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**Nonprofit Now Accepting
Nominations to Win Free Car**



Cars With Care is a collective of Black-owned business owners who team up during the Christmas season to purchase, restore and donate vehicles to families in need around Baltimore. (l-r) Diamond Horne, co-founder of Cars With Care and owner of Total Recon based in Laurel, Maryland; Stephen Green, co-founder of Cars With Care and owner of Paintless Dent Doctor based in Essex, Maryland; Eric Randal, owner of KXK Financial & BMore Like Us based in Gwynn Oak, Maryland; Michael Foy, owner of CMMobile Detailing based in Baltimore; and Kermit Fowlkes, owner of Focus Movers in Baltimore are members of the Cars With Care team. Photo credit: Happy Images Photography (See more on page 6)

City's Newest Prosecutor Talks about Tackling Crime and More

By Ursula V. Battle

Baltimore City's newest City State's Attorney Ivan J. Bates recently sat down with Baltimore Times Staff Writer Ursula V. Battle to discuss his election victory, tackling violent crime, addressing the needs of older adults, and other topics. A native of El Paso, Texas, Bates is an attorney, former city prosecutor, and managing partner of the law firm Bates and Garcia, LLC. In July, Bates defeated two-term incumbent Marilyn Mosby in the Democratic primary and ran unopposed in the November general election.

Q. How does it feel to be elected as the next State's Attorney for Baltimore?

A. I was very humbled. I think we're in a crisis in our city where people really want to see change. That tells me that people heard what I had to say. Every day when I'm out people say, 'Hey, I trust you, I gave my vote to you. Don't let me down.' And I just know, there's a lot of work to be done. I'm looking forward, I'm very humbled, and I recognize it's a big job and the citizens have trusted me. So, what that means is that I've got to give 1,000% and I'm looking forward to it.

Q. To what/whom do you attribute your victory?

A. There were a number of things that helped. Of course, our Campaign Manager, Nick Machado, worked hard. We also had people on the ground who helped. For instance, a lot of my votes came from the older adult population 65 and older, and I really have to give a lot of support, thank you to Sarah Matthews who is phenomenal. She opened doors that were never going to be opened. And then another great supporter whom I call Aunt Delores helped me a lot on the East Side. Those two helped me a lot with the older adult group. Then, there were a number of people

in the community that supported me financially, helped me raise money, and introduced me to individuals that helped me.

And then I had the day-to-day people that I met, who believed in me and volunteered on the campaign who are too numerous to mention. Without a doubt Sheila Dixon was a major, major, major influence that helped me win the race. Mary Miller also put together an ad that helped me tremendously because she believed in me and my candidacy.

I also credit my daughter because every time I wanted to end the campaign or move on or just stop because it was rough, I would look at her and say, 'No, we have got to keep moving, and we have got to keep pushing, because we are doing it for the children.'

Q. How did your radio platform on WEAA 88.9 FM with David Brown help?

A. David Brown and his show helped me tremendously because it gave me a platform to get my name out there. Carl Stokes and A. Dright Pettit also helped me tremendously. You can't win a race like this by yourself. My law firm, my law partner, and the associates who work at the firm also helped me tremendously with the campaign, because I had to take a step away from my law practice. They were there and had my back. That was big. It takes a village, and it was a humongous village that ushered me to that victory.

Q. Why did you decide to run for Baltimore City State's Attorney?

A. I ran four years ago and was unsuccessful and I really focused on my law practice and was doing phenomenal. But there was the crime. I have a little six-year-old daughter and taking her to the park was difficult because as a prosecutor. I had a murder case where a young man chased another man down and killed him in a park playground in



Ivan J. Bates is now the city's top prosecutor. Baltimore City's newest City State's Attorney Ivan J. Bates recently sat down with Baltimore Times Staff Writer Ursula V. Battle to discuss his election victory, tackling violent crime, addressing the needs of older adults, and other topics. A native of El Paso, Texas, Bates is an attorney, former city prosecutor, and managing partner of the law firm Bates and Garcia, LLC. In July, Bates defeated two-term incumbent Marilyn Mosby in the Democratic primary and ran unopposed in the November general election. Photo credit: Ursula V. Battle

the Cherry Hill area. I always thought about that, and then I will see what's going on with the violence and that scared me a great deal. I asked myself 'Is my daughter going to have the same opportunities and enjoy the city the way that I have enjoyed it thus far? So, at the end of the day, I just believed in giving my daughter a better life, and if it was important for me to raise my daughter in this city, then I needed to do something. My six-year-old daughter was the main reason that I decided to run.

Q. What are your long-term and short-term goals as Baltimore City State's Attorney?

A. Short-term, I have to rebuild that office, re-establish that office, and go after violent criminals. If you have an illegal handgun, you're going to go to jail. I also plan to work with the Mayor to find a way to try to enforce the laws against squeegeeing and removing that. Those are some of the short-term goals. Long-term, is how we deal with some

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GIVE BLACK 4 THE HOLIDAYS

A DIGITAL MARKETPLACE

The Baltimore Times and Times Community Services, Inc. have teamed up with other civic-minded corporations and organizations to promote Black Businesses during this year's holiday shopping and gift-giving season.

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Rethinking Thanksgiving: From Festive to Mourning

By Dr. Ken Morgan

Did you enjoy yourself this past Thanksgiving? Did you travel to engage your family? Did your family come home, or did you have a small family dinner or dinner alone?

Mainstream historians tell us the view of the colonists who landed near Plymouth Rock in Massachusetts in 1620. They said Thanksgiving meant “the peaceful, friendly meeting of English settlers and the Wampanoag tribe for three days of feasting and thanksgiving in 1621,” according to the online website Native Hope, dedicated to providing justice for Native Americans. This heartwarming story remains part of the American tradition that continues to prevail politically, commercially, and religion-wise today.

The origins of Thanksgiving remain disputed. National Geographic reported that people in Virginia celebrated the pilgrims—English settlers—in 1619. The Washingtonian said the meal put together consisted of oysters and ham.

In 1565, according to the National Park Service, salted pork and garbanzo beans were the day’s order. Others identify 1637 when Massachusetts Bay Colony’s governor, John Winthrop, declared a day to celebrate colonial soldiers. They murdered hundreds of Pequot men, women, and children – although 1621 remains the most prominent.

I recall what Thanksgiving meant to me as a child: turkey, stuffing, mashed potatoes, cranberry sauce, collard greens, and sweet potatoes.

At Martha Washington Elementary School in Philadelphia, pilgrims, Indians, pumpkins, and turkey pictures adorned the hallways. Children dressed up as pilgrims and Indians, acting in plays in the school’s auditorium.

Many public and private school systems do not teach students about the historic massacre of Native tribes. Many parents maintain the same view as schools. My great-grandmother - Native American and Black great-grandmother escaped from Virginia as enslaved people, traveling with the Union Army North. However, she died shortly after coming North to Newark, Delaware. My humble history did not prevent my ignorance of Native Americans related to Thanksgiving.

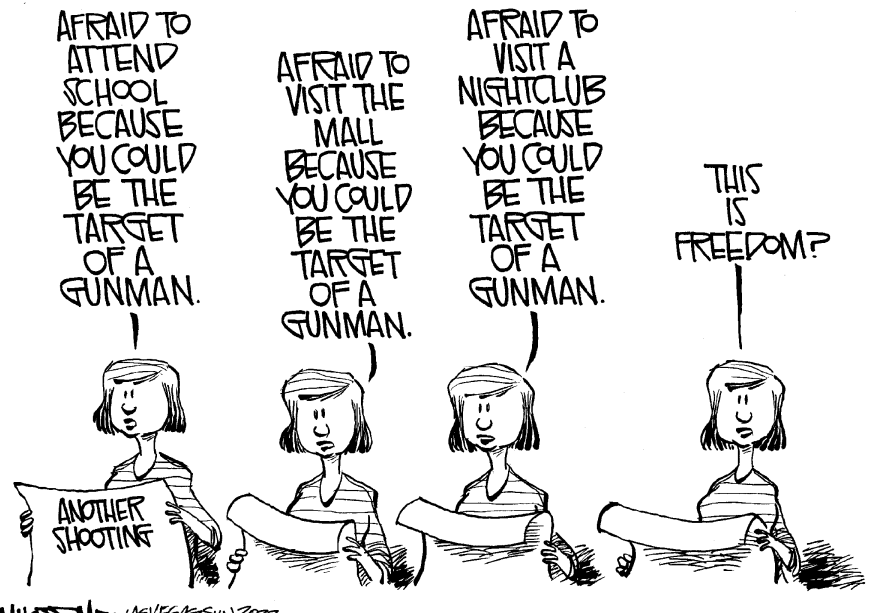
The Wampanoags found themselves at deep odds over what to do with these new arrivals because of the enslavement, murder, and disease that Europeans had put on them, said the Atlantic Journal article. Violent power politics played a much more significant role in shaping the Wampanoag-English alliance than the famous feast.

The first National Day of Mourning, NDOM, took place in 1970 in Plymouth, Massachusetts. The United American Indians of New England sponsors the 53-year-old event every Thanksgiving.

“We are mourning our ancestors, the genocide of our peoples, and the theft of our lands said NDOM.”

“NDOM is a day when we mourn, but we also feel our strength in action,” said one Native American.

Guess what? November was Native American Heritage Month. Black Friday, the day after Thanksgiving, was Native American Heritage Day. The following Thanksgiving Day, enjoy the day off. Be happy to see family and friends, and be satisfied that turkey, macaroni, and cheese plus the other food—oysters and salt pork, do not fill your plate.



Community Affairs

Veterans Resource Fair, Free Professional Clothing Attire Resource Coming to Baltimore

The State of Maryland Department of Labor’s Veterans’ Resource Fair will be held on Dec 8, 2022, from 10:00 a.m. - 2:00 p.m., at Eastside Career Center, located at 3001 E Madison St. in Baltimore, Maryland. Legal services, employment information, housing resources, agencies, local companies, and other vendors will participate during the free event featuring free information for veterans. Register online by visiting <https://app.promotix.com/events/details/Veterans—Resource-Fair-tickets>.

Another event will be held at the Eastside One-Stop Career Center this month. Wider Circle will provide free, professional clothing to individuals in need of clothing for job interviews or employment on December 15, 2022, from 11 a.m.-2 p.m. at Eastside Career Center,

located at 3001 E Madison St. in Baltimore, Maryland. A Wider Circle’s mission is to end poverty.

The Eastside One-Stop Career Center is one of Baltimore City’s One-Stop Career Centers, which is a partnership with local workforce development agencies. Employment and support resources including referrals to training programs, résumé preparation, and workshops to enhance job seeking skills and work readiness are available through the center. Access to computers with internet, printers, photocopiers, fax machines, and telephones are also provided for job seekers. Eastside Career Center’s phone number is 410-396-9030. Please visit <https://www.dllr.state.md.us/county/bac-city/> to learn more about it.

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The Ascension of Hakeem Jeffries Signals Democrats' Willingness to Move on From the Old Guard

By Stacy M. Brown, NNPA Newswire
Senior National Correspondent
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New York Rep. Hakeem Jeffries (D) might be precisely what Democrats need in America's increasingly contentious political civil war, where most Republicans behave as if it's a North vs. South redux.

For starters, Jeffries is unapologetically Black.

During his campaign, he often wore tracksuits. When he presented arguments for former President Donald Trump's impeachment, Jeffries punctuated his remarks by quoting none other than the late hip-hop icon the Notorious B.I.G.

"And if you don't know, now you know," Jeffries said in the quintessential mic drop moment.

But most importantly, Jeffries's ascension into a leadership role as vets like House Speaker Nancy Pelosi and Majority Whip James Clyburn step aside sig-



New York Rep. Hakeem Jeffries (D)
Photo courtesy of nnpa.org

nals a much-needed changing of the guard.

More pointedly, Washington insiders – and many outsiders – have argued that it's time for the younger generation of leaders to take the helm.

Both Pelosi and Clyburn are 82.

Along with Jeffries, 52, taking over for Pelosi, Rep. Katherine Clark, 59, of Massachusetts, is poised to replace Clyburn as Whip. At the same time, Rep. Pete Aguilar, 43, of California, will likely ascend to the role of Democratic conference chair.

As one journalist pointed out, the "oldest member of the incoming Democratic leadership team is nearly a quarter-century younger than the youngest member of the current Democratic leadership team."

"The thing about us is that while we can have some noisy conversations at times about how we can make progress for the American people, what we've seen is that under the leadership of Speaker Pelosi, Steny Hoyer, Jim Clyburn, we've constantly been able to come together," Jeffries said during a

nationally televised interview this week.

Maxwell Frost, the 25-year-old from Florida, perhaps best punctuates the changing of the guard in the Democratic party.

Frost won the election this month as the first member of Generation Z to win a seat in the U.S. House of Representatives, where he'll serve under Jeffries' leadership.

"I think it's important that we have a government that looks like the people," Frost stated.

The change in Democratic leadership comes at a time when their Republican counterparts have seized control of the House, weaponized the U.S. Supreme Court, gerrymandered congressional maps throughout the country, and have used their pulpits to spark and spread messages of hate and division.

And with the G.O.P.'s unchecked and unquestioned leader, Donald Trump, announcing his 2024 White House bid, Democrats have finally read the room and recognized the need to get younger.

"Americans have tended to see younger candidates as less qualified to

serve in office relative to a middle-aged or older candidate," Damon Roberts, a political scientist at the University of Colorado Boulder, told CBS News.

That view partly comes from age requirements.

To serve in the U.S. House, a candidate must be at least 25. A U.S. Senator must be at least 30, while a presidential hopeful can't be younger than 35.

"People do seem to be pretty positive toward having a younger representative," Roberts asserted.

Stressed and sickened by thoughts of their rights and democracy slipping away, young Americans across gender, racial, geographic and education lines banded together last week to help save the Democrats from what many foresaw as a sizable midterm defeat, [John Della Volpe, the director of polling at the Harvard Kennedy School Institute of Politics, wrote in an editorial.](#)

"In the eyes of many young voters, this is how America meets its destiny: when the passion of the grassroots melds with the power of institutions to forge progress," Della Volpe asserted.

"As political analysts methodically review the numbers after an election for the ages, anyone interested in the winning formula for 2024 should closely examine those between the ages of 18 and 39."

Gerald Warburg, a professor of practice of public policy at the Frank Batten School of Leadership and Public Policy, noted that turnover in the youth-challenged leadership of the Democratic House and Senate caucuses had frozen for decades.-

Until now, all Democratic legislative leaders were over 70 years of age.

Warburg contended that both parties might now welcome the opportunity to pass the torch to a new, post-baby boomer generation with fresh ideas.

Pelosi and Democrats, Warburg said, "had the courage to step back, making way for new leaders and new ideas."

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Nonprofit Now Accepting Nominations to Win Free Car

By Andrea Blackstone

During the season of giving, the nonprofit Cars With Care is leading the way by providing another free car for a Baltimore resident in need.

Andrea Brackett is a past car recipient who said that she is forever indebted to the nonprofit's team. A dream of having her own reliable transportation came true because of Cars With Care.

"I delivered a baby boy in January and was glad I didn't have to bus hop with a newborn, exposing him to Covid and other respiratory illnesses," Brackett said. "I received a black Lincoln truck from Cars With Care on Christmas of 2021. The truck helped to meet the needs of my family exceptionally well. I am much more independent and don't have to rely on others as much, and having a car helps save money because I no longer have to use Uber or Lyft. I can get up and go with my children at any time, so I am forever grateful and appreciative."

Brackett happened to scroll on Facebook. She spotted a reposted Cars With Care ad. The mother decided to submit an entry. Cars With Care was created for people like Brackett who find themselves in a transportation pinch.

Stephen Green, a resident of Baltimore County, founded Cars With Care along with Damond Horne in 2016. Six vehicles have been donated since then. Cars With Care purchased five cars. One was donated by a generous contributor. Green's business is called Paintless Dent Doctor. Horne is the owner and operator of Total Recon. They both specialize in interior automotive repair and detailing. Green explained that the nonprofit leaders aim to bridge the gap for hardworking Baltimoreans that need the boost of owning a car.

"Cars With Care is a collective of Black-owned business owners with



(l-r) Damond Horne, Eric Randall, Andrea Brackett, the 2021 Lincoln MKX Cars With Care recipient, her two children and Michael Foy stand in front of the donated car. Photo credit: Daylan Jones Photography

extensive experience in automotive reconditioning industries. We team up during the Christmas Season to purchase, restore, and donate vehicles to families in need around Baltimore," Green said, mentioning that all recipients have been Baltimore residents. "We understand that reliable transportation can be the missing link to opportunities for employment, access to healthcare and childcare, safety, comfort while traveling and more."

He further explained that P&E Engineering and Consulting; Focus Movers; KDW Catering; Auto Source; Dapper Cigar Lounge; NkvSkin; Funnell Cake King; SUMAT Centers; Amazin Recovery Treatment Services; and CL Firearms Training Academy & Goombay Inc. are this year's giveaway sponsors.

"It's truly a pleasure for us to accomplish this mission every year. We all love what we do professionally, and this cause serves as an opportunity for us to bless someone with the gifts we've been afforded," Green said.

Every vehicle that is given away is fully mechanically and cosmetically restored from bumper to bumper.

Green; Horne; Michael Foy; Gabe Epps; and Eric Randall complete necessary mechanical repairs, parts replacement; paintless dent repair; scratch repair; body work and paint; interior repair; headlight restoration; detailing; and sanitizing. Green noted that the process takes approximately two to three weeks.

This year's Cars With Care fundraiser gala will be held at Red Bubbles, located at 7112 Darlington Drive, Suite A in Parkville, Maryland on December 17, 2022, from 8 p.m.-12 a.m.

"The purpose of the fundraiser is to raise funds to purchase and restore the vehicle. We also give a monetary donation to the winning family to assist with the initial costs associated with ownership," Green

said. "There will be dinner; live music; dancing; a 360 booth; a mobile cigar lounge; raffles, and more."

Horne added that the monetary donations that are received are applied to the acquisition of the vehicle, reconditioning costs, and a donation to the recipient to cover a portion of initial costs. These include registration, insurance, and gas.

Green explained that every vested business owner reads the entries. They individually nominate one person to receive a car. Next, those nominees are entered into a random drawing to determine the winner. The drawing will be held at this year's fundraising gala.

Horne explained that the community looks forward to Cars With Care giving a vehicle or two away each year. Another reason to keep it going is "to be a beacon of hope for our community and let everyone know that

everyone has a chance in life."

"Giving a family in need a vehicle can open many doors for them," Horne added.

Submission of entries officially opened on November 25, 2022, and will close on December 16, 2022. All entrants must be Baltimore residents with proof of residency. Submit an entry via www.carswithcare.com/entries. Information about the fundraiser is available by visiting <https://www.eventbrite.com/e/466951964897>.

Donations can be made through www.carswithcare.com/donate, or via Cash App:

\$Carswithcare. The live giveaway occurs on Christmas morning.



(l-r) Damond Horne, Eric Randall, Elantra Garrett, the 2021 Honda Civic Cars With Care recipient and Michael Foy on December 25, 2021, in Baltimore. Photo credit: Daylan Jones Photography



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Mayor Brandon M. Scott, Johns Hopkins VP Alicia Wilson Kick Off Small Business Saturday and Visit Local Businesses

BALTIMORE, MD.— On Saturday, November 26, 2022, Mayor Brandon M. Scott and Alicia Wilson, Vice President of Economic Development and Community Partnerships with Johns Hopkins University and Johns Hopkins Health System, kicked off Small Business Saturday in Baltimore City by visiting fifteen local businesses during six different stops across the city.

Small Business Saturday is a day to celebrate and support small businesses and everything they do for their communities. Founded by American Express in 2010 and officially cosponsored by the U.S. Small Business Administration since 2011, this event has become an important part of the holiday shopping season in communities across the country.

“Small Business Saturday is an important symbol for a sustainable economic future for Baltimore. Locally owned businesses are critical to our work to

create communities that are prosperous, connected and vibrant,” said Mayor Brandon M. Scott. “When we buy locally a significant portion of our money is cycled back through our local economy. Purchases from small businesses aid our neighbors and ultimately strengthen the base of our entire city all while creating jobs and generating wealth in the local community.”

“We are excited to collaborate with the Scott Administration in this nationwide initiative, creating opportunities to highlight local businesses across Baltimore’s Main Streets,” Alicia Wilson said. “Through our collective efforts to support these businesses on Small Business Saturday and throughout the holiday season, we are committed to supporting the local economy and raising the visibility of independent retailers, makers and restaurants along the way.”

To further highlight Johns Hopkins’

commitment to buy local, a special curated [Holiday Gift Guide](#) was released this week featuring special gift ideas and promotions from local small businesses.

According to the latest statistics from the United States Census Bureau, small businesses in Baltimore City employ more than 300,000 workers across the city - around 52% of Baltimore’s total population - and generate approximately \$19.5 billion in payroll for the local economy.

“We have curated a space filled with holistic products made by local and international artisans. When you support Flourish you are not only supporting your own personal wellness, you are supporting hundreds of conscious-minded small businesses both locally and globally,” said Nilajah Brown, Owner of Flourish Baltimore, whose business was featured as part of the tour.

The Mayor’s Office of Small, Minority

and Women Business and Baltimore Main Streets are hosting this event in collaboration with the Johns Hopkins Office of Economic Development and Community Partnerships as part of Johns Hopkins’s HopkinsLocal initiative and the Scott Administration’s commitment to inclusive economic growth.

In addition, Mayor Scott and Ms. Wilson are encouraging Baltimore City residents to shop small by supporting local businesses from November 27 through December 24.

The group shopped at local businesses positioned along Baltimore Main Streets and across the city, including:

Flourish Baltimore; EMAGE Center; The New Lexington Market; Deddle’s Mini Donuts; Connie’s Chicken and Waffles; Urban Reads Bookstore; Berries By Quicha; Ohh So Sweet Candy Boutique; Pandora’s Box Boutique; Crepe Crazy in Cross Street Market; The Photo Studio & Gallery; Al Safa Pizza; Agoge Project; Tortuga (BEST of Baltimore 2022 Baltimore Magazine); Snug Books; Milk & Ice Vintage



The Baltimore Times joined Mayor Brandon Scott; the Office of Small, Minority and Women Business and Baltimore City Main Streets; Johns Hopkins University and Johns Hopkins Health System; Visit Baltimore; and JP Morgan Chase on a shopping spree around Baltimore supporting our small businesses on Saturday, November 26, 2022.



Nilajah Brown, Owner of Flourish Baltimore, a Lifestyle Boutique; and Mayor Brandon Scott



(l-r) Crepe Crazy (Cross Street Market) employees with Mayor Scott and Alicia Wilson



Rashid Aziz, Owner, E.M.A.G.E Center Manufacturing; and Charlyn Nater, Program Coordinator of the Mayor's Office of Small, Minority and Women Business and Baltimore City Main Streets



Charlyn Nater, Program Coordinator of the Mayor's Office of Small, Minority and Women Business and Baltimore City Main Streets; Sean Stinnett, Deputy Director of the Mayor's Office of Small, Minority and Women Business and Baltimore City Main Streets; Mayor Brandon Scott; Taylor Schwartz, Executive Director, Federal Hill Main Street; unidentified; and Alicia Wilson, VP of Economic Development for Johns Hopkins University and Johns Hopkins Health System



Charlyn Nater, Program Coordinator of the Mayor's Office of Small, Minority and Women Business and Baltimore City Main Streets; and Pandora Box Business Owner Monesha Phillips



Lenora Henry, Executive Director of the Baltimore City Chamber; and Mia Blom, Director of Government and Community Affairs, Visit Baltimore



(l-r) Paul Taylor, Director of the Mayor's Office of Small, Minority and Women Business; Mayor Brandon Scott; Emanuel Figueroa, Co-Owner Snug Bookstore; Sean Stinnett, Deputy Director of the Mayor's Office of Small, Minority and Women Business and Baltimore City Main Streets; Alicia Wilson, VP of Economic Development for Johns Hopkins University and Johns Hopkins Health System and Co-Owner Snug Bookstore Katie Beltz



Mussa Abdurrahman, Mayor's Office of Neighborhoods sporting new Made in Baltimore gear.



Alicia Wilson, VP of Economic Development for Johns Hopkins University and Johns Hopkins Health System; Fashion Designer and Remixx Business Owner, Tiffany Harris; Charlyn Nater, Program Coordinator of the Mayor's Office of Small, Minority and Women Business and Baltimore City Main Streets



Mayor Brandon Scott; Our Urban Reads Owner Tia Hamilton; Alicia Wilson, VP of Economic Development for Johns Hopkins University; and Audrey Johnson, Director for Economic Innovation & Strategy



Mayor Brandon Scott; Lenora Henry, Executive Director, Baltimore City Chamber of Commerce; Pandora Box Business Owner Monesha Phillips; Sean Stinnett, Deputy Director of the Mayor's Office of Small, Minority and Women Business and Baltimore City Main Streets; and Taylor Schwartz, Executive Director, Federal Hill Main Street

The 'Wright' Medicine for Treating Diabetes and other Diseases Baltimore Native To Open New Medical Practice

By Ursula V. Battle

Baltimore native Dr. Letitia J. Wright has made it her “practice” to treat people with diabetes, COPD, and other diseases. The Seton Keough High School graduate’s medical career include working at Johns Hopkins Community Physicians’ East Baltimore Medical Center and MedStar.

On Saturday, December 3, 2022, Dr. Wright will celebrate the opening of her very own practice with a grand opening and ribbon cutting. Dr. Wright is the proud owner of Letitia J. Wright, MD, Inc. Located at 8813 Waltham Wood Road, Suite 204 in Parkville, the office will provide primary care to adult patients.

The grand opening and ribbon cutting will take place at Letitia J. Wright, MD, Inc. from noon until 2 p.m. and will give attendees an opportunity to meet Dr. Wright and her staff, tour the facility, and enjoy light refreshments. Free blood pressure screenings will also be offered.

In addition to diabetes and COPD, Letitia J. Wright, MD, Inc. will also specialize in the treatment and prevention of asthma, allergies, high blood pressure and obesity.

“These are some of the most common diseases that affect the general population of the U.S.,” said Dr. Wright. “Yet, to a certain extent for most people, they are preventable. But if a person develops one of these diseases, it is treatable and manageable, such that people can come off medicines. But it takes lifestyle changes. Unfortunately for African Americans, particularly those who live in urban areas, we tend to deal with a lot of allergens that can trigger asthma attacks.”

She added, “So just by educating people about their asthma, when they need to go to the ER, when they need to seek further medical attention,

and what medicines they really should be using, can make a big difference. Obesity is also becoming more common, which goes back to lifestyle. We’re focused on the preventive aspect. We work with people to encourage them to make lifestyle changes and educate them on how to make those changes.”

The Centers for Disease Control and Prevention (CDC) defines diabetes as a chronic (long-lasting) disease that affects how your body turns food into energy. There are three main types of diabetes: type 1, type 2, and gestational diabetes (diabetes while pregnant).

According to the CDC, more than 133 million Americans are living with diabetes (37.3 million) or prediabetes (96 million). Mirroring Dr. Wright’s comments, the CDC says that obesity is a common, serious, and costly chronic disease of adults and children that continues to increase in the United States.

“I definitely believe in keeping people out of the hospital,” said Dr. Wright. “I like to keep people as healthy as possible. There are some people who don’t know things about their body. I have come to the realization that some people know more about their cars than their bodies. I’m an advocate for education.”

According to Dr. Wright, the pandemic temporarily halted her plans to open her practice.

“When the COVID-19 pandemic hit it, I had to put those plans on hold,” she said. “But I have been actively putting things together back in place to open this practice.”

Dr. Wright, 51, received her degrees in pharmacy (B.S. from the University of Maryland at Baltimore, and Doctor of Pharmacy from Howard University), and then worked as an Assistant Professor of Pharmacy Practice at Purdue University in Indiana.



Letitia Wright, M.D., Pharm.D., MPH is opening a private practice in Parkville, MD called Letitia J. Wright, MD, Inc. (Courtesy Photo)

While living in Indiana, she heeded the call to become a physician, and attended The Ohio State University (OSU) College of Medicine. After graduating from OSU, she returned to Baltimore to complete her residency in Internal Medicine at Union Memorial Hospital.

Desiring to learn more about medical research, she applied for and was accepted into the General Internal Medicine Fellowship program at Johns Hopkins University. While completing the fellowship, she obtained her Masters of Public Health degree from the Johns Hopkins Bloomberg School of Public Health. After finishing the fellowship, she realized that her real interest was in providing direct patient care.

“I am looking forward to this new journey of my life,” said Dr. Wright, who is a member of Huber Memorial Church. “I feel blessed. I know what God has put in my heart to do, and He’s been preparing me for years. It’s a full circle moment. I’m grateful to the Lord for the people He put in my life to enable me to open this practice. I couldn’t have done it alone. I’m also grateful to be able to serve and to give back.”

To attend the grand opening and ribbon cutting, RSVP by calling 410-882-5088, or send an email to thewrightmedicine@gmail.com.

Longtime Harbour House Resident Creates Resource, Makes Community Impact

By Andrea Blackstone

Selfless giving is a big part of 56-year-old Donna Johnson's personality type. The Annapolitan is accustomed to answering daily texts, Facebook messages, phone calls, and knocks at her door around the clock. People often come to the community leader in confidence to ask for a pair of scrubs, a toothbrush, groceries, a birthday present for someone, or even socks. However, other individuals who are familiar with her reputation of giving donate items to pass along to someone who needs a blessing.

"It doesn't bother me at all," Johnson said. "Everything I do is free from the heart. I love what I do."

The Harbour House resident who lends a hand to everyone from neighbors to people in other neighborhoods has lived in the community since she was eight years old. She recently hosted a Thanksgiving dinner at the Eastport



Donna Johnson, with the help of volunteers, provided food for individuals who needed a holiday meal on Thanksgiving in 2022.

Photo credit: Donna Johnson

Community Center. Food was dished up free of charge for anyone who wanted a meal. Approximately eight cooks brought donated dishes of their choice. Eight-five meals were provided.

"The kids came on their own," Johnson said. "They wanted to eat."

Coats, scarves, hats, and gloves were also given away. Johnson's volunteerism has included Easter events; movie nights; free Sunday dinners; cleaning houses in the community; and doing whatever she can do to support others who could use a hand up. Johnson—who has been accepting nonperishable, assorted items since 2019—stores them throughout the year for safekeeping.

"I get donations like household items, toiletries and clothing for women and children," Johnson said.

Her giving movement started with storing collections in her home. An outdoor giving event called Donna's Day of Hope grew by leaps and bounds. She gave away items that were stored in her living room. Last December, someone tagged her on the Eastport Community group page on Facebook and more people found out about Johnson's undertaking.

Setting up a small table in the hallway of Johnson's building sparked a method to quickly connect neighbors in need to food.

"It's a hallway table where you can get anything 24 hours a day. I set the table out, and I just started putting food out there," Johnson said.

Providing canned goods, dry goods, and vegetables led to other people offering to add items. Johnson realized that a pantry was needed. She had no place to set up one, until she created an option during the pandemic.

"I literally gave everything away in my living room and set the food



Donna Johnson organizes donations she stores and distributes to help the community in Annapolis.
Photo credit: Jasmine Murray

and clothes pantry up in my living room," Johnson said.

Eventually, Johnson convinced Harbour House's leadership to provide a storage space in the basement of her building to house some of the items.

"I have a big storage room, but I'm not allowed to keep food there," Johnson said.

But Donna Johnson also explained that her mother—Roberta Johnson—was previously a community giver. The stroke survivor now tells her daughter to "keep up the good work."

Donna's nonprofit called Donna's Day of Hope & Giving Healing the Community is now up and running. She is busy preparing to keep the Christmas spirit alive through it despite managing a physical disability.

"This year, I wanted to have a breakfast instead of dinner, and just give out gifts," she said.

Donna mentioned that she has been

saving new donations for people of all ages in the storage space, not just toys for kids. She wants everyone to feel included.

Valerie Bandoh, another Annapolitan, explained that she has been volunteering with Donna while lending a hand in ways ranging from cooking to helping with store trips. She believes in the value of community giving.

"Volunteering helps me as well, because I'm out on Workers' comp," Bandoh said. "It has given me the strength and the will to want to do more. It has taken my mind off the pain that I'm in so much. It helped me to remember what I used to do, because I did this a while as well in Newtowne."

The community helper who referred to the Newtowne 20, a housing community in Annapolis, said that she had volunteered with the food bank for 15 years. She has also found useful items from Donna collection.

"I think it's beautiful what she's doing because she's following her mom's footsteps," Bandoh said, mentioning Roberta's legacy.

While serving the community with Donna, Bandoh has noticed that more people need food.

"The one thing that I'm hearing people talk about is the food prices. I also heard through a few parents of teenage boys that they eat more than girls do because of sports and their metabolism. That's where I see the food shortage is," Bandoh said, "And the fresh vegetables help a lot of the elderly on fixed incomes."

Donna continues to accept donations to fill in wherever she can.

"We just need to stick together. There is so much negativity that's going on," Donna said.

Email dj698274@gmail.com or call 443-746-1886 about donating to Donna's pantry or storage area.

Ravens Must Stop Fourth Quarter Collapses

By Tyler Hamilton

The Baltimore Ravens found another way to lose a game in the fourth quarter last week. It is becoming a recurring problem. This time it was the lowly Jacksonville Jaguars that came back to beat the Ravens due to a fourth quarter collapse. The Jaguars scored 18 points in the fourth quarter, including a two-point conversion to give them a 28-27 lead. They won the game.

Baltimore was riding a four-game winning streak entering last week, but the fourth-quarter collapse reared its ugly head once again. Last Sunday's loss was particularly frustrating because the Ravens have now blown fourth-quarter leads in three of their four losses.

"We're looking at every play, every technique. But there's a psychological aspect to it, too, and that's the other part of it that you try to address. But you can't live in it," Ravens coach John Harbaugh said.

It all started with a monumental collapse against the Miami Dolphins in week 2 when they gave up a three-score lead. Somehow the Dolphins' quarterback, Tua Tagovailoa managed to connect with speedy receiver Tyreek Hill for two deep scores, and hit Jaylen Waddle on another one to take the lead, all of which came in the fourth quarter.

The New York Giants scored 14 unanswered points in the fourth quarter to seal a 24-20 win over the Ravens in week 6.

The Cleveland Browns mounted a comeback by outscoring Baltimore 7-3 in the fourth quarter the following week but fell short in the end.

"We've got to just focus on football, focus on the details of what we do and

come out there and play our next play and give it our best shot," Harbaugh said. "I'm very confident that we're going to do what we need to do, but you've got to go do it."

As of this week, the Ravens are averaging 6.4 points in the fourth quarter. That's good for 15th in the NFL. During their four-game win streak, they averaged 11.7 points in the fourth quarter. The problem lies within the defense. Baltimore is allowing an average of 9.8 points in the fourth quarter which is an NFL worst number. On average, the Ravens are being outscored by 3.4 points per game in the fourth quarter. The formula is simple: don't get outscored in the fourth quarter and you'll win the game.

Added Harbaugh, "If we get better on defense in the fourth quarter and offense in the fourth quarter, obviously, we're not going to have any more issues with fourth-quarter collapses, so to speak, and if we don't, we are. That's up to us. That's our job. It's [up to] our guys, our coaches, players, all of us to get the job done, and we've got to find a way to do it, and that's what we'll be working to do and continue to work to do."

The Ravens are still on top of the AFC North standings, but the Cincinnati Bengals are breathing down their neck. Both teams are 7-4 and Baltimore has the tie breaker for now thanks to a 19-17 win over the Bengals on October 9, 2022. They'll face off once again in the season finale which could decide who wins the division, but things could've been a lot easier for the Ravens if they didn't find ways to collapse in the fourth quarter and give up late leads that led to losses.

City's Newest Prosecutor Talks about Tackling Crime and More

continued from page 2

of the low-level offenses and putting services that will help those offenders under one roof. That way, we can deal with those who commit low-level offenses to make sure those individuals get the support and help that they need and that they're not necessarily sucked into the criminal justice system but are still being held accountable. I don't agree with the 'we're no longer going to prosecute policy.' I believe we can prosecute and will prosecute. However, where we try to divert or send a person early on is important. I don't think the prosecutor quote unquote has to take a mallet to everything. Sometimes it needs to be a soft touch, and that's what I am proposing as well.

One of the other things I want to do is establish an older adults division in the State's Attorney's Office, and how we deal with the vulnerable adults and what's going on with them. That's really important to me because one of the reasons I moved to Baltimore was my aunt who was an older adult. I took care of her and also my mother who got sick and passed away last year. And then you just look at all the love and care and support the older adults such as Ms. Sarah have given me to be successful. It's important to establish that division for them.

Q. There is a lot of discussion going on with how to address the squeegee workers. How do you plan to address the squeegee workers?

A. The Mayor has a plan. At the end of the day, I'm about enforcement. My job is the enforcement piece. I spend a lot of time discussing what enforcement looks like with the Mayor. I think the Mayor's plan will encompass not only the wraparound services to deal with the root causes, but also saying the squeegee workers can't be there. And that if they don't get the idea and the message, then I'm here to enforce the law. I think that's something big and

important. It's the Mayor's choice. I'm here to enforce the law, and we've had those conversations. I feel that we are meeting in the middle.

Q. How do you plan to tackle violence in Baltimore City?

A. I'm going after the root causes, i.e., guns. People are shooting, robbing, and carjacking and they're using guns... illegal guns. Illegal guns are not properly registered or properly purchased. If you have an illegal handgun, I'm trying to find you, have the police arrest you, and then have my prosecutors convict you and send you to jail. First time offenders... jail for at least a year, and then if you have a felony already, then I'm looking at a time period of more than five years without the possibility of parole to hold you accountable. I'm very focused on holding people with these illegal handguns accountable.

Q. Does the issue of ghost guns present a challenge with getting guns off the street?

A. It does because you can't necessarily track them. But once a person has that gun on them, we're going to ask that they go to prison. And these kids carrying long magazines and all that... we definitely are going after them and will hold them accountable as well. Again, anyone with an illegal handgun.

We also have to reestablish that office to hire better prosecutors. When I say better, there are a lot of good prosecutors there. But we need more prosecutors who are better trained, so that they can put better cases together to hold individuals with these guns and doing these violent crimes accountable. Once we're able to do that, that's how I believe we can try to really tackle some of the violence we see in the city.



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