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CONTINUE THE LEGACY OF DR. KING

Couple Champions Human Rights, Upholds Communityfocused Initiatives

Apostle Antonio Palmer (left) and his wife, Dr. Barbara Palmer were called to ministry to serve through Kingdom Celebration Center, a non-denominational church, and Kingdom Kare, Inc., a nonprofit community organization. The couple founded Kingdom Kare, Inc. in 2013 as an outreach extension of their church. The Palmers have been engaged in this work for over twenty years. (See article on page 6) Photo: Crista Booth Photography



Spotlight on Dr. Z

Community Members, Former Patients Rally Around Pediatrician Fighting Cancer Who Has Unselfishly Given to Others

By Andrea Blackstone

Dr. Michael Zollicoffer (Dr. Z), a second-generation pediatrician in Baltimore, Maryland, possesses a rich legacy of delivering compassionate patient care. His career path illuminates the predecessor footsteps of his father, Dr. Lawrence Zollicoffer, a graduate of UNC School of Medicine in 1962.

"He went to Georgetown (Hospital) and did his internship, and then he went to Sinai (Hospital) in Baltimore and did his residency in pediatrics," said Dr. Z. The elder Dr. Zollicoffer co-founded Garwyn Medical Center in 1969 in Baltimore — one of the first multi-specialty medical centers run by African Americans. He passed away in 1976 from colon cancer. Dr. Z officially finished his medical residency in 1988 and began to practice privately.

Dr. Z. ran Morgan State University's infirmary for a period and also started Life Care Plus, an urgent-care facility. Dr. Z's mother, Mary Batts Zollicoffer, a retired teacher, housewife and mother of four boys, recently passed away and was remembered by patients for calling to remind them of their appointments.

The well-known doctor runs his private practice with a heartfelt philosophy: "never deny people medical care because of cost."

"Anybody that walks in gets seen, and that's what we've done for almost 40 years, or somewhere close to that. It's not just a thing I do here and there," he explained.

Ironically, when Dr. Z. was diagnosed with colorectal and renal cancer in October of 2024, insurance complications delayed his own treatment. "I had Medicare (Part) A and B in place, and then somehow, because I don't take Social Security yet, then the Part B of Medicare has to be paid for, and over a period of time, I guess we missed a payment because it's not always as easy as you think to get these things going through government systems. So, because of whatever confusion, or somehow, I lacked paying Part B. It was terminated."

Dr. Z. explained that not having the outpatient portion only became an issue when he needed to use it following hospitalization for his illness.

"This is when the roadblock came up because you didn't have Part B, and when it came time for outpatient treatment of the cancer, the radiation and chemo, then we were stopped in the starting blocks."

Michael E. Haynie Sr., who has known Dr. Z for over fifty years, learned about the plight of his lifelong friend's medical and personal issues after visiting him in the hospital. Haynie responded by launching a GoFundMe campaign to generate financial support related to Dr. Z's cancer battle.

"I know he was a sole practicing physician who had just lost his mom a couple weeks earlier and now with the medical issues upon him, I knew it would be a struggle for him just sustaining ordinary life necessities," Haynie stated. "Although he is a pediatrician by specialty, I have personally witnessed him treating Mom, Dad, Grandma and Grandpa as many times they came in with their young people and had ailments themselves but could not afford to see a doctor themselves. Many times, I wondered if I was in America." Dr. Z also said that the idea of

the GoFundMe campaign was first explored to help him continue to provide community medical care and keep his small office staff employed. When Dr. Z found out about his insurance issue, a decision was made to let the donation source grow. Dr. Z's self-pay situation required approximately \$150,000 for the first month. Half of the money had to be provided as a payment to treat a man with cancer.

"Well, over 600 people have responded, some with as little as five dollars and as much as \$5,000 and each means the same to Dr. Z," said Haynie.

Dr. Z. described the GoFundMe public giving as phenomenal, but testimonies, connections and texts that he is receiving highlight the "people aspect."

"There are no words that can say 'thank you," he stated.

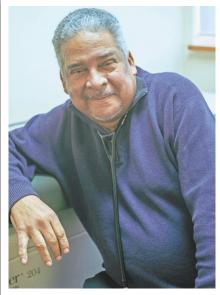
He mentioned further developing a campaign he cemented long before his illness unfolded. Dr. Z wants to expand a self-generating health resource that fuels the fiduciary side of the giving that he has always done. His own healthcare conundrum has drawn attention to the need to pool community dollars for offsetting needs.

On the upside, Dr. Z's Part B was redone and is now in place. "We now are starting our treatment because I was able to get Part B back and retroactivated. So, Part B only covers about 80 percent," he shared.

Medicines and chemo drugs are not currently covered.

Dr. Z continued, "So there's still going to be a significant money outlay that we have to also pay, but we were able to just start treatment..."

Less visible battles Dr. Z fights



Dr. Michael Zollicoffer (Dr. Z) has provided free healthcare to the underserved in Baltimore and now needs help with his own health plight as a senior dealing with health insurance matters. He is raising awareness about the difficulty of affording medical treatment in America. Photo: Ian Harpool

include managing pain and discomfort.

"I still go to the office every day and continue to help people even in my situation."

"I don't want to give up this cause, because it's too important to me and too important to the population as a whole. That's why we're broadcasting my illness to the planet. Hopefully, we can take this message nationally, so we can start changing the system of this inadequate healthcare that we get," Dr. Z added.

Help Dr. Z financially fight cancer by donating via h<u>ttps://www.gofundme.</u> <u>com/f/support-dr-mike-zollicoffers-</u> <u>cancer-battle</u>.

Positive stories about positive people!



Peace Is King

This MLK Day, pause. Take a break, reflect, and breathe. In all its forms, Dr. King understood the power of peace. Explore the stories, movies, documentaries and more inspired by Dr. King on the Black Experience on Xfinity.

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Technology and You

Anatomy of a Job Scam

By Karen Clay

Clay Technology and Multimedia, L.L.C.

A Real-Life Conversation with a Friend:

"Hello?"

"I got the job!"

"Wow! That's GREAT! When do you start?"

"I start on January 27th. My first two weeks I'll be in training."

"So, will you be working from home like you wanted?"

"Yes, girl! I already have my laptop; I just need to buy a desk and a chair. Oh, and I need to go to Staples to buy a standard business check refill."

"Wait, WHAT?! A check refill?! Why would your new job require you to buy that?!"

How It Started

This was a conversation I recently had with a friend. She had been looking for a job to supplement her retirement income, and this opportunity seemed perfect. The job was posted on LinkedIn—a platform many people trust for professional networking and job searching. Everything seemed legitimate at first. The email exchange was between her and the "hiring manager" whose signature included the name of an established company. The initial email included the key job responsibilities, benefits, and pay. It also included interview questions, including a question regarding the financial institution she would use for payroll.

Upon receiving the responses from my friend, the hiring manager responded with an offer to hire, but then came the red flag. She was instructed to purchase a "Standard Check Refill (Business)" from Staples, supposedly to print and deposit an eCheck they would issue for purchasing work equipment, etc. They promised reimbursement, but something didn't sit right with me. I asked her to forward

the email exchange to me so I could review it. There were a number of red flags that immediately popped out for me. For instance:

• The email address from which the "hiring manager" sent her email did not match the domain name of the company she supposedly represented.

• Forms, such as the W-4 form, typically completed on or before the first day of employment were not going to be completed until after the twoweek probationary period.

• The name of her bank was requested before a hire offer was made.

• She was instructed to purchase a "Standard Check Refill" for printing eChecks, with a promise of reimbursement.

These inconsistencies, coupled with the unusual request for upfront expenses, led me to suspect she was being scammed.

A Common Scam

This is the hallmark of a growing type of job scam. Fraudsters pose as legitimate companies, post enticing job offers on reputable platforms like LinkedIn or Indeed, and lure in unsuspecting job seekers. Once "hired," they ask new employees to pay upfront for equipment, training materials, or other seemingly reasonable expenses, with a promise of reimbursement. Unfortunately, the reimbursement never comes, and in many cases, the checks they issue are fraudulent.

This scam preys on eager job



It's important to look for red flags during a job search. Graphic Design by Karen Clay

seekers, especially those looking for remote work opportunities. The scammers leverage platforms with high credibility, like LinkedIn, to add legitimacy to their schemes. They often provide detailed job descriptions and conduct fake interviews to make their offer appear genuine.

Spotting the Red Flags To protect yourself from falling victim to these scams, it's crucial to recognize the warning signs:

1. Upfront Payments: Legitimate employers never ask employees to pay for equipment, training, or supplies out of pocket. If you're asked to make a purchase before you've even started, it's a scam.

2. Unusual Payment Methods: Be wary of requests to use unconventional payment methods or processes, such as eChecks or gift cards.

3. Vague Job Descriptions: If the job details or responsibilities seem overly broad or generic, proceed with caution.

4. Too-Good-To-Be-True Offers: Scammers often entice victims with high pay for minimal effort or experience.

5. Poor Communication: Watch for grammatical errors, inconsistencies



Karen Clay, Clay Technology and Multimedia Photo: Courtesy, Karen Clay

in communication, or pressure to act quickly without time to verify details.

What to Do if You Suspect a Scam If you think you've encountered a job scam, take the following steps:

• Stop Communication: Immediately cease contact with the company or individual.

• **Report the Scam**: File a report with the platform where you found the job posting and with organizations like the Federal Trade Commission (FTC).

• **Protect Your Information**: If you've shared sensitive information, such as your banking details, contact your financial institution to secure your accounts.

• Warn Others: Share your experience to raise awareness and prevent others from falling victim.

Job scams are on the rise, and even trusted platforms like LinkedIn are not immune. If a job offer sounds too good to be true or asks you to pay for something upfront, step back and investigate. Protect yourself by staying informed and vigilant.

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Maryland Among States to Receive SAMHSA Grant

14 States Awarded \$1 Million Grants to Address Mental Health and Substance Use Crises

By Stacy M. Brown NNPA Newswire Senior National Correspondent @StacyBrownMedia

The Substance Abuse and Mental Health Services Administration (SAMHSA), part of the U.S. Department of Health and Human Services (HHS), has awarded \$1 million in planning grants to 14 states as part of the Certified Community Behavioral Health Clinic (CCBHC) Medicaid Demonstration Program. Funded through the Bipartisan Safer Communities Act of 2022, the program aims to address the ongoing mental health and substance use crises nationwide.

The states receiving grants include: Alaska; Colorado; Connecticut; Delaware; Hawaii; Louisiana; Maryland; Montana; North Carolina; North Dakota; South Dakota; Utah; Washington; and West Virginia. By 2026, up to 10 of these states will be selected to receive enhanced Medicaid reimbursements to sustain and expand behavioral health services.

"Everyone in this country who seeks help for mental health or substance use issues should be able to receive it, regardless of where they live or their ability to pay for services," said HHS Secretary Xavier Becerra. "Thanks to the Biden-Harris Administration's dedication to transforming our behavioral health care system, we are working to build a better continuum of care and expanding access to mental health and substance use care for all Americans."

Data from the Kaiser Family Foundation (KFF) shows the scope of the mental health crisis varies across the country. In Colorado, 36% of adults reported symptoms of anxiety or depression in 2023, while in West Virginia, over 20% of adults



Institute of Mental Health Photo: nnpa.org

experienced frequent mental distress in 2021. Montana, one of the grant recipients, has one of the highest suicide rates in the nation, with 29.8 deaths per 100,000 people in 2020.

The CCBHC model requires clinics to provide 24/7 crisis care, timely outpatient treatment, and a full range of services to meet community needs. These clinics must serve anyone seeking care, regardless of ability to pay, age, or residence. Since its inception in 2017, the program has grown from 67 clinics in eight states to over 500 clinics operating in 46 states, the District of Columbia, Guam, and Puerto Rico.

"The planning phase for Certified Community Behavioral Health Clinics will help states develop sustainable funding to expand access to care for their communities," said Miriam E. Delphin-Rittmon, Ph.D., HHS Assistant Secretary for Mental Health and Substance Use.

Substance use disorders also remain a critical issue. Louisiana reported a

drug overdose death rate of 52.6 per 100,000 people in 2021, according to the Centers for Disease Control and Prevention (CDC). In Alaska, alcohol use disorder remains a significant concern, with the state ranking among the highest for alcohol-induced deaths.

The CCBHC Medicaid Demonstration Program provides funding for a comprehensive range of services to ensure that care is accessible and coordinated. The first state planning grants were awarded in March 2023, and 10 states joined the program in June 2024. Officials said these grants ensure clinics can offer sustainable, culturally appropriate, evidence-based mental health and substance use treatment services.

Help is available for those in crisis. Call or text 988 or visit <u>988lifeline.org</u>. To locate treatment facilities, visit <u>FindTreatment.gov</u> or call 800-662-HELP (4357).

Positive stories about positive people!

The Baltimore Times / The Annapolis Times, January 17 - 23, 2025 (www.baltimoretimes-online.com)

Continue the Legacy of Dr. King

Couple Champions Human Rights, Upholds Community-focused Initiatives

By Andrea Blackstone

Civil rights activist and pastor Dr. Martin Luther King Jr. once said, "Whatever your life's work is, do it well. A man should do his job so well that the living, the dead, and the unborn could do it no better."

While reflecting on Monday, January 20, 2025, also known as Martin Luther King Jr. Day, community members who relentlessly roll up their sleeves to improve their communities serve as reminders to volunteer, create solutions, and develop resources to resist injustice and dismantle inequality.

Dr. Barbara Palmer and her husband, Apostle Antonio Palmer, create pathways for others to thrive.

"I was called to the ministry when I was 21 years old and became a youth leader in my church," said Dr. Palmer, who originally hails from Shady Side, Maryland. "As a teen mother with struggles, I was not afraid to elaborate on what youth in the church face."

Apostle Palmer was reared in Hampton, Virginia. He was called to the ministry in 1993, evangelizing and sharing the gospel in Annapolis' communities and in prisons.

"In 1995, God called me to plant a church with nine people in the basement of one of the charter members."

He reflected on commencing his missionary work in 2003 in Oaxaca, Mexico, serving in "casa de pobres" or "poor houses." Apostle Palmer later touched lives in countries such as Kenya, Africa and Hyderabad, India, along with other church and community leaders.

Today, the Palmers are Odenton, Maryland residents who champion human rights together through community-focused initiatives while meeting essential needs. Their church, Kingdom Celebration Center, is a non-denominational church located in Gambrills, Maryland. Additionally, the Palmers founded Kingdom Kare Inc. (KKI), a nonprofit community organization, in 2013 as an extension of their church's outreach.

Kingdom Kare currently employs 55 full-time staff members; five parttime staff members; and more than 30 volunteers while providing programs for children and their families. Early childhood education includes a nationally accredited early learning center, and before and after care.

"Kingdom Kare was recently awarded a grant from Maryland State Department of Education to offer free pre-K classes to underserved and underrepresented families, so they can enter school ready to learn, and celebrate the fact that they can attend a quality program, even if their parents can't afford to pay for it," said Dr. Barbara Palmer.

KKI's mentoring program serves students at high risk for homelessness and school failure. The Strengthening Families Program (SFP) is an evidencebased family skills training program for high-risk and general population families. The Personal Responsibility Education Program (PREP) provides 12-week community-based programs to prevent teen pregnancy and sexually transmitted infections. KKI offers an entrepreneurship program, parenting workshops, and financial literacy workshops. KKI operates a family support center, and a violence interruption prevention program that intervenes in and prevents acts of violence within communities. KKI Health Ambassadors promote health and wellness within the community. A food distribution program addresses food insecurity.



Teen mothers graduation, June 2024 at Kingdom Celebration Center (L-r): Kim Curtis, COO; Dr. Barbara Palmer, CEO; Mikayla; Richaya; Breanna; Albrey; and Ashley Correa, Director of Teen Program Photo: Des Joyce Photography

"Since 2019, our church has offered a food distribution program that still serves over 1,000 individuals every Monday with the assistance of many community volunteers. In addition, we offer food assistance on Tuesday at the church's food pantry for families who may be unable to make the weekly distribution," said Apostle Palmer.

Palmer further stated that Kingdom Kare's Teen Parent Education Program has always been her passion. Dr. Palmer was a teen mother who had both parents at home. Although they ensured that she could graduate on time, she knows what it feels like for society to judge teen mothers and assume that they receive state services.

"Through a partnership with Anne Arundel County Public Schools' teen parent education program, and funding from the Maryland Family Network, Local Development Council, and County Executive office, our dream became a reality three years ago. There were 185 teen mothers in our county, and the majority of them were not in school due to a lack of affordable childcare. Our school can accommodate up to 20 girls, and we provide free childcare; free transportation to get them to and from our program; free meals prepared by our chef; and free wraparound services such as mental health, career development, and social skills."

Dr. Palmer said that there is no charge to attend the program. However, participants must be area residents.

She added, "Whether providing free pre-K for children, offering support for teen moms to graduate with dignity, or distributing food to those in need, my mission echoes Dr. King's dream of lifting the marginalized and giving every person a chance to thrive."

Apostle Antonio Palmer stated, "We are committed to supporting the community because we know this is what Jesus Christ calls us to do."

Learn more about KKI via <u>www.</u> <u>kingdomkareinc.com</u>.

HUG Dealers Spread Peace, Message of Nonviolence 'One Hug at a Time'

By Andrea Blackstone

Val Jenkins, founder of Hug Don't Shoot, is on a mission to bring a sense of peace to every community, one hug at a time.

"Everyone needs a hug," Jenkins suggested. "And the reason why I always emphasize every community is because I don't want to be that nonprofit that says, 'I want to go out to the Black community.' We have been called to the Jewish synagogue; the Muslim mosque, and I even had a meeting with atheists. We go to the Hispanic area."

The Baltimore-based nonprofit was born in 2017 out of Jenkins' frustration with crime everywhere and a belief that spreading compassion and empathy through communities could attract improvements.

Hug Dealers come from all walks of life. Jenkins stated that she met 70 percent of Hug Dealers because of some sort of community tragedy. They can be spotted wearing Hug Don't Shoot t-shirts while participating in various geographical areas' positive, grassroots movements.

"Hugs go a long way. We do have Hug Don't Shoot North Carolina in Winston-Salem, North Carolina. We have Hug Dealers in New York; New Jersey; and Pennsylvania," said Jenkins, who resides in Baltimore County.

Patrice Meekins, a former Baltimore resident who was one of the first Hug Dealers, asked Jenkins if she could take the idea with her. The movement has extended as far away as Mexico. People send photos to Jenkins while they are wearing Hug Don't Shoot t-shirts and dishing up hugs. Betsy Gardner was another early Hug Dealer who assisted with expanding the reach of the nonprofit. Earl Young was also mentioned as a key Hug Dealer. Hug Don't Shoot

also provides community support. Tierre Tates, Jenkins' daughter, assists with the nonprofit's backend tasks such as providing donations that are distributed to the public.

"Amazon and Focus Movers are keeping Hugs Don't Shoot afloat. We partner with Amazon, which provides monthly merchandise to give to the community and to those in need. So, my vision and my help go for helping, not only to

bring hugs, but to bring resources as needed," Tates said.

Jenkins added that Kermit Fowlkes, owner of Focus Movers Relocation Service, assists with picking up monthly donations. BGE is Hug Don't Shoot's number one supporter.

"Many people help us," she stated. Tates remarked that her mother had been a community activist before Hug Don't Shoot began.

"You see violence, then you go home, but to be able to be with the families, and to be able to see the crime scenes after things happen, or to be there... to see that in real life is eye-opening," she also said. There are times when Hug Don't Shoot shows up after a violent incident occurs. However, Jenkins noted that the incident must be vetted and determined that someone's life was taken because he or she was simply in the wrong place at the wrong time,



Peter and Beverly O'Neil hosted the 2024 Kindertime Christmas Toy Give away with KSal Organization, Kennedy Krieger, Ronald McDonald House, and others. (L-r): Khloe Tates; Charlotte Skinner; Val Jenkins; Kinsley and Kyle Fowlkes; and Blake Skinner (rear) attended the event.

instead of a retaliatory event.

Both Tates and Jenkins work full-time jobs and give time to Hug Don't Shoot. Jenkins also runs two businesses. Time is tight but they remain committed to the cause and mission to promote nonviolence and end gun violence in Baltimore and beyond. Jenkins offered insight about Reverend Dr. Martin Luther King Jr's mission and message about nonviolence, protecting justice, democracy, and freedom to help build up communities.

She believes that Dr. King wanted everyone to love each other, regardless of race or religion.

"He wanted to stop the crime. He wanted the racism to stop. So, I tried my best, even before starting Hug Don't Shoot to live in that walk. I tell people all the time that 'When I was a child, I needed a Val Jenkins, because I



Val Jenkins (left) and her daughter, Tierre Tates. Photos courtesy of Hug Don't Shoot

was a child who needed the village.""

"Now that I'm an adult, I became a Val Jenkins to other people's children, regardless of their age."

Hug Don't Shoot's promotion of peace also gives the next generation an example to follow and a sense of hope that Dr. King's transformative views about nonviolence are still relevant today. For example, fifteen-year-old Khloe Tates, Tierra's daughter and Jenkins' granddaughter assists her mother with backend tasks and attends events with her grandmother. "We don't wait for events. We make events. Say, for instance, someone is feeling sad and down, or they just want to go out and hug. They just reach out to me. If I'm unavailable, I reach out to another Hug Dealer to see if they are available," Jenkins said. "The hug you give just might be the hug that you need!"



Protect Your Property

What You Need to Know When Property Classifications Go Wrong

By Margaret Henn, MVLS

For most people, checking how their home is classified by the Maryland Department of Assessments and Taxation (SDAT) probably isn't on their radar. But recent headlines have shown how costly this oversight can be. Just ask incoming Senator Angela Alsobrooks who faced tens of thousands of dollars in back taxes on her D.C. property because it was still classified as a senior citizen's primary residence after the death of her grandparents.

So, why should you care about your home's classification and how can you make sure yours is accurate? Let's break it down.

SDAT plays a key role in classifying properties – residential or commercial, owner-occupied or not. While this system is designed to reflect a property's accurate status when purchased, errors can and do happen. Past miscommunications between Baltimore City Land Records and SDAT have left many properties incorrectly classified. These mistakes also commonly occur when a property is inherited after the owner passes away.

A misclassified property can spell trouble for homeowners. If your home is mistakenly listed as nonowner-occupied or commercial when you actually live there, you could lose access to vital tax benefits like the Homeowners' Property Tax Credit or Homestead Property Tax Credit. Losing these credits can cost homeowners hundreds or even thousands of dollars annually – enough to push some families into tax sale foreclosure or mortgage foreclosure, putting them at risk of losing their homes. Once in the tax sale process, the problem only intensifies, as commercial properties are subject to higher interest rates to get the house out of tax sale and the process is also allowed to progress much faster, often leaving families scrambling to save their homes.

Beyond taxes, being misclassified as non-owner-occupied can disqualify you from homeowner's insurance or city and state home repair grant programs. Without these protections and resources, homes are more likely to fall

into disrepair, and in the worst cases, become vacant.

But the reverse scenario isn't any better. If a property incorrectly receives tax credits because it's listed as owneroccupied when it is not, the owner faces steep consequences. Once the error is discovered, they'll be required to repay the credits immediately. If they can't, their case gets handed over to the Central Collections Unit – adding more stress and financial pressure.

An additional issue exists in the city with properties that have a vacant building notice on them when a homeowner is living there. One way in which houses get into this situation is when a vacant property is flipped and sold to a new owner. Sometimes the citations associated with the vacant property are not paid off and the new



Row houses in East Monument Historic District in Baltimore, Maryland. *Photo: MVLS*

homeowner is not aware of them when they buy the house. This can escalate into a situation where the homeowner finds themselves in tax sale or even receivership and at risk of losing their home.

Getting your property classification right isn't just about paperwork. It's about protecting your home, finances and future.

So how can you make sure your house is properly classified? Visit SDAT's website and search by your county and street address: <u>https://</u> <u>sdat.dat.maryland.gov/RealProperty/</u> <u>Pages/default.aspx</u>. Take a look at the "Principal Residence" and "Use" categories to check for accuracy. If the information is incorrect, contact SDAT to correct it and continue following up to ensure it was corrected. Search the city's website to make sure your home is not subject to any vacant building notices or other citations: <u>https://cels.</u> <u>baltimorehousing.org/Search_On_Map.aspx</u>

Taking less than five minutes to check how your property is classified can save you valuable time and money and make sure you are financially secure in your home this holiday season.

Margaret Henn is deputy director of the Maryland Volunteer Lawyers Service (MVLS), which assists lowincome homeowners with various housing-related issues, including tax sale, foreclosure and deed transfers. For more information, contact MVLS at mvlslaw.org or 410-547-6537, Monday through Thursday from 9 a.m. to 12 p.m.

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Sports

Ravens vs Bills in Clash of MVP Favorites

By Tyler Hamilton

The Baltimore Ravens continue their quest for a third Super Bowl on Sunday when they hit the road to face the Buffalo Bills at Highmark Stadium on Sunday, January 19. It's a primetime game, the perfect opportunity to have the spotlight on MVP favorites Lamar Jackson and Josh Allen.

Both quarterbacks were selected in the first round of the 2018 NFL Draft. The Bills traded from the 12th overall pick to the Tampa Bay Buccaneers seventh-overall pick to secure Allen. He's since taken over and led their team to great success.

Allen didn't have the same level of statistical impact as he normally does. But he was pretty much the Bills whole offense. Allen's 3,731 passing yards, 28 touchdowns, and six interceptions are still respectable. His 12 rushing touchdowns showed he's a true dual threat.

The fact that Allen had such a strong year without a true number-one receiver makes it even more impressive. Buffalo managed to find balance on offense by establishing a legitimate rushing attack that Allen had a part of but it was led by James Cook's 1,009 rushing yards and 16 touchdowns.

Jackson's regular season statistics read like a John Madden video game. He finished with 4,172 passing yards, 41 touchdowns, and only four interceptions. Jackson also rushed for 915 yards and four touchdowns.

His 119.6 passer rating ranked as the fourth-most all-time in a single season. The three better finishes resulted in NFL MVP seasons: Aaron Rodgers, Green Bay Packers in 2011 (122.5) and 2020 (121.5) and Peyton Manning, Indianapolis Colts (121.1) in 2004.

A third MVP is a strong possibility



Lamar Jackson and Josh Allen Photo: AP Photo/Julio Cortez

for the quarterback who was told he would need to switch positions to make it in the NFL. The arrival of Derrick Henry complemented Jackson. Henry warrants MVP consideration himself after rushing for 1,921 yards and 16 touchdowns.

Jackson's impact is felt in the run game because defenses have to use an

extra defender as a spy because of his explosive running ability. That helps to open up lanes for Henry.

The Associated Press named Jackson First-Team All-Pro at quarterback with Allen coming in at a close second. They're the same people who vote for the MVP, so don't be surprised if Jackson wins a third. In the meantime, there's a playoff game to take care of. The Bills have the number two seed, so they'll host the Ravens, who finished with the number three. It'll be an intense game where a lot of points should be scored thanks to these two MVP candidates.

Join The Conversation: Empower Men – Navigating Mental Health, Building Resilience



Dr. Bryant K. Woodford LPC, Psychotherapist

John Clarence Stewart Actor

Dr. Troy Williams **Chief Impact Officer**, **Sacramento Urban League**

Diwee Sewell Behavior Health Taroue W. Brooks Specialist

EMPOWER

Advocate and Author of Don't Audition For Your Life... It's Already Yours "

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THURSDAY JANUARY 30TH 2025 6PM-TO-8PM

The Peale, Baltimore Community Museum 225 Holliday Street Baltimore, MD 21202

Secure your spot today—don't miss this powerful conversation for men! **RSVP:** events@gbul.org

Complimentary Food and **Beverages** Provided!



The Baltimore Times / The Annapolis Times, January 17 - 23, 2025 (www.baltimoretimes-online.com) Positive s