

# THE BALTIMORE TIMES

Vol. 36 No. 36

July 8 - 14, 2022

A Baltimore Times/Times of Baltimore Publication



*Black Girls Vote Inc. is a Maryland-based non-profit and non-partisan organization. Through it, young Black women are encouraged to vote. A voter registration table was set up at a local Starbucks in Baltimore City on March 7, 2022 to encourage young adults to vote.*

*Left to right: Amparo Dixon; Kristen Sweets; Zoe Gaynor; Layschel Kemp; Tralise Lanier; LaTesjia Lorflis; Yolanda Waters; Shawwna Thomas; and Tykeyria Green represent Black Girls Vote's Morgan State collegiate chapter Photo Credit: Jade Harris (See more page 2)*

# Local Baltimore Non-Profit Black Girls Vote Invests in Educating the Next Generation of Civic Engagement

By Megan Loock

Black Girls Vote Inc. (BGV) is among one of the leading non-profit, non-partisan organizations in the state of Maryland with an objective to empower young adults to participate in the civic process of voting in this upcoming primary state election.

Black Girls Vote Inc. started in 2015 when founder Nykidra “Nyki” Robinson launched the organization as a response to the 2012 re-election of President Barack Obama.

“At the time of his re-election, there were not a lot of conversions about fully leveraging the voting bloc of Black women that have been such loyal Democratic voters,” Chief of Staff and BGV’s Deputy Director of Advocacy, Natasha Murphy said. Murphy also said that in 2015, a lot of people that they engaged with were “reliably Democratic” but have since increased diversity in party affiliation engagement.

Ever since then, the organization dedicates itself to “educating, empowering, and engaging” voters—particularly Black female voters between the ages of 18 to 25—about the voting and election process.

BGV has registered over 18,000 voters since its launch, while engaging people in “non-traditional” settings such as the Beyoncé concert tailgate at M&T Bank Stadium in June of 2016, according to Murphy. The organization is also known to set up registration tables at events like local farmers’ markets.

“Black Girls Vote is all about engaging with voters in a non-traditional way but also providing them with necessary and accurate information to create an informed voting bloc,” Murphy stated.

“It’s really important that we remain up-to-date on the accurate perspectives and policy positions of all parties and not just the Democratic Party,” Murphy said.

However, Murphy said that they have seen an increase in diversity of thought, especially among young voters.

“We realized how important it was to invest in the next generation of civic leaders,” Murphy said.

As a part of their outreach to the 18 to 25 age demographic, BGV established what they call “Colligate Ambassador” chapters at universities such as American University; Howard University; Texas State University; North Carolina State University; Bowie State University; and Morgan State University (MSU).

Morgan State University in Baltimore was the first to establish a collegiate team of young Black women who aim to advocate for progress, transparency, community, and choice within their collegiate community.

“Black Girls Vote really helps students and young adults understand what it really means to be a registered voter, and what it means to be a part of the political process, and how they play a role in it,” Amber Robinson, a senior and president of BGV at Morgan State University said.

The student-led chapters operate similarly to the national organization, but they do so to engage the student body in important conversations about issues pertaining to voting, and female empowerment, while also engaging students socially.

Back in April, former events coordinator, Jade Harris said they hosted an event called “Walk a Mile in Her Shoes,” where they led a discussion surrounding issues that impact women. The event ended with a “ceremonial activity” where male attendees were encouraged to wear high heels and “truly understand one of the many struggles women endure,” according to their Instagram post.

Other engagement styles include posting information from their national headquarters to fact-check

policies, and hosting watch parties of election results.

“We’ve had moments where people would push back on us and challenge what we are saying,” Robinson said. “It’s hard to tell them the reality of what it is without staying non-partisan.”

Nevertheless, they focus on distributing accurate nonpartisan information about party policy by speaking to their peers.

The BGV chapter at MSU recently started partnering with Starbucks as part of an outreach effort to engage high school students in voter registration. It is legal for children aged of 16 to register to vote.

The chapter also visits high schools in Baltimore such as Western High School, Vivian T. Thomas, and Douglas High School. Harris described this as “carrying the torch” by continuing to provide resources to minority and low-income communities.

The BGV chapter has registered over 600 students, according to the



*Left to Right: Kayla Jackson; Layschel Kemp; Shawwna Thomas; Glennis Armstrong; Zoe Gaynor; and Amber Robinson are members of Black Girls Vote’s Morgan State collegiate chapter who visited Dunbar High School for voter registration outreach. Photo Credit: Jade Harris*

former president and recent graduate of MSU, Yolanda Waters.

Although their registrations on campus have dwindled to 75 to 100 voters, Waters is “proud” to see so many people already registered.

If you are interested in getting involved with Black Girls Vote either nationally or on the collegiate level, visit: <https://blackgirlsvote.com/>.

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**The Baltimore Times** (USPS 5840) is published every Friday by **The Baltimore Times**, 2530 N. Charles Street, Suite 201, Baltimore, MD 21218. Subscriptions by mail \$60 per year. Standard bulk postage paid at Baltimore, MD 21233. Postmaster send address changes to: **The Baltimore Times** 2530 N. Charles St, Suite 201 Baltimore, MD 21218



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## Now is the Time for Politicians to Speak Up Boldly About Issues that Matter

Not long before in-person early voting was held for Maryland's primary elections on July 7, 2022, Governor Larry Hogan directed Maryland's State Police to suspend the state's "good and substantial reason" standard for determining if a "Wear and Carry Permits" gun applicant is justified to obtain a license. A license to carry a concealed firearm is easier to approve since qualifications loosened. Hogan's directive was given on the heels of the U.S. Supreme Court decision in New York to strike down a comparable law there.

As Maryland's well-seasoned governor prepares to leave office after serving two terms, Second Amendment rights have been broadened, but who will be prepared to handle what Hogan put into motion? The "right of the people to keep and bear Arms" is a topic that we should be unafraid to bring up to candidates who want to be the next governor, lieutenant governor, Congressmen and Congresswomen, attorney general and others.

Why dance around substantive issues that affect the community and people whose lives are impacted every day? Elected officials belong in the hot seat to candidly answer inquiries about where they stand on gun control; education; public safety; healthcare, and any matter that voters would want addressed.

Making it to the polls is a must-do, but so is asking politicians to answer hard questions which could impact Marylanders.

Baltimore's high crime rate, and a lawsuit that was filed against Baltimore City Public Schools over performance issues, are just a few issues taxpayers should stay informed about during this election sprint. Whatever is in the best interest of constituents should remain front and center. Staying informed about how challenges would be addressed is something voters should know from the beginning. Accountability starts before votes are counted. If it starts too late, and voters never get a straight answer in advance, how can anyone feel confident about who they decide to support?

Now is the time to assemble politicians to participate in more community forums or show up in venues to give straight answers about matters such as gun control; education; healthcare; and other pressing matters that concern constituents. If we care about who will govern, and how it will be done, the time has come to fully accept the requirements of running for office. Transparency is a good start.

Double-talk won't improve quality of life, reduce crime numbers, or make Maryland a better place to live. The right to bear arms is a constitutional one, but crime has spiraled out of control. Mass shootings are our evidence. Easy access to guns would create more of a problem in Maryland, and Baltimore in particular, and help to proliferate more shootings and murders. Since the 'good and substantial reason' standard is no longer required in Maryland when Wear and Carry Permit applications are reviewed, the Governor's recent directive could possibly lead to more violence.

Politicians should speak up on issues like these that matter. Do it boldly or don't run for office. Serving the people is a part of the job.



## *Letter to the Editor*

### **Editor:**

When Donald Trump was in office, he and Mitch McConnell made three lifetime appointments to the Supreme Court. McConnell went so far as to defy Ruth Bader Ginsburg's dying wish—that the next president appoint her replacement—by packing the Court with Amy Coney Barrett just eight days before the 2020 election.

The result? Today's Supreme Court has been taken over by a hyperpartisan supermajority that just dismantled abortion care in America.

But there's something we can do. The Judiciary Act of 2021 would add four seats to the Supreme Court bench—restoring balance to the court. It's the solution we need to move away from the extremely partisan rulings that now threaten our fundamental freedoms. Recent polling showed that the majority of voters support expanding the court.

Congress has changed the size of the Supreme Court seven times already in our nation's history. It's time to do it again. I'm urging our representatives to back this important bill now so we know they want to protect the rights of the American people. The stakes are too high to stay quiet on this important issue.

**Mary E Baker**  
Balto, MD 21207

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## Black Conservatives Celebrate Supreme Court's Protection of Religious Freedom

*Project 21, The National Center |  
The Orlando Advocate*

Washington, D.C. – Members of the [Project 21](#) Black leadership network praised a landmark win for religious freedom and free speech, as the U.S. Supreme Court ruled today that a school district wrongly fired a high school football coach who prayed at the conclusion of a game.

“This decision marks a return to America’s true history, and its foundation based on the values and the principles of God,” said Project 21 member [Reverend David Lowery, Jr.](#)

In the case of *Joseph A. Kennedy v. Bremerton School District*, Coach Kennedy, a high school football coach, was fired because he prayed at the 50-yard line of the public school’s field after games. The reason for his dismissal by the school system was for “engaging in demonstrative religious activity” while “on duty.”

“As an ex-football player, I remember we always had prayer before and after



*Coach Joseph Kennedy*

the games. We prayed for safety and strength while out on the field. We asked God to protect us from serious injuries,” Lowery added. “It is our right as American citizens under the First Amendment to exercise our religious beliefs. The justices today honored what has been written in the law.”

In the majority opinion, Justice Neil Gorsuch [wrote](#) that the Constitution’s Establishment Clause prevents government from being able to “single out private religious speech for special disfavor.” He continued: “The Constitution and the best of our traditions counsel mutual respect and tolerance, not censorship and suppression, for religious and nonreligious views alike.”

Project 21 [helped](#) get Coach Kennedy’s case over the goal line and in front of the justices with an *amici curiae* (“friend of the court”) legal brief that [asked](#) the Court to consider the case. Project 21 was a co-*amici* on a brief filed by Advancing American Freedom – an organization founded by former Vice President Mike Pence – and Young America’s Foundation.

The brief called the lower court ruling against Coach Kennedy “flat wrong.” It further noted that it was “absurd to label an act of obvious personal gratitude and

humility governmental speech that is prohibited by the Constitution” and that Americans’ expressions of personal speech cannot violate the Constitution’s Establishment Clause “simply because the public can see them.”

“The First Amendment protects every American’s right to freely exercise their faith. Today we confirmed that everyone includes public school coaches,” said Project 21 [Steven Mosley](#). “Prayer is essential to the Christian faith, as we are called to pray without ceasing. Coach Kennedy’s practice of praying after football games should have been celebrated as a picture of religious diversity. Instead, he was discriminated against and fired for simply practicing his right under the First Amendment. It is great to see the Supreme Court rule that Christians – and all people of faith – have the right to pray where they live, work, worship and play.”

The brief further [stated](#): “Respect for religious expressions is indispensable to life in a free and diverse Republic – whether those expressions take place in a sanctuary or on a field, and whether they manifest through the spoken word or a bowed head. Here, a government entity sought to punish an individual for engaging in a brief, quiet, personal religious observance doubly

protected by the Free Exercise and Free Speech Clauses of the First Amendment. And the only meaningful justification the government offered for its reprisal rested on a mistaken view that it had a duty to ferret out and suppress religious observances even as it allows comparable secular speech. The Constitution neither mandates nor tolerates that kind of discrimination.

“A football coach praying by himself on the 50-yard line of the field outside of official gameplay and apart from his official coaching duties is an obvious exercise of a personally held religious belief. We shouldn’t even be here,” said Project 21 member Joe Mobley. “If students, athletes, players from other teams or even a casual bystander wanted to join in, they could. If not, they wouldn’t. The fact that Coach Kennedy’s right to pray was even in question is a sign that America is way off track.

“The Constitution is clear that ‘Congress shall make no law respecting an establishment of religion,’” Mobley added. “This means no state-sponsored religions, or state-mandated religious activity ‘or prohibiting the free exercise thereof’ – meaning no government restrictions on religious activities. None. Zero. Even the most casual observer must take notice of the obvious double-standard that has been applied to religions deemed as oppressive – namely Christianity.”

*The post [Black Conservatives Celebrate Supreme Court's Protection of Religious Freedom](#) appeared first on [The Orlando Advocate](#).*

### About Project 21

*Project 21, a leading voice of Black conservatives for over 25 years, is sponsored by the National Center for Public Policy Research. Founded in 1982, the National Center for Public Policy Research is a non-partisan, free-market, independent conservative think-tank.*

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# Meet the Local Wearable Tech Industry Leader Who is Hosting a Worldwide, Online Hackathon

By Andrea Blackstone

LaKisha Greenwade is an ecosystem founder who is a bridge to bring together wearable tech founders and wearable tech industry professionals, investors, corporations, universities, and government officials. Greenwade mobilizes everyone from budding tech startups and underrepresented founders to youth who could benefit from knowing more about wearable tech. Knowing how expansive the wearable tech industry is may open unknown doors of invention or employment.

“There are many examples that are beyond the fitness watch and... fitness bands. Wearable tech can also be found in the health industry, so if someone is a diabetic and they are monitoring their glucose, there are tools that are used on the body that helps to measure their glucose, and to report. So, if you know someone that’s a type 1 diabetic and they have a pump on their body, that’s an example of wearable technology,” Greenwade said. “If you’ve ever seen light up shoes, that’s wearable technology.”

Greenwade—who is Baltimore, Maryland based—is on a mission to educate others and develop a pipeline of diverse talent through a nonprofit she founded called Wearable Tech Ventures.

“Our nonprofit has the focus of developing and promoting wearables,” Greenwade said. “By 2030, our focus is to support 100 startups that are led by underrepresented founders.”

Youth are included in Wearable Tech Ventures’ mentoring efforts. Learning technical skills, gaining knowledge about how to pitch products, and receiving experiential learning opportunities are provided to individuals who are interested in wearable tech.

Greenwade’s nonprofit possesses a global presence. Wearable Tech



*LaKisha Greenwade is the visionary behind a free wearable tech hackathon called TECH REMIXED. The online event will be held on July 25-29, 2022. It will be hosted by Wearable Tech Ventures. Tech enthusiasts, designers, gamers, tech novices, and students who are ages 13 and up may participate. The upcoming event’s focus is ideation and development of wearable technology. Teams will be self-paced. Registration is required and will remain open until July 24, 2022.*

Photo courtesy of LaKisha Greenwade

Ventures develops platforms such as hackathons to support talent worldwide from as far away as Sweden and Africa. Greenwade added that she “would love for Baltimore to embrace it a little bit more,” since engagement in other states has been higher in prior times.

A company providing quantified B2B research lends support to Greenwood’s efforts to introduce more individuals to a growing industry.

“The global wearable healthcare devices market is projected to reach USD 30.1 billion by 2026 from USD 16.2 billion in 2021, at a CAGR (Compound Annual Growth Rate) of 13.2%,” according to MarketsandMarkets™. “Wearables play a vital role in fighting against COVID-19 and other future pandemics.”

Greenwade’s wearable tech journey, which integrates a fashion spin, began when she founded the wearable tech ecosystem in 2015. GlamTech focused on fashion tech. The 501(c)

(3) organization materialized in 2019 to include an ecosystem composed of all wearables. The tech-minded leader is self-taught and does not “come from a technical background.” While recovering from surgery, she wanted to develop a product for herself. Then, the murder of Freddie Gray happened. The year 2015 was a pivotal time for Greenwade.

“I didn’t like how people of color (Black people) and children were portrayed in the media. I wanted to find a way to develop a platform where their genius could be displayed,” Greenwade said. “At that time, tech was not a thing in Baltimore. I was just really curious, and it really was a God-given idea to put fashion and tech together.”

Greenwade did not give up on her goal. Her nonprofit is gearing up to host a hackathon independently, for the first time. From July 25- 29, 2022, a virtual event focusing on wearable tech called Tech REMIXed will be held for adults and youth 13 and older. Gaming & The Metaverse will be available to younger participants. Experience is not required to participate. Adults 18 and up with or without technical knowledge may also come to the table to ideate and pitch a solution to tracks. According to Wearable Tech Venture’s website,

these include: Health, Fitness & Safety; Medical Device Revolution; FashTech/ Sustainability Challenge; and Ethics & Innovation. Teams will work together through tools such as Slack, Discord, Zoom, and Google Drive.

“Since the goal of the event is to rapidly bring meaningful solutions to life, participants should expect to commit either days, evenings or both, and Friday morning/early afternoon to the Challenge,” per more information provided via Wearable Tech Venture’s website.

Participants will be expected to coordinate availability with fellow virtual team members. They should apply as individuals since teams are formed on-site.

“If there are adults that are maybe seeking a career change, perhaps they’re trying to gain additional practice with pitching their products or learning how to pitch... from a technical environment, or those that just want to gain some additional technical skills, this is for them,” Greenwade said.

Part II is coming next week. Please visit <https://www.wearabletechventures.org/news-1> for more information about Tech REMIXed.



In 2016, interactive workshops developing wearables were held at GlamTech. It was rebranded as Wearable Tech Ventures. Photo courtesy of LaKisha Greenwade

# Maryland Clergy Endorsing Wes Moore for Governor



## Wes Moore For Maryland Governor

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# Indigo Initiative Ramps Up in Baltimore with Building, Incorporates More Fields and Black Farmers

By Andrea Blackstone

Indigo dye is harvested from the plant that does everything from making cotton jeans blue to giving boots, sneakers, home décor, wood, and leather brilliant shades of blue hues. Before these items can become colored treasures, seeds are needed to grow indigo plants which sprout leaves for harvesting. It may not be foremost in one's thoughts to imagine that indigo plants have been growing locally in Baltimore for four summers, but jobs and entrepreneurial opportunities are expected to arise because of a progressive initiative.

The Maryland Institute College of Art (MICA) hosted a groundbreaking on June 28, 2022 for the Natural Dye Initiative (NDI), in partnership with Upton Planning Committee, Inc. According to a press release, the NDI, which is "a collaboration dedicated to the development of a natural dye ecosystem," will be housed in the historic Harriet Beecher Stowe School. It is located at 1223 Argyle Ave. in Baltimore. Fields in the 1200 block of Argyle Ave. and five additional locations will be utilized.

The Maryland Department of Housing and Community Development



*(l-r) Howard Tutman, Development Officer, Baltimore City DHCD; Sammy Hoi, President, Maryland Institute College of Art (MICA); Darroll Cribb, President, Uptown Planning Committee (UPC); Wanda Best, Executive Director, Upton Planning Community; Jules D. Howie, Director, UPC Westside CDC; Dr. Sheri Parks, Vice President, Strategic Initiatives, MICA; Nicole Davis, Real Estate Agent, Baltimore City, DHCD; Owen McEvoy, Deputy Secretary, Maryland Department of Housing & Community Development; Sean Stinnett, Deputy Director, Mayor's Office of Minority and Women-Owned Business & Director of Baltimore Main Streets; Larry Brown, Assistant Director, Baltimore Region, Maryland Department of Housing & Community Development*

**Photo credits: Ian Harpool**

is providing funding for purchasing the school building and rehabbing it;

purchasing large processing equipment; providing labor and materials for readying the land and clearing it; and covering fencing expenses. Other funders are participating.

Wanda Best, the Executive Director of the Upton Planning Committee (UPC), described herself as "a connector of resources" who runs the community organization that serves as the umbrella for six neighborhood associations and the Pennsylvania Ave. Main St. corridor. The indigo is being grown in Upton. MICA is leading the NDI.

Dr. Sheri Parks, the Vice President for Strategic Initiatives at MICA, explained that while MICA has demonstrated other natural dyes, indigo has the most cultural relevance. Enslaved people once took care of the crop in

places such as South Carolina. Parks added that "natural indigo had almost died out," while mentioning that it had been replaced by synthetic indigo.

In the past five years, a growing resurgence of interest in natural indigo has evolved, so the NDI's existence is well-timed. This summer marks the first time that farmers in other parts of Maryland and the U.S., such as North Carolina, South Carolina, and Virginia have been involved in a different type of partnership through the NDI. Specifically, farmers who have larger acreage could participate. Parks explained that engaging directly with Black farmers entails reintroducing them to indigo and assisting with growing a crop that is more lucrative.

"These farmers are growing seed



*Mzali Robertson, new Upton Community homeowner, holds up his freshly tie-dyed indigo t-shirt. Event participants had an opportunity to natural dye one-of-a-kind t-shirts following the groundbreaking ceremony.*



that we provided to them this year,” Parks said.

Additionally, Best is also a dietician who stated that indigo has health properties. She has farming roots, too. Best pointed out that Black farmers have always struggled to find alternative crops. However, indigo is quick growing and profitable.

“I’m a farmer,” Best said, explaining why the community development piece of the NDI has come full circle for her. “One of the farms in South Carolina is my family farm. We raise Angus cows, but we’ve decided to participate in a part of this.”

MICA’s students, faculty, and paid urban farmers have pitched in at various times to take care of farming the indigo. Park’s role has partially been to assist with developing the project as a community-based undertaking. Job creation has been an integral aspect of accomplishing the goal while working with Best. After the farmers harvest their indigo, the leaves can be separated from the stems with industrial machines, then they can be grinded and packaged. It will be prepared for retail and wholesale selling. While explaining this process, Parks explained that jobs are expected to be available since the NDI’s online selling of purchased indigo is also part of the plan. Classes will also be held for community members to broaden their indigo expertise.

Parks also reflected on how the idea to bring indigo to the Baltimore area was sparked by First Lady Yumi Hogan. The Korean-American artist’s hometown is Naju, South Korea. Hogan wanted to find out if indigo could grow in Charm City, so she reportedly asked MICA to prepare a presentation for the Korean delegation. Since it went well several summers ago, growing three strains (types) of indigo as a demonstration unfolded.

“And as everybody expected, the Asian strain which is grown in Korea, grows the best,” Parks said.

Karida Collins, owner of Neighbor-



*Event participants view development plans for the Natural Dye Initiative*  
Photo credits: Ian Harpool



*(l-r) Partner and advisor farmers Bernard Singleton, Nebedaye Farms, North Carolina; Moses Gibson from Blythewood, South Carolina Low Country; and Bryan Ibrafall Wright, Farm Manager, Maryland Eastern Shore*

hood Fiber Co., leads a yarn dyeing company on Utah St. in Baltimore which manufactures yarn for hand knitting and crocheting. Collins is a partner to the NDI. Her small business has hosted workshops for it. Collins hopes to assist new entrepreneurs who will enter the indigo ecosystem. Additionally, her company will provide use of its facility to process indigo leaves while NDI’s facilities are being built.

“I’m excited about this (NDI) project, and I’m excited about being able to contribute to it as a partner,” Collins said.

Please visit <https://www.instagram.com/bmorenaturaldye/> for NDI updates.



*The Blessing of the Land, a West African Tradition, performed by indigo artist Kibibi Ajanku*

# Get Fit While Skipping the Gym

By Andrea Blackstone

The pandemic has left many people searching for motivation to exercise after being house-bound for too long. Jaron Davis is a National Academy of Sports Medicine (NASM) Certified Personal Trainer based in Millersville, Maryland. He opened his new gym location in 2021 after training clients in a home gym several years prior. The owner of Imperfect Fitness provided practical tips for readers to get back in the workout groove without heading to the gym.

**Q: Can you give me three tips for men to prevent a “Dad Bod,” or a father carrying a bit of extra weight, during the pandemic?**

**A:** A “Dad Bod” doesn’t just show up out of nowhere. This type of physique is developed from pairing a sedentary lifestyle with bad nutrition. A simple method to help avoid “Dad Bod” is to:

- weight train, progressively increasing weight over time, two to three days per week with an additional day solely for cardio



*Jaron Davis is a Millersville, Maryland based certified personal trainer. He started Imperfect to provide options for people who hate going to the gym.*

**Photo credit: Ron Charles**



*Jaron Davis played basketball at Northeastern Junior College before breaking his knee cap just before his sophomore season. After Davis fractured his patella in 2009, he attended Missouri Southern State University to play football, then decided to accept a music scholarship. Davis returned to pre-injury shape and became passionate about helping others to improve their fitness levels as a certified personal trainer.*

**Photo credit: Ron Charles**

- eliminate “junk foods” such as candies and cookies from the middle aisles of the grocery store
- minimize alcohol consumption  
Replace the junk foods with whole foods that pack nutritional value such as brown rice, sweet potatoes, grilled chicken, salmon, and eggs. Commit to exercise, and practice patience for at least six months, and “dadbod” will not exist.

**Q: Can you tell me three tips for women to ease back into a workout routine?**

**A:** The best way to ease back into exercise is to:

- I often see many people get discouraged when starting too fast after a hiatus from working out. Biting off more than you can chew only leads to quitting or injury. Starting small allows you to file away small wins that you can build upon for years to come.
- When first returning to exercise, it can be hard to stay inspired. Fortunately, in today’s culture there are many subgenres within the genre of fitness. Whether cycling,

CrossFit, dance, Pilates, or even powerlifting, commit to a style of training that you enjoy so much that it doesn’t feel like a task.

- Create small goals for yourself that have nothing to do with the outer appearance. After a couple of weeks, or even days, the fit lifestyle won’t seem worth it. You will lose motivation and believe that you haven’t progressed. This is where I believe staring at the scale or in the mirror can discourage women early on. Set internal goals for yourself such as “I want to squat \_\_\_\_\_ pounds within 12 weeks,” or “I want to get my resting heart rate to \_\_\_\_\_ beats per minute.” You will find that after a few months of focusing on these types of goals, a major physical transformation has also occurred as a byproduct.

**Q: What are three simple ways to get kids moving with their parents without going to a gym?**

**A:** When the weather turns for the better in the summer months, being creative can have kids moving and having fun (for free).

- Rotate different parks to avoid the mundane. Kids can have access to multiple activities based on the different playground apparatuses such as monkey bars and slides. Utilize trails and hills, too.
- While at the park, play classic family games such as kickball or have water gun fights.
- Take a trip to the beach. Going for a swim and playing beach volleyball will keep the entire family moving.

**Q: Are shorter or longer workouts effective?**

**A:** There are many variables that determine a workout being better or worse. Extremely long workouts can be more damaging to the body’s ability to recover and cause excess cortisol (“stress hormone”) production. A workout that is too short could potentially just be a waste of time as the body may not even get a chance to recognize what you’re doing as working out. Therefore, having a goal when working out is important. Your goal will determine the duration. Wanting to burn fat? A short workout from 10 to 15 minutes pushing your body’s overall limit may be better than a two-hour walk.

**Q: Who should consult with a doctor before working out? What are good questions to ask your doctor?**

**A:** Any sedentary person should consider getting a physical or doctor’s clearance to workout. This includes beginners as well as people who have been out of the game for a while. If you have any pre-existing diseases or injuries, or are returning from birthing children, I also recommend getting a doctor’s blessing before returning to physical activities.

Visit <https://www.theimperfectfitness.com/> to learn more about Davis and his services.

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# Rambling Rose

BALTIMORE'S FESTIVALS,  
ARTISTS AND SHOWS



Rosa Pryor Trusty



Cheryl T. Goodman, known to many as "Your Girl Cheryl," is the founder of Dance Baltimore. Goodman's nonprofit organization is designed to enhance the role of dance in the Baltimore Metropolitan area.



Charles "Rudy" Faison's DipNic Festival will be presented with Ch Productions and JC Productions at the Pearlstone Resort Center, located at 5425 Mt. Gilead Road in Reisterstown, Maryland on Saturday, July 9. The rain or shine event is scheduled to be held from noon-8 p.m. Adults only may attend. No children under 18 years old will be admitted to the event. For more information, call 443-801-1100; Tee-Shirt Brian at 410-790-9333; or Carlos Hutchins at 443-963-5711.



Todd Marcus, from the Todd Marcus Jazz Orchestra, releases his new album called "In The Valley" this week.



The Avenue Bakery with the Royal Theater & Community Heritage Corporation will present Greg Hatza ORGANization in the Avenue Bakery Courtyard on Saturday, July 9 from 4-8 p.m. The address is 2229 Pennsylvania Avenue at Baker Street. Bring your folding chairs.

Hello Everyone,

Here's hoping you are enjoying your summer and this great weather so far. My prayers go out to all the sick and shut-ins. May God grant you health and strength. This week and the rest of the month is just full of all types of fun activities. Most of them are outdoors. Just what we like.

Today, I want to tell you about a young lady that many of you are familiar with. I am talking about the one and only Cheryl Goodman, known to many from her newsletter and promotions as "Your Girl Cheryl." Cheryl T. Goodman is a native of Baltimore, Maryland and a graduate of Carnegie-Mellon University with a Bachelor of Arts degree in Professional and Creative Writing. Cheryl has programmed and produced festivals, music and dance concerts, and art exhibitions throughout the east coast for over thirty years with international artists such as: Wynton Marsalis; Roy Ayers; Herbie Hancock; Sweet Honey in the Rock; Maysa; and Cyrus Chestnut, just to name a few.

For five years, Cheryl Goodman served as an on-air panelist on the Black Entertainment Television (BET) program. Ms. Goodman has been a management consultant for arts organizations such; The Hippodrome Foundation; the Eubie Blake Cultural Center; and the Baltimore Symphony Orchestra. She worked with WEAA FM, too. In 2003, Ms. Goodman founded Dance Baltimore, a nonprofit organization designed to enhance the role of dance in the Baltimore Metropolitan area. She is a published writer with feature articles appearing

in magazines and has an online free magazine she publishes called "What's HOT in the DMV." Not only does she teach dancers, but Ms. Goodman is a great dancer herself. For more information, check out her website: [www.youngirlcheryl.net](http://www.youngirlcheryl.net).

Okay, ladies and gentlemen, get ready for this Saturday. The one and only DipNic Festival is coming for ADULTS ONLY on July 9! Trust me; they mean what they say about that. Don't even try to sneak your grandchildren, or your little nieces or nephews, or any child under the age of 18 inside. I know they will make you turn around at the gate. What you can do is bring your own grill, charcoal, swimwear, umbrella, canopy, tents, folding chairs and tables, picnic basket, BYOB, jazz concert gear, lighter fluid, ice, and coolers. The DipNic Festival will provide live entertainment and DJ Mike Jones; free zip lines, a splash pad; three swimming pools; hiking trails; a water slide; free parking; chairs; a canopy; shuttle service; and much more for you. Call Charles Faison at 443-801-1100.

Don't forget that on the second Thursdays of every month, the "Summer Jam" comes with free admission and free live entertainment with DJ Mike Jones. Food and beverages will be on sale. "Ms. Maybelle" and Randy Dennis are your host and hostess, from 6-10 p.m. at the Forum Caterers, located at 4210 Primrose Avenue in Baltimore. For more information, call 443-226-8895.

My dear friend, Dr. Elaine Simon is presenting her Baltimore/Washington Carnival with a parade of bands

this year. The festival features live entertainment by international and local artists, arts & crafts, food, and much more on Saturday, July 9 at Clifton Park, located at 2701 St. Lo Drive, Baltimore, Maryland 21213, from noon until 10 p.m. It continues Sunday, July 10. Check it out, ladies and gentlemen. It is a one-of-a-kind experience and is fabulous. For more information call 410-362-2957.

There is a Mid-Summer Dance on Friday, July 15, from 8 p.m. to 12 a.m. at the Wise Avenue Volunteer Fire Hall. The event's location is 214 Wise Avenue in Dundalk, Maryland. Enjoy an open bar, food, and a giveaway that will be held. For more information, call Melvin Johnson at 443-916-5677.

The event, Christmas in July, is coming to the Maryland Craft Fair on July 23-24 with 150 vendors; a petting zoo; a magic show; and live entertainment at the Howard County

Fairgrounds.

The Roots Christmas in July's 35th anniversary will be at the Bambou Venue, located at 229 N. Franklinton Road in Baltimore. A dinner and cash bar will be featured on Sunday, July 17 at 8 p.m. For more information, call 443-986-3745.

Well my dear friends, I have to go now. But remember, if you need me, call me at 410-833-9474 or email me at [rosapryor@aol.com](mailto:rosapryor@aol.com). UNTIL THE NEXT TIME, I'M MUSICALLY YOURS.

# Ravens Already Impressed with Tyler Linderbaum

By Tyler Hamilton

The Baltimore Ravens have traditionally done a sound job of hitting on offensive linemen in the draft. From Hall of Famer Jonathan Ogden to Marshall Yanda, and then to Ronnie Stanley, Pro Bowls and All-Pros abound for past offensive linemen the team has selected.

The Ravens think they have their next great lineman in center Tyler Linderbaum.

“He’s probably one of the better centers we’ve seen come out in a long time,” Ravens director of player personnel, Joe Hortiz said.

“So, it filled a huge need for us. He’ll block three guys in one play. He’s a lot of fun to watch. And like [executive vice president and general manager] Eric [DeCosta] mentioned,



*Tyler Linderbaum*

Photo credit : Phil Hoffman/Baltimore Ravens

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he’s kind of a consensus guy with all the scouts and coaches. Everyone saw him the same way. You just put the film on and it’s obvious he can play anywhere.”

Baltimore used the No. 25 overall pick to select Linderbaum who they expect to be a starter immediately. Linderbaum is the first offensive lineman the Ravens selected in the first round since 2016 when they took Ronnie Stanley.

His accomplishments at Iowa include being a two-time all-Big Ten first-team selection, a unanimous All-American, Big Ten Offensive Lineman of the Year, and the Rimington Trophy winner. The Rimington honor is awarded to the nation’s top center.

The transition has been a smooth one so far for Linderbaum.

“At the end of the day, football is football,” he said. “You’re running similar stuff, but it’s just a lot different verbiage. I think that’s something

that I’m trying to get down right now, just understanding the verbiage and communication. I’ve thought it’s been good. We’re only running 10% of the plays that we run during the season. So, there’s still a lot more I need to learn, but I think it’s a good start so far.”

Linderbaum was praised by draft analysts for his competitive approach to the game. They also praised him for his quickness. Both traits were on full display during minicamp. Ravens quarterback Lamar Jackson took notice.

“I threw an interception,” Jackson said during mandatory minicamp. “Daelin [Hayes] was taking it back to the house, to the other way. I was kind of paused, talking to ‘[Devin Duvernay] during the play. And my center, Tyler, was getting after it. He was running him down. I just saw he’s fast. He’s fast as heck for a center. I have never seen a center run like that. He’s a football player.”

# Legal Notice

## NOTICE OF LIEN SALE

Notice is hereby given that a public auction will be held by competitive bid on [www.stor-ageauctions.net](http://www.stor-ageauctions.net) on 07/13/2023 at 11:00am to satisfy the lien on the property stored at Store Here Self Storage [Formerly Known As: Coastal Mini Storage] at 7120 Old Waterloo RD, Elkridge, MD 21075 in the units listed. Tenants may have notated the inventories listed at the time of rental. Landlord makes no representation or warranty that the units contain said inventories.

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# Legal Notice

In the matter of Andrew Lee Robinson in the Circuit Court for Baltimore City for a change of name from Andrew Lee Robinson to Abdur-Rahim Shakoor. Any interested persons shall file an objection on or before the 28th day of July, 2022, which shall be supported by an affidavit that complies with Md. Rule 15-901(f). An objection and affidavit shall be served upon the petitioner in accordance with Md. Rule 1-321.

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