

# The Annapolis Times

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## Visit Baltimore, Baltimore National Heritage Area Unveil Wayfinding Signage



*Heads of Baltimore's historic and cultural community gather to celebrate and unveil the cultural heritage wayfinder in downtown Baltimore. (L-r): Al Hutchinson, President, and CEO of Visit Baltimore; Liz Fitzsimmons, Maryland Department of Commerce; Derek Price, Chairman of the Board, Eubie Blake National Jazz Institute and Cultural Center, Inc.; Terri Lee Freeman, President of The Reginald F. Lewis Museum; Shauntee Daniels, Executive Director, Baltimore National Heritage Area; Rayner C. Wharton, Sr., Wharton Design Group and Board of Directors, National Great Blacks in Wax Museum; and Senator Cory McCray, Maryland District 45. (See article on page 6) Photo Credit: Molley Miller Photography*

# Optimistic Baltimorean Needs Help to Receive the Gift of Life

By **Andrea Blackstone**

Roosevelt V. Boone III's life-saving goals of locating a kidney and funds for a transplant are growing more urgent by the day.

"One thing that gets me through this is my mindset," said Boone, mentioning that he is trying to prevent his body from deteriorating.

Boone had a kidney transplant that was conducted at John Hopkins Hospital in 2011. However, a virus caused him to lose the functioning of that kidney. Kidney dialysis has kept him alive since 2017.

Since Boone was diagnosed with high antibodies, a kidney transplant would be more challenging since having high antibodies would cause him to reject most transplanted kidneys.

"Of the nearly 100,000 patients on the waiting list for a new kidney, about 11,000 are "highly sensitized" and cannot receive a kidney from most donors. That is because their bodies have developed antibodies that will attack organs from almost all potential donors," according to The University of Chicago Medicine.

Carrie A. Schinstock, M.D. further explained that "Our immune system naturally forms antibodies as a protective response against bacteria and viruses. In the context of transplantation, antibodies are good when they are ready to attack foreign invaders that can lead to illness, but antibodies can also be ready to attack foreign tissue – such as a new kidney transplant."

Dr. Schinstock also said that anti-human leukocyte antigen donor specific antibodies (anti-HLA DSAs) are measured prior to transplantation, according to details

that she provided in an article for the National Kidney Foundation.

Quinten Davis, Lisa Arrington and Alphonso Price are a part of Boone's committee of regular volunteers who are raising funds, increasing awareness about his needs and sharing information about kidney disease. Boone and his team remain relentless and hopeful that they can obtain the kind of kidney transplant that he needs.

"We were focused on finding a living kidney donor at first, but we are now more focused on finding a deceased donor as it related to the high antibodies issue. Jurisdictions outside of Maryland, Washington, D.C. or Virginia working with kidney patients with high sensitivity issues would not cover expenses for a kidney transplant, although we are looking at some other possibilities," Boone said, speaking about insurance matters.

Davis stated that a kidney transplant generally costs \$420,000- \$450,000.

"That's based on some data collected from healthcare facilities in 2021 from various healthcare providers," Davis said. He added that the cost includes hospitalization, procurement of the organ, post-transplant discharge care, immunosuppressant drugs and other needed steps.

Arrington noted that Boone's case extends beyond finding a living donor or his name being on a transplant list to wait for a deceased kidney donor.

"There are only a few centers that are involved with the clinical trial that he [Roosevelt] is in. There's some centers across the U.S. that may or may not be part of that clinical trial but have expertise with people that are... 'highly sensitized,'" Arrington said. "Because Roosevelt is highly sensitized, his options are more limited."

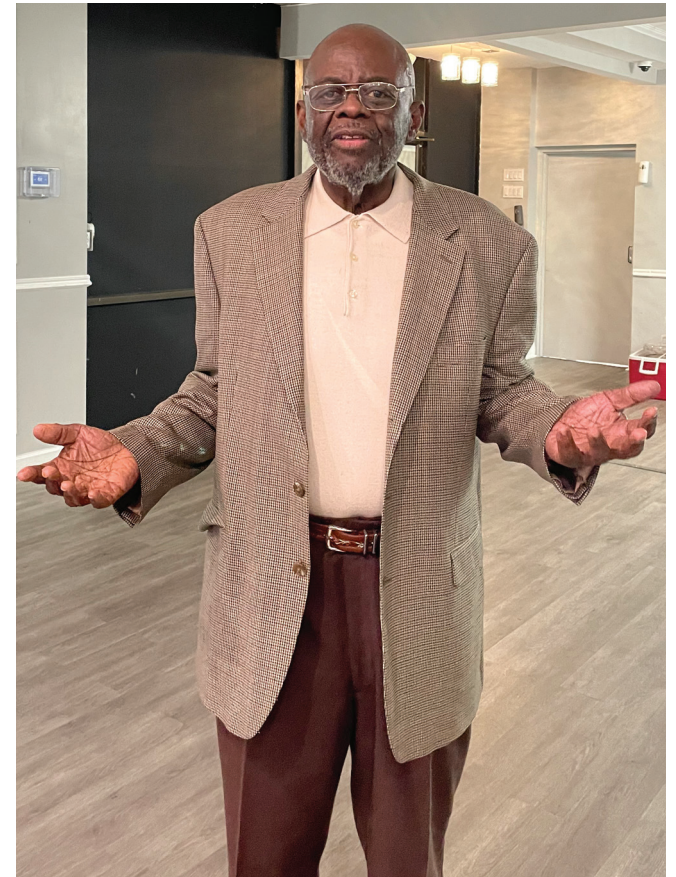
Boone added that a living donor

match is possible, but it would be very rare. He further stated that there is a priority given to individuals who need multiple organs. Although he received a phone call about a living donor, someone else was given the kidney.

Boone formerly participated in a program at NYU Langone Medical Center in New York. Lacking \$250,000 prevented him from proceeding with transplant plans there.

"I am in a national study at Johns Hopkins that is designed for high antibody candidates and only 64 people are in the national study. Out of the 64 candidates, only 32 people will be chosen to use a specialized medication that is already being used in a trial with a 75 percent success rate. The medicine comes from Europe and has not been approved by the FDA," Boone said, explaining his newer plan of action.

Boone is an Alpha Phi Alpha Fraternity, Inc. member who has also worked on behalf of marginalized communities and their residents. The deserving Baltimorean who needs support is calling on the community to get a donation of a venue to



*Roosevelt V. Boone III needs financial help and support to get a life-saving kidney transplant. Courtesy Photo*

hold a fundraiser in the Baltimore Metropolitan area in the spring. He is also seeking a deceased donor, including someone who is nearing the end of life who would want Boone to have a kidney, or a matching living donor.

"We're working on a plan and coming up with new strategies that we feel can work," Boone said. "I'm very fortunate to have a supportive team."

Individuals who want to volunteer to help Boone should send a message through his GoFundMe page. Donations may be made via <https://gofund.me/60918fca>.



# WINNERS LIST!



Best Art Gallery	The Black Genius Art Show	Best Vegan Restaurant	The Land of Kush
Best Author	Janella McRae - Every King and Queen	Best Childcare/Preschool	Labourers For Jesus Excellent Childcare LLC
Best Dance Group/Ensemble	Fearless Dance Empire	Best Event Planner	Global Flair Events
Best Dance/Individual	Fearless Dance Empire	Best Florist	Fleurs dAve
Best Museum	Reginald F. Lewis Museum	Best Funeral Home	Wylie Funeral Home
Best Solo Instrumental Artist	Craig Alston	Best Nonprofit Organization	Creative Nomads
Best Theatre Company	Arena Players Incorporated	Pet Services	The Blvck Gypsy Mobile Grooming & Holistic Care
Best Visual Artist	Poncho Brown	Best Air Conditioning/HVAC Service	Luhvac and Properties LLC
Best Accounting Firm	A Little Faith Accounting & Tax Services LLC	Best Plumber	Sewer Slayer
Best Financial Services Banks & Credit Unions	The Harbor Bank of Maryland	Best Remodeler/Contractor	She Nailed It
Best Insurance Company	Baltimore Insurance Network	Candles and Aromatherapy	Flourish Baltimore
Best Tax Prep	Joan M. Pratt CPA & Associates	Best Barbershop	Conscious Heads
Best Black Radio Station	WEAA	Best Day Spa	Zen and the City
Best Event Space	Reginald Lewis Museum	Best Hair Salon	Affordable Styles Hair Salon
Best Live Performance Event	Baltimore MET Gala	Best Hair Stylist	Affordable Styles Hair Salon
Best All-Around Restaurant	BLK Swan	Best Lash Tech / Lash Salon	Baltimore LASH Bar
Best Bakery	Crust by Mack	Best Make-up Artist	Honey Cosmetics Mondawmin Mall
Best Bar & Grill	Capital Lounge Inc.	Best Nail Salon	Autumn OG
Best Bartending	Bar 51	Best Skin Care Products	NKVSkin
Best Breakfast	Teavolve Cafe	Best Cigar Shop	The Cigar Diva
Best Brunch Spot	Home Maid	Best Jewelry Store	Flourish Baltimore
Best Catering	H3irloom Food Group	Best Mens Clothing Store	WaaaH LifeStyle Brand
Best Cookies	Aunt Kellys Cookies	Best Mens Fashion Designer	DIFFERENTREGARD
Best Cultural Cuisine	Island Quizine	Best Place to Buy a Unique Gift	Flourish - A Lifestyle Boutique
Best Dessert	Sistahs Sweets	Best Pop-Up Market	Blkass Flea Mkt
Best Fried Fish	Terra Café	Best Urban Retail	From Baltimore With Love
Best Ice Cream	Taharka Brothers Ice Cream- R.House	Best Womens Boutique Shop	The Doll House Boutique
Best Lunch Spot	Our time kitchen	Best Womens Fashion Designer	Jody Davis Designs
Best Roastery	Black Acres Roastery - Open Works	Best Auto Body Repair	Dare-It Auto Center
Best Seafood	The Urban Oyster	Best Auto Dealership	Exclusive Motorcars
Best Specialty Cocktails	Los Hermanos Tequila	Best Auto Service Center	Dare-It Auto Center
Best Specialty Non-Alcoholic Drinks	Niecys Fabulous Juice Bar	Best Full Service Car Wash/Detailing	Steves Extreme Vacuum Clean & Detail LLC
Best Tea Barista	Curlies Tea House	Best Dental Practice	Innovation Dental Center
		Best Fitness Class	Michele Blu Yoga
		Best Massage	Sacred House



**Jayne Hopson**  
Courtesy Photo

By Jayne Hopson

A recent review article published in the *New England Journal of Medicine* by the University of Maryland School of Medicine (UMSOM) has shed light on the concerning rise in cannabis-related psychiatric conditions. The study, which focuses on the widespread use of cannabis and its increased potency, underscores the urgent need for doctors to screen for and treat cannabis use disorder.

According to the article, nearly one in five Americans aged 12 and older used cannabis in 2021. Alarmingly, over 16 million people met the criteria for cannabis use disorder as per the American Psychiatric Association's *Diagnostic and Statistical Manual of Health Disorders (DSM-5-TR)*. The disorder is particularly prevalent among young adults aged 18 to 25, with more than 14 percent affected.

David A. Gorelick, MD, PhD, a Professor of Psychiatry at UMSOM and the author of the review, highlights the widespread misconception about cannabis being a harmless substance. "There is a lot of misinformation about cannabis and its effects on psychological health," he said. "Many assume this drug is safe with no side effects. It's crucial for both physicians and the public to understand the addictive effects of

## Rising Concerns as Cannabis Use Disorder Increases Among Americans, New Study Reveals

cannabis and to recognize the signs and symptoms for proper diagnosis and treatment."

Cannabis use disorder is characterized by problematic marijuana use, with symptoms like craving and inability to control its use despite negative consequences. The disorder is most prevalent among individuals who use cannabis more than four days a week. Other risk factors include having another substance use disorder or psychiatric condition.

Dr. Gorelick noted that nearly half of the individuals with cannabis use disorder also have another psychiatric condition, such as major depression, post-traumatic stress disorder, or generalized anxiety disorder. This comorbidity underscores the importance of seeking appropriate psychiatric treatment.

Physical signs of cannabis use disorder can include yellowing of the fingertips and increased depression and anxiety while using cannabis. Diagnosis requires meeting two or more criteria outlined by the *DSM-5-TR*, such as poor performance at work or school due to cannabis use or experiencing withdrawal symptoms.

Dr. Gorelick's review also aims to educate physicians on the health issues associated with cannabis use and to raise public awareness about cannabis use disorder. The paper highlighted other dangers of excessive cannabis use, including its contribution to 10 percent of all drug-related emergency room visits in the U.S. and a 30 to 40 percent increased risk of car accidents. Young adults aged 18 to 25 account for the highest rate of cannabis-related emergency department visits.

Mark T. Gladwin, MD, Dean of UMSOM, emphasized the need for research into the brain's cannabinoid system and the development of



*Parents are concerned about increased cannabis use. DALL-E*

therapies targeting these mechanisms. "Approximately one in ten people who use cannabis will become addicted, with the rate rising to one in six for those who start before age 18," he said.

UMSOM is at the forefront of innovation in addiction medicine, recently establishing the Kahlert Institute for Addiction Medicine. The institute focuses on studying brain mechanisms underlying addiction and training a new generation of medical practitioners in addiction medicine.

Asaf Keller, PhD, Associate Director of the Kahlert Institute, spoke about the ongoing efforts to understand cannabis-related disorders and develop effective treatments. "There is still a lot we don't understand about these conditions, including why some people experience cannabis-related disorders," he said.

There are currently seven recognized disorders related to cannabis use, including cannabis-induced anxiety disorder, psychotic disorder, sleep disorder and delirium. Symptoms of these disorders often resemble those

of non-cannabis-related counterpart disorders.

To diagnose cannabis use disorder, the U.S. Preventive Services Task Force recommends screening adolescents and adults in primary care settings. While the FDA has not approved any medication for treating cannabis use disorder, Cognitive Interactive Therapy (CBT) and Motivational Enhancement Therapy (MET) can help manage symptoms and reduce or stop cannabis use. Adolescents may benefit from family-based treatment options.

Despite the availability of therapy through telehealth services, barriers to treatment remain, including stigma around mental illness and addiction and a shortage of mental healthcare professionals, according to Gorelick.

This comprehensive study by UMSOM marks a crucial step in acknowledging and addressing the rising issue of cannabis use disorder, highlighting the need for increased awareness, research and accessible treatment options.

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## It's Always the Right Time to Plan for Retirement

Whether you're just entering the workforce or plan to stop working in a few years, it's never too early – or too late – to save for retirement.

Ideally, retirement planning and saving should start as soon as you get your first paycheck, but it's easy to focus on more pressing expenses in your 20s, 30s and 40s, like paying for a house or raising children. By your 50s or 60s, however, you might feel you haven't saved enough to avoid worrying about financial security in retirement.

There's always time to make changes. Consider these options to protect your assets, build credit, and maintain and grow your investments for a financially worry-free future.

### Start with the basics

No matter your age or current financial status, the following steps are the foundation of most retirement plans:

- **Begin with a 401(k).** If available, consider joining your employer's retirement plan, like a 401(k). You can set up automatic deposits each pay period, and many employers will match your financial contributions, giving you more funds for the future.

- **Consider opening an IRA.** Find out if you're eligible for an individual retirement account (IRA) and consider contributing what you can. You can have an IRA in addition to an employer-based plan.

- **Put your money to work.** A general investment account has the potential to grow your savings even more.

### Play catch-up

Understanding your current financial picture and planning for benefits, like Social Security and pensions, are important steps to figuring out how much income you may have in retirement.

If you're nearing your projected



Photo Courtesy of Pexel

retirement date and you don't think you have enough saved to maintain your current or desired lifestyle, here are a few considerations to help get you in a better position:

- **Make catch-up contributions.** Many tax-advantaged retirement savings accounts, like IRAs and 401(k)s, allow catch-up contributions for people 50 and over. That means you can contribute more than the government-set maximum each year, up to a certain amount, to make up for what you didn't contribute in the past.

- **Make sure you have adequate insurance.** In addition to making sure your life insurance is current, look into long-term care and disability insurance before you retire to save money on future health care costs.

- **Consider your home equity as part of the equation.** If you plan to remain in your home, a home equity line of credit may be another option to fund certain expenses in retirement. If you choose to downsize to a smaller home, it may free up cash in your home's equity for you to use.

- **Tap other sources of income and equity.** Do you have taxable brokerage accounts or other general savings?

Include these funding sources, if you have them, when projecting how much you'll have in retirement.

- **Keep working.** A growing number of people are working in semi-retirement and developing portfolios that produce passive income. Some might continue working full-time for longer than planned to build more savings. If you can generate enough income and are able to wait until age 70 to claim Social Security, it may allow you to maximize benefits over your lifetime.

### Make a plan

No matter your current financial situation, set aside some time to review your options. There are many helpful tools, including articles, calculators and financial advice from professionals, to help you craft a roadmap to transition to your years in retirement.

Planning for your unique situation may help you get closer to where you want to be in retirement, even if you don't feel that you're there yet.

For more information and online retirement articles, tools and calculators, visit [chase.com/retirement](https://chase.com/retirement).

# Discover Baltimore City's Rich Heritage

## Visit Baltimore and Baltimore National Heritage Area Unveil Wayfinding Signage as Part of State Grant

**BALTIMORE, MD** -- Visit Baltimore and the Baltimore National Heritage Area are excited to celebrate the installation of wayfinding signage to locations of cultural interest in Baltimore City as part of a grant provided by the Maryland Department of Commerce. The first sign to be installed as part of the grant is a monumental sign intended to raise awareness for and to drive visitors from the Inner Harbor to the Reginald F. Lewis Museum at 501 E. Pratt Street.

“Baltimore is an essential destination for learning about Black history and culture, and we are proud to partner with the Baltimore National Heritage Area to direct travelers to cultural attractions throughout the city,” said Al Hutchinson, President and CEO of Visit Baltimore. “We are incredibly grateful to Senator Antonio Hayes and Senator Cory McCray for recognizing the importance of directing travelers to attractions that are committed to educating the community about the African American experience in Baltimore.”

“As a National Heritage Area, Baltimore is central to telling the stories of America and celebrating African American history and the contributions of Baltimoreans. We are so thankful to our Senators Hayes and McCray for making phase one a priority.”

The grant also includes the installation of nine additional “blade” signs to be mounted on existing light poles for directing travelers to three other attractions of cultural significance: The National Great Blacks in Wax Museum, The Arena Players, Inc., and the Eubie Blake National Jazz Institute and Cultural Center, Inc.

The signs were created in partnership



*(l-r) Liz Fitzsimmons, Maryland Department of Commerce; Al Hutchinson, President, and CEO of Visit Baltimore; Shauntee Daniels, Executive Director, Baltimore National Heritage Area; Senator Cory McCray, Maryland District 45; and Terri Lee Freeman, President of The Reginald F. Lewis Museum gathered to unveil the first monumental sign at 501 E. Pratt Street to drive visitors from the Inner Harbor to the Reginald F. Lewis Museum.*

*Photos: Molley Miller Photography*

with Ashton Design, a Baltimore-based branding and design firm. Representatives from each of the organizations receiving signage were a part of several conversations leading to the ultimate recommendation for sign style, design and placement that would best meet the needs of visitors.

“We are excited about this first step in addressing a major barrier we and our sister institutions have faced for decades as we strive to share the importance of the art, history, and culture of Black Marylanders,” said Terri Lee Freeman, president of The Reginald F. Lewis Museum. “Cultural tourism and the cultural economy are multi-billion industries that we have not been able to leverage in an equitable way because we have not been promoted in an

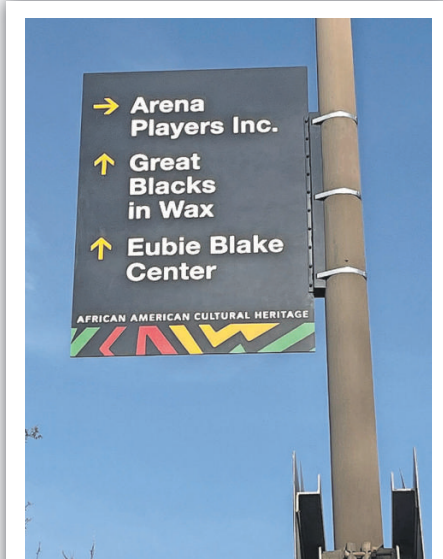


*Heads of Baltimore's historic and cultural community gather to celebrate and unveil the cultural heritage wayfinder in downtown Baltimore. (l-r) Terri Lee Freeman, President of The Reginald F. Lewis Museum; Shauntee Daniels, Executive Director, Baltimore National Heritage Area; Derek Price, Chairman of the Board, Eubie Blake National Jazz Institute and Cultural Center, Inc.; Rayner C. Wharton, Sr., Wharton Design Group and Board of Directors, National Great Blacks in Wax Museum; Al Hutchinson, President, and CEO of Visit Baltimore; Liz Fitzsimmons, Maryland Department of Commerce; and Senator Cory McCray, Maryland District 45.*



*Terri Lee Freeman, The Reginald F. Lewis Museum poses next to the first monument wayfinder sign located on Pratt Street, two blocks from the museum where she serves as president.*

equitable way. Yes, even as an 82,000 square foot building regarded as an architectural marvel that sits at the busiest intersection in the city, we face



*One of nine wayfinding blade signs to direct visitors to Black culture interest institutions.*

wayfinding challenges. We believe this new signage can help correct that.”

## Authors Revive Cooking with Love at Home, Social Aspects of Eating Well

By Andrea Blackstone

As schedules have become busier, drive thru meals and food delivery drivers leaving food at doorsteps have gained in popularity. However, author Eartha Dunston reminds us that food is more than a necessity.

“It brings families and different cultures together. We sit around the table on Sundays, or we invite our friends and families over,” Dunston said, mentioning food offers an escape from busy lives. “I think food is calming.”

The award-winning author and career public servant is a quintessential Southern cook. During her first 10 years of life, she recalls living off the land in a rural area where her family grew their food. Dunston’s maternal grandparents were professional cooks in Mobile, Alabama.

“All of that made me who I am today,” Dunston said.

“Necessary Goodness: Delicious Cuisine for Gathering and Entertaining,” a book featuring recipes by co-authors master chef Charlie S. Redden, Eartha S. Dunston, Bob J. Nash and Janis F. Kearney, fills recipe and entertaining gaps for people who want to learn to become better cooks or at-home entertainers.

Dunston shared that the book materialized when the world paused.

“The title ‘Necessary Goodness’ came about because we were all in the house because of COVID. Everyone was cooking more than ever and posting more than ever [online]. I always cook, so a lot of friends were coming to me and were coming to my other friend because we tag each other in our Sunday dinners. They would say ‘Hey, what are you guys cooking today?’ or ‘Teach us how to cook this,’ or ‘What should I do with this ingredient that I have? We’re stuck in the house,’ Dunston said.

Since Dunston and her friend did not have time to respond to everyone



**Janis F. Kearney, co-author of “Necessary Goodness: Delicious Cuisine for Gathering and Entertaining” is also a public speaker, writing teacher and founder/CEO of a nonprofit organization that serves youths and their communities.**  
*LeMay Photographers*

individually, the cookbook was born. Various individuals were added to the project.

Redden, Jr., aka “Master Chef Charlie,” the first certified executive chef in the history of the White House Presidential Food Service, is among the coauthors. The retired Navy culinary specialist cooks for a lot of high-profile clientele, according to Dunston.

Kearney, a former White House presidential diarist, public speaker, writing instructor and author who is a native Arkansan, also loves cooking. She is married to Nash. He hails from Arkansas and is known for his Southern cooking.

“My mother taught me to cook,” Kearney said. “I was around 9 years old when I learned to cook and began cooking some family meals.”

She added, “The recipes I contributed are dishes that I love, and ones that I personally enjoy cooking, such as Southern fried mackerel croquettes, ambrosia salad, seven-layer salad, ‘yellow, not white’ potato salad and pumpkin bread pudding with lemon icing. The bread pudding and mackerel croquettes



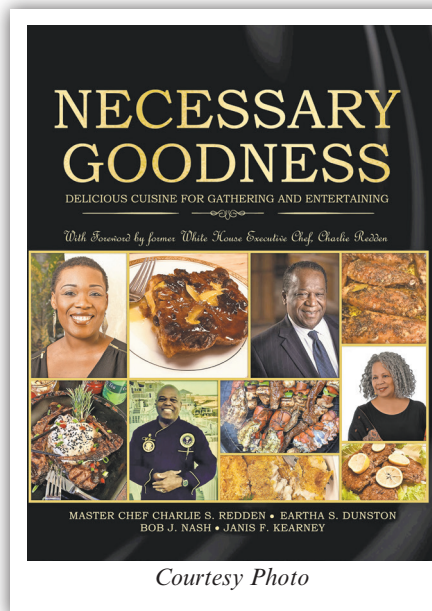
**Eartha Dunston, author of “The Hair Adventures of Princess Lindsey Sidney,” co-author of “Necessary Goodness: Delicious Cuisine for Gathering and Entertaining” and alumna of Alabama State University, is a well-regarded speaker, panelist and career civil servant.** *Courtesy Photo*

are in memory of my mother who cooked Southern meals “from scratch” and to perfection.”

Kearney said that the benefits of learning to cook at home are that you learn from someone who cares whether you get it right or not and who does not mind being brutally honest with you. They do it with love.

“Later in life, it is the memories of how, when and where you first cooked a meal that creates that deep emotional connection to cooking,” Kearney said, adding a tip for busy people who want to make more home cooked meals. “I’m not sure everyone even has the time to do this, but my mother and many women in the South cooked on Saturdays. So, I find that it helps if I carve out some time during my weekend – either Saturday or Sunday – to prepare meals for the week. This gives me more time to do it with planning and care.”

In an article, The National Library of Medicine reported that “A recent review also implicates a lack of cooking skills and food preparation knowledge as barriers to preparing home-cooked meals.



*Courtesy Photo*

The percentage of total household food dollars spent on food eaten away from home is now higher compared to 30 years ago (33% in 1970 to 47% in 2010).”

Article findings also revealed that “Consumption of fast food and food from away-from-home locations is associated with lower diet quality and obesity among adults.”

Inflation has recently prompted some people to make more budget conscious food decisions. Traces of the pandemic left many people yearning for human interaction, after gathering restrictions were lifted. Americans are still pulling out pots and pans.

Dunston said that “Necessary Goodness,” which climbed to the Amazon’s bestseller list, was published in February 2023. The recipes would be appropriate for the holiday period or anytime.

“We sit down. The word stops, We literally eat and laugh,” Dunston said, referring to mealtime traditions around the holidays.

Visit <https://www.amazon.com/Necessary-Goodness-Delicious-Gathering-Entertaining/dp/B0BT7VBS2> to find the book on Amazon.

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## Rambling Rose



By Rosa Pryor

Hello everyone! Yes, a New Year is upon us. Many of our friends and loved ones did not make it to the new year. We will keep them in our prayers and believe they are in a better place. They are gone, but never forgotten. I am so sorry I do not have the space to name everyone and am unable to mention all of our friends, family, and musicians you and I lost this year. There were so many of my friends, and your family members as well as musicians we lost this year, too many to name, but never forgotten. We pray that 2024 will be a better year and that voters will put someone in office who will do something about these kids in Baltimore taking lives. I hope and pray that your New Year will be happy and blessed.

As you know, I recently had knee replacement surgery, so I will not be up and about. I will not be able to go to any of your festivities for a couple of months, but you do not need me to have fun and enjoy yourself. Now, just in case you are planning on going out for the holidays and/or looking for something to do, then here are a few ideas. I believe my buddy, DJ Mike Jones is having a Day-Time New Year's party on Monday, January 1, 2024, from 1-5 p.m., cabaret style, at Diamondz Events & Catering, 9980 Liberty Road in Randallstown, Maryland. BYOB and BYOF, free set-ups and door prizes will be given away. For more information, call Mike at 443-525-5016.

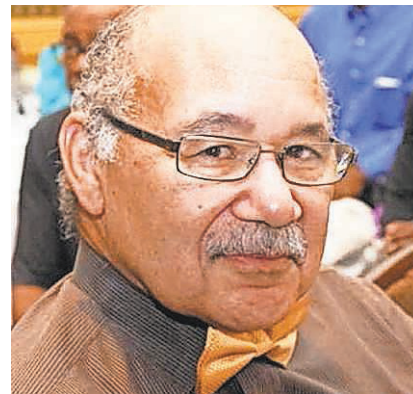
Also, there will be a "Harlem Nights in Black & White" New Year's Eve Gala on December 31, 2023 from 10

## "Happy Holidays and Happy New Year!"

This column is in memory of those we lost this year



*Bobby Ward, Baltimore's renowned drummer passed away in December 2023.*



*Reginald Haysbert Sr. whose family owns Forum Caterers passed away September 6, 2023.*



*Veronica "Ronnie" Jackson, owner of the Roots Lounge passed away in February 2023.*

p.m. until 2 a.m. at Martin's West, 6817 Belmont Avenue. Includes dinner and champagne toast, and music by DJ Shannon. For more information on this one, call 443-857-1549.

I received a note from Caton Castle, which is also doing something for the holidays. The Crew Entertainment Group is having a New Year's Day Brunch, featuring Bobby Watson, Warren Wolf, Curtis Lundy, Jordan Williams, and Eric Kennedy on Monday January 1, 2024, starting at 1 p.m. at the Caton Castle Lounge, 20 S. Caton Avenue. For more information, call 410-566-7086.

Well, my friends, **HAPPY NEW YEAR TO EACH ONE OF YOU!** May God continue to bless you and your family. I have to go now, so until the next time, if you need me, call me at 410-833-9474 or email me at [rosapryor@aol.com](mailto:rosapryor@aol.com). I'M MUSICALLY YOURS.



*Roland "Duck" Tyner, the founder and owner of Banderleros Motorcycle Club, died in September 2023.*



*Juanita Thomas, former co-owner of the Sportsmen Lounge passed away in October 2023.*



*Vera Adams passed away in January 2023. She was one of Baltimore's activists and a 1963 Edmondson High School graduate.*



*Ron Pender, one of Baltimore's renowned saxophonists passed away in February 2023.*

## Women's Hoops Showdown Between Coppin and LSU was Historic in More Than One Way

By Demetrius Dillard

Coppin State University had the privilege of hosting what turned out to be among the most momentous sporting events in Baltimore City in recent history.

A highly anticipated women's basketball matchup that was regarded as a win for both opponents, Coppin State hosted No. 7 Louisiana State University (LSU) in what was the ideal homecoming night for Tigers standout Angel Reese on the evening of December 20, 2023.

Reese, a Baltimore native who starred for St. Frances Academy in high school, has emerged as one of the most influential female athletes in the country in recent years. The 6-foot-3 forward handily scored a game-high 26 to go with six rebounds and a career-high five steals, leading LSU to an 80-48 road win over CSU.

The event was more than a basketball game. It was a historical moment for HBCUs, women's sports and Baltimore City. In the post-game press conference, Reese said she was elated to come back to the town "that made" her.

"A lot of people came out tonight and I know they were supporting Coppin, but being able to come to a historically Black college – my aunt went here, my cousin went here – and coming back here doing a lot for this community... was something that was important to me," Reese said.

"I remember when I was young and I wanted the opportunity and the moment that could stretch my mind. Right now, I'm at the point where I have been able to stretch a lot of little girls' minds and little boys' minds where they know they could be in this position one day.

"Being a leader and being able to be someone they look up to is something that I've kind of embraced. Being

from Baltimore, I know I have a great representation – not just in Baltimore but in the world. Coming back here, this is home first. I'm the Baltimore Barbie before I'm the Bayou Barbie."

As Reese entered the PEC Arena, she was swarmed by cheers, cameras and children calling her name, "Angel, Angel" in an indelible moment that brought a smile to her face. As she exited the basketball court to head to the locker rooms, she waved at fans, family and supporters to culminate the perfect homecoming night.

The matchup also marked the first time an HBCU ever hosted a national champion and the first time an HBCU hosted a Play4Kay event.

Play4Kay, named in honor of the late Hall of Fame Coach Kay Yow, is a nationwide initiative that involves college athletes, coaches, officials and fans joining forces to support breast cancer awareness.

"We did something that was bigger than basketball," Coppin State Head Coach Jermaine Woods said.

"We did what we had to do to bring some excitement to Baltimore... The goal was to put us on the big stage, and fight, and show people that we have something special at Coppin State."

Coppin State's PEC Arena was jam-packed with a reported attendance of 4,100 for its first-ever sold-out sporting event since the venue opened in 2009. The contest attracted a host of Reese's family, friends and high school teammates from St. Frances Academy.

In the early going, the Eagles kept the game somewhat competitive though the Tigers were in control from start to finish. Trailing 24-10 after the first quarter, CSU opened the second on a 10-4 run and eventually narrowed its deficit to 28-20.

Coppin State guard Tiffany



*Coppin State guard Tiffany Hammond (2) attempts a 3-pointer over LSU's Flau'jae Johnson. Hammond finished the night with 21 points on seven makes from behind the arc. Courtesy Photo*

Hammond led the Eagles with 12 points in the first half en-route to scoring a team-high 21 on seven 3-pointers. Forward Laila Lawrence scored 11 and pulled down 11 rebounds while Faith Blackstone poured in 10 points for Coppin State.

LSU's Flau'jae Johnson added 18 points and three assists while forward Aneesah Morrow recorded a double-double of 13 points and 13 rebounds to lift the Tigers to their 11th straight victory.

The club used its apparent size advantage, led by Reese and Morrow, to build a comfortable lead down the stretch and run away with the game in the second half. They outscored the Eagles 52-12 in the paint and outrebounded Coppin, 48-26.

The Eagles lost their seventh straight, falling to 3-10 overall on the season, as LSU improves to 12-1 and will return to action against Jacksonville University on Dec. 30 at 7 p.m.

Before opening conference play at the turn of the new year, Coppin will head to Durham, N.C., for its last



*Coppin State's Laila Lawrence (32) drives past LSU standout and Baltimore native Angel Reese in a well-attended matchup on December 20, 2023. Courtesy Photo*

non-conference challenge against Duke on Dec. 28.

Despite the rocky start to the 2023-24 season, the Eagles are holding their heads high with the focus of getting better day by day. Though the matchup against LSU was a loss on paper, it was esteemed a win for the women's basketball program and the campus community.

## Big Win by Ravens Sends Message

By Tyler Hamilton

The Baltimore Ravens made a statement to the rest of the NFL when they traveled to the West Coast and handed the San Francisco 49ers a 33-19 beat down last Sunday. The 49ers were viewed by many as the top team in the league.

Meanwhile, Baltimore had the same record as the 49ers. That wasn't enough for some media types such as Mike Florio to give the Ravens a chance in their showdown with San Francisco.

"[The 49ers] kick the s—t out of everybody they face," Florio said last week. "The 49ers kick the s—t out of the Ravens on Monday night. I'm sorry, I know that's disrespectful to the Ravens, but let's be realistic. They're going to fly across the country on Christmas night, and the 49ers are waiting. The 49ers are going to dismantle the Ravens. If it's a Super Bowl preview, the Super Bowl is going to suck."

Ravens quarterback Lamar Jackson took those comments personally. Jackson made it clear he wasn't happy with Florio's prediction.

"Not to take away from that team, but you can't just discredit us. We're grown men. We have to feed our families," Jackson said after the game. "[Mike Florio] can have his opinion, but don't just talk like that. That's disrespectful. That's very disrespectful.

"Our opponents are respectful to us, but a guy who's not even playing against us [and] just coming out and being disrespectful, I guess he wanted more views on his little channel. We're going to leave it at that."

Jackson's performance appears to have put him ahead of 49ers quarterback Brock Purdy and running



**Roquan Smith**

*Photo credit: AP Photo/Terrance Williams*

back Christian McCaffrey in the MVP race. His 252 passing yards along with two touchdowns and 45 rushing yards fueled the Ravens to the big win.

The defense played outstanding football against a usually deadly 49ers offense. Baltimore came up with five interceptions on the day. Safety Kyle Hamilton delivered two of them.

"Our rush and coverages [were] working together," Ravens linebacker Patrick Queen explained. "We understood that there would be opportunities to make on the ball. We

had a good understanding of what they do on offense, and we just knew if we could stop the run that we could get our hands on the ball."

The win puts the Ravens at 12-3 with the top seed in the AFC firmly within their grasp. They close out the regular season with home games against the Miami Dolphins and Pittsburgh Steelers.

The Dolphins game will be another prime time matchup for Baltimore on Monday Night Football. Miami is currently the No. 2 seed in the AFC

and could make a push for the top seed with a win this weekend.

"We're going to move on to Miami, because hey, they're a really good team," defensive captain Roquan Smith said. "There are" a lot of weapons on that team. They're coming to town, but we wouldn't like it any other way. We prefer the rough, rigid."

All the Ravens have to do is win the last two games to ensure the road to the Super Bowl flows through Baltimore.



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