

The Annapolis Times

Vol. 38 No. 28

May 3 - 9, 2024

A Baltimore Times/Times of Baltimore Publication



HBCU Graduate Invents 'Readers for Your Ears'

Justin Lee, CEO of Quantum Senses, LLC is an aerospace engineer and inventor of EARCOUSTIC headphones. The company focuses on providing technologic solutions for the five senses. The headphones can be used while watching television, while at the movies or during church service to help users hear a little better. Young learners in crowded classrooms may use them to hear the teacher better, or by a student with ADHD who wants to focus better and give their attention to the teacher. (See article on page 7)
Photo courtesy of Justin Lee



Vice President Kamala Harris Kicks Off Nationwide Economic Opportunity Tour

By Andrea Blackstone

Vice President Kamala Harris kicked off her nationwide Economic Opportunity Tour in Atlanta, Georgia on Monday April 29, 2024. The moderated conversation focused on investing in historically underserved communities, and building economic opportunity prosperity and wealth that is inclusive. Vice President Harris will be traveling across the country to highlight what the Biden-Harris Administration accomplished to honor commitments, invest in all of America, and create an economy in which every person has the freedom to thrive.

She said that so many innovative, hardworking, ambitious entrepreneurs have incredible aspirations, ideas and vision during a moderated discussion.

While describing entrepreneurs' positive traits, Vice President Harris also said, "None of that we lack for in the community, but for most folks, we lack access to the resources that will feed those ambitions and those aspirations."

Vice President Harris discussed the Biden-Harris Administration's accomplishments including the creation of opportunities for people to build wealth, strengthen their family and strengthen the economy of the community as a whole so everyone in society benefits.

The conversation included raising awareness about access to capital but with a focus also on minority owned businesses; and creation of the Economic Opportunity Coalition, which is committed to aligning major investments in communities of color with investments made by the Biden-Harris Administration.

Vice President Harris added, "We



Vice President Kamala Harris
Photos: The White House

understand that you can't truly invest in the strength of our nation if you don't pay attention to diversity, equity and inclusion."

The Biden-Harris Administration announced that in Fiscal Year 2023, it awarded an all-time high in federal contracts to small businesses across federal agencies. In total, a record-high of \$178.6 billion or nearly 30% of all contracting dollars went to small businesses – including those operated by Black Americans.

According to this year's Small Business Boom Report, key accomplishments include:

The first, second, and third strongest years of new business applications filed on record, with 17.2 million new business applications filed since President Biden took office.

Michael Negron, Special Assistant To The President for National Economic Council, further discussed the sustained small business boom across the country under the Biden-Harris Administration.



Michael Negron, Special Assistant To The President for National Economic Council

Negron told The Baltimore Times that a team of economists who comprise the White House Council of Economic Advisers released an analysis a few months ago that showed that the booming numbers of new business applications are about more than the pandemic bounce back.

"When you compare this rebound to the one around the Great Recession in 2008, we're not only seeing faster growth, but we're seeing more signs that these applications are transforming into businesses that hire workers and contribute to the economy," Negron explained.

Additionally, there is Federal Reserve data that shows that business ownership amongst Black households has doubled since 2019.

"It's up by 40 percent amongst Latinos since 2019. This is the fastest pace of growth that we've seen in three decades," said Negron.

Negron further explained that the number of small-dollar loans (loans of \$150,000 or less) that are offered by the Small Business Administration (SBA) is on track to double this year

compared to where it was in 2020.

"That's important because so many businesses don't need the \$2 million loan, right? They need something much smaller and if they can't get it from a bank, they're going to put it on the credit card, they're going to borrow from their friends, they're going to take out a second mortgage, or they're going to go to all these other riskier channels. And that's why it's so important to have an SBA-backed option and we really prioritized that and it's happening, and so we think that'll help continue this entrepreneurship boom for the coming years."

Resources for entrepreneurs include www.lending.sba.gov.

"That is where you can go and find a lender that offers an SBA product," Negron said, also mentioning the SBA website in general.

District offices can serve as a resource to connect small businesses to resources.

"Also released today by the SBA was some data that shows that the number of the amount of contract dollars that went to Black-owned small businesses last year was 10.2 billion. That is an increase of 800 million from 2020, and so that represents continued progress. We still have more work to do. We're not going to be satisfied until we get that number up, but we want to see things improving and going up, and that's what the latest data shows," said Negron.

Also note that entrepreneurs can visit www.transportation.gov and <https://www.transportation.gov/osdbu/procurement-assistance/subcontracting-with-dot> to learn more about contracting with the Department of Transportation.

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Student Election Judge Program

Students Serve as Election Judges on May 14, Get Paid

Baltimore Votes is thrilled to work with the Baltimore City Board of Elections and schools across the city to recruit, train, and prepare students to serve as election judges during the primary and general elections!

Calling all Baltimore students!

Serve as an Election Judge on May 14, 2024. Sign Up Now! Earn \$300 and add 15+ hours of community service to your resume. The Baltimore Votes Student Advisory Board is working to recruit students ages 16+ to serve as election judges on May 14! Students must currently be registered (or pre-registered) to vote in Maryland and complete an application and a mandatory 3-hour training in order to serve on Election Day (May 14).

What Am I Signing Up For?

Election judges, also known as poll workers, are a vital part of in-person voting. These paid volunteers check in voters, assist voters with disabilities, use accessible ballot marking devices, hand out "I Voted" stickers, and do many other important jobs to make sure that polling places run smoothly.

What's The Time Commitment?

On Election Day, polls are open from 7 a.m.-8 p.m., plus about an hour before and after for set up and clean up. It's a long day, but also a great chance to get to know your neighbors and make a difference in your community.

You also need to complete a 3.5-hour long training

What students gain

There are two elections in 2024: the Primary election (May 14) and the General election (November 4). With each day served, students will gain:

- Valuable civic engagement and leadership experience
- 15 hours of community service
- \$250 stipend (plus \$50 for training)

Sign Up Today

1. Register to Vote
 2. Attend 3-hour Training
 3. Serve as an Election Judge May 14
- Visit <https://www.baltimorevotes.org/> to sign up.

Every election, the Baltimore City Board of Elections needs over 2,000 Baltimoreans to step up and serve the community as Election Judges at local



polling sites. Visit <https://www.baltimorevotes.org/election-judge> to learn more about election judges, if you are not a student and you are interested in serving as an election judge.

Do you work with students and want to share this opportunity with them? Email misti@baltimorevotes.org for more information.

BT

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Mailing Address

The Baltimore Times
2530 N. Charles Street, Suite 201
Baltimore, MD 21218
Phone: 410-366-3900
<https://baltimoretimes-online.com/>



Health Matters

Gout: The Extremely Painful “Unwalkable Disease”

By Jayne Hopson

What do Benjamin Franklin, Dick Gregory, King Henry VIII, and actor Anthony Anderson have in common? These men all suffered from gout. Activist Gregory and Blackish star Anderson have

both spoken publicly about gout as part of their advocacy for health and wellness in the African American community. For people who have experienced gout, the first word that comes to mind is pain.

Gout, often referred to as the “disease of kings,” is a form of arthritis characterized by severe pain, redness, and tenderness in joints. The condition has a long history, dating back to ancient times, and was historically associated with the opulence and excess of the aristocracy. However, today gout affects millions of people worldwide and is understood to be not just a result of luxury but also genetic factors, diet, lifestyle choices, and other pre-existing health conditions.

The history of gout is as fascinating as it is long. Ancient Egyptian medical tests are the first known documents to mention gout. By the time of Hippocrates in the 5th century BC, gout was already recognized as a distinct disease. Hippocrates, often called the “Father of Medicine,” referred to gout as “the unwalkable disease.” He noted gout’s absence in eunuchs and premenopausal women, pointing towards hormonal influences long before modern medicine could explain the reasons.

In the Middle Ages, gout became known as the “disease of kings” or “rich man’s disease,” attributed to excessive indulgence in rich foods and alcohol. Notable historical figures including King Henry VIII of England and Sir Isaac Newton were gout sufferers, lending the disease a certain notoriety and linking it



Jayne Hopson
Courtesy Photo

to affluence and power.

The primary symptom of gout is intense joint pain that usually begins in the big toe. Sufferers describe the pain as throbbing, crushing, or excruciating. This pain is caused by the deposition of urate crystals in the joints, a consequence of high levels of uric acid in the blood. These flare-ups can last for days or weeks before subsiding.

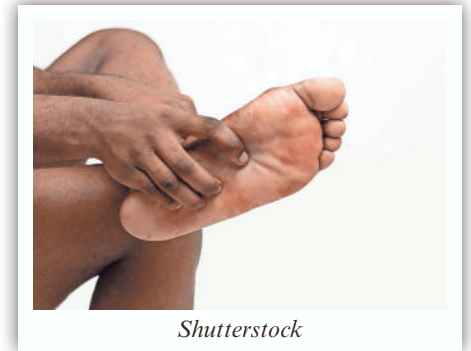
Ask anyone who has had an attack of gout, pain can be debilitating, affecting mobility and quality of life. During an attack, even the weight of a sheet or a slight touch can be intolerable. This level of discomfort not only impacts physical health but also mental and emotional well-being.

Prevention and lifestyle adjustments are key to managing gout. There are several ways to reduce the risk of flare-ups. Diet plays a crucial role in managing gout. Foods high in purines, such as red meat, seafood, and alcohol, especially beer, should be limited. Instead, a balanced diet rich in fruits, vegetables, whole grains, and low-fat dairy products can help keep uric acid levels in check.

Hydration is also crucial. Drinking plenty of water helps dilute the uric acid and stimulates kidney function to eliminate it from the body. Additionally, maintaining a healthy weight reduces the strain on joints and decreases the risk of gout attacks.

Medications such as nonsteroidal anti-inflammatory drugs (NSAIDs), colchicine, and corticosteroids can be used to treat acute attacks and manage pain. For long-term management, medications that reduce uric acid production or increase uric acid removal can be effective.

Chronic gout can lead to more serious complications, such as the development of tophi—large deposits of urate crystals that can cause joint deformity and chronic pain. Kidney stones from uric acid crystals can also



Shutterstock

develop, affecting kidney function over time.

However, with advances in treatment and a growing understanding of the disease, these outcomes are increasingly avoidable. The key to successful management of gout lies in early diagnosis and comprehensive care.

With the right management strategies, the long-term prognosis for gout is favorable. Patients who adhere to dietary recommendations, maintain a healthy lifestyle, and take their medications as prescribed can often manage symptoms effectively and reduce the frequency of flare-ups.

Several prominent medical organizations are involved in research, education, and setting treatment guidelines for gout:

- American College of Rheumatology (ACR) - This organization provides guidelines for the management of gout and conducts extensive research in rheumatology, including gout. <https://rheumatology.org/>

- The Gout & Uric Acid Education Society - Dedicated specifically to gout, this organization focuses on patient and physician education regarding the management of gout and hyperuricemia. <https://gouteducation.org/contact-us/>

- Arthritis Foundation - While it covers a broad range of arthritis-related diseases, the Arthritis Foundation provides resources and support for those suffering from gout. <https://www.arthritis.org/>

Personal Trainer Empowers Women: Offers Online Fitness Program, Gives Tips to Get Fit

By Andrea Blackstone

Summer is just around the corner. A trainer can help properly guide people who need support to embark on their fitness journey.

Tyneka Pack, a certified personal trainer, nutrition coach, stretch and flexibility coach and owner of IMPACKT Fitness knows all about getting female entrepreneurs and businesswomen in shape. Pack helps them to prioritize their health.

“My journey started at the end of 2013 when I started going to the gym to try something new. I started seeing the changes in my body which made me want to keep going,” Pack explained.

She was introduced to a group of women who worked out together and competed in bodybuilding competitions. After Pack attended a show when she saw a woman on stage who “looked amazing,” she started preparing for her first show in August 2015.

Pack added, “The rest was history.”

Baltimore-based Pack attended school in Anne Arundel County. She provides insightful fitness tips to jumpstart crafting a fitness solution.

Make Workouts Effective

Effective workouts can be accomplished without exercising in a gym. Pack remarked that three to four days a week is the sweet spot of working out. However, for someone who is not working out at all, start with whatever is personally realistic.

“Bodyweight exercises are good to start, but as you progress in your journey, I would venture into equipment such as: dumbbells, resistance bands, loop bands, kettlebells, medicine balls, etcetera,” suggested Pack.

She further explained that regardless of their fitness goals, strength training,



Certified fitness trainer Tyneka Pack works out a client, Tashick Holland. Courtesy photo

cardio, stretching and mobility training must be incorporated at all stages to achieve a well-rounded fitness program.

“Strength training is key to building and maintaining lean muscle which is key for fat burning, strength and physique. Cardio is for heart health which everyone needs. Stretching is key for the health of the muscles. It helps increase range of motion and reduces injuries. Mobility is an often-forgotten aspect of fitness. This focuses on the health of your joints. As we age, we want to move better without aches and pains, so mobility is key.”

Additionally, a person’s core is the foundation of movement that creates balance and stability. People confuse abs (such as a “six-pack”) with a core. Pack reminded that your abs are in the front part of your body. Your core



Tyneka Pack, Founder and CEO of IMPACKT Fitness

Photo credit: Roy Cox Photography

includes the front, side and back of the mid part of your body as well. Beginner fitness enthusiasts should not depend on sit-ups and crunches to work on the abdomen. Other exercises such as squats, lunges, and deadlifts train your core when they are done correctly.

Pack stated that there are 11 organ systems in the human body. They all need water to function properly.

“The number one best time [to drink water] is when you first wake up,” Pack said. “Drinking water first thing helps “wake” your body to get these systems going for the day. Try to shoot for [drinking] three cups minimum when you first wake up. But if you are not drinking [water] anyhow, starting with something is better than not. Work your way up to it. The rule of thumb for your daily water intake is half your body weight in ounces.”

For example, a person who weighs 150 pounds should drink a minimum of 75 ounces of water daily.

A New Fitness Model

Pack adjusted her in-person training model due to gyms shutting down during the pandemic. Most clients currently take advantage of online offerings.

“Location doesn’t matter with the online program, but hybrid clients would have to be local to train in-person,” Pack said. “All training is hosted on our IMPACKT Fitness client app where they have access to their full training program. If they are online, their workouts are customized, recorded and loaded on the app. They love this on-demand approach as it allows them the freedom and flexibility to do their workouts anytime and from anywhere [whether local or not] which is ideal for busy professionals. For my hybrid clients, this is the same model. However, they have a weekly in-person training experience with me.”

The Urban Fitness Expo

Pack mentioned that The Baltimore Urban Fitness Expo & Job Fair will be held on Saturday, May 4, 2024 from 11 a.m. – 4 p.m. at UA House located at 1100 East Fayette Street in Baltimore, Maryland. The event partially hosted by Pack will offer live fitness demonstrations, interactive workshops, networking opportunities and more.

“We strive to empower the community to take charge of their wellness journey and career aspirations,” Pack said.

Tickets are available via www.urbanfitnessexpo.com. Learn more about Pack via: www.impactfitness.com, www.connectwithtyneka.com and [@impact_fitness](https://www.instagram.com/impact_fitness) on Instagram.

HBCU Graduate Invents 'Readers for Your Ears'

By Andrea Blackstone

Hearing health is sometimes an overlooked wellness issue. However, even stars such as actress Halle Berry, writer Connie Briscoe and award-winning actress Whoopi Goldberg are among public figures who have suffered hearing loss.

The chance of experiencing hearing loss increases as we grow older. It is critical to remain mindful of how sound, which is measured in decibels (dB), can affect or damage our hearing. Loud noises can damage the auditory nerve and cochlear hair cells. Some diseases, medications or a physical head injury can also cause hearing loss.

The number of adults in the United States 20 years or older with hearing loss (pure tone average, >25 dB) is expected to gradually increase from 44.11 million in 2020 (15.0% of adults ≥20 years) to 73.50 million by 2060," according to The National Library of Medicine.

Justin Lee, an aerospace engineer who attended Tuskegee University is one step ahead of raising awareness about hearing health. He invented EARCOUSTIC headphones, a hearing amplifier that partially serves as a tribute to a late friend's memory.

"The idea of EARCOUSTIC originated by attempting to help a good friend of mine named Kenny Tissot. He was a Vietnam veteran who often struggled with hearing the television. His wife would often complain about the volume being too loud. He said, 'I wish I had a product that was affordable that could help enhance sound' so his wife wouldn't complain," Lee explained, remembering what events unfolded in 2016.

EARCOUSTIC headphones are green-friendly, lightweight and



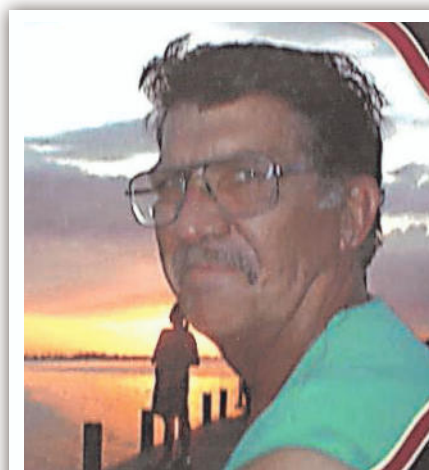
compact in the absence of electronics, batteries, wires or apps that are needed to make them work and enhance sound.

"They're only \$20. We're providing an affordable solution to a worldwide problem, which is hearing loss," Lee said.

Lee started experimenting with commercial, off-the-shelf products trying to develop a concept that would work to help Tissot. Unfortunately, Tissot was diagnosed with pancreatic cancer. The focus shifted from trying to create a product to hospice and medical procedures. Tissot passed away. For five years, the idea to develop a product remained stagnant.

"I prayed and asked God what to do at a certain point in my life. He said, 'Go back to the invention,'" the Prince George's County, Maryland resident said.

Lee reinvigorated his idea while conducting research and engaging in product development. EARCOUSTIC headphones work with simplicity for



The late Kenny Tissot inspired Justin Lee to create EARCOUSTIC headphones. Photos courtesy of Justin Lee

people who may experience mild to moderate hearing loss.

"Sound travels in the form of sound waves and the unique patented design is in the shape of an amphitheater, so when people can't necessarily hear or they're having issues, you notice people cup their hands over their ears. If you try that briefly as an example, you can immediately tell the difference, because the sound waves are reflecting off a surface, which is your hand, or in our situation, EARCOUSTIC is the recyclable plastic support cup. Those sound waves reflect directly into your ear canal," Lee said, explaining how the concept works.

The product's reach is spreading to assistive technology libraries across the nation; centers for independent living; senior communities; and online purchasers around the United States.

"I have a patent pending certification right now in the US and in China," Lee said.

EARCOUSTIC has been tested at the University of Maryland College Park in their hearing and speech

department and at Winston Salem State University.

Dr. Ed Smith from the University of Maryland College Park is a research engineer, HESP, Biology, MNC who stated that he thinks that anyone considering a hearing aid should know about EARCOUSTIC.

"The accompanying advantages of convenience and cost come from the simplicity of EARCOUSTIC."

Just last November, Lee received the first product units to sell.

"We call your EARCOUSTIC headphones 'readers for your ears' because if you think of reader glasses, you can buy them at Dollar Tree or CVS. They basically help improve people's vision affordably," Lee said, stating that the headphones incorporate a similar concept.

EARCOUSTIC headphones may be used while watching television, at the movies or during church to help users hear a little better.

Young learners in crowded classrooms may use them to hear the teacher better, or a student with ADHD who wants to focus better and give their attention to the teacher.

Bringing EARCOUSTIC headphones to the marketplace has helped Lee to feel unafraid to follow his purpose, while pushing fear aside.

"A lot of people make excuses for not going after their dreams. That's one of the biggest mistakes that people could ever make in their lives," the entrepreneur said.

Visit www.theearcoustic.com to purchase EARCOUSTIC headphones and to learn more about Lee. Follow <https://www.facebook.com/earcoustic> on Facebook and <https://www.instagram.com/earcoustic> on Instagram.



By Rosa Pryor

Hello everyone,

How are you doing this week? I hope that what I have for you this week will put a smile on your face. Mark your calendar, because I have a lot of things for you to do and many places for you to go and have fun. Leave your troubles behind you.

The first thing I want to inform you about is a Mother's Day Extravaganza with the Dr. Phill Butts Big Band featuring song stylist Larzine on Sunday, May 12, 2024 from 4-8 p.m. It is cabaret style; BYOB AND BYOF with complimentary setup at Diamondz Event Center, located 9980 Liberty Road in the Kings Point Shopping Center. I will see you there.

Girlfriend, I am just getting started. Check this out! Mother's Day, Sunday, May 12, 2024 from 11 a.m. to 3 p.m. at City View, 6700 Security Blvd is having an "all you can eat brunch," on Sunday, May 12 from 11 a.m. to 3 p.m. For more information, call 410-944-4013.

Another Mother's Day Celebration will be held at the Chesapeake Employers Insurance Arena on Saturday, May 11, 2024 starting at 7 p.m. featuring Tye Tribbelt, Tamela Mann, Jason Nelson, Marvin Sapp and comedian host, David Mann.

There will be a Pre-Mother's Day Cabaret on Sunday, May 5, 2024 from 4-8 p.m. at the Forest Park Senior Center, 4805 Liberty Heights Avenue. Music by DJ Mike Jones. For more information, call 443-226-8895.

"A Royal Affair, Return to Pennsylvania Avenue"—the theme for the Reginald F. Lewis Museum Gala— will be held on Thursday, May 9, 2024. Cathy

Baltimore is Jumping Up and Down, Doing the 'James Brown' with Live Entertainment



"Queen Songbird Coates" will take the stage at the Avenue Bakery in the Courtyard for Rosa Pryor's "Rambling Rose" Courtyard Concert Series on Saturday, May 4, 2024 from 4-7 p.m. at 2229 Pennsylvania Avenue. You are invited. Bring your own folding chair. It is free and open to the public every first Saturday of the month through September. Food and beverages will be on sale. The Royal Theater & Community Heritage Corporation sponsors this event.

Hughes, Founder and Chairperson of Urban One; Ozzie Newsome, Baltimore Ravens, Executive Vice President; and the NFL's first African American General Manager will be honored with the Titan Award. The event will be held at M&T Bank Exchange at the France-Merrick Performing Arts Center. The Museum is also honoring Lady Brion, organizer, educator and Executive Director of the Pennsylvania Avenue Black Arts and Entertainment District, along with this year's Maverick Award winners. For more information, call Juliana at: 443-263-1816.

One of my favorite places to go every Sunday morning is the Baltimore Farmers' Market. I have been going since it opened in 1977. What a fun place to go to shop for fresh vegetables; meats; fruits; all kinds of dairy produce; seafood; handcrafted goods; home furnishings; and bath products. And the unique thing



Paul Carr and the Mid-Atlantic Jazz Orchestra with Sharon Clark as vocalist will grace the stage at Caton Castle, 20 S. Caton Avenue on Saturday, May 4, 2024 from 6-9 p.m.



Trinidad & Tobago Baltimore Steel Orchestra will be performing at Waverly Commons, Thursday, May 9, 2024 starting at 5 p.m. at the corner of East 32nd Street and Brentwood Avenue. Also shop at the Baltimore 32nd Street Market.



Ralph Magwood and Herman "Boo" Cooper will present an "I'll Always Love My Mama" Mother's Day Celebration" at the Lodge, 2832 Nine Mile Circle, Catonsville, Maryland. The event will be held on Saturday, May 11, 2024 from 2-7 p.m. (BYOF and cash bar). For more information, call 410-599-0546 or visit ralfmagwood.net.



is you can stop and have breakfast or lunch from 7 a.m. to 12 p.m. Oh! Let's not forget the live entertainment! Honey Child! I am in Heaven. It is located at the intersection of the Jones Falls Expressway and Holliday and Saratoga Street. I will see you there!

Look, my dear friends, don't forget to read the information under each one of my photos. I don't want you to miss out on anything.

Before I go, I want to thank Hassan Rasheed for being the Master of

Ceremony for his show last week at the Palladium on Liberty Heights. I had a ball, and the event was awesome! If you were there you would know what I am talking about.

Well, my friends, it is about that time. I have to go. I hope to see you at my show on May 4 at the Avenue Bakery. Remember, if you need me, call me at 410-833-9474, or send me your flyers to my email; rosapryor@aol.com. **UNTIL THE NEXT TIME, I'M MUSICALLY YOURS!**



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NFL Draft Analysts Love Ravens 2024 Draft

By Tyler Hamilton



The Baltimore Ravens wrapped up the 2024 NFL Draft on Saturday, April 27, 2024 with the addition of nine players. Starting with former general manager Ozzie Newsome and extending to current GM Eric DeCosta, the Ravens have established a reputation for good drafts. Over the years, the Ravens draft picks have contributed to two Super Bowl trophies and three Hall of Famers, Ray Lewis, Ed Reed, and Jonathan Ogden.

This year's class is looking to contribute to the next team to bring a Super Bowl to Baltimore. The 2024 Ravens draft class includes:

Round 1, Pick 30: CB Nate Wiggins, Clemson

Round 2, Pick 62: OT Roger Rosengarten, Washington

Round 3, Pick 93: OLB Adisa Isaac, Penn State

Round 4, Pick 113: WR Devontez Walker, North Carolina

Round 4, Pick 130: CB T.J. Tampa, Iowa State

Round 5, Pick 165: RB Rasheen Ali, Marshall

Round 6, Pick 218 (compensatory, from Jets): QB Devin Leary, Kentucky

Round 7, Pick 228 (from Jets): C Nick Samac, Michigan State

Round 7, Pick 250: Sanoussi Kane, Purdue

Here are some of the grades the Ravens draft haul has fetched:

Mel Kiper Jr. - ESPN

Nate Wiggins (30) is one of the fastest cornerbacks in this class, a long and gifted cover man with good instincts. Though he's a little light at 173 pounds, he'll grow into his frame in time. Roger Rosengarten (52), one of my favorite prospects in the entire draft, could step in and start at right tackle in 2024. Edge rusher Adisa Isaac (93) went a full round below where I

rated him. He had 16 tackles for loss last season and outshined teammate Chop Robinson on tape, though Isaac doesn't have the same kind of upside as a pass-rusher.

Grade: B+

Charles McDonald - Yahoo Sports

Once again, the Ravens walked away with a strong draft class after letting players fall right into their laps. They started things off with Clemson cornerback Nate Wiggins and doubled back at the position with a potential huge steal by grabbing Iowa State cornerback T.J. Tampa in the fourth round. Tampa was projected to go much higher. The Ravens should also have a Day 1 starter at right tackle in Roger Rosengarten from Washington. They even found some quality depth they can develop on the edge with Penn State's Adisa Isaac. The Ravens, as usual, didn't overthink it and it looks

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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. RP22801 – Clifton Mansion Restroom Improvement** will be received at the Office of the Comptroller, Room 204 City Hall, Baltimore, Maryland until 11:00 A.M. **June 5th, 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 Wednesdays and Fridays, 8:30am – 4:00pm by emailing benitaj.randolph@baltimorecity.gov as of **May 3, 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 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 **E13001 Three-Story and Under or E13004 Rehabilitation of Structures**. Cost Qualification Range for this work shall be **\$40,000.00 to \$80,000.00**. A “Pre-Bidding Information” session will be conducted **in-person at Department of Recreation and Parks, 2600 Madison Avenue and via Microsoft Teams at 10:00 A.M. on May 15, 2024**. Email your contact information to shanek.kumi@baltimorecity.gov to receive an invite to the Microsoft Team (video conference meeting) no later than May 14th 2024 at 5:00pm. Principal Items of work for this project are demolition of masonry wall for new entryway, installation of new entryway, installation of new exterior door, jam and header, wood-framing of interior walls with cement board backer, new gypsum board suspended ceiling, new interior finishes and fixtures throughout, including floor and wall tile, installation of plumbing and electrical fixtures and modification of ductwork. Site work to include grinding and refinishing of existing concrete slab. The MBE goal is **32%** and WBE goal is **10%**.
APPROVED: M. Celeste Amato, Clerk, Board of Estimates

like a great new crop of rookies.

Grade: B+

Chad Rueter – NFL.com

The Ravens had yet another solid draft. Wiggins' elite recovery speed earned him a first-round slot, but he must answer questions about how his lean frame and inconsistent tackling translates to the next level. Rosengarten and Isaac were great value picks at two needed spots.

I liked the selection of Walker, an outside playmaker, early in Round 4, even after the team re-upped Rashod Bateman. Tampa's size and strength at the catch point made him worthy of a Day 2 pick, but Baltimore landed him on Day 3. Ali is coming off a biceps injury suffered at the Senior Bowl. Leary's arm and experience gained him a draft spot. Samac's a powerful interior lineman.

Grade: A

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