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Mayor Scott, City Leaders Announce “Diversity in the Arts” Grant Recipients



The National Great Blacks in Wax Museum was awarded \$250,000 during a ceremony on April 16, 2024, as part of the ARPA-funded “Diversity in the Arts” grant program. From left: Del. Caylin Young; Tonya R. Miller Hall, Mayor’s Office of Arts & Culture senior adviser; Baltimore Mayor Brandon M. Scott; The National Great Blacks in Wax Museum president, CEO and co-founder, Joanne Martin; District 12 City Councilman Robert Stokes; and Rayner Wharton, president of Wharton Design Group. (See article on page 7).

Photo: J.J. McQueen (Mayor’s Office)

6 Tips for Investing for Your Financial Future

Where do you see yourself five years from now? How about 10? Maybe you plan to purchase a home by then or hope to fund a loved one's college education. You might be considering longer-term goals as well, like building wealth to establish a legacy or enjoying a dream retirement.

No matter your future plans, investing can help you achieve those goals. Here are six tips to help you get started and take your planning to the next level:

- **1) Build an emergency fund.** Saving and investing are both important strategies for reaching your financial goals, but they have different purposes. Saving cash can help keep you covered in the short term while investing can help you potentially grow your money to reach your long-term goals. Consider saving an emergency fund to cover 3-6 months of expenses, or perhaps a bit longer, depending on your situation, for any unexpected emergencies. You don't want to be in a situation where you're forced to sell your investments to cover an emergency.

- **2) Pay down high-interest debt.** Not all debt is created equal. It's possible to invest for the future while you're paying down debt. A good practice is to pay down any high-interest debt before starting to invest, but you can consider investing if you're paying down low-interest debt.

- **3) Create a plan for your specific goals.** Identifying your goals is an important first step. But you should also build a plan for how you're going to work towards those goals. Retirement might be a long-term goal, while a major purchase like a home could be something you'd like



to achieve in the next five years. Once you've defined your various goals and the timeframe needed to achieve them, you can decide how you want to invest and create your roadmap. P. Morgan Wealth Plan, a free digital money coach available in the Chase app and on Chase.com, can help you set goals and create a plan to work towards them.

- **4) Choose how to invest.** You can work with a financial advisor, invest on your own or do a combination of both. Everyone has their own preference. For some people, working with a professional can be beneficial. An advisor can help you create a financial strategy that is customized around your personal situation and needs, and they can work with you to adjust that strategy as your life and priorities change. Money can be emotional, especially during times of market volatility. An advisor can provide an unbiased perspective and help you navigate the markets, stay disciplined

and focus on your long-term financial strategy.

- **5) Remember to diversify.** Everyone's financial situation is different. Your investment strategy will depend on your personal goals, your investing timeline and your tolerance for risk. Investors should also remember the importance of diversification. You don't want to have all of your eggs in one basket. Diversification can help even out your portfolio's returns during periods of volatility.

- **6) Stay invested.** Once you have a plan in place, it's important to stay focused on your long-term strategy and avoid impulse reactions. Markets go up and down, and while volatility can be painful, it's a natural part of investing. Having a well-built, long-term strategy can help prepare you for market volatility. And remember, it's about time in the market, not timing the market. The amount of time you



Photos courtesy of Pexels

are invested in the market is one of the most important factors in growing your wealth.

Start investing in your future Anyone can become an investor – you don't need to be wealthy or have access to a large sum of money to get started. Simply deducting a small percentage from each paycheck into an investment account can help bring you closer to your goals.

Ready to get started? Visit chase.com/personal/investments or stop by your local Chase branch to speak with an advisor who can help you begin your investment journey.

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Black Culture

The Birth, Soul and True Power of Hip-Hop

By **Andrea Blackstone**

As warmer temperatures coax drivers to lower car windows or push back sunroofs, the beats and lyrics that spill from speakers during commutes and car rides may include drivers enjoying soulful hip-hop.

Local hip-hop artists like Yusha Assad, a Washington, D.C. resident celebrate the independent artistry of the musical genre. To date, he has released five professional albums while establishing his own approach. Assad's style aligns with a cultural art movement while integrating expressive elements of topics such as pain, brokenness, resilience and healing.

"My journey into music began at the age of seven, when I started penning lyrics. One of my earliest memories is

winning a talent show in second grade with my song "This is What Little Boys are Made of." Throughout high school, I continued to nurture my passion for music, eventually taking a more professional approach in 2013. That's when I teamed up with my friends, Tristan Lewis and Gerald Duncan, to embark on the creation of the 'With Great Care' trilogy, which I detail in my song 'Stay Humble,' on the album 'With Great Care: The Struggle,'" said Assad.

The recording artist, speaker, master certified professional coach and consultant once worked in education and workforce development. He said that his music is deeply personal, always reflecting his own story, experiences, vision and beliefs. Self-love is a cornerstone of his philosophy. Assad finds solace in moments of stillness and

in connecting with his spirituality.

He added, "My music serves as a conduit for connection, inspiration, and challenge. I share my own experiences, dropping nuggets of wisdom that listeners can use to navigate life's ups and downs. At the heart of my message is the importance of approaching everything with great care, purpose, and intention."

His lyrics evoke emotion, tell stories, speckles of consciousness while displaying the power of words and peace. He reminds people to walk in their own power while even sharing empowering thoughts on social media.

According to his website, Assad has opened up for major artists including The Game, K. Michelle, Brandy, Scarface and Ja Rule. Although his primary audience consists of college and self-educated Black individuals ages



Yusha Assad, hip-hop artist and storyteller/vocalist

Photo courtesy of Yusha Assad

28-35, Assad also aspires to be a positive influence for youth.

He stated that the album "Workin & Winnin" originally started as an affirmation aimed at reframing the narrative around employment for the individuals that he worked with in workforce development.

"It was a reminder that regardless of job status, everyone possesses the ability to succeed," Assad said.

Visit www.yushaassad.com to learn more about the artist and his music app endeavors.

GENERATION NEXT: THOUGHT LEADERS.

Black college students gather to discourse crowd-sourced national issues, amplify their voices, and to activate civic and political engagement.



Tuesday, April 30th, 2024

The Light Street Pavilion at The | Inner Harbor, 301 Light Street, | Baltimore, MD 21202

Agenda

8am Registration & Continental Breakfast

10am Panel Discussions: Immigration & US Economy

12pm Power Lunch/Fireside Chat

1:30pm Panel Discussions: Domestic Welfare & Systemic Racism

4pm Fireside Chat Town Hall with Civic & Legislative Leaders

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THE BALTIMORE TIMES



Identity Management Part 2: Identity Management and Data Privacy

By Karen Clay

Clay Technology and Multimedia, L.L.C.

Today we increasingly rely on digital contact with others as much as or more than in-person human contact. The advent of the global quarantine in 2020 accelerated the use of already available technologies to remotely conduct business on many fronts, including, but not limited to banking, health appointments, employment, and visits with friends and family. Vast amounts of personal information are exchanged and stored online every second. Online privacy has now become more than just a concept—it's a critical aspect of maintaining personal security and autonomy. In part two of our identity management series, we are focusing on the importance of online privacy, the threats to it, and recommended effective strategies to manage and protect our identity.

In an age where data is a valuable commodity, our behaviors, preferences, and intimate details are constantly tracked and analyzed by corporations for targeted advertising and other profit-driven motives. This not only questions the concept of consumer choice but also raises ethical concerns about the manipulation of social and political landscapes through data-driven insights. Therefore, we have a personal responsibility to participate in the securing of our data. From everyday interactions like internet searches and social media usage to more discrete activities such as online shopping and banking, each action leaves a digital footprint that is vulnerable to interception. Large-scale data breaches, where sensitive information is exposed, are increasingly common.

The Federal Trade Commission (<https://www.identitytheft.gov/>) identifies several clues to alert you that someone may have stolen your identity. They include:

- You see withdrawals from your bank account that you can't explain.
- You don't get your bills or other mail.
- Merchants refuse your checks.
- Debt collectors call you about debts that aren't yours.
- You find unfamiliar accounts or charges on your credit report.
- Medical providers bill you for services you didn't use.
- Your health plan rejects your legitimate medical claim because the records show you've reached your benefits limit.
- A health plan won't cover you because your medical records show a condition you don't have.
- The IRS notifies you that more than one tax return was filed in your name, or that you have income from an employer you don't work for.
- You get notice that your information was compromised by a data breach at a company where you do business or have an account.

Here are some suggestions to consider in managing your online identity:

Understanding and Adjusting Privacy Settings: One of the first steps in protecting online privacy is understanding the privacy settings of applications and websites. Most platforms allow you to control what is shared and who it is shared with. Customizing these settings to limit exposure, opting out of data sharing and tracking whenever possible is a first step.

Using Secure and Private Tools:

Using tools designed with privacy in mind is essential. This may include:

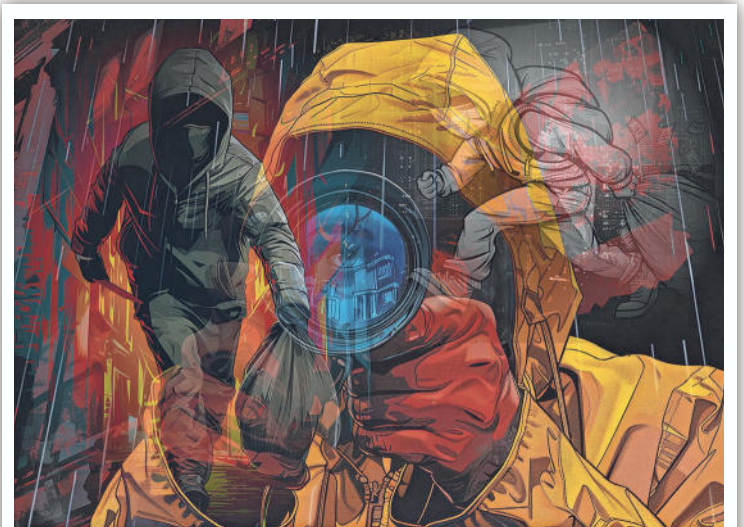
- Using privacy-focused browsers such as Mozilla Firefox which is designed to block trackers and cookies that spy on browsing activities.
- Using Virtual Private Network (VPN) which encrypts internet traffic, making it difficult for hackers or ISPs to monitor your online activities.
- Using encrypted communication apps such as Signal or Telegram, which offer end-to-end encryption, ensures that messages, calls, and data sent are only readable by the intended recipient.

Being Aware of Phishing and Scams:

Understanding the common tactics used by scammers is crucial. Phishing attempts, where fraudulent emails or messages mimic legitimate sources to steal data, are prevalent. Use caution when clicking on links or providing information online, especially in unsolicited communications.

Regular Monitoring and Updates:

Regularly checking financial statements, using credit monitoring services, and ensuring that all software is up-to-date with the latest security patches are critical practices. Software updates often include security enhancements that protect against newly discovered vulnerabilities.



Identity Theft is Real
Graphic Design by Karen Clay

Managing the Information You Share: Both publicly on social media and privately through online services, be mindful of the data you disclose to mitigate risks from social engineering or data breaches.

Managing Credit Card Information on Websites: It can be tempting to save your credit card information on Google or at e-commerce sites you frequent. However, you should consider avoiding this practice, as it potentially provides hackers with access to your personal information in the case of a data breach.

Securing Your Accounts: Employ strong, unique passwords and two-factor authentication to safeguard your online accounts from unauthorized access.

Educating Yourself and Others: Staying informed about the latest privacy issues and sharing this knowledge with friends and family can help create a more privacy-conscious community. Educational resources and awareness campaigns can empower individuals to take control of their digital identities.

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Health Matters

Why Doctors Prescribe Older, Less Effective Antibiotics, When New, Less Toxic Treatments Save Lives

By Jayne Hopson

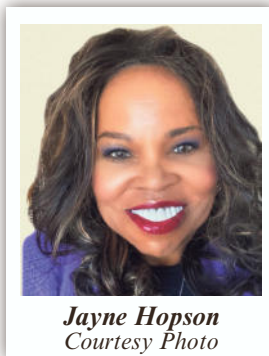
According to a recent National Institutes of Health (NIH) report, doctors in the United States are still relying on older, less effective, toxic medicines to fight new, highly drug-resistant bacterial infections. The outdated treatment can cost lives and a lot of money to provide care for patients who may have been better served by the new antibiotic medicines.

This is happening despite the Food and Drug Administration (FDA) giving the green light to seven next-generation antibiotics designed specifically to combat infections caused by tough “gram-negative” bacteria. The National Institute of Health says these bacteria are among “the world’s most significant public health problems, due to their high resistance to antibiotics.”

Gram-negative bacteria are central to the global rise in antibiotic resistance, rendering standard treatments less effective and complicating the management of common infections. The World Health Organization reports significant resistance rates among key pathogens, with projections suggesting a dramatic increase in resistance to critical antibiotics by 2035.

Methicillin-Resistant Staphylococcus Aureus, commonly known as MRSA, is one of the most dangerous adversaries in the battle against the spread of infectious disease. MRSA is a staph bacterium of significant concern for patients in long-term care facilities and residential community settings, where the spread of disease and its complications are more difficult to treat and manage.

The stakes are particularly high for poor Black patients, who often face systemic disparities in healthcare access



Jayne Hopson
Courtesy Photo

and outcomes. The underuse of next-gen antibiotics in these communities not only perpetuates existing inequalities but also exposes Black patients to higher risks of complications and mortality from resistant infections.

MRSA threatens our wellness in several ways.

Patients may suffer from skin and soft tissue infections, which can range from relatively mild conditions like boils and abscesses to more severe infections requiring surgical intervention.

MRSA can also lead to more serious, invasive diseases, including bloodstream infections (bacteremia), pneumonia, and endocarditis (an infection of the heart’s inner lining). These conditions are particularly concerning because they can be life-threatening, especially in individuals with weakened immune systems or in hospital or healthcare settings where MRSA can spread more easily.

Due to its resistance to multiple antibiotics, MRSA infections can result in higher mortality rates compared to non-resistant staph infections. Treatment failures or delays can exacerbate this risk.

MRSA infections often lead to longer hospital stays, increased medical costs, and a higher likelihood of complications, including the potential for the infection to spread to other parts of the body or cause sepsis—a life-threatening response to infection.

Chronic Infection Risk: Individuals with MRSA infections might experience recurrent symptoms or become carriers of the bacteria, which can lead to chronic infection risks and the potential to spread the bacteria to others.

Given the danger MRSA poses, coupled with the development of next-generation antibiotics, one might wonder

why the medical community is reluctant and slow to offer patients these newer, safer and more effective treatments.

The NIH report points to several contributing factors, chief among them being cost. Next-generation antibiotics come with a price tag approximately six times higher than their older counterparts. This stark price differential places them out of reach for many hospitals, especially smaller, rural ones operating under stringent budget constraints. The math conflicts with the budget for these institutions. The result often is a preference for cheaper, albeit less effective, options.

Another significant barrier is the availability of diagnostic lab tests. Hospitals equipped to swiftly determine the most effective antibiotic treatment for a patient’s specific infection are more likely to utilize these advanced medicines. Speedier diagnosis could, therefore, pave the way for broader adoption of next-gen antibiotics.

The study, which was spearheaded by Dr. Sameer S. Kadri and jointly funded by the FDA and the NIH Intramural Research Program, underscores the sneaky nature of gram-negative bacteria. These pathogens are adept not only at resisting a wide array of drugs but also at transmitting their resistance traits to other bacteria, thereby compounding the challenge of managing infections.

Dr. Kadri’s report does offer patients hope. By dissecting the reasons behind healthcare professionals’ reluctance to embrace new antibiotics and addressing these issues head-on, “we can make strides in combating antibiotic resistance. Strategies to make these drugs more affordable and to expedite the availability of diagnostic tests could play a pivotal role in encouraging their use,” said Dr. Kadri.

Santé: Giving Back for Kidney Disease Fundraiser Returns to Baltimore May 8

By **Andrea Blackstone**

When Vaunita Goodman experienced deep pain in her back area and flu-like symptoms in 2016, she was unaware of her kidney problem.

“I was diagnosed in the emergency room at a hospital in Maryland with end-stage renal failure,” Goodman said, recalling the emotional experience that she endured. “The healthcare team wanted to begin dialysis immediately, but I refused. I wanted time to think and breathe. I began dialysis about two days after I was admitted into the hospital.”

Goodman talked, prayed, cried with her mother and allowed herself time to grieve. The Baltimore City resident endured dialysis treatment for four and a half years. Eventually, a stranger’s kindness improved Goodman’s quality of life and the opportunity to become healthier.

“I received a kidney from a ‘non-directed living donor.’ A non-directed living donor is when the donor does not name the specific person to get the transplant. The match is arranged based on medical compatibility with a patient in need. I received my transplant after four and a half years,” she said.

Today, Goodman is doing well. She serves as an ambassador and co-chair for the Kidney Walk.

Goodman has been a (National Kidney Foundation Serving Maryland and Delaware) NKFMDDE ambassador for three years.

“Kidney care awareness is crucial for all of us,” Goodman said.

Additionally, she founded Dialysis to the Docks—a small, women and disabled-owned-business that offers fun, free sailing excursions to the kidney disease community.

At the height of her health

challenge, Goodman was unaware of NKFMDDE’s services. For this reason, the NKFMDDE ambassador does her very best to participate in expanding the organization’s reach and calling attention to their valuable services.

Goodman and other supporters will raise awareness and funds for people affected by kidney disease at Baltimore’s premier food and beverage event that will be hosted by NKFMDDE on Wednesday, May 8, 2024 from 6:30 to 9:30 p.m., at the Baltimore Museum of Industry, located in Baltimore, Maryland.

NKFMDDEs Santé: Giving Back for Kidney Disease fundraiser offers a business casual evening that includes culinary tastings from a variety of restaurants and caterers, paired with beverages. Guests will have an opportunity to vote for their favorite vendor in the People’s Choice competition. Secret judges will select the Best Dish, Best Beverage, Best Dessert and Best Display. Attendees can also expect to find a photo booth, raffles and a silent auction. Event proceeds will support NKFMDDE’s local patient emergency assistance program.

Goodman added, “Dialysis to the Docks will be present to support the mission of NKFMDDE by volunteering pre-event and by presenting our fun, free sailing program at a booth where people may sign up, learn more and join us on the water. In addition, we’ll be included amongst the other generous donors who have decided to donate to the Santé auction.”

Sumeska Thavarajah, MD (assistant professor of medicine – Division of Nephrology at Johns Hopkins Bayview Medical Center, NKFMDDE advisory board member and a Santé event co-chair) reminded that 20 percent of Black American adults are at risk for



Vaunita Goodman, kidney transplant recipient and NKFMDDE ambassador at Santé. Courtesy photos



Sumeska Thavarajah, MD and Santé Giving Back for Kidney Disease Fundraiser co-chair

chronic kidney disease, according to the Chronic Kidney Disease in the United States 2023 cdc.gov fact sheet.

Dr. Thavarajah further explained that people of color are at a greater risk for kidney disease due to a combination of factors, some of which are related to higher rates of diabetes and hypertension; access to care; social determinants of health including access to a healthy diet and the presence of food deserts in neighborhoods without grocery stores for healthy food choices; and genetic factors that are being identified that may contribute to increased risk.

Help is needed to strive for kidney equity. The National Kidney Foundation is revolutionizing the fight to save lives by eliminating preventable kidney disease, accelerating innovation for the dignity of the patient experience, and dismantling structural inequities in kidney care, dialysis and transplantation.

“The organization’s commitment is to support the patients in their diagnosis of kidney disease and navigating changes,” Dr. Thavarajah reminded.

Dollars raised from the upcoming fundraiser will also help fund vital research about chronic kidney disease.

“This [Santé] will raise funds to help support patient education events/seminars and screening events. One in three people are at risk for kidney-related issues. One in seven adults have chronic kidney disease in the US. The majority of people are not aware of their kidney disease. Late diagnosis of kidney disease means missed opportunity to be on treatments that can slow the progression of kidney disease,” Dr. Thavarajah also said.

To purchase Santé: Giving Back for Kidney Disease fundraiser tickets, or to obtain sponsorship, vendor or auction donation information, visit <https://bit.ly/2024Sante>.

Mayor Scott, City Leaders Announce 'Diversity in the Arts' Grant Recipients

By Demetrius Dillard

In a brief ceremony that signified the city government's commitment to Baltimore's vibrant arts community, Mayor Brandon M. Scott joined staff members from his office, local elected officials and the United Way of Central Maryland to announce recipients of \$3.6 million Diversity in the Arts grant awards.

The grant, previously announced by the mayor's office in September 2023, is aimed at supporting and uplifting arts and cultural institutions across the city—most of which are from diverse and marginalized backgrounds. Made possible with American Rescue Plan Act (ARPA) funds, the Diversity in the Arts grant is part of \$6.25 million focused on supporting arts and cultural institutions.

Held at The National Great Blacks in Wax Museum on the afternoon of April 16, 2024, the event also attracted community members, local arts and cultural leaders, and a number of the grant recipients.

"Baltimore has always been a city defined by the arts, and our art community remains a cornerstone of our city's identity, reflecting our history, diversity, and resilience," Scott said at the press conference.

"This investment... underscores our dedication to ensuring that all artists and communities, particularly those minority and historically underrepresented organizations, have equitable access to resources and opportunities."

Dr. Joanne Martin, the museum's president, CEO and co-founder, delivered opening remarks before Scott came to the podium. She also expressed gratitude to city leaders for reaffirming their support of the cultural staples that define Baltimore's rich and storied history as the National Great Blacks in Wax Museum was one of the grant recipients, receiving \$250,000.

"It was an honor that [the ceremony]

was held here at the museum, and that the mayor and his staff... continued to work with us to make this happen and they selected this spot to make the announcement," Martin said.

"We want this space to be a welcoming space for community, for artists, for art and culture."

Martin also shared how the grant money will impact the museum, particularly in regard to the establishment's renovation and expansion efforts. Wharton Design Group will play a pivotal role in the museum's improvements and reconstruction, which will occur in phases.

According to Rayner Wharton, president of Wharton Design Group, the museum's renovation will include a remodeled interior, additional exhibits that will occupy 25,000 square feet, new construction on the lot adjacent to the museum and more.

"This will be a major architectural upgrade to this community," Wharton said, adding that the first phase of the establishment's construction project will cost \$12.5 million.

"Here, will not only be 25,000 additional square feet of new exhibit space, there will be landscaping, architectural gardens and design, space for education and sculptural gardens as well."

Camille Kashakas, executive director of the Motor House, an arts hub situated in the Station North district, said the organization has grown tremendously in recent years. The grant funds will help Motor House meet its "financial challenges," she said.



United Way of Central Maryland, represented by Franklyn Baker (standing at the podium), partnered with the Mayor's Office of Recovery Programs to issue grants to nearly 30 recipients.

Photos: J.J. McQueen (Mayor's Office)

"This award came in the nick of time just to balance our budget, essentially," Kashakas said.

"We mainly work with emerging artists, which are the actual trendsetters of Baltimore City's arts and culture scene. So, the people who are making Baltimore what it is, they come through Motor House and we do our best to support them."

Along with the National Great Blacks in Wax Museum, there were 27 other awardees who were given grants ranging from \$10,000 to \$500,000.

According to the Mayor's office, the \$3.6 million investment will be deployed as follows:

Capital Investments

- Cross Street Partners/Afro Charities – \$500,000
- Reginald F. Lewis Museum – \$500,000
- Station North Tool Library – \$60,000
- The National Great Blacks In Wax Museum, Inc. – \$250,000

Project Investments

- AIA Baltimore/Baltimore Architecture Foundation – \$14,560
- Arena Players – \$77,700
- Arts Every Day – \$200,000
- AZIZA PE&CE – \$74,525
- Ballet After Dark – \$100,000
- Baltimore Arts Realty Corp. dba



Joanne Martin, president, CEO and co-founder of The National Great Blacks in Wax Museum, delivers remarks at a press conference announcing recipients of the Diversity in the Arts grant awards.

Motor House – \$50,000

- Baltimore Center Stage – \$200,000
- Baltimore Youth Arts – \$100,000
- Creative Nomads – \$100,000
- Dance & Bmore / DAB Programs – \$50,000
- DewMore Baltimore – \$86,726
- Dream Bigger Community Institute – \$43,000
- Eubie Blake Cultural Center – \$150,000
- Excellence & Ambition Inc. – \$90,000
- Fells Point Creative Alliance, Inc. – \$200,000
- Full Circle Dance Company – \$10,000
- Intersection of Change – \$149,550.10
- Moving History, Inc. – \$60,000
- Muse 360 – \$100,000
- Nuestras Raíces Inc. – \$15,000
- The Marching Elite – \$36,300
- The Producers Club of Maryland, Inc. / Maryland Film Festival – \$250,000
- The Compound – \$100,000
- Urban Oasis – \$50,000

"Baltimore City's arts and cultural organizations help inspire and unite us, and fuel our local economy in many ways—which, in turn, helps lift up our neighbors and the neighborhoods they call home," said Franklyn Baker, President and CEO of United Way of Central Maryland.

"We are proud to be the trusted fiscal sponsor for these Community Arts Grants, which align with our work to advance equity, opportunity, and access for all."

A Journey to Heal, Use Essential Oils to Encourage Wellness

By Andrea Blackstone

Feeling overwhelmed, anxious or burned out can be a consequence of neglecting stress management. Coping with life's stressors can be accomplished in a plethora of traditional or nontraditional means, including with aromatherapy.

According to the National Center for Complementary and Integrative Health, "Aromatherapy is the use of essential oils from plants (flowers, herbs, or trees) as a complementary health approach."

It can be used to promote better sleep, alleviate pain and induce relaxation.

A Health Crisis

Andrea Bailey-Tweed suffered a major health crisis that left her in a wheelchair, unable to walk for a period of time. She experienced severe negative reactions to medications and opted to add aromatherapy to her search for wellness. After Bailey-Tweed began studying aromatherapy, she prepared numerous blends to use consistently while incorporating therapeutic massage and chiropractic care. Bailey-Tweed eventually regained her ability to walk.

"I knew I would not heal through traditional means and decided to take charge of my own destiny and health. I remembered the teachings of my grandmother and began studying and employed the power of aromatherapy for my own healthcare with astonishing results," said Bailey-Tweed.

Around 2016, Bailey-Tweed started a business as a certified aromatherapist. She became CEO of Earth's Own Essentials, LLC.

What does a certified aromatherapist study and do?

"A certified aromatherapist has spent hundreds of hours studying the science of essential oils, the systems of the body, the ethnobotany of plants, chemistry, human physiology, conducting case studies, creating formulations, and writing research publications. They are trained to assess clients' needs and create personalized aromatherapy treatments using essential oils, hydrosols [aromatic waters], carriers, etcetera," she explained.

Bailey-Tweed advocates for essential oils and holistic treatment to be used in conjunction with other medical treatments as advised by an individual's doctor. Ingesting oils is not recommended unless it is done under the care of a qualified aromatherapist or health care provider.

She further explained that an aromatherapist may provide consultations, educate clients on safe and effective usage, work with holistic healthcare doctors, conduct clinical studies, teach, train, publish research and more.

Oils, Oils and More Oils

Lavender, orange, rose, eucalyptus and peppermint are examples of essential oils. Topical oils are used for supportive health and wellness care such as allergies, digestion, headaches and pain. Aromatherapy can be used in candles and linen sprays and more.

According to Bailey-Tweed, some lesser-known benefits of aromatherapy are the hundreds of therapeutic and clinical, and emotional benefits essential oils provide, including improved cognitive function; enhanced immunity; mood enhancement; pain

relief; stress reduction; respiratory support and more.

Inhalation of essential oils can provide respiratory benefits by clearing congestion, reducing inflammation and by soothing irritated airways. Oils like eucalyptus, peppermint, and tea tree are commonly used to relieve symptoms of respiratory conditions, such as colds, coughs and sinus congestion.

Use Aromatherapy Properly

"Essential oils are commonly used through inhalation (via diffusion or inhalers), topical application (diluted in carrier oils), and less commonly, ingestion (although this should only be done only under the guidance of a qualified aromatherapist or healthcare provider with experience using this method). Essential oils can damage mucous membranes and possibly cause serious problems when ingested or used improperly. They are very potent, and for some, it is difficult to accept that such a small amount can have such a substantial impact on our bodies," Bailey-Tweed warned.

Aromatherapy users should note that steps can be taken to guard against allergic reactions.

"It is important to never apply pure essential oil(s) topically on the skin without a carrier oil. All topical essential oil applications should be properly diluted with carrier oil, according to Bailey-Tweed.

She further explained that carrier oils are made from plants or possible



Andrea Bailey-Tweed, CA, CEO, Earth's Own Essentials, LLC Photo credit: Wendy Adcock

plant parts. Carriers are neutral, and heavier than essential oils, are very safe for the skin, and are used to dilute essential oils before topical application. They help carry (or escort) the essential oils into the body. Examples include jojoba oil, coconut oil, argan oil, almond oil and grapeseed oil.

"Also, certain oils like citruses should not be applied to the skin and exposed to full sun," Bailey-Tweed also said. "Before using any blend or oil, a brief patch test of a drop of oil mixed in a carrier oil and applied to skin will usually determine if you have a sensitivity or allergies in a short amount of time."

Bailey-Tweed still uses aromatherapy every day to supplement her own health.

"Overall, aromatherapy offers a wide range of benefits beyond just its pleasant aroma, making it a versatile and effective complementary therapy for various physical and emotional concerns," she said.

Visit, Earth's Own Essentials, LLC via <https://earthsownessentials.com/>.

Hit Stage Play Returns!

The Homegoing Service For A Man Named Jesus

Hit Gospel Stage Play Coming to
Set The Captives Free Outreach Center Sun., April 28, 2024

BALTIMORE 4/23/24 – The hit stage play, “The Homegoing Service for A Man Named Jesus” is coming to Set The Captives Free Outreach Center on Sunday, April 28, 2023 (3 p.m.). The church is pastored by Linwood and Karen Bethea and is located at 6901 Security Blvd. (Security Mall South/ Across from the AMC Cinema).

The hugely successful production is coming off sell-out shows in 2023 and 2024 at Huber Community Life Center and has drawn sell-out shows and rave reviews.

Written by playwright and Baltimore journalist Ursula V. Battle and directed by Dr. Gregory Branch, this powerful modern-day depiction tells the story of

some of Jesus’ many miracles as told by those whose lives were forever changed by them.

The Disciples; The Woman at The Well; The Woman with The Issue of Blood; Mary; Martha; Lazarus of Bethany; and others are among the unforgettable characters sharing their stories during a funeral service being held after the crucifixion at The Glorious Congregation of The Gospel of Jesus Christ Upon This Rock Church of The Redeemed Tabernacle.

The musical dramedy will feature the Rev. Dr. Carl Solomon (Peter), Pastor of United Baptist Church in Baltimore who delivers the Eulogy for Jesus; Unified Voices of Johns Hopkins; soloists Randy

“Fruity” Roberts of The Choir Boyz, (Rufus); C.C. Bowen (Woman with The Issue of Blood); Minister Shirlethea Holmes (Mary Magdalene); musicians David White (Brother Fingers, The Minister of Music); and Howard “Buddy” Lakins.

The cast also includes Tanya



The Rev. Dr. Carl Solomon, Pastor of United Baptist Church portrays “Peter” in the production. Courtesy photos



Tanya Brown-Iyesi as the hilarious Usher Martha of Bethany.

Brown-Iyesi as the hilarious Usher Martha of Bethany; Leonard Stepney, Jr. (Apostle John); Carlton Douglass, owner of Carlton Douglass Funeral Home (Joseph of Arimathea); Heavenly Blessed Quartet (Rickey, Fingers, Firehouse and JoJo) Rose Backus-Hamm (Rebecca Hatfield); Keona Caesar (Mary, Mother of Jesus) and many more.

Doors will open 30 minutes prior to the performance with a Wake featuring Unified Voices of Johns Hopkins and more. For tickets or more information, visit www.battlestageplays.com or call (443) 531-4787 or (443) 531-5839.

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Excitement Abounds as Ravens Start Offseason Program

By Tyler Hamilton

The Baltimore Ravens officially started their offseason workouts last week and have high hopes heading into the 2024 NFL Draft. Lead strength and conditioning coordinator, Scott Elliott, is excited to get his hands on the players.

“We had a great turnout, and it’s been awesome,” Elliott said. “You get geared back up to finish the week strong and continue Phase 1. So, [in] Phase 1, we love – I’m talking from a biased point of view – strength and conditioning. That’s when we get time on the field with the guys, time in the weight room.”

Among those in attendance was newcomer Derrick Henry who signed a two-year, \$16 million deal with the Ravens in March. Henry is known for the legendary workouts he does back in Dallas. He brought the same work ethic with him to Owings Mills for the start of the offseason program.

Elliott said Henry had an “awe factor” about him when he arrived. He appreciated how Henry attacked the program with a tenacious attitude.

Henry made it a priority to get to the facility as soon as the players were allowed to because he wants his new teammates to see what he’s about.

“I’m the new guy, so I want to make sure that I show up and I show my team and show this organization [that] I’m here, I’m committed,” Henry said. “I want to come work and want to put the work in and be around my teammates and develop that relationship with them and really just put the work in and work as hard as I can when I’m in the building.”

Being with a new team, in a new facility, working a new program has been an adjustment for Henry after



Derrick Henry

Photo credit: Shawn Hubbard/Baltimore Ravens Photos

spending the last eight seasons with the Tennessee Titans. But Henry is the type of competitor that embraces challenges like being in a new environment.

As the season goes on, Henry will be viewed as one of the leaders, but for now, the veterans have already given Henry a good first impression by reporting early for the voluntary portion of the offseason.

“That just shows the leadership that’s here and the type of leaders that Lamar [Jackson] and ‘Ro’ [Roquan Smith] are,” Henry said. “You see them here, showing up early, putting the work in, and that speaks volumes

throughout the team, and [it] shows the type of leadership that they have and the leaders they are for this team.”

“I think the biggest thing is, well one, you’ve been away for two months, you want to get around the guys, and then you’re building for next season, the 2024-25 season, and it starts now. This is the foundation; this is the next step in where we want to go,” center Tyler Linderbaum added.

The next wave of additions will come by way of the draft. Linderbaum said he’ll probably be asleep when the Ravens make their first-round pick because the drafts late start on

Thursday. Smith admitted he’ll have the alerts set on his phone to give him notifications when the Ravens make a move.

There’s a lot of excitement in the building because of the start of Phase 1 workouts and the new faces that are arriving in the draft. However, the goal remains the same.

“We want to be the strongest team in the NFL, and yes, in Week One, but in December and then even beyond,” Elliott said. “December football means the most, but that’s what carries us into the playoffs. So, that is the baseline for our core philosophy.”

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