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June is Men's Health Month



The U.S. Department of Health and Human Services Office of Minority Health (OMH) encourages boys and men to take charge of their overall health. It is a prime time for them to make informed decisions, implement healthy habits and access additional health resources. Get involved by visiting www.minorityhealth.hhs.gov/mens-health. / See article on page 6

Water Must Remain Accessible to Everyone

Water is a human right and our most basic necessity, yet in Baltimore, many families cannot afford their water bills. Water is a human right and our most basic necessity, yet in Baltimore, many families cannot afford their water bills.

The United Nations defines affordable water service as no more than 3 percent of a family's household income. But over half of Baltimoreans are paying more than that. Our aging, and sometimes crumbling, water infrastructure needs maintenance that can only be paid for by funds the Department of Public Works (DPW) collects from water bills. That's why water bills have skyrocketed in the last two decades. Updating our infrastructure is important for maintaining accessibility and water quality, but it's imperative that we do not price low-wealth families out of water service as we do so.

That's why the Baltimore City Council passed the Water Accountability & Equity Act in 2019 mandating the creation of Water4All – to ensure all families regardless of income have access to clean water. The Water4All affordability program was launched in February 2022 and is designed to better meet the needs of low-wealth Baltimoreans than previous water assistance programs.

How Water4All Works

Water4All is a percentage of income affordability program. Once enrolled, water and sewer bills will be capped at an affordable level under the U.N.'s 3-percent standard. Depending on income level and household size, the capped bill will be either 1 percent, 2 percent or 3 percent of a family's household income. Once enrolled in Water4All, a family's water bill will not increase despite rate increases unless the household income increases – thereby keeping bills permanently affordable. This is unlike past water assistance programs that offered a flat discount on water and sewer bills. Since the Water4All program is so highly personalized based on income, those enrolled must reapply every year to verify household income.

In addition to keeping water bills affordable, the Water4All program can provide debt relief for families with outstanding balances with the Department



Photo credit: rphotostock via Canva

of Public Works. So, each time a family pays a water or sewer bill on time, the city will credit that same amount from the family's existing outstanding debt with DPW.

Who is Eligible

Individuals or families making under 200 percent of the federal poverty guideline are eligible for the Water4All program. This is determined by total household income and size. Persons can visit <https://bit.ly/42EPNfP> to see if they qualify. The guideline is updated annually and adjusted with inflation. So, the qualifying income level will automatically shift as the guideline rises.

Additionally, Water4All is the first water assistance program in Baltimore City that tenants can apply for – whether they live in single-family or multi-family rental properties. If a tenant's name is not on the water bill and they do not pay the city directly for water service, they must provide both a lease that states they are

responsible for paying water and sewer services separately from rent, along with the amount to be paid monthly or how the landlord calculates each tenant's water bill. A copy of an invoice from a landlord for a water bill is also sufficient.

Homeowners and tenants in single-family rentals will see the Water4All credit applied directly to their water bill. Tenants in multi-family units will receive a debit card that will be loaded with their Water4All credit amount.

Tenants in multi-family units who applied to Water4All before March 2023 were told their Water4All credit would count as taxable income since it's a direct payment from the city and were asked to provide W-9s with their application. However, the IRS issued a guidance to the city informing them that the credit is not taxable income because it is considered a payment for the promotion of general welfare. The city will not count the credit as taxable income moving forward and said they have issued zeroed out 1099s

to those who incorrectly received one and will not issue 1099s moving forward. They still will ask for a W-9, but again, will not issue any tax documents to program participants. Anyone reluctant to enroll in Water4All because the credit would count as taxable income should reconsider applying now that it won't be.

How to Apply and Other Resources

Persons can get more information and apply for Water4All online, over the phone by dialing 410-395-5555 or in-person at any of the five Community Action Partnership centers. The email address is Water4All@baltimorecity.gov.

Families eligible for the Water4All program also may qualify for Maryland's Low Income Water Assistance Program, which helps with debt relief for past due bills over one month old.

Take advantage of these resources and spread the word!

By Rianna Eckel, a Baltimore Water Outreach Coordinator with Maryland Volunteer Lawyers Service.



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Juneteenth Ended Antebellum Slavery, But Prison Slave Labor Flourishes With Government Consent

By Regi Taylor, Editorial Page Editor

This past Monday's newest national holiday, Juneteenth, was certainly a day for celebration and jubilation, closing a decadent chapter in American history by marking the end of two and a half centuries of one of mankind's worst episodes of man's inhumanity to man, the African Slave Trade.

However, history continues to record a legacy of inhumane treatment towards the offspring of former slaves in contemporary America by individuals and institutions who clearly would have chosen the side of the confederacy in the Civil War that liberated our ancestors.

Unfortunately, intentional or not, there are some influential changemakers whose otherwise ambitions provide tacit support to interests that are counter to the fulfillment of Juneteenth's promise, as Martin Luther King Jr would say, to reach the Promised Land.

Despite the panoply of strategies and conspiracies employed against African Americans in the 158-years since Juneteenth intended to sabotage our efforts to enjoy the full blessings of citizenship and liberty, which have included narcotization, and employment, housing, education, medical, and financial discrimination, perhaps the most heinous has been mass incarceration due to the scale and the ancillary effects.

In a 2023 Black History Month editorial reexamining an iconic analysis of mass incarceration authored by this writer for a Minneapolis publication entitled, "A Retrospective Review: The New Jim Crow by Michelle Alexander - Sounds More Like the New Slavery," the intricate, expansive, highly profitable, commercial labyrinth known as the prison industrial complex was revealed as a substitute system for antebellum slavery quietly operating in all 50 states.

Sadly, in Maryland, this policy and practice thrives. It is more sad when you consider that an effort to address solutions that might stem the dual scourge of mass incarceration fed by mass illiteracy, The Baltimore Times, in an editorial earlier this month encouraged Governor Wes

Moore, the entire Baltimore City state legislative delegation, Mayor Brandon Scott, Baltimore City States Attorney Ivan Bates, and Congressman Kweisi Mfume, to offer opinions on our suggestion to make literacy a condition for release and reentry of Maryland inmates, with no affirmation from any of them, despite ongoing communication with most of their offices.

We take no comfort that all of these officials have been equally silent on the issue of continuing exploitation of virtually free prison labor for the benefit of most, if not all, Fortune 500 corporations and large regional companies at the expense of incarcerated Marylanders. Although none of the office holders The Baltimore Times asked for comment on the idea of compulsory reading, writing, and math proficiency for inmates, not as a punitive measure but as a benefit, it is compulsory that every able-bodied state prisoner must work.

However, the current starting wage for state inmates is only \$2.16 per day. Moreover, the state is entitled to deduct for housing, meals, restitution, fines, child support, and other expenses, while prisoners perform mandatory work providing services and manufacturing products for extremely wealthy businesses. Tax dollars have built a massive bureaucracy to support an essentially free labor operation no different from slavery in its practice, utilizing promotional techniques similar to any large private sector commercial marketer.

Maryland Correctional Enterprises, MCE, (formerly known as State Use Industries) operates this system that advertises itself as a program to benefit inmates but seems eerily similar to a recent Baltimore Times editorial describing the wholesale/retail slave industry operated in Baltimore's Inner Harbor prior to the Civil War. Check out their website: <https://mce.md.gov/>

Does this description from their catalogue sound like a state government agency? "MCE is a major supplier of meats and food products in the state of Maryland. MCE provides the highest quality beef, turkey, pork



Some of the services provided by inmates for major corporations through MCE / Source: Maryland Correctional Enterprises catalogue

and processed food products which serve institutional and correctional facilities, schools, hospitals, and non-profit organizations."

Consider this partial list of products and services made possible by inmates:

- Furniture Restoration
- Design, Printing & Digital Copy Services
- Data Entry & Redaction
- Laundry Services
- Embroidery Services
- Mailing & Distribution
- Apparel & Accessories
- Bed & Bath
- Food Products

Consider this partial list of more than 4,100 companies exploiting prisoner labor:

- Walmart
- Western Union
- Microsoft Corp
- Nationwide Insurance
- AT&T
- General Electric

- Google
- MetLife
- American Airlines
- Lowe's

It doesn't require much imagination to recognize that compulsory literacy proficiency as a condition of inmates' release and reentry, perhaps requiring hundreds of hours of commitment from people who have nothing but time on their hands, might interfere with Maryland Correctional Enterprises' business model. Political leaders who apparently support the status quo for inmates in Maryland prisons leave it to our readers' imaginations why they won't speak at all to the issue of how to help those inmates become better positioned for successful lives upon their return home, when these same companies offer them no jobs.

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Mailing Address

The Baltimore Times
2530 N. Charles Street, Suite 201
Baltimore, MD 21218
Phone: 410-366-3900

www.baltimoretimes-online.com



HEALTH BEAT



By Jayne Hopson

Ice cream and sunshine have much in common. In the summertime, the sun generously gives us extra hours of light and warmth to enjoy ourselves outdoors. The warm weather virtues of ice cream cannot be overstated, but they can be best summed up by the words of a kindergartener who was overheard explaining to her mother why she needed another scoop of chocolate. "Ice cream" the little girl said, "makes my tummy smile."

Like most good things, ice cream and soaking up the sun are best enjoyed in moderation. Overindulgence is where parity between the two summer treats ends. Eating too much ice cream may take its toll on your waistline, adding a few pounds that can be dropped with diet and exercise. However, prolonged and unprotected exposure to the sun's ultraviolet rays can cause illnesses as serious as skin cancer, says the American Cancer Society (ACS).

People of color who routinely eschew sunscreen may be surprised to learn that according to the American Academy of Dermatology (AAD), melanoma has become the most common type of cancer in the United States. The AAD's disease projections are equally dismal; it predicts "one in five Americans will develop skin cancer in their lifetime."

The "we" in this article's title refers to all who worship the sun. But the messaging is especially directed to people of color who soak up the sun without proper sunscreen in their backyards, at baseball games, stateside beaches and popular vacation spots like the Caribbean. Apparently, many of us are unaware shallow, tropical waters reflect the sun's brilliance, significantly increasing sunbathers' exposure to dangerous ultraviolet rays.

Although, it may be interesting to offer speculation on the social origins of the dangerous myth that Black people do not need sunscreen, it is more productive to look to science for help dispelling the persistent belief that melanin gives Black people "natural" immunity to sun related disease. The opposite appears true. The American Red Cross (ARC) cites a study that found "skin cancer survival rates were lowest in people with darker skin, including African Americans, Asian-Americans, Native Americans, and Pacific Islanders."

You Scream, I Scream, We All Scream for Sunscreen!

The American Red Cross offers a useful list of key terms used in their training of community health workers who are responsible for teaching sun safety to the public:

Broad-spectrum protection: A property of sunscreen providing protection against both ultraviolet A (UVA) and ultraviolet B (UVB) rays.

Melanin: The substance in the body that produces skin, hair, and eye pigmentation. The more melanin produced the darker the skin, hair, and eyes will be.

Ozone layer: A layer in the lower region of the stratosphere containing ozone (most commonly found 6 to 30 miles above the Earth's surface), which absorbs some of the ultraviolet radiation from the sun.

Sun protection factor (SPF): The amount of protection from ultraviolet (UV) radiation that a sun protection product will provide.

Sunblock: A topical substance that contains physical or inorganic ingredients that physically block UV rays; used to protect the skin from UV rays.

Sunburn: Inflammation and damage of the skin caused by overexposure to the UV rays from the sun or artificial sources.

Sunscreen: A topical substance that contains chemicals that absorb UV rays; used to protect the skin from UV rays.

Ultraviolet (UV) rays: Rays from the sun and artificial sources that can cause sunburn. These invisible rays are part of the energy that comes from the sun but can also be delivered from artificial sources like tanning beds or sunlamps. Overexposure to UV rays can cause skin cancer, premature aging of the skin and eye damage.

The Centers for Disease Control (CDC)'s statement on why Black people need sunscreen is nuanced, yet absolute. "Melanin acts to diffuse UVB rays and may give limited protection against sunburns. But melanin does not offer people with darker skin protection against skin cancer."

The CDC adds, "while people with darker skin are more protected from the sun, they should still use a full spectrum sunscreen. UVA damage is not blocked by melanin in the same way and can lead to premature skin aging and wrinkles. Melanin will also not protect the skin from extreme sun exposure, such as spending long hours in the sun unprotected."

The good news is there are products



Photo: shutterstock

on the market, created specifically for people of color. Black Girl Sunscreen was founded in 2017 by Shontay Lundy. She says she started the company to fight the myth that women of color do not need sunscreen and to offer a product that does not leave a streaky white cast when applied on the skin.

Lundy says in her research, most Black people don't use sunscreen because they were not taught to and were unaware of the dangers posed by unprotected exposure to the sun. She has created a water-resistant sunscreen with natural ingredients such as avocado, carrot juice, sunflower oil and jojoba. Her line includes products for children, which are fragrance free, and uses no parabens, silicones or aluminum.

Black Girl Sunscreen's application guidelines follows the CDC's recommendations for use: apply a broad-spectrum sunscreen with a sun protection factor (SPF) of 30 or higher on all exposed skin, including the face, neck, and hands. Look for sunscreens that offer protection against both UVA and UVB rays.

Why African American Men Must Make Health a Priority

By Andrea Blackstone

Men's Health Month is an ideal time to encourage men to take charge of their overall health and raise awareness about preventable health problems.

Dr. Jedan Phillips, a family medicine doctor for over 25 years, earned his MD degree from the University of Maryland and his bachelor's degree from Johns Hopkins University located in Baltimore. He currently serves as an Associate Dean of Minority Affairs at the Renaissance School of Medicine at Stony Brook University located in Long Island, New York. Phillips also works as the director of Stony Brook HOME—a student-run outreach clinic.

He provided information about men's health, beginning with the importance of eating right. Phillips suggested minimizing fried foods and starches, while also remaining mindful that busy work schedules and busy lives can lead to making convenient yet unhealthy food selections.

"Diet is critical," Phillips said. "If you're not eating right, risk factors such as obesity, can lead to heart disease, diabetes and other ailments that are associated with diet and the negative things that can come from bad diet choices."

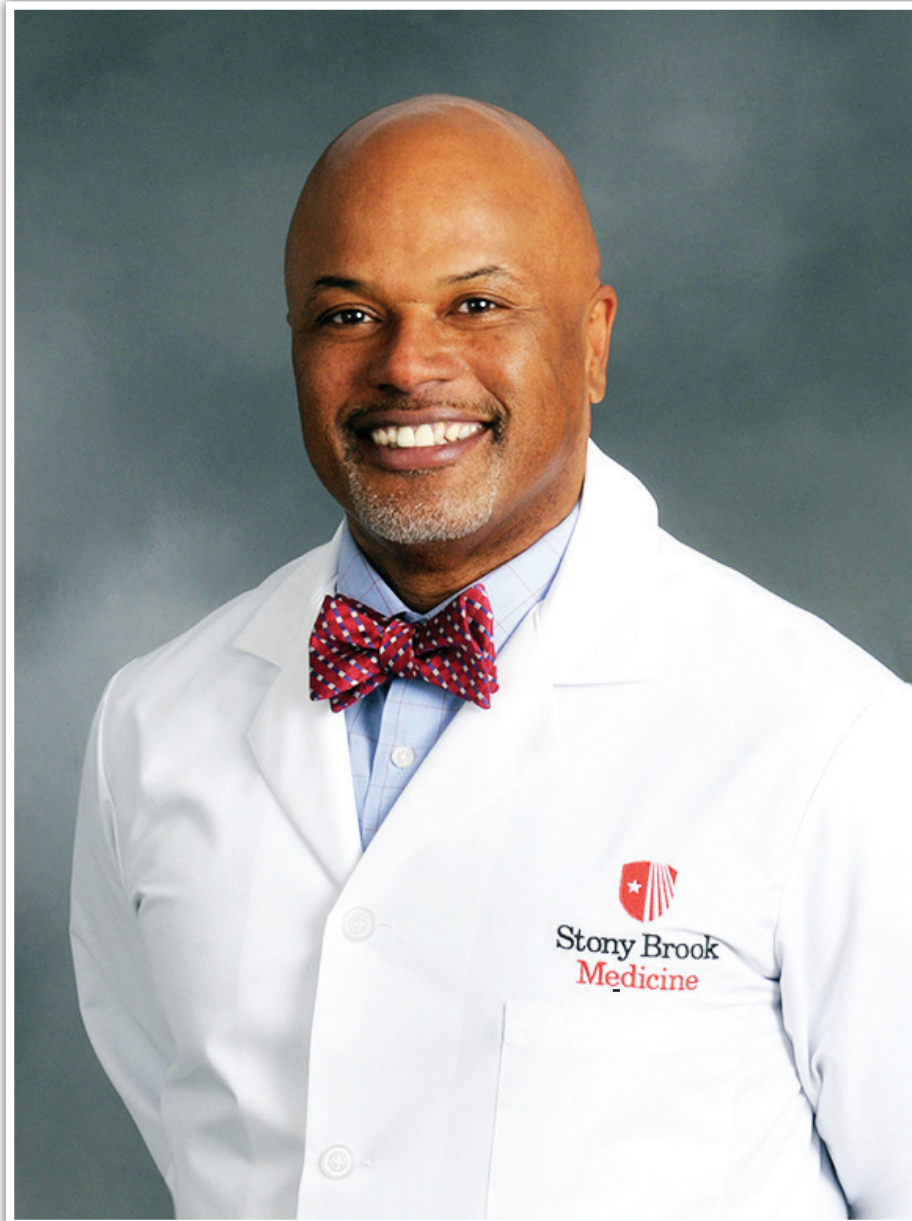
He further pointed out the difficulty of not having access to high-quality food choices. Some African Americans live in food deserts.

But Phillips also said that newer nutrition mentalities include "the plate effect."

"You probably want at least two thirds of vegetables on that plate and you want to try to minimize fried foods and starches," Phillips said.

A person's metabolism slows down as he or she ages. It can lead to weight gain in the midsection. Obesity can be associated with heart disease, diabetes and even some cancers.

In African American men, prostate cancer is the most diagnosed cancer. It accounts for 37% of all new cancers, per information provided by the American Cancer Society (ACS).



Dr. Jedan Phillips/ courtesy photo

"The prostate cancer death rate in Black men has dropped by more than 50% since its peak of 82 deaths per 100,000 in 1993. However, the decline in death rates for prostate cancer in Black men is slowing," ACS researchers also found.

Phillips further stated that lack of utilization of preventive services for prostate cancer and colon cancer provide a big contributing factor of uptick in the prevalence of preventable cancers in African American men.

"A lot of men don't go to get their colonoscopies done," Phillips said. "Being African American puts you at a high profile for prostate cancer. And, when we screen for prostate cancer for high-risk individuals, it's a blood test that's prostate specific, but it's also a digital rectal exam and unfortunately, you have a lot of men that are like, 'I'm not letting anybody do that to me.' When you don't get the full test done, you don't get the full result and you can be operating with a false sense

of confidence. And unfortunately, what we have seen is individuals that get diagnosed with prostate cancer, it's way advanced. They weren't getting their prostate screening test or with cases of colon cancer, and they didn't get their colon colonoscopy."

Phillips explained that diagnosis at more advanced stages and not being advised about appropriate treatments does not set up a situation for a great outcome.

Vaping has increased in popularity. It provides just one example of a new fad that is being associated with lung ailments and conditions, according to Phillips.

"Vaping has a lot of chemicals in it. Some of the ingredients are not even what we're familiar with," Phillips said. "We're still finding out the dangers down the road that can occur when someone's been vaping for years. It is a problem and it is something that we're trying to combat."

Phillips pointed out that various toxic habits, including an increase of alcohol and illicit drug use, increased during the pandemic.

Drinking an abundance of alcohol can lead to liver disease, a significant role in the development of heart disease and other consequences when heavy drinking is long-term.

Dr. George Koob, director of NIH's National Institute on Alcohol Abuse and Alcoholism agreed that heavy drinking—which he described in men as consuming five or more drinks within a few hours for men—is especially dangerous.

"The upper limit of normal people that are going to drink, we usually would recommend at the most, one hard drink," Phillips said.

Drinking more than two beers a day can also increase the risks of long-term alcohol use.

Overall, Phillips wants more men to stay on top of their health and head to the doctor.

"Fellas, we've got to find out what we need to stay on top of, so that we can continue to be the providers and the protectors for our families," he said. "Let's take a more preventive approach when it comes to our health care."

Four Tips to Achieve Better Health Outcomes in Men

By Andrea Blackstone

Dr. Jedan Phillips, a family medicine doctor, lost his father at just 70 years old. "Seventy years old is young," Phillips said.

Over Father's Day Weekend, he thought of him often and reflected on the importance of being proactive about health care.

Additionally, when it comes to mental health, Phillips explained that expression of depression and anxiety is not something that all people feel very comfortable with, especially in the African American community. He informs his patients that the best place to start with getting help is while showing up for a physical. Mental health screening tools can be filled out when patients visit their doctor's office. The way he or she answers questions can give the medical provider an idea if it is something that needs follow up.

Phillips made time to offer insight about putting men on a better health path.

Q: Is there anything that family can do to support men at home better to encourage them to take a more preventative approach to health care?

A: My male patients have family members or spouses that will come with them to the doctor. The other thing they may do is prepare their questions before they get to the doctor's office, so they can read them off their phone. I think preparing for the visit is important because that gets your questions answered.

Q: How often should men see a doctor for health screenings?

A: At least once a year and then that might be more frequent based on the type of medical problems that you have. Unfortunately, what we saw during the pandemic was that a lot of African American men do not have a relationship with a primary care doctor. Some people relied on Facebook and YouTube, which did not give them the best information and the right directions as far as the choices that they needed to make.



Photo: clipart.com

I think that, unfortunately, the other thing is a lot of men just don't go to the doctor regularly. I think between the ages of 18 and 40, the data in the past has shown that men may go to the doctor maybe two or three times during that time, including ER visits. So, the purpose of your physical is that it allows you to identify issues before they become big problems so that you can formulate a plan on how to address it.

Q: Is there a recommended timeframe or duration of exercise? If so, how often should a person engage in it?

A: Usually what we recommend is about 20 to 30 minutes of exercise that brings a light sweat, four to five times a week. In addition to that, if you can include some strength developing activity, that also is helpful because developing your musculature can also

make your metabolism more efficient. Muscle development makes your body more receptive to the natural insulin that it produces. Insulin is a substance that helps you break down sugar. With individuals that have adult-onset diabetes, they in many cases are overweight and the receptors for their insulin are not functioning as efficiently. So, they're producing large amounts of sugar that's not being broken down. Unfortunately, when the sugar is not broken down, that's when it can cause diabetes.

Maintaining our fitness level and staying active as we get older avoids a lot of ailments that can occur, such as falling down.

Q: When men aren't comfortable with their doctor, how may they find another one?

A: Your source would be your insurance provider guide. That is a list

given by your insurance company that lets you know what doctors in your area take your insurance. The first thing to understand is that medicine is a business, so if you come to my business and you're not getting great service, you have a choice. You don't have to take it because not having a good relationship with your doctor, whether you feel you're not heard, or they don't teach you in a way that you understand, that is going to result in you having problems down the road. Make sure that the relationship that you have with your doctor is a good one and a sound one, because if it's not, you have issues. Maybe you need to look for another doctor, that's better. Some people ask friends.

Brother Turns Tragic Loss into Platform, Opportunity to Help Save Lives

By Andrea Blackstone

Rory Joseph Weichbrod, 26, was known for his infectious laugh, smile and being the life of the party. Luke Weichbrod—Rory’s older brother, reflected on his extroverted sibling who had a bright future ahead of him.

“He really enjoyed playing the guitar. He taught himself when he was a teenager and continued to play the guitar regularly and sing a little bit as well,” Luke said, recalling happier times.

Rory was a Silver Spring, Maryland resident who was finishing up his college degree part-time in the evenings and working full-time as a fine wine sales representative when an unthinkable situation occurred in 2010. After celebrating a friend’s birthday, Rory planned to spend the night at a friend’s house. Along with a friend, Rory walked across Rockville Pike after taking the last train from D.C. around 3 a.m.

“Rory and his friend had stopped at the crosswalk. Then, seven seconds after entering the crosswalk, they were struck and killed by a speeding drunk driver that was going 76 miles an hour down the road in a 40 mile per hour zone,” Luke said.

Adam Hosinski was Rory’s friend who was pronounced dead at the scene. Luke explained that Rory was taken to a local hospital because paramedics who arrived at the scene believed that he had a chance to survive. By the time the Weichbrod family arrived at the hospital, their loved one had passed away. Despite the preventable and unfortunate incident, Rory was able to bless others in need. The young man who had been injured badly elected to become an organ, eye and tissue donor since the time he became a licensed driver at the age of 16.

“It was something our dad had imparted on us, for me as well, to be a donor when I was of age to get my driver’s license. Your body is yours while you’re here. If something were to happen, you could help other people. That’s one thing about Rory being so young [when the crash occurred]. He had young organs and young tissue. All that could go to someone who could really use it,” Luke said. “That really gave us some solace and peace.”



Rory Joseph Weichbrod on his 26th birthday.



(L-R): Rory Weichbrod, Gretchen Weichbrod, Kathleen Weichbrod, Erin (Weichbrod) Carrillo, Raul Carrillo, Robert Weichbrod and Luke Weichbrod in 2008 during Erin’s wedding. Rory is one of Erin’s brothers. Photos courtesy of the Weichbrod family.

To the best of Luke’s knowledge, skin grafts and Rory’s corneas were able to be used. Luke said that he became loosely affiliated with Donate Life Maryland, which is the state-authorized nonprofit organization that strives to save and enhance lives through registering organ, eye and tissue donors, about a week after Rory was killed. A basket of Donate Life wristbands and pins were left on his family’s doorstep.

“I wore that bracelet every single day for at least eight or so years. I didn’t ever take it off. It broke one time and luckily, I had a replacement,” Luke said.

He recently joined Donate Life Maryland’s board of directors. Before then, Rory J.

Weichbrod Unfinished Business, Inc. was a foundation that Rory’s family decided to establish because his life was cut short by a horrible and traumatic event. Their partial aim is to remember Rory, promote responsible alcohol use and to raise public awareness about the dangers of impaired driving to help prevent similar tragedies. Luke serves as the nonprofit’s volunteer executive director.

Through Rory J. Weichbrod Unfinished Business, Donate Life Maryland wristbands have been given away at charity events. In 2012, a scholarship program began through Rory’s nonprofit. The awards primarily benefit youth from 12-15 years of age.

Messages that Luke shares about his brother’s legacy have a positive impact.

“It’s uplifting to find a positive out of something so negative. This pain that my family and I have can be bettered by people that know about Donate Life Maryland, that know that their organ and tissue donation can have a great impact to better someone else’s life after the passing of someone,” Luke said.

He reminded that being an organ, eye or tissue donor can potentially save and benefit the lives of many people.

Each donor potentially can “save up to 8 lives through organ donation and up to 75 lives through tissue donation,” per information that was provided on Donate Life Maryland’s website.

“I think too often people think, ‘To be an organ donor, I need to donate a lung or kidney or something like that,’ but through skin grafts and other tissues, there’s really a vast amount of ways that someone can help through donation,” Luke said. “I think it’s just a remarkable thing to do for your fellow man.”

Please visit <https://www.rorysunfinishedbusiness.org> to learn more about Rory J. Weichbrod Unfinished Business, Inc. Register to become an organ, eye and tissue donor in Maryland via <https://register.donatelifemaryland.org>.



Ronnie Stanley Photo credit: Tommy Gilligan of USA Today Sports

“Stanley attempted to make a return in 2021, but he landed on injured reserve once again almost a year later when he had to undergo season-ending ankle surgery.”

Ravens Ronnie Stanley Looks Forward to No Rehab Offseason

SPORTS

By Tyler Hamilton

Baltimore Ravens left tackle Ronnie Stanley’s career took a big hit on November 1, 2021 when he suffered a severe ankle injury against the Pittsburgh Steelers. He was carted off the field and done for the season. Stanley attempted to make a return in 2021, but he landed on injured reserve once again almost a year later when he had to undergo season-ending ankle surgery.

Last season was somewhat of a success because Stanley played 11 games and ended the year healthy. Finishing the year injury free was a major win for Stanley because now he’ll enter the offseason without having a rehab on his shoulders.

“This is as good as I’ve felt since 2019, preseason 2020,” Stanley said during minicamp. “I’m very thankful for the opportunity to be able to come into this season healthy. I definitely don’t take it for granted knowing the past couple of years how hard it is just to get back in the game. So, to be able to start a whole

new season feeling good is ... I’m very thankful for.”

Stanley said 80% of his time the last couple of seasons was focused on rehab while the other 20% was spent on training. Now he’s able to devote most of his time to getting stronger and building more endurance. The focus is on becoming the best athlete he can. Stanley wants to get back to the player he was before the injury. That’s when he was named to the Pro Bowl and a first-team All Pro.

Stanley wasn’t at OTAs in April and

May. That’s nothing new. He has always made it a habit to train on his own. With OTAs and minicamp in the rearview mirror, Stanley is turning his attention to offseason work. The training included low impact activities like working out in the sand.

When the Ravens report to Owings Mills for training camp in July, Stanley will be ready to start working towards another Pro Bowl season. More importantly the Ravens are looking to get back to the Super Bowl. Stanley could be a big part of that.



Jackie Jackson
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CELEBRATE SUMMER AT JOURNEY OF FAITH CHURCH



Hello, my dear friends,

I hope that all is well with you and your family this week. We are going to start off this week by telling you about celebrating summertime at the Journey of Faith Church, located at 7902 Liberty Road in Windsor Mill, Maryland. The events are outdoors but may take place indoors if it rains. On Friday, June 23, 2023, Jazz on the lot featuring Café Red from 6-9 p.m. will be available for your enjoyment. Bring your folding chair and listen to an evening of live jazz. A food truck will be on-site. On Saturday, June 24, 2024, a flea market will be held from 8 a.m. to 1 p.m. with a variety of items for sale from all sorts of vendors. Outdoor worship services will be held on Sunday, June 25, 2023 starting at 10:30 a.m. For more information, call 410-655-5250.

Vinca Farm & Stable & Tomorrow N Training presents their First Annual Two-Day Fundraiser Event, Save The Children on Saturday, June 24, 2023 from 2-9 p.m. at 8523 Dogwood Road, located at Windsor Mill in Maryland. Featured entertainment will be the Craig Alston Syndicate with “Your Girl Cheryl” as the hostess on Sunday, June 25, 2023. STEM Community Day will be held from 2-5 p.m. It is free and open to the public. For more information, call 410-240-7770.

Councilman Antonio Glover will host the District 13 2nd Annual Jazzy District Night Out with live music. Bring your lawn chairs and enjoy the fun that will be free for family and friends on June 23, 2023 from 7-10 p.m. at Eager Park, located at 900 N. Wolf Street in Baltimore, Maryland. Food and vendors will be available on-site. For more information, call 443-839-3319.

Faison’s DipNic’s adult event theme “Halloween in June,” will take place this year on Sunday, June 25, 2023 from noon until 8 p.m. The all-day party will include costume fun, a disco, live entertainment and free parking. Bring your own folding chairs, picnic tables, tents, grills, charcoal, lighter fluid and any concert gear you need. This event is BYOB and BYOF. The live entertainment will include the group called Style, with their band, BADD- - Kimberly, Chanel Marie, Mike Lewis and Ronnie as the master of ceremony. The event also includes a costume contest complete with prizes for the best male costume and best female costume. Dressing rooms will be available. A scenic lake, pavilion, fishing and hiking opportunities will be available for your enjoyment.

This is a reminder to check out the comedian, Ms. Maybelle’s Show that can be heard on WOLB 1010 AM every Monday at 11 a.m. with local news, lots of laughs, entertainment and community updates. You can call in at the station via 410-481-1010.

Before I leave you, I expect to see each one of you at my music event that will be held at the Avenue Bakery Courtyard on Saturday July 1, 2023 from 4-7 p.m. featuring Greg Hatza ORGANization. It is called “Matinee @ The Royal.” Bring your own folding chairs. Food and drinks will be on sale. I will be conducting a book signing and serving as the mistress of ceremony. Free admission. Vendors are needed. For more information, call 410-833-9474 for applications.

I look forward to seeing you somewhere this week. Enjoy yourselves, stay safe and have a blessed week.

Remember, if you need me, call me at 410-833-9474, or email me at rosapryor@aol.com. UNTIL THE NEXT TIME, I’M MUSICALLY YOURS.



1 . Gary Grainger, bassist; along with Brad Collins on sax and performing vocals; Sam Prather on keys and performing vocals; John R. Lamkin III on drums; and Bryan Fox, performing vocals will set the stage on fire at the Caton Castle, located 20 S. Caton Avenue in Baltimore while celebrating The Sounds of Soul and R&B on Saturday, June 24, 2023 at 6 p.m. See you there!



2 . Shirley Duncan’s Swing Dancers Group was comprised of the first swing dancers to give a dance performance at the Harriet Tubman Cultural Center.



3 . Charles Faison’s DipNic will be on again with Iceman as the master of ceremony on Sunday, June 25, 2023 at noon until 8 p.m. at Danele Shipley Memorial Arena, located at Carroll County Agricultural Center, 706 Agriculture Center Drive in Westminster, Maryland, with the theme “Halloween in June.” Come to the adults only picnic ready to enjoy costume contests and a chance to disco.



4 . Craig Alston Syndicate will perform at the Vinca Farm & Stable’s First Annual two-day fundraiser event on Saturday, June 24, 2023 from 2-9 p.m., located at 8523 Dogwood Road in Windsor Mill, Maryland. For more information, call 410-240-7770.

Legal Notice

**CITY OF BALTIMORE
DEPARTMENT OF PUBLIC WORKS
OFFICE OF ENGINEERING AND
CONSTRUCTION
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 **WATER CONTRACT NO. W.C. 1229R-Rehabilitation of Vernon Pumping Station** will be received at the Office of the Comptroller, Room 204 City Hall, Baltimore, Maryland until 11:00 A.M. on **August 2, 2023**. Positively no bids will be received after 11:00 A.M. Bids will be publicly opened by the Board of Estimates and can be watched live on CharmTV's cable channel 25/1085HD; charmtvbaltimore.com/watch-live or listen in at (443) 984-1696 (ACCESS CODE: 0842939) from City Hall at Noon. The Contract Documents may be examined, without charge, at Contract Administration 4 South Frederick Street Baltimore, Maryland 21202 on the 3rd floor (410) 396-4041 as of **June 23, 2023** and copies may be purchased for a non-refundable cost of **150.00**. **Conditions and requirements of the Bid are found in the bid package.** All contractors bidding on this Contract must first be prequalified by the City of Baltimore Contractors Qualification Committee. Interested parties should call (410) 396-6883 or contact OBC at 4 S Frederick St., 4th Floor, Baltimore, MD 21202. **If a bid is submitted by a joint venture ("JV"), then in that event, the document that established the JV shall be submitted with the bid for verification purposes.** The Prequalification Category required for bidding on this project is **E13003 Water and/or Sewer Treatment Plants and Pumping Station**. Cost Qualification Range for this work shall be **\$50 Million to \$60 Million**.

A "Pre-Bidding Information" session will be conducted via Microsoft Teams, Meeting ID 253 963 645 977 Passcode mhMy9N. Vendor can call 1 347-966-5528 Phone Conference ID 218 950 967# on **July 5, 2023 at 10:00 AM**. For any Pre-bid questions, please contact Mr. Farid Sikander at farid.sikander@baltimorecity.gov Deadline for Contractor questions shall be submitted (In Writing Only) by July 12, 2023 to Latonia.Walston@baltimorecity.gov

Legal Notice

and Farid.Sikander@baltimorecity.gov
To purchase a bid book, please make an electronic request at:
[https://publicworks.baltimorecity.gov/dpw-construction-projects-notice-letting and _ dpwbidopportunities@baltimorecity.gov](https://publicworks.baltimorecity.gov/dpw-construction-projects-notice-letting-and-dpwbidopportunities@baltimorecity.gov). For further inquiries about purchasing bid documents, please contact the assigned Contract Administrator Latonia.Walston@baltimorecity.gov

Principal items of work for this contract include, but are not limited to:

Complete replacement of the existing pumps and motor (3 pumps).
Complete replacement of suction and discharge piping, including new discharge piping header.
Construction of utility tunnel underneath I-83.
Construction of water mains that require excavation near edge of earthen dam.
Construction of 48-inch/42-inch overflow drains.
Construction of an Emergency Generator pad with standby generator.
Existing Pumping Station building architectural, structural, and civil upgrades.
Replacement of Existing valves and valve vaults.
Installation of new valves and valve vaults.
Installation of three retaining walls.
HVAC, instrumentation, and electrical improvements.

This project includes U.S. Environmental Protection Agency (EPA) Water Infrastructure Finance and Innovation Act (WIFIA) Loan Funding.

The MBE goal is **27%**
The WBE goal is **10%**

APPROVED:
Clerk, Board of Estimates

APPROVED:
Jason W. Mitchell
Director
Department of Public Works

Legal Notice

**CITY OF BALTIMORE
DEPARTMENT OF PUBLIC WORKS
OFFICE OF ENGINEERING AND
CONSTRUCTION
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 **WATER CONTRACT NO. 1439-Repaving Utility Cuts and Sidewalk Restoration at Various Locations** will be received at the Office of the Comptroller, Room 204 City Hall, Baltimore, Maryland until 11:00 A.M. on **July 19, 2023**. Positively no bids will be received after 11:00 A.M. Bids will be publicly opened by the Board of Estimates and can be watched live on CharmTV's cable channel 25/1085HD; charmtvbaltimore.com/watch-live or listen in at (443) 984-1696 (ACCESS CODE: 0842939) from City Hall at Noon. The Contract Documents may be examined, without charge, at Contract Administration 4 South Frederick Street Baltimore, Maryland 21202 on the 3rd floor (410) 396-4041 as of **June 23, 2023** and copies may be purchased for a non-refundable cost of **100.00**. **Conditions and requirements of the Bid are found in the bid package.** All contractors bidding on this Contract must first be prequalified by the City of Baltimore Contractors Qualification Committee. Interested parties should call (410) 396-6883 or contact OBC at 4 S Frederick St., 4th Floor, Baltimore, MD 21202. **If a bid is submitted by a joint venture ("JV"), then in that event, the document that established the JV shall be submitted with the bid for verification purposes.** The Prequalification Category required for bidding on this project is **A02602-Bituminous Concrete Paving**. Cost Qualification Range for this work shall be **\$5,000,000.01 to \$10,000,000.00**.

A "Pre-Bidding Information" session will be conducted via Microsoft Teams. Vendor can call 443-984-1696 Passcode: 9926361 on **June 30, 2023 at 10:00 AM**.

To purchase a bid book, please make an electronic request at:

[https://publicworks.baltimorecity.gov/dpw-construction-projects-notice-letting and _ dpwbidopportunities@baltimorecity.gov](https://publicworks.baltimorecity.gov/dpw-construction-projects-notice-letting-and-dpwbidopportunities@baltimorecity.gov). For further inquiries about purchasing bid documents, please contact the assigned Contract

Legal Notice

Administrator
Doreen.diamond@baltimorecity.gov

Principal items of work for this contract include, but are not limited to:

Prepare as required and repave, utility cuts performed by others, with bituminous concrete or Portland cement concrete, milling and resurfacing, and installation of pavement markings, within Baltimore City Streets, alleys, and roadways.
Restoration of various size and types of concrete and masonry sidewalks, replacement of concrete curb, combination curb and gutter, and monolithic medians, at various locations in Baltimore City.

The MBE goal is **20%**
The WBE goal is **7%**

APPROVED:
Clerk, Board of Estimates

APPROVED:
Jason W. Mitchell
Director
Department of Public Works

Legal Notice

NOTICE TO BID

Minority Subcontractor/Supplier Schummer, Inc. seeking Certified Minority Subcontractors for: Queen Anne County, Southern Kent Island Sanitary Project-Phase 3, Septic Tanks & Effluent Pumps. Prevailing wages apply. Bids due in our office July 20, 2023. Certified MBE's & WBE's for: Pre-cast Tanks, Electrical, Pipe, Concrete, Excavation, Paving, Pipe-laying, Plumbing, Aggregates, Septic Hauling, and Trucking. Fax quotes to: 410-798-1709 or email: schummerinc@aol.com For more information and contract documents call 410-956-8080.

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