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The Harper family (L to R – Tyron, Phoenix, April, Caden, Mayor Brandon M. Scott) meets Baltimore Mayor Brandon M. Scott on October 19, 2022, at the GoDaddy Open Made in America Season 4 Premiere. Tyron and April Harper are owners of a wellness brand called Harp Vision. They were featured in the GoDaddy Open Made in America docuseries and are Empower by GoDaddy graduates. Photo credit: GoDaddy (See more on page 9)

The More We Are Together Children's Festival held on October 29

By Dr. Ken Morgan

The Sankofa Children's Museum of African Cultures, Inc sponsored an African festival on Saturday, October 29, 2022. The outdoor event was held in the St. Johns Church parking lot across the street from the Festival's sponsor, just off Coldspring Road and Pimlico Road in Park Heights.

The Museum aims to educate, inspire, and connect children from all walks of life to the African continent's vast physical and cultural diversity. The museum wants to promote world understanding by engaging with art, cultures, geography, and history of Africa's myriad diversities and significant societal contributions says the website. The event was aimed at 3rd to 5th graders and their parents, the same as its mission.

The festival's description helps define the mission of Esther Armstrong (Mama Kiki), founder and executive director of the museum.

Many children, teens, and adults think Africa is a country with lions, monkeys, and a jungle. Africa is a continent with 54 countries on it. It can absorb the U.S. three times. Some deny they are of African descent. They remain quite a



Children participated in table activities at the Sankofa Children's Museum of African Cultures, Inc festival,
Saturday, Oct 29, 2022 in Park Heights.
Courtesy Photos

statement in a city where over 90 percent of the children are black.

Mama Kiki, for 26 years, was the owner and operator of the Sankofa African and World Bazaar located on Charles Street near 25th Street.

The late Marcus Garvey said, "A people without the knowledge of their past history, origin, and culture is like a



Face-painted Julia and Annette at Childrens Festival

tree without roots." Mama Kiki and the Museum Group think so as one of the missions this past Saturday.

The museum needs adequate funding and volunteers. For more information, go to the website at Sankofakids.org and on Facebook.



L-r: LeVesta Jackson-Crute and Esther Armstrong (Mama Kiki), founder and executive director of the museum.

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The Housing Authority of the City of Hagerstown, Maryland, 35 W. Baltimore Street, Hagerstown, MD 21740 will receive bids from qualified, responsible contractors (general or sub) until 2:00PM current time, Monday, November 28, 2022, for Scattered Sites Kitchen Project located at various locations owned by Hagerstown Housing Authority.

Construction period is ninety (90) calendar days. Actual construction start date will be established by mutual agreement between the owner and the contractor. Davis-Bacon wages for Washington County, Maryland and Liquidated Damages apply to this solicitation.

Electronic drawings and specifications are available upon request. Contact Dawn Bragunier, Modernization Coordinator, at telephone 301-733-6911 Ext. 168 or email: dbragunier@hagerstownha.com for bid documents. Drawings and specifications may also be obtained at https://www.hagerstownha.com/procurement

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E.E.O.

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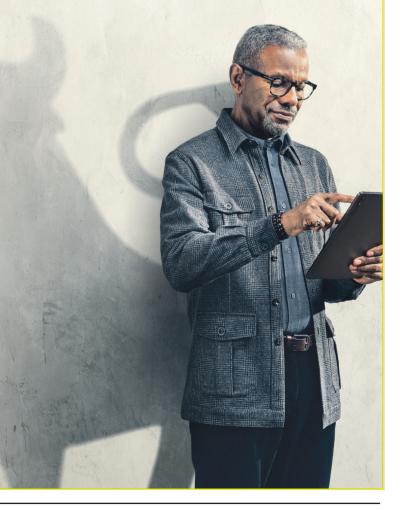
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Guest Editorials/Commentary

Destiny is Bigger Than Statistics

Destiny can be delayed amid unexpected turns, but not necessarily stopped. If something is meant to be, with a spirit of determination and hard work, what appears to be improbable to many loses steam. Wes Moore is an example of luck having nothing to do with good fortune. The husband, father, combat veteran, and governor-elect of the state of Maryland is on his way to becoming the state's first Black governor. His successful climb includes becoming a Rhodes scholar; White House Fellow; Army captain; New York Times best-selling author; and investment banker. Moore also is an example of gripping hope tightly no matter the circumstances.

Moore earned a chance to write the rest of his story over the next four years. He said that he wants to "leave no one behind." Moore will have an opportunity to implement plans to improve the trajectory of life for all Marylanders.

His beginning in Takoma Park, Maryland starts with a father named William Westley Moore Jr., and a mother named Joy Thomas Moore. William had a career in broadcast journalism. His wife was a media professional with immigrant roots. Her parents had come from Jamaica.

Wes had to be reared fatherless because acute epiglottitis ended William's life. He recounted a page from his personal story about the time when his father's "face was unshaven, and his clothes were disheveled." William headed to the hospital to get medical help but was reportedly released and told to return if he felt worse. Instead, he died just hours later. More details reveal how the incident impacted Wes and his family.

"When Wes was just three years old, his father died of a rare, but treatable virus. His father's untimely death created instability in young Wes' life, causing his mom to move the family to the Bronx, where Wes' grandparents lived. The family returned to Maryland when Wes was 14, when Wes' mom found a job in Baltimore – the first job that paid her benefits," per WesMoore.com.

Wes's youth included brushes with the law and military school. A woman who helped to raise the governor-elect recently took her last breath.

"Last week, I lost my grandmother. Her name was Winell Thomas and we called her Mama Win. She was born in Cuba, and immigrated to this country from Jamaica. She taught public school for nearly 40 years. She came here to build a life, and she ended up building a legacy," Moore tweeted.

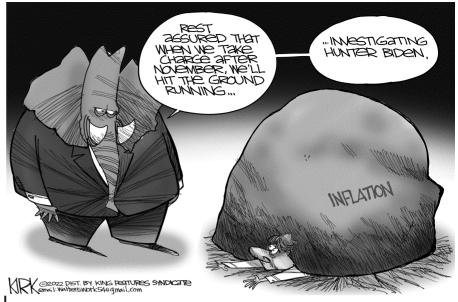
But Wes kept pushing to achieve statewide leadership. He did not leave his goal behind, no matter what statistics predicted about his life from a young age until now. Far too often, people point to numbers for evaluating what "can't" happen. Maybe it's time to stop.

Aruna Miller, the lieutenant governor-elect, will be the first immigrant and first woman of color to serve in that capacity in Maryland.

"What we built together is not just a moment—it is a movement. It is Maryland's time to lead," the governor-elect tweeted.

Who needs statistics anyway? Anything is possible.

Want to comment on the editorials or any other story?
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Community Affairs

The Maryland Black Caucus Foundation's 27th Annual Legislative Weekend Calendar

WHAT: Legislative Virtual Workshops - Discussion on Information Session on Upcoming Issues Topics include: Mental Health, Cannabis Industry & The Black Community, Role of School Resources Officers & Parents, Workforce Innovation, Implications of the Decriminalization of Marijuana, Appraisal Bias and Black Homeownership.

WHEN: Friday, November 18, 2022, 8:00 AM – 5:00 PM WHERE: Online WHO: Maryland Black Legislators, Black Committee Chairs, Subject Matter Experts

WHAT: Business Over Breakfast WHEN: Saturday, November 19, 2022, 9:00 AM – 11:30 AM

WHERE: Maryland Live! Casino

WHO: Keynote Speaker - Evens Charles, CEO, Frontier Development & Hospitality Corporation Featuring a Panel of Discussion to Include: • Dr. Jimmy Rhee, Special Secretary of Small, Minority, & Women Business Affairs • Ricky Smith, Executive Director & CEO of Maryland Aviation Administration • C. Gail Bassette, Director of Economic Development & Strategic Engagement, Bowie State • Todd Rogers, President & CEO of Logical Technology & Research

WHAT: 27th Annual Gala Awards Presentation and Celebration
WHEN: Saturday, November 19th,
2022, 7:00 PM – 12:00 AM
WHERE: Maryland Live! Casino

WHO: Keynote Speaker - Wes Moore, Author & Maryland Governor-Elect Hon. Darrell Barnes, Delegate (D) PG County District 25, Maryland Black Legislative Caucus Chair Hon. Adrienne Jones, Speaker of the House, Maryland General Assemble Hon. Anthony Brown, Maryland Attorney General-Elect

The Maryland Black Caucus Foundation is a non-profit entity that generates resources and works in partnership with the Legislative Black Caucus of Maryland to activate, educate, and mobilize the African American community around critical issues. The Foundation believes in the social, moral, and economic empowerment of all African Americans.

National News

Wes Moore Declared Maryland's Next Governor

By Andrea Blackstone

Wes Moore will become Maryland's next governor, according to a race call by the Associated Press on November 8, 2022. He made history by becoming Maryland's first Black governor. The Democrat defeated opposing Republican Dan Cox.

"My name is Wes Moore. The son of an immigrant. A combat veteran. A proud graduate of a junior college. And I'm fighting for a Maryland where we leave no one behind," Moore tweeted on November 7, 2022.

Aruna Miller is now the lieutenant governor-elect. Moore stood at the podium speaking about an amazing night and journey after the results were reported. During Moore and Miller's election night event, Moore thanked everyone who made the night happen, including volunteers who believed in him.

"And it's because you believed that I stand here humbled and ready to become

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Wes Moore made history by becoming Maryland's first Black governor.

Photo credit: Wes Moore Campaign

the 63rd governor of the state of Maryland.," the governor-elect said.

An election eve rally was held at Bowie State University in Bowie, Md. to give Moore a final push. U.S. president Joe Biden and first lady Jill Biden joined Moore, who is a political newcomer.

The crowd erupted when the president encouraged voters to select Moore when the time came to make an official choice for governor.

"He will be a great and historic governor of Maryland.," Biden said. "They'll remember him."

The president referred to Moore as "the real deal." Moore underscored that Md. would be a state that would leave no one behind if he was elected to become the next governor. He remarked that he could not wait to partner with Biden and the Biden-Harris administration. Moore referenced upholding abortion access; fighting inflation; and fighting to grow the economy.

"These are uncertain times because we know that there are families who are struggling to put food on the table. That people simply want to feel safe in their own communities, in their own homes, and in their own skin. We know that these can be uncertain times for families who want to make sure that their children are going to a safe and a quality public school," Moore also said at the rally.

The governor-elect referenced a reporter who asked about his team's aggressive campaign style.

"The first reason why we continue to campaign so aggressively is this: This is how I plan on governing aggressively, with urgency, and across every part of the state, so get used to it," Moore said, foreshadowing his leadership style.

He also mentioned the only poll that matters is election day. Moore stated the importance of not just winning an election but sending a message. He added that the stakes were too high to do anything different.

"I love this state, and I love this country, and I am a true and proud patriot, where I proudly laid my life on the line to defend this country. And I would do it

over and over again," Moore said emphatically.

Moore is a bestselling author and "former CEO of one of the nation's largest anti-poverty organizations" called Robin Hood Foundation per his website. Additionally, Moore is the first Black Rhodes Scholar in the history of Johns Hopkins University. He also works as an investment banker. The combat veteran's book, "The Other Wes Moore: One Name, Two Fates" was published in 2010.

Moore's personal story takes a candid look at his life and another man's who shares the same name. His namesake, who is the other Wes Moore, ended up serving time in prison. Although both boys in Baltimore shared similar barriers, their lives turned out differently. Moore's imperfect life in his youth intertwines with his climb to become successful. His career path flipped in various directions and ultimately landed Moore in a historic space.

In 2019, an interview with Moore was published by Forbes. When he was questioned about career advice that he would give individuals who want to pursue a more meaningful and purpose-driven career, the governor-elect provided a noteworthy response.

"I would think really hard about the issue you want to focus on, because this work is hard, it's complex, and it will break your heart. The reason to pick something that you are truly passionate about is that when it does break your heart, you need to know that you can get up the next morning and keep fighting," Moore said.

After a hard-fought race, Moore is expected to follow Republican Governor Larry Hogan's two terms of leadership in the state.

NAACP Annual Awards Banquet Honors Incoming Governor & Attorney General

Keynote Speaker, April Ryan, Is Longest Serving Black White House Correspondent

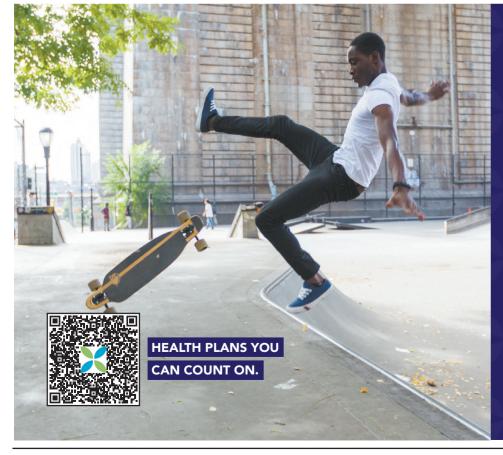
Nov. 4 - Annapolis MD) The Anne Arundel NAACP Branch will hold it's 47th Annual Freedom Fund Awards Banquet dinner at the Double Tree Hotel in Annapolis, MD on Friday, November 18, 2022 at 7PM. Ten individuals will receive awards including incoming Governor of Maryland Wes Moore and Annapolis Alderwoman Rhonda Pindell-Charles. The keynote speaker will be the longest serving black member of the White House press corps, April Ryan. Tickets are available (\$100) online at http://bit.ly/3T3eWMm.

Ryan's latest book "Black Woman Will Save the World" came out last month and it reveals the clashes she endured with Donald Trump and his press secretaries during his presidency. She said on an appearance on The Late Show with Stephen Colbert that the purpose of the press remains unchanged by the Trump administration's hostile attitude to the mainstream media. She reports for TheGriot, a black TV and online network.

The theme for this year's event "Your Vote Is Your Power", will highlight the importance of why every vote counts and that voting does make a difference in the local community. The award winners come from varied backgrounds and include The President's Award recipients: incoming Maryland Governor Wes Moore and incoming Maryland Attorney General Anthony Brown.

continued on page 14





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Love in Action, A Devoted Caregiver's Heart to Help

By Andrea Blackstone

Caregiving is an extraordinary act of love that is becoming more commonly adopted by Americans who opt to help loved ones hands-on. Family and friends may evolve into unpaid caregivers who instinctually step up to provide whatever support is needed to assist aging adults; disabled loved ones; or people who are recovering from long term illness.

In 2015-2017, through the Behavioral Risk Factor Surveillance System, a brief collected information from community-dwelling adults who are 45 years of age and up. The CDC cited recent data from it while describing caregiving as an important public health issue.

"22.3% of adults reported providing care or assistance to a friend or family member in the past 30 days," according to the CDC.

Additionally, details in the brief revealed that in addition to caring for "children, parents or spouses," America's middle-aged and older adults are providing a large portion of another person's social or health needs.

"One in three caregivers (31.3%), provided 20 or more hours per week of care and over half (53.8%) have given care or assistance for 24 months or more," per the brief.

Marion "Murnie" C. Wenn is among Americans who has been providing this sort of devoted care to her 92-year-old mother, Marion Wenn. Murnie retired from Maryland State Department of Public Safety and Correctional Services as a captain.

"I help her get dressed and bathed. I fix her meals," the Annapolitan said, referring to the eldest Marion.

Murnie also transports her mother to medical appointments. She is accustomed to lending a hand however and whenever it is needed. Murnie explained that the nonagenarian



November is National Family Caregivers Month. Marion Wenn, left, and Marion "Murnie" C. Wenn, right, are a mother and daughter from Annapolis, Maryland. Murnie is a fulltime caregiver for her mother.

Photo credit: Marion C. "Murnie" Wenn.

remained in rather good health until she was recently diagnosed with colorectal cancer. After undergoing surgery a few weeks ago, Murnie's mother is currently recovering. Providing care came naturally for Murnie to step up when support was needed. Although her parent had been very independent, the mother and daughter already lived together.

"We just grew into each other. We grew into me helping her when she needed it. It wasn't an issue or transition that was required at all," Murnie said, noting that a caregiving routine developed.

COVID-19 caused Murnie to use extra caution when visitors came to their home to provide support.

Family has stopped by, but in most recent times, Murnie provides care for her mother, although her granddaughter helps. She lives in the household.

Murnie is an inclusive caregiver who acknowledges that hobbies are enjoyable for both of them. The elder Wenn enjoys taking car rides. And when it comes to attending events, Murnie takes her mother out whenever she can, although crowds are avoided. Murnie enjoys engaging in various crafts. Walking three to five miles a day was a personal hobby that she would like to resume when caregiving duties allow her to do so.

Murnie feels that the most rewarding part of caregiving is being

able to do it, since some people cannot do it for their loved ones, while others simply are unwilling.

"I'm just happy that I'm able to take care of her," Murnie said while reflecting on providing care for her mother.

Helping others is not foreign to the Wenn family. Murnie's mother is a retired nurse. Additionally, before retiring in 2000, Murnie was caregiver for her father, George Wenn, until he passed away. Taking off work for months was required. A cousin who is now deceased came over daily to help with her father who was in hospice care. The late relative was a nurse.

Murnie also mentioned that she aided her granddaughter. She was born with a rare health condition.

"Basically, I've been just doing a lot of care for individuals," Murnie said.

She offered insight about how to support other caregivers who are accustomed to providing routine care. They may appreciate someone showing up just to sit for them a few minutes or staying put while the caregiver runs an errand. Waiting for a caregiver to let someone know if they need something may be ineffective.

"They really don't want anything other than support," she said.

In 2020 AARP reported updates presented by the National Alliance for Caregiving and AARP's Caregiving in the U.S. A highlight of the survey revealed that almost 48 million caregivers in America care for an individual over 18 years old.

Murnie wants to leave a legacy for her family. Her words offer a teachable moment for anyone.

"Make sure that you're taking care of each other regardless of what's going on in your life, because people have their own little issues with everything. Put them aside and take care of each other," she said.

Entrepreneurs Find Empowerment, Resources Provided by GoDaddy and Impact Hub Baltimore

By Andrea Blackstone

Over the years, GoDaddy has gained recognition for providing services to assist businesses with online tools such as websites; domains; and web hosting services. It may be lesser known that the company has been empowering local business owners in various cities, including Baltimore, by providing everything from in-kind products and services to mentorship through a philanthropic program called Empower by GoDaddy. Impact Hub Baltimore— a nonprofit supporting entrepreneurs—launched a partnership with Empower by GoDaddy in February 2022.

Additionally, GoDaddy Open was held at the Parkway Theatre in Baltimore in mid-October to allow local entrepreneurs and community leaders to connect. Free workshops; tools; networking sessions; and stories were provided to support Baltimore's growing business owners. Baltimore's Mayor Brandon M. Scott was a speaker.

April and Tyron Harper, founders of Harp Vision Photo credit: GoDaddy

Geoffrey Brown—a marketing manager at GoDaddy—further explained that entrepreneurs in underserved communities are reached through the Empower program that the company created in 2017. Businesses were able to experience face-to-face interaction to grow their ventures while attending GoDaddy Open.

"This is a program that allows our company to meet entrepreneurs in their communities instead of us doing something virtual like a webinar or a blog where we send out the eBook. This actually lets us get into their community, provide them tools and support them for their everyday small business needs," Brown said. "But more importantly, I think it really says something about a company going into a city and putting a face with a name."

Brown further explained that graduates of Empower were also in attendance during GoDaddy Open.

The event was an added feature of the docuseries called Made in America that was shown. It celebrates resilience; grit; talent and determination of

entrepreneurs and microbusinesses. The film screening featured Baltimore City entrepreneurs such as April and Tyron Harper. They are scaling their business while taking advantage of GoDaddy and Impact Hub Baltimore's collaboration.

"We were a part of the docuseries, and it did allow us to connect to different audiences and give us more exposure, but it also allowed us to be transparent and provide a platform and a voice for business owners or individuals like ourselves that have grown up in Baltimore," April said, also mentioning the ability to grow connections with Empower program graduates and docuseries participants.

The Harper duo has owned Harp Vision since 2016. They will soon begin the journey of running their business making and selling gourmet body scrubs; herbal bath teas; soy-based aromatherapy candles; and

natural soaps full time together. April is also taking college classes online, but entrepreneurship is what they have been called to do. The couple sells products through their website and recently became vendors at the new Lexington market.

"The mission of our business is pretty much to provide assistance for caregivers and chronic pain sufferers and just have them prioritize their wellbeing. Because oftentimes, the caregivers forget about themselves, and the process of taking care of others as well as our chronic pain sufferers such as myself and Tyron. We juggle many different hats. Right now, we're trying to get the mission out as far as the selfcare journey to just to pour back into yourself," April said.

The Harpers educate customers about chronic pain while offering a quality, plant-based product. April added that the natural soaps have different herbs and properties like oatmeal, goat's milk, and Himalayan salt. They help with skin conditions such as psoriasis; eczema; inflammation of the skin; and dermatitis.

"We don't use those harsh chemicals or harsh oils to pollute the air quality.



Geoffrey Brown, marketing manager at GoDaddy
Photo credit: GoDaddy

We want to keep it as clean as we can," April said.

She deals with endometriosis. Her husband copes with fibromyalgia. Their conditions come with inflammation, so the couple created the bath teas to help with it in addition to muscle and joint pain.

Tyron explained how the Empower by GoDaddy program has benefited them. Maximizing their digital footprint included creating a website; learning how to drive traffic there; becoming more comfortable with utilizing social media; having a point-of-sale system through GoDaddy; utilizing a blog; and engaging their customers. Tyron's wife added that the ability to gain tools to learn more about their customers and utilize the GoDaddy Studio app for promotional purposes was beneficial.

"I would like our brand to be remembered as a selfless brand that goes above and beyond to ensure quality care and basically dedication, when it comes to our customers," April said.

Visit www.harp-vision.com for more information about Harp Vision. Visit www.bbbempower.com to learn more about Empower by GoDaddy.

Healthy Winter Habits to Maintain Health

(Family Features) Another cough and cold season calls for healthy preparation, and while there may not be a foolproof plan for escaping pesky germs, taking preventive steps and practicing self-care can help protect your health.

bYou can catch a cold or flu any time of the year, but they seem more common during the cooler months.

"As much as we all would love a quick cure for the common cold, unfortunately, that doesn't exist," said Ian K. Smith, MD. "However, there are many options one can try to relieve cold and flu symptoms, including over-the-counter medications. These medications can provide fast and much-needed relief."

Reduce the chances you'll contract a serious illness this cold season by following these tips from the experts at Mucinex:

Make handwashing a priority. Preventive measures like washing your hands often can significantly lower your odds of getting sick. In fact, handwashing is such a powerful tool against germs that the Centers for Disease Control and Pre-



Photo courtesy of Getty Images

vention compared it to a "do-it-yourself vaccine." Wash regularly with soap and water for about 20 seconds, especially when handling food, caring for someone sick or after using the restroom.

Make overall wellness a way of life. Adopting healthy everyday habits means your body is in better condition to fight off potential attacks by germs and combat an illness more effectively if you do get sick. A well-balanced diet that includes moderate portions from each of the major food groups can help ensure you're getting the nutrition and nutrients your body needs. Staying physically active can help promote a stronger immune

system. Getting enough sleep and making sure you're drinking enough water can also ensure your body is ready for whatever the season brings.

Stock up on necessary supplies. If you do get sick, the best place for you is at home, where you can nurse yourself back to health. That means having the essentials on hand, like over-the-counter medications to treat uncomfortable cold and flu symptoms. Be sure to check last year's leftovers, as some may have expired. A shopping list to fight common cold and flu symptoms should include pain relievers, fever reducers, decongestants, antihistamines, throat lozenges and cough suppressants, as well as plenty of facial tissue, a working thermometer, humidifier and more. Also update your supply of hand sanitizer and disinfecting cleaners and sprays to protect family members in your home.

Relieve bothersome symptoms. When you're under the weather, treating your symptoms gives you a reprieve and lets your body rest so you can get back to feeling better. A cough is a common cold

symptom, and relieving chest congestion that causes you to cough frequently can make a big difference. An option like Mucinex Extended-Release Bi-Layer Tablets, with the No. 1 pharmacist recommended expectorant, is clinically proven to relieve chest congestion and thin and loosen mucus to make your cough more productive for up to 12 hours. If symptoms persist, contact your health care professional.

Do your part to prevent spreading germs. If you do get sick, know you can take steps to protect those around you. Simple acts like covering your nose and mouth with a tissue when you cough or sneeze and using your elbow if you don't have a tissue can be effective in preventing the spread of germs. It's also important to wash your hands well and keep a distance from others to help prevent the spread of your illness.

Find more advice for preventing illness and protecting yourself this cough and cold season at Mucinex.com.

Source: Mucinex



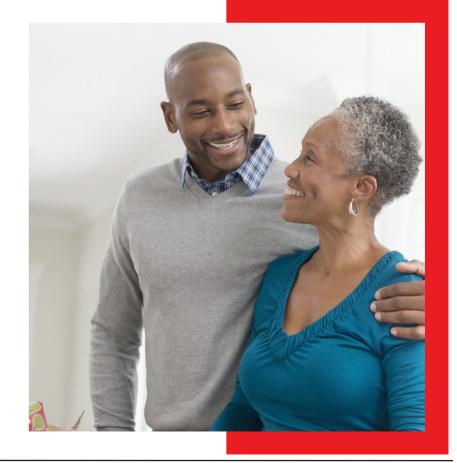
Get the family caregiving support you need, when you need it.

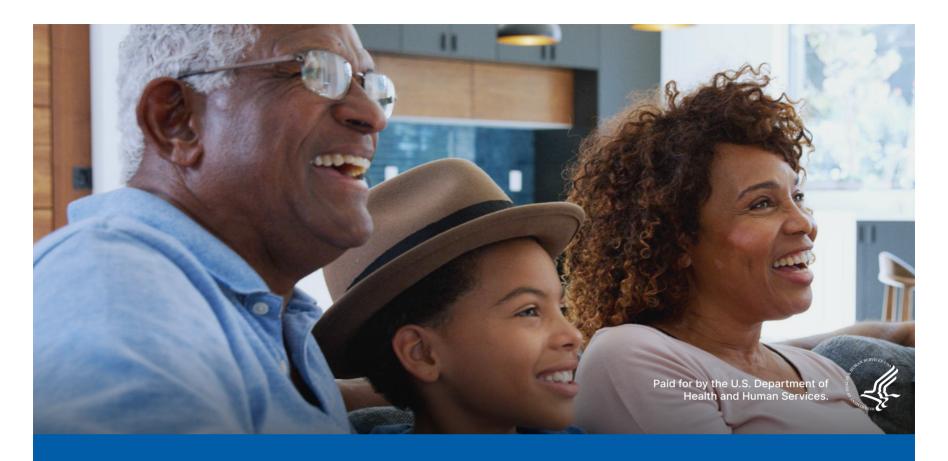
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To learn more, visit aarp.org/caregiving





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A Mother Passes on a Legacy of Giving the Gift of Life

By Andrea Blackstone

The Thanksgiving holiday is drawing near. Some families and friends have not gathered since the coronavirus outbreak began a few years ago. During unofficial reunions, loved ones will have an opportunity to catch up on personal news and have important conversations, including discussion of who may be an organ and tissue donor when the end of life arrives.

Gregory Jones is a native of Upper Marlboro, Maryland who made Southwest Baltimore his home seven months ago. He knows the emotional pain of losing a mother. However, Ernestine "Jean" Jones left a legacy of compassion to help others. Gregory became an organ and tissue donor because Ernestine made a lasting impression on him. Although she



The late Ernestine "Jean" Jones influenced her son, Gregory Jones, to become an organ donor.

Photo credit: Gregory Jones

passed away in 1997, Gregory recalls how open his mother was about how she felt about matters, including organ donation.

"She talked to us, my three sisters and myself, about if anything ever happened to her. She told us she was an organ donor. At that time, talking about being an organ donor was kind of new. I was young and in my mid-20s at the time," Gregory said.

He added that he did not hear Black families talking about the organ donor topic when he was growing up. The conversation Gregory's mother shared with her children did not completely make an impact until she passed away at 46-years old. Jean, as she was best known, was regarded as the "life of the party" and was someone who "everyone" wanted to be around. Reality set in that Ernestine was gone when

her family was faced with hospital protocol of medical professionals asking if they wanted to pull the life support plug. Ernestine was brain dead. The decision was made to take her off life support. Her records reflected that she was an organ donor. The family knew what their mother wanted.

"There wasn't a lot of discussion to be had," Gregory said.

But Gregory began to process his mother's death on another level. Ernestine, who was from Upper Marlboro, Md., had been diagnosed with high blood pressure. Finding out about the health diagnosis was traumatic for Gregory. His vibrant mother worked as an administrative secretary and proofreader for the government. Ernestine had even helped her sister, Cecelia Jones-Bowlding, with proofreading her master's thesis.

"I found out at the time that she had a massive stroke. She had not been taking her prescribed medication," Gregory said. "She explained to me that it could kill her, and she had to change her diet. It didn't seem to him like high blood pressure was a real dangerous condition at that time."

Gregory was unaware that his mother was only treating her high blood pressure with holistic methods until she experienced a medical emergency. He recalls discovering this difficult detail at the hospital. Despite losing his mother, Gregory was able to extract something positive from tough times.

"I started to realize that even though my mother died, she had given life through organ donation," Gregory said. "She was a person who looked

out for everyone she could."

Gregory followed his mother's example by becoming an organ and tissue donor. He realized that her life was physically over, but someone in need would have more opportunity to live life longer, or improve his or her quality of life, because of her decision. Ernestine's son discovered that a young child had received his mother's corneas. As a result, he elected to be an organ and tissue donor while renewing his license for at least twenty years.

Gregory does not want to die before his time, but he realizes that death is inevitable

"Hopefully, I can give someone else the opportunity to carry on. And who knows, maybe they'll do something better in life to help others," he said.

Gregory offered a final thought for



Gregory Jones is a Baltimore resident who wants to carry on his mother's legacy of helping others through giving the gift of life in the future.

Photo credit: Gregory Jones

people who are not organ and tissue donors.

"It's the spiritual glory that you could be as close to your God as you could possibly be by giving life back to someone that's on the edge of death with your organ. Hopefully, you are with God watching this happen," Gregory said.

He feels that everyone who decides to be an organ and tissue donor will have achieved spiritual life after death through their donation. The Baltimorean mentioned that being a donor is one good thing that a person could do in their life by simply checking a box on a form to give the gift of life.

Please visit Donate Life Maryland via https://www.donatelifemaryland.org/ to learn more about organ and tissue donation.

Rambling Rose

NATIONAL ASSOCIATION OF BLACK STORYTELLERS CELEBRATES 40 YEARS



Rosa Prvor Trusty

Well, hello my dear friends,

I hope everything is going well for you and your family. We had a very busy weekend. I covered a couple of events, and I must say that the ones we attended ranged from good to not so good. Both events were held at places that I had never been to in my life. I thought I had been in every new and old bar, club, and hall in this town, but two places proved me wrong. I never knew these halls existed in Baltimore.

First, we attended a breakfast that was in an area on a hidden street with lots of warehouses and garages with a parking lot on hills and dips. We sat in the car for 30 minutes after finding the address (2035 N. Broadway) to see which warehouse we should enter. We were the first to arrive, then after about another 10 minutes, we saw other cars arriving and circling the parking lot. They were also trying to see if they were in the right place for the event. Then, people start getting out of their cars to walk toward the row of warehouses. A little door opened, and people started going inside. Shorty and I looked at each other in a state of shock. We got out car and followed the other folks inside. The interior of the hall was beautiful. Crystal chandeliers were hanging from the ceiling in this fantastic banquet hall like a small version of the Forum Caterers. I was pleasantly surprised. The event was okay. Also, we found out that the owner of this event hall was owned by the former owners of Gentlemen Ten on Edmondson Ave.

The second event was located at 851 Hollins Street. This was a place I will never ever go back to again, ever

in life. It was a terrible, terrible place to have any kind of event. There was no parking whatsoever in a densely packed residential area. Then, if you were lucky enough to find a space to park, then you had to walk two to four blocks to reach the building. Plus, we had to walk up a staircase to get to the hall. It was a terrible situation! Let me tell you my dear friends; just believe what I say. This event was not worth it.

Okay, now that I have vented and released my frustration, let's talk about what going on the rest of this month. The National Association of Black Storytellers (NABS) is having their Annual National Black Storytelling Festival & Conference event coming up during the week of November nine – 13. NABS is celebrating 40 years. The co-hosts are the Griots' Circle of Maryland. The co-founders are Mary Carter Smith and Linda Gross. It will be a fourday event. Workshops; storytelling concerts; a hilarious world-renowned liar's contest; youth storytellers; and a scholars' panel is included. The event will be held at the Sheraton Inner Harbor Hotel, located at 300 S. Charles St. in Baltimore, Maryland.

Folks! Mark your calendar for the Young Timer's Old School Cabaret. It is a pre-Christmas social event, so they want you to wear your holiday colors and bring your dancing shoes. It is cabaret style, so BYOB and BYOF on Saturday, November 26, 2022, from 2-7 p.m. at The Lodge, located at 2832 Nine Mile Circle in Baltimore, Maryland.

Tee-Shirt Brian, Ms. Maybelle, and DJ Mike Jones are holding old school Fridays with free admission and free entertainment from 6-10 p.m. at the



Mary Carter Smith was a noted American educator who helped revive storytelling as an educational tool.
She passed away in April of 2007.



Linda Gross is an American storyteller and performer in the African diaspora oral tradition. She is a co-founder of the National Association of Black Storytellers.



Rickey Shackleford, Baltimore's own nationally known comedian, will be performing Friday, November 18, 2022, from 8-10 p.m. at "Who Know'z Lounge, 2101 Maryland Ave. For info, call 443-571-0736.



"Tee-Shirt" Brian Hall with his productions is presenting an "All Black Holiday Explosion" featuring Panama Band and Rollex Band on Friday November 25, 2022, from 7 p.m.- midnight at the Patapsco Arena, located at 3301 Annapolis Rd. For more information, call 410-790-9333.

City View, located at 6700 Security Blvd. On Friday, November 11, 2022, the KB Project Band will be there. On Friday, November 18, 2022, Lady G & Company will be featured. Oh! Speaking of Tee-Shirt Brian and Ms. Maybelle, my two children from another mother are having their annual turkey giveaway at the Arena Players, located at 801 N. McCulloh St. on Friday, November 18, 2022, from 11 a.m. to 1 p.m. For more information, call 443-226-8895.

Heart-warming condolences go out to the family and friends of Gail "Muffy" Baily Phillips for their loss. Her tribute will be held on Saturday, November 12, 2022, from 2-6 p.m. at the American Legion, located at 4424 Painters Mill Rd. in Owings Mills, Maryland.

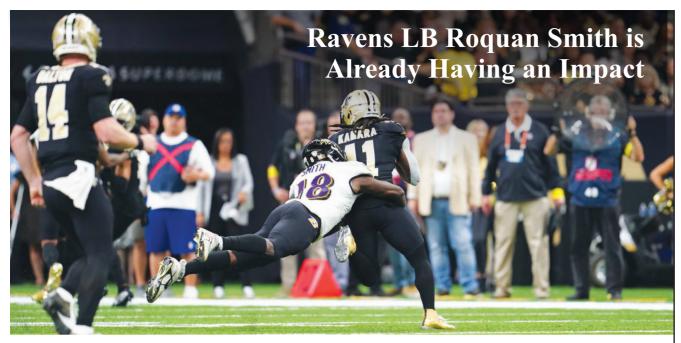


The Young Timers are doing it again with their Pre-Christmas Old School Cabaret on Saturday, November 26, 2022, from 2-7 p.m. at The Lodge, located at 2832 Nine Mile Circle in Baltimore. For more information, call Bill Nolan 410-669-0206 or Herman at 410-599-0546.

Check out the last day of the Baltimore City Health Department and Zeta Center for Healthy & Aging 4501 Reisterstown Road Farmer's Market on Thursday, November 17, 2022, from 9 a.m. to 12 noon.

The Music of O'Dell's (1974-1988), and the Paradox (1991-2017), will be held at the Checker Spot Brewing Company, located at 1399 S. Sharp St. in Baltimore on Saturday, November 22, 2022, from 9 p.m.-2 a.m.

Well, my dear friends, I think I outdid myself this week. I think I vented too long, so I am out of space and time. Remember, if you need me, call me at 410-833-9474. You may email me at roapryor@aol. com. UNTIL THE NEXT TIME, I'M MUSICALLY YOURS.



From left to right, Saints QB Andy Dalton (14); Ravens LB Roquan Smith (18); and Saints RB Alvin Kamara (41). Photo credit: Joev Pulone/Baltimore Ravens

By Tyler Hamilton

The Baltimore Ravens pulled off a blockbuster trade when they acquired inside linebacker Roquan Smith from the Chicago Bears in exchange for a second- and a fifth-round pick in 2023. Dating back to Ray Lewis, and later C. J. Mosley, Baltimore's defense is always predicated on the inside linebacker being one of their best players which makes the Smith trade a perfect match.

Smith had quite an impact in his Ravens debut on Monday Night Football against the New Orleans Saints. His impact wasn't felt in the stat sheet. Smith only have five tackles, but his presence in the field gave the defense a surge.

"I think good players and great players make everybody around them better," Ravens head coach John Harbaugh said of Smith. "He's a really good player, everybody knows it. What a great job he did to come in and learn the defense so quickly. He had no issues out there at all, as far as knowing what to do. Then all the sudden, he's flying around, and he makes a couple plays and other guys kind of feed off of that just a little bit,

and your defense is that much better. When you have one guy playing well, it has an exponential effect kind of to everyone else."

Harbaugh liked the way Smith made tackles against the run, especially when the Saints went to the RPO (run/pass/option) game. The fact that Smith came in and got acclimated to the defense so quickly speaks to his football acumen. Smith was focused on fitting in rather than being shocked by the unexpected trade.

"Everything's happened really, really quickly," Smith said. "I'm just trying to focus on honing in on this playbook right now and getting to that. But my main focus right now is learning the playbook and getting a great relationship with the guys and then going from there."

Having Smith in the lineup allowed Ravens defensive coordinator Mike McDonald to use fellow inside linebacker Patrick Queen in a pass rushing role. It also helped outside linebacker Justin Houston have a monster game.

Houston was virtually unstoppable, posting 2.5 sacks, an interception, and three QB hits. He's definitely thankful that the Ravens were able to bring Smith to Baltimore.

"The plays that he made – I know there was a third and one and he just came out of nowhere," Houston said." He's going to help this defense a lot to be where we want to be. We needed a guy like that, and I am so happy we were able to get him. I think that was crazy for them [Chicago] to let him go. I think he is one of the best line-backers in the game, and to add him to this defense, that's scary."

Like most other veteran additions, Smith has already felt the love from the organization and quickly acclimated himself into the locker room even though it has barely been a week since he arrived.

"It's amazing, just being out there with my new teammates. Those guys have been very welcoming to me throughout the week, the coaches taking time to teach me things, man, it was amazing. I'm just excited for what we have in store."

At 6-3, the Ravens find themselves on top of the AFC North and riding a three-game win streak heading into the bye week. The defense will only get better with Smith, a two-time second-team All Pro (2020, 2021) in the lineup.

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Freedom Fund Award recipients are: Alderwoman Rhonda Pindell-Charles and Pastor John D. Watts. Marie C. Hollins Humanitarian Award recipients are: Gertrude Dailey and William Rowell. Business of the Year awards will go to Maryland Reentry Resource Center (MRRC) (Vanessa Bright) and Genergi Logistics, LLC (Gloria Dent). The Youth & College Division Awards will go to Siole Bailey (Key School) and Brenton Meade (Broadneck High).

April Ryan is an American reporter, author, and White House Correspondent for The Grio. From January 1997 to November 2020 Ryan served as a White House correspondent and Washington, D.C., bureau chief for American Urban Radio Networks. In 2017, she joined CNN as a political analyst.] In May 2017, the National Association of Black Journalists named Ryan as the "Journalist of the Year". She has written four successful books and has a net worth of over three million dollars. Among the most memorable sections of the new book are her response to the White supremacist terrorist attack in Charlottesville and her own often caustic exchanges with Trump and his representatives during press conferences.

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