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## Beauty School Founder, Master Cosmetologist Offers Free, Holiday Makeover for a Cancer Survivor



(L-R) Deana Copeland; an unidentified person; Consquilla Carey, owner of Affordable Styles Hair Salon based in Baltimore, Maryland, and CC's Beauty Institute, located in Richmond Virginia; Shantel Wiley and Debra Lomax participated in Carey's cosmetology scholarship competition. Winners were selected based on performance in 2022 to attend CC's Beauty Institute. Carey continues to give back to others. During this holiday season, the entrepreneur would like to give back to a local cancer survivor by donating a custom wig and free makeover for someone in the Baltimore area. November 30, 2022 is the deadline to contact Carey regarding a nomination. Photo credit: Virgil Odell (See more on page 8)

## Part II

# Basics You Should Know About Diabetes, Prevention

By Andrea Blackstone

Sharon Baucom-Myers, MD works as a Physician II for Baltimore County Department of Health within the Bureau of Community Health and Chronic Disease Prevention. The board certified family practitioner discussed diabetes prevention that can apply to youth, adults, and families.

“Diabetes is a metabolic disorder that affects your body’s ability to convert sugar into energy. So, that means that there are several forms of the disease, but the two most common are called Type 1 and Type 2,” Baucom-Myers said.

According to the CDC, Type 1 diabetes entails the pancreas not making insulin or little of it. When a person is diagnosed with Type 2 diabetes, cells do not use insulin properly. The body cannot keep blood sugar at a normal level.

“Diagnosed cases of Type 1 and Type 2 diabetes are surging among youth in the United States. From 2001 to 2017, the number of people under age 20 living with Type 1 diabetes increased by 45%, and the number living with Type 2 diabetes grew by 95%,” the CDC also reported.

Baucom-Myers provided information about teaching our kids and redirecting ourselves to pay attention to diabetes prevention.

“There’s no doubt that we are not as mindful about what we put in our own mouth, or the mouth of our children as we should be. We know that there are food deserts, and food insecurity, in the sense of those choices. So, even with the limitations of the kinds of foods that we eat, how can we do it in a healthier way? If we teach our children, and if we arm our community with just basic options— MyPlate, the food portion size that defines how many carbs like bread; rice; candy; sugar; I mean, it doesn’t have to be so restrictive that people don’t think that they can have a cookie or a piece of cake.

It’s mindfulness,” Baucom-Myers said, explaining how establishing healthier eating practices can make a positive difference.

The doctor also reminded that sugar is one of the most inflammatory things that we can put in our body.

According to the U.S. Food and Drug Administration (FDA), “The Dietary Guidelines for Americans recommends limiting calories from added sugars to less than 10 percent of total calories per day.”

When individuals consume too much added sugars, meeting nutrient needs and staying within calorie limits can be difficult. The (FDA) also explained that the new Nutrition Facts label may assist with drawing comparisons to make better food choices and selecting foods that are lower in added sugars. Information about added sugars, and serving size information appearing with a bolded font, are two changes.

Baucom-Myers pointed out how important paying attention to sugar content is before eating.

“You’re only supposed to have 52 grams of sugar a day or less. One soft drink is 65 grams. So those little miniature cans that you see, that was the food industry trying to say, ‘Okay, we still want you to drink our product. We know doctors told you that you don’t need that sugary stuff, but we’ve now lowered the sugar content in these miniatures to less than 15 grams,’” Baucom-Myers explained.

She pointed out these are still wasted



calories and reading labels is important. Even using microwaves too much can facilitate the consumption of processed foods that add fat to diets in the blood. It is easy to pop these meals in our mouths, then not exercise or walk. If a person has high blood pressure, blood vessels can be affected, clogging up a person’s heart, brain, and kidney vessels.

“And that’s why when we look at the

diabetes that are linked with obesity, hypertension, and stroke, those three things are off the chart for people of color,” Baucom-Myers said.

When individuals do not consume enough fruits or vegetables, skipping them can contribute to health conditions like diabetes.

“The sugary foods that we substitute *continued on page 10*

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## Shanquella Robinson Case Reminds About the Value of True Friendship

Thanksgiving is a reminder to pause to consider why we are thankful. Friends and family can master building us up or tearing us down. Friendships are a big part of many people's lives. However, people who hold the title don't always deserve it. To make a real friend, we must be willing to invest in each other. In today's society, toxic friendships are illustrated in reality shows, on social media, in songs about displaying ratchet behavior, and in everyday life.

Shanquella Robinson, 25, was vacationing in San Jose del Cabo, Mexico with friends. The young woman from Charlotte, North Carolina, was staying in a rental villa. Something went terribly wrong. A friend of Robinson told her mother, Sallamondra Robinson, that Shanquella died of alcohol poisoning. Conflicting details fueled more questions about why she was found unconscious on Oct. 29, 2022.

"The Mexican Secretariat of Health's autopsy report and death certificate for Robinson, obtained by ABC News, lists her cause of death as "severe spinal cord injury and atlas luxation" with no mention of alcohol. The document also states that the approximate time between injury and death was 15 minutes, while a box asking whether the death was "accidental or violent" was ticked "yes," ABC News stated. Her parents told WBTV that her injuries that were recorded on the autopsy report "took it to a whole 'nother level because that meant somebody had attacked her."

The mystery progressed when an unverified, violent video that someone recorded was posted online. In the disturbing clip, an unidentified woman punched and hit a person who is believed to be Shanquella.

"Quella can you at least fight back, do something," an unidentified man also said in the footage.

Good Morning America reported that Sallamondra did not believe her daughter's friend's stories about her death. They reportedly provided various explanations before the autopsy report was available.

Shanquella's friends reportedly returned home but left her body in their vacation rental. The FBI is now involved. Shanquella's family is searching for answers. Shanquella's grieving parents shipped her body from Mexico.

Remarks are being made online about being cautious of jealous friends. The hashtag #justiceforshanquella is floating around social media. Shanquella's disturbing and sad death is a reminder to appreciate true friends who have treated us well. Respect and safety are a few key elements of friendship. When life gets tough, true friends will clearly let us know if they stand with us. Their presence is often an undeniable gift that is accompanied by memorable illustrations of their love and care. People who care are worthy of appreciation are sometimes taken for granted.

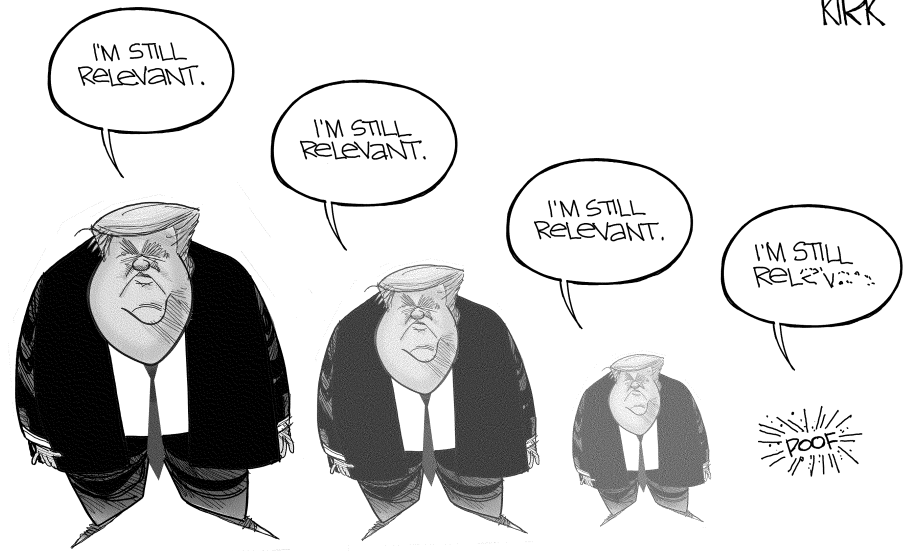
This holiday season, consider that a woman named Shanquella Robinson did not come home, although she left the United States with people she called friends. There is a difference between trustworthy friends, acquaintances, and associates.

As facts surface, let's hope justice is served in the case of Shanquella Robinson.

The young and elderly don't always escape letting the wrong people in their world. Some of us knowingly entertain foes, but we won't let go of a wolf in sheep's clothing who can destroy our peace, destiny, or safety.

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## Community Affairs

### School Choice Fair Coming to the Baltimore Convention Center

Baltimore City Public School students may choose and apply for the middle or high school of their choice. An Annual School Choice Fair will be held at the Baltimore Convention Center on December 3, 2022, to assist them with learning more about the opportunity and obtain information to plan for their future school journeys. The opportunity is available for 5th-8th graders.

Before applying to schools, "open house" opportunities may be available between November and January. It is an opportunity to visit and ask questions to determine the best school fit for students. Applications for families to apply to schools should be submitted between December 1, 2022, and January 20, 2023. School choice applications are available online.

"Many schools also have shadow days, where you can partner with a current student and attend classes to get a real feel for the school," according to Baltimore City Public Schools' website.

Composite scores, which are typically calculated using grades and standardized test scores, will be needed for prospective student applicants.

"The Spring 2022 MCAP assessment scores will not return in time to be used for the composite score formula. As a result, composite scores will be calculated using only grades for the 2023-24 school year cohort participating in School Choice this year," Baltimore City Public Schools announced.

Visit:

<https://www.baltimorecityschools.org/choice> to find updates about the Annual School Choice Fair, the school choice process, and relevant applications.

Contact district staff in the Office of Enrollment, Choice, and Transfers by email via [Enrollment@bcps.k12.md.us](mailto:Enrollment@bcps.k12.md.us), and the Multilingual Enrollment and Support Center, by sending an email to [MESC@bcps.k12.md.us](mailto:MESC@bcps.k12.md.us), if additional support is needed to apply to schools.



# National News

## Holiday Season Routinely See Rise in Human Trafficking

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

Federal prosecutors said the fight against human trafficking, a crime that harms some of the most vulnerable members of society counts among their highest priorities.

“We are committed to vindicating the rights of human trafficking crime victims by bringing their traffickers to justice and working to ensure that survivors have access to restitution, services, and assistance that are needed to rebuild their lives,” U.S. Attorney Roger B. Handberg offered in a statement.

U.S. Department of Justice officials maintain that their strong efforts continue to combat human trafficking.

Earlier this year, the U.S. Attorney General released the Department of Justice’s National Strategy to Combat Human Trafficking.

The Strategy laid out the Department’s multi-year plan to combat all forms of human trafficking, focusing on efforts to protect victims of trafficking, prosecute



Photo courtesy of NNPA

human trafficking cases, and prevent further acts of human trafficking.

The Human Trafficking Institute estimates that there are 24.9 million victims of human trafficking globally.

In 2020, the Institute reported that federal courts in all 50 states, the District of Columbia, and 4 U.S. territories handled 579 active human trafficking prosecutions, 94% of which were sex trafficking cases and 6% forced labor cases.

According to the Bureau of Justice Statistics, individuals prosecuted for human trafficking increased from 729 in 2011 to 1,343 in 2020, an 84% rise.

The number of persons convicted of a federal human trafficking offense increased from 2011 (464 persons) to 2019 (837 persons) before falling in 2020 (658 persons). Of the 1,169 defendants charged in U.S. district court with human trafficking offenses in the fiscal year 2020—92% were male, 63% were white, 18% were black, 17% were Hispanic, 95% were U.S. citizens, and 66% had no prior convictions.

By the end of 2020, for the 47 states that reported data, 1,564 persons were in the custody of a state prison serving a sentence for a human trafficking offense. The District of Columbia reported zero new criminal human trafficking cases filed in federal courts in 2021.

The advocacy organization Hope for Justice defines human trafficking as modern slavery, where one person controls another for profit by exploiting a vulnerability.

Victims usually are forced to work or are sexually exploited, and the trafficker keeps all or nearly all the money. The control can be physical, financial, or psychological.

Childwelfare.com says the legal definition of trafficking involves “the exploitation of people through force, coercion, threat, and deception and includes human rights abuses such as debt bondage, deprivation of liberty, and lack of control over freedom and labor.”

The organization noted that trafficking could be for purposes of sexual exploitation or labor exploitation.

In 2004, officials formed the D.C. Human Trafficking Task Force to increase the prosecution of traffickers while identifying and serving the victims.

The task force’s primary goal is to “facilitate a more coordinated anti-trafficking effort in the D.C. area through protocol development, extensive community outreach, proactive investigations, law enforcement training, intelligence sharing, and more formalized partnerships between law enforcement organizations and non-governmental organizations.”

Additionally, while the holiday season counts as a time of joy, happiness, and fun, the nonprofit Shero Foundation said for human trafficking victims, the holidays are no different from any other day.

Law enforcement officials said traffickers typically increase their illegal activities during the holiday season.

“We let our guard down because you’re supposed to be joyful, and, you know, it’s

a great time of year. And unfortunately, we have people out there that don’t care what time of year it is,” Tony Mancuso, a sheriff in Calcasieu Parish, Louisiana, told reporters in a pre-Christmas interview in 2021.

“California is home to some of the largest hubs for sex and labor trafficking in the United States, and it is beyond the time our state takes the necessary steps in combatting this criminal enterprise,” Democratic Assemblymember Tim Grayson insisted.

Grayson noted that human trafficking was a \$150 billion-a-year global industry and introduced a bill to establish the California Multidisciplinary Alliance to Stop Trafficking Act (California MAST).

The bill aims to examine and evaluate existing programs and outreach for survivors and victims of human trafficking and provide recommendations to strengthen California’s response to supporting survivors and holding offenders accountable.

“In my search for a better life, I found myself exploited by various individuals similar to other child trafficking survivors,” said Jimmy Lopez, Survivor Advocate for the Coalition to Abolish Slavery and Trafficking. “Human trafficking is an invisible crisis plaguing our state and forcing thousands of children to grow up too fast; we must stop trafficking in its tracks, and we must hold offenders accountable,” Lopez said.

If you or someone you know needs help, call the National Human Trafficking Hotline toll-free hotline, 24 hours a day, 7 days a week at 1-888-373-7888 to speak with a specially trained Anti-Trafficking Hotline Advocate.

Support is provided in more than 200 languages. Hotline officials said they are there to listen and connect those in need with the help required to stay safe. Callers can dial 711 to access the Hotline using TTY.

You can also email [help@humantraffickinghotline.org](mailto:help@humantraffickinghotline.org). To report a potential human trafficking situation, call the hotline at 1-888-373-7888, or submit a tip online here.

All communication with the hotline is strictly confidential.

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# Entrepreneur Offers Insight About Vegan Lifestyle, Provides Popular Recipe for Vegan Meal Preparation

By Andrea Blackstone

During the holidays, family and friends often gather around a host's dinner table. World Vegan Month is in November—the same month as Thanksgiving. The need to plan Christmas menus is right around the corner, too. While soul food and meat-filled options may still dominate menus in some African American homes, vegetarian and vegan guests may find themselves wanting to feel included at mealtime.

Pinky Cole, an American restaurateur, is the founder and CEO of the popular Atlanta-based restaurant Slutty Vegan, has been a vegetarian most of her life. The reason is because her mother is a Rastafarian, according to Insider. Cole reportedly became a vegan in 2014. Vegans do not eat or use products derived from animals. Vegetarians traditionally do not consume poultry, meat, or fish.

“Studies show that Black vegans and vegetarians have nearly half the rates of cholesterol, hypertension, and unhealthy weight than Black omnivores. Eating whole plant-based foods is the foundation to living a longer, healthier life,” according to information provided on author and nutritionist Tracie McQuirter's website. She launched a movement to encourage 10 million Black women to go vegan.

Like Cole and McQuirter, Dianna King stands among a growing number of Black women who have made healthy eating their business. But first, King embraced a reason to make a lifestyle change. She transitioned into eating a vegan diet after her father was diagnosed with Stage 4 cancer in 2016.

“His progression slowed after incorporating more plant-based meals into his diet. However, he passed away the following year. The experience made me more conscious of the



**Dianna King, cofounder of the vegan cheese sauce with Southern soul called Better Cheddar, and the company, Eat UNrestricted**  
Photos courtesy of Eat UNrestricted

importance of a diet to my overall short- and long-term health. However, plant-based foods were not accessible and popular during that time,” King said, explaining why she elected to make her own dietary changes. “I have more energy and overall better health. My skin is smooth. My hair is healthy. I have a healthy weight, and I am not malnourished. My health is not 100% perfect, but my diet has not contributed to any health-related problems.”

The entrepreneur who is a Georgia Institute of Technology alumna earned a bachelor's degree in Electrical Engineering. She wanted to do more than eat healthier, so she did. Eat UNrestricted was a company King founded in 2021 with her co-founder Eric Thompson. The duo came up with the company's name because their goal was to make a product that people could enjoy without being concerned about their food restrictions. King and Thompson crafted a creamy and tasty cheese alternative that is made primarily from carrots and potatoes called Better Cheddar. It took two years to perfect, and it is also allergen friendly.

Despite the momentum of a growing vegan movement, misconceptions about vegan food remain.

“A common myth about veganism is that it is bland, for white people, and that it will help you lose weight. There are plenty of tasty vegan meals and snacks out there to enjoy. Veganism is not just for white people,” King said. “Also, there is vegan junk food which is basically food that is good for the environment and animals but not your weight losing goals. So, please do not think that because it is labeled vegan, that it will help you slim down. However, it'll help you become ‘slim thick’ though.”

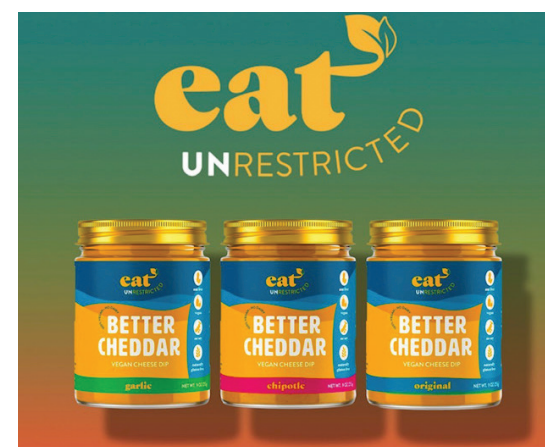
King blogs about food and shares recipes via eatunrestricted.com. She offered insight about what people can do to make a tasty dish for vegan dinner guests. Her Quick Smacking Vegan Mac & Cheese with Shitake Mushrooms recipe is from the blog. King's favorite recipe is easy to make,

and is great to use for date night or during holidays, according to King. Better Cheddar also serves as a vegan cheese dip consideration.

Not everyone is ready to take a fulltime vegan leap, but nonvegans can still enjoy vegan meals.

“There is a new term now where people consider themselves flexitarian. They incorporate more plant-based foods into their diet compared to others, but they still eat meat and other foods that are not vegan. They may reduce their consumption by incorporating ‘Vegan Mondays,’ which is a day they just eat vegan foods. I would recommend people look into becoming a flexitarian as they transition in reducing their consumption of meats, eggs, and dairy,” King said.

The food enthusiast pointed out another method of making a transition to a vegan lifestyle by ‘veganizing’



favorite meals. Visit <https://eatunrestricted.com/blogs/recipes/quick-smacking-vegan-mac-and-cheese-with-shiitake-mushrooms> to find the Quick Smacking Vegan Mac & Cheese with Shitake Mushrooms recipe. The Better Cheddar product lineup is available via <https://eatunrestricted.com/collections/new-collection>.



# Quick Smacking Vegan Mac & Cheese with Shiitake Mushrooms

prep time: 5 mins - cook time: 35 minutes

Ingredients:

1 12oz. jar of Eat UNrestricted cheese sauce

0.5 box of macaroni

4 cups chopped shiitake mushrooms

3 tbsp of extra virgin olive oil

3 tbsp of balsamic vinegar

a pinch of black pepper, ground

Parsley for garnish

Preheat oven to 400 degrees F. Add shiitake mushrooms to a cookie sheet and drizzle olive oil and balsamic vinegar.

Place in oven to cook for 15-20 minutes.

1. Turn stove eye on between medium and high heat.
2. Boil water and add pasta. cook until pasta is soft.
3. Drain pasta and add cheese sauce to pasta. Cook and stir on medium heat for about 5 to 7 minutes.
4. Plate Mac and cheese and top with mushrooms and parsley as garnish. Enjoy!

Source: <https://eatunrestricted.com>



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# Beauty School Founder, Master Cosmetologist Offers Free Holiday Makeover for a Cancer Survivor

By Andrea Blackstone

When Consquilla Carey was 16 years old, she participated in an apprenticeship at a hair salon in her hometown of Farmville, Virginia. Carey—who was born in Baltimore, Maryland—became interested in styling hair at the age of five. After styling her doll’s hair, she advanced to taking photos of her work to create a photo album book. Next, Carey began monetizing her skills by charging family and friends for doing their hair.

“As a child I was an entrepreneur and did not even know it. By the time I was in high school, I had a big clientele, and I was making money,” Carey stated.

Despite the presence of her gifts, Carey was constantly called ugly names because of her dark skin. She also never felt like she was a smart child.

“I had behavior problems. I often got into fights and was suspended from school,” Carey said, also mentioning her academic struggles. “Doing hair made me happy and I would forget

about all of my problems when I was doing hair.”

Carey became pregnant with her son, Daquan Hill, in the twelfth grade. He was born prematurely at 27 weeks because she experienced a pregnancy complication. Hill was later diagnosed with autism.

“Daquan was diagnosed with bipolar disorder and hospitalized several times. Mental health education is very important to him. Daquan is a musician. He plays the viola. He would like to become a music therapist,” Carey said, mentioning that her 28-year-old son is her biggest cheerleader. “It is my job to show him what leadership and greatness looks like.”

Carey returned to Baltimore at 19 years old and did not give up on moving forward in life. She attended Dudley Beauty School and Morgan State University where she earned a B.S. degree in Family and Consumer Sciences. After continuing her education by obtaining a master’s degree in Education, Carey became a public school teacher while building a cosmetology career. She also received a full scholarship to attend beauty school through a grant from The Baltimore Urban League.

“I don’t fit in within the 9 to 5 world. I did not fit in when I worked at other salons. Instead of asking for a seat at the table, I decided to buy the table and the chairs. My salon is my happy place. Not fitting in motivated me to create the type of environment that I would love to work in,” Carey said.

Carey opened Affordable Styles Hair Salon located in Baltimore in 2010. She later founded CC’s Beauty Institute LLC, which is a



*Consquilla Carey, CEO and founder of Affordable Styles Hair Salon and CC's Beauty Institute*

Photo credit: Virgil Odell



*Daquan Hill, son of Consquilla Carey, performed at The Maryland Commission on Civil Rights' Biennial Civil Rights & Fair Housing Gala on August 20, 2022, at Maryland Live's Ballroom.*

Photo credit: Consquilla Carey

licensed beauty school, in August 2021. It is located in Richmond, Virginia.

Gratitude and giving back remains an important part of Carey’s life. She and her family are not strangers at overcoming adversity.

“I am forever thankful because I struggled financially over the years while I worked on building my brand. I failed a lot and had to hit the reset button. I received a lot of rejections. It took a long time to get to this point. I truly appreciate the process,” Carey said. “Several adults in my family had literacy problems because of the lack of education due to being African-American in Prince Edward County, Virginia. I saw what impact lack of education had on my family. I was determined to break the cycle. My family struggles are my motivation. I graduated from the same school system where my relatives were denied an education.”

The giving entrepreneur and member of Zeta Phi Beta Sorority, Inc. has awarded ten scholarships for

students to attend her beauty school; given away free makeovers to women who were in need or going through hard times; provided mentorship; and partnering with an organization called DARS that provides services for individuals with disabilities.

During this holiday season, Carey would like to give back to a local cancer survivor.

“I would like to donate a custom wig. The wig can last them for years. The person would receive a free makeover, including a wig, outfit, and makeup for the holiday in the Baltimore area. The person can text or call me at 443-630-0037 to nominate someone or enter themselves,” Carey said.

November 30, 2022 is the deadline to contact Carey regarding a nomination. It should include a story that possibly integrates dealing with health problems, hair loss, and experiencing a hard time. Find details via <https://fb.watch/gSxwn7gtf7/>. Visit [www.affordablestyles.org](http://www.affordablestyles.org) to learn more about Affordable Styles Hair Salon.



# Rambling Rose

**HAPPY THANKSGIVING TO ONE AND ALL**



*Rosa Pryor Trusty*

Hello Everyone,

I pray that you have enjoyed your week so far. I want to send out my heartwarming condolences to friends and their families who have recently lost a loved one. Prayers go out to you and your family.

I want to say happy birthday to myself. I will be celebrating 78 years of life on November 27, 2022. I feel truly blessed. I will be celebrating this weekend, and next week, at a couple of casinos. They are my favorite places to be. You are all invited to my birthday party on Saturday, November 26, 2022, from 10 p.m.-2 a.m., given by my group Signature Live band, at the Hollywood Casino. It is located at 1201 Chesapeake Overlook Parkway, in Perryville, Maryland. Signature will provide live entertainment during the free event. Come on out and help me celebrate the first phase of my birthday week. Birthday cards will be accepted.

Baltimore, D.C., and Virginia, get ready to party old school style with DJ Mel (Gamel Moore) for a 45 and over Oldies/Old School Black & White Dance Party, hosted by the radio legend, Randy Dennis and DJ Mel on the ones and twos on Friday, December 9, 2022, from 8 p.m.-12:30 a.m. at the American Legion Northeastern Post 285, located at 2324 McElderry St. in Baltimore. For more information, call 410-493-3512.

Oh, girlfriend! Let me tell you about an event that I attended last week! Comedian Rickey Shackelford's event was held at Who Know'z Restaurant & Lounge, located at 2101 Maryland

Ave. It pleasantly surprised me. The cute, little intimate lounge was adorned black and white decor. I don't think it seats over 50 people, but it was cozy with a personal touch. My boo boo and I loved it. We are planning to visit again. The drinks are good, strong, and reasonably priced. The food was delicious and quickly served. The clientele was mature adults of old school nature. I met the owner, Valerie Waters, and her staff. They were all very delightful. The icing on the cake was that Rickey Shackelford put on a great show. For more information, call 443-571-0736.

This is a reminder of the Young Timer's Old School Cabaret that is coming up 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 at 410-669-0206.

Cameo, featuring one of my favorite groups, The Rollex Band, will be performing at The Lyric Baltimore, located at 140 Mt. Royal Ave. on Saturday, November 26, 2022. Call 410-215-8893 for more information.

Well, ladies and gentlemen, I've got to go now to get ready for my party. I will see you there. Have a wonderful and blessed Thanksgiving. Remember, if you need me, call me at 410-833-9474 or email me at rosapryor@aol.com. UNTIL THE NEXT TIME, I'M MUSICALLY YOURS.



*A viewing for Elton Lynch, an original member of Baltimore's own internationally known Softones, will be held on Friday, November 25, 2022, from 3-7 p.m. at Estep Funeral Home, located at 1300 Eutaw Place.*

*His funeral is scheduled for Saturday, November 26, 2022. The wake will be held at 10:30 a.m., and the service is scheduled for 11 a.m. at Greater Paradise Christian Center, located at 2900 E. Oliver Street. The musical repast will be held at 4 South Central Ave. from 2-5 p.m. I send condolences to his family and musical sisters and brothers.*



*"Tee-Shirt" Brian Hall will present with his production, an "All Black Holiday Explosion" event featuring Panama Band & Rollex Band on Friday, November 25, 2022, from 7 p.m. until 12 a.m. at the Patapsco Arena, located at 3301 Annapolis Rd. For more information, call 443-525-5016.*



*Dennis Chambers (top) and Gary Grainger's masterclass will be offered at Stages Music Arts, located at 10 Stenersen Lane in Cockeysville, Maryland on Thursday, December 1, 2022, from 7-8:30 p.m.*



*The Guntry Club of Maryland is presenting A Musical Journey Sharing Cultures on Saturday, November 26, 2022, from 1-7 p.m. at the Guntry Club of Maryland, located at 10705 Red Run Blvd. in Owings Mills, Maryland. The entertainment includes the Todd Marcus Quartet, Akua Allrich & the Tribe, Joe Falero Ban, and Carl Grubbs Ensemble. For more information, call 443-973-4867.*



## Ravens Demarcus Walker Looks to Build on Week 11 Success



*Demarcus Robinson*

Photo credit: USA TODAY Sports Images

By Tyler Hamilton

The Baltimore Ravens have had their share of wide receiver shortcomings over the years. They've taken swings at veterans recently, namely Sammy Watkins last year, and Demarcus Robinson this season.

Robinson stepped up in a major way last Sunday against the Carolina Panthers. His nine receptions for 128 yards helped fuel the Ravens to a 13-3 win over Carolina to push Baltimore to 8-3 on the season.

"He played lights out. We've known what he's capable of though; we just have to keep feeding him the ball," Ravens quarterback Lamar Jackson said.

Robinson was targeted nine times and caught each one. In his mind, Sunday was a preview of things to come.

As a free agent, Robinson had

options as far as what team he wanted to play for. He felt the Ravens gave him a great opportunity to have an impactful role on offense.

The veteran took it upon himself to rally the troops when lead receiver Rashad Bateman suffered a foot injury that will keep him out for the remainder of the season.

"It's on us," because he [Rashod Bateman] was our first round pick a couple years ago," Robinson said. "I've been to higher levels, and I'm just trying to get these guys to understand that, which I'm sure they do. We just talk about it a lot. Just to let them know that we're not even halfway to accomplishing our goals, so we just have to keep going harder and harder, because we don't have one of our best players."

Robinson has taken extra time to

work with Jackson, so their timing is on point. With no other primary receiver in the fold, it's a great opportunity to put up numbers and secure a future spot with the team.

Through 10 games Robinson has converted 25 of the 38 targets that have gone his way and picked up 280 yards along with a touchdown. Robinson caught 25 passes for 264 yards last season. The arrow is pointing up for the sixth-year veteran.

Ravens coach John Harbaugh is pleased with how Robinson has taken advantage of the opportunity.

"It's big; it's massive," Harbaugh said. "Here's a guy that gets an opportunity like he does, and he comes in here and does nothing but go to work the first day and work as hard as he can every day to be as good as he can be. It pays off."

*continued from page 2*

## Basics You Should Know About Diabetes, Prevention

for fresh produce and fresh fruit contribute to increased levels of circulating blood sugar," Baucom-Myers said.

Although healthier food options are cheaper, it draws concern. Income can be just one factor while considering a higher risk associated with Type 2 diabetes. The doctor mentioned studies connecting the disease to ethnicity, race, and income. If an exercise component is removed because it is not neighborhood friendly, weapons used to fight diabetes are reduced.

"If the Maryland residents whose household income was less than \$15,000, had the highest proportion of prediabetes at 5.7% compared to other household income groups, it's got to be the choices, right? Then, how many of them have communities where it's safe to walk, or parks you feel safe to be in?" Baucom-Myers explained.

Solutions exist to support a loved one who has been diagnosed with diabetes. Baucom-Myers recommended planning meals together; attending a diabetes support group; being an exercise partner; knowing the signs and symptoms of low blood sugar; and offering to go with an individual to their doctor's appointments. She cautioned against nagging but recommended staying positive.

"Learn as much as you can about disease," Baucom-Myers said.

Please visit [www.cdc.gov/diabetes/basics/prediabetes.html](http://www.cdc.gov/diabetes/basics/prediabetes.html) to take a quick test to help determine if you may have prediabetes, or to determine more steps that can be taken to prevent the disease.



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