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THE BEST OF BLACK BALTIMORE CELEBRATES BLACK EXCELLENCE WITH EPIC STYLE



Fearless Dance Empire, winner for Best Dance Company and Best Dance Individual, poses with Baltimore Times Publisher Joy Bramble on Thursday, February 1, 2024, during The Best of Black Baltimore celebration. Over 259 businesses were submitted in more than 60 different categories tallying more than 12,000 votes. The contest culminated with a stylish “who’s who of Baltimore” celebration at the Baltimore Inner Harbor’s Light Street Pavilion. (See center insert) The Baltimore Times

Baltimore-based Black Church Food Security Network Elevated Through Wesleyan Impact Partners

By Andrea Blackstone

Reverend Dr. Heber Brown, III, founding executive director of The Black Church Food Security Network (BCFSN) in Baltimore, Maryland, was among the five spiritual innovators who were selected by Wesleyan Impact Partners as a 2024 Locke Innovative Leader Award honoree.

Each Locke Innovative Leader Award honoree receives a \$50,000 stipend and becomes part of an ongoing learning community, according to a press release.

Wesleyan Impact Partners' president & CEO, Reverend Lisa Greenwood explained why Rev. Brown was selected by the national nonprofit's leadership.

"Rev. Brown exemplifies the qualities we look to shine a bright light on with the Locke Award," Rev. Greenwood stated. "The selection committee was particularly moved by the exponential aspect of his ministry as he has networked churches and church gardens with advocates working in food security to build a national movement to ensure access to healthy food as a basic human right. Rev. Brown lives out his deep faith and inspires others to do the same through addressing food deserts and loving one's neighbors."

Rev. Greenwood shared that anonymous nominators from across the country submit names to be considered for the award. Honorees were notified in December 2023 and issued their stipend.

She further explained, "It is purposefully awarded with no strings attached in order to acknowledge the sacrifices a faith leader makes when they choose a path of spiritual innovation and entrepreneurship."

The Locke Innovative Leader Award lifts the work of spiritual entrepreneurs who envision new ways to serve their



Reverend Dr. Heber Brown, III
Photo credit: Reverend Dr. Heber Brown, III

mission field and inspire others to join them in growing the impact of the church and nourish their communities. It is named in honor of former Wesleyan Impact Partners President Tom Locke.

Rev. Brown explored the idea of what could happen if more Black churches started growing food on their land and worked in coordination with other congregations and farmers to co-create local Black-owned food systems. Today, BCFSN consists of nearly 250 member congregations across the United States. After being fiscally sponsored by Fusion Partnerships for nine years, BCFSN received its own official 501(c)(3) nonprofit designation in January 2024. It is now an independent nonprofit organization.

"The Black Church Food Security Network's mission is not to feed those 'in need.' Baltimore has an endless number of organizations already working to 'feed the needy' and despite their noble intentions, food insecurity remains a dire challenge for many Black or impoverished neighborhoods," Rev. Brown said, explaining that BCFSN works to organize the hungry to feed themselves.



The interactive experience Mindful Cooking was hosted by the Black Church Food Security Network (BCFSN) in December 2023 to teach church staff how to cook fresh produce from Black farmers using a holistic mind, body and soul approach. The BCFSN has 175 farmers they coordinate with nationwide.

*Photo credit:
Dom j Photography*

Rev. Brown explained that by utilizing an asset-based community development model, people are taught how to grow food on church land. Partnering with Black farmers to sell food in bulk and learning together how to create Black food ecosystems that put African Americans in the driver's seat of shaping the food environments of their own communities are other components of BCFSN's work.

He further stated that Baltimore has many cultural communities that contribute much to the City while controlling their own food environment, including the orthodox Jewish community of Upper Park Heights, Little Italy and Greektown.

"Through our work, we hope to help spur the creation of more Black districts that control the food systems of where we worship, live, work and play," Rev. Brown noted.

BCFSN invites congregations to advance food security and sovereignty in Black America by helping them grow food on church-owned land, host Black Farmers Markets on their ground and participate in food value chain development that supports institutional

purchases for food-related expenses of the church.

Rev. Brown also said that the funds provided to him for being selected as a Locke Innovative Leader Award honoree will most likely be used to obtain land to grow food while providing people with the opportunity to leave the environs of the city to deepen their spiritual, physical and mental health.

"It is a great honor to receive this recognition. However, far more important than what this means for me individually, this award helps to give an even greater stage to the vital work of The Black Church Food Security," Rev. Brown said. "It is my greatest hope that more people who learn of our mission will be inspired to join this national movement to organize Black churches and mobilize those that love the Black community so that we might grow our capacity to feed ourselves, better control our health and provide economic/entrepreneurial opportunities as we grow our own food systems."

Please visit the website at: <https://blackchurchfoodsecurity.net/> to learn more about BCFSN.

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Why Organ Donors Matter to Children: An Inside View

By **Andrea Blackstone**

Paisley Billigmeier, 11, loves reading chapter books. She is a bit shy until you get to know her. Paisley can also be a happy, funny and sassy girl, according to her mother, Joanna Billigmeier.

“She has the best of personalities and everyone who knows her loves her,” Joanna said.

The Silver Spring, Maryland-based family also consists of Josh Billigmeier, Paisley’s older sister and two brothers who were also adopted from China with her.

Despite the Billigmeier’s heartwarming journey, Paisley was born with a heart condition called heterotaxy syndrome.

“All of her organs are in different places than they would normally be.

She had half a heart [called a single ventricle] and it was backwards in her chest [dextrocardia],” Joanna said. “When she came home, we expected to hear that she would have a palliative surgery called a Fontan, but she was not a candidate. She ended up developing a rare condition called protein-losing enteropathy [PLE], for which the only cure is a heart transplant.”

Joanna further explained that in the last year, Paisley started having heart arrhythmias which are irregular heartbeats.

She added, “Arrhythmias can trigger cardiac arrests and she had a very scary cardiac arrest. As we were getting ready to travel out of town last year, Paisley suddenly went into cardiac arrest and was saved by bystander CPR at the airport!”

While winding back the hands of time, Joanna explained that Paisley did have one surgery in China called a Glenn procedure. Joanna noted that before she came home from China, she and her husband knew that Paisley was labeled terminal and there was a chance that their daughter would not survive. Paisley was diagnosed with heterotaxy after she came home and developed PLE shortly afterwards. She was terminally ill with heart failure and liver failure. Once she developed PLE, she would not have survived long without a heart transplant, according to Joanna.



Paisley, now 11 years old, is a Donate Life ambassador.

Photo credit: Joanna Billigmeier

Donors

Continued on page 12



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Health

Black Churches Tackle Racial Life Expectancy Gap

By Jasmine Roberts Duncan

Life expectancy for Americans, including for Black Americans, is on the rise due to the decline in the prevalence and severity of COVID-19. Nevertheless, a racial gap exists in life expectancy. As of 2022, Black life expectancy was 72.8 years, compared with 77.5 years for White Americans.

While the roots of this shocking fact lie in a legacy of systemic racism that is outside our control, part of the solution lies in an institution that is within our control: the Black church. More and more Black churches are starting, or strengthening, a focus on health. Many are doing so with help from The Balm In Gilead, Inc., a 36-year-old organization whose mission is to equip Black churches to respond to the health crises in their communities.

"The church was founded and rooted as a place for trusted resources and support," Donna Smith Barksdale, a member of the Fit 4 Faith Wellness Ministry at First Baptist Church in South Richmond, Virginia, says. "Our health ministry was established more than 20 years ago. We help people understand the importance of preventative care, knowing your family history, and getting early screenings."

In November, Ms. Barksdale attended the Healthy Churches 2030 Virtual Conference produced by The Balm In Gilead.

"We created the Healthy Churches 2030 Conference for church members and leaders working to improve the health status of their families and communities," Dr. Pernessa C. Seele, Founder and CEO of The Balm In Gilead, Inc., says. "The conference gives them information and tools to foster awareness about healthy behaviors, disease symptoms, treatment innovation, and overall wellness."

Like Ms. Barksdale, Rev. Lisa Lewis Balboa also attended the Healthy Churches 2030 Conference. Rev. Balboa is Pastor of Freeman Chapel CME Church in Hopkinsville, Kentucky, which runs a health ministry that meets monthly.

"There are so many needs when it comes to our health that we make health awareness a top priority at our Chapel," Rev. Balboa says. As an example, following Bible Study at Freeman Chapel on Wednesday nights, attendees take a 15-minute walk.

What advice does Rev. Balboa give to churches considering starting a health ministry? "Identify a member that is knowledgeable on health issues, network with the community to identify partners with resources, and be committed to the ministry."

Yvonne Askew, an ICU nurse, also participated in November's Healthy Churches 2030 conference.

"Our health ministry is essential. Most doctors are in and out in 10 minutes during a visit. Members are left feeling like they need someone to sit down and explain their condition and treatment," said Ms. Askew, who is very involved with health outreach at her church, St. Paul's AME Zion Church in Buffalo, New York.

She is a certified faith community nurse who meets with members one-on-one before or after service. Additionally, Ms. Askew provides health pamphlets in a standing display in the church foyer, which she updates monthly. Furthermore, she trains congregational health promoters in her church and other churches in the Buffalo area.

Darlene Cheek, of Harlem, has attended every Healthy Churches conference since the first event 10 years ago. Ms. Cheek was one of the very first staff members of the Balm In Gilead, and today, she is a consultant



Dr. Pernessa C. Seele, founder and CEO of The Balm In Gilead, Inc.

Photo courtesy of The Balm in Gilead, Inc.

for the organization.

"Each year, I take the new information and perspectives I hear about during the conference back to my church. I love connecting with people and seeing the 'light bulb' moments," Ms. Cheek, who attends St. Paul Baptist Church, says.

"It is extremely gratifying to see churches confront the Black health crises with the help of our organization," Dr. Seele, the Balm CEO, says. "Many challenges stand in the way of Black health, but our churches and The Balm In Gilead, will continue to make a difference. We are all in this together."

Jasmine Roberts Duncan, Public Relations Consultant, The Balm In Gilead, Inc. Duncan is a marketing and PR professional with more than 15 years of experience. Her experience includes branding, marketing campaign development, strategy and market research. Duncan has worked with corporate, non-profit, higher education and faith-based organizations.

Heart Health Tips to Know and Remember

By Andrea Blackstone

Dr. Mary Branch, a Greensboro, North Carolina-based cardiologist feels that it is time for African Americans to really make health a priority despite challenges, such as stress which can increase blood pressure.

According to the CDC, “heart disease is the leading cause of death for people of most racial and ethnic groups in the United States, including African American, American Indian, Alaska Native, Hispanic, and white men.”

Lifestyle changes, and even knowing your family history, noting if first-degree relatives such as siblings and parents had heart disease, can be useful knowledge when shared with your primary doctor, which can be helpful to support heart health goals. Dr. Branch provided additional insight into heart health.

Q: Does diet or lifestyle contribute to cardiovascular disease being a leading cause of death in the United States?

A: Absolutely. I think the issues and the diseases that we’re battling with now are those of what they call “diseases of despair” [obesity, anxiety, depression, drug abuse, alcoholism and suicide] and diseases of just being in a society where a lot of folks are sedentary. There’s not really a focus on eating healthy and exercise.

Q: Does diet impact heart health?

A: Diet is extraordinarily important. One, because you can increase your risk of bad plaque

[LDL] by eating red meat. If you eat more salt, (some folks might be more salt sensitive), that increases your blood pressure. If you have heart failure, more salt can mean you are holding onto more water. Your heart is a pump that can back up. You can get shortness of breath and more complications from heart failure. So, diet is extremely important because it can help prevent obesity by not only eating the right foods, but also the right proportions. The American College of Cardiology and The American Heart Association recommend a Mediterranean diet consisting of lean meat, vegetables and focus more on proteins and vegetables, less so on sugar. Doing those things on a consistent basis prevents obesity and can help prevent a heart attack and buildup of plaque.

Q: Some people were raised eating a lot of fried, fatty foods. Do you have any opinions about eating this way?

A: I talked about this a lot. It’s tough in the African American community. You don’t want to take away our culture, but some of our culture came to be because we were just trying to survive and eating the food that was left over. That was 300 some years ago. I hope that we can get to a point where we’re no longer in this sort of survival mentality.

I think that may mean a change in how we eat. That doesn’t mean that you can never have fried chicken..., but certainly, you want to limit it and don’t make a habit of it. It’s your habits that dictate your health. So, if you want to eat fried chicken after church on Sunday, great. Have one [piece] where you have the skin and one with the one skin off. Be mindful

of having too much sodium and cut back on meats. If it’s going to be fried, limit the proportions. So, some things I recommend are apps like Noom or Weight Watchers. You plug in what you’re eating. People like to collect their own data. I think that data trackers help.

Q: How can smoking impact a person’s vascular system or health?

A: Smoking is the worst thing you can do for your health. It’s just not worth it. Do things that are healthier. Data shows that if you smoke, you’re at higher risk of a heart attack and stroke and vessel disease in the legs. People get their legs amputated. Typically, we will see this in an everyday smoker of 20 or 30 years.

Q: Does doing cardio as a habit help heart health?

A: The American Association recommends 150 minutes of, moderate exercise a week or 75 minutes of vigorous exercise, but it can be very daunting if you were not an athlete when you were younger.



Dr. Mary Branch
Photo credit: Don Evans Photography

Even taking 4000 steps a day can reduce your risk of cardiovascular disease. So, I always say something is better than nothing. If you can do five minutes a day of just trying to sweat it out, that’s awesome. Then, two weeks later, try to do seven minutes. Then, do 10 minutes. You might really start to enjoy it. Compounded, consistent and good habits are the keys to keeping healthy. Dr. Branch is a fourth-generation African American doctor. Learn more about her via <https://www.instagram.com/bipocdoc/>.



THE BALTIMORE TIMES

**BEST
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Celebration

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FEBRUARY 1, 2024 EVENT RECAP

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Fearless Dance Empire performs an inspirational piece to kick off the Best of Black Baltimore Celebration



African dance company Xaala Mainama welcoming attendees on the red carpet.

THE BEST OF BLACK BALTIMORE CELEBRATES BLACK EXCELLENCE WITH EPIC STYLE

By James Collins Jr.

The Baltimore Times is on a mission to galvanize and uplift the Black small business community of Baltimore. In this effort, we created a reader's poll to identify the best Black-owned businesses in the city. Over 259 businesses were submitted in more than 60 different categories tallying more than 12,000 votes. The winners were selected, and the contest culminated with a stylish "who's who of Baltimore" celebration at the Baltimore Inner Harbor's Light Street Pavilion.

There was a riveting red carpet entrance where African dance company Xaala Mainama set the atmosphere as guests were photographed and interviewed. Attendees were also treated to a full buffet prepared by contest winners and nominees and elegantly presented by Flight Baltimore.

The entertainment was curated by nationally syndicated radio host Maria More and included performances by Fearless Dance Empire, Rufus Roundtree and Da Baltimore Brass Factory. Other highlights were brief acknowledgments and congratulations from The Baltimore Times publisher, Joy Bramble; Baltimore Mayor Brandon Scott; Special Secretary Y. Maria Martinez; MCB Real Estate founder P. David Bramble, event sponsors and others.

If you missed the event, we have included a photo gallery recap. Enjoy!



Best Dessert winner Sistah's Sweets and Best Skin Care Product NKVSKIN



MCB co-founder P. David Bramble with Gerald and Sean Stinnett enjoying the evening's festivities



Cori Ramos poses with winner Darrell McMillan, Best Radio Station, WEEA

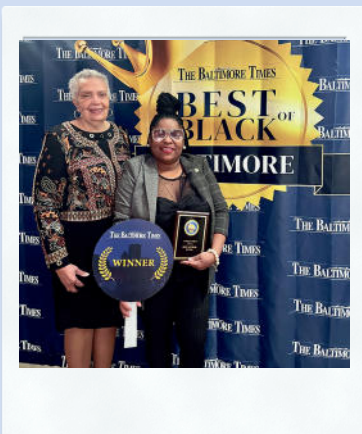


Mayor Brandon Scott poses with event attendees

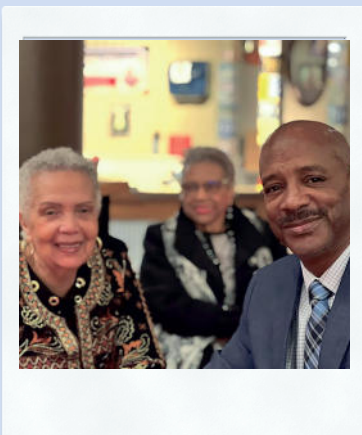
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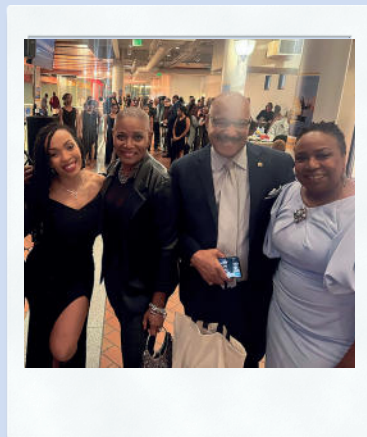
Wylie Funeral Home representatives (winner for Best Funeral Home) pose with Baltimore Times publisher Joy Bramble.



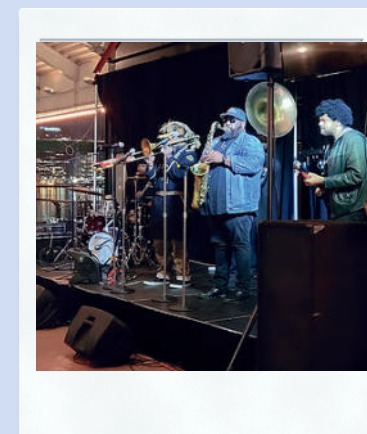
Baltimore Times publisher Joy Bramble with Best Author winner Janella McCrae



Bmore News publisher Doni Glover poses with Ida C. Neal and Joy Bramble of The Baltimore Times



Event host, Maria More, Sheila Goodwin and Robert Shahid, Station Manager, WEEA (Best Radio Station), with Baltimore Times Associate Publisher Paris Brown



Rufus Roundtree and Da Baltimore Brass Factory performing live on the main stage



From left to right: Dirk Johnson, Craig Alston (Best Artist Instrumental), Patheia Smith, James Collins (rear), Olu Butterfly, Corey Baker and Spyda



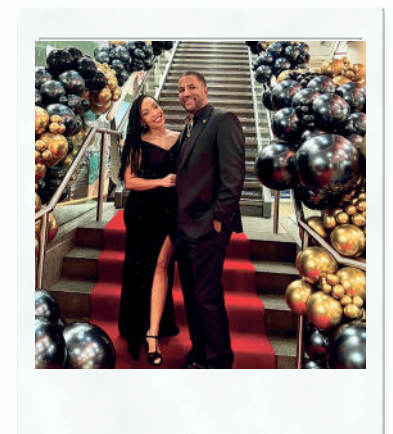
Eric and Lynette Dodson Winners of the Best Barista, Cuples Tea House



Terrence Dickson of Terra Cafe (Winner for Best Fried Fish) poses with Joy Bramble



Winner of the Best Hair Salon: Affordable Styles Hair Salon



Event producer James Collins, with his wife and host Maria "More" Collins

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Donors

Continued from page 4

Despite these medical hurdles, something good happened the day before Paisley's third birthday. The young child received a heart transplant in 2015. Before her transplant, Paisley was very sick and often felt sad and miserable.

"We know that Paisley's heart donor was a little girl around her age, but we don't know any other details," Joanna stated. "Paisley was given not just a chance at life, but she was given the strength to live life. Her transplant gave us a new little girl full of vitality and a zest for life that we hadn't seen before, and it gave our family hope."

Joanna shared that the Billigmeier family saw her run for the first time six months after the transplant.

Josh said that knowing that a heart donor made it possible for Paisley to receive a gift of life is a bittersweet feeling.

"The loss of one life has brought new life to Paisley, and I'm eternally grateful to the donor's family for choosing to pass on this incredible gift," he said.

However, Joshua and Joanna were told that Paisley's heart would likely last 7-10 years. She just passed the 8-year mark in November.

"She is starting to exhibit signs of heart failure, and we understand that it won't be long before she will need to be listed for a second heart," Joanna said.

Josh added that walking long distances is challenging for Paisley. She often faces random fevers or headaches. Anxiety arises from not knowing if her chest pains are simple heartburn or a sign of heart failure.

The Billigmeier family, and especially Paisley, is proud to



Paisley, 3, comes home after her heart transplant surgery.

Photo credit: Joanna Billigmeier

promote organ donation awareness through Infinite Legacy of Donate Life Maryland. Paisley knows that it is important to be a registered eye, organ or tissue donor.

"By being a donor, you can give someone like me another chance at life. You can help people like me live and follow our dreams!" Paisley said. "I would like to be a geologist, a paleontologist and a vet or zoologist."

Josh wishes people understood that choosing to be an organ donor involves no risk and can offer immense hope to others. Paisley's mother had one final thought:

"Our long-term wish for Paisley is that she has the best quality of life she can possibly have. We would love to see her grow up and fulfill all of her dreams. We are thankful for every day we have with her," Joanna said.

Visit Donate Life Maryland at <https://www.donatelifemaryland.org> to learn more about organ, eye and tissue donation.



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Rambling Rose



By Rosa Pryor

Hello everyone,
I hope that all is well with you. Families who have lost someone since we last talked, you are in my prayers. With my column, we are going to keep you having happy thoughts, with a smile and lots of fun. Just continue to read my column and make notes.

There's a lot going on this month. I want you to choose one or two events and go have fun. Don't forget to read the cutlines under each photo. It will give you a lot of information. The concert that I'm about to tell you about will be "The BOMB!" It is called "The Best of Duke Ellington's Sacred Concerts." The unforgettable afternoon of jazz legend Duke Ellington's music will feature St. James Bicentennial Orchestra under the direction of Dr. John R. Lamkin II; The Baltimore City College Choir; Marcus Smith, director; special guest pianist, Charles Covington; and solo artists, Gabrielle Goodman and Bruce Henderson; and dancer Brinae Ali at St. James Episcopal Church, located 829 N. Arlington Avenue. For ticket information, call 410-523-4588. Enjoy!

There will be a Pre-Valentine's Day Gala presented by DJ Mel and his wife on Saturday, February 10, 2024 from 1-5 p.m. at The Cellar 2 Chateau Room, located 7631 Harford Road, Parkville, Maryland. The evening will include live entertainment; door prizes; cash for the best red Valentine's Day outfit; dinner; BYOB; and live entertainment by Lady J; Sharon E; and Charron. For more information, call 443-766-3100.

My "Boo-Boo", "Shorty" and I stopped by the Classic Consigns by KYS last week to see Kimberly Stokes

CELEBRATING BLACK HISTORY MONTH AND SWEETHEART DAY WITH LIVE ENTERTAINMENT, CONCERTS AND SHOWS



The St. James Bicentennial Orchestra, under the direction of Dr. John R. Lamkin II, along with the Baltimore City College Choir; Marcus Smith, director; special guest pianist, Charles Covington; and solo artists Gabrielle Goodman and Bruce Henderson will present the Duke Ellington's Sacred Concerts at St. James Episcopal Church 829 N. Arlington Avenue on Sunday, February 18, 2024. For more information, call 410-523-4588.

and her new consignment store we have been hearing so much about. They are located at 7214 Harford Road. We were truly impressed. I don't think I have ever seen such a big consignment store so detailed. I mean, they had everything from handbags; dresses, suits; pants; skirts; sweat suits; sweaters; blouses, blazers, evening wear, such as gowns and tuxedos, evening gowns, vintage clothing, jewelry, scarves; belts; ties; shoes; boots; jackets and coats for both men and women. She carries sizes 2-22. I have not seen anything like it. We stayed there for hours looking around amazed. If you like clothes, or need something special, or if you like designer clothes and can't afford it from a regular boutique, I recommend going to Classic Consigns by KYS. You will not come out empty-handed and the price is right.

St. Casimir's Catholic War Veteran's Auxiliary is having a Valentine's

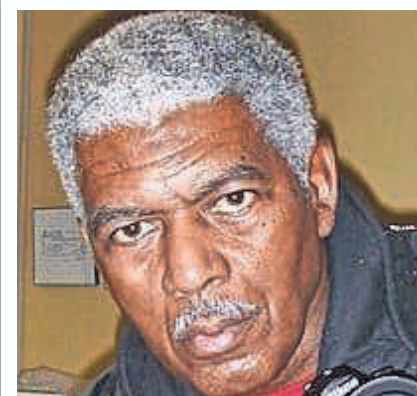


Kimberly Stokes, renowned businesswoman, has a new location for Classic Consigns by KYS. Her consignment boutique has clothes for men and women, 7214 Harford Road. Call 410-868-3716.



Dr. Eunice Moseley, columnist/journalist since 1986 with The Baltimore Times, who now lives in California recently published her self-help book, "Journey to Success." Her book will be presented at book shows in the US and other countries: Baltimore; San Diego; New York; Long Beach; Boston; London, Beijing, Germany, the United Arab Emirates and Mexico. Congratulations, my dear friend. Much success.

Day Bull & Oyster Roast on Sunday February 18, 2024 from 2-6 p.m. at Rosedale Gardens, located 8037 Philadelphia Road. Live entertainment will be provided by Gene Vince & the Cadillac Cruisers and David Smooth #1 Temptations Motown Revue. For more information, call Clara 443-708-8556. Tell them "Rambling Rose" told you.



JD Howard, renowned photographer has passed away. His funeral was last Wednesday at March Funeral Home on Wabash Avenue in Baltimore, Maryland. His photography was one of a kind. His work took him from the White House to South Africa and the Million Man March. His work with many of the churches in Maryland was advertised in the AFRO American Newspaper where he worked for many years. JD has also taken photos for The Baltimore Times over the years. He will truly be missed.

Those of you who like a little bit of jazz in their lives, check this out. A jazz brunch will be held on Saturday, February 10, 2024 from 10 am to 2 p.m. featuring the Rollex Band & Company at the Columbus Gardens, located 4301 Klosterman Avenue in Baltimore. For ticket information, call Peaches Camphor at 410-521-3439. This event is to support "The Dorsey Educational Fund, Inc."

Well, my dear friends, I have run out of space. It has been a pleasure talking to you, but I have to go. Remember if you need me, just call me at 410-833-9474, or you can email me at rosapryor@aol.com. **I don't do TEXT!** I do not write about events from FACEBOOK! You **MUST** email your information to me. Attach flyers and photos. **UNTIL THE NEXT TIME, I'M MUSICALLY YOURS.**

Absence of Ravens Rushing Attack Leaves Questions

By Tyler Hamilton

The promising outlook of 2023 came to a crashing stop in the AFC Championship game for the Baltimore Ravens. The table was perfectly set for the Ravens to make it to their third Super Bowl, but the Kansas City Chiefs came to town and got the Ravens out of their game en route to a 17-14 loss to end the season.

Baltimore finished with only 81 rushing yards. The Ravens only ran the football 16 times including a number of scrambles by quarterback Lamar Jackson.

“That’s not the number [of rushing attempts] you want to have. When it’s all said and done, and you look back on it, that’s not really going to win us an AFC Championship game, for sure,” Ravens coach John Harbaugh said.

The Chiefs jumped out to an early lead, but Baltimore answered. There was no reason to get away from what got them there. The Ravens averaged an NFL-high 31.5 rushing attempts per game culminating to 156.4 rushing yards per game, also tops in the league.

For some reason the Ravens abandoned the run despite a dominant attack on the ground all season. It was almost as if Kansas City dictated to the Ravens what they were going to do.

Harbaugh said the play-calling had a lot of fun-pass-options (RPOs) built into the game plan. RPOs are designed to take advantage by reacting to how the defense employs their players. If they crash the line to stop the run, the offense will throw the ball. If they drop back in coverage the offense runs it.

“The defense was lined up to take away the run, so the next thing would be to bring [the formation] in tight and just run the ball in heavy formations and wide receivers blocking the edge



Gus Edwards

Photo credit: Shawn Hubbard/Baltimore Ravens photos

and protecting the edge that way. We could’ve done that, but we were down [in the score of the game],” Harbaugh said.

“We wanted to keep the formations open and give ourselves the best chance to try to move the ball and score points. Two-minute offense at the end of the half, two-minute offense mostly throughout the whole fourth quarter we were in. That’s going to take away rushing attempts. It’s not an excuse. You want to run the ball more.

Sometimes, you have to be willing to get big and run the ball that way. We just didn’t want to do it that way in the game. It cost us the opportunity to run the ball more.”

Although Jackson produced an MVP caliber season, the Ravens

offense isn’t built to throw the ball as much as they did against the Chiefs. Jackson doesn’t need 37 pass attempts to be effective. The Ravens needed to have balance offensively. However, even though the plays were heavily slanted towards passing, Baltimore was very close to pulling the game out.

Jackson got the ball to Zay Flowers for what would have been a trip to the end zone if the ball wasn’t fumbled. That wiped seven points off the board.

Regardless, the attention shifts back to the lack of rushing.

“We could have ran the ball,” Jackson said after the game.

The Ravens have over 20 pending free agents to make decisions on in the offseason. Running back will be one of the positions they’ll need to address.

It’s still early, but Ravens general manager Eric DeCosta shared the early part of their plan.

“Well, I’m glad we have Justice [Hill] on a two-year deal,” DeCosta said. “Obviously, we do have some free agents, and it was a challenge this year, with J.K. [Dobbins’] injury, which was unfortunate and terrible for us, and then with Keaton [Mitchell]. But we’ll assess that market, we’ll talk to those guys, [and] we’ll try to ... We’ll see where things kind of lay with Gus [Edwards] and J.K. – both [are] two guys that I have a lot of respect for [and have been] two outstanding players for us over the past three or four years. We’ll look at the draft, we’ll look at free agency.”

Legal Notice

CITY OF BALTIMORE
DEPARTMENT OF PUBLIC WORKS
OFFICE OF ENGINEERING AND CONSTRUCTION
NOTICE OF LETTING

Sealed Bids or Proposals, in duplicate addressed to the Board of Estimates of the Mayor and City Council of Baltimore and marked for **SANITARY CONTRACT NO. 993-Rehabilitation of Jones Falls Pumping Station** will be received at the Office of the Comptroller, Room 204 City Hall, Baltimore, Maryland until 11:00 A.M. on **February 29, 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 **February 9, 2024** and copies may be purchased for a non-refundable cost of **50.00**. **Conditions and requirements of the Bid are found in the bid package.** All contractors bidding on this Contract must first be prequalified by the City of Baltimore Contractors Qualification Committee. Interested parties should call (410) 396-6883 or contact OBC at 4 S Frederick St., 4th Floor, Baltimore, MD 21202. **If a bid is submitted by a joint venture ("JV"), then in that event, the document that established the JV shall be submitted with the bid for verification purposes.** The Prequalification Category required for bidding on this project is **E13003-W and WW Pumping Station**. Cost Qualification Range for this work shall be **\$10,000,000.01 to \$15,000,000.00**.

A "Pre-Bidding Information" session will be conducted via Microsoft Teams meeting on **February 8, 2024 at 10:00 AM.**

To purchase a bid book, please make an electronic request at: https://publicworks.baltimorecity.gov/dpw-construction-projects-notice-lettingnd_dpwidopportunities@baltimorecity.gov For further inquiries about purchasing bid documents, please contact the assigned Contract Administrator Torrton.coleman@baltimorecity.gov

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

Replacement of the existing bar screen; pumps and motors; Variable Frequency Drives; flood doors; roof at Elev. 146.20+/-; bubbler system; parts of the seal water system; and plumbing fixtures and hot water heater in the Rest Room. Installation of new flood barriers on all windows those are below the BFE 142.2 feet. Upgrade the existing HVAC; electrical; lighting; and instrumentation and control system.

This project includes U.S. ENVIRONMENTAL PROTECTION AGENCY (EPA) Water Infrastructure Finance and Innovation Act (WIFIA) Loan funding.

The MBE goal is **8%**

The WBE goal is **4%**

APPROVED:
Clerk, Board of Estimates

APPROVED:
Richard J. Luna
Director
Department of Public Works

Legal Notice

Searching for the whereabouts of:
Mr. Kelvin Thornton, Son of Mr. Theodore L. Thornton who passed away this year January 2024. Last known residence: Baltimore Maryland.

Please contact: Ruby Thornton (Wife)
304-344-5858 - Rev. Lloyd A. Hill (Family Friend) 304-421-1710

To place
Legal Notices,
call: 410-366-3900
email:
legals@btimes.com

Legal Notice

CITY OF BALTIMORE
DEPARTMENT OF TRANSPORTATION
NOTICE OF LETTING

Sealed Bids or Proposal for the **TR-24004, RECONSTRUCTION OF ALLEYS CITY-WIDE** will be received at the Office of the Comptroller, Room 204, City Hall, Baltimore, Maryland until **MARCH 6, 2024**, at 11:00 A.M. Board of Estimates employees will be stationed at the Security Unit Counter just inside the Holliday Street entrance to City Hall from 10:45 A.M. to 11:00 A.M. every Wednesday to receive Bids. Positively no bids will be received after 11:00 A.M. The bids will be publicly opened by the Board of Estimates in Room 215, City Hall at Noon. As of **FEBRUARY 9, 2024**, the Contract Documents may be examined, without charge by contacting Brenda Simmons at brenda.simmons@baltimorecity.gov or (443) 865-4423 to arrange for a copy of the bid book labeled "**NOT FOR BIDDING PURPOSES**" to be emailed to you. Anyone who desires to purchase a bid book to be used for bidding purposes must do so in person and by contacting Brenda Simmons at the email address or phone number above. The non-refundable cost is **SEVENTY-FIVE DOLLARS AND NO CENTS (\$75.00)** to be paid at the Department of Transportation 417 E. Fayette Street, Baltimore, Maryland 21202 made payable to the Director of Finance. **Conditions and requirements of the Bid are found in the bid package.** All contractors bidding on this Contract must first be prequalified by the City of Baltimore Contractors' Qualification Committee. Interested parties should call (410) 396-6883 or contact the Committee at 4 S. Frederick Street, 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 Categories required for bidding on this project are **A02601 (Portland Cement Concrete Paving)**. Cost Qualification Range for this project will be from **\$800,000.00 to \$1,000,000.00**. A "Pre-Bidding Information" session will be conducted via Microsoft Teams on **FEBRUARY 22, 2024**, at 10:00 a.m. hosted by the Department of Transportation. All Bidders must email your contact information to include your name, company name, phone number and email address to michael.donovan@baltimorecity.gov to receive an invite to the Microsoft Team (video conference meeting). Principle Items of work for this project are **Class 1 Excavation – 3,550 CY; 6 in Sub Base Using Crusher Run – 9,825 SY; 7 in Concrete Pavement Mix No. 7– 8,825 SF**. The MBE Goal is **30%**; The WBE Goal is **15%**. APPROVED: Celeste Amato, Board of Estimates

Legal Notice

NOTICE OF LIEN SALE

Notice is hereby given that a public auction will be held by competitive bid on www.storageauctions.net on 02/16/2024 at 11:00 to satisfy the lien on the property Store Here Self Storage at 7120 Old Waterloo RD, Elkridge, MD 21075 in the units listed. Tenants may have notated the inventories listed at the time of rentals. Landlord makes no representation or warranty that the units contain said inventories. 0277=Linda Myers-Misc. Household Goods/Personal Effects. M-277-278=Linda Myers-Misc. Household Goods/Personal Effects. 0047=Everton Irish-Misc. Household Goods/Personal Effects. 6x10=Everton Irish-Misc. Household Goods/Personal Effects. 0095=Carlos Rodriguez-Misc. Household Goods/Personal Effects. 0306=Reginald Ferguson-Misc. Household Goods/Personal Effects. 0014=Romana Kerns-Misc. Household Goods/Personal Effects. All units must be paid for at the time of sale. Credit card payment accepted if the transaction is over \$100. No checks accepted. No one under the age of 18 is allowed to attend the sale. Each person attending must agree to follow all Rules and Regulations of the sale. The landlord reserves the right to bid at the sale. All purchased goods are sold "as is" and must be removed by 5:00 p.m. on the day of the sale. Buyers must provide a current, original or a photocopy of their original resale permit at time of sale in lieu of sales tax. This sale is subject to cancellation in the event of settlement between landlord and obligated party.

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