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MSU Student Receives Stephen Long-Worcester High Pioneers Scholarship Award



Morgan State University student Amir Harmon is the recipient of the Stephen Long-Worcester High Pioneers Scholarship. Harmon is pictured with his grandparents David and Joann Waters. The Stephen Long-Worcester High Pioneers (SL-WHP) established the scholarship in honor of Professor Stephen Handy Long, the first Superintendent of Colored Schools in Worcester County. Mr. Long was killed by a white farmer from Stockton, Maryland on September 13, 1921. SL-WHP was initiated by 15 graduates of the formerly segregated Stephen Long Elementary and/or Worcester High schools, and aims to perpetuate Long's legacy by supporting deserving, community-focused Worcester County students. (See article on page 2) Courtesy Photo

MSU Student Receives Stephen Long-Worcester High Pioneers Scholarship *Award Named After Worcester County's First Superintendent of Colored Schools*

By Ursula V. Battle

Professor Stephen Handy Long, the first Superintendent of Colored Schools in Worcester County, took a bold step by reporting to the Orphans' Court in Baltimore that the local Pilchard farming family had not been permitting two Black, orphan children to attend school as required by law.

Long's quest for justice cost him his life as John Pilchard killed the educational pioneer on September 13, 1921. Long's sacrifice and quest for justice in education lives on in the community and through the establishment of the Stephen Long-Worcester High Pioneers Scholarship.

The Scholarship was established by the Stephen Long-Worcester High Pioneers (SL-WHP), a 501(c)(3) nonprofit dedicated to preserving the legacy of Professor Long. The inaugural \$1,000 scholarship was recently awarded to Amir Harmon, a Computer Science major at Morgan State University.

"I believe the scholarship will allow people to learn more about Mr. Long," said Harmon, who is a native of Snow Hill, Maryland. "Along with the Stephen Long-Worcester High Pioneers, I also feel that naming the scholarship after Mr. Harmon was definitely a great way to keep his legacy going. That was a good thing to do. It's also a cool way for people to learn about Mr. Harmon who didn't know too much about him."

Professor Long was born in Pocomoke City, Maryland in 1865. As a child, Professor Long moved to Boston, Massachusetts with his uncle. While there, Long attended the white Boston Public School System where he excelled. In 1893, he earned a bachelor's degree in Legal Studies from Lincoln University (Pennsylvania). After completing his undergraduate



Professor Stephen Handy Long
Courtesy photos

studies, Prof. Long returned to the Eastern Shore of Maryland. There, he accepted elementary school teaching appointments. First in Somerset County (Fairmount, Maryland) and, finally, in Worcester County (Pocomoke City).

In 1914, the Worcester County Board of Education appointed Professor Long as its first Supervisor of Colored Schools — a position he held with distinction until his untimely death at the hands of Pilchard.

Over 2,000 Maryland citizens, both Black and white, attended Professor Long's funeral held at the Mt. Zion Methodist Episcopal Church in Pocomoke. The Baltimore Afro-American Newspaper (September 23, 1921) reported that Professor Long's funeral was so well attended that his casket needed to be displayed on the church's lawn. Pilchard served only one year of a three-year sentence.

In 1937, 16 years after Long was murdered, the Worcester County Board of Education named Pocomoke's segregated elementary



Amir Harmon, a Computer Science major at Morgan State University.

school in Professor Long's honor— Stephen Long Elementary School.

SL-WHP was initiated by 15 graduates of the formerly segregated Stephen Long Elementary and/or Worcester High schools, and aims to perpetuate Long's legacy by supporting deserving, community-focused Worcester County students such as Harmon who are currently attending or planning to attend an Historically Black Colleges and Universities (HBCUs).

David Merrill is president of SL-WHP, and said he has a cousin who was mentored by Long. "We started out as a social club of men who graduated in 1970," said Merrill. "It came to be that we could do more than come together for an opportunity of socialization. We know the area we come from is economically-deprived. The idea came up to see what we could do to become an organization that would give scholarships and uplift the

community through education."

Ronnie L. Collins Sr. serves as vice-president and says the organization has raised \$10,000 thus far through its efforts. Noting Harmon was selected because of his impeccable application for the scholarship, Collins says SL-WHP plans to award the scholarship annually.

"I was born in Pocomoke City," said Collins, who is a professor at Coppin State University. "In fact, I lived probably five minutes from where Long was reportedly killed. It was very racist. While things are changing, our kids are not doing well in school. We wanted to establish a scholarship fund to support them while also preserving the legacy of Mr. Long."

For more information about SL-WHP including donating to their cause or to inquire about upcoming scholarship opportunities, email the organization at slwhp556@gmail.com.

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We are MORE in 2024 - Part Two of a Three-Part Series: Mining Opportunities for Resilient Employment

By **Karen Clay**
Clay Technology and
Multimedia, L.L.C.

In my last article, I wrote about the broad opportunities available in the Information Technology (IT) industry. I also provided some potentially helpful resources to guide you, a family member, or a friend toward identifying

areas that might capitalize on existing strengths and/or interests in terms of what might be career options to pursue.

I identified six broad IT categories that encapsulate most of the varied fields one could pursue. Today I will focus on the broad categories of (1) Infrastructure and Network Management; (2) Cybersecurity and Assurance; and (3) Strategy, Support, and Innovation. The average starting salary for jobs within these three categories ranges from \$60K –\$80K depending on the specific industry, location, experience, and qualification of the applicant. Within each, there are several specific, focused career opportunities. Below, are listed some of the top positions in each of them, along with the basic skills to be eligible for hire. If you want to look further into these areas, included are some resources that provide additional information, community resources, and/or free training to further your knowledge about your potential focus or interest:

1. Infrastructure and Network Management:

a. Network Engineer: Responsible for designing, implementing, and managing computer networks. Typical requirements include a bachelor's degree in Computer Science, Information Systems, or related fields. Additionally,



*Karen Clay,
Clay Technology
and Multimedia
Courtesy, Karen Clay*

Cisco Certified Network Associate (CCNA) or CompTIA Network+ certifications are often required.

b. Cloud Engineer/ Architect: Designs, develops, and maintains cloud solutions and infrastructure. Certifications like Amazon Web Services (AWS) Certified Solutions Architect, advanced Microsoft

Certifications such as Azure Solutions Architect Expert, or Google Cloud Certifications such as Professional Cloud Architect are highly valued by employers seeking to fill these positions.

c. Systems Administrator: Responsible for the maintenance, configuration, and reliable operation of computer systems, especially multi-user computers, such as servers located on premises or in the cloud. A bachelor's degree in computer science, IT, or related fields is preferred. Certifications like Microsoft Certified Systems Administrator (MCSA) or CompTIA Server+ also can be advantageous. Entry level roles like basic network support are sometimes accessible with a high school diploma and certifications.

d. Resources: The SANS Institute offers information on how to prepare for jobs in this area with a focus on cybersecurity. <https://www.sans.org/blog/network-engineer-salary-skills-and-career-path/>

2. Cybersecurity and Assurance:

a. Cybersecurity Analyst: Responsible for protecting systems, networks, and programs from digital attacks. A bachelor's degree in computer science, Cybersecurity, or related fields generally are required. Certifications such as Certified Information Systems Security Professional (CISSP) or CompTIA

Security+ are also often required.

b. Information Security Manager: Oversees and manages an organization's IT security policies and procedures. A bachelor's degree in IT, Computer Science, or related fields are helpful. CISSP or Certified Information Security Manager (CISM) certifications are typically required.

c. Penetration Tester (Ethical Hacker): Tests systems for vulnerabilities in a controlled manner to identify vulnerabilities and improve security. A bachelor's degree in computer science, IT, or Cybersecurity tends to be minimum requirements. Certifications like Certified Ethical Hacker (CEH) or Offensive Security Certified Professional (OSCP) are highly recommended.

d. Resources: The SANS Institute also is a great resource for information and training in various facets of cybersecurity, including free resources, on-demand training, and sponsored events. <https://www.sans.org/>

3. Strategy, Support, and Innovation:

a. IT Project Manager: Oversees and guides IT projects from inception to completion. A bachelor's degree in computer science, Business, or related fields generally is required. Project Management Professional (PMP) certification is highly valued.

b. IT Consultant: Advises businesses or business units on how to use IT to meet their objectives. A bachelor's degree in IT, Computer Science, or related fields is a prerequisite along with demonstrated experience. Certifications specific to the consultant's area of expertise can also be advantageous.

c. Technical Support Specialist: Provides tech support, training and/or advice to computer users to help solve their technology-related problems. A high school diploma or equivalent can be enough to secure a position, however



*Opportunities abound
in the world of IT.
Graphic design by Karen Clay*

a bachelor's degree in computer science, IT, or a related field is often preferred. Certifications like CompTIA A+ or Microsoft Certified: IT Professional can also be beneficial.

d. Resources: Cybrary offers basic access to their core learning and virtual labs for free. <https://www.cybrary.it/> The Project Management Academy also offers free information relative to obtaining PMP certification. <https://projectmanagementacademy.net/resources/>

As you can see, these roles typically require a combination of education, practical experience, and in many cases, specific certifications. These certifications not only validate skills and knowledge but also significantly enhance employability in the competitive IT job market. For roles where a bachelor's degree is mentioned, equivalent experience in the field, along with current certifications can sometimes be an alternative, depending on the employer's requirements. The important thing is to arm yourself with knowledge relative to your area of interest and take those steps toward your goal.

Art in the City

The African American Art Scene is Vibrant Baltimore

By Larry Poncho Brown

On paper, Baltimore reads as a place that would have a vibrant art scene. Some of that is true. Baltimore is home to the Baltimore Museum of Art, The Walters Art Museum, The Reginald F. Lewis Museum of Maryland African American History & Culture, American Visionary Art Museum, and several other vested arts institutions. As I traveled internationally, the one question that I was asked the most was how is the art scene in Baltimore? Specifically, what is the Black art scene in Baltimore? I would often render a vague response. The truth is, Baltimore has a deep legacy of African American art and artists. It seems that there are more creatives in Baltimore than anyone could ever acknowledge, whether just as a hobbyist, an emerging artist, a mid-career artist, or an established artist, they all must compete for the same exposure and opportunities.

Local arts agencies and arts organizations typically insufficiently service or support BIPOC creatives. Baltimore also is home to one of the top ten art institutions in the United States, the Maryland Institute College of Art, as well as the Baltimore School for the Arts, and many other inner-city arts institutions. Morgan State University has an impressive museum at the Carl J. Murphy Fine Arts Center, whose private collection can contend with any other HBCU museum nationwide, and Coppin State University has a gallery named after the late Cary Beth Cryor. Both HBCUs have presented and supported art by African American Artists. Yet, how many cities have five art supply stores?

The real question is what happens to a cross section of Black artists in Baltimore who never get exposure? Raised and educated in Baltimore City, I've met many local creatives and we



Larry Poncho Brown in the studio of Charles Bibbs.

Photo credit: Charles Bibbs

now have a cascading generational group of African American creatives in Baltimore. Hats off to our many community arts organizations such as resident curator Kibibi Ajanku at the Frederick Douglass-Isaac Myers Maritime Park Museum, whose central focus is bringing attention to social justice issues in the works displayed in the Herbert Bearman Gallery. She dedicates upwards of four to six exhibitions per year to African American artists, primarily from Baltimore City and the DMV.

I have also personally experienced the tireless work of Derek Price, executive director of the Eubie Blake National Jazz and Cultural Center, which has acted as an artistic venue for many African American artists within the city who have consistently focused on representing the works of African American artists. Motor House has also become a hub for African American artists, and other creatives offering community art exhibition space as well as a performance venue. We also have several arts districts designated in the city like the Station North Arts District along the North Avenue corridor, and The Black Arts District in the historic Pennsylvania Avenue corridor which is responsible for organizing the new generation



Kibibi Ajanku and Joyce J. Scott at the Herbert Bearman Gallery.

Photo credit: Larry Poncho Brown

of African American creatives in Baltimore City. Baltimore is also home to fine art galleries like Galerie Myrtis, and Apperson Home Gallery which have done a stellar job of promoting African American artists for several decades. We are also blessed to have “How Great Thou Art” in Historic Fells Point and “Shalom Gallery” in Hamden by Baltimore artist, Loring Cornish. There’s always room for more representation and opportunity in the support of Black artists.

In a world where the current trend of diversity, equity, and inclusion are the aspiration of many arts agencies, often African American artists get lost in the shuffle of social and political correctness. In a time where we have social networking and other means of communication, it appears that with all the social movements including LGBTQ+ have all affected the exposure rates for African American artists. We have been fortunate to have seen the contributions of many creative history makers at the very fabric of

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Morgan Alumnus Provides College Tours, Entrepreneurship and SAT Preparation Opportunities

By Andrea Blackstone

Jordyn DeVille, 17, aspires to become a foreign paralegal someday. Baltimore, Maryland-based MTM Foundation, Inc. aided Jordyn as she walks the path of making her professional dreams become a reality.

“MTM Foundation has helped and educated me about HBCUs, as well as put me in leadership positions that otherwise I wouldn’t have had the opportunity/confidence to flourish in previously,” the 12th grader said. “I am currently a high school senior and my dream school is Clark Atlanta University, which I was recently accepted into with Mr. Henderson’s letter of recommendation.”

James E. Henderson, Sr., MTM Foundation, Inc.’s executive director and founder, explained that Jordyn attended the 2023 HBCU college tour with MTM Foundation, Inc. and joined the Junior Board of Directors as the Youth Engagement Director.

MTM Foundation, Inc. serves middle through college-age scholars like Jordyn, by providing college readiness opportunities including: college tours, SAT preparation, scholarship bootcamps, college essay and resume writing workshops and entrepreneurship support through a financial literacy program called “The CEO Club.” Elementary, middle and high school students may participate in it.

“The CEO Club is a financial literacy program designed to educate and train youth around the eight pillars of creating generational wealth, sales, marketing, advertising, pitching their business ideas, the breakeven point, product development and much more,” Henderson said.

At the end of the three-month program, scholars have an

opportunity to pitch their business ideas to investors and business owners and for a \$1,000 cash prize to help jumpstart their business. The CEO Club resumes January 29, 2024 and again on April 8, 2024.

Henderson added, “The CEO Club will be virtual and have in-person sessions with the middle school scholars at Montebello Middle School.”

Additionally, the next SAT prep course is scheduled for February, March and April. It will be conducted virtually on the last Tuesday and Saturday of each month.

“This program is for high school age scholars,” Henderson, Sr. said.

MTM Foundation, Inc. started in 2015. Henderson’s inspiration to invest in young people is rooted in his formative years. He grew up in Pontiac, Michigan.

“I was always inspired by my mother and how hard she worked to raise eight kids on her own,” Henderson said. “And I know what it feels like to live in a city like Baltimore where the city closes recreation centers and how it affects the mental health of our youth, negatively.”

Henderson added that when his son, James Henderson, Jr. wanted to attend an Ivy League school, he tried to convince him to attend an HBCU. The elder Henderson, who is a Morgan State University graduate of the class of 2000, ended up organizing a HBCU and Ivy League college tour during spring break in 2016. The father wanted his son to notice the difference between HBCUs versus PWIs (Predominately White Institutions) and what was so great about HBCU schools. James Henderson Jr. ended up attending Penn State University. He graduated in 2022 with a bachelor’s degree in architectural engineering.



**James E. Henderson, Sr.,
founder and executive director,
MTM Foundation, Inc.**

Photo credit: Joseph Woodard

MTM Foundation, Inc. has continued to invest in youth development.

“The Foundation’s Board of Directors has been monitoring the progress of their scholars since the first college tour in 2016. We noted that 59 percent of the scholars that participated in the first tour will have successfully graduated from college. This includes four May 2022 graduates and 100 percent of our Ivy League scholars have college degrees,” Henderson, Sr. said. “To date, 438 scholars have graduated from MTM Foundation’s college readiness program.”

Additionally, he stated that 37 percent of the scholars that participated in the entrepreneurship program are actively pursuing start-ups.

Henderson, Sr. also added, “Over the past eight years, MTM Foundation has provided SAT preparation services to 488 scholars with an average increase of 90 points. The 2023 numbers are not included as we are awaiting final board approval.”

Parents should note that all of MTM Foundation Inc.’s programs are free except for their HBCU and Ivy League



**(L-r:) James Henderson, Sr.;
Rodney Gross, a MTM Foundation
mentee; and Derrick Hamlin, Esq.
and youth advocate for MTM
Foundation. Gross said that the
MTM Foundation taught him the
importance of how to evaluate which
institution was right for him. He
aspires to earn a doctorate in physical
therapy and own a rehabilitation
clinic. Courtesy photo**

college tours.

“Our next HBCU college tour is scheduled during spring-break (March 24 through March 28, 2024) to Morgan State; Bowie State; Howard; Delaware State; Hampton; Norfolk State; Elizabeth City State University; North Carolina Central; Bennett College; North Carolina A&T; Spelman; Morehouse; Clark Atlanta; FAMU; and Shaw University,” Henderson, Sr. said.

Youth who are interested in pursuing a route that is similar to Henderson, Jr.’s tour can also seek support.

“Our Ivy League college tour is scheduled for April 4 through 8, 2024 to Cornell; Harvard; Brown; Yale; Columbia; Princeton; and the University of Penn (included in this tour is Penn State, Babson College and M.I.T.)”

Parents may obtain more information via www.mtmcollegetours.org. Email info@mtmfdn.com; or call Henderson, Sr. at 443.768.6939 if further assistance is needed.

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Artist Pays Homage to Dr. King, Other Noted Historical Figures, Celebrities

By Andrea Blackstone

Roger James, a lifelong artist, recalls becoming interested in art around the second grade.

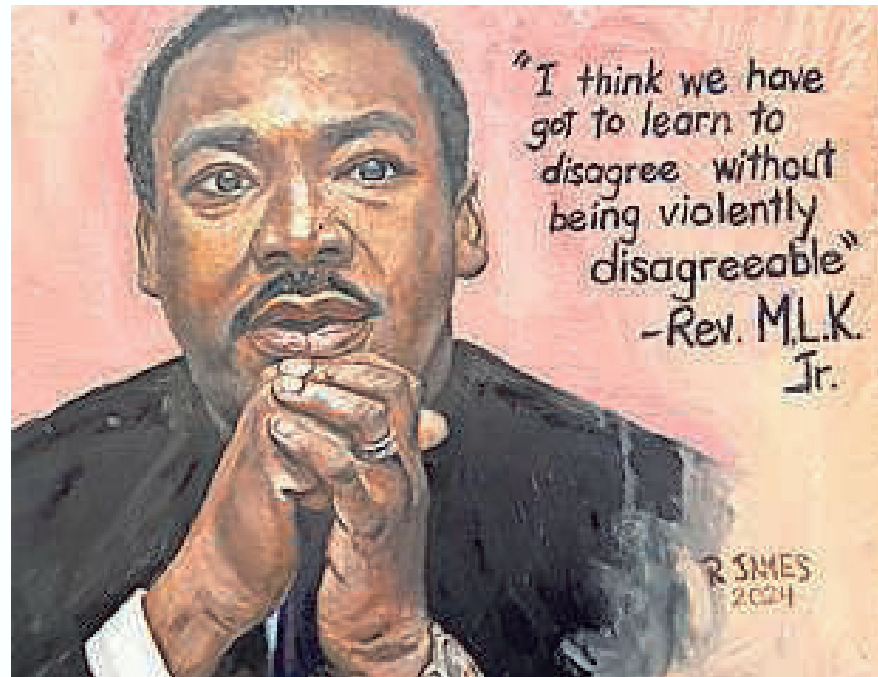
“I started to see things differently than the average kid. Kids would draw stick figures. I started drawing fully recognizable objects and kids in my class gathered around to watch me,” James said, reflecting on art class in elementary school. “My biggest influence was from watching characters in cartoons in the late 1970s through 1980s.”

Young Roger was a fan of Warner Bros., Hanna-Barbera, the “Super Friends” animated television series that was about a team of superheroes and He-Man, a different superhero who was a part of a different classic series.

The artist, illustrator and painter who provides commissioned paintings, book illustrations, book design layouts and graphic design services owns jamesstudiio. James is also the author of the children’s books: “Pecan’s First Day of School,” “Pecan’s Field Day,” “Pecan’s Spelling Bee Championship” and “Pecan Becomes Class President.” Ten-year-old Pecan, the main character, is loosely based on some of James’ childhood.

James was born in Washington, D.C. and raised in Prince George’s County. His parents hail from Grenada. He made a business out of his creative aptitude after studying at University of Maryland College Park, earning an Art degree with a concentration in Graphic Design/Illustration. Today, the multi-talented artist specializes in figurative action art, such as musicians and athletes in action.

James likes using a blank canvas to create the art he wants to “become the answer to a problem.” He researches



Dr. Martin Luther King, Jr.
Artwork courtesy of Roger James

well-known figures that he decides to paint and ones with whom he is not totally familiar.

“I try to find different images of figures that have either not been done or I can add (or subtract) certain elements to tell a story,” James said.

He recently completed a painting of Dr. Martin Luther King, Jr. James’ new painting of Dr. King includes a message. When people look at the painting, James would like observers to “understand what agreeing to disagree means.”

“This was my first time depicting Dr. King on canvas. I’ve done illustrations of him for a children’s book. I felt disappointed because Dr. King may have been one of the most important figures of the 20th century, but he seems to just be noted for ‘I Have A Dream’ and ‘The March on

Washington.’ People seem to not want to remember his life beyond that point,” James said.

James added, “As he moved onward after 1963, his dream was becoming a nightmare and also, he was becoming fierier. His importance was beyond the civil rights movement. It expanded into his stance against the Vietnam War, [the] Poor People’s Campaign, economic development and integration.”

James explained that integration called for “equality for all” and led to “powers” that be to become afraid of how powerful Dr. King was becoming. His speeches were intensifying, but also the protesting of resistors. Death threats intensified.

“He was aware that his time was coming to an end. I personally wanted to depict Dr. King as a man who



Roger James, artist
Courtesy photo

spoke his mind, but one who paid the ultimate price, because people didn’t want to respect nor understand where he was coming from in ideology or spiritually. Dr. King was very open to hearing from all aspects of society, regardless of ethnicity or gender,” James added. “Dr. King didn’t necessarily agree with everybody, but he was willing to listen and respect their opinions without speaking down to them.”

James also loves to paint athletes and musicians. He also likes bringing subjects to life that are rarely depicted on canvas, such as Curtis Mayfield, Phyllis Hyman and Serena Williams.

“Phyllis Hyman is a very underrated songstress. Her passion mixed with inner struggles that ultimately cost her life. I added the Blues Alley background since she was noted

Artistic Talent Highlights Activism



John Coltrane
Artwork courtesy of Roger James



James Baldwin
Artwork courtesy of Roger James

for performing at D.C.'s Blues Alley," James said, reflecting on the meaning of the background of many of his subjects.

James' art has wide appeal. His typical customers purchase original paintings and prints or hire James to complete commissioned pieces. Some of his customers have included celebrities.

Dealing with slow periods is James' most challenging aspect of being an artist.

"There are peaks and valleys, in the midst of working on commissions or future books," James said.

He also said, "People being inspired and non-artists appreciating my work, especially kids and young



Prince
Artwork courtesy of Roger James



Phyllis Hyman
Artwork courtesy of Roger James



Bernie Mac
Artwork courtesy of Roger James

adults, is most rewarding."

Some of James' paintings, including his depiction of Dr. King, is currently on display at Artstination, located at

162 Waterfront Street in Oxon Hill, Maryland at National Harbor where James is the resident artist.

Visit www.jamesstudiio.com to learn

more about James or follow the artist on Facebook
<https://www.facebook.com/roger.w.james>.

Skipping Chemicals, Potential Dangers of Hair Relaxers

Tips to Keep Natural Hair Healthier

By Andrea Blackstone

Do hair relaxers increase the risk of certain cancers? The verdict is still out. Either way, African American women are using hair straightening relaxers less.

Findings of a study published by the National Library of Medicine, National Center for Biotechnology Information (NCBI) stated that “chemical hair relaxers, use of which is highly prevalent among Black women in the US, has been inconsistently linked to risk of estrogen-dependent cancers, such as breast cancer, and other reproductive health conditions. Whether hair relaxer use increases risk of uterine cancer is unknown.”

NCBI’s data revealed that in a “Black Women’s Health Study, 44,798 women with an intact uterus who self-identified as Black were followed from 1997, when chemical hair relaxer use was queried, until 2019. Over follow-up, 347 incident uterine cancers were diagnosed.”

Data from the study concluded that in a large cohort of Black women, “long-term use of chemical hair relaxers was associated with increased risk of uterine cancer among postmenopausal women, but not among premenopausal women. These findings suggest that hair relaxer use may be a potentially modifiable risk factor for uterine cancer.”

Yalmikia Edmonds, owner of Levonye Professionals LLC, a certified hair loss practitioner and licensed cosmetologist who started her business in 2004, notices that more African American women are resisting relaxer usage. A possible reason is the growing awareness that chemical products may potentially have harmful health effects.

“Many people are now seeking more natural and organic alternatives to traditional chemical treatments.

Additionally, the rise of social media and the influence of celebrities and influencers have popularized the trend of embracing natural hair and avoiding chemical treatments,” Edmonds said.

Black hair can be styled in diverse ways. Edmonds provided helpful food for thought to keep locs healthier while skipping chemical straighteners.

“Before applying any heat, make sure your hair is properly moisturized and conditioned. Dry or damaged hair is more susceptible to heat damage,” Edmonds shared, also explaining that heat usage should be limited.

Additionally, trimming off split ends and damaged hair helps to keep hair looking healthy and prevents the damage from spreading further up the hair shaft.

Edmonds’ lengthier hair care tips incorporated:

1. Heat styling tools: Using heat styling tools such as flat irons or curling irons can temporarily straighten or style the hair without the need for chemical treatments. However, it’s important to use these tools with caution and apply a heat protectant spray to minimize damage. If you must use heat styling tools, use the lowest possible heat setting that still achieves the desired result. Heat protectants create a barrier between your hair and the heat, reducing the amount of damage caused. Look for heat protectants that contain moisturizing ingredients to help keep your hair hydrated and prevent dryness. Ingredients like argan oil, shea butter, or glycerin can provide added moisture and nourishment to your hair.

2. Blow drying techniques: Learning proper blow-drying techniques can help achieve a smoother and straighter look. Using a round brush while blow drying can add volume and control to

the hair. Look for blow dryers with adjustable heat and speed settings.

3. Natural hair straightening methods: There are natural methods and ingredients that can help straighten the hair to some degree. For example, using a combination of coconut milk and lemon juice as a hair mask can provide some temporary straightening effects.

4. Protective hairstyles: Opting for protective hairstyles such as braids, twists, or buns can help manage the hair while promoting its health. These hairstyles can minimize manipulation and reduce the need for excessive heat styling or chemical treatments.

5. Hair care routine: Establishing a proper hair care routine is crucial for managing and maintaining healthy hair. This includes regular shampooing, conditioning and moisturizing with products suitable for the hair type. Additionally, using a wide-toothed comb or a brush with soft bristles can help prevent breakage and damage.

Since different hair types require different needs, Edmonds mentioned main hair types.

Straight hair is characterized by hair strands that are smooth and lack



*Yalmikia Edmonds,
owner of Levonye Professionals LLC
Courtesy photo*

natural curls or waves. Wavy hair has a slight “S” shape and falls somewhere between straight and curly hair. Curly hair has a distinct curl pattern and can range from loose curls to tight coils. Coily or kinky hair has tight curls or coils that form a zig-zag or spiral pattern. Coily hair requires regular moisture, gentle handling, and protective styling to maintain its health and shape.

“By knowing your hair type, you can tailor your at-home hair care routine and product selection to meet the specific needs of your hair, resulting in healthier, more manageable locs,” Edmonds said.

Levonye Professionals LLC is located at 420 Crain Highway, Glen Burnie, Maryland. Learn more about Edmonds via <https://levonyeprofessionalsbrand.com>.

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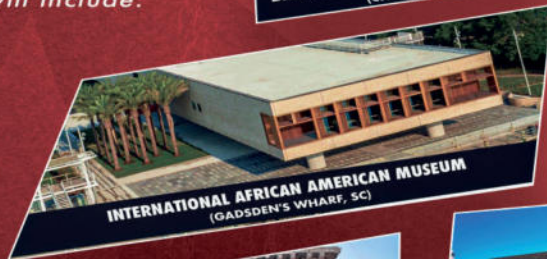
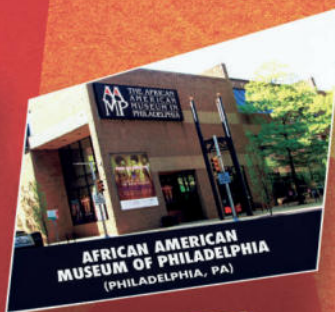
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National Museum of Gospel Music (Chicago, IL)
The National Urban League Empowerment Center (New York, NY)

THE BLACK HISTORY HONORS SERIES HIGHLIGHTS THE IMPORTANCE OF AFRICAN AMERICAN HISTORY MUSEUMS AND REVEALS WHY "BLACK HISTORY MATTERS."

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Artists

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artists that have represented Baltimore like the late artisans: Thomas Stockett; Larry O. Brown Sr.; William Joyner; Robert Torrence; Tom Miller; Bill Strong; Pontella Mason; Leroy “Miki” Jones; Irving Phillips, Sr.; Elizabeth Scott; Cary Beth Cryor; Luke Shaw; O’Neill Hammond; Anderson Piagett; Gerald Hawks; James Barefoot; Hosea Solazaro; Ernest Kromah; and Valerie J. Maynard, to name a few. This includes many extraordinary living contemporary talents like Joyce J. Scott; Amy Sherald; Loring Cornish; Jeffrey Kent; Ernest Shaw; Jerry Prettyman; M. K. Asante; Terrance Hinton; and various noteworthy artists that have made Baltimore their home base while keeping the torch lit to light a pathway to other artists. We have artists like Ernest Shaw whose mural work far surpasses most mural work in Baltimore City, in a place that could use more community arts projects that benefit African American artists. On the national stage, Joyce Scott has done much to pivot the expectations of what art is by the narratives and stories in her work. We’ve been blessed to have artists like Amy Sherald reside in Baltimore, who left her mark on Baltimore City and is now being embraced globally.

We are at a time now where globally African American artists are being recognized both in the fine art realm and commercially successful art avenues. While all this is happening, there is still room for more focus on the development of the African American artists in Baltimore City. For many years, Artscape was known as the largest art festival in the region, but even Artscape has had a history of restricting African American artists from participation and while they have done their best to provide equity with Black artists, it appears that so many artists have grown tired of being rejected from shows and being overlooked to the point where participation and artists opportunities in the city were often ignored. How do we re-stimulate interest in the arts in Baltimore City from African American artists? Baltimore has proven to be a town of resilience. The future of African American artists in this town relies on those with the intention to see the current climate change.

The time is now for us to shout loud and proud to all the talents that we have in this city, and finally rally around our African American artists.



A great day in Baltimore at the Baltimore Museum of Art. Photo credit: L.A. Randall



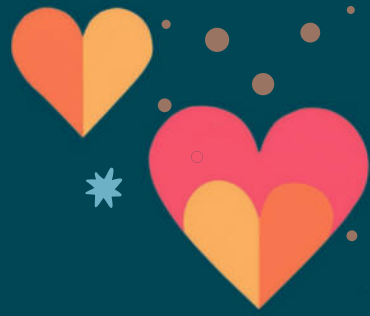
Mother Seton Academy students on an exhibition tour at the Frederick Douglass-Isaac Myers Maritime Park Museum-Herbert Bearman Gallery.

Photo credit: Linda Tucker



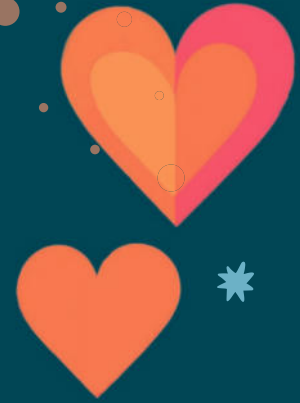
Larry Poncho Brown in his Baltimore studio.

Photo credit: Kirth Bobb



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Ravens Odell Beckham Jr. is Peaking at Perfect Time

By Tyler Hamilton

The Baltimore Ravens officially got back to work earlier this week after having the bye. They now know the Houston Texans are the opponent set to come to M&T Bank Stadium on Saturday, January 20, 2024 for a Divisional Playoff clash.

The Ravens have a few players that have already been where the franchise is looking to go, which is the Super Bowl. Odell Beckham Jr. is one of the players that did so most recently when he was a key part of the Los Angeles Rams team that took home the Lombardi trophy two years ago. Like he did with the Rams, Beckham is heating up at the right time for the Ravens as they make their march towards a championship.

Beckham got to take part in that game and scored the game's first touchdown, a 17-yard reception from Matthew Stafford. However, Beckham left the game in the second quarter with a knee injury and did not return. He suffered a torn ACL, less than a year and a half since he first tore it with Cleveland in October 2020.

The Rams decided not to re-sign Beckham as he spent the offseason recovering from the knee injury. Beckham remained a free agent but worked out in Arizona to rehab. The Ravens signed Beckham to a one-year contract to bolster the receiving group.

It's already paid dividends. Beckham has been a reliable option for Lamar Jackson. He posted 35 receptions for 565 yards and three touchdowns. Beckham also played a key role in the development of rookie Zay Flowers who led the team in receptions (77) and receiving yards (858).

Beckham reflected on the road it took to get to this point with the Ravens earlier this week.

"It's been a long two and a half

years, so it all boils down to this. We only have four or five days guaranteed left. Everything else, you earn after that. Everything else after that, you've earned," Beckham said. "It's like you might as well reap the benefits of all the hard work you put in. We're all fighting for the opportunity to earn the opportunity to be able to practice again for another week, and it starts with beating a very good team in the Houston Texans."

The fight that Beckham waged to help put the Ravens in position to be the top seed in the AFC isn't lost on his coach, John Harbaugh.

"[Odell Beckham Jr.]'s been through

a lot. Odell has been through so much, and he's worked so hard, and it hasn't been easy," Harbaugh said. "He's at his best right now. You see him out there; he looks really good, he's moving around excellently, [he's] fast, he's catching the ball [and] he's running great routes, so I'm looking forward to seeing what he does here."

Harbaugh is right. Beckham is returning to being the explosive player that was once considered to be a threat anytime he touched the ball. Harbaugh rested most of the starters in the season finale so Beckham didn't play.

Although Beckham only had one reception in Week 17, it went for 33

yards. Beckham averaged 16 yards per reception in the season, the most he's averaged in a single year over his career.

Jackson knows he'll need Beckham more than ever as things start to tighten up in the postseason. He expects steady improvement over the year to roll into the playoffs.

"I believe he has been getting better each and every week throughout the offseason to returning to the player he once was," Jackson said. "Like I said, all year he has been. But, as the playoffs start rolling, he will definitely be one of the guys."



Odell Beckham Jr.
Photo credit: Getty Images

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