

THE BALTIMORE TIMES

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**WINNER OF PREAKNESS
ART OF RACING
REVEALED:
'THE FACE OF
VICTORY' WINS
COMPETITION**



*Justin Johnson's artwork, "The Face of Victory" was selected by a panel of judges from among 207 submissions. Johnson was the winner of the second-annual national art competition on Tuesday, April 11, 2023.
/Photo credit: Maryland Jockey Club*



How Tax Sale Works

By Aja' Mallory

Question:

What are my options if my house is on the tax sale list?

Answer:

Each year, Baltimore City sells homeowners' unpaid city bills to outside bidders who then charge interest and fees, allowable under state law, to property owners.

The 2023 Tax Sale will take place on May 15.

An owner-occupied property is eligible for tax sale if the total of its unpaid city bills is \$750 or more. These liens include unpaid real property taxes, special benefits assessments, alley and footway paving bills, streetscape, minor privilege, multi-family dwelling, clean and board, environmental control citations and residential registration charges and fees. Unpaid water bills no longer count towards the \$750 tax sale eligibility threshold for *owner-occupied properties*.

The tax sale process is confusing, incredibly difficult to navigate and all too often homeowners are not adequately informed throughout the process. With tax sale approaching next month, it's important to know a few things to make sure your home stays out of the tax sale.

The last day to pay overdue bills to avoid tax sale is April 28, 2023.

A few options or programs that are available to protect yourself from tax sale are:

Maryland Homeowners' Property Tax Credit

A homeowner is eligible for this credit if they: 1) own and live in their home; and 2) have a *total gross household income* of \$60,000 or less. The State of Maryland sets a limit on the amount of property tax a homeowner must pay based on their total gross household income. If the homeowner is paying more than the set limit, the property tax is reduced accordingly. For the first time, in



Aja' Mallory / Courtesy Photo/MVLS

2019 homeowners were able to apply for this credit online. **Homeowners must apply every year for this credit. The deadline to apply is usually October 1. However, if you apply by April 15, 2023, a credit will be added to your bill if you're eligible.**

Maryland Homestead Tax Credit

Every Maryland homeowner who owns and lives in their home is eligible for this credit. It shields homeowners from large property tax increases on their principal residence by limiting the annual increase in their property's assessment value (this limit is 4% in Baltimore City). A homeowner must successfully apply only once for this credit. It is thereafter applied every year. There is no deadline for this application.

To learn more about the Maryland

tax credits, click [here](#) or call 410-767-4433 or 443-961-6220.

Tax Sale Deferral Program

The Tax Sale Deferral Program (formerly known as the Tax Sale Exemption Program) is an annual city program managed by the Departments of Finance and Housing and Community Development. Successful applicants have their properties removed from a tax sale in the year they apply. **However, this program does not forgive unpaid bills, and if the bills are not paid, they may qualify the property for tax sale the next year.**

The number of properties removed from tax sale through this program is limited, and applications are reviewed on a first-come, first-served basis. So, it is best to apply as early as you can.

Applications are accepted February 15 – April 15 each year.

You must apply every year for this deferral. You can apply online by clicking [here](#).

For more information regarding the application process, please call the Department of Finance at 410-396-3000 or email the Department of Housing & Community Development by clicking [here](#).

Maryland Homeowner Assistance Fund

The Maryland Homeowner Assistance Fund provides residential mortgage and tax delinquency assistance in the form of grants and loans to Maryland homeowners who have experienced hardship during the COVID-19 pandemic to avoid loss of residence for eligible homeowners. For more information on qualifications, visit: <https://dhcd.maryland.gov/Residents/Pages/HomeownerAssistanceFund.aspx>

Baltimore Tax Sale Clinics

Homeowners *may receive free legal consultation and assistance by attending a tax sale clinic*. Homeowners thinking about applying for the Tax Sale Exemption Program may want to seek a consultation to make sure they're also receiving all potential benefits. Homeowners can call the Pro Bono Resource Center of Maryland at 443-703-3052 to learn more about the tax sale prevention clinics.

Water4All

This new water assistance program for Baltimore City residents provides a monthly discount for water and sewer costs based on a percentage of the residents' income. For the first time, tenants who do not directly pay their water bills are eligible to apply for water payment assistance.

Aja' Mallory is a staff attorney at the Maryland Volunteer Lawyers Service. Her practice focuses on housing and consumer issues for Marylanders of limited means.

Do you have a question you would like to see addressed in this column? Email ask@mvsls.org

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Not Separate, But Still Unequal: Black Maternal Care

By Jayne Hopson

Hope for the good health of pregnant women springs eternal. The Black Mamas Matters Alliance has designated April 11 to 17, 2023 Black Maternal Health Week. Their awareness campaign is an excellent time to take a closer look at how a common maternal health disparity endangered the life of a mother and child.

Generally, maternal racial health disparities are thought to be the problem of poor, Black women without adequate access to prenatal care. However, the Centers for Disease Control (CDC) says, affluent, Black expectant mothers with access to quality care, still have a three times greater chance of receiving biased prenatal treatment than poor, white uninsured maternity patients.

“I nearly died giving birth,” exclaimed tennis legend Serena Williams, during a CNN interview. “Being heard and appropriately treated was the difference between life or death for me.” She credits the hospital’s medical staff with excellent care but only *after* insisting the medical providers administer the diagnostic test that Williams says saved her life.

In the elite world of professional sports medicine, care providers are highly paid to understand the importance of listening to their patient’s thoughts and requests for care. Patient feedback can be a powerful diagnostic tool, but only if the care provider is willing to listen and take into consideration their stated concerns.

Like most professional athletes, Serena Williams received concierge medical care, also called boutique medicine—a health care delivery model that is growing popular among those who can afford it. People who opt for concierge care can pay a premium for a doctor/patient relationship akin to having a personal physician. Care is available 24/7, in a setting vetted to listen care-

Like most professional athletes, Serena Williams received concierge medical care, also called boutique medicine—a health care delivery model that is growing popular among those who can afford it.

fully, promptly address and attend to all their patient’s needs.

In addition to excellent on-demand health care services, concierge medicine makes smart business sense. The optimum good health of star athletes, like Williams is collectively a multi-billion-dollar imperative for wellness. Sports concierge medicine is intended to shield all players from inadequate, unmonitored care. But boutique medicine does not always protect a Black woman from bias treatment should the circumstances require care outside the concierge’s network of providers.

As expectant mom Serena neared delivery, her care was shifted to unfamiliar medical territory—a hospital maternity ward. The delayed diagnosis and treatment of a life-threatening condition could have killed her and her unborn child.

During childbirth, Williams told CNN that she began feeling short of breath during childbirth. She requested a CT scan to check for blood clots. Her request was dismissed as not needed. She shared her history of clots as justification for the scan. Her request was again denied. “I was in a panic, out of breath. I could hear them [health care providers] initially saying my confusion was caused by painkillers. I felt like they didn’t want to hear me or take my symptoms seriously.”

No one knows their bodies, inside and out, better than athletes. A persistent feeling something was wrong gnawed at Williams’ deference to the medical staff. She persisted until the scan was given. Dangerous blood clots were found in her lungs. Emergency surgery was performed and Serena delivered a healthy daughter.

In 2022, the Biden administration published “The White House Blueprint for Addressing the Maternal Health Crisis.” The report begins, “The United States is facing a maternal health crisis.” The sixty-six-page report singled out the “systemic barriers, and a failure to recognize, respect and listen to patients of color” as the primary source of maternal health disparities. Adding, “this has meant that Black and American Indian women, regardless of income or education, experience a greater share of the gravest outcomes.”

World Class athlete or pink-collar worker, Black women face health disparities at virtually every stage of their pregnancy. To increase awareness and address systemic challenges to a healthy pregnancy, here are five things that can be done as a community or individually to decrease disparities in maternal health care:

1. Increase diversity in health care. Encourage and incentivize medical school to increase diversity in enrollment, mentor minority staff for leadership roles and encourage active participation in policy making decisions

2. Improve Cultural Competency. Develop and provide training to help health care providers understand and respect the cultural values and beliefs of their patients

3. Address Structural Racism. Dismantle biased systems through development and enforcement of policies that mandate equal care and treatment

4. Collect, analyze and distribute data. Support the elimination of biased care

5. Encourage community engagement. Reach out to people most affected by racial health disparities to understand their health needs. Co-partner with the community to co-create solutions to biased care.

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HEALTH BEAT

Seven Symptoms of Biased Health Care

By Jayne Hopson

Minority health care needs a checkup. Health disparities can and do kill people. Directly or in ways so subtle it is nearly impossible to quantify, unequal care creates health disparities for 47.2 million African Americans. Experiencing even a single instance of biased care signals the quality and effectiveness of the treatment has been compromised.

The consequences of unequal treatment can be chronic or acute, triggering long- or short-term illness. A patient given biased care may grow sicker, never fully recover, or die. Eliminating health disparities is an urgent public health imperative that cannot be ignored without great cost to every member of society.

By broad definition, racial health disparities refer to the differences in medical outcomes between different racial and ethnic groups. These disparities can manifest in various ways, including differences in access to healthcare, disease incidence and prevalence, disease outcomes and overall health status.

It is fair to say that racial health disparities in America are the result of systemic and structural inequities disproportionately affecting the lives of virtually all Black people, rich or poor. Based on race and ethnicity, health disparity in America aligns with the country's "peculiar" institution of slavery. There are numerous examples where high income or celebrity did not prevent a Black patient from receiving biased care.

Black actress Tisha Campbell-Martin, best known for her roles in "Martin" and "My Wife and Kids," has spoken out about her struggles with sarcoidosis, a disease that affects the lungs and lymph nodes. She has said that doctors often dismissed her symptoms and did not take her concerns seriously, which delayed her diagnosis and treatment.

Michael Jai White, actor and martial artist has spoken out about his experience with prostate cancer. He has said

There are many symptoms of biased health care. Here are seven:

- 1. Unequal treatment:** Patients receive different treatment or care depending on their race, ethnicity, gender, sexual orientation, or other personal characteristics.
- 2. Stereotyping:** Healthcare providers may make assumptions or stereotype patients based on their personal characteristics, leading to inaccurate diagnoses or treatment recommendations.
- 3. Lack of cultural competency:** Healthcare providers may not understand or be sensitive to the cultural beliefs or practices of patients, which can lead to misunderstandings or inadequate care.
- 4. Language barriers:** Patients who do not speak the same language as their healthcare provider may not receive adequate information or explanations about their care.
- 5. Unintentional bias:** Healthcare providers may unconsciously hold biases or prejudices that affect their interactions with patients.
- 6. Inadequate access to care:** Patients who belong to certain groups may face barriers to accessing healthcare, such as lack of insurance or transportation.
- 7. Poor communication:** Patients may not receive clear or complete information about their care, or they may not feel comfortable communicating with their healthcare provider due to perceived biases or lack of trust.

that doctors initially dismissed his symptoms and did not take his concerns seriously because he was a Black man. White eventually had to seek treatment outside of the United States to get the care he needed.

Beyoncé in her 2020 visual album "Black is King," revealed that she suffered from toxemia during her pregnancy with her twins, which required an emergency c-section. She has said that her healthcare providers did not take her concerns seriously and that she had to advocate for herself to receive proper care.

There is a common thread to all these incidents of biased care: a failure to listen and take the patient's concerns seriously. Very few Black people, rich or poor can say they or a loved one has never experienced unequal health care.

The Brookings Institution, considered to be a leader in the research and discussion to eliminate health disparities has published several studies on racial health disparities. One recent study, "Understanding Disparities in Health Care," analyzes the causes of racial disparities in health care and offers policy recommendations to address these disparities.

The study says, "poor communication is a failing of the system not the

patient." The need for good communications goes beyond language. "Being sensitive to cultural differences is important from physicians appreciating ways in which lifestyle and culture can influence the effectiveness of treatment plans to understanding conventions about eye contact during exams."

The Brookings report references a recent Oakland California study that found when Black men were assigned a Black physician, the doctors were 50 percent more effective in getting the patient to agree to preventive testing and vaccines.

Here's the positive news, according to data from the Association of American Medical Colleges (AAMC), enrollment at HBCU medical schools increased by 15.5% from 2017 to 2020. Additionally, in 2020, the number of Black students enrolled in U.S. medical schools reached an all-time high, with HBCUs accounting for a significant portion of that growth.

Prince George's County Celebrates the Multigenerational Power of Poetry

By Andrea Blackstone

National Poetry Month in April offers an opportunity to celebrate the value of creative self-expression. The poetry scene continues to evolve in Prince George's County, Maryland.

J. Joy "Sistah Joy" Matthews Alford has served as Prince George's County's inaugural poet laureate since 2018. Sistah Joy began writing poetry as a class assignment when Dr. Martin Luther King Jr. was assassinated. Sojourn with Words is her program through which poets are invited and interviewed. It airs in Prince George's County and Montgomery County on cable via CTV.

"Once we went virtual, there was no restriction on travel, which was a big consideration when you're inviting someone into the studio to do an interview. We now have had poets from London, poets from Ireland, poets from California. Sometimes good things come from bad situations," Sistah Joy said, explaining that opportunities for show guests expanded due to COVID adjustments.

"I was appointed in 2018 for what was to have been a three-year term. I was asked to stay on, so, now it's been four and a half years, but my term is scheduled to conclude at the end of April 2023," Sistah Joy said.

A selection committee will be making the decision regarding who will be named the next Prince George's County Poet Laureate on the evening of Monday, April 24, 2023. A public reception will be held at the Hyattsville Branch Library, located at 6530 Adelphi Road in Hyattsville, Maryland at 6:30 p.m. The transition event that will also honor Sistah Joy. Event sponsors include the Prince George's Arts and Humanities Council, the Prince George's Memorial Library System and The Links, Incorporated, Willow Oak (MD) Chapter.

The poetry scene in Prince George's County is not exclusively reserved for adults. Precious Foreman, 15, is following in Sistah Joy's footsteps. She is the 2023 Youth Poet Laureate of Prince George's County. Precious will be a part of the ceremony at the library.

"We're just looking for ways that we can ensure that the voice of the youth in Prince George's County is heard and they are given the platform that they are deserving of," Sistah Joy said.

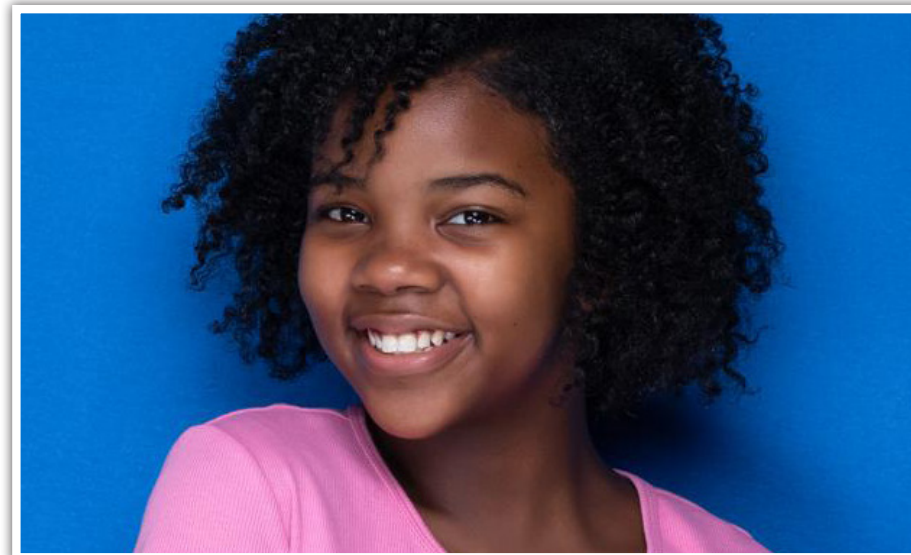
Precious, 15, has been homeschooled since she was in fifth grade when the pandemic led to students to attend virtual school. Her favorite subject is history. Precious is a fan of poetry and

storytelling who would recommend that other teenagers write and read poetry.

"I would say around 2020, I was starting to write poetry and that's when I read books of poetry. That really inspired me to continue creating my own," Precious said. "I think that it is very important to just have somewhere where you can be authentic and be yourself, but also learn more about yourself."



"Sistah Joy" Matthews Alford, Prince George's County Poet Laureate
Photo credit : Gerald Barnes of BnP cubed



Precious Foreman, 2023 Youth Poet Laureate of Prince George's County
Photo credit: Shashi of Ssyfotos

The young poet explained that she mostly writes free verse. She gains inspiration from everywhere, although the majority of what moves her on paper comes from herself and her family.

"I love to write about women and Black girls growing up," Precious said, specifically mentioning her sisters.

Precious' opportunity to become the 2023 Youth Poet Laureate of Prince George's County evolved after her journey began through www.dialect-usa.com and Patrick Washington. Competitive finals were held on February 25, 2023 in Prince George's County. Scores were combined from various phases of the process. Although Precious won, youth poet ambassadors were also selected to represent various cities.

"Everyone won a title that day," Precious said. "We look forward to doing different things together throughout the year."

Precious will tour and perform poetry at a different Prince George's County Memorial Library System's locations. She also hopes that she will venture out to work with other poet laureates in various neighboring areas.

Sistah Joy has proven to be an inclusive poetry leader who has served as an inspiring voice for individuals of all ages.

"I personally, and the Office of the Poet Laureate in general, are very thrilled to see young persons such as Precious and each of the youth poetry ambassadors, stepping up into positions of leadership within the County because that's what it is. It's a position of leadership and a position of service," Sistah Joy exclaimed. "When we can mold our young persons in the way that demonstrates the power of poetry, and the ability that they have within them, they are more likely to become the leaders of society that will make a difference not just in this Prince George's County, but in the country, even in the world."

Visit <https://pgcmls.info/event/8353322> to learn more about the free celebration of poetry.

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A Stranger, Living Donor Gives a Mother a New Lease on Life Through Donated Kidney



*Akiba Robinson, kidney transplant recipient and actress
Photo credit: / Kelvin Bulluck Pictures*



*Sara Fleming (left) donated a kidney to Akiba Robinson (right).
Photo courtesy of Sara Fleming and Akiba Robinson*

By Andrea Blackstone

Akiba Robinson finds fulfillment in pursuing her acting passion on a part-time basis. When she is not lending her talents behind the scenes or on-screen, her full-time career is working as a patent examiner. The Maryland and New York resident who is a SAG member said that she has acted locally and in other places.

“Dear Best Friend’ was one of the last movies that I filmed in Miami,” Robinson said. “I audition for a lot of TV shows.”

Robinson noted that she has been acting on and off all her life, but 2015 was a milestone for her. After the quality of her life improved, she became more serious about something that she loved to do. Receiving a kidney transplant in 2015 was the spark that allowed her to

grab her dream more consistently.

“Before that, it was a lot of feeling bad, being on dialysis and not having the time to really pursue my passion. Once I got that kidney in 2015, I saw it as a new lease on life,” Robinson said.

The actress explained that lupus caused her kidney issue.

According to the CDC, lupus is an autoimmune disease. It occurs when the body’s immune system attacks itself. It cannot distinguish “the difference between healthy tissue and foreign invaders.” Bacteria and viruses are two examples.

Robinson added that she was diagnosed with lupus when she was 17 years old.

“My own body was eating away at my kidneys,” Robinson said.

Robinson said that lupus initially attacked her heart and lungs. She also recalls her legs swelling up like balloons from kidney problems. She began to feel tired and

could not always get up to walk. Robinson recalls crawling to the bathroom.

When the time arrived for her to get on a list for a kidney donation, she waited five years. Robinson was a single mother in her 30s who juggled dialysis treatment, taking care of her children and working. She explained that dialysis was putting her body through a great deal of wear and tear.

Hemodialysis removes waste products from the blood by use of a machine when a person’s kidneys are not functioning normally, but peritoneal dialysis is typically an at-home treatment for kidney failure that sends a cleansing liquid through the abdomen by a tube. Robinson endured both types of dialysis treatments. She stated that peritoneal dialysis worked better for her.

“I did that for about four years,” Robinson added.

Robinson ultimately took matters into

her own hands by searching for her own kidney donor.

“I was still on the waiting list and I just couldn’t take it. I started doing research on my own about people who wanted to donate their kidney. I got on a site called matchingdonors.com. After about a year of emailing back and forth, just trying to find somebody that may be my matching blood type, I got a couple of people that reached back out to me. One person in particular was willing to go through all of the testing. So, once she did that, she wound up being a match and eventually she donated a kidney to me,” Robinson said. “A total stranger.”

Sara Fleming stepped up to help Robinson. Fleming resides in Missouri. She confirmed that she and Robinson became acquainted through the donor website. It allows people in need of transplant surgery a way to search for living organ donors.

“I was actually contacted by over 100 people looking for a kidney,” Fleming said.

She added how difficult it was to read through all these bios and messages, then pick a recipient. Fleming eventually flew to D.C. for kidney transplant surgery. The women met the day before the operation.

“When I first got my [driver’s] license, I signed up to be a donor,” she added, mentioning that she grew up in the church participating in community endeavors. “It just felt normal and natural to be willing to give back.”

Robinson said that she wants to take care of the kidney since she was positively impacted by Fleming’s generosity.

“I feel like I gained a sister and she was generous enough to donate to me,” Robinson said. “Without a kidney you can’t live, and if you’re on dialysis, you have no quality of life. So, for somebody to be generous enough to donate a kidney, they’re basically like angels in this world to me.”

Visit www.instagram.com/akibarobinsonactress to learn more about Robinson’s acting, and <https://registerme.org/faq.aspx> to learn more about joining the organ, eye and tissue donor movement through Maryland’s Donor Registry.

WINNER OF PREAKNESS ART OF RACING REVEALED: 'THE FACE OF VICTORY' WINS COMPETITION

1/ST RACING, MARYLAND JOCKEY CLUB AND MARYLAND INSTITUTE COLLEGE OF ART ANNOUNCED WINNER

BALTIMORE, MD –The “*Preakness Art of Racing*” culminated in the announcement of Justin Johnson as the winner of the second-annual national art competition on Tuesday, April 11, 2023. Johnson’s original illustration titled “The Face of Victory” was selected by a panel of judges from among the 207 submissions, each of which depicted the extraordinary elements of Thoroughbred horse racing and the Preakness Stakes.

The winning artwork was announced at a ceremony in the Brown Center at the Maryland Institute College of Art. In attendance were Senior Advisor of Art & Culture for the City of Baltimore Tonya Miller, MICA dignitaries, Park Heights Renaissance representatives and 1/ST RACING leadership. Participating artists also attended the announcement and celebrated a tradition that, much like the Preakness, unites communities across Baltimore.

In its second year, the *Preakness Art of Racing* was launched on January 9, 2023 by 1/ST RACING and the Maryland Jockey Club in partnership with MICA through a call for entries to artists nationwide. The submission deadline was March 10, 2023 at which point the public was encouraged to visit at www.preakness.com/the-art-of-racing to cast a vote for their favorite work of art. The top 10 vote-getters were then judged by a panel that included elected officials, community leaders and art professionals to select the winner.

This year’s 207 entries surpassed the 2022 inaugural year by more than 40%. The gallery of entries represented the work of artists – from Maryland as well as from 18 other states that included Arizona, California, Connecticut, Colorado, Delaware, Florida, Georgia, Kentucky, Maryland, Nevada, New Jersey, New York, North Carolina, Pennsylvania, Rhode Island, South Carolina, Texas, Virginia and Wisconsin – who were

inspired by the beauty of Thoroughbred horse racing on and off the track.

“This recognition leaves room for more opportunities to come my way, more job opportunities in this field, and

more connections both personal and professional to establish and cultivate,” said Johnson. “Winning the competition brings me that much closer to achieving my professional goals where I can

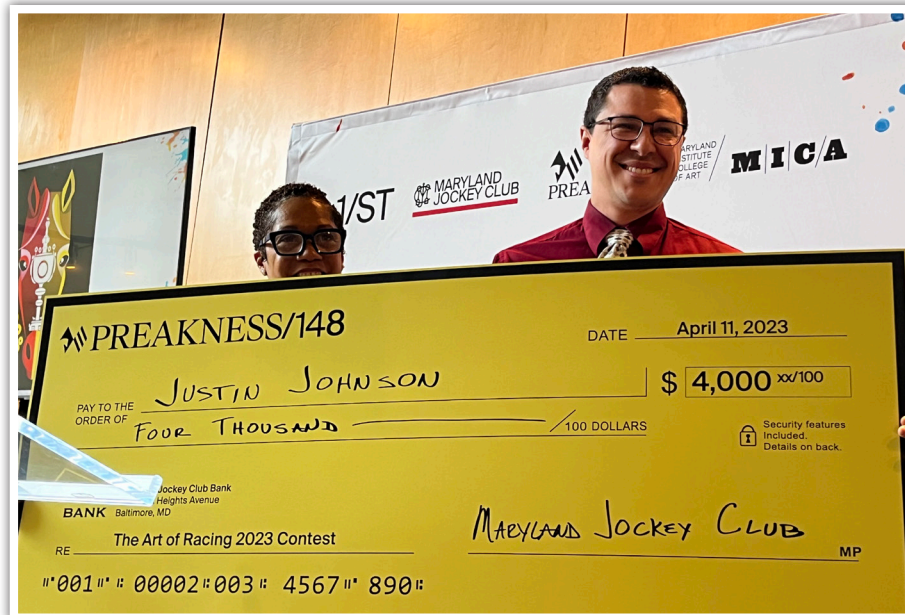
thrive in a career doing what I love and what brings me happiness.”

As the winner of the second-annual competition, Johnson receives a \$4,000 stipend and two tickets to Preakness 148. In addition, his work will be reproduced on a curated collection of Preakness 148 merchandise that will be available for purchase online and onsite during Preakness weekend. Proceeds from the sale of merchandise will be used to support the activities of the Park Heights Renaissance as it pursues affordable housing for families and provides employment opportunities for the people of Park Heights.

“Last year’s inaugural run demonstrated a huge interest among Maryland-based artists to depict their beloved Preakness Stakes,” said Audra Madison, Director of Marketing, Maryland Jockey Club. “In expanding the competition to a nationwide audience, we’ve recognized a similar enthusiasm of artists beyond our region to capture the beauty of Thoroughbred horse racing.”

The ongoing partnership between 1/ST and the Park Heights Renaissance also includes the George E. Mitchell Black-Eyed Susan Stakes and the George E. Mitchell Park Heights Community Fellowship Grant, both of which honor the extraordinary legacy of Mitchell himself and recognize individuals who share a similar commitment to their friends and neighbors.

For more information on the Preakness Art of Racing, please visit www.preakness.com/the-art-of-racing or follow @PreaknessStakes and #Preakness on social media.



Audra Madison, Director of Marketing, Maryland Jockey Club presents a check to Justin Johnson, the Preakness Art of the Racing Winner. Johnson is an artist in Baltimore. Photo: The Baltimore Times



(l-r): Yolanda Jiggetts, CEO, Park Heights Renaissance; Audra Madison, Director of Marketing, Maryland Jockey Club; Justin Johnson, Preakness Art of Racing Winner; Tonya Miller, Senior Advisor of Art & Culture for the City of Baltimore; and Samuel Hoi, President, Maryland Institute College of Art / Photo: The Baltimore Times

Faith-based Conference Created to Release Personal Baggage Comes to Town

By Andrea Blackstone

Building a community of strong future leaders is imperative. During National Child Abuse Prevention Month in April, awareness is raised about the prevention of child abuse and neglect. Unfortunately, not every child escapes child abuse unscathed.

According to the Children's Bureau (Administration on Children, Youth and Families, Administration for Children and Families) of the U.S. Department of Health and Human Services, "For FFY [federal fiscal year] 2021, 51 states reported 588,229 victims of child abuse and neglect."

Latarsha Haughton can relate to unfortunate mistreatment that some children face at the hands of a parent.

Haughton—a business owner, minister, author of "Breaking the Silence," certified transformational strategist and nonprofit leader—originally hails from Baltimore. She now educates others about the incidence of trauma, using her own life as a candid launching point.

"I was sexually abused by my biological father and I conceived a son from that abuse," Haughton said.

Haughton revealed that she was afraid to admit to anyone what her father did to her. Receiving backlash from family added to her fearfulness. Haughton tried to mask events through wearing a smile. She also stated that her father, who is now deceased, even made her snort cocaine.

Writing letters and asking people to forgive her are some elements of her book that intertwine with various aspects of Haughton's journey in life, including her decision to keep the circumstances of her child's birth quiet. Haughton said that she became a mother at the age of 18.

"I never wanted anybody to know this dirty secret. I accused another person of being a father. I talked about this in my book," Haughton explained.

She described her son as "intellectually disabled." He needs 24-hour care. Nevertheless, Haughton has not submitted to defeat. Healing is a part of her story, too.

"When you heal a part of you, you are



Latarsha Haughton (right) with her son (left).
Photo credit: Arielamirphotography



Latarsha Haughton, business owner, minister, author, certified transformational strategist and nonprofit leader/ Photo credit: Christina Jones

also healing those around you. When you don't heal, you bleed on all of those that are around you and you hurt them as well," Haughton said.

Seeking professional help in her forties was sparked by what Haughton described as "a very emotional abusive marriage." A therapist assisted her with understanding the normalization of trauma when a person is used to it.

After a sexual trauma therapist was recommended to her, the professional assisted her for eight years. Eye Movement Desensitization and Reprocessing Therapy is a technique that helped Haughton to emotionally free herself. It involves "recalling a specific troublesome experience while following a side-to-side visual stimulus delivered by the therapist," per information provided by Psychology Today.

With the help of God, prayer and therapy, Haughton's life took a positive turn. Not only did Haughton decide to divulge her story publicly, but she also created Breaking the Silence...Healing the Pain nonprofit, a 12 Steps to Self-

Love Coaching Program and an annual, faith-based conference. Haughton has been holding these events since 2016.

The upcoming "Release the Baggage 2.0" Conference will be held at the Sheraton Baltimore North, located at 903 Dulany Valley Rd. in Towson, Maryland on April 22, 2023 from 10 a.m.- 4 p.m. It was designed to enable male and female attendees to break the cycle of their silence about childhood trauma. Participants will also be encouraged to release unresolved emotional baggage from past, painful experiences. Attendees do not have to be affected by sexual abuse to attend the event. Four courageous women will also be honored.

Releasing her own baggage has been a blessing to Haughton.

"Everything that God blessed me with, all of the gifts, all that I have and my creativity is all manifesting because I was able to release that garbage," Haughton said. "I don't feel the bondage of shame anymore."

LàShaun J P McNicholas is based in

Florida. McNicholas said that Haughton's Just As I Am: 12 Steps to Self-Love Program helped her. She stated that she suffered years of trauma from sexual abuse from family members, self-abuse and her oldest son's death.

"The program helped me to know I am enough. I am special. Sadly, I am not alone in the traumatic things I had experienced," McNicholas said. "God blessed me to release some very heavy loads of baggage that I have been carrying for so long. I am forever grateful!"

Haughton wants future conference attendees to achieve their best potential and get unstuck.

"When you walk out of this conference, I want you to release those things that hinder you. It will wake up something inside of you," Haughton said.

Please visit www.latarshahaughton.com and <https://www.eventbrite.com/e/release-the-baggage-20-tickets-535296495227> to obtain more details about Haughton and the upcoming conference. Advance registration is required.

24TH ANNUAL BALTIMORE
'UPLIFTING MINDS II'
ENTERTAINMENT CONFERENCE

SATURDAY APRIL 15, 2023

1 - 3PM EST / 10-12 NOON PST
(POWERED BY ZOOM)



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LOCAL PROMOTERS BRING LOVE TO BALTIMORE

Hello, my dear friends,

I pray that your Easter Holiday was everything that you hoped it would be. We have had some great weather so far and I hope you are taking advantage of it. I send my prayers for the sick and shut-ins who could not get out.

We have a few things coming up that can get you out of the house a little bit. There are two promoters in Baltimore that you may or may not be familiar with. Hassan Rasheed and Brian "Tee Shirt" Hall are presenting a one-of-a-kind show that you should not miss. I am talking about the show called Soul Marathon. I know by now that you should have seen advertisements on flyers and posters, or you may have heard about it through social media. I am so proud to say that these promoters are presenting a Lifetime Achievement Award to me at the show. I am so excited and honored to receive this gift. Also, Travis Winky, Baltimore's own "Fashion Prince of Baltimore," is also receiving a Lifetime Achievement Award.

The icing on the cake is the one-of-a-kind show featuring the Manhattans featuring Gerald Alston, Bloodstone, The Intruders, Eddie Holman, The Temprees, Shades Darkness, J'KAR and Style. The event will be held on Saturday April 22, from 7-11 p.m. at the Lyric Baltimore. For ticket information, call 443-621-7449. I hope to see you there.

Something interesting came across my desk. I wish to share it with you. Join Blacks of the Chesapeake Foundation and Chesapeake Conservancy for A Night at Carr's Beach for a fundraiser to support African American land conservation and heritage. Elktonia-Carr's Beach, a historical black beach in Annapolis, Maryland, was a vacation and entertainment destination for many African American families throughout the mid-Atlantic region. Last year, Blacks of the Chesapeake Foundation successfully saved the last five acres of the property. This fundraiser will support site improvements, planning and interpretation to preserve the rich history of this iconic place for future generations. The event will be held on Tuesday, April 25, 2023 from 6:30 -10:00 p.m. at Beacon Restaurant, located at 2020 Chesapeake Harbour Dr. in Annapolis, Maryland. Event registration includes food, drinks, music, karaoke and a silent auction. For more information, contact jtdean@chesapeakeconservancy.org.

Do you love Caribbean music as much as I do? Well, here is your chance to enjoy it. There will be a Caribbean Day Party on Saturday, April 15, 2023 from 2-6 p.m. at Kahler Hall, located at 5440 Old Tucker Row in Columbia, Maryland. Food, dancing, door prizes, vendors and so much more will be available. For more information, call 410-953-7091.

Well, my dear friends, I must go now. Enjoy your week. Remember, if you need me, call me at 410-833-9474 or you can email me at rosapryor@aol.com. **UNTIL THE NEXT TIME, I'M MUSICALLY YOURS.**



1 Hassan Rasheed and Brian "Tee-Shirt" Hall will present the show, Soul Marathon, on April 22, 2023 from 7-11 p.m. at the Lyric Baltimore, located at 140 W. Mount Royal Avenue. Rosa "Rambling Rose" Pryor and Travis Winky will receive Lifetime Achievement Awards. For tickets and information, call 443-621-7449.



2 Bob Butta, one of Baltimore's greatest pianists, will perform at Caton Castle Lounge, located at 20 S. Caton Avenue with John Lamkin II and the Favorites Jazz Quintet on Saturday, April 15, 2023 from 6-9 p.m.



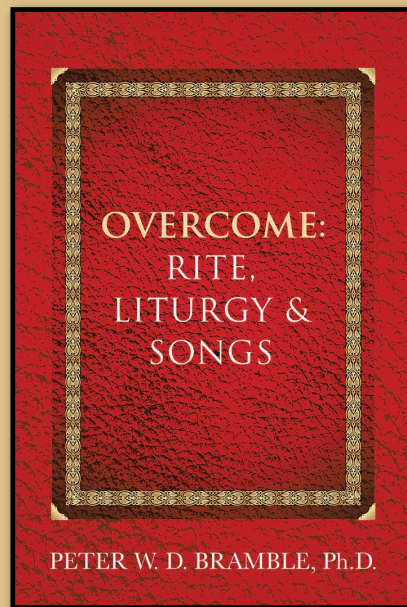
3 The Manhattans featuring Gerald Alston along with Bloodstone, The Intruders, Eddie Holman, The Temprees, The Softones, Shades of Darkness, J'KAR and Style will perform at the Lyric Baltimore, located at 140 W. Mount Royal Avenue on Saturday, April 22, 2023 from 7-11 p.m. Call 443-621-7449 for more information.



4 Shirley Dunkin's Hand Dance Series is held every Thursday in April from 7-8 p.m. at 7097 Milford Industrial Boulevard in Pikesville, Maryland. Visit www.dancebaltimore.org to register in advance.

Overcome: Rite, Liturgy & Songs

Peter W. D. Bramble, Ph.D.



The Overcome

“The Rev. Dr. Peter Bramble, a black Episcopalian of Baltimore, has written a proposed ritual he calls “The Overcome”, a liturgy of black remembrance modeled on the Jewish Passover. The awesome history of the passage since capture in Africa, invites comparison with the Hebrew exodus and even the Holocaust. Instead of recoiling from the hypercharged distinctions on both sides, scholars might do well to follow the lead of Father Bramble and of Julius Lester...”

Taylor Branch, 1988 Pulitzer Prize Winner,
in New York Times book Review Section,
January 14, 1990

“Central to Dr. Bramble’s concept is the notion that Black people are inherently over-comers who triumph over adversity because they have a propensity for greatness. He acknowledges the tremendous problems facing the Black community, but Overcome...institutionalizes a core concept that Blacks have prevailed over their worst days of oppression, but have not realized it because there is no watershed date or ceremony commemorating that moment of triumph...the Black community has long needed a common story that the entire group could share and use to instill a sense of nationhood in both adults and children.”

R. B. Jones, Editor, Baltimore Times.

“... the book belongs to the general genre of black liberation theology. It is original in conceptualization and thesis...Overcome and liberation when fully understood are present tense positions with a moral imperative to act and to bring to birth...this is not a run of the mill book on religion or a sermon that one can sleep through. Bramble’s basic position is rooted in linguistic philosophy and the work of Gilbert Ryle, in particular, for whom the logical grammar

of certain words and concepts has direct implications for the actions they impel.”

Howard Fergus, Ph.D. University of The West Indies.

The Rev. Dr. Bramble is rector of
St. Katherine of Alexandria Episcopal
Church in Baltimore, Maryland

ABOUT PETER W. D. BRAMBLE

The Reverend Dr. Peter Bramble has been the Rector and Pastor of St Katherine’s Episcopal Church in Baltimore for the past 14 years. A graduate of Yale Divinity School, Rev. Bramble holds a Ph.D. degree from the University of Connecticut. Fr. Bramble was one of the initiation of Public Schools’ Uniforms in Baltimore City, a project internationally recognized and highlighted by every major medium in the nation including TIME, NEWSWEEK, New York Times and National T.V.

Fr. Bramble, with his wife, Joy, started the BALTIMORE TIMES Newspaper, featuring “positive stories about positive people.” Dr. Bramble has recently published THE OVERCOME: A Black Passover, in which he argues for the introduction of major victory concepts in Black life, something he believes must occur before Blacks can overcome their various pathologies. Dr. Bramble believes that victory Concepts must be present in both the intelligence and language of Black people in order for Blacks to be Overcomers.

The newly developed Overcome Rite, with reinforcing Songs developed by people who heard Dr. Bramble speak, is that through which he seeks to install Overcome as the “collective” victory that Blacks can celebrate together. He dares to claim that the Civil Rights Movement, crowned by the death and consequent elevation of Dr. Martin Luther King, is that collective victory that must be re-interpreted and celebrated.

For 1989, The Baltimore Black Academy of Arts and Letters named Father Bramble the Living Legend in Religion. Dr. Bramble lives with his wife and family in the Madison Park neighborhood of Baltimore.

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Legal Notices

CITY OF BALTIMORE DEPARTMENT OF GENERAL SERVICES NOTICE OF LETTING

Sealed Bids or Proposals, in duplicate, addressed to the Board of Estimates of the Mayor and City Council of Baltimore and marked for **GS21828 – Engine 33 Electrical Upgrades**, will be received at the Office of the Comptroller, Room 204, City Hall, Baltimore, Maryland until 11:00 A.M. on **WEDNESDAY, May 17, 2023**. Board of Estimates employees will be stationed at the Security Unit Counter just inside the Holliday Street entrance to City Hall from 10:45 A.M. to 11:00 A.M. every Wednesday to receive Bids. Positively no bids will be received after 11:00 A.M. The bids will be publicly opened by the Board of Estimates in Room 215, City Hall at Noon. Bid opening proceedings can be also viewed live at <https://www.charmtvbaltimore.com/live-stream> at 12:00 noon. Bid tabulation sheets detailing the bids received will be publicly posted to the Comptroller's website by COB on the date of bid opening.

The Contract Documents may be purchased for a non-refundable cost of **\$50.00** by contacting Azza Rizkallah at azza.rizkallah@baltimorecity.gov as of **FRIDAY, APRIL 07, 2023**.

Conditions and requirements of the Bid are found in the bid package.

All contractors bidding on this Contract must first be pre-qualified by the City of Baltimore Boards and Commissions. Interested contractors should call 410 396-6883 or contact the Office of Boards and Commissions at 4 South Frederick Street, 4th Floor, Baltimore, MD 21202. **If a bid is submitted by a Joint Venture ("JV"), then in that event, the documents that establish the JV shall be submitted with the bid for verification purposes.** The Prequalification Category required for bidding on this project is **F16000 – ELECTRICAL**.

The Cost Qualification Range for this work shall be **\$100,000.01 to \$500,000.00**. A "Pre-Bidding information" session will be conducted at the site: **1223 N. MONTFORD AVE, BALTIMORE, MD 21213 on TUESDAY, APRIL 18, 2023 at 10:00 a.m.**

Principal Items of work for this project are:

1. Electrical
2. Ceiling
3. Demolition

The MBE goal is **29%**

The WBE goal is **10%**

CONTRACT NO. GS21828

APPROVED:
Erika McClammy
Clerk, Board of Estimates

APPROVED:
Berke Attila
Director,
Department of General Services

Legal Notices

Legal Notices

Legal Notices

NOTICE OF LIEN SALE

Notice is hereby given that a public auction will be held by competitive bid on www.storageauctions.net on 04/28/2023 at 11:00 to satisfy the lien on the property Store Here Self Storage at 7120 Old Waterloo RD, Elkridge, MD 21075 in the units listed. Tenants may have notated the inventories listed at the time of rentals. Landlord makes no representation or warranty that the units contain said inventories.

0030=Tanya Taylor-Misc. Household Goods/Personal Effects. 0389=Rosita Perez-Misc. Household Goods/Personal Effects. 0048=Leirdre Galloway-Misc. Household Goods/Personal Effects. 0132=Raulphard Black-Misc. Household Goods/Personal Effects. 0101-Denise Hutchinson-Misc. Household Goods/Personal Effects. 0371=Kenny Chen-Misc. Household Goods/Personal Effects. 0391=Albert Whiting-Misc. Household Goods/Personal Effects.

All units must be paid for at the time of sale. Credit card payment accepted if the transaction is over \$100. No checks accepted. No one under the age of 18 is allowed to attend the sale. Each person attending must agree to follow all Rules and Regulations of the sale. The landlord reserves the right to bid at the sale. All purchased goods are sold "as is" and must be removed by 5:00 p.m. on the day of the sale. Buyers must provide a current, original or a photocopy of their original resale permit at time of sale in lieu of sales tax. This sale is subject to cancellation in the event of settlement between landlord and obligated party.

Legal Notice

NOTICE TO BID

Minority Subcontractor/Supplier Schummer, Inc. seeking Certified Minority Subcontractors for:
Bid 22-19 – Phase 2 – Resolution 235 Region II Sewer System Extension of Sewer – Force Main Installation, Talbot County, MD. Bids due in our office by 3-26-23. Certified MBE's & WBE's for: Excavation, Paving, Pipelaying, Directional Drilling, Plumbing, Concrete, Pipe, Aggregates, and Trucking. Fax quotes to: 410-798-1709 or email:

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