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Baltimore Together? This Time For Real?

By Peter Bramble

Recently I was alerted to the fact that many stakeholders in Baltimore had come together, and over a period of two years, developed “a comprehensive economic development strategy” as “a platform for inclusive prosperity.” I was delighted to learn of such a plan. Then I remembered participating in something like that decades ago at then, Coppin State College. The community leaders were called together to “The Round Table” to do exactly the same thing—talk about how to change Baltimore. And a report was published in booklet form to summarize and guide the economic development in Baltimore City.

But nothing tangible came from that report. Can anyone remember?

Now, we have a new work, well researched, studied, commented on and beautifully published on the Web. What now? If past is prologue, we are in deep trouble. But that need not be the case. All of Baltimore must come together to make sure that this time, the work that went into producing “Baltimore Together” is vindicated by “we the people of Baltimore” doing all that we humanly can to make the plan work this time for the well-being of the total society.

Continued on page 12



Terrence Dickson, owner of Terra Café since 2009, located 101 E. 25th Street in Baltimore, Maryland, showcases live entertainment every Monday featuring local musicians. Open 7 days a week from 11 a.m. to 9 p.m. For entertainment schedule and menu, call 443-708-8349.

Respond rather than react to create solutions

By Chazz Scott
Nucleus Team Member
Positively Caviar, Inc.

We can't always control what happens in our lives. Whether it be your car breaking down, an illness, a difficult conversation with a significant other or losing a job—these things happen, and they can create a lot of suffering without the right mindset.

When I was growing up, I tried desperately to run away from problems hoping they would go away. I quickly realized that the more I continued to run, the more my problems kept chasing me. I knew this was not the right way to approach life. I was living in autopilot mode running from problem to problem.

As I looked for answers—by reading books and inquiring within myself—I came to what may seem to many—an obvious solution. So instead of running away from my problems, I started to run toward them with a new perspective.

At this point, is when I began to ingrain the mindset of consciously responding to

life's circumstances instead of unconsciously reacting. Reacting to life is instant. It is mostly driven by defense mechanisms, fears, prejudices and inaccurate beliefs. It doesn't require any thought. In this state, your perception tends to shrink causes you to head down a path of more issues.

On the other hand, responding is consciously taking in a situation that may arise and deciding the best course of action. This mindset considers the wellbeing of yourself and others, and stays in line with your core values of who you want to become. When you consciously respond to life's issues, disagreements, negative people—your perception widens so that you are able to create solutions for your life.

In short, unconsciously reacting to life situations weakens you but consciously responding empowers you. Reacting creates more problems in your life, and responding creates more opportunities for solutions.

I love how Bob Proctor puts it, "When you react, you are giving away



Chazz Scott
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your power. When you respond, you are staying in control of yourself."

When you respond to life's situations, it strengthens you so you can catapult over your problems much more quickly.

Instead of avoiding difficult conversations, start leaning into them so you can resolve what's on your mind anyways. For example, instead of building up excuses for missing the gym, ask yourself will your present actions give you the body you desire? Likewise, instead of getting upset if someone cuts you off in traffic, create a space of mindfulness and ask yourself if getting angry will resolve your situation.

When you can consciously respond to life's events, you can more effectively contain the adversity to ensure it does not bleed over into other areas of your life. For example, when we react to issues in the workplace, we can unconsciously take these unresolved problems and negatively direct them toward loved ones in the home. If a response approach was taken, a favorable action could have been taken that might've allowed you to resolve the situation before bringing it home.

We can't always control what happens to us, but we can control the thoughts that we think and how we respond. As neurologist Viktor Frankl said, "Between stimulus and response there is space. In that space is our power to choose our response. In our response lies our growth and freedom."

The freedom and growth you wish to experience in life are found in skillful response.

Positively Caviar, Inc. (PCI) is a grassroots nonprofit organization focused on instilling mental resilience by way of positive thinking and optimism. Each month, a member of the nucleus team features a column focused on mental and physical health tips, scientific studies, nutritional facts and stories that are positive in nature to support a positive and healthy lifestyle. To learn more about how you can support, volunteer or donate to PCI, visit: staybasedandpositive.com.

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Stepping up when it matters most

Last year, we committed \$1.25 billion over five years to build on our long-standing work in support of driving racial equality and economic opportunity. To date, we've directly funded or invested nearly \$400 million of this commitment, in addition to other ways we continue to make an impact in our communities.

Our actions include:

- \$36 million to 21 Minority Deposit Institutions (MDIs) and Community Development Financial Institution (CDFI) banks that support minority-owned businesses. This is in addition to our approximately \$100 million in deposits to MDIs and our existing \$1.8 billion CDFI portfolio.
- \$300 million to 100 equity funds to provide capital to diverse entrepreneurs and small business owners
- \$10 million grant to fund the Center for Black Entrepreneurship (CBE), in partnership with Spelman and Morehouse colleges
- \$25 million to 21 Historically Black Colleges and Universities (HBCUs), Hispanic-serving institutions (HSIs) and community colleges in support of job skilling and placement
- Establishing new partnerships and coalitions focused on building skills and creating job opportunities for people of color
- \$60 million to increase access to capital and career opportunities for Black, Indigenous and People of Color (BIPOC) affordable housing developers
- 33 million+ masks, more than 272,000 bottles of hand sanitizer and 8 million gloves to communities in need
- \$1.35 million in grants to support mental health initiatives for young people of color
- \$25 million founding partnership in the Smithsonian's new initiative on race, Our Shared Future: Reckoning with Our Racial Past

These are just some examples of how we're working with community partners, business leaders, experts and academics across the public and private sectors to continue to drive progress.

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Janet Currie
President, Bank of America Greater Maryland

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Guest Editorials/Letters

Black Lives Matter and The Color of Your Skin

By Roger Caldwell, NNPA Newswire Contributor

There is a pervasive sickness in America, and it is called White supremacy, and systemic racism. These ideologies are invisible, and many Americans now believe that success has nothing to do with the color of an individual's skin. Discrimination no longer exists, and everyone has the same opportunities.

It is very easy to get caught in this frame of mind, because you can look at the millions of people of color, who are a success in one generation. Instead of challenging and fighting racism, they put the blame on the person.

On many different levels people of color are advancing, and there is much to be proud of. There are now more children of color being born, than White children each year, and White people are concerned with their existence.

"White supremacy or White supremacism is the belief that White people are superior to those of other races and thus should dominate them. The belief favors the maintenance and defense of White power and privilege. White supremacy has roots in the now discredited doctrine of scientific racism, and was a key justification for colonialism," states Wikipedia.

The Democrats would want Americans to think that in 2021, only Republicans are the only party that is racist, but racism is systemic and institutionalized. When White folks get together, there are always the Black jokes, and the jokes about how fast Black men can run.

Many would think that Black jokes are harmless, and they would never say them in front of their Black friends, but sometimes other words slip out. There is something fundamentally different about being born White, and more doors are opened, from the start.

Some call it "White privilege" and it is a benefit that is enjoyed by all White folks, and it does not matter if you are a Democrat or Republican. There is a cultural thread that runs through the society, and Whites take advantage of all these benefits. White privilege is an aspect of White power, and all White people have the ability to pull out their White power card.

History in America has demonstrated that White citizens will make war, and justifying horrific atrocities against Black people, including lynching. Even after slavery was abolished, there was still lynching, and many today believe police brutality is still connected to the history of lynching. There were 3436 people lynched from 1889 to 1932, and the majority was Black people, according to publisher Ida Wells.

As Black Americans look to the past for answers, Ida Wells was always very vocal in her campaigns to stop lynching and racial violence against her community. When her newspaper was published, she risked being lynched, and her office was burned to the ground.

She was determined to make a change, and in 2021, Black Americans must agree on a Black Agenda to make significant change. When White supremacy and racism shows its ugly face, it is important that the community is prepared to fight.

In 16 states, White supremacy is fighting to disenfranchise Blacks and people of color. Everyone and it does not matter your color, should be fighting to uphold voting rights. All these organizations should take a page from Ida Wells, and become the loudest voice in the room. We must be more vocal, and racial justice and change must be a part of every conversation.

Intimidation never stopped Ida Wells from getting up in the morning, to do what is right, and it cannot stop us from winning in 2021. Our ancestors have shown us the way, and it is time to come together and start a Black, people of color movement for change.

The color of your skin makes you Black, and All Black Lives Matter, and we must change America, and next the world.

AGRICULTURAL QUIZ:

Q. WHAT'S THE MOST EFFICIENT WAY TO GATHER NUTS?



A. HOLD A SCHOOL BOARD MEETING.

Letters to the Editor:

Editor:

Our treatment of animals is a national embarrassment. In particular, factory farms are hellish places, where creatures without room to turn around cannibalize each other in their own excrement. The richest, most powerful country in the world can do better.

Legislators should support federal funding for cultivated-meat research. This new protein is grown from cells, without slaughter. It will spare countless nonhumans from

unimaginable suffering, especially on factory farms.

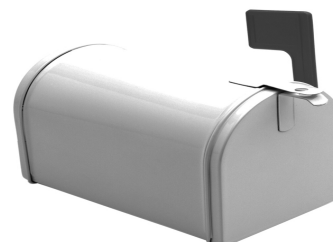
Absent unnecessary delays in the regulatory process, cultivated meat should be hitting American markets in the near future. However, significant hurdles will remain, such as reaching price parity with slaughtered meat. Public investment in research can address this.

Jon Hochschartner
Granby, CT

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Dr. James E.K. Hildreth, Immunologist and White House COVID-19 Task Force Member, Receives 2021 NNPA National Leadership Award

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

Children of color represent most of the children dying from COVID-19, and authorities, politicians, and parents need to do more to protect them, Meharry Medical College President and CEO Dr. James E.K. Hildreth said during a candid interview with the National Newspaper Publishers Association (NNPA).

Dr. Hildreth, a member of the White House COVID-19 Equity Task Force and a Food and Drug Administration member, empaneled to approve COVID-19 vaccines was unequivocal when asked whether schools should reopen before children vaccinated.

“The short answer is, for most places, in my opinion, it is not safe because mask mandates are not in place,” Dr. Hildreth responded. “In Tennessee, for example, there is a mask mandate, but the governor is giving parents the option to opt-out of this.

“A mandate with exceptions is not a mandate. It’s just a recommendation, and recommendations won’t stop this virus.”

Children now represent 26.8 percent of the weekly COVID-19 cases, and Dr. Hildreth and other health experts have sounded the alarm about the lack of a mask mandates in schools.

“We’re now seeing infection rates among children that are much higher than they’ve ever been for most of the pandemic,” Dr. Hildreth added.

On Thursday, September 16, 2021, Dr. Hildreth received the 2021 NNPA National Leadership Award for excellence and innovative leadership in Black America.

Dr. Ebony Hilton, Sens. Cory Booker (D-N.J.) and Raphael Warnock (D-Ga.), Congresswoman Cori Bush (D-Missouri), and Olympic record-setter Allyson Felix received National Leadership Awards from the NNPA, the trade association of more than 230 African American-owned newspapers and media companies.

You can still view the awards ceremony, which took place virtually, at www.virtualnnpa2021.com.

Born and raised in Camden, Arkansas, Dr. Hildreth began his undergraduate studies in 1975 at Harvard University and earned selection as the first African American Rhodes scholar from Arkansas in 1978.

He graduated from Harvard magna cum laude in chemistry in 1979. That fall, Dr. Hildreth enrolled at Oxford University in England, graduating with a Ph.D. in immunology in 1982.

At Oxford, he studied the biology of cytotoxic T cells with Professor Andrew McMichael and became an expert in monoclonal antibody technology and

cell adhesion molecules.

Dr. Hildreth returned to the United States to attend Johns Hopkins University School of Medicine in Baltimore, taking a one-year leave from medical school for a postdoctoral fellowship in pharmacology from 1983 to 1984.

In 1987, he obtained his M.D. from Johns Hopkins and joined the Hopkins faculty as an assistant professor. In 2002, Dr. Hildreth became the first African American in the 125-year history of Johns Hopkins School of Medicine to earn full professorship with tenure in the basic sciences.

In July 2005, Dr. Hildreth became the NIH-funded Center for AIDS Health Disparities Research director at Meharry Medical College.

On July 1, 2015, Dr. Hildreth returned to Meharry Medical College to serve as the 12th president and chief executive officer of the nation’s largest private, independent, historically Black academic health sciences center.

As schools reopen, Dr. Hildreth expressed more concern about the health of children.

“Even though children might do well, they can get long Covid, and since children are not small adults, their nervous and skeletal systems are still developing,” Dr. Hildreth warned. “Long Covid could have an impact long term on a child’s development. Therefore, I believe we should do everything we can to keep Covid-19 out of our children, especially Black and brown children because most of the children who died of Covid happened to be Black and brown.”

Dr. Hildreth demanded that those around children should be vaccinated and wear masks.

“That’s what we should demand of our leaders, but unfortunately, we don’t have leaders. Instead, we have politicians,” he exclaimed. “We need to do everything that we can to protect our children, and school systems all over the country are now shutting down, even temporarily, and this is really a challenging situation.”

Dr. Hildreth also addressed vaccine hesitancy, the process taken in developing the vaccines, and he decried those using unconventional tactics and medication like ivermectin.

“I acknowledge that ordinarily, people who are not in science or medicine might have questions,” Dr. Hildreth said. “That is reasonable. But, when all the questions are answered, and you think about the risk of getting sick and dying, understand that African Americans have such a higher burden of heart disease, hypertension, asthma, and obesity that makes us a greater risk than White people.

“So, we as a community need to be vigilant about this especially. I’ve been studying viruses for 40 years; and I have researched for more than 30 years. I have also studied the immune system, and I can tell people that none of the steps of the vaccine were omitted. I understand that it was developed relatively fast, but we have the technology available, and it accelerated the process.

“Ivermectin is not a wise thing to do. It’s a drug used to treat parasitic infections in horses, and there is no study in the world of ivermectin in humans. Compared to the vaccines evaluated with hundreds of thousands of people, there is no evidence whatsoever that this would be effective against COVID. I realize there’s a level of desperation, but that desperation should lead to getting vaccinated.”

The Annapolis Times

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Black woman-owned business making an early mark in electric vehicles

By Stacy M. Brown

For Sheryl Ponds, a native Washingtonian and founder and CEO of Dai Technologies Corporation, the future is exciting—and it is now.

Ponds' DaiTechCorp counts as the region's first and only company founded by a Black female focused on solutions that make electric vehicle (EV) charging accessible to all drivers.

Ponds says her company provides tailor-made, turnkey installations of EV charging stations in the home, multifamily developments, and other commercial settings, including curbside parking.

"I decided to jump into this business now as opposed to waiting until it becomes mainstream," Ponds told the Baltimore Times. "It's going to be big once everyone figures out that electric vehicles are not just a passing fancy."

Ponds, whose love of all things STEM began in middle school, noted that drivers who live in dense urban and multifamily settings are discouraged from adopting those needed outlets without equitable access to EV charging stations.

"Just the presence of one EV charger in an apartment or retail garage would influence more residents, patrons, and employees to embrace electrified transportation," Ponds said.

She also addressed some of the hesitancy in switching to electric vehicles, reiterating what she has previously stated on several podcasts.

"Everyone is not mentally ready for EV adoption," Ponds insisted. "It's understandable, but I call it suffering from range anxiety—the fear of getting



Sheryl Ponds is the founder and CEO of Dai Technologies Corporation, which provides tailor-made, turnkey installations of EV charging stations in the home, multifamily developments, and other commercial settings, including curbside parking. Earlier this year, her company was selected to provide home charger installations for Volvo Cars' new electric vehicle owners in the DC metropolitan area.
Courtesy Photo/Dai Technologies Corporation

stuck on the road without an outlet to charge an electric vehicle."

Ponds further explained: "It's embarrassing, and I get it. You feel vulnerable."

However, the University of Tennessee graduate who majored in mechanical engineering asserted that hesitancy could have cost her the opportunity of making history with DaiTech Corp.

"There are many individuals like myself who require greater access to EV

charging stations before purchasing their first EV," Ponds said. "I launched my company because I figured that if this new era of automotive transportation is going to take hold in the greater DMV area, it may as well start with me."

Eventually, Ponds noted that she put all her resources into building the company.

Earlier this year, she was selected to provide home charger installations for Volvo Cars' new electric vehicle owners in the DC metropolitan area.

"For the sake of our planet, electric vehicles must be the wave of the immediate future," Ponds said the announcement.

The agreement showed that the companies Qmerit and Volvo shared her commitment to ending range anxiety and promoting electric vehicle adoption, she said.

"Consumers will not embrace the alternative to gasoline-powered cars until they believe their access to electric vehicle charging stations is convenient and secure," Ponds declared.

She said she aims to make it practical for the average driver from an urban or underserved market to switch from a car fueled by "dinosaur juice" to one energized with electricity.

Ponds promised that DaiTechCorp does meet area electric vehicle drivers' needs through the company's knack for establishing tailor-made, turnkey plug-in vehicle charging programs for places where they live, work, or play.

"You know, if we have enough power to cut on your lights and operate things around the house, then it's just a matter of time before we can figure out a way to harness enough power to move cars with this technology that we now have," Ponds mused. "It's really no different. We have these mobile devices that we have to plug in every day, and we plug them in every night. They are charged and ready. Well, it's no different than how I see electric vehicles. So let's write our electric vehicle adoption story together. Reach out to me, and I'd love to help you stare down this range anxiety."

Reach out to Sheryl Ponds on Instagram and Twitter @daitechceo.

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Free Fall Baltimore

A sneak peek of the artists and organizations that are participating in Free Fall Baltimore

Baltimore— The Baltimore Office of Promotion & The Arts (BOPA) announced the annual return of Free Fall Baltimore, a citywide celebration of the arts held in conjunction with National Arts & Humanities Month. This year’s program is presented by BGE with the generous support of Atapco Properties and the Maryland State Arts Council (MSAC).

During the month of October, galleries, venues, and performance spaces across Baltimore City will host free events— from exhibits to lectures to concerts to staged readings and more.

“Artistry and creativity are fundamental to what makes Charm City so special. Baltimoreans create some of the finest art in the world, yet many aren’t exposed to it.” said Mayor Brandon M. Scott. “Free Fall Baltimore opens the doors of art and culture to everyone. It affords people from Baltimore and beyond the opportunity to experience first-hand the world class creative community here in our city.”

This year BOPA funded more than 50 individual artists and arts organizations putting on events throughout the month, virtually and in person. All Free Fall events are free and open to the public.

Regarding this year’s participants, Director of the Baltimore City Arts



Council Jocquelyn Downs says, “I’m so excited about the Free Fall lineup this year! There’s a little bit of something for everybody to experience almost every day of the month. I’m also excited that this year, both individual artists and organizations were able to apply for this amazing opportunity. This fall is going to be awesome.”

All BOPA grant programs are adjudicated using independent panels of arts & culture professionals from the region who evaluate and score applications. Panelists are appointed through open nominations and serve for specific grant programs and cycles.

This year, Free Fall panel reviewers included serial entrepreneur & artist, Qwishuna Smith and business owner & special event coordinator, Delaney Cate.

For a complete list of all participants and to learn more about the Free Fall lineup, visit: www.freefallbaltimore.org

The Towson Fall Festival

Sunday, October 10, 2021

Downtown Towson — 11 a.m to 7 p.m

Washington Avenue in front of Historic Courthouse

Live music in Patriot Plaza — 12:30 p.m. to 7 p.m.

The festival will feature a great lineup of local gourmet food trucks; and over 70 vendors showcasing and selling art, jewelry, handmade products and other unique treasures.

The Festival is family-friendly

and will have 2 moon bounces and games for the kids.

Entry to the Plaza is free! Bring family and friends along to celebrate the Towson Fall Festival and enjoy delicious food, unique vendors and entertainment!

For more information please visit www.towsonchamber.com

School Counselor Raises Mental Health Awareness, Pens Candid Book

By Andrea Blackstone

Heavy life stressors due to the COVID-19 pandemic dropped on the doorsteps of many individuals is a prime reminder to embrace World Mental Health Day on October 10. Isolation, illness and death of family members and friends, and students learning virtually while many of their parents worked from home are just a few key issues connected to pandemic pressure.

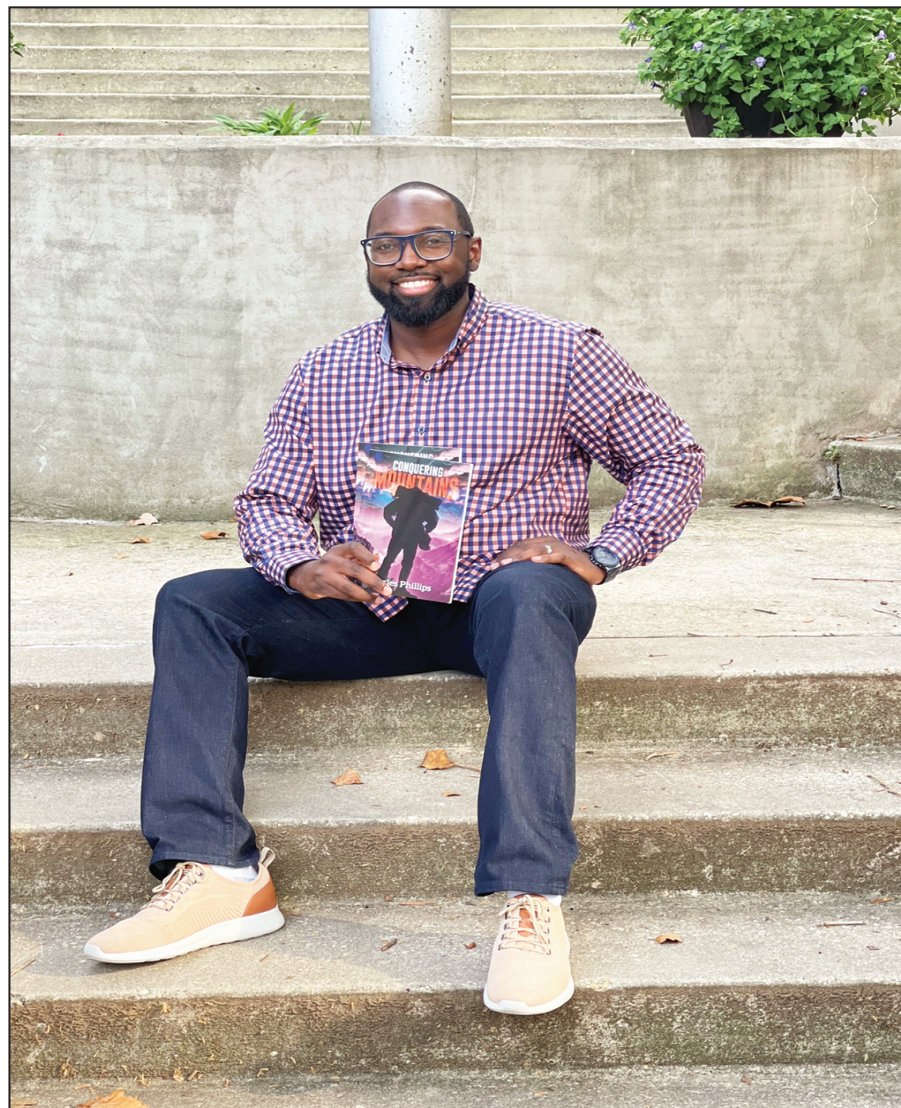
Amidst efforts to stay optimistic, an abstract authored by Mürşide Zengin, Emriye Hilal Yayan, and Elanur Vicnelioğlu found that children are facing “moderate or high levels of anxiety,” due to changes in their young lives.

Annapolis native and school counselor, Charles Phillips who has worked in the education field for a decade, has been shining an educational light on the mental health topic long before the pandemic unfolded. He says that he began penning his book, “Conquering Mountains” after he was diagnosed with Social Anxiety Disorder in 2014.

By 2020, Phillips felt confident enough to release his nonfiction story to the public, which recounts snippets of his life while integrating childhood trauma and rising above obstacles.

“When I started going to therapy and learned how much my childhood impacted me, I wanted to share my story to raise awareness of the effects of childhood trauma and the weights our students come into school with each day,” Phillips said. “I hope to inspire today’s young people to understand that they may not be able to control the obstacles they face, but they do control the outcome. My goal is to also encourage parents, guardians, and all stakeholders in a child’s life to open the door and start the conversation around mental health for their young people.”

Phillips says that individuals struggling with mental health concerns often suffer silently. They refuse to seek professional help, due to the fear of being shamed. These instances include circumstances when medication is needed.



World Mental Health Day takes place on October 10. It is an ideal opportunity to join the mental health movement by giving mental health issues attention, learning more about mental health services, celebrating positive outcomes, and supporting youth. Charles Phillips is an Annapolitan and school counselor who is the author of the book, “Conquering Mountains.” The childhood trauma survivor shares his life’s journey to overcome a host of obstacles in his candid story.

Courtesy Photo/ Franchaze Phillips

“But we do not tell the diabetic to not take insulin nor do we tell the cancer patient to not take chemo (chemotherapy). So why would we tell the individual struggling with anxiety, depression, etcetera not to take their medication?” Phillips said.

His supportive wife of nine years, Franchaze Phillips encouraged him to seek professional mental health help, and he did. Then, he began conquering emotional mountains.

Phillips’ journey is a reminder that perceptive adults who work with youth in schools should exhibit patience and understanding, after transitioning back into in-person educational settings, following virtual learning. Additionally, the mental health advocate reminded that schools have family resources.

“I encourage teachers to be vigilant in the classroom because they are spending the most time with our students during the school day and are usually the first

to notice when a student’s demeanor has shifted,” Phillips said. “I would also encourage parents to engage in conversations with their children on the topic of mental health. Ask how they are impacted by the events that take place in their school.”

Domonique Hollins, who once played college basketball with Phillips at Andrews Presbyterian College said, he never knew his friend was battling obstacles, Phillips recounted in “Conquering Mountains.” Phillips’ story taught Hollins the importance of being nice to everyone.

“He (Charles) helped me understand that some of the things I battle personally, others go through it and have gone through it to. I read this book in less than a week and I really enjoyed the poems,” Hollins said.

Phillips is now a father and husband who became a victor. Not only is he the first male in his family to graduate from college but he has also broken additional barriers. The overcomer earned a master’s degree in School Counseling, published a book, and became a homeowner.

“I would like for my readers to know and understand that some mountains we face are unavoidable. There is no way to get around them. However, we do control the outcome. We control how we make it out of the obstacles we face, as well as the decision to conquer it,” Phillips said. “I get to be a demonstration that one can beat the odds. Statistically, I am not supposed to be in the position that I am in. However, I thank God that He has blessed me to show you can come from hardships and heartaches, but yet still thrive and reach great levels of success.”

Phillips plans to donate a portion of his book’s proceeds to the Anxiety & Depression Association of America.

Please visit: [to learn more about “Conquering Mountains.”](#)

Part One of a Two-Part Series

Celebrating the Legacy of Charles P. Tilghman and the Sphinx Club

By Ursula V. Battle

It was the place to be for Baltimore's Black elite, featured some of the most famous entertainers of the time, and required a membership card for entrance. It was The Sphinx Club, located at 2107-2109 Pennsylvania Avenue. It was opened in 1946 by Charles P. Tilghman. If you were African American and wanted to be seen, the Sphinx Club was the place to be. While the legendary club closed its doors in the mid-1990s, the local and national impact of Tilghman lives on.

The Baltimore native who died in 1988 is revered as a business pioneer, opening The Sphinx Club during a time of harsh racial oppression for Blacks. He is not only remembered as a man who gave the city's African American population a classy place to go, but also as one who unselfishly gave thousands of dollars to help others.

Tilghman is credited with helping to establish Jet Foods, which became Super Pride Markets, and served as the first Black president of the United Licensed Beverage Association. Tilghman, who holds the distinction of being one of the first African American nightclub owners in the country, will be honored on October 16, 2021 from 1 p.m. until 3 p.m. at Cab Calloway Legends Park Outdoor Amphitheater located at 2223 Division Street.

The free event, which is titled, "Celebrating the Legacy of Charles P. Tilghman and the Sphinx Club," will pay homage to the visionary and is being presented by the Druid Heights CDC.

"One of my fondest memories of The Sphinx Club was going in there as a little kid," said Tilghman's grandson, Charles Ronald Tilghman, Jr. "I could only go there during the daytime, but never at night. But there was always a large crowd there in the daytime. I had a chance to meet Henry Parks of Park Sausages, and Ambrose Brown who owned the Elgin Lounge. I met members of the Mitchell family and lawyers Billy Murphy and A. Dwight Petit. I met many influential people there."



Charles P. Tilghman with his friends at The Sphinx Club on Pennsylvania Ave.
Photo: Courtesy of Rosa Pryor



The Sphinx Club circa 1950.
Photo Courtesy of Charles Ronald Tilghman, Jr.

Tilghman recalled the time he showed the elder Tilghman his report card.

"My grandfather always gave us \$20 if we got a good report card, but this time I had a bad one. He handed me a handful of coins and told me to try again next time. I went out into the bar area mad, and a barmaid named Ms. Lampkin asked me what was wrong. I told her I got a bad report card, and that my grandfather only gave me coins. She said, 'Now you know what you have to do next time.'"

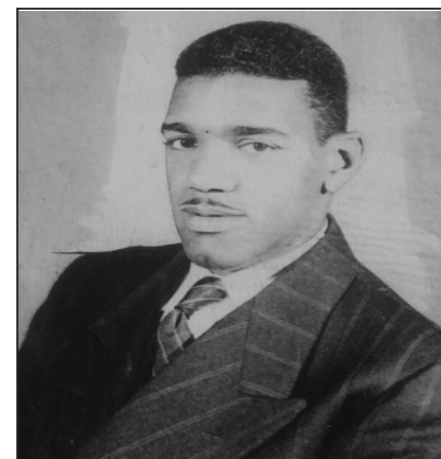
Tilghman added, "What I didn't realize at the time, was that my grandfather was setting us up. If we excelled and did good in school, he rewarded us. My grandfather always believed that young people needed to be rewarded when they did good."

Tilghman shared more fond memories of the 'Ladies and Gents' of the day.

"It was just a wonderful time to be alive," he said. "The Sphinx Club provided an opportunity to see all the great musicians, all of the politicians, and all the successful Black businessmen, because they all supported the Club. It was their Club. It was a place where men made deals with their word and a handshake. It was a place where there were no disturbances. Things like that did not happen in the space of The Sphinx. It was a place of sophistication for the mamas and papas. The Sphinx was the granddaddy of clubs."

He added, "It was a place where men always took off their hats, allowed the women to walk in first, held the door open for them, and pulled their seats out for them to sit down. I hate to say it, but that has become kind of obsolete."

A place once known for its famous



Sphinx Club owner Charles P. Tilghman in an undated photo.
Photo Courtesy: Charles Ronald Tilghman, Jr.

New Year's Eve and Mardi Gras affairs and entertainers like Sam Cooke and Redd Foxx, now sits boarded-up - the sound of music and laughter once filtering through the club, now silent.

"It hurts me to see the area look the way it does," said Tilghman. "My uncle Randy Tilghman ran the club after my grandfather passed. My grandfather set so many people up in business, but nobody stepped up financially to help save it. Super Pride market started because it was all about having pride about ourselves and patronizing one another. But some of us who have made it on the shoulders of others don't give back."

He added, "My grandfather was a constant giver. His word meant everything to him. He grew up dirt poor but gave cheerfully. He did it quietly, behind the scenes. If he saw a person being put out on the streets, he helped them and paid their rent for six months. That was Charles P. Tilghman."

For more information about "Celebrating the Legacy of Charles P. Tilghman and the Sphinx Club," call (410) 523-1350 or register on Eventbrite at: <https://www.eventbrite.com/e/celebrating-the-legacy-of-charles-p-tilghman-and-the-sphinx-club-tickets-167893837989>

Coming Next Week: Sphinx Club Memories from "Rambling Rose" Pryor and Efforts to Redevelop the Site.

Rambling Rose

Jazz Nights Presents
Live Jazz at The Jerk Garden



Rosa Pryor Trusty

Hello everyone! Hoping everyone in range to hear the sound of my voice is doing well. I am so happy that live entertainment is kicking up again—slowly but surely—in our town again. The Jerk Garden located at 101 E. 25th Street in Baltimore is presenting Crisp Autumn evenings and smooth live jazz featuring top-notch live music on the second Saturday during the months of October and November from 7 p.m. to 9 p.m. under the stars at the majestic heated outdoor pavilion in the Jerk Garden. No children are allowed! On October 9, 2021 the JOUSE Project-Michele Bowman Music will kick-off the line-up.

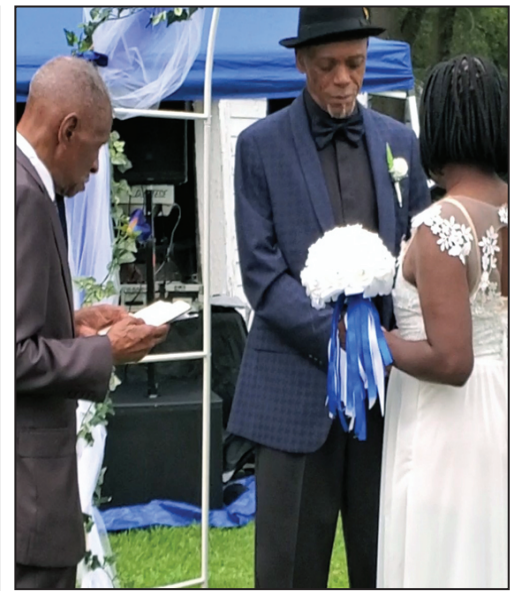
For my crab lovers out there, Tee-Shirt Brian, Ms. Maybelle and DJ Mike Jones are hosting a Crab-Feast on Sunday, October 10, 2021 with beverages all included. D.J. Mike Jones and D.J. Kenny K will provide the music. The event will be held from 5 p.m. to 9 p.m. at the Diamondz Event Center, 9980 Liberty Road in Randallstown, Maryland. No tickets will be sold at the door. For more information, call 410-929-1360 or 443-2268895.

City View, which is located 6700 Security Blvd, in Gwynn Oak, Maryland presents a free concert on Friday,

October 8, 2021 from 5 p.m. to 9 p.m. featuring The Soul Generation with Cliff Perkins. Hosted by Baltimore's Comedian Ms. Maybelle.

Okay folks, it's Odell's Reunion on Saturday, October 9, 2021 from 9 p.m. to 2 a.m. at the Patapsco Arena, 3301 Annapolis Road in Baltimore featuring a lot of DJs' including: DJ Mike Crosby; DJ Kenny K; DJ Tanz; DJ Sean Marshall; DJ Damond Ramsey; DJ Unique and DJ Marg Henry. This should be a hell-la-va party! All I got to say is put your dancing shoes on. For ticket information, contact Tee-Shirt Brian at the Patapsco Flea Market.

Well my dear friends that is all I have for you this week. In the meantime, stay safe, keep your mask on even though you have had your shots. Remember, if you need me, call me at 410-833-9474 or email me at rosapryor@aol.com. For all my friends who do not use computer, please send your flyers and correspondences to Rosa Pryor, 214 Conewood Avenue, Reisterstown, Maryland, 21136. **UNTIL THE NEXT TIME, I'M MUSICALLY YOURS.**



Congratulations to two sisters of the Pryor Family, who recently got married in the same month. Cecilia Pryor and Joseph Jefferson, Jr. on August 7, 2021 and Rhonda Pryor and Jerome Justice on August 31, 2021. Congrats to the both of you.



Carlos Hutchins Productions presents the Catonsville Fall Festival at the American Legion Post #263 located at 151 Winters Lane in Catonsville, Maryland featuring live entertainment including "Slagz" on Sunday, October 10, 2021 from 5 p.m. Both in out- door patio event. Take your chairs and blankets.



Phil Butts and the Great Big Band featuring song stylist "Larzine" will bring you "moments to remember" with their show at the Arena Players, 801 McCulloh Street on Saturday, October 16, 2021— doors open at 6 p.m. Complimentary Wine & Cheese. For more information, call 410-728-6500. Tell them Rambling Rose told you.

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Ravens running back picture is becoming clear

By Tyler Hamilton

The Baltimore Ravens' running back picture was cloudy at best, earlier this season. Injuries to J.K. Dobbins and Gus Edwards sent Ravens General Manager Eric DeCosta scrambling to find reinforcements.

The puzzle is starting to come together for the Ravens.

"We're just starting to get a feel for our [running] backs, really. I think you'll see that evolve as the year goes on, as well. I think they all kind of have been learning our system," said Ravens offensive coordinator Greg Roman.

Initially, the Ravens turned to Tyson Williams and he delivered a nine-carry, 65-yard performance in the season opener followed by 77 rushing yards on Week 2. Veteran running back Latavius Murray was added right before the season started and he has delivered three rushing touchdowns in four games.

Former Pittsburgh Steelers running back Le'Veon Bell has gone from the practice squad to contributor in a few



Veteran running back Latavius Murray was signed by the Baltimore Ravens to a one year deal right before the season started. He was added to the line up and has delivered three rushing touchdowns in four games.

Photo Credit: USA Today Sports

weeks. But it wasn't necessarily for running the ball. The Ravens took advantage of Bell's blocking ability last

Sunday against the Denver Broncos.

"Le'Veon [Bell], did a really nice job in pass protection—a couple really good blocks in there and made a couple nice cuts," said Ravens coach John Harbaugh.

Roman added, "I think he has a really good enthusiasm. He's a smart guy, and it'll be interesting to see how he can help us. So far, I've been very impressed

with him. You can see why he's been so successful, and hopefully, he can add something to us at some point this year. But [I've seen] nothing but positives."

Devonta Freeman also got an opportunity to carry the football through three games.

The running back by committee approach seems to be the direction the Ravens are going. It's still a work of progress but the Ravens are pleased with how it's coming together.

"The first game, they got here a couple days before the game. But we like what we see with all of them, and we want to keep them fresh and ready to roll. Whoever has the hot hand," Roman said.

The committee is complimented by quarterback Lamar Jackson, who has been a driving force in the rushing attack. In fact, the Ravens have a streak of 43 consecutive 100-yard rushing games which dates back to Jackson's first game as their starting quarterback on November 18, 2018.

Baltimore is tied with the Steelers for the longest consecutive 100-yard rushing game streak in NFL history.

Although there is no set back to take the bulk of the carries, the Ravens rushing attack is still a force to be dealt with. Collectively, Baltimore's rushing offense has gained 658 yards, which places them in third place.

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The Blue Line Baltimore Together? This Time For Real!

Continued from page 1

My name is Peter Bramble. For many years, through the medium of this newspaper which is “mottoed”: “positive stories about positive people,” I wrote in a column penned the “Blue Line” about the need to underpin a community with the myriad of institutions—public, private, for profit and not for profit—that any successful community needs to sustain the lives of its residents. My family did as much as it could by owning grocery stores, real estate and a newspaper. They worked.

As rector of a small black Episcopal Church on Division Street where I served for 21 years, we bought a facility to house the largest daycare center in town; erected a six-story building for the elderly at PennNorth Plaza; created an organization, BATGO, to keep young men out of the penal system; NESEC to fund small operations and much more. Of those, only NESEC went by the wayside because the late Mr. Neil Muldrow created the

Development Credit Fund which did the work we envisioned for NESEC much better than we ever could. The concept of a “Black Chamber of Commerce” was birthed in the basement of St. Katherine’s Episcopal Church on Division Street.

The success of efforts like those listed above show that ordinary folk can accomplish much if guided and helped.

The Baltimore community needs thousands of enterprises, small and large where people can find the jobs and other life-sustaining necessities of life. It must all be in the community and established in such ways as to sustain themselves and grow and morph into bigger and better operations.

Now, here comes this extremely promising proposal—“Baltimore Together”—with input from stakeholders from all walks of society and with all kinds of knowledge, capabilities and resources. This is the time to do it.

But the information must be widely distributed. There must be

excitement about what is about to happen. Stories must be told about the successes along the way. There must be some examples of what is being planned succeeding and promoted so that members of the community can catch the fever of entrepreneurship in the community. Success breeds success.

So, how do we begin to move this program in order to make sure that “Baltimore Together” does not go the way of the old Coppin State College’s “Roundtable” of yester decades?

Those few institutions like The Baltimore Times, The Great Blacks in Wax Museum, The Arena Players and the Baltimore African Tourism Council need to be strengthened and enabled to show the way forward.

Here, at The Baltimore Times, we are pledging to do our level best to promote the efforts of “Baltimore Together.” We have not been asked to do this. But we plan to tell the stories and encourage the citizenry to get actively involved in this new movement. We plan to use our platform of “positive stories about positive people” to vigorously advance the efforts of all those who are committed to bringing Baltimore together to change the trajectory of

our city for the good of all. That was the purpose for establishing the newspaper 35 years ago and now it can gain new life as the engine that drives the successful stories that will come from this new plan to save Baltimore for our children and grandchildren.

To that end, we are today posting the entire proposal about the plan to bring “Baltimore Together” on our web page, baltimoretimes-online.com. Please go there and download it and share the link with everyone you know so that this effort to save Baltimore could be on its way. Later, we will be inviting people to send us responses, positive or negative, that we can print or post to the web so as to get moving from talking about these matters to doing, achieving and celebrating the progress we make, rather than to continue to complain about what was done to us in the past and wallowing in such matters.

With this column, we mark the return of the “Blue Line” to The Baltimore Times. Here, we will place provocative pieces, to force thought and action which can advance the community. See you next week!

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Wilcome Human Services provides housing, counseling and more for at-risk youth

By Dareise A. Jones

Wilcome Human Services, a non-profit organization, which serves at-risk youth in Baltimore City; Baltimore County; and York, Pennsylvania; was founded in 2017 by Latoya Frazier. The Baltimore native's experience with mentors as a teen mom, inspired her to start the organization to provide counseling, housing, career and education resources for young men and women in need.

Frazier grew up in East Baltimore where she says that poverty, drug addiction and crime were prevalent in her community, and the mindset of many was that success was not possible.

"I dealt with many of the same issues we see at-risk youth who come to Wilcome Human Services dealing with today," Frazier said. "I witnessed how drugs, whether being used or sold by family members, negatively impacted households and the community. The high rate of incarceration among juveniles, drug addiction and teen pregnancy are still barriers to success, and Wilcome Human Services wants to help change that."

Frazier, who felt she had already been labeled a statistic and failure because she was teen mother, was determined to create a different narrative for herself and her daughter.

"I started with Changing Directions, they really helped mold me," Frazier recalled about the Baltimore based, career training, non-profit organization. "I was able to grow professionally and personally with the hands-on training they provided."

Changing Directions gave her the skills, support and opportunities that



(Left) Latoya Frazier, founder of Wilcome Human Services. (Right) Wilcome Human Services participated in the Baltimore City Schools Summer Family Festival where information about their programs was made available to the community. To learn more about Wilcome Human Services and to support them with a monetary or Amazon Smiles charitable donation, visit: www.wilhumanservices.org or call (844) WIL-COME (945-2663).

Courtesy Photos

took her from the likely possibility of repeating the cycle of poverty, to becoming the Human Resources Coordinator at Johns Hopkins Medicine.

She has enjoyed a sixteen-year career at Johns Hopkins Medicine and attended the Johns Hopkins University Carey Business School and the University of Phoenix to earn her bachelor's degree in Management with a concentration in Human Resources Management.

Frazier, who is now a married mother of three says she was able to achieve success by believing she could. She also says that changing one's mindset is the first step to creating a better life.

The Board of Directors that operates

Wilcome Human Services with Frazier, often emphasizes this philosophy with the youth they serve.

This year, Wilcome Human Services partnered with The White House to promote COVID-19 vaccine information, for which they received a thank you letter from President Biden in appreciation for their participation.

Wilcome Human Services currently has two transitional homes for youth and will open another one this Fall.

Workshops are available again to mentees, their families, and the public on many topics, including: Credit Building/Repair, Suicide Prevention for Students, Trauma and Relationship

Building, Therapeutic Arts & Crafts, Education Resources, Job Readiness and more.

When asked how she decided on the name of the organization, Frazier revealed, "it was created with the belief that God's will, will come."

A declaration and belief that Frazier knows for certain is "that no matter the circumstance, if one will tap into his/her determination, great things will come."

To learn more about Wilcome Human Services and to support them with a monetary or Amazon Smiles charitable donation, visit: www.wilhumanservices.org or call (844) WIL-COME (945-2663).

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Are money issues ruining your relationship? Five tips to resolve them

News & Expects— The COVID-19 pandemic has played havoc with families' finances through lost jobs, squeezed budgets, increased debt, and missed payments.

Money and the decisions spouses make with it are one of the main sources of stress among couples, and sometimes money issues end relationships or cause divorce. But differences can be solved or managed if couples learn to listen to each other and work as a team to formulate a sensible plan, says financial planner Aaron Leak (www.eclpwm.com), the founder of ECL Private Wealth Management.

“No matter how long you have been together, financial issues can wreak havoc on a committed relationship,” Leak says. “When couples don’t agree about spending and saving habits, it causes arguments and resentment.

“But understanding what you’re fighting about and why helps you and your partner come up with solutions. By being transparent and honest with each other about your finances, you can not only prevent arguments that strain your relationship, but you will strengthen it.”

Leak offers these tips for couples to address and resolve financial issues:

Understand your money styles— Think of some extreme examples of money styles in your circle. Like your friend, the foodie, who won’t touch a bottle of wine that costs less than \$75. Or your sister who constantly surfs Amazon. Or your mom who washes aluminum foil, then folds and reuses it. Everyone has a money style, and it’s helpful to talk about it without any name-calling or labeling involved.



Understanding your partner’s spending habits often involves a deep-dive into money fears, scarcity memories and childhood traumas. Come up with a spending plan that works for both of you.

Photo Credit: ClipArt.com

Understanding your partner’s spending habits often involves a deep-dive into money fears, scarcity memories and childhood traumas. Come up with a spending plan that works for both of you.

Decide how to divvy up the bills and save for future goals— You can both put all your earnings in a joint account and pay everything out of that. Or you can split bills down the middle and keep the rest of your own earnings for yourselves. Once you have decided how the bills get paid, you need to devise a plan for saving for your long-term goals. Remember that you need to work closely together as life changes arise— such as one of you losing a job or

cutting back on hours to care for a parent. If 2020 has taught us anything, it’s that contingency plans are always advisable.

Create personal spending allowances that stay personal— Having some personal money that’s designated just for you each month can really help how you feel about your relationship. It can also help avoid relationship-ruining behavior like “financial infidelity,” when one spouse hides money or purchases from the other. The personal spending

allowance gives each partner the chance to spend their money however they wish, no questions asked.

Face and eliminate undesirable debt— Couples should employ a strategy to pay off debt, such as paying off the higher-interest debt first or paying off the smallest loans first (the snowball method). Payments on credit cards, car loans, and student loans can devour monthly budgets, so the sooner they are paid off, the better.

Set a budget you can live with— One of the best ways to keep in sync with your partner financially is to have a budget as part of your overall plan. The budget includes your household bills, your personal spending allowance, your debt-paying strategy, and your monthly budget for long-term goals like retirement.

“Relationships take consistent work in order to be happy and successful, and money management is a big part of it,” Leak says. “The best way to be sure you and your spouse are staying on the same page financially is to talk honestly and without judgment.”

Aaron Leak has 16 years of experience in the financial industry. He is the founder of ECL Private Wealth Management. He holds Series 7, 6, 63 and 66 licenses as well as life, health, and property and casualty insurance licenses. For more information, visit: www.eclpwm.com.

Workshop offers ways to cope for anyone mourning the loss of their pet

Pasadena— For adults mourning the loss of a beloved animal friend, Chesapeake Life Center will offer its free Pet Loss Workshop from 10 a.m. to noon November 13, 2021. This workshop is in partnership with Perfect Pet Resort and will be held in person at their location at 840 W. Bay Front Road, Lothian, Md. It will include a welcome, a time to share individual stories, an introduction to the grief process, an art activity to honor your beloved pet, brainstorming and suggestions for healthy coping.

Per Center for Disease Control and Anne Arundel County guidelines, the number of people allowed to participate is limited to allow for physical distancing. Facemasks must be worn at all times. Childcare is not provided, and children are not permitted.

Registration is required and can be completed online at <https://www.eventbrite.com/e/pet-loss-workshop-tickets-172308307787>. For questions, call 888-501-7077 or email: griefinfo@chesapeakelifecenter.org.

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