

The Annapolis Times

Vol. 38 No. 14

January 26 - February 1, 2024

A Baltimore Times/Times of Baltimore Publication

Young Baltimoreans Shovel Snow, Gain Community and Social Media Support



Caleb and Yahshua Israel's father taught them to shovel snow in front of their home last year in Baltimore County. This year, the budding entrepreneurs asked their parents how they could earn extra money. They were permitted to ask neighbors if they would like the front of their homes shoveled. Caleb and Yahshua's work ethic sparked conversation in the neighborhood, support on social media and joy, with the help of a Baltimore City Schools employee and her husband. (See article on page 10)

*Photo credit:
LaQuisha Hall*



GBIW To Be Honored by the Stellar Network Award To Be Presented at Gala in Nashville, TN

By Ursula v. Battle

A local museum dedicated to highlighting the contributions of others is being highlighted by a network that is affiliated with one of the biggest names in gospel music. The National Great Blacks in Wax Museum (GBIW) is among the museums being honored by the Stellar Network, creator of the Stellar Gospel Music Awards.

GBIW is among the honorees being presented with the Stellar Network's Legacy and Leadership Award, which recognizes outstanding African American museum leaders for their exemplary leadership in preserving African American history, culture, and legacy. This is the inaugural presentation of the award, which will be presented during the Black History Honors Gala on January 30, 2024 at the National Museum of African American Music in Nashville, Tennessee.

GBIW and the other selected museums will be featured on the 2nd Annual Black History Honors television special airing on the Stellar Network throughout Black History Month in February. The premiere screening of the television special will take place during the Black History Honors Gala being hosted by singer and actor Mali Music.

"This recognition is so gratifying," said Dr. Joanne Martin who established GBIW in 1983 along with her late husband Dr. Elmer Martin.

"Stellar highlights the importance of gospel music in the history and legacy of African-Americans, but this award shows they also honor our history in other ways. This is very humbling, and such an honor to be connected

to Stellar along with those other very outstanding museums. This award also comes with a great deal of exposure. It's a multi-layered honor."

Each honored museum will also receive a \$5,000 donation to support their impactful work. The other selected museums are: Bronzeville Children's Museum (Chicago, Illinois); Charles H. Wright Museum of African American History (Detroit, Michigan); International African American Museum (Charleston, South Carolina); The DuSable Black History Museum and Education Center (Chicago, Illinois); National Museum of African American Music (Nashville, Tennessee); Birmingham Civil Rights Institute (Birmingham, Alabama); The Negro Leagues Baseball Museum (Kansas City, Missouri); and National Underground Railroad Freedom Center (Cincinnati, Ohio).

"GBIW, along with the other museums are learning from one another, respect one another and have a sense of the history that we bring to the storytelling that emerged at different times in this journey," said Dr. Martin. "Nevertheless, we all share the commonality of wanting to do the same thing, which is seeing our mission as telling our story. We do our storytelling in different ways, but our goals are the same."

Located at 1601-1603 E. North Avenue, the Museum is committed solely to the study and preservation of African American history, and its presentation of life-size, life-like wax figures that highlight historical and contemporary personalities of African ancestry.

The museum has drawn visitors from all over the globe with its immersive



Dr. Joanne Martin, co-founder of the National Great Blacks in Wax Museum, will be traveling to Nashville to receive the Stellar Network's Legacy and Leadership Award. File photo

museum exhibits, which include: "A Journey to Freedom," that features wax figures of Henry "Box" Brown and W.E.B. DuBois; "The Underground Railroad," featuring wax figures of Thomas Garrett and Harriet Tubman; and "The Slavery Era," with its immersive "Middle Passage" and "The Horror of Captivity."

GBIW is the first wax museum of African American history in the nation. The work of the GBIW has earned numerous awards and recognitions. In addition to its recent selection by the Stellar Network, the museum was recently chosen to be a part of the Blacktastic Children's Festival of African American History and Culture. In selecting GBIW, Blacktastic will tell the love story of how the Martins met and worked together to make the museum a reality. In their depiction, Blacktastic will also focus on the visual artistry

of GBIW's wax figures.

The Stellar TV network is a wholly owned subsidiary of Central City Productions, Inc., the oldest Black-owned and operated television production company in the country. Central City Productions has been in operation since 1970 and remains dedicated to creating Black excellence in television programming. In addition to the Stellar Gospel Music Awards, Central City Productions is also the creator of Black Music Honors, Black College Quiz, and other uplifting and original television programs.

Stellar Network is available to Charter Spectrum and Verizon Fios subscribers. The 2nd Annual Black History Honors television special will also air in national broadcast syndication from January 29th to March 3rd, 2024. For more information, visit <https://stellartv.com/index.html>

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Jayne Hopson
Courtesy Photo

By Jayne Hopson

According to the Association of Black Women Physicians (ABWP) women of color make up only two percent of the physician workforce. Mentorship is a critical part of their mission to encourage and support Black women in the pursuit of a medical degree. Our mission statement is to “Lift as We Climb,” says Jessie Sherrod, MD, MPH, a mentor who specializes in pediatric infectious disease.

“I want to be the one person in the medical student’s life to offer positivity and give direction, in order for them to become the most successful physician they can be,” said Dr. LaTanya Hines, obstetrician and gynecologist. The primary way Drs. Hines and Sherrod fulfill their mission is through their mentorship initiative, called the Association of Black Women Physicians – Sister to Sister Program.

The program is targeted at Black women physicians, physicians in training, and pre-medical undergraduate students. “There are many, many challenges women face on the road to becoming a physician. Our program offers guidance on various aspects of becoming a physician, including MCAT prep

Breaking Barriers to Wellness: Mentorship Programs Are Empowering Future Black Doctors

and managing anxiety during post-baccalaureate studies,” says ABWP president, Valencia P. Walker, MD, a neonatologist. “We also award scholarships to future Black women physicians, to date, close to one million dollars.” For more information, visit <https://www.blackwomenphysicians.org/contact-us>

One mentorship program was founded under tragic circumstances. The untimely death of a close friend who lost her life to COVID-19 was an urgent call to action for Monica Allen Alexander, MD, co-founder of Premedical Explorers, Inc. (PrME). The nonprofit organization, led by Black doctors, was created to increase the number of Black physicians. “We plan to eradicate the healthcare disparity for people of color,” says Dr. Alexander.

Dr. Alexander’s friend, also a Black female medical doctor, spoke openly of the ill-treatment she received during her losing battle with COVID-19. Dr. Alexander’s gravely ill colleague said she felt “marginalized” as a patient, posting on social media that she was poorly treated and made to feel inferior by white medical providers during her hospitalization. She told the world her status as a physician did not shield her from biased care.

PrME seeks to close the healthcare disparity gap by expanding pathways from K-12 to medical school for Black students. The organization provides resources and mentorship for high school students interested in becoming doctors and recruits Black doctors to mentor these students. PrME’s stated goal is to add 92,000 Black doctors to the workforce over the next 15 years.

Black Girl White Coats would win the award for most clever name. But their mission is exacting, they seek to “increase the number of

underrepresented minorities in the healthcare field, but also to make certain the next generation of Black and Hispanic providers are supported at every step of the way.” Their programming and support provide scholarships and mentorship by medical professionals and coordinate a range of resources to assist students in their educational journey.

A core pillar of Black Girl White Coat is mentorship. “We believe that mentorship is key for the academic and professional development of students pursuing higher education and especially those from traditionally underrepresented backgrounds looking to succeed in the world of healthcare,” says founder, Sandra Coker, an Emergency Medicine Resident at the University of Chicago.

“Our goal is to diversify the face of healthcare by providing exposure and support to students traditionally underrepresented in these career fields. More specifically, Black Girl White Coat exists to provide guidance, mentorship, and scholarship to Black and Hispanic students pursuing careers in healthcare, says Dr. Coker.

“We know that there are many barriers and obstacles underrepresented students have to overcome when considering this path, so we create programs, promote platforms, and offer opportunities that will help the student in need. The challenges do not stop with admission



Photo credit: DALL-E, AI generated

or entry because there is so much more support needed every step of the way and with every new transition, says Dr. Coker. Adding, “we get it because we have been there! Black Girl White Coat is committed to getting our students and scholars going in the right direction and equipping them with the tools needed to succeed.”

These mentorship initiatives are an important step in addressing several racial health disparities that lower the quality of care for minority patients and erode the trust of Black patients who receive care that makes them feel like second-class citizens.

This writer sees signs of hope for greater diversity in medicine. Joyce Idehen is a Family Medicine Resident at Lawndale Christian Health Center in Chicago. Dr. Idehen heads the Black Girl White Coat - Social Media Team. Her organization is aware social media is essential to getting the message out to the youngest Black students who may have an interest in becoming a doctor. It is an excellent way to promote the message that joining a mentorship program may help them fulfill their dreams.

5 Tips to Help Improve Your credit Score in 2024

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Establishing credit is one of the most important keys to achieving financial health and creating generational wealth.

A good credit score shows you have a track record of borrowing money responsibly and is important to landlords, mortgage lenders, financial institutions and more. The higher your credit score, the lower your interest rates will be on credit cards and loans, helping you save money over time.

Building a credit history from scratch can feel challenging since you need credit to build credit. If you don't have credit, you're less likely to be approved for loans and credit cards, limiting your ability to make major purchases that create financial stability for yourself and your family.

How can you build credit without having credit?

First, what does it mean to build credit? All consumers have a three-digit score between 300 and 850. You want your score to be as high as possible, as lenders look at credit scores to make loan and credit decisions.

A credit score consists of your payment history, available credit, total balances, the mix of credit type, length of credit history, and the frequency and amount of new credit you're applying for.

If you don't have a credit history or you're rebuilding your credit, your credit score will likely be on the lower end. Here are a few simple steps, including some you may already be doing, that can help start the year off on the right foot and improve your score:

- **1) Report rent or bill payments and pay on time.** Ask a service provider, such as a landlord, to report payment activity to the credit bureaus. Also, remember to pay bills on time. Paying



Photo courtesy of Pexels

your utility bills, rent, credit cards and loans on time can demonstrate fiscal responsibility to lenders.

- **2) Apply for a store or gas card.** Retailers and businesses often approve applicants with little credit history for a card. Store cards usually carry a higher interest rate, but payments still become part of your credit profile. Remember to try to pay off the balance each month to avoid racking up interest.

- **3) Open a bank account and consider a new-to-credit card:** Although checking and savings accounts don't factor into your credit score, lenders can review them to see how fiscally responsible you are. And in the case of Chase Freedom Rise, which is designed for new-to-credit customers, having a Chase checking account increases your likelihood of

- **4) Become an authorized user or joint account holder.** Ask a trusted family member or friend to be added to their credit card. You'll get an extra

card with your name on it, and activity from that card will be reflected on your credit report over time. Be sure this person has a good history of on-time payments and low credit utilization – if they have bad credit habits, it will reflect on your credit, too.

- **5) Find a co-signer.** Apply for credit jointly with someone who already has an established credit history. Remember, the co-signer is putting their credit on the line for you, so keep up with your payments and don't overspend.

These options can help you demonstrate your creditworthiness, and you may start seeing your score rise sooner than you might expect.

Resolve to build credit in 2024

It's never too late to build -- or rebuild -- your credit. As you make your resolutions for the new year, put credit building near the top of your list. Not only will good credit help you have a happy new year in 2024, but you'll also see your hard work pay off for many new years to come.

Teen from Annapolis Gardens Selected to Go to Scotland

By Andrea Blackstone

Shianiyah Johnson, an Annapolis Garden resident, will pack her bags this summer to head to the summer school program at Gordonstoun International in Scotland for three weeks in July 2024.

“I’ve been to Tennessee,” the Annapolitan said, recalling the only other place outside of the area where she has been.

The 14-year-old ninth grader who attends South River High School was awarded the impactful opportunity through the Annapolis & Anne Arundel Scholarship Trust (AAACST) nonprofit. Shianiyah’s all-expense paid scholarship will afford her an opportunity to meet other children from all over the world.

“I want to learn about diversity and how other people’s lives are,” Shianiyah said.

Horseback riding is just one new activity that she looks forward to trying beyond traditional classroom boundaries. Although Shianiyah remarked that she is “pretty excited” about the opportunity, she did not first believe that she had been selected.

“My mom texted me and told me [that] Mr. Broddie [AAACST’s executive director] wanted to talk to me. And then I called him and that’s when he told me that I was going to Scotland,” she said.

AAACST recently opened a center in Annapolis Gardens, a low-income community in Annapolis. The undertaking was supported by a City of Annapolis grant. Reginald Broddie stated that it launched March 11, 2023.

“I’ve been going there for a while since it first opened up a few years back. When Mr. Broddie started working there, it seemed like a lot more kids started going,” Shianiyah

said. “There’s a lot of activities. You go there to finish schoolwork in a peaceful place, play games, hang out with others.”

A teen room is now up and running. Broddie said that a 21st-century approach is used while working with the teenagers.

“It’s no longer this very structured one-hour program of technology or teen pregnancy prevention or GED prep. We’re using a peer mentoring model with counseling groups in the teen center. Most of us would be surprised that our teens have a lot on their minds and while we spend more time ignoring or misunderstanding what their issues are, they have many more questions. That teen center has been able to address and answer many, many questions that these teens have in their community. It’s a counseling center without calling it that,” Broddie said.

He and the director, Paul Johnson, usually facilitate the conversations.

Broddie specifically mentioned that since it was launched, AAACST brought a sense of belonging to young people in Annapolis Gardens and the trust of the parents.

Under Broddie’s watch, parents now feel comfortable sending their children to the center. Broddie said that it was not always that way.

He added that “it was much of a hodgepodge type of environment.”

“But we’ve cleaned that up. Every child deserves to come here and be treated with dignity and respect. And that’s the greatest impact that we’ve had— focusing on the treatment of each other,” Broddie said.

Currently, Shianiyah is staying busy with playing on a basketball team and school. She was a junior counselor at the AAACST summer camp. Broddie noted why he thought that Shianiyah

Johnson was the best candidate for this trip.

“Well, I think a lot of it has to do with her temperament and understanding the type of young people that she will be fellowshipping with. I thought her personality and her temperament were a great fit, but I think what brought it home for us was her application and her essay as to why she thought it was important to go to Scotland,” Broddie said.

In a press release, Broddie also stated that through this program, participants confront challenges that transcend socio-economic and cultural boundaries, fostering newfound confidence and independence.

“Ultimately, over 85% of Gordonstoun attendees successfully graduate from college,” Broddie said.

Shianiyah wants to become a surgeon. She has been a part of Anne Arundel County’s STEM program since middle school. Her mother, Tershia Lemon, is a big inspiration to her.

After reflecting on her experiences at AAACST’s center in Annapolis Gardens, Shianiyah stated that she



Shianiyah Johnson stands in front of the youth center where Annapolis & Anne Arundel Scholarship Trust operates. Photo credit: Linda Mundy

would tell other teens who have not visited to “go there, learn about stuff and never stop chasing their dreams.”

When asked what she would say to Broddie and anyone who played a role in selecting her to visit Scotland, Shianiyah summed up her sentiments simply.

“Thank you for everything,” she said.

Visit www.AnnapolisTrust.org to obtain more information about AAACST.



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We Empower Women Celebrated the 2nd Annual Executive Women of Color Winter Brunch

Baltimore, Md. January 22, 2024. The 2nd Annual We Empower Women Executive Women of Color Winter Brunch, eagerly awaited by many, took place on Saturday, January 13, 2024 at the BWI Thurgood Marshall International Airport. This exclusive gathering extended a complimentary invitation to nearly 150 accomplished women in C-Suite positions from various professions from the Washington, DC, Baltimore, and Philadelphia regions to attend.

With a focus on embracing women of different ages, ethnic backgrounds, industries, and career paths, this event created an authentic atmosphere where every woman felt represented and respected.

“We desire to continue building the most powerful network of women executives in major metropolitan cities with a laser focus on giving back while keeping the doors open for the next generation,” said LaTara Harris, CEO and founder of We Empower Women. “It is our obligation as executives to never lose sight of that calling,” she continued.

We Empower Women aims to Uplift and Empower Women to Reach their Full Potential and will celebrate their fifth year of incorporation this year. The BWI Thurgood Marshall Airport was the Title Sponsor of the event.

The Executive Women of Color Winter Brunch hosted a panel discussion on “authenticity,” which featured Positively Gam Podcast and Red Table Talk show Host “Gammy” Adrienne Banfield Norris, esteemed TV News Anchor Shawn Yancy and LaTara Harris, the founder and CEO of We Empower Women. The panel was moderated by retired executive, Terrie Hunt.

The Honorable Angela Alsobrooks was the opening speaker, and Dr. Maya Rockey Moore Cummings delivered a captivating keynote speech during the event. Furthermore, the We Empower Women organization honored Ms. Joy Moore, mother of Governor Wes Moore, as their Matriarch of the Year. Joy Bramble, The Baltimore Times publisher and Toni Draper, AFRO publisher were the first two Matriarchs honored last year. The organization adds a new Matriarch every year.

Membership is open and future events can be found online at www.weempowerwomen.org



*Amsale Geletu, Joy Moore,
Matriarch of the Year*



*Toni Draper, AFRO publisher, LaTara Harris, Paris Brown,
Joy Bramble, The Baltimore Times publisher*



*Terrie Hunt, Adrienne Banfield Norris,
Shawn Yancy, LaTara Harris*



Dr. Maya Rockey Moore Cummings

All are courtesy photos

All are courtesy photos



Adrienne Banfield Norris, Virginia Ali, Vida Ali



Sandra Bempong, Risha Williams, Dena Freeman (Morgan State Athletic Director), Honorable Angela Alsobrooks, LaTara Harris, Helen Holton



Keiva Rodrigues, Tiffany Spalding, Sonjie DeCaires



Diana Leon Brown, Mrs. District of Columbia Tameka Young, Keiva Rodrigues



Nykidra Robinson, Black Girls Vote



Shelonda Stokes



Sharon Green Middleton, Vice Chair, Baltimore City Council

Young Baltimoreans Shovel Snow, Gain Community and Social Media Support

By Andrea Blackstone

Youngsters who are motivated to shovel snow in communities in search of earning pocket change when snowy weather leaves a wintery mess behind are becoming rarer with passing years. However, Caleb Israel, 12 and his brother, Yahshua Israel, 10, recently bundled up to canvas their neighborhood in Baltimore County in search of neighbors who needed their snow shoveled.

“I’ve been willing to shovel snow recently because a few days ago my brother earned about \$20 for shoveling a neighbor’s steps while out of school, and it motivated me to do the same around the neighborhood,” Caleb said. “I do want to save money and buy some things.”

Marcus Israel and Crystal J. Israel are the boys’ parents. Marcus taught them to shovel snow last year.

“Both Caleb and Yahshua came to me and my wife asking how they could earn extra money, and we both suggested that they could see if any of the neighbors would like the front of their homes shoveled,” Marcus said, explaining how they started their recent community venture.

Both Caleb and Yahshua shoveled snow during days off from school.

Marcus added, “The neighbors were excited and surprised that the boys were actually outside in the cold, ready to work and earn money.”

LaQuisha Hall currently works as a coach for Baltimore City Schools. Hall, the Baltimore City 2018 Teacher of the Year, is now in her 21st year working in the same school district. Caleb and Yahshua had no idea that they would encounter a neighbor who happens to be a well-known educator and youth mentor who has made nurturing young



*Caleb Israel and Yahshua Israel
Courtesy of Marcus Israel*

people a part of her life’s mission.

Hall was at home, in a different room from her husband, Mardis Hall, when she heard their doorbell ring and children’s voices.

She added, “I heard my husband reply, ‘Thanks guys, but I’m on my way to go outside and shovel in a few minutes.’ I quickly asked him if they were children. When he replied that they were, I ran downstairs, threw on a coat and called them back to house as they were walking away.”

The boys ended up shoveling snow for the Halls to earn money. They returned a second time. Mardis said that he made an on-the-spot video for Caleb and Yahshua to use in the future to better promote themselves and garner supportive interest of the community.

“Snow shoveling is a lost hustle art because of generational laziness. So, when you see it, it is endearing,” Mardis said.

Caleb and Yahshua’s story is gaining traction on social media. The #SnowSquad hashtag developed after the Halls discussed the great job they did shoveling for the Halls.

LaQuisha added, “I created the hashtag because after sharing about



The Israel brothers start the arduous task of shoveling snow in their neighborhood to earn money. Courtesy of Marcus Israel

this experience on Facebook, over 3,000 people were invested in this story.”

The caring educator posted about her “adopted nephews” on her social media page, while informing her Facebook friends how they could donate to entrepreneurial children.

The boys’ venture is not over.

“I would like to start a business, because I’d like to make money and be known for doing something that has a positive impact,” Yahshua said. “I would like to open a lemonade stand or car wash business in the Springtime coming up.”

Yahshua further explained that Caleb used the shovel while he used his mother’s dust bucket to clean up the snow. The determined duo had the opportunity to shovel six homes around the neighborhood.

Marcus confirmed that the boys want to officially start a business and keep opportunities open for earning money in the neighborhood, by doing odd jobs.

Yahshua also stated that he felt like

the Halls were regular customers until they provided additional supplies and opportunities. He felt happy about meeting the Halls. The Halls felt happy to meet them, too. The boys are gaining more proud “aunties” and “uncles” from around the country who are showing them “Cash App encouragement.”

“These young men could have stayed home, yet they decided to put in effort on a cold day to support their community. I will always applaud this type of effort from all youth. I hear too many criticizing our youth,” LaQuisha said. “Instead of shaking your head at what youth do, shake their hands, engage with them. Turn on your “porch light” for them to be a guide in their journey.”

Caleb and Yahshua’s mother’s Cash App (\$JoyettaSim) can now be used to accept donations. According to Marcus, contributions will enable the boys to use seed money to support and grow their business ventures and use it for school supplies.

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20

BALTIMORE TOURNAMENT

24

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Unique Model Combines Haircuts with Mental Health Support

By Andrea Blackstone

Derel Owens has worn two hats for a little over a year as a licensed, professional barber and a PRP Coordinator. He provides psychiatric rehabilitation services (PRP) and haircuts in a safe space to clients, free of charge at T.I.M.E. Organization, a nonprofit located at 4538 Edmondson Avenue in Baltimore, Maryland.

“There are certain people who choose to seek psychiatric rehabilitation services,” Owens said, explaining that he provides grooming services with a twist to men and women at T.I.M.E. “We also have a one-on-one session. They [Clients] are able to talk to me and discuss whatever problems or challenges that they are facing at the time, whether it’s mental health, whether it’s substance abuse. Some people have more severe cases they are dealing with such as paranoid schizophrenia.”

According to T.I.M.E.’s website, the outpatient mental health program provides psychiatric evaluation and management; substance abuse treatment; psychotherapy; intensive outpatient treatment; community-based programs; school-based services; care coordination services; and the psychiatric rehabilitation Program (PRP) program.

Owens is the first and only PRP barber who works there thus far. Some of his duties entail providing support services in accordance with clients’ treatment plans; collaborating with therapists to ensure continuity of care; and conducting and planning activities to address rehabilitation and supporting service needs. Owens was required to earn credentials and complete 60 hours of training to become a PRP Coordinator.

He stated that his position allows

him to bridge the gap between a client and their doctor in a less formal yet effective manner. He also feels that the service is also helpful to clients who desire to have someone relatable to talk to about life’s issues that may arise.

Away from T.I.M.E., Owens owns a full-service, unisex barbershop and salon called Top Notch Barbershop in Baltimore. Owens noted that hairdressers and barbers often find themselves having an unofficial role of listening to customers who talk to them. It is not uncommon for hair professionals to get to know their clients and what is unfolding in their personal lives.

“I’ve been doing this [working as a barber] for almost 20 years and I truly believe that we are one of the most important pieces to the puzzle in the communities as far as resources go, because even before I started working with T.I.M.E. Organization, the barbershop has always been used as a hub for different types of resources,” Owens said.

He would like to see more people dispel myths about getting mental health help and get rid of stigmas that people of color do not want or need mental health services.

Owens added, “We do need to be able to have these discussions, be comfortable being uncomfortable, dispel myths and overturn stigmas about mental health, especially when it comes to the Black community because we’re facing trauma every single day.”

Robert Cradle, founder of Anne Arundel County-based Rob’s Barbershop Community Foundation, is known for bridging a gap to support underserved people who lack access to grooming services. Cradle’s nonprofit built a full-service barbershop location where Owens provides confidential service. Shareese

Kess, a LCSW-C and Chief of Staff at T.I.M.E., spoke with Cradle to utilize funding to bring the services to clients and decrease the stigma of seeking help. Cradle explained the process of getting the unique barbershop up and running as a third-party partner.

“Behind combining these two occupations [barbering and counseling], it was really the question of ‘How do we make this shop that’s on-site at a mental health agency sustainable?’”

Along with Kess, Cradle tried to figure it out in early 2023. Cradle said that Kess came up with the idea of Owens becoming a PRP Counselor.

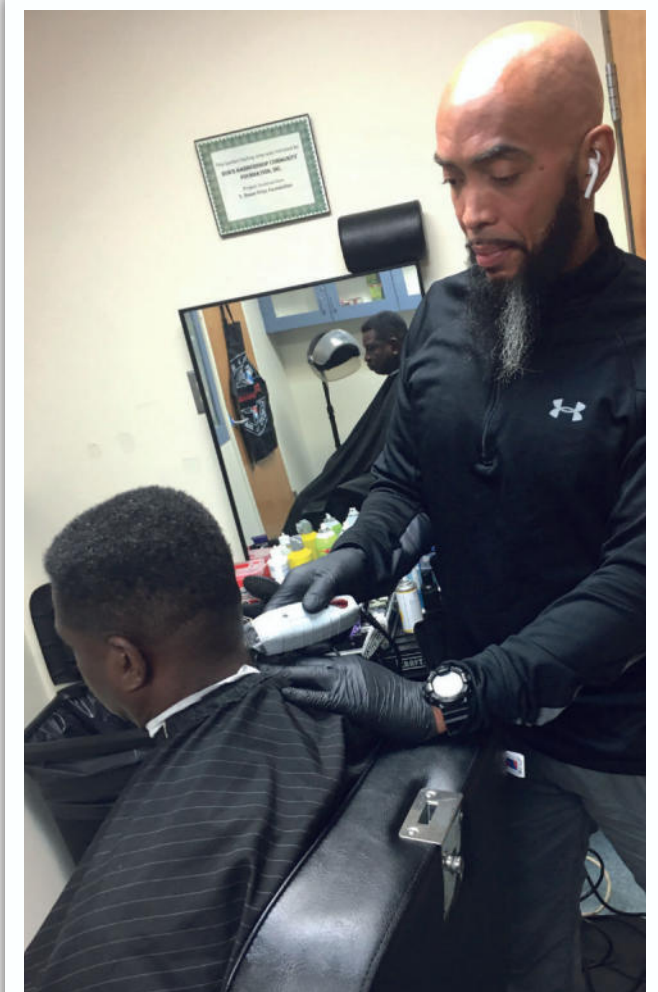
“Doing this created personnel for the barbershop where it can be open every week,” Cradle explained.

Kess added her perspective on the impact that combined counseling and barbering services have had at T.I.M.E. had on the nonprofit’s clients.

“Adding barbering, as well as other self-care services, have greatly increased the quality and the innovative approach to behavioral health care for our agency. Our client’s motivation has increased to work on their social, educational

and vocational goals,” Kess said. “They verbalize and show appreciation of tangible services in addition to clinical services. The self-esteem and dignity of our clients have also improved as a result of providing services to support, not only their internal needs but also external. Our clients look forward to attending the clinic knowing they will look and feel better because we service the entire person!”

Visit www.timeorganization.org to learn more about T.I.M.E.



Derel Owens cuts a client's hair at T.I.M.E. Organization's barbershop. Photo credit: Robert Cradle



By Rosa Pryor

Hello everyone! How are you? I am doing fine. I finished my therapy this week for my knee replacement, so I am almost ready to jump up and down and do the James Brown. I am hoping you are doing well. I receive quite a few emails from some of my fans, letting me know that they are enjoying my column. I am so happy to hear that. I try my best to keep you informed on what is going on in the entertainment world in Maryland. It gives me much pleasure to talk to you even though I know some of you are unable to get out any longer, but still get pleasure knowing what's happening.

My dear friend and musical son, Art Sherrod Jr. is a man who loves music, a man who loves art, respects the spiritual world, and thinks with his heart. If you never heard this man play his horn, you are missing out on something very special. His appreciation for music ranges from Country & Western to Rock N' Roll, Rap, Hip-Hop, to Gospel and of course, Jazz. But it all began in church sitting alongside his amazing mother who sang and played the B-3 organ and father who sang in the male chorus. Art knew from the age of 5, his musical instrument would be the saxophone and his avocation would be creating music that inspires, heals, praises, speaks to the soul and makes you smile.

Art was influenced by the likes of David Sanborn, Kirk Whalum, Gerald Albright, Kim Waters, just to name a few. In 2005, Art released his freshman project entitled "All 4 Love." In 2009, Art was signed to Pacific Coast Jazz

ART SHERROD JR., RENOWNED BALTIMORE SAXOPHONIST AT BLUES ALLEY



Art Sherrod Jr., one of my musical sons is having a "Feel So Good" CD Release Party on Saturday, January 27 and Sunday, January 28, 2024 at 6 p.m. and 9 p.m. Two shows will be held at Blues Alley, 1073 Wisconsin Avenue, NW in Washington, DC. For tickets, call 202-337-4141.

record label and soon after released his second project, "Seasons." Art Sherrod Jr.'s passion is to connect to the heart of diverse audiences with an intervention of love. He is a living testimony of living from the heart.

If you are able, check out his show at Blues Alley located 1073 Wisconsin Avenue, NW, Washington, DC on Saturday, January 27 and Sunday, January 28, 2024 for two shows 6 p.m. and 9 p.m., you will not be sorry.

I got a note from Gail Morsell Johnson, to let me know that this week she is celebrating her birthday with former songbird, Lady Rebecca who is celebrating her 75th birthday. Happy birthday to both of you. I am so glad to know that Lady Rebecca is getting out a little bit.

Check this out, one of my favorite groups, Cross Winds is performing at City View on Friday, February 2, 2024 starting at 8 p.m. with Ms. Maybelle



Crosswinds is performing at City View, 6700 Security Blvd. on Friday, February 2, 2024 starting at 8 p.m. Ms. Maybelle is the hostess.

as the hostess. You don't want to miss this. City View is a dynamite place for the over 50s to hang out. They have good food, decent drinks, and on Fridays they have some great live entertainment with a DJ playing your favorite music in between the live entertainment every Friday night.

Here is another entertainment spot I want to tell you about; I really think you would like it. It is called the R. House. It is located at 301 W. 29th Street in Baltimore. It is a food hall with indoor and outdoor dining. They have live entertainment every Monday night from 7-10 p.m. They serve all types of food. I do know that Clarence Ward III and his band play there a lot.

Well, my dear friends, that is all I have for you right now. I am going to do some exercises with this knee, so I can get out and do a little shaky leg on the dance floor. Remember, if you have anything you want me to talk about, email me at rosapryor@aol.com. I have to go now; I am out of space



Lady Rebecca, renowned Baltimore vocalist celebrating her 75th birthday this week. I used to manage "Lady Rebecca." She had the voice of an angel.



DJ Mell is having his "45 and Over Old School Black & White Affair II" on Saturday, January 27, 2024 from 8 p.m. to 12 a.m. at the American Legion Northeastern Post 285, located 2324 McElderry Street, hosted by Randy Dennis. The dress attire is Black & White. It is Cabaret Style. For more information, call 410-493-3512.

and out of time. You can also call me at 410-833-9474. I want to thank you from the bottom of my heart for the get-well cards, I appreciate you. Much love. **UNTIL THE NEXT TIME, I'M MUSICALLY YOURS.**

Ravens to Make History in AFC Championship Game

By Tyler Hamilton

The Baltimore Ravens are hosting the Kansas City Chiefs in the AFC Championship game on Sunday, January 28, 2024. The game will be the first AFC Championship at M&T Bank Stadium in the facility's 25-year history.

This weekend's game also marks the first conference championship game in the City of Baltimore since 1971. Ravens coach, John Harbaugh said he didn't recall much from that championship game, but he remembered Jim O'Brien making the game-winning field goal in the Super Bowl for the Baltimore Colts. Harbaugh's dad was a secondary coach at Iowa at the time.

If the AFC Championship comes down to a field goal attempt for the Ravens, rest assured they'll be in good hands with Justin Tucker. Tucker's 90.2 percent field goal accuracy is the highest the NFL has ever seen, but the game will be a big challenge for Baltimore.

The Chiefs are playing in their sixth consecutive AFC Championship game under Andy Reid, who once had Harbaugh on his staff with the Philadelphia Eagles.

"It'll be a big challenge for us," Harbaugh said. "It's a big deal in terms of the relationship [with Chiefs head coach Andy Reid]. It goes back a long, long way. [I have the] utmost respect for Andy [and the] utmost appreciation for what he's accomplished as a coach. We were together for 10 years – the first 10 years [of my career] there in Philly. We were in a lot of Championship Games [and] a lot of playoff games. I learned so much."

This will be the first time the Ravens have faced the Chiefs in the playoffs since the 2010 playoffs when the



Roquan Smith
Photo credit: Getty Images

Ravens won 30-7 in Kansas City in a first-round game. The Ravens have the opportunity to reach the Super Bowl for the third time in franchise history and the first time since the 2012 Super Bowl winning team.

Ravens players have pleaded with fans to pack the stadium like they did last week when Baltimore dealt a 34-10 win over the Houston Texans.

"It was crazy. I loved it. We're going

to need them next week. I love you all, fans. You all keep bringing that energy. You all keep us in the game [and] keep us going. We're doing it for you all and our families. So, shoutout to them for coming, showing up and supporting."

The matchup will have plenty of star power starting with the quarterbacks. It's a rare clash of former league MVPs. Reigning MVP Patrick Mahomes will lead the Chiefs while

2019 MVP Lamar Jackson fuels the Ravens.

The magnitude of the game isn't too big for Jackson, but he realizes it's a path to where he ultimately wants to be— in the Super Bowl.

"It's still [the] playoffs," Jackson said. "We're not in the dance yet, but I'm looking forward to it, to be honest with you. I'm not even thinking about the Super Bowl until we handle business."

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CITY OF BALTIMORE
DEPARTMENT OF RECREATION AND PARKS
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 **BALTIMORE CITY NO. RP22812 TOWANDA & COLDSTREAM POOL RENOVATIONS** will be received at the Office of the Comptroller, Room 204 City Hall, Baltimore, Maryland until 11:00 A.M. **February 21, 2024**. Positively no bids will be received after 11:00 A.M. Bids will be publicly opened by the Board of Estimates in Room 215, City Hall at Noon. The proposed Contract Documents may be examined, without charge, at the Dept. of Rec & Parks at 2600 Madison Ave, Baltimore, Md. 21217 by appointment only on Mondays - Fridays, 8:30am – 4:00pm by emailing benitaj.randolph@baltimorecity.gov as of **January 26, 2024** and copies may be purchased for a non-refundable cost of **\$200.00**. A SharePoint link to a PDF of the Construction Drawings will be provided to all prospective bidders. **Conditions and requirements of the Bid are found in the bid package.** All contractors bidding on this Contract must first be pre-qualified by the City of Baltimore Contractors Qualification Committee. Interested parties should call (410) 396-6883 or contact the Committee at 4 South Frederick Street, 4th 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 Category required for bidding on this project is **G90073 Swimming Pool Construction and Repair OR E13001 Three Story and Under**. Cost Qualification Range for this work shall be **\$10,000,000.01 to \$13,000,000.00**. A “MANDATORY Pre-Bidding Information” session will be conducted via Microsoft Teams at **10:30 A.M. on February 1, 2024**. Email your contact information to adam.boarman@baltimorecity.gov to receive an invite to the Microsoft Team (video conference meeting) no later than 9:00am EST, January 31, 2024. Principal Items of work for this project are Removal of site improvements, Demolition of one-story buildings, Earthwork, Underground utilities, Storm water facilities, New One-Story Buildings, New Swimming Pools, New Site Amenities including a Playground, Landscaping & Hardscaping. The MBE goal is **6.23%** and WBE goal is **7.24%**.
APPROVED: M. Celeste Amato, Clerk, Board of Estimates

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. 1004-Herring Run Sewershed Inflow and Infiltration Reduction-Area A** will be received at the Office of the Comptroller, Room 204 City Hall, Baltimore, Maryland until 11:00 A.M on **March 6, 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 or listen in at (443) 984-1696 (ACCESS CODE: 0842939) from City Hall at Noon. The Contract Documents may be examined, without charge, at Contract Administration 4 South Frederick Street Baltimore, Maryland 21202 on the 3rd floor (410) 396-4041 as of **January 26, 2024** and copies may be purchased for a non-refundable cost of **100.00**. **Conditions and requirements of the Bid are found in the bid package.** All contractors bidding on this Contract must first be prequalified by the City of Baltimore Contractors Qualification Committee. Interested parties should call (410) 396-6883 or contact OBC at 4 S Frederick St., 4th Floor, Baltimore, MD 21202. **If a bid is submitted by a joint venture (“JV”), then in that event, the document that established the JV shall be submitted with the bid for verification purposes.** The Prequalification Category required for bidding on this project is **B02552 – Sewer Construction**. Cost Qualification Range for this work shall be **\$20,000,000.01 to \$30,000,000.00**.

A “Pre-Bidding Information” session will be conducted via Microsoft Teams. Vendor can call 332-249-0605 Passcode: 281748471# on **February 6, 2024 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 For further inquiries about purchasing bid documents, please contact the assigned Contract Administrator Cynthia.harry@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

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