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Children's Summer Health Check List: *Tips to Prepare for a Healthy School Year*

Dr. Letisha Jefferson, a board-certified pediatrician with 14 years of experience, owner of Learn and Play with Dr. J, and children's book author, displays her recently published book, "Zoe's Day with Dr. J!" While providing tips for parents, she said that it is wise to start preparing for the next school year over the summer.

Children's mental health is just as important as physical health, especially during the transition back to school. Start the upcoming school year strong with energy, confidence and balance.

(See article on page 7)

*Photo: Dr. Derick McElveen Jr.
of Tenth Media Collective*



How to Find, Select, Communicate with a New Primary Care Doctor

By **Andrea Blackstone**

Dr. Jeffrey Gaber practices internal medicine and leads Dr. Gaber & Associates, a medical practice located in Baltimore and Pikesville known for providing patient-centered care. Dr. Gaber provides tips to help individuals seeking competent, trustworthy doctors to improve their likelihood of having better patient-doctor experience.

Personal Recommendations and Doctor Referrals

Reach out to people you know who can offer advice.

"I think probably the number one way [to find a new doctor] is word of mouth," said Dr. Gaber.

He used the example of a relative who is a satisfied patient of a doctor who shared information about a medical practice with someone else.

Additionally, doctors' referrals are another way a patient who needs a primary care doctor can find one.

For example, if a woman who visits a gynecologist mentions to her specialist that her primary care needs are not being met, he or she can offer suggestions.

"They'll give some names of people," said Dr. Gaber.

Assess Satisfaction and the Patient Experience

Consulting social media pages and reviewing starred ratings contained in online reviews are increasingly common ways to assess the doctor-patient experience. However, Dr. Gaber did not speak favorably about relying on this method to find a primary care doctor. Ratings and comments could be influenced by trivial matters, such as a secretary who did not smile.

However, Dr. Gaber added that this rating system can put pressure on the doctor and staff to make a good impression on the patient, as they do not know if they will be making a statement online.

Assessing personal trust and comfort with a primary doctor is of greater importance than reading online reviews. Dr. Gaber stated that patients once interviewed their prospective doctors. A 10 or 15-minute billable appointment to meet in person allowed the doctor and patient to learn about each.

"You don't see that too much anymore," said Dr. Gaber.

First appointments offer patients the chance to assess how they feel about the doctor and whether the services were rendered professionally. The patient can consider if their questions were properly answered; if the level of difficulty being seen in a timely manner is appropriate for the type of health issues or concerns; if the type of insurance is accepted by the doctor's office; and if the doctor did the right thing medically. After the appointment, patients should evaluate their doctor experience and the doctor's bedside manner.

"That's very important to a patient. What was their gut feeling? They liked you or they didn't like you," Dr. Gaber said.

Doctor-patient Communication

Communication can include in-person, telephone, email, and the patient portal.

"Hopefully, the doctor communicates even when you're there in person, explains things to you, and takes time and maybe writes it down," Dr. Gaber stated. "Communication is really, really important, especially

in primary care. That helps to develop trust and teaching."

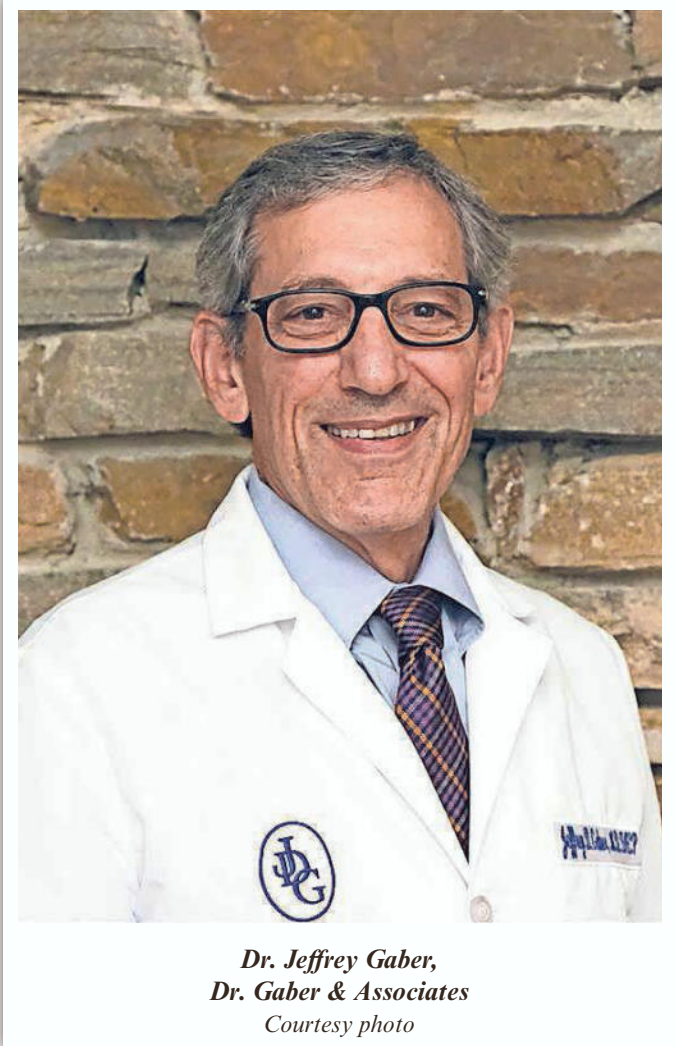
If a patient was dissatisfied about something that happened or an experience with staff, Dr. Gaber said that he wants to know about it. Doctors should be informed by patients, so they have a chance to solve the problem. Giving a doctor a chance to respond is an important and fair step in maintaining the doctor-patient relationship.

Take Proactive Measures to Support Good Health

Dr. Gaber advises patients to stay on top of their routine physical and not wait till they are sick to see their doctors. Do not let years pass by as health matters such as cholesterol can worsen. Dr. Gaber used heart disease as an example of an illness that can likely be highly preventable.

Embrace a healthy lifestyle to address overall well-being.

Diet, exercise, weight management, not smoking cigarettes, wearing a seatbelt and embracing general safety matters are advantageous steps patients can take. Routine medical



Dr. Jeffrey Gaber,
Dr. Gaber & Associates
Courtesy photo

tasks such as seeing a dentist; an eye doctor; a gynecologist; or getting a colonoscopy are various routine checks that people need, depending on their age, sex and other variables.

"They should be proactive," Dr. Gaber concluded.

Dr. Gaber & Associates is committed to providing comprehensive, patient-centered care. Learn more via <https://drgaber.com>.

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"Barefoot" and Browsing: Managing Your Footprints in the Cyber Sand

By Karen Clay

Clay Technology and Multimedia, L.L.C.

You may not realize this, but every time you go online, you leave traces of online activity behind called digital footprints. Just like footprints in the sand, some of these impressions are light and fleeting, while others stick around. Understanding what these footprints are and how to manage them is an important step toward staying safer online.

These days, there's no way to be totally "incognito" on the web given that you still need to have various online accounts to shop, keep up with friends, research information, manage your finances, or engage in other online activities you choose. You can still take control by managing your digital footprint to better boost your cybersecurity. The goal isn't to disappear from the Internet entirely, but to be mindful about what data you share and where. Below are some suggestions to help manage and minimize the "tracks" you leave behind.

1. Ask "Why" Before Sharing Any Information:

A. Why: Every time you fill out a form, make a post, or click "accept," you're giving away a piece of your personal information. If it's not necessary, don't share.

B. How: Before entering your identifying information online, ask: Why do they need this? Is it required? Could it be used against me later? Only provide what's needed, skipping optional fields when possible.

2. Google Yourself to See What Comes Up

A. Why: It's important to know what information about you is already public

so you can take steps to manage it.

B. How: Open a web browser, type your full name in quotes (e.g., "John A. Smith"), and review the results, including images and social media links. If you see something concerning, note where it's coming from and whether you can delete or update it.

3. Use a Password Manager to Keep Up with Your Accounts and Create Strong, Unique Passwords

A. Why: Using the same password everywhere makes you more vulnerable if one account is hacked. Password managers keep your passwords safe and help you create strong ones you don't have to remember.

B. How: Trusted password managers like LastPass, 1Password, or Bitwarden can automatically save and fill in your login details securely, generating strong passwords for each site.

4. Minimize the Number of New Accounts You Create

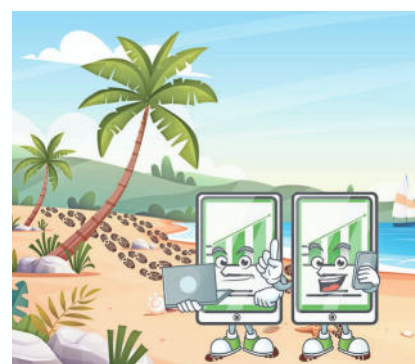
A. Why: The more accounts you open, the more places your data lives, and the harder it is to keep track of.

B. How: Think about the necessity of signing up for a new site or service. If it's a one-time thing (like reading an article), consider using a "guest checkout" or a temporary email if available.

5. Adjust Your Privacy Settings

A. Why: Most websites and apps collect more information than you realize.

B. How: Go into the "Privacy" or "Settings" section of your social media, browser, or online accounts. Change the visibility of your profile, location, and activity to "Only Me" or "Friends," rather than "Public." Make this part of your regular check-up every few months.



Online activities leave digital footprints.

Graphic Design by Karen Clay

6. Know Your Privacy Rights

A. Why: You have legal rights to control how your personal information is used. Knowing them helps you make informed choices.

B. How: Visit websites like <https://www.privacyrights.org> or your state's consumer protection site to learn what rights you have.

7. Browse/Post with Care

A. Why: Once something is online, it can be difficult to fully erase. Oversharing can lead to scams, embarrassment, or misuse of your information.

B. How: Think before you click "Post" or "Share." Avoid posting private details (such as your location, birthday, or vacation plans) online.

8. Delete Old or Unused Accounts

A. Why: Every account you create holds personal information. If you're no longer using it, that data still exists and could be vulnerable.

B. How: Make a list of services or websites you no longer use. Visit those sites and look for an option to close or delete your account, usually under "Account Settings" or "Privacy."



*Karen Clay,
Clay Technology and Multimedia
Courtesy, Karen Clay*

9. Clear Your Browser History/Cookies Regularly

A. Why: Browsers save a record of the websites you visit. Small files called cookies can track your behavior online and be used to serve targeted ads.

B. How: Open your browser, go to settings or preferences, and look for options labeled "History," "Privacy," or "Clear Browsing Data." You can usually choose to delete history, cookies, or cached data for a specific period or all time. Doing this weekly or monthly is a good habit.

10. Be Cautious with Public Wi-Fi

A. Why: Using public Wi-Fi can expose your information to hackers who may be lurking on that network.

B. How: Avoid checking bank accounts, shopping online, or logging into sensitive accounts when on public Wi-Fi. Consider using a virtual private network (VPN) if you're a frequent traveler.

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Commentary

A Wake-Up Call Written in Tragedy: Baltimore's Shame on Pennsylvania and North Avenues

By Michael Eugene Johnson

The recent horror that unfolded on and around Pennsylvania Avenue and North Avenue should shock every single one of us to our core. A mass overdose. Let that phrase sink in. Not an isolated incident, not a statistic easily dismissed, but a concentrated wave of human suffering and near-fatalities that laid bare a devastating truth about our city: we are failing our most vulnerable communities, and we are failing them spectacularly.

For years, residents of this historically vibrant but systemically neglected corridor have cried out for help. They have pleaded for accessible healthcare, for addiction services that don't come with insurmountable hurdles, for mental health support that acknowledges the crushing weight of poverty, trauma, and systemic disenfranchisement. And for years, their pleas have landed on deaf ears, echoing into the cavernous void of our city's indifference.

What happened on Thursday, July 10, 2025, wasn't an anomaly; it was an inevitable consequence. It was the predictable outcome of chronic underinvestment, of a healthcare system that treats the symptoms of despair rather than addressing its root causes. When there are no readily available clinics, no walk-in centers for addiction treatment, and no consistent outreach programs, where exactly are people expected to turn when the grip of addiction tightens? The street, clearly, becomes the only recourse, and the consequences, as we have now tragically witnessed, can be fatal.

The finger-pointing will begin, no doubt. Blame will be assigned to individuals, to illicit substances, to a myriad of external factors. But let us be unequivocally clear: the primary



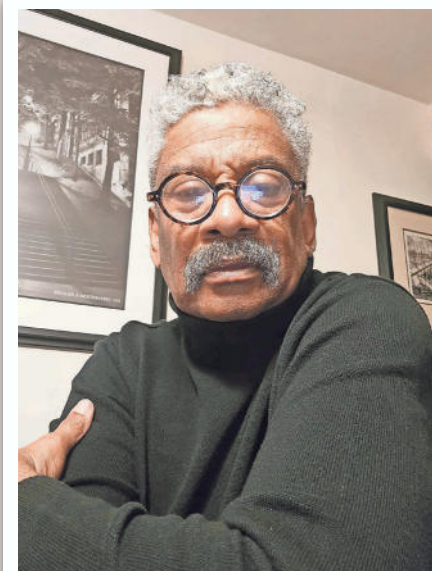
Photo: Metro

culpability lies with us, the city and its leadership, for allowing such gaping chasms in our public health infrastructure to persist.

Pennsylvania and North Avenues are not some distant, forgotten land. They are the heart of Baltimore, pulsing with history, culture, and most importantly, human lives that matter. These are our neighbors, our fellow citizens, and they are dying on our watch because the basic human right to health and well-being is being systematically denied.

We need more than just platitudes and task forces. We need immediate, tangible action. We need emergency funding directed straight to establishing comprehensive, easily accessible health services in this community—not in months, but in days. We need mobile outreach teams, expanded detox and treatment beds, and long-term investment in community-led health initiatives that empower residents, rather than merely “servicing” them.

The mass overdose on Pennsylvania and North Avenues is a stain on Baltimore's conscience. It is a harsh, undeniable indictment of our priorities.



Michael Eugene Johnson

Courtesy photo

Let this tragedy be the catalyst for genuine change, not just another grim headline we quickly forget. For if we do not act decisively now, with the urgency this crisis demands, we will only be preparing for the next, equally avoidable, and equally heartbreaking, mass casualty event.

Grant Funding Part I of a II Part Series

Grant Expert Secured Millions in Funding, Gives Winning Insight

By Andrea Blackstone

Linda M. Peavy, owner of LiPav Consulting, L.L.C., founded a grant services and communications company in 2008. Peavy said she has secured funding totaling over \$18 million to date for her clients, including non-profits and small businesses.

“I always say, ‘You don’t have to be perfect, just be positioned.’ If you’re organized, passionate, and prepared, there’s funding waiting for you. It often does not matter what your industry is; grant money is available if your organization operates as a legal entity with legal programming. The key is knowing how to find it,” Peavy declared.

If you are seeking grant funding, her guidance can put you on a path to gain winning insight.

Identify major mistruths about grants in 2025.

“One of the biggest mistruths in 2025 is that grant money has dried up, especially after federal cuts to DEI programs. That’s just not true,” said Peavy. “While some federal funding streams have slowed, there has been a major surge in private, corporate, and community-based grants. Philanthropic organizations are stepping up in powerful ways, especially those focused on racial equity, small business recovery, and innovation.”

Peavy further stated that money is poured into organizations that meet community needs.

“A total of 189 billion dollars in grants from non-federal funds were generated in 2023. These numbers are expected to increase when the 2024 statistics are released. These grants are being awarded every day to small businesses and non-profit organizations, especially those led by communities of color and women,” Peavy added.

According to Peavy, another major

mistruth about grants is the need to stop serving populations such as women, minorities, veterans, and people with disabilities because of DEI cutbacks. Peavy revealed that tweaking the language used to describe your target population, if they fall under typical DEI descriptions, may be needed to pursue grant funding.

For example, instead of focusing on ethnicity or gender when writing about your target population, consider focusing on terms that describe the condition or obstacle you plan to address such as “underrepresented” or “underserved” as opposed to descriptors such as Black or African American.

Even if you don’t have a professional grant writer on staff or don’t run a large organization, winning a grant is still possible.

“I’ve trained thousands of small business owners, churches, and grassroots nonprofits—many of whom had never applied for a grant before—and they’re winning five- and six-figure awards. Also, all-volunteer nonprofits and solopreneurs are winning grants as well,” Peavy noted.

Who is currently securing significant grant funding?

Peavy explained that Black women-led businesses and nonprofits are securing significant funding. Funders are actively looking to support Black-led solutions for community issues in categories such as health; education; youth development; mental wellness; elder care; or economic empowerment.



Linda M. Peavy presents information during workshops for the Community Foundation of North Central Florida.

Photo: Community Foundation of North Central Florida

Prepare to apply for grants.

Organizations should have their foundational documents in order, such as their mission and vision statements; 501(c)(3) letter (for nonprofits); business license (for businesses); operating and grant budget; letters of support; financial documents for organizations currently operating; and service descriptions.

Peavy noted that many organizations miss out on funding simply because they do not have these materials ready. She recommends creating a Grant-Ready Folder. Prepare a digital file that includes everything you will need when the right opportunity comes.

“Grants can become available with great speed and short deadlines,” Peavy noted.

Grant funders look for alignment, impact and evidence of capacity.

“They want to know if your mission aligns with their mission. They are asking if you are solving a problem that matters. Many small businesses get tripped up on explaining how they are solving a problem on grant applications,” said Peavy.

Clearly define your target population. The more you provide a niche for your target population, the easier it will be to align your program with the funders.



*Linda M. Peavy,
owner of LiPav Consulting, L.L.C.*

Photo: Alvin Smith

Peavy explained that grant funders look for evidence of capacity. They want to know if you can handle the money, run the program, and report on outcomes.

“Grant funders also love it when you have partnerships or community support, which shows you’re not doing the work in isolation,” said Peavy.

Peavy offers free webinars. Register for How to Write and Win Grants for Black-Owned Businesses or Black-Led Nonprofits via

<https://bit.ly/blackgrantsclass> and How to Write and Win Grants for Women-Owned Businesses or Women-Led Nonprofits via <https://bit.ly/womensgrants> to find July dates.

Follow Peavy on LinkedIn: <https://www.linkedin.com/in/lindapeavy/> and Facebook: www.facebook.com/lipavconsulting. Visit www.lipav.com and www.grantwritingfornonwriters.com to read more about LiPav Consulting, L.L.C.

Children's Summer Health Check List: Tips to Prepare for a Healthy School Year

By **Andrea Blackstone**

Dr. Letisha Jefferson, a board-certified pediatrician and award-winning children's author, provides health tips for parents and students ahead of school reopening.

"It's wise to start preparing for the next school year over the summer. Physically, maintaining a regular exercise routine, balanced diet, limited screen time and good sleep hygiene, can help students keep up their energy levels and help to avoid the 'summer slump.' On the mental side, summer can be a perfect time to address stress management, establish healthy routines, reflect on the past school year and even talk about any lingering anxieties about the upcoming school year," said Dr. Jefferson.

Parents can support their child's emotional wellness by reinstating routines such as establishing consistent bedtimes and providing structured meals.

"Practicing open communication and regularly checking in with their child helps build trust and emotional awareness. Limiting screen time while encouraging more face-to-face social interaction can improve mood and reduce anxiety. Calming activities like journaling or creative hobbies also support mental balance," Dr. Jefferson advised.

If a child is struggling emotionally, summer provides a family with time to seek counseling or have more intentional family time.

Dr. Jefferson mentioned that growing mental health and physical concerns in youth populations are increases in anxiety, depression, and screen-related stress among children and teens. On the physical side, rising

rates of childhood obesity, poor sleep habits, and limited physical activity are very concerning topics within the pediatric community.

Additionally, many children and teens are not getting enough exercise or fresh air. Increased screen time with phones, tablets, and video games often crowds out opportunities for physical play. However, parents can set daily screen time limits and model active (screen-free) behaviors themselves.

"Prioritizing family activities like [taking] walks or [going on] bike rides can make movement a regular part of the day. Enrolling kids in summer camps, swimming lessons, or sports clinics also provides structured opportunities to stay active in a fun way. It's important to include children in the planning of these activities, so that they feel involved and more motivated to participate fully. Additionally, encouraging unstructured play outside with friends or siblings helps promote both physical activity and social connection," Dr. Jefferson stated.

Parents often underestimate the amount of fluid that their children need to drink, especially in the summertime.

"Parents can encourage better hydration by adding natural flavors like citrus slices, mint, or berries to make water more appealing. Providing

a fun, personalized water bottle can also motivate kids to drink more throughout the day," Dr. Jefferson recommended.

Parents should monitor the amount of junk food their children consume. Reduce junk food consumption by setting a positive example and making balanced meals a family priority. Dr. Jefferson said that involving kids in grocery shopping and meal preparation can increase their willingness to try healthier food options.



Dr. Letisha Jefferson, a pediatrician with 14 years of experience, children's book author, and owner of Learn and Play with Dr. J, provides tips to help youth start the upcoming school year strong.

Photo: Will Darden of Eriden Images

"Keeping fruits, vegetables, healthy snacks and water easily accessible also encourages better choices throughout the day. It's also helpful to limit the availability of too much junk food at home," she added.

It is important to note that teens who are going through puberty may need support. Dr. Jefferson suggests creating an open, honest dialogue and a safe space for discussing the topic.

"I believe it's important to be available to answer questions and address concerns without judgment, which helps teens feel understood during these changes. Puberty brings challenges like fluctuating emotions, physical transformations that can affect self-image, and increased peer pressure, all of which might lead to conflicts with parents or feelings of isolation."

She noted that in her experience, beginning age-appropriate conversations around eight or nine years old, long before the full onset of puberty, is a good idea. As more changes occur, the teen is not caught unprepared.

Children and teens should generally have at least one check-up per year with a pediatrician.

"Children under the age of three will have more frequent visits to monitor their development and growth more closely. Furthermore, if your child is dealing with a chronic illness or chronic medication management, they may require more frequent visits as well," Dr. Jefferson explained.

Visit www.learnplaywithdrj.com to learn more about Dr. Jefferson and her recently published children's book.

Save the Date: Saturday, September 13, 2025

The Kunta Kinte Heritage Festival Celebrates Its 35th Year, Theme Announced

By Andrea Blackstone

The late author Alex Haley introduced Kunta Kinte to the world after tracing his ancestral roots, which began in Africa and led to the waters of Annapolis, Maryland, in 1767. Thirty-five years later after its founding, the Kunta Kinte Heritage Festival still celebrates the perseverance, education and cultural heritage of the African Diaspora. Traditionally, the free, multigenerational festival packed full of music, dance, education and performances was held at Susan Campbell Park at Annapolis City Dock. However, the 35th Annual Kunta Kinte Heritage Festival will be held on Saturday, September 13, 2025, from 10 a.m.- 7 p.m. at the Navy-Marine Corps Memorial Stadium Blue Lot, located in Annapolis, Maryland. This marks the second year it will be held at the new location.

“The new venue offers increased space, improved accessibility, and expanded parking options, making it easier for families and community members to enjoy the festival from start to finish. It also provides more flexibility for staging, vendors, and performances,” said Kevin Smith, co-chair of the Kunta Kinte Heritage Festival Planning Committee.

Smith said that this year, the festival theme is “Afrofuturism: Rooted in Heritage, Reaching for Tomorrow.”

“We’ll be celebrating this through art, music, fashion, tech exhibits, storytelling, and performances that honor the past while dreaming boldly for the future.”

“In a time where representation and vision matter, Afrofuturism allows us to reclaim our stories, innovate without limits, and uplift the next generation. It’s a perfect fit for our 35th year, as we



Performers wow the crowd at a Kunta Kinte Heritage Festival.

Photo: Christian Smooth

continue to evolve while staying deeply rooted in the legacy of Kunta Kinte and the broader African diaspora,” Smith added.

A 2025 festival goal is to highlight innovation in Black culture while honoring our roots.

“We’re expanding opportunities for youth engagement, interactive exhibits, and performances that speak to both legacy and future,” Smith said.

He mentioned that youth-led performances, educational activities, and a dedicated youth zone with creative workshops and mentorship opportunities will be incorporated to allow young people to feel empowered and inspired by their heritage.

Another Kunta Kinte Heritage Festival goal is to highlight innovation in Black culture while honoring African American roots. Interactive exhibits, and performances that speak to both legacy and future will be integrated into the festival day.

Stansbury stated that the Kunta Kinte Heritage Festival’s Planning Committee is proud to feature a diverse lineup of performers that reflect cultural richness.

“Headliners this year include Jon B.,

Harvey Watkins, Jr. and the Canton Spirituals, and In Gratitude Earth Wind & Fire tribute band. Also, renowned African drumming and dance troupes; national and regional gospel and soul artists; spoken word performers; and youth-led music and dance groups will participate. Each act is carefully curated to align with our theme and celebrate both tradition and innovation in the arts.”

Smith said that some of the most popular items of prior Kunta Kinte Heritage Festivals include African-inspired clothing and jewelry; natural beauty products; hand-crafted art; books by Black authors; soul food; Caribbean cuisine; and cultural keepsakes. Small businesses, artists, and food vendors are still being encouraged to apply to vend at this year’s festival.

“Last year, we welcomed approximately 7,000 attendees from all over the region. The support and enthusiasm from the community continue to grow each year,” Smith explained.

David Stansbury, Smith’s Kunta Kinte Heritage Festival’s Planning Committee co-chair, said that the community can get involved to make



(L-r): Kevin Smith, Kunta Kinte Heritage Festival’s Planning Committee co-chair; Cynthia Guillen, board president; David Stansbury, co-chair; and Beryl Downs at the Navy Stadium during the 2024 Kunta Kinte Heritage Festival. Courtesy photo

the event a success by becoming vendors, volunteers, sponsors, or simply by spreading the word about the upcoming event. Families are encouraged to attend the Kunta Kinte Heritage Festival together. Local businesses are encouraged to partner.

“It takes a village to sustain something this meaningful, and we welcome all who want to play a role in making this festival a success. It is important to keep the festival going because the Kunta Kinte Heritage Festival is more than just a celebration—it’s a living legacy.”

“It honors the story of Kunta Kinte and the resilience of African people, while uplifting the voices, art, and entrepreneurship of today’s Black community. Keeping this festival going means preserving history, building unity, and creating a space where generations can come together in pride and purpose,” Stansbury remarked.

Visit <https://www.kuntakinte.org> for more information.

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Randy Roberts



Rambling Rose



By Rosa Pryor

Hello everyone, I hope you are staying active and moving around as much as you can and as much as your body allows you to. Don't lie around and feel sorry for yourself. Enjoy life, have fun.

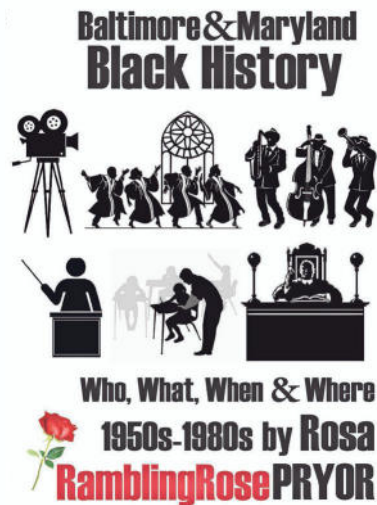
This week, as usual, I have a lot of fun things you can choose from. It doesn't matter if you use a wheelchair, cane or walker, just get out and enjoy some of these wonderful events.

The 3rd Annual Afro Soul Festival in Owings Mills will be held on Saturday, August 2 from 12- 6 p.m. The festival is a celebration of African, Caribbean, and African American culture through music, art, and food. I just love this type of event in the summertime. They are so much fun, no matter what age you are. You are welcome to bring your own tents and lawn chairs. Your family and friends will have the time of their lives.

Also, there will be a lot of food vendors and live entertainment featuring the Eclipse Int'l Band, Mr. Big, Energy for line dancing, DJ Tanz playing African, Caribbean and American Fusion music. The icing on the cake is that this festival will be hosted by radio personality April Watts. Save the date: Saturday, August 2, from 12-6 p.m. at 11202 Garrison Forest Road in Owings Mills, Maryland.

Arts in the Parks at Bolton Hill, Madison Park and Marble Hill. The festivals in the parks start at 6:30 p.m. On Friday, July 24 in John Street Park, Seth Kibel Kleztet will perform; on Thursday, July 31, Jimmy Wilson will be at F. Scott Fitzgerald Park; and

Afro Soul Festival 2025 Returns to Baltimore County August 2



Yours Truly, "Rambling Rose's" new book is here! I am ready to do book signings and or speak at your next event. Don't be surprised if you turn the pages and see yourself, your family, or a close friend's picture and story in there. Call me at 410-833-9474.

August 7, The Craig Alston Syndicate will be at Rozena Ridgley Park.

Summer Concerts at Foundry Row are jumping and always well-attended every Thursday starting at 6 p.m. until 8 p.m. They are located at 10100 Reisterstown Road, Owings Mills, Maryland. On Thursday, July 24, the Eric Scott Trio will perform. Enjoy a blend of pop, soul, and funk with the Eric Scott Trio on July 31. We will see you there. Make sure you bring your folding chairs with you. Each concert will feature a beer and wine garden presented by "Mama's on The Half Shell Owings Mills."

Don't forget my show at the Avenue Bakery on Saturday, August 2 from 4-7 p.m. in the courtyard at Pennsylvania Avenue and Baker Street. BYOB. Live entertainment by 83 North Band. I will



Larry Poncho Brown 10 years after the original B'More ArtScene portrait that immortalized the brilliance of Baltimore's African-American visual artists, will gather again in the spring of 2026.



April Watts, Maryland's well-known radio personality, will be the hostess for the Afro Soul Festival coming Saturday, August 2 from 12-6 p.m., being held 11202 Garrison Forest Road in Owings Mills, Maryland. It is FREE. Take your blankets, folding chairs and tents and enjoy.

be doing a book signing there with my new book.



The Spindles will be performing at the 31st along with other acts such as Paradise, Desire, Styltz, The Glory Group and Crosswind at the Annual Ruth M. Kirk Family Fun Festival on Saturday, August 2 and Sunday, August 3 from 12-8 p.m. on both days at Franklin Square Park, 1400 W. Lexington Street. Photo: Anderson

Alright, my friends, I have to go now, but I will see you soon somewhere. Remember, if you need me, call me at 410-833-9474 or email me at rosapryor@aol.com. **UNTIL THE NEXT TIME, I'M MUSICALLY YOURS.**

Legal Notice

NOTICE TO BID

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COMMUNITY

MCCAAHC PUBLIC MEETING

Join us on **Monday, August 4, 2025**, for the **Maryland Commission on African American History and Culture (MCAAHC)** August Public Meeting, hosted by **Chair Kali-Ahset Amen, Vice Chair Jaelon T. Moaney**, and Commissioners **Rachelle Adams** and **Lori Bradford**, representing Anne Arundel County.

This is the first public meeting led by the newly elected leadership of the MCAAHC, Chair Kali-Ahset Amen, PhD and Vice Chair Jaelon T. Moaney, who began their roles on July 1, 2025. Be part of the conversation, learn about upcoming initiatives, and gain insight from inspiring voices in the heritage and preservation community!

Date & Time: Monday, August 4, 2025 | 11:00 AM
Location: Banneker-Douglass-Tubman Museum
84 Franklin Street, Annapolis, MD 21401



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