

# *The Annapolis Times*

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## Nonprofit Leader Shapes Global Citizens Through Travel



*(L-R) Prince Twum Dwobeng, Sharif Samed, Fredrick Yenutie and Yussif Salisu hold up bags of rice. Bags of rice and oil were provided last December to students in Ghana from United States based nonprofit Expanding Boundaries International, Inc. founded by Ghanaian Leticia Ababio Nortey. (See article on page 8 ) Photo credit: Yahya Seidu*

# Honorable Discharges for 110 Buffalo Soldiers Convicted in Aftermath of 1917 Houston Riots

By Stacy M. Brown

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Army Secretary Christine Wormuth formally gave the greenlight to overturn the court-martial convictions of 110 Black soldiers from the 3rd Battalion, 24th Infantry Regiment, popularly known as the Buffalo Soldiers. The Army said in a news release that officials made the decision based on a suggestion from the Board for Correction of Military Records and to atone for the unfair treatment of soldiers after the 1917 Houston Riots. “After a thorough review, the Board has found that these Soldiers were wrongly treated because of their race and were not given fair trials,” Secretary

Wormuth stated. “By setting aside their convictions and granting honorable discharges, the Army is acknowledging past mistakes and setting the record straight.” The Houston Riots, which erupted on August 23, 1917, stemmed from racial tensions and provocations against members of the 24th Infantry Regiment. The catalyst for the riots was the violent arrest and assault of two Black Soldiers, leading to a group of 110 soldiers seizing weapons and marching into the city. Clashes ensued, resulting in 19 deaths. The subsequent trials of the soldiers were marred by irregularities, according to historians, culminating in the largest mass execution of American Soldiers by the U.S. Army. The Army’s immediate regulatory change, prohibiting future executions without proper review,



Photo courtesy of nnpa.org

followed the initially secretive executions. The South Texas College of Law, in October 2020 and December 2021, petitioned the Army for a review of the court-martial. Retired general officers also submitted petitions requesting clemency for the soldiers. “We cannot change the past; however, this decision provides the Army and the American people an opportunity to learn from this difficult moment in our history,” Under Secretary of the Army, Gabe Camarillo, said in the release. At the Secretary’s request, the Army Board for Correction of Military Records meticulously reviewed records related to the court-martial cases, officials affirmed. The unanimous decision was that significant deficiencies permeated the proceedings, rendering them fundamentally unfair. The board recommended setting aside all convictions and characterizing the soldiers’ military service as “honorable.” Deputy Assistant Secretary of the Army for Review Boards Michael Mahoney, overseeing the review, agreed with the decision. “With the support of our experts, our dedicated Board members looked at each record carefully and came up with our best advice to Army leaders to correct a miscarriage of justice,” Mahoney added. The U.S. Department of Veterans Affairs said it actively supports family members affected by the correction of records, offering assistance upon receipt

of the amended documents. “It is a long time coming, but it is justice that is finally achieved,” John Haymond, a historian, told the New York Times, which reported that the Army acted after it received a petition requesting clemency for the soldiers that had been written by Haymond and Dru Brenner-Beck, a lawyer. The duo cited trial transcripts and other records to show that the soldiers had been denied due process and other basic rights. “This isn’t a political action. This is the Army internally fixing a problem that was the Army’s problem 106 years ago,” Haymond asserted. Family members of the 110 Soldiers may be entitled to benefits, and guidelines for applying to the Army Board for Correction of Military Records can be found at <https://arba.army.pentagon.mil/abcmr-app.html>. Online applications can be submitted at <https://arba.army.pentagon.mil/online-application.html> or through mail to Army Review Boards Agency (ARBA), 251 18th Street South, Suite 385, Arlington, Virginia 22202-3531. Applications should include documentation proving a relationship to one of the 110 formerly convicted soldiers. Family members and interested parties can request a copy of the corrected records from the National Archives and Records Administration, following the NARA Archival Records Request procedures at <https://www.archives.gov/veterans/military-service-records>.

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Jayne Hopson  
*Courtesy Photo*

## By Jayne Hopson

With Thanksgiving a few days away, families across the country are happily anticipating one of America's greatest traditions. After gathering around the table and giving thanks, the real work of the day begins. Millions will pile high dinner plates and eat their biggest meal of the year.

From a wellness perspective, overeating is the most obvious concern of holiday meals. However, guests with diabetes face additional risks to their health at Thanksgiving. The challenge of eating and staying well can be addressed with careful planning and making mindful choices. The Food and Drug Administration (FDA) offers ways diabetics can enjoy the holidays while keeping their blood sugar levels in check:

**Plan Ahead:** Before holiday gatherings, communicate with your host or family about your dietary needs and preferences. Plan your meals and snacks in advance to ensure they fit within your recommended carbohydrate and calorie limits.

**Monitor Blood Sugar:** Continue to monitor your blood sugar levels regularly, especially during the holiday season, to stay on top of any fluctuations.

## 16 Ways to Manage Diabetes at Holiday Meals



*Shutterstock*

**Make Smart Carbohydrate Choices:** Be mindful of portion sizes and choose complex carbohydrates with a lower glycemic index, like whole grains, legumes and vegetables. Limit your intake of refined carbohydrates and sugary foods and drinks.

**Stay Active:** Incorporate physical activity into your holiday routine. Go for a walk, play active games, or join a family activity to help manage your blood sugar levels.

**Balance Your Plate:** Fill half your plate with non-starchy vegetables, one-quarter with lean protein and one-quarter with carbohydrates (preferably whole grains or starchy vegetables).

**Choose Lean Proteins:** Select lean sources of protein like turkey, skinless poultry, lean cuts of meat, fish, and plant-based protein options.

**Watch Portions:** Use smaller plates and utensils to help control portion sizes. Avoid going back for seconds and be mindful of portion control when serving yourself.

**Limit Sugary Drinks:** Be cautious of sugary beverages like soda, fruit juices, and cocktails. Opt for water, sparkling water, or unsweetened beverages instead.

**Monitor Alcohol Intake:** If you choose to consume alcohol, do so in moderation and be aware of its impact on blood sugar levels. Avoid sugary cocktails and mixers.

**Stay Hydrated:** Drink plenty of water throughout the day to help control your appetite and stay hydrated.

**Manage Stress:** The holidays can be stressful. Practice stress-reduction techniques such as deep breathing, meditation, or yoga to help keep your blood sugar levels stable.

**Have a Support System:** Share your diabetes management goals with friends and family, so they can provide support and understanding during holiday gatherings.

**Don't Skip Meals:** Skipping meals can lead to overeating later in the day. Stick to your regular meal schedule as much as possible.

**Be Mindful:** Pay attention to hunger and fullness cues. Eat slowly and savor each bite to avoid overeating.

**Enjoy Desserts in Moderation:** If you want to indulge in desserts, choose smaller portions and share with others. Consider sugar-free or reduced-sugar dessert options.

### Gluten-Free Vegan Chocolate Cake

#### Ingredients:

1 1/2 cups gluten-free all-purpose flour  
1 cup granulated sugar  
1/3 cup unsweetened cocoa powder  
1 tsp baking soda  
1/2 tsp salt  
1 cup water  
1/3 cup vegetable oil  
1 tsp pure vanilla extract  
1 tbsp apple cider vinegar

#### Directions:

Preheat your oven to 350°F (177°C) and grease an 8-inch round cake pan.

In a large mixing bowl, whisk together the gluten-free flour, sugar, cocoa powder, baking soda, and salt.

In a separate bowl, combine the water, vegetable oil, vanilla extract, and apple cider vinegar.

Pour the wet ingredients into the dry ingredients and mix until well combined.

Pour the batter into the prepared cake pan and bake for 30-35 minutes or until a toothpick inserted into the center comes out clean.

Allow the cake to cool completely before frosting. You can make a simple dairy-free chocolate ganache by melting dairy-free chocolate chips with coconut cream or almond milk until smooth, then spread it over the cooled cake.

Speaking of desserts, if you are considering preparing and sharing a sugar-free or reduced sugar dessert, a gluten-free vegan chocolate cake recipe option is provided below. As prepared, following this recipe, it can also be enjoyed by guests with various food allergies. This recipe is free from common allergens like nuts, dairy, eggs and gluten.

## New Books Address Grief

# Holiday Grief is Not Just an Adult Experience, Children Hurt Too

By Andrea Blackstone

When grief strikes, emotions may shift from happiness to sadness, especially during the holiday period.

The CDC reports, “Grief is a response to loss, which can be caused by many things, such as the death of a loved one, losing a job, getting divorced or going through other major life changes.”

Children are sometimes forgotten as time fades after a grief-giving experience occurs. Although Children’s Grief Awareness Day was Thursday, November 16, 2023, many people may not yet know that it exists. However, children need support to process losses in a healthy way, just as many adults do.

“Children’s Grief Awareness Day is an opportunity to make sure that grieving children receive the support they need,” according to [www.childrensgriefawarenessday.org](http://www.childrensgriefawarenessday.org).

Marceia Cork, the owner of The Good Grieve LLC, holds certifications as a change practitioner and grief recovery specialist.

“Grief support looks different based on the provider and the modalities, but a grief support specialist is someone who is trained to provide emotional support to people who are experiencing loss,” she said.

Grief is often associated with a response to death. Cork further explained that when a parent loses a spouse, a child loses a parent.

“We support the adult for a time. We bring meals. We call the adults. The adult may get bereavement leave from work, but the child gets awkward smiles and ‘be strong for mommy or daddy,’ and gets sent back to school and activities to carry on because ‘kids are so resilient!’”

Matters such as being a military child who leaves friend groups behind, a child knowing that he or she has a learning difference, feeling neglected by a parent,

a parent getting married, or family members moving can lead to grief, too.

Cork also said, “Again, children experience life alongside our adults—their breakups, a foreclosure, that job loss. Their drug and alcohol abuse in the home—all these things affect the child, too. And then the child has to go back to school and pretend that everything is fine and not point out those disparities at home.”

Overlooked issues connected with grief and children can even include dealing with food insecurity at home, during a season when the nation is talking about harvesting and feasting. Children who experience financial insecurity when other children around them talk about what they will receive as holiday gifts can also affect young people, according to Cork.

“Children are acutely aware of the differences in their home life compared to others, and they quickly learn—even more so in some cultures where children are taught to protect family secrets—that this is personal and they are to keep quiet about it. And they miss their loved ones during the holidays as well!”

Cork, the creator of the proprietary Good Grieve framework, authored “The Good Grieve: A guide for exploring what life can look like after loss, trauma, and hardship for adults,” and “My Good Grieve: A youth’s guide to navigating loss, trauma, and hardship... the good way!”

“My books release on Thursday, November 16, 2023, on National Children’s Grief Awareness Day. That was important to me because it’s a way of giving visibility to children’s grief in particular as we tend to begin focusing on adult grief and loneliness during the holidays. Let’s get children’s grief on the radar as well,” Cork said.

The Odenton, Maryland-based expert offers in-person and virtual grief



**Marceia Cork**  
Courtesy photo

support sessions nationwide for schools and businesses. Many of Cork’s clients have come to her while also going to traditional therapy, but Cork does not work with children directly.

She added, “Instead, I teach the adults in their lives—parents and caregivers, school faculty and staff—how to support young griever and help them navigate the workbook. In sessions with families, I coach the parents as they support their children or during their sessions with me, I’ll coach the parent for repeating the exercises at home with their children.”

She further explained that children will not often have enough lived experiences or the vocabulary to communicate their feelings.

“So, children will typically mirror and absorb the way the adults around them respond to a life event or conflict,” Cork said.

Cork’s workbook for children can be utilized by youth as young as nine years old up to 18 years old.

“Younger children can work alongside an adult to assist families with embarking on a path for healthy conversations and coping skills as they navigate grief together,” Cork said.

Learn more about Cork’s books via [www.goodgrievebooks.com](http://www.goodgrievebooks.com) and <https://amzn.to/3spjANi>.

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# Giving Back on the Turf During the Holiday Season

## Ravens, GEHA Hosts Youth Football and Military Combine, Nonprofits Get a Financial Boost

By Andrea Blackstone

On the afternoon of Monday, November 6, 2023, the Baltimore Ravens and partner GEHA (Government Employees Health Association, Inc.) held a lively event at the Navy-Marine Corps Memorial Stadium, located in Annapolis, Maryland. The Baltimore Ravens' annual Youth Football and Military Combine allowed children to become stars on the turf, while experiencing NFL-style football drills with a military twist.

"Teamwork!" energetic participants screamed after the blow of a whistle.

GEHA, which is headquartered in Lee's Summit, Missouri, is a nonprofit member association that provides medical and dental benefits to federal employees and retirees, military retirees and their families.

The NFL's Salute to Service and PLAY 60 campaigns also had a crucial role in the recent event.

"Salute to Service represents the NFL's unwavering dedication to honoring, empowering, and connecting with our nation's service members, veterans and their families," said Charlie Kirksey, Vice President of Sales at GEHA.

He also stated that for more than 15 years, the NFL PLAY 60 initiative has been the League's national Youth Health and Wellness platform to empower youth to get physically active for at least 60 minutes a day and encourage a healthy lifestyle.

Young people had fun making memories on the heels of the Ravens win against the Seattle Seahawks on Sunday, November 5, 2023.

There was no shortage of smiles or the Ravens purple color. Players helped to lead participants while emphasizing the importance of physical activity in their everyday lives.

"Ravens players, including running backs Keaton Mitchell and Owen Wright, tight end Travis Vokolek, offensive tackle



*Folds of Honor, Dolly Parton's Imagination Library and Tragedy Assistance Program for Survivors (TAPS) were each presented \$10,000 checks to support military families by GEHA during the Baltimore Ravens Youth Football and Military Combine, Monday, November 6, 2023, at Navy-Marine Corps Memorial Stadium in Annapolis, Maryland. The Baltimore Ravens*

Morgan Moses and wide receiver Laquon Treadwell, joined the Baltimore Ravens mascot, Poe, and the Ravens lead football instructor Tom LaNeve to help lead youth participants," Kirksey said.

He added, "About 150 children from the DMV area showed up to participate. Most of the kids have family members who are serving in the military or have in the past."

According to Kirksey, pre-registered youth participants were ages five to 15. The Ravens reportedly extended invitations to local community groups within the team's database. They previously participated in a Ravens-led event or have inquired about participation. Invitations were also shared by word of mouth.

The event added a dash of giving back monetarily.

GEHA committed to supporting military families with donations that consisted of Folds of Honor, Dolly Parton's Imagination Library and Tragedy Assistance Program for Survivors (TAPS). During the event, each nonprofit received a check from GEHA for \$10,000 to support military families.

GEHA's philanthropic focus is on health equity, particularly around the unique needs of military veterans and their families. Support includes: mental health and suicide prevention; oral healthcare; art therapy; transitional and permanent housing; substance abuse recovery; services for the caregivers of military families; and other support has been provided.

Kirksey also said, "The \$30,000 donation (\$10,000 going to each organization separately) will have a significant impact on Folds of Honor, Dolly Parton's Imagination Library and the Tragedy Assistance Program for Survivors (TAPS), specifically benefiting military families. This contribution will help these organizations continue their invaluable work in providing support, education, and assistance to those who have served and their loved ones. The funds will directly contribute to enhancing the lives of military families, ensuring that they receive the care and resources they deserve."

Kirksey also explained that Folds of Honor provides scholarships to the spouses and children of America's fallen



*A participant runs Ravens-style football drills during the Baltimore Ravens Youth Football and Military Combine, sponsored by GEHA, on Monday, November 6, 2023, at Navy-Marine Corps Memorial Stadium in Annapolis, Maryland.*

*The Baltimore Ravens*

or disabled military. Recipients, chosen from the DMV area, each are provided with a \$5,000 scholarship toward their education.

Another recipient, The Dolly Parton Imagination Library of Annapolis, Maryland promotes early education and reading by providing one free book per month to all enrolled children from birth to age five.

"This \$10,000 gift is focused on expanding the program to impact families at the U.S. Naval Academy and Fort Meade," Kirksey said.

TAPS provides comprehensive care and mental health support services to those grieving the death of a military or veteran loved one. The \$10,000 gift will go directly toward survivor programs.

Kirksey further stated that GEHA is consciously giving grant support to a critical market that intersects with their members.

"GEHA is dedicated to its community's health and wellness, not just in November, but every day," Kirksey said.

For more information about GEHA's community involvement, visit

<https://www.geha.com/en/why-geha/our-story/commitment-to-our-community>.

# 2023 Thanksgiving Events in Baltimore



Individuals or families who are seeking food can reach out to organizers of two upcoming events that have been provided below. Additionally, Christmas Village in Baltimore will be opening on November 18, 2023.

A **turkey giveaway** hosted by Money Jake will be held on November 18, 2023 from 1-3 p.m. at 3720 Pontee Street in Baltimore, Maryland (Gargolas Lounge). The distribution of 100 turkeys and 100 hot meals is first come, first served. Canned goods we will given away. A volunteer will provide haircuts. Food donations can be made from 12- 1 p.m. No registration is required. Confirm details by calling Ja'Nai Michelle at 443-454- 4847.

**The Salvation Army & Jameel McClain's 53 Families Foundation** will be hosting the 13th Annual

53 Families Thanksgiving Dinner Event at The Baltimore Convention Center, located at 1 West Pratt Street Baltimore, Maryland on Tuesday, November 21, 2023 from 4 – 8 p.m. It will feature former Baltimore Raven, Jameel McClain and some current players from the team. The family event will include children's activities and a delicious Thanksgiving Dinner. Tickets are **free but required**.

Guests, including children of any age, must be registered and present their ticket for admission. Organizers recommend that a parent or guardian register themselves and each child guest under the same email address. Tickets will be emailed to enable attendees to present them in paper form or electronically on their device.

Free parking will reportedly be available with **free** shuttle bus service from LOT O located at the corner

of Ostend and Ridgely Streets near M & T Bank Stadium. Organizers advise riders to please be prepared to present tickets to their bus attendant when boarding the shuttle.

Guests who prefer paid parking have options within one block of the Convention Center at The Sheraton Public Parking Lot located on Conway Street between Charles Street & Sharp Street; The Sheraton Inner Harbor Parking Garage located at the corner of Charles and Conway Streets; LAZ Parking located at 401 S Charles Street. Organizers request parkers to please use the Sharp Street Entrance to The Convention Center.

Please visit <https://www.eventbrite.com/e/14th-annual-53-families-thanksgiving-dinner-event-tickets-717851351717> to obtain more information.

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## Support Needed for Students to Gain Cross-Cultural Experiences From Baltimore to Ghana

By Andrea Blackstone

Leticia Ababio Nortey, founder and executive director of a nonprofit called Expanding Boundaries International, Inc. (EBI), was born in Ghana.

“My parents moved here in the eighties, but I joined them in 2002 to start high school at the age of 15,” Nortey said.

Ahead of Thanksgiving, Nortey reflected on growing up in the vibrant culture of Ghana where food served as a powerful unifying community force.

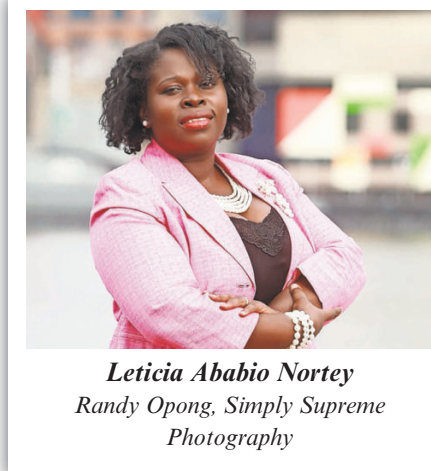
“Regardless of religious affiliation, whether it was Christmas or Easter for Christians, or Salat for Muslims, the neighborhood would be filled with the tantalizing aroma of a variety of dishes. This shared experience of food transcended all barriers of faith and tradition, binding us together in a tapestry of communal harmony,” Nortey said.

As a newcomer in America, Nortey was introduced to the Thanksgiving tradition and its power of bringing people together. She currently has a tradition of cooking jollof rice and sharing it with some of her community friends, their families and hosting international food tastings in December to bring her community together.

In a time when the importance of unity and tolerance are greatly needed, Nortey’s cultural experiences may remind us that we can learn from each other, regardless of cultural origin.

She used a computer for the first time in the United States and later became an Information Security Analyst, after graduating from Morgan State University in 2010. However, Nortey did not keep her cross-cultural experiences all to herself.

“My journey to starting Expanding Boundaries International (EBI) began in 2008 when I first traveled to China as a first-generation African student. I was among the first few students who embarked on a study abroad journey at



Morgan State,” Nortey said.

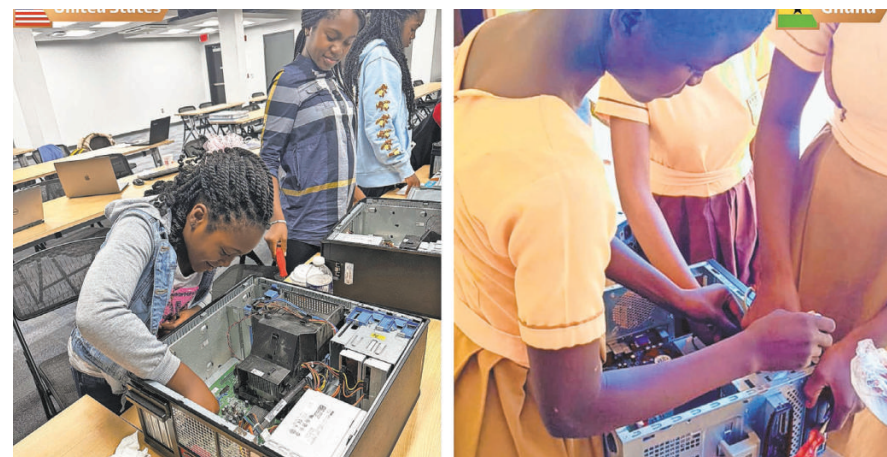
Upon her return from international travel and a cross-cultural experience, a follow-up project from a Gilman International Scholarship led her to discover a need to break the stigma surrounding studying abroad, particularly among minority communities.

“I was surprised by how many people felt that such an experience was beyond their reach simply due to misconceptions or societal embargoes. It was this realization that planted the seed for EBI,” Nortey said.

EBI’s mission is to empower future generations to have equitable access to cross-cultural and technological education through Science, Technology, Engineering, Arts and Mathematics (S.T.E.A.M.) activities. Services are provided to youth aged 10 and older.

“I feel incredibly fortunate and deeply humbled to have the opportunity to serve our vibrant community and the promising youth of Ghana. It fills me with immense satisfaction and gratitude to be able to open doors for these young minds, exposing them to a wealth of cultures from around the globe, with a special emphasis on the rich tapestry of African heritage.”

Isaac Duong Naah, 18, resides in Ejura in the Ashanti region of Ghana. EBI



**Team USA’s students Ramah, Naimah and Amira Olaniyi-Yusuf and students in Ghana participate in a STEAM Exchange while learning about the anatomy of a computer system. (USA picture) Olaniyi Yusuf (Ghana) Raymond Tefe**

helped him to learn coding, cyber security, cyber ethics and strengthened his public speaking skills.

EBI also offers a STEAM Exchange Program that incorporates project-based learning for students in Baltimore City, Baltimore County and Carroll County, Maryland, while allowing them to connect with students in Ejura and Agona in Ghana, Africa. The program launched when EBI learned that youth in Ghana were at home without schooling, due to the pandemic.

“We began engaging them virtually. To do this, we had to provide funds for Internet services and electricity for them to get access to the Internet,” Nortey explained.

Webcams, school supplies, laptops and other STEM learning materials were shipped to them.

“Today, our program serves about 100 students in Ghana and Maryland and 30 educators being trained in Information and Communication Technologies (ICT),” Nortey said.

Dontae L. Ryan, II, a 20-year-old Baltimore, Maryland resident broadened his horizons through EBI.

“EBI also exposed me to the YES Abroad Program that afforded me the opportunity to study abroad in India during my 11th-grade year,” Ryan said.

Cultural exploration tours are designed to expose students to diverse cultures and perspectives. Brenda A. Brown Passport Scholarships, which are named after a professor who inspired Nortey’s love for travel, provide funds for students to apply for their first U.S. passport.

Seven students from Baltimore and seven students from Carroll County will travel with EBI to Ghana for a 10-day Study Tour in June of 2024. EBI has been trying to raise funds for it through <https://givebutter.com/studyabroadfund>.

“However, we face a financial hurdle with a budget set at \$89,000. Your contributions could make a world of difference to each student and volunteer involved,” Nortey said.

Additionally, the 2024 application cycle for passport scholarships will open on February 1, 2024. More information is available via <https://expandingboundaries.org>. Inquire about supporting EBI by emailing [giving@expandingboundaries.org](mailto:giving@expandingboundaries.org).



# Thanksgiving From a Caribbean Point of View

By Dora Weithers

The American Thanksgiving is a meaningful event that every culture should covet, and it is not difficult to find other immigrants who share my Caribbean point of view.

**NOTE:** “Caribbean immigrants may be Black, white, Latino, East Indian, Chinese, Arab, Christian, Muslim, Hindu, etc., thus it is quite difficult to make broad generalizations of this unique group.” —*Palash Ghosh (International Business Times)* This author’s knowledge of Caribbean life is limited to the English-speaking “small islands” labeled Leeward Islands on the map.

**The Food** We enjoy the American cuisine, but that is not the sole attraction of the day. Turkey is not a popular meat in the Caribbean, and the Caribbean people do know how to spread a Thanksgiving feast with a variety of other food items on the menu.

Below is a comparison of foods on the *Kroger* Thanksgiving dinner menu and foods on a Caribbean celebration menu. The comparison is intended only to show that, since the American menu does not have our favorite foods, there must be other attractive features, three of which are the gathering, the significance and the legacy.

## The Gathering

The gathering of family and friends certainly has its appeal for Caribbean people. With or without the presence of food, we share generous amounts of conversation and laughter. On Thanksgiving Day in America, whether or not the gathering is a combination of Americans and Caribbean islanders, there will be a diversity of topics discussed:

- Memories of past events and news of upcoming island events
- The comparison of American and Caribbean life—foods, cost of living.
- Reports of births, marriages, deaths

## THANKSGIVING MENU ITEMS

Menu Item	American Menu	Caribbean Menu
Meat	Turkey and Sliced Ham	Curry Goat and Jerk Chicken
Main Dish	Mashed Potatoes	Rice and Beans
Optional Dishes	Potatoes Au Gratin or Sweet Potato Soufflé	Fried Plantains or Steamed Cabbage
Dessert	Pumpkin Pie	Sweet Potato (Boniat) Pudding

- The difference between football and soccer
- The complexity of American politics
- The opportunities you get only in America

## The Significance

Caribbean individuals (like people elsewhere) offer their prayers of thanks to God on a daily basis, but the formal celebration for Thanksgiving in the Caribbean is usually a religious community affair. It is often in a weekend church service, not in a weekday household event.

In our Thanksgiving Service (Harvest Celebration), people bring healthy samples of their crops and lay them around the church altar. The worship program includes songs, poems, and reflections with a theme of gratitude to God for His blessings on individuals and community. In further expressions of thanks for the harvest, some churches sell the produce after the service to swell the church offering.

*We Plough the Fields and Scatter*, written by Matthias Claudius in 1782 (also known as All Good Gifts), is a regular song on the program. It is interesting that Caribbean people sing the line about snow as enthusiastically as they sing the rest of the song.

### First Verse:

We plough the fields, and scatter / The good seed on the land;

But it is fed and watered / By God’s almighty hand:

He sends the snow in winter, / The warmth to swell the grain,

The breezes and the sunshine, / And soft refreshing rain.



**Goat curry with rice and peas.**  
*ChildofMidnight via Wikipedia Commons*

## Chorus:

All good gifts around us / Are sent from heaven above,

Then thank the Lord, O thank the Lord / For all His love.

After years of singing about snow while only imagining it, it is significant to the Caribbean experience to celebrate the US Thanksgiving in a climate that at least promises snow. The cool temperature and the beautiful fall colors on leaves signal the difference in the weather. After an American Thanksgiving, there is also a difference in the magnitude of our thanks. We include territories both American and Caribbean when we sing in the chorus about “all good gifts around us.”

In the process of counting their blessings, giving thanks to God and to each other, someone is sure to sound a warning for Americans not to take their many blessings for granted.

## The Legacy

The U.S. Thanksgiving on a national level is rooted in the first American Thanksgiving celebrated by the Pilgrims who left Plymouth, England, in 1620 in



**Dora Weithers, author**  
*Courtesy Photo*

search of civil and religious freedom. Following their first Thanksgiving for their bountiful harvest of crops in 1621, other annual celebrations followed. In 1941, the American Congress established the fourth Thursday of each November as a national holiday.

Gratitude to God for the preservation of life, the protection of crops, and the supply of daily sustenance is an American legacy that influences nations all over the world.

According to the Migration Policy Institute (MPI), approximately 4.5 million Caribbean immigrants resided in the United States in 2019, representing 10 percent of the nation’s foreign-born population. Through these immigrants and their children, the American legacy of Thanksgiving passes to Caribbean regions.

Those who return home may not celebrate in the same way as they do in America, but they will still sing with meaning “God Bless America.”

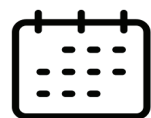
*Dora Weithers is an author from the Caribbean. Her books, Older and Stronger: Spiritual Nourishment for Aging Christians and Purity Circle Workbook can be found at: [https://www.amazon.com/Books-Dora-Isaac-Weithers/s?rh=n%3A283155%2Cp\\_27%3ADora+Isaac+Weithers](https://www.amazon.com/Books-Dora-Isaac-Weithers/s?rh=n%3A283155%2Cp_27%3ADora+Isaac+Weithers).*



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**SATURDAY**  
**NOVEMBER 18, 2023**



**TIME**  
**9:00 AM – NOON**



**East Side**  
**Mount Pleasant**  
**Community Life Center**  
6000 Radecke Avenue  
Baltimore, MD 21206



**West Side**  
**Carver Vocational**  
**Technical High School**  
2201 Presstman Street  
Baltimore, MD 21216



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# GIVE BLACK 4 THE HOLIDAYS

A DIGITAL  
MARKETPLACE OPENS  
NOVEMBER 24, 2023

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

Please join us in supporting Black Entrepreneurs and the jobs that they provide by GIVING BLACK 4 THE HOLIDAYS...

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By Rosa Pryor

Hello everyone,  
I hope that you are having a good day. If you are feeling a little under the weather, my prayers are with you.  
This week my headline is about a special person, Donna Bruce, who is doing something special for the community. Donna Bruce of (Donna Bruce of DBU Unlimited, Inc.) is doing her Annual Fundraising Fashion Show on Sunday, November 19, 2023 from 4-7 p.m. at the Reginald F. Lewis Museum, 830 E. Pratt Street in Baltimore, Maryland. You know Donna's mission is about creating a support system for those who have experienced loss, emphasizing the power of art, creativity and shared experiences. Her organization strives to honor the memories of departed loved ones, while providing individuals with resources. This week, the organization's event will include several designers for the fashion show such as: Xavier Furs, Alex Risimnic Couture, Classic Consigns By KYS, GEO Owens Fashion, Sober Period and ATL's own Mr. Carlyle E. Williams of the Mr. Carlyle Collection. I will see you there.

**MILTON DUGGER SAYS 'STILL NOT DONE EVEN AT 81'**

Milton Dugger, one of Baltimore's promoters and entertainers, is celebrating his 81st birthday. He invites all to come and enjoy his annual event and celebrate your birthday with him too on Saturday, November 25, 2023 at St. Mary's Hall, located at 5500 York Road from 6-11 p.m. Let me tell you he celebrates his birthday every year in fine style. This year he will have on stage, live entertainment featuring the Flamingos starring Terry Johnson, ("I Only Have

## Donna Bruce Of DBU (Donna Bruce Unlimited Inc.) Annual Fundraiser



*Donna Bruce of DBU Unlimited, Inc.'s Red Carpet Event will feature a fashion show and entertainment on Sunday, November 19, 2023 from 4-7 p.m. at the Reginald F. Lewis Museum 830 E. Pratt Street in Baltimore, Maryland.*



*Happy Birthday to Baltimore's own Milton Dugger. He is celebrating his big day at St. Mary's Hall Rear at 5500 York Road in Baltimore from 6-11 p.m. Enjoy live entertainment in concert and a cabaret style. BYOB and BYOF. For more information, read details below in this story.*



*Everett Fullwood and his group are sponsoring a "Day Trip" to Gigantic Flea Market in Englishtown, New Jersey on Saturday, November 25, 2023. For more information, call Everett Fullwood at 410-615-8146.*

Eyes for You"); my musical goddaughter and son, Gabrielle Goodman and David Bunn; Charles "Big Daddy" Stallings and his band; The Palovations will also be there singing; "Mister T." doing a Barry White Tribute; and The Bleu Lights and The Chaumont's. Ladies and gentlemen, I am telling you, you do not want to miss this one. It will be done cabaret style. Take your own picnic basket (BYOF) and take your own favorite drinks (BYOB). He is providing free set-ups. I will see you there.

Don't forget, Ms. Maybelle and Tee-Shirt Brian are having their annual Turkey Drive & Give Away on Friday, November 17, 2023 from noon until 2 p.m. at the Arena Players located on McCulloh Street in Baltimore. Bring your bags with you.

I am hoping to see you this weekend, on Saturday, November 18, 2023 from 2-7 p.m. at Hassan Rasheed's dynamite show called the "Soul Marathon Cabaret," as always. He is presenting a one-of-a-kind dynamite show at the 5th Regiment Amory. Man-n-n-n! I haven't been there in years, located 219



*Gabrielle Goodman and her brother David Bunn will be performing at Milton Dugger's birthday party on Saturday, November 25, 2023 from 6-11 p.m. at St. Mary's Hall, located at 5500 York Road in Baltimore, Maryland. It is a cabaret style event, BYOB and BYOF. For more information, call 410-218-3572.*



*David Alan Bunn, founder of the Jazz Department of the Peabody Conservatory*

W. Hoffman Street. Check this out! His show will feature The Intruders; Ray, Goodman & Brown; Blue Magic; J'Kar; Shades of Darkness; Christal F; The Palovations; and Crosswinds. The hosts and hostess are Randy Dennis, DJ Mike

Jones and Ms. Maybelle. Honey Child, this will be a hell-la-VA show! For more information, call 443-621-7449.

Well, my dear friends, I have to go now. Remember, if you want me to talk about your event in my column, or if you want to invite me, you must email me the information to rosapryor@aol.com. I do not take information from Facebook. If you need me, call me at 410-833-9474. UNTIL THE NEXT TIME, I'M MUSICALLY YOURS.

## Ravens Pick Favorite Uniform Combo

By Tyler Hamilton

The Baltimore Ravens have worn basically the same jersey combinations since their inception. The Ravens took the field for their first home game in 1996 wearing purple jerseys, black pants and a black helmet.

The original road uniform consisted of the same black pants and helmet, but instead, the Ravens wore a white jersey with numbers. Baltimore has worn other color combinations, such as: white pants and white jerseys; purple jersey with black pants; purple jersey and purple pants; and the purple jersey with gold pants.

But the ones they debuted in 2004 have become a favorite. The black alternate uniform featuring a purple collar, numbers outlined in gold and purple and plain black pants with solid black socks are the preferred combination for most of the players.

“They’re sexy,” Ravens quarterback Lamar Jackson said. “It’s a sexy color. I like the color.”

Since it’s an alternative color combination, the black jerseys only get pulled out for occasional events. Ravens linebacker Patrick Queen thinks that should change.

“I love the all-black. We should wear it more, honestly. That’s probably the best combo to me,” Queen said.

The black jerseys were the choice for Thursday night football’s clash with the division rival Cincinnati Bengals who also wear a black combination sometimes. Wearing that combination in prime time was just right for the Ravens, regardless of the outcome.

“All black definitely rings the bell for me,” receiver Rashod Bateman



*Patrick Queen*  
Getty Images

said. “They don’t really make a statement – it’s just uniforms. We have to go play football, so we’ll see.”

Jackson said playing in a prime-time game in front of the fans at M&T Bank Stadium is electrifying so he was pumped to be out there on the field in the all-black.

Ravens head coach John Harbaugh said he’s just excited to walk into the locker room and see any color jerseys hanging up. Whatever the color combination that’s being worn on a particular game day is the one Harbaugh likes the most.

“It just gets me psyched up. It’s like, ‘That’s what we’re going to battle with wearing tonight,’ and that’s the one I like the best – the one that we’re wearing. That’s just the truth,” Harbaugh said.

The Ravens are in the mix for another AFC North title and could challenge for the top seed in the conference when it’s all said and done. They’ll have some big challenges down the line when they face the Jacksonville Jaguars and San Francisco 49ers on the road along with home games against the Miami

Dolphins and Pittsburgh Steelers to close out the season.

If the Ravens rally to make their third trip to the Super Bowl and wear the black jerseys, it would be the first time they did so. Super Bowl XLVII against the 49ers featured the black pants with white jerseys in 2012. Baltimore wore the all-white combination in Super Bowl XXXV against the New York Giants.

There’s a lot of football to be played before then, but it would be cool to see the all-black combination in the biggest game of them all.

## 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 **SANITARY CONTRACT NO. 1034-Rehabilitation and Improvements to Sanitary Sewers at Various Locations in Baltimore City** will be received at the Office of the Comptroller, Room 204 City Hall, Baltimore, Maryland until 11:00 A.M. on **December 13, 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](http://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 3<sup>rd</sup> floor (410) 396-4041 as of **November 17, 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., 4<sup>th</sup> 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 **B02552 – Sewer Construction**. Cost Qualification Range for this work shall be **\$10,000,000.01 to \$15,000,000.00**.

A "Pre-Bidding Information" session will be conducted via Conference Call. Vendor can call 443-984-1696 Passcode: 3628340# on **November 24, 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 Administrator [Cynthia.harry@baltimorecity.gov](mailto:Cynthia.harry@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 [Cynthia.harry@baltimorecity.gov](mailto:Cynthia.harry@baltimorecity.gov)

## Legal Notice

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

Sewer cleaning and closed-circuit television (CCTV) inspection; Open cut point repairs of sanitary sewers; Cured-in-place pipe (CIPP) lining of sanitary sewers; Excavate and replace segments of sanitary sewer via point repairs; Manhole repair and rehabilitation work; Sewer house connection (SHC) repair and rehabilitation work; New manhole and cleanout installation work

The MBE goal is **11%**

The WBE goal is **5%**

APPROVED:

Clerk, Board of Estimates

APPROVED

Richard J. Luna

Interim 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 **SANITARY CONTRACT NO. 1007-Jones Falls Sewershed Inflow and Infiltration Reduction – Area B** will be received at the Office of the Comptroller, Room 204 City Hall, Baltimore, Maryland until 11:00 A.M. on **January 3, 2024**. 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](http://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 3<sup>rd</sup> floor (410) 396-4041 as of **November 17, 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

## Legal Notice

Contractors Qualification Committee. Interested parties should call (410) 396-6883 or contact OBC at 4 S Frederick St., 4<sup>th</sup> 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 **B02552 – Sewer Construction**. 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 332-249-0605 Passcode: 709405444# on **December 1, 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 Administrator [Latonia.Walston@baltimorecity.gov](mailto:Latonia.Walston@baltimorecity.gov)

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

Cured-in-place pipe (CIPP) lining of sanitary sewers; Excavate and replace segments of sanitary sewer via point repairs; Manhole repair and rehabilitation work; Sewer house connection (SHC) repair and rehabilitation work; New manhole and cleanout installation work

This project is funded by SRF program

The MBE goal is **22%**

The WBE goal is **16%**

APPROVED:

Clerk, Board of Estimates

APPROVED:

Richard J. Luna

Interim Director

Department of Public Works

## Legal Notice

### CITY OF BALTIMORE DEPARTMENT OF TRANSPORTATION NOTICE OF LETTING

Sealed Bids or Proposal for the **TR-23007R, CURB REPAIR CITYWIDE** will be received at the Office of the Comptroller, Room 204, City Hall, Baltimore, Maryland until **DECEMBER 6, 2023, at 11:00 A.M.** 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. As of **NOVEMBER 10, 2023**, the Contract Documents may be examined, without charge by contacting Brenda Simmons at [brenda.simmons@baltimorecity.gov](mailto:brenda.simmons@baltimorecity.gov) or (443) 865-4423 to arrange for a copy of the bid book labeled "NOT FOR BIDDING PURPOSES" to be emailed to you. Anyone who desires to purchase a bid book to be used for bidding purposes must do so in person and by contacting Brenda Simmons at the email address or phone number above. The non-refundable cost is **SEVENTY-FIVE DOLLARS AND NO CENTS (\$75.00)** to be paid at the Department of Transportation 417 E. Fayette Street, Baltimore, Maryland 21202 made payable to the Director of Finance. **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 the Committee at 4 S. Frederick Street, 4<sup>th</sup> Floor, Baltimore, Maryland 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 Categories required for bidding on this project are **D02620 (Curb, Gutter & Sidewalk)**. Cost Qualification Range for this project will be from **\$400,000.00 to \$600,000.00**. A "Pre-Bidding Information" session will be conducted via Microsoft Teams on

## Legal Notice

**NOVEMBER 17, 2023**, at 10:00 a.m. hosted by the Department of Transportation. All Bidders must email your contact information to include your name, company name, phone number and email address to [michael.donovan@baltimorecity.gov](mailto:michael.donovan@baltimorecity.gov) to receive an invite to the Microsoft Team (video conference meeting). Principle Items of work for this project are: **Miscellaneous Curb Replacement and Repairs - 8,000 LF; 5-inch concrete sidewalk - 16,000 SF.** The MBE Goal is **30%**; The WBE Goal is **15%**. APPROVED: Celeste Amato, Board of Estimates

## Legal Notice

### NOTICE TO BID

Minority Subcontractor/Supplier Schummer, Inc. seeking Certified Minority Subcontractors for: Southern Kent Island Sanitary Project - Phase 4, Community Pressure Sewer Mains, Queen Anne County, MD. Bids due in our office Dec. 4, 2023. Certified MBE's & WBE's for: Excavation, Paving, Pipelaying, Plumbing, Pipe, Directional Drilling, Aggregates, and Trucking. Fax quotes to: 410-798-1709 or email: [schummerinc@aol.com](mailto:schummerinc@aol.com)  
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