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Maryland Leaders Travel to Japan to Experience Maglev Technology Firsthand



Delegation visits the successful and expansive transit-oriented development on top of Nagoya Station, which has redefined the Nagoya skyline. Pictured (l-r): Mr. Minesaki, Central Japan Railroad Company; Marco V. Avail, President & CEO, Maryland Hispanic Chamber of Commerce; Deborah Harrington, Founder & CEO, Energy Audits and Green Solutions; President, & COO of Northeast Maglev; Tifani Fisher, 3rd Vice President, NAACP Maryland State Conference; The Reverend Kobi Little, President, NAACP Maryland; Anwar L. Young, Esq, Assistant Secretary/General Counsel, NAACP Maryland State Conference; Reverend Derrick L. Green, President & CEO, Green Consultants; Adrian Harpool, Principal, Harpool Associates; Paris M Brown, Publisher, The Baltimore Times; Mr. Tsujimoto, Central Japan Railroad Company; and Delegation translator. (See article on page 8)

Photo credit: Tomo Watanabe

Black Small Business Owners More Optimistic, Ready for Growth in 2024

Despite continuing concerns about inflation and economic uncertainty, Black small business owners are more optimistic about 2024 compared to small business owners overall, according to JPMorgan Chase's 2024 Business Leaders Outlook survey.

Optimism this year starts at home, with Black small business owners (77%) more positive about the outlook for their own businesses compared to all small business owners surveyed (69%). Those high hopes are figuring into their 2024 projections – 80% of Black small business owners expect substantial increases in revenue and sales compared to 69% of small business owners overall.

“We’re seeing that diverse small business owners are ready to hit the accelerator on growth in 2024 to reach their goals,” said Mikal Quarles, Head of Community Business Strategies for Chase Business Banking. “It’s all about access, whether that’s access to capital or opportunity. Through programs like our complimentary one-on-one coaching or Special Purpose Credit Program, diverse entrepreneurs gain access to resources that help get their small businesses to the next level.”

Here are the survey's top 5 takeaways:

- **1) It's going to be a good year.**

In addition to expressing confidence in their own businesses, more than half (51%) of Black small business owners expressed optimism about the state of the national economy, compared to 43% total small business owners, and 68% are more optimistic about their industry's performance compared to 63% total small business owners surveyed.



Photo courtesy of Pexels

- **2) Increasing credit needs.**

More than half of Black small business owners (52%) believe their credit needs will increase this year, compared to 45% of small business owners overall. Additionally 57% Black small business owners surveyed expect capital expenditures to increase this year, compared to 48% total small business owners surveyed.

- **3) Inflation is top concern, but not a roadblock.**

Business owners are still cautious about the state of the economy, with Black small business owners citing inflation (44%), growing sales/revenues (23%) and rising taxes (22%) as the biggest challenges they expect in 2024. They are also more confident

and most likely to hit the accelerator in the face of inflation this year.

- **4) Customers are the top priority.**

Among the priorities for Black small business owners this year, adding new customers (53%) topped the list, followed by retaining current customers (44%). Additional priorities include starting to use artificial intelligence/AI (37%), reducing debt (30%) and increasing/improving employee benefits (30%).

- **5) Focusing on health and wellness.**

2024 is all about getting your health and wellness in check. Black small businesses are most likely to implement mental health days (42%), also citing increased awareness and

education (39%) and added stress-relieving activities in the workplace (38%) as mental health strategies for the year.

Things are looking up this year. While all small business owners surveyed were more upbeat about the economy and less worried about a recession compared to last year, Black, Hispanic and Latino small business owners expressed the most confidence about the national economy, the performance of their respective industries and their companies' strength.

For more information on JPMorgan Chase's Business Leaders Outlook survey, visit jpmorgan.com/insights/outlook/business-leaders-outlook.

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CLLCTIVLY Names Fellowship After GBIW's Drs. Elmer and Joanne Martin

By Ursula V. Battle

The late Dr. Elmer Martin and his wife Dr. Joanne Martin, founders of the National Great Blacks in Wax Museum (GBIW) continue to amass prestigious honors and awards for their outstanding contributions.

Recently, social change organization CLLCTIVLY (pronounced collectively), announced the launch of the Drs. Elmer and Joanne Martin Social Impact Fellowship. In naming the Fellowship after the Martins, CLLCTIVLY noted the visionaries were selected to celebrate their remarkable legacy.

The Drs. Elmer and Joanne Martin Social Impact Fellowship is designed to provide social entrepreneurs in Baltimore with the tools, resources, and confidence needed to drive meaningful social change within the community.

“The work that CLLCTIVLY is attempting to do isn’t new to us but true to us,” said Jamye Wooten, founder of CLLCTIVLY. “We stand on the shoulders of our ancestors. From ancient Africa to the present, the works of Drs. Elmer and Joanne Martin dispelled the myth that Black folk didn’t have helping traditions, documenting instead a rich legacy of mutual support and collective care.”

Wooten also highlighted the Martins were selected for the naming recognition because of their deep commitment to education, social justice, cultural preservation, and significant impact on the field of social work.

“At CLLCTIVLY, we draw inspiration from the Black helping traditions they articulated, recognizing that our strength lies in uplifting one another through shared spirituality, mutual aid, and resilience,” said Wooten. “As trailblazing entrepreneurs, Drs. Martin’s legacy



The late Dr. Elmer Martin, co-founder of the National Great Blacks in Wax Museum.

of social impact shines a light for future generations, reminding us that innovation runs deep in Baltimore. We are deeply honored that Dr. Martin has entrusted the CLLCTIVLY Social Impact Fellowship with their esteemed name and enduring legacy.”

The Fellowship will host its first cohort of social entrepreneurs this fall in partnership with the Center for Social Impact Strategy (CSIS) at the University of Pennsylvania. CSIS is an action-oriented training center and research lab located within the University of Pennsylvania School of Social Policy and Practice. CLLCTIVLY seeks to center Black genius, narrative power, social networks, and resource mobilization.

“CLLCTIVLY is very much invested in the community and Black-led organizations,” said Dr. Martin. “They are always looking for ways to help start-ups, people who are trying to get their businesses off the ground, and to help sustain businesses. The organization is also big on philanthropy and are always looking at ways for Black organizations



Social change organization CLLCTIVLY announced the launch of the Drs. Elmer and Joanne Martin Social Impact Fellowship. In naming the Fellowship after the Martins, CLLCTIVLY noted the visionaries were selected to celebrate their remarkable legacy. Dr. Joanne Martin holds a sculpture created by her late husband and National Great Blacks in Wax Museum (GBIW) co-founder Dr. Elmer Martin.

File photo

to come together and support one another. CLLCTIVLY is all about strengthening the community.”

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

The museum has drawn visitors from all over the globe with its immersive museum exhibits, which include “A Journey to Freedom” whose wax figures include Henry ‘Box’ Brown, and W.E.B. DuBois, “The Underground Railroad” featuring wax figures of Thomas Garrett and Harriet Tubman, and “The Slavery Era” with its immersive ‘Middle Passage’ and ‘The Horror of Captivity.’ GBIW is the first wax museum of African American history in the nation.



“Elmer and I started an institution that was designed to be about community activism,” said Dr. Martin, who has also been selected to be honored by The National Coalition for 100 Black Women - Baltimore Metropolitan Chapter at their 2024 Torchbearer’s Award Breakfast. “One can see the naming of this fellowship after us as being symbolic of who we were and what we dedicated our lives to. It’s just an honor to see our work as being worthy of naming a fellowship in our honor.”

The inaugural Fellowship cohort will include 12 social entrepreneurs from Baltimore who are dedicated to addressing critical issues within the community. Each participant will receive \$2,000 per month for six months, from October 2024 to March 2025, ensuring they have the financial support necessary to fully engage in the intensive program. The funding is specifically intended to address inequities and enable full participation, which Wooten says reflects its commitment to fostering an inclusive environment for all participants.

Interested social entrepreneurs can apply for the Fellowship by completing an application form. Applications must be submitted by Friday, August 30, 2024. For more information, visit <https://cllctivly.org/cllctivly-launches-the-drs-elmer-and-joanne-martin-social-impact-fellowship-to-help-drive-meaningful-social-change-in-baltimore/>

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Plan and Practice

August is Children and Youth Preparedness Month Plan and Practice

TOWSON, MD – (August 21, 2024) – In addition to Back-To-School time, August is Children and Youth Preparedness Month. Parents and caretakers are encouraged to prepare youth for natural (weather) and man-made emergencies. All emergencies can be scary, and the impact can be emotionally unsettling for children and teens. Being prepared can lessen some of the trauma associated with an emergency and can also help to empower youth by teaching them how to stay safe. Below is a list of websites that provide emergency preparedness guidance for parents and caretakers.

Abilities Network Project Act

This Maryland-based non-profit provides guidance on children emergency preparedness and disasters. (<https://anprojectact.org/emergency/>)

Baltimore County Alerts

Baltimore County residents and businesses may sign up to receive written and recorded messages via call, text, and email from the county's emergency notification system. (<https://www.baltimorecountymd.gov/departments/emergency-management/alerts>)

Maryland State Alerts

Sign-up for state emergency alerts and search for local resources to stay aware and safe in Maryland communities. (https://www.maryland.gov/pages/citizen_alerts.aspx)

Emergency Disaster Children Checklists

Downloadable checklists and tips are available on the CDC.gov website, including information for households where individuals with special



Courtesy photo

needs reside. (<https://www.cdc.gov/childrenindisasters/checklists/kids-and-families.html>)

Ready.gov/kids

A national website with great tools to help parents and caretakers create an emergency plan, as well as checklists and other tips to help children practice for emergencies or a disaster. (<https://www.ready.gov/kids>)

Keeping children safe is the responsibility of everyone in our community. For more information on children's emergency preparedness, sign up for a Q&A session on Wednesday, August 28, 2024 at 6.30 pm with the Abilities Network-Project Act, Zoom meeting Ask-the-Expert-Community-Resources-For-Emergency-Preparedness.



(<https://anprojectact.org/events/ask-the-expert-community-resources-for-emergency-preparedness-3/0>)

This community meeting may also address the reciprocal effects stress and trauma have on infants and toddlers during and after emergencies and disasters. HHS has also held emergency preparedness sessions in the community and disseminates materials to help families prepare in the event of a disaster.

Potty Snob: The App that Tracks Public Bathroom Cleanliness

By Andrea Blackstone

When the urge to use the bathroom strikes in public, encountering dirty toilets, touching public doors, pressing down on soap dispensers, or even tapping an air-dryer can upset germaphobes who face anxiety. A name has been coined for a person who is particular about the condition of public bathrooms.

“I like to say a ‘Potty Snob’ is someone who’s super nit-picky about bathrooms, but in reality, a ‘Potty Snob’ is just someone who expects public restrooms to meet certain standards,” Ashley Graham, creator of the Potty Snob app said.

The busy mother of three from Calvert County, Maryland now juggles five businesses: Lift Bridge Publishing; Generation Write Now; Sweetie’s Coffee; Graham Media Group; and Potty Snob, her latest endeavor.

“The idea for Potty Snob came to me shortly after the pandemic. I became really particular about using public restrooms, especially with my kids in tow. I’m an avid Yelp review reader before visiting any restaurant, but I noticed a trend—places with 5-star ratings often had 2-star restrooms. After experiencing this repeatedly, I’d joke with my husband, ‘I wish I could rate their restroom!’ Whenever we were out eating or shopping, I’d ask whoever went to the restroom first, ‘What’s the rating from one to five?’ That’s when I realized this idea needed to be built through community input,” Graham said.

Potty Snob’s creator stated that sharing restroom cleanliness experiences could help others before they visit a location.

The National Association for Incontinence provides a list of

bathroom apps (<https://nafc.org/bhealth-blog/the-best-bathroom-locator-apps/>) “that make finding a bathroom a little easier, and give you more confidence when traveling, running errands, or socializing with friends and family,” according to the blog page. However, Graham’s Potty Snob focuses on bathroom cleanliness.

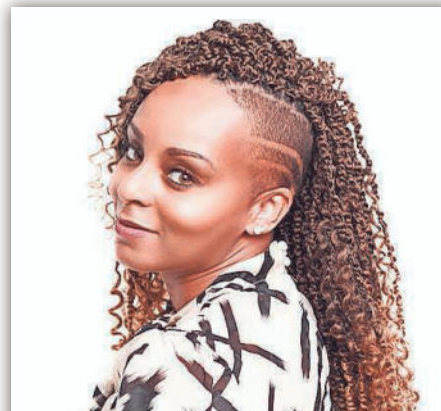
Encountering nasty pathogens can be another concern when visiting public restrooms. Add toting children to the mix, and bathroom hygiene becomes more important.

“As a mom of three girls, I’ve encountered more than my fair share of unclean public bathrooms. Being a nursing mom made bathrooms an even bigger deal,” Graham explained.

She believes that Potty Snob is an innovative platform that is changing the game for restroom hygiene and comfort. She tells people to think of Potty Snob as the Yelp for bathrooms.

“Once you register for the app, it integrates with Google Maps. When you’re out in a public place, the map will prompt you about your location, allowing you to add the specific name of the place. From there, you can go through a series of optional questions, like rating the overall condition of the restroom (1-5 stars), whether the toilets were flushed, if toilet seat covers are available, whether you’re using the men’s, women’s, or family restroom, if a nursing room is available, if it’s handicap accessible, whether there was hand soap and a hand-drying station, and if you’d recommend the restroom to someone else. The last question lets you leave a comment, and once you submit your review, the place receives an overall bathroom rating and a yellow pin on the map.”

Users can rate the restroom and provide additional feedback for others



Ashley Graham, the visionary behind the innovative app, Potty Snob. The app is free to download.

Courtesy photos: Ashley Graham



Ashley Graham decided to create a prototype that led to the launch of Potty Snob in the summer of 2024. Users can rate the conditions of public bathrooms. The Potty Snob team also posts reviews about their experiences and restroom conditions in Washington, D.C., Maryland, and Virginia on social media, and they tag establishments that they visit. The app works worldwide.

to review, especially if they want to check out a yellow pin before heading somewhere.

“I want the app to be informative without being intrusive, relying on text instead. However, as the app evolves, there may be enhancements to add a photo option. All restroom reviews are submitted directly through the app, and users can explore the map to view all the ‘yellow pins,’ indicating a Potty Snob review for that location,” Graham explained.

Review locations have included churches, ballparks, amusement parks, restaurants, and beaches.

Graham added, “Anyone with a mobile phone can use the app. It works worldwide—not just in the US. We already have international Potty Snob reviews, and I encourage people of all ages to contribute to the Potty Snob community by submitting their reviews.”

Since its release, the app has been downloaded by over 90 users, including Trish Rector.

“It’s also an awesome way to report restrooms that are in poor condition,

or to report ones that are in GREAT condition so users can run to those ones with confidence that they’ll feel clean and comfortable! Such a great idea for an app and I am super grateful for it. Thank you, Ashley Graham,” Rector wrote on the app’s iPhone page.

Links for iPhone and Android users to download the Potty Snob app are available via <https://www.pottysnobapp.com>.

Teen Gives Tips on Simple Ways Other Teenagers Can Earn Money

By Tyler Alexander Stallings

Tyler Stallings, The Baltimore Times' Junior Reporter

Pre-teens and young teenagers are at an age where we want to get many things, but our parents have their own bills, and they want us to earn our own money. So, we should find simple ways to earn money that helps us ask our parents for less money. I am a new 13-year-old. When I became a teenager, I was told I would have to be more responsible, including earning money to buy what I want. As we all know, we get more expensive tastes as we get older. So, I came up with some simple ways to earn money for things I want, and I will share some of them with you.

One reason pre-teens and young teenagers should get to know their neighbors is so they can do tasks for them, like taking out their trash; pulling weeds; preparing yards to be cut by removing or moving all obstructions from the lawn and out of the lawnmower's way; cutting small lawns; and pressure washing small areas for their neighbors.

I got started by taking out my neighbor's trash to be kind. Eventually, other neighbors recognized my work ethic and started to give me a few bucks after I started taking out their trash multiple times a week. Soon, this involved doing other things like weeding, raking, picking up sticks and other items that could break a lawnmower and most recently, pressure washing sidewalks and small driveways for other neighbors. These are all fairly easy ways to make money if you do not mind getting a little dirty. Depending on how big the area is, you could make a lot of money pressure washing.

Another way to make money is to invest in stocks. Stocks can be accessed multiple ways, but the easy way for children 13 and up is to use a Cash App Investing feature. According to Cash App, "Everyone 13 and up can start



Tyler Stallings shops for clothes at a local thrift store. He purchased the outfit that he is wearing, including his shoes, from the same establishment.

Photos: Andrea Blackstone

using Cash App when sponsored by a parent or guardian.”

I was introduced to stocks by a friend who taught me the basics about investments and stocks. A friend sent me \$10 for my birthday through Cash App. I was interested and got started the same day after ensuring I could use the stocks feature. Once my mother and I completed signing up, I got started by buying one-dollar shares of a few companies. And yes, you can get started for as little as one dollar.

Stocks are when you invest in a company and own a share of that company. Stocks go up and down depending on the value of the company. If the company has something good happen, stocks go up and you make money. If something bad happens, the stock goes down and you lose money. You can find information in Cash App under the stocks tab; then, you can select the company you want to invest in. There, it will give you information about the company, the current worth of stocks, and advice from analysts.

A good way to save money on clothing is by buying from thrift shops. Pre-teens and young teenagers can find very stylish and cool clothing for low prices, if you know what to look for. Some shirts and pants still have tags from the original store on them, meaning they are brand new! However, you should pay attention



Tyler Stallings earns money by taking trash to the dumpster for his neighbors.

to the price and decide if it's worth buying at the thrift store. Look at the condition of the item, and of course,

make sure you have growing room. Always be sure to look up the worth of the items at the new price online, when you are in the thrift shop, especially for name brand garments like Nike or Under Armour. Try to buy things in very good or pristine condition, because people won't be able to tell that they came from a thrift shop. In addition, check threading and all around the piece of clothing to make sure there are no pulls of thread, tears, or stains.

A tip I've learned from making money is to spend wisely and save wisely. No matter what, try to save at least half of what you earn, even if it's a dollar.

I hope these tips can be used to help you start your journey of earning, saving, and investing money.

For more information about Cash App Stocks, visit <https://cash.app/stocks>.

A photograph of a man with glasses and a child painting a wall. The man is smiling and has the child on his shoulders. The child is holding a paintbrush and painting a yellow stripe on the wall. The text 'When I own a home, I'll decorate my way.' is overlaid on the image.

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Maryland Leaders Travel to Japan to Experience Maglev Technology Firsthand

By Ciara Blue

With great speed, much like the experience Northeast Maglev promises, an invitation to visit Japan to “see for yourself” turned into a reality as nearly a dozen Maryland-based Black business leaders, civil rights advocates and journalists ventured to Japan on Monday, July 29, 2024, to witness the cutting-edge transportation technology firsthand.

Initially mentioned in an exchange between Black business owners and Northeast Maglev at Coppin State University this past spring, this invitation became a ticket to discovery with a window to future opportunities. The journey highlights the crucial role of representation and inclusion in advancing the Northeast Maglev project and serves as a vital step in connecting technological innovation with community empowerment.

The delegation is powered through “jet-slag” to participate in a series of meetings and briefings with executives of the Central Japan Railway (JRC) to learn about the history of the company and its impact on the region’s growth. Perched in the daunting heights of Tokyo office towers, the group got a primer on the establishment of a major transportation hub driven by the development of Japan’s commuter rail system. Mid-week brought the first rider experience, boarding the Tokaido Shinkansen, a traditional high-speed rail line, between Shinagawa and Nagoya, Japan. In addition to the ride, they were hosted for a Transit-Oriented Development (TOD) presentation in Nagoya.

Thursday morning offered an hour-long trip by van into Japan’s lush green mountain range to climb the platform for their ride on the Superconducting



Maryland Delegation meets with officials of the Central Japan Railway Company.

Magnetic Levitation (SCMAGLEV) train. The next day, an insider’s tour of the Kanagawa station construction site, the newest link in the route expansion, was provided.

Friday, the last day, included a brief time for cultural immersion with a visit to the old city in Tokyo, followed by a final meeting with a JRC Senior Vice President and his staff. The group was later hosted for lunch with the acting U.S. ambassador of Japan who shared the commitment to collaborating with the Japanese to bring this technology to the U.S. Throughout the trip, the delegation was treated to traditional Japanese fare prepared by some of Tokyo’s most coveted and highly rated culinary talents.

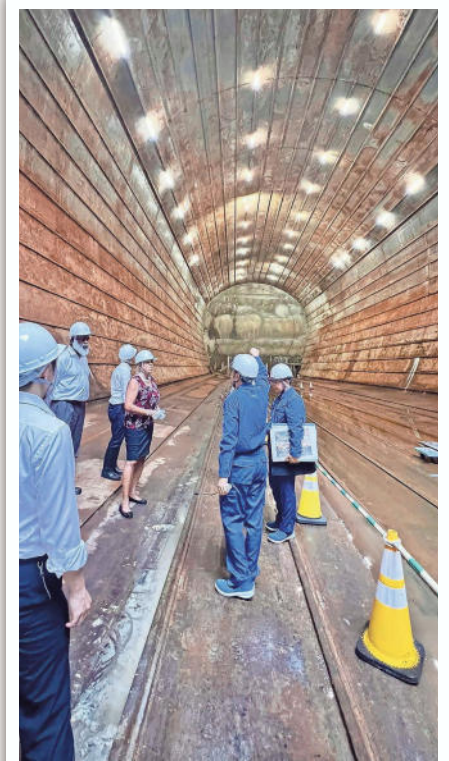
On Saturday, the group embarked on their return trip from Japan to Maryland, leaving with new insights on the potential the Northeast Maglev holds for supporting our region in its growth as a commercial and cultural metropolis.

The Northeast Maglev project, once completed, will revolutionize travel in the United States. With the train traveling at speeds exceeding 300 mph, passengers could travel from Washington, DC to New York in just

about an hour, and the journey from Baltimore to DC would take a mere 15 minutes. This transformative project represents a significant leap forward in transportation technology and infrastructure development, potentially reshaping the Mid-Atlantic Corridor’s economic landscape.

With so much potential impact to the economic landscape, Northeast Maglev is diligent about ensuring that Minority Business Enterprise (MBE) and Women Business Enterprise (WBE) members are aware and prepared to garner the government contracts that will help to bring this project to life. The company has committed to a goal of 40 percent or \$4 billion in contracting opportunities for minority-owned firms for the \$10 billion projected cost of the buildout.

This is evident in the upcoming Minority Business Enterprise (MBE) outreach event scheduled for September 25, 2024 in Prince George’s County at Bowie State University. This event, a follow-up to the highly successful MBE & WBE Outreach Breakfast held at Coppin State University in May 2024, will feature a panel of six experts from both the private and public



Maryland Delegation visits underground SC Maglev station construction site in Kanagawa Japan to see firsthand how community impacts are avoided and minimized.

Photos: Tomo Watanabe

sectors. These panelists, including participants from the Japan trip, will share their observations and insights, offering valuable guidance to minority business owners looking to capitalize on the opportunities presented by the Northeast Maglev project. Those interested in learning more and attending this MBE and WBE resource breakfast can visit: <https://northeastmaglev.com/mbe-breakfast-2024/>

For more information on the Northeast Maglev project and to stay updated on upcoming events, visit www.northeastmaglev.com.

The Springfield 1908 Race Riot National Monument: America's Newest National Park Site

By Andrea Blackstone

President Biden designated a new national monument on Friday, August 16, 2024. With key leaders alongside him, he signed a proclamation in the Oval Office, establishing the Springfield 1908 Race Riot National Monument in Springfield, Illinois. The Springfield Race Riot occurred on August 14-16, 1908.

“Our history is not just about the past, it's about our present and our future. The Springfield 1908 Race Riot National Monument will help us remember an unspeakable attack on the Black community and honor the Americans who came together in its aftermath to help deliver on the promise of civil rights,” President Biden said.

According to a White House press release, “The Springfield 1908 Race Riot National Monument will protect 1.57 acres of federal land in Springfield, Illinois, and will be managed by the Department of the Interior's National Park Service. Through the historical objects protected at this site, the monument will tell the story of the violent mob that attacked the Black community in Springfield and lynched two Black men.”

Horrible events in Springfield began to unfold when two Black men – 17-year-old Joe James and 36-year-old George Richardson – were being held in the Sangamon County Jail in Springfield based on two separate assault claims of rape and murder by white accusers. One accuser later recanted.

A crowd gathered around the jail and demanded that James and Richardson be released and lynched. The men were moved to a jail about 60 miles away in hopes that the situation would be diffused.



President Joe Biden signs the proclamation of the Springfield 1908 Race Riot National Monument on August 16, 2024, surrounded by elected officials, civil rights leaders, and community members. Photos: The White House

Beginning on August 14, 1908, a white mob targeted Black homes, businesses, and families, resulting in the destruction of neighborhoods and loss of life, according to Will Shafroth, president and CEO of the National Park Foundation.

Two other Black men, Scott Burton and William Donnegan, were lynched by the mob.

“The racial violence led to the founding of the National Association for the Advancement of Colored People (NAACP) to address issues of racial injustice and inequality. More than a century later, the newly protected land will preserve archeological remains of homes burned during the 1908 Springfield Race Riot,” Shafroth said.

Brenda Mallory, the twelfth Chair of the Council on Environmental Quality, told *The Baltimore Times* that her office was involved before the designation of the new national monument.

“My office assists the President, working with the agencies in the designation of monuments under the Antiquities Act. We actually help the agencies as they're developing their

recommendations to make sure that they produce the information that's necessary for the President,” Mallory said.

President Theodore Roosevelt first used the Antiquities Act in 1906 to designate Devils Tower National Monument in Wyoming. Thereafter, 18 presidents have used this authority to protect natural and historic features in America, according to The White House.

Mallory explained additional details about The Springfield 1908 Race Riot National Monument: She said, “Under the Antiquities Act, it is focused on landmark areas, [and] objects of historic and scientific significance. During the construction of a transportation project in Springfield, they unearthed the remains of the charred buildings that are associated with this Riot back in 1908. What we're protecting is the area in which those five charred buildings are located. Right now, it's in the middle of a construction site. The plan, I think, is working with the community, the National Park Service, and I think others who are interested in seeing something that... reflects the history will be, will be developed.”



Brenda Mallory, Chair of the Council on Environmental Quality

Mallory further noted that those artifacts will now be protected forever. The designation of the new national monument is significant for an additional reason. “I think we are in a moment where there are forces that are trying to erase history and deny history has occurred, and so the Biden-Harris administration has been committed from the very beginning to making sure that the country is sort of telling the full story of our history. And this Springfield 1908 Race Riot was one of those events that was well-known at the time, that kind of galvanized the creation of the NAACP, and that people really noted that because of its proximity to President Lincoln's Home, that there was some symbolism associated with that particular riot occurring when it did.”

Construction is ongoing at the site. A management plan will be created. It will involve input from community members, individuals tied to philanthropy, and others.

“They can plan out what would be the right way to commemorate and to lift up the values that I think were reflected in this,” Mallory added.

Learn more about The Springfield 1908 Race Riot National Monument via <https://www.nps.gov/spra/index.htm>.

A Day to Raise Awareness About the Grieving Process, Cope with Loss

By Andrea Blackstone

Grief can shake a person to the core for a short while or a very long time. When a grieving person hears words such as “Why don’t you just snap out of it?” How is he or she left to feel after contending with a big change that appeared on life’s highway?

For these reasons, it is important to remember how to better support people who grieve, or even those of us who constantly remember traumatic experiences that cause grief to stick to our souls.

National Grief Awareness Day is observed annually on August 30. Sometimes, when loved ones work through a grief journey, people around them want to help but may be unsure how. Other times, an individual can grieve privately, hiding their deep sorrow, or he or she may show their feelings in front of others. However, deep sorrow is not limited by death being the cause of it.

“Grief is a response to loss, which can be caused by many things, such as the death of a loved one, losing a job, getting divorced or going through other major life changes,” the CDC reports.

Dr. JaQuinda Jackson, owner of Jackson Consultings LLC, earned her Master’s in Community Counseling and Doctorate in Counseling Psychology from Argosy University in Washington, D.C. She specializes in mental health and wellness, particularly focusing on trauma-focused care, social

emotional programming, and group therapy.

Dr. Jackson explained that grief can also manifest when something comes to an end, such as a school year, marriage, or friendship.

A big misconception of grief is that it will not impact you if you see it come.

“For example, if you had a terminally ill loved one who passed away, because they were terminally ill you aren’t impacted by grief. Regardless of seeing it coming or not, grief is still grief,” Dr. Jackson stated.

Three practical things a grieving person can do is to honor their feelings, understand the grief cycle, and identify ways to honor the loss of a loved one.

Grief does not have an age limit, according to Dr. Jackson. Younger children may need what is going on to be explained to them. Once they are made aware of the grief, children will feel their emotions, which also might come with questions.

Additionally, healing from grief does not have a time limit.

“I tell my clients that with grief you are learning how to live differently, so give yourself grace. The key is to keep living and not to stagnate,” Dr. Jackson noted.

She added, “Grief doesn’t look the same in everyone and we should respect how people grieve.”

Grief becomes unhealthy when individuals become isolated or they engage in risky coping behaviors such

as drugs, sex, or alcohol. Seeking professional help can clarify events that may cause triggers, but it should not lead to re-traumatization, according to Dr. Jackson.

Pay attention to signs that you or an individual may need to seek professional help because they are grieving.

“Someone may need professional help if they feel “stuck,” experience mood swings, and/or experience ruminating thoughts or nightmares surrounding the loss. If you are contemplating going to seek professional help, go!” Dr. Jackson added.

Simply understand that grief is a process, so some days will be good while others may not. Showing sensitivity to a grieving person can be helpful to him or her. What is said or done can impact them positively.

“Two things that I would recommend saying to someone who is grieving other than acknowledging the loss, let them know you are here for them and offer to do a kind act like cook, watch children, or do work around the house.”

“Grief groceries” have gained in popularity. During a difficult time such as a death of a close person in someone’s life, friends and family may consider buying basic ingredients to make simple meals, then dropping them off, or paying for an Instacart order, to help someone going through a tough time.

“Grief can be heavy, and we can



Dr. JaQuinda Jackson
Photo: Jeremiah Drummond

sympathize with someone while also taking something off their plate. If you are unable to commit to doing a kind act, don’t offer, you don’t want someone who is grieving to be let down by not being able to follow through on a commitment,” Dr. Jackson explained.

She also stated that it is very insensitive to say to someone in the moment that “it will be okay” and/or try to rationalize why the loss occurred.

Dr. Jackson added, “You should just be there to hold space and be a listening ear.”

Visit www.jacksonconsultingsllc.com to learn more about Dr. Jackson.

THE BALTIMORE TIMES

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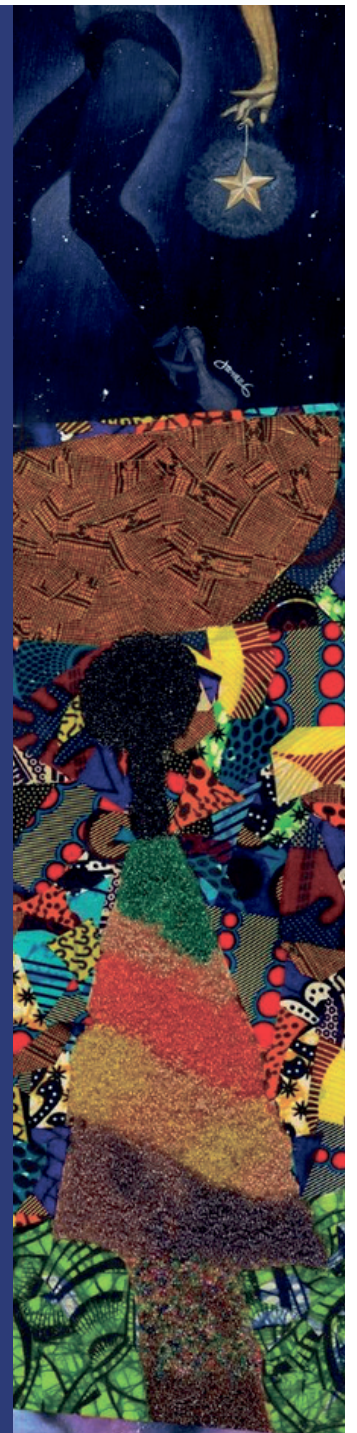
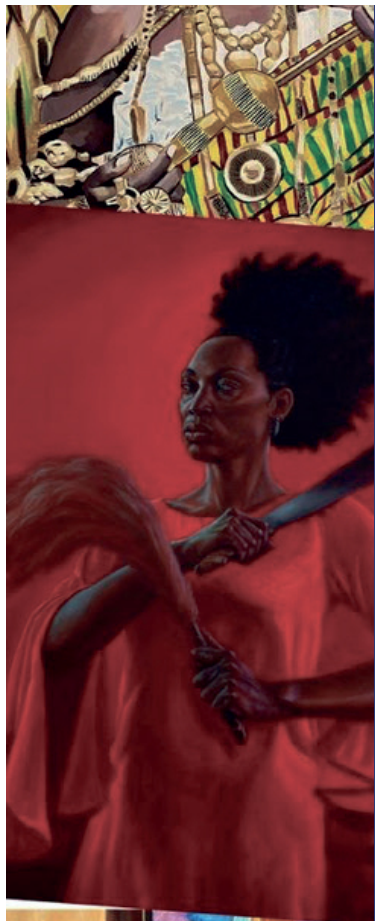
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By Rosa Pryor

Hello, my friends,
How are you? I am hoping everything is well with you. If you are one of my fans who has lost someone, I will say a special prayer for you. Just keep your head up.

I have some fun and happy things to talk to you about. I am very excited about the Owings Mills Pre-Labor Day Music Festival that is coming up real soon; and it is not just because I will be a part of it. **GIRLFRIEND!** Let me tell you about this show. First of all, it is called **“Owings Mills Pre-Labor Day Music Festival,”** and it will be held at the American Legion Post #122, 4424 Painters Mill Road in Owings Mills, Maryland on Saturday, August 31 from 1-7 p.m. It will be both indoors and outdoors, bring your lawn chairs and blankets. The live entertainment will be awesome, check this out! Live performances by the **Rollex Band;** **J’Kar;** **Shay & Company;** **Queen Songbird Coates;** **Crosswind,** from York, Pennsylvania; **Carman Bryant;** along with special guest **Phyllies Intruders;** **DJ Jazz;** **DJ Suge;** and best of all, your **“Rambling Rose”** will be the host. That’s right, my friend! I will be hosting this one-of-a-kind, dynamite event. So, I want you to call for your tickets right now at 410-469-0229 or 443-801-1100 and tell them **“Rambling Rose”** told you so.

There will be a big comedy show on Saturday, August 24 at 7 p.m. with all the headliners’ comedy explosion at the Arena Players. It will be a fundraiser for the **“Ms. Maybelle Food Drive.”** The headliner is the recording artist La Young and many other comedy giants. For more information, call 443-570-7540



Shirley Leonard, AKA Shirley Ball, passed away on August 4, 2024.

Shirley was the owner of “Miss Ball Starlite Lounge” located 2701 Fairmount Avenue for over 45 years. She was also Vice President of M.U.L.B.A., Baltimore’s Chapter in the 1980s. Her viewing will be at Vaughn Green, 8728 Liberty Road on Monday, August 26 from 4-7 p.m. Her funeral service will be at City Temple of Baltimore, 317 Dolphin Street Tuesday, August 27, 10 a.m. REST IN PEACE MY DEAR FRIEND!

or 443-970-7242.

Yours truly, **Rosa Pryor aka “Rambling Rose”** will host my last show for the season at the Avenue Bakery, 2229 Pennsylvania Avenue on the corner of Pennsylvania Avenue and Baker Street on Saturday September 7 from 4-7 p.m. with the one and only **Shay & Company.** Bring your folding chairs. Food and drinks will be on sale.

The **“Next Up Music & Culture”** is sponsoring a **“Back to School Fundraiser Concert”** to benefit the next generation of talented musicians in



The Rollex Band will perform live at Carlos Hutchins Productions presents “Owings Mills Pre-Labor Day Music Festival” to be held at the American Legion Post #122, 4424 Painters Mill Road in Owings Mills, Maryland on Saturday, August 31 from 1-7 p.m. Rosa Pryor aka “Rambling Rose” will be the hostess. See details in column.

Baltimore on Saturday, August 24 from 6-9 p.m. at Caton Castle, 20 S. Caton Avenue featuring live entertainment such as: Tim Green; Sean Jones; Richard Johnson; Eric Kennedy; Aidan Taylor, vocalist; Charenee Wade; and Master of Ceremony, Robert Shahid from WEEA Radio.

Back by popular demand, celebrating the sounds of **“Soul and R&B,”** **“Lamkin3 Entertainment”** presents Ronnie Queen, Brad Collins, Sam Prather, Wawa Legrand, Rick Watts and John R. Lamkin III on Saturday, August 31 at 6 p.m. at Caton Castle, 20 S. Caton Avenue. For more information, visit www.catoncastle.com.

Well, my dear friends, I have to go now. I have a lot of events I have to cover for the Baltimore Times and hope to see you at all of them. Remember, if you need me call me at 410-833-9474 or email me at ramblingrose@aol.com. or send your letters to 214 Conewood Road, Reisterstown Maryland, 21136.



Shay and Company will grace the stage at the Avenue Bakery, 2229 Pennsylvania Avenue on Saturday, September 7 from 4-7 p.m. with Rosa Pryor (Rambling Rose) as producer and hostess. Free admission, bring your own lawn chairs. Food on sale.

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Ravens Lamar Jackson Ok with Missing Preseason Game, Anticipates Practices with Packers

By Tyler Hamilton

It hasn't been since 2021 that Baltimore Ravens quarterback Lamar Jackson played in a preseason game. Jackson will be a non-preseason participant once again this season.

A part of him misses the action. But he sees the bigger picture.

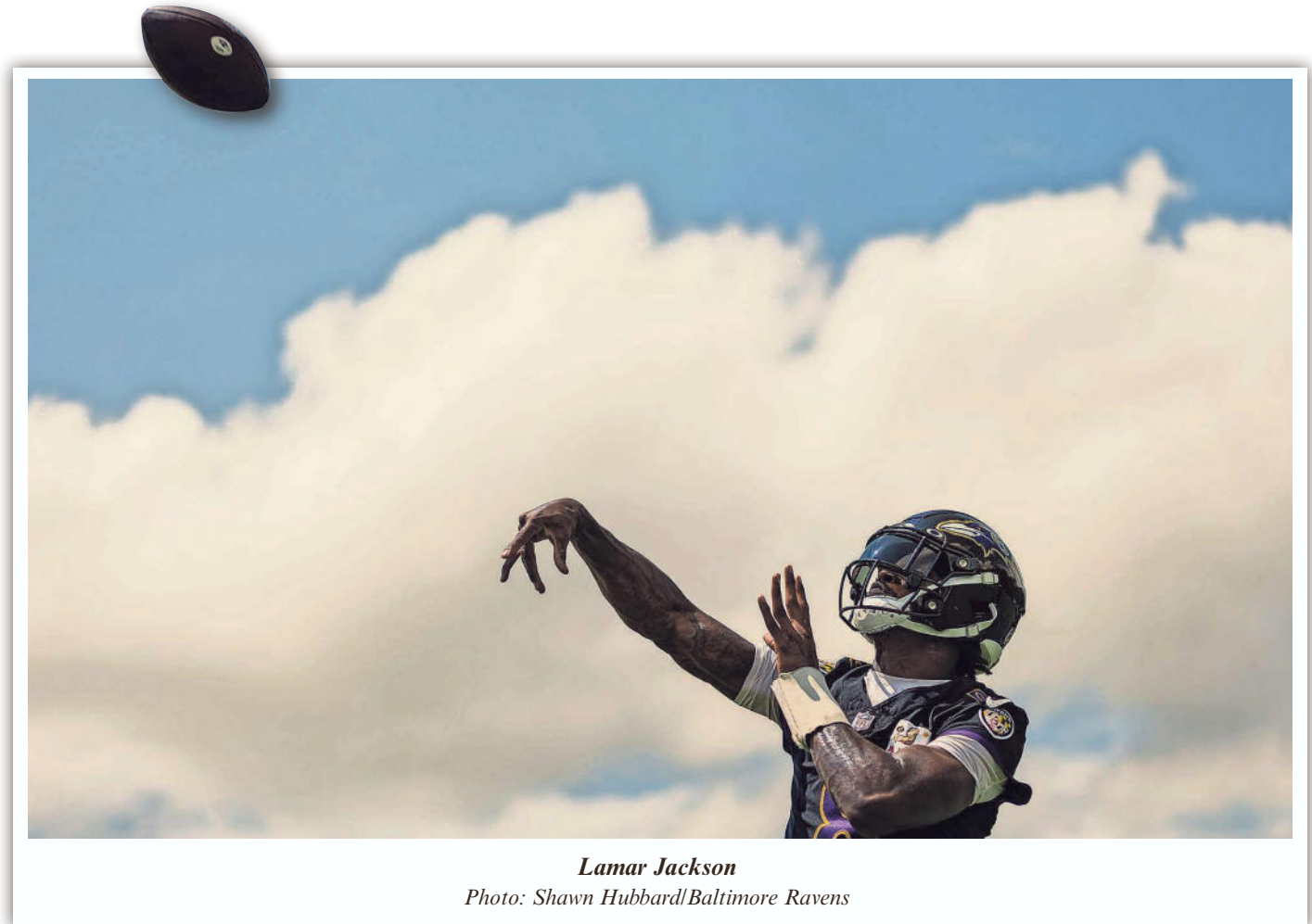
"I'm very competitive, so sometimes I do [say], 'I want to go play,' but at the same time I know why our coaches [are] keeping us off the field," Jackson said. "And I'd rather just play [the] regular season then going out there and things happen."

Sure, injuries can happen at any time. However, they seem to have a tougher sting if it comes during a preseason game where starters typically get little to no action.

Many NFL teams have learned to get the most out of players without trotting them onto the field during the preseason. That's been the focus for the Ravens.

"It comes down to practice. Practice is what makes it; preseason games don't make or break you that way," Ravens head coach John Harbaugh said. "It's the practices that makes you, because that's what you stack. There are advantages to practicing; you see teams do it, like the Chiefs for instance, they've always done it. All the way back to Andy [Reid with the Eagles] in 1999, they've always done it. We had done it for a while, and we haven't done it in the last few years. I think you can do it either way, and that's the way we're doing it this year."

The energy and intensity during practice will be ramped up when the Ravens travel to Green Bay for joint sessions with the Packers. Jackson



Lamar Jackson

Photo: Shawn Hubbard/Baltimore Ravens

will be the focus of the joint practices along with Packers quarterback Jordan Love, who recently signed a four-year, \$220 million contract extension that puts him in a tie for the highest-paid player per year in NFL history.

Jackson said he's never met Love before but is looking forward to spending the week in Green Bay. He knows exactly what he'll get out of it.

"Some competitiveness – just not going against my guys each and every day," Jackson said. "[We] finally get to go against someone else. Especially

[since] I'm not playing [in the] preseason, [it's] just great to see how we are against other opponents."

Jackson checked into camp weighing about 30 pounds lighter this year. He said he doesn't feel as fatigued as he did last year when he reported to Owings Mills with a noticeable more bulky frame. He's looking forward to showcasing the explosiveness that once made him one of the most dynamic playmakers in the game.

The joint practices will be the closest Jackson gets to a game this

season. It will serve as a good litmus test for the starters like Jackson who don't play in the preseason.

"Just seeing how my guys are against other opponents and not just going against the same guys over and over," Jackson explained. "Because I believe our defense [learns] our tendencies and [learns] our moves just going repetition each and every day. So just going against [the Packers], we'll see how guys are."

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