"While this is exciting news for me, personally, I am especially excited for the opportunity to engage faculty, staff and students in taking our program to the next level of excellence," said Jones. "SGJC made rapid progress in a relatively short time under Dean Wickham, and I look forward to taking the baton from him and moving us ever forward."

Jones, who has served as assistant dean for programs for the past five years and as chair of the Department of Multimedia Journalism since 2013, has been a journalist for more than 40 years and is a nationally recognized leader in journalism and journalism education. The Pulitzer Prize winner has worked in

markets around the country and at a host of highly regarded publications, including the *Philadelphia Daily News*, *New York Newsday*, the *Baltimore Sun*, the *Milwaukee Journal Sentinel* and *The Washington Post*.

Morgan State University's School of Global Journalism and Communication is dedicated to giving voice to people who struggle to contribute to the public discourse that shapes the nation and the world, through innovative teaching, cutting-edge research and exemplary service to Maryland, the nation and the world. The school seeks to instill in students the skills, knowledge and training to become effective communicators and to add to the diversity of thought in the media.

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Calling all Baltimore area residents: Plasma donations are urgently needed

By Anthony Davis, Center Manager of BioLife Plasma Services in Towson, Maryland

Baltimore-area residents have a unique opportunity to help others through plasma donation. Over the past year, you may have heard about convalescent plasma for the first time surrounding its potential use in treating COVID-19. However, for more than 80 years, plasma has been a lifeline for thousands of people who are immunocompromised or live with a variety of complex and chronic diseases. Donating plasma and transforming it into life-saving medicines continues to be essential, especially as more and more people need these medicines. That is why I am excited to share BioLife Plasma Services has recently opened a new plasma donation center in Towson, located at 919 Taylor Avenue.

Why are plasma donations so important? With plasma donations lower than usual through the pandemic and demand for plasma-derived therapies



Anthony Davis, Center Manager
BioLife Plasma Services
Towson, Maryland
Courtesy Photo

growing worldwide, the need for plasma is more urgent than ever. Plasma donations received at BioLife centers are used by its parent company, Takeda, to

make established therapies for people who are immunocompromised and don't have alternative treatment options.

Plasma cannot be produced in a lab, which means those who rely on therapies developed from plasma are dependent on other people regularly donating. On average, hundreds to more

other required donor eligibility criteria, including a physical examination at your first visit and screenings at each visit.

2. Your first visit usually takes about two hours between the physical examination and donation process. Future appointments take less time.
3. BioLife will compensate you for

"For more than 80 years, plasma has been a lifeline for thousands of people who are immunocompromised or live with a variety of complex and chronic diseases. Donating plasma and transforming it into life-saving medicines continues to be essential, especially as more and more people need these medicines."

than a thousand donations are needed to provide enough medicine for one patient over the course of one year.¹

Maryland is home to two other BioLife centers located in Baltimore (421 Baltimore National Pike) and outside Washington, D.C. in Riverdale (6200 Baltimore Ave.). These sites are part of a growing network of more than 150 state-of-the-art plasma donation centers in the U.S. to address an urgent patient need for plasma.

Having lived in and been educated in the National Capitol Region for several years, I've seen first-hand how our community bands together for people in need, and I encourage our friends, relatives and neighbors to consider donating plasma—it's a simple way to help others. The more plasma donations we collect, the more therapies we can potentially provide to those who rely on them.

Here are the top three things to know about donating plasma:

1. You can make an online appointment to visit a Baltimore-area center by going to BioLifePlasma.com. There are some eligibility requirements to keep in mind: you must be at least 18 years of age, weigh at least 110 pounds and pass all

your time and commitment to donate plasma. Learn more about current promotions at the BioLife website, <https://biolifeplasma.com/us>.

The Towson center is actively seeking healthy donors, who have a unique opportunity to make a difference in the community through plasma donation. I am thrilled to be a part of this new center and encourage anyone who is interested in learning more about BioLife, the donation process and how to schedule an appointment, to please visit the [BioLife website](#).

Plasma donation is an opportunity for healthy individuals from all walks of life to make a big difference in their communities. All plasma donations can be considered a "gift of life" as they are used to make life-saving and life-sustaining therapies, often for those with few or no alternative treatment options. I am hopeful that the Baltimore community will consider donating plasma to help make a difference in these peoples' lives.

1. <https://www.pptaglobal.org/plasma>
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Rambling Rose

*July was a month full
of happy celebrations!*



Rosa Pryor Trusty

Hello everyone, my goodness, gracious! What a beautiful month July has been after a long year and a half, it was so wonderful to get out and socialize a little bit, still with our mask on but with a lot of happy stuff going on. It was great. It kind of gave your body and your mind a little break from the confinement we all had to endure during the pandemic. I am not saying it's over but has quieted down.

My boo-boo and I attended the grand opening of "Not Just Crab" and Carlos Hutchins grand opening of his production of entertainment as he continues what he has successfully accomplished at Corinthians for years. He continues his management style at Not Just Crab Restaurant at 8731 Liberty Road in Randallstown, Maryland.

My goodness—Liberty Road will never be the same again. It was wonderful—the food, the entertainment, the service, and the friendly atmosphere were all very enjoyable. I know you are scratching your head and saying I know that address—that used to be "Ruby Tuesday!" And you are right, but honey child—it's no longer a Ruby Tuesday, it is a jumping up and down James Brown kinda fun and entertainment, good seafood and great drinks to go to now to socialize with your friends. Thanks Carlos Hutchins, you have done it again! I will have photos and stories about the fantastic grand opening in my next column.

Shorty and I shared the evening with 95.9 Doresa Harvey and entertainment promoter Gerald of GP Productions who is bringing in Harold Melvin's Blue Notes; Feelin' the Funk Band; and Skip Mahoney's Casuals on Saturday, August 7, 2021 starting at 2 p.m. at Lamont's Entertainment Complex in Pomonkey, Maryland. Okay, I can't tell you all the details now, so just call or text 301-503-

8400 and tell them "Rambling Rose" told you.

I have to keep my column short this week, because I had a lot of photos, but for a good reason. The photos this week tell about the celebrations of anniversaries and birthdays in our community and I just couldn't help myself. There are a lot of wonderful people in our community who have much to celebrate, especially after the year we have had with losing so many of our friends and families it is a blessing and is wonderful to still be above ground to celebrate anything.

Before I leave you, I want to mention just a few things coming up I think you should check out! The weekly Farmer's Market at the Hilton Garden Inn at Owings Mills, every Wednesday from 10 a.m. to 2 p.m. and the Randallstown's Annual Farmer's Market in the Randallstown Plaza Shopping Center every Wednesday from 1-5 p.m.

Okay y'all I really have to leave you now, 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 jazz show at the post 122 was a great. It was a sell out! Look at a few of the people who were there!



Congratulations to Arthur and Annette Grier are celebrating 34 years of marriage. Annette heads up the March Funeral Home Roberta's House Grief Center.



Owners of Avenue Bakery on Pennsylvania Avenue and Baker Street, James and Brenda Hamlin are celebrating 53 years of marriage. They are also celebrating the bakery's 10th anniversary on August 15, 2021.



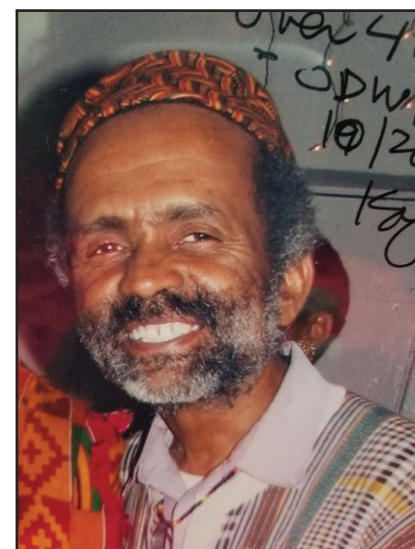
Larry and Deana Gibson celebrated 48 years of marriage this month, may they have many more.



Congratulations to Sterling and Shirley Scribner Sr. celebrating 23 years of marriage this month.



Rev. Dorothy Boulware, twirling and dancing in her backyard is celebrating her birthday. Rev. Boulware is the editor of the Afro-American Newspaper.



Happy Birthday! Charlie Dugger is celebrating his 70th birthday, this month. Charlie is loved by many people in the community and is known for his Kwanzaa celebrations events.

Tyus Bowser takes on leadership role this season

By Tyler Hamilton

A lot has changed for fifth-year outside linebacker Tyus Bowser over the years. He came to the Baltimore Ravens as a 2017 second-round pick out of Houston. The Ravens defense had plenty of veteran leaders like Terrell Suggs, C.J. Mosely, Tony Jefferson and Eric Weddle when Bowser was a rookie.

Four years later, all of those players are gone and Bowser now finds himself in position to be a veteran leader for the defense. The Ravens added outside linebackers Odafeh Oweh and Daelin Hayes with their first and fifth round picks respectively. At 26 years old, Bowser is a guy the newcomers will go to for advice and he is embracing the opportunity.

“I hate to be the guy now that is leading the young guys, when I was just a young guy not too long ago. But I’m definitely excited about the moment; definitely excited about being around a great bunch of young guys who want to learn, who want to get better as players and also as people too. Just being a guy that they can talk to outside of the field. So, it’s a great moment, and I’m excited about it,” Bowser said on Tuesday.

For Bowser, it’s all about embracing the moment. He says he is well aware of how critical this next month will be as



Outside linebacker Tyus Bowser is in his fifth year with the Baltimore Ravens. At 26 years old, Bowser is now the guy the newcomers will go to for advice and he is embracing the opportunity.

Photo Credit: BaltimoreRavens.com

the Ravens work to build a foundation for what they hope will be a championship season.

His personal goal is to be a Pro Bowler after signing a four-year, \$22 million deal to remain a Raven. The big deal hasn’t changed his approach though. Bowser isn’t hitching his security on the deal that he signed.

“I just keep the same mentality of just trying to prove myself each and every year. Regardless of what your contract is or who you are, you’ve got guys coming in that are coming to take your job, and I understand that. I’m coming with the mentality to come out here and work hard each and every day,” Bowser said.

Bowser’s best season came in 2019

when he finished with five sacks and 10 QB hits despite not starting a single game. He started two games last season (played in 16) and logged three interceptions, two sacks along with 14 QB hits.

Simply put, the arrow is pointing up for the young, versatile linebacker. The Ravens love his versatility.

“He’s great in coverage, and it’s not just the plays on the ball, because he has tremendous ball skills—he’s at an elite level there,” outside linebackers coach Drew Wilkins said in June. “He takes away the open underneath routes or the guy going to the flat. Now that quarterback has to hold the ball for an extra second, and you see the production that comes with that.

“He’s also a really dynamic and dangerous pass rusher for us that can really move across the front. It’s a great piece for Wink to use on third down, because you know how creative Wink is; he’ll put him anywhere. He’ll put him at nose tackle; he’ll line him up like he’s a safety and blitz him. So, it really is a great, versatile weapon for us, and our defense.”

Now, it’s time for Bowser to put it all together and show the younger players how it’s done.

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How lifelong learning is becoming a new version of the MBA

News & Experts— When higher education looks back on 2020 in decades to come, the year of the pandemic could be viewed as a turning point for MBAs and other advanced degrees.

COVID-19 forced a nationwide experiment in online learning, and one lesson stemming from that experiment may be that furthering your education doesn't necessarily need to mean paying high tuition to earn a formal post-graduate degree.

"We all need to be lifelong learners if we hope to achieve our goals and lead a fulfilling life," said Kimberly Roush, founder of All-Star Executive Coaching (www.allstarexecutivecoaching.com) and co-author of *Who Are You... When You Are Big?* "But that can mean many things, and because of the pandemic I think it's become even more clear that the ways we approach educating ourselves don't need to be stuck in the notions from the past of how learning takes place."

Harvard and Columbia's business schools are already adding certificates and lifelong learning to their programs. Instead of immersing themselves into a degree program for a compact period of time, students have the option to stretch their learning out over years, latching on to what meets their current needs.

That kind of approach fits well with the goals and lifestyles of many business leaders, says Roush. She offers a three-month group-coaching program for executives in transition called "Back In the Game," which provides business leaders with a chance to continue learning and honing skills to help reignite careers thrown off track by the pandemic.

Roush has advice for those who want to keep adding to their knowledge base throughout their careers, whether that's done through a certificate program, a one-time online class, coaching sessions, or a more formal degree:

Think deeply about yourself and your goals— Allow yourself the time



and space to reflect and get off autopilot so you can be deliberate and intentional as you move forward, Roush says. "We tend to be all about drive and action," she says. "Reflecting about ourselves is something that often gets overlooked. In some cases, people don't have the tools to do it effectively."

Strive to be a learner, not a knower— Some people are "knowers" and others are "learners," Roush says. "Knowers feel compelled to know the answer, a sign of an insecure ego," she says. "In today's world, of course, it's impossible for any one person, or any one leader, to know it all. Knowers operate more out of control than out of curiosity. They do not really lead so much as they manage." Lifelong learners, on the other hand, have a predisposition to be curious. "They have a healthy ego," she says, "so they have no problem saying, 'I don't know the answer, but let's figure it out.'"

Recognize that your joy for learning can impact others— When business leaders are learners, this creates more of a partnership approach with employees, who feel empowered as a result. "The focus is on working together," Roush

don't like," she says. "Sometimes, it's just a matter of getting back to their roots and remembering what they love about their job and allowing themselves to focus far more on that. You don't necessarily have to make the big right turn and completely change what you're doing. You're not necessarily on the wrong path; you may just have hit a rough stretch or don't know exactly where you are."

"Great coaches are always still learning too," Roush says. "I'm constantly looking for new opportunities to learn and grow and I get to learn from every person I coach – we learn together. One thing I always want to do is spread the word about the power that resides within



says. "It all stems from that natural curiosity. By asking 'what' and 'how,' leaders encourage more conversation—and more learning by everyone."

Understand that self improvement doesn't always involve major change— Roush has worked with many executives who made adjustments in their careers, but those adjustments need not be dramatic. "Often, people have been deliberate about their career choice and love their field; they just have gotten caught up in a part of it that they

each of us if we reach for our potential."

Kimberly Roush is the founder of All-Star Executive Coaching, which specializes in coaching C-level and VP-level executives from Fortune 100 companies to solo entrepreneurs. She also is co-author of Who Are You... When You Are Big? For more information, visit: www.allstarexecutivecoaching.com.

"My favorite words are possibilities, opportunities and curiosity. I think if you are curious, you create opportunities, and then if you open the doors, you create possibilities." —Mario Testino

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Building stronger communities in Greater Maryland

Bank of America is helping to meet the need for more affordable housing in neighborhoods across the country. Through Community Development Banking, we're deepening our commitment to create more communities for people to call home.

In 2020, we committed \$5.87 billion for affordable housing and economic development financing, resulting in over 13,000 housing units for people and families in need — many of which were constructed by diverse developers. That includes over \$74 million to create approximately 150 housing units right here in Greater Maryland.

In addition, we're joining Enterprise Community Partners to invest \$60 million in capital to support minority developers and their work to build inclusive communities.

My teammates and I remain dedicated to helping more people find a place to live they can both love and afford. **What would you like the power to do?®**

Janet Currie
President, Bank of America Greater Maryland

Working together

We're also collaborating with organizations that are supporting affordable housing options here in Greater Maryland.

They include:

**Neighborhood Housing Services
of Baltimore**

**GO Northwest Housing Resource
Center**

Habitat for Humanity

Bridges to Housing Stability

Go to bankofamerica.com/community to learn more about the work we are doing with our incredible partners.

BANK OF AMERICA

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