

# The Annapolis Times

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## Nanna's Place: Love, Healing, and Soul Food with Purpose



*Tamera "Tee" Ford founded Nanna's Place in 2021. The breast cancer survivor who once struggled with depression and fatigue loved to cook. Chef Tee's catering business, named after her grandmother, now stands out in Baltimore's dining scene for its unique mix of soul food and health-conscious innovation. Beyond traditional favorites, Ford also caters to chemotherapy patients and others with special dietary needs. In 2025, Nanna's Place received third place in the Greater Baltimore Urban League's Restaurant Accelerator Program (RAP) Pitch Competition and was recognized by the program's business coaches as "Most Resilient." The award highlighted Chef Tee's determination to grow her business while overcoming personal health challenges and serving a unique market of customers with dietary needs. (Photo): Nanna's Place owners Chef Tee Ford (right) and partner Jeaneen at GBUL's RAP tasting event. (See article on page 8.) Courtesy photo*

# The First Annual Healthy Dining Awareness Restaurant Week: Galvanizing Baltimore Around Health and Healing Through Food



By Paris M Brown  
The Baltimore Times

There has never been a more urgent moment for Baltimore to come together around health, wellness, and healing. Across Maryland, more than half of all adults live with at least one chronic condition. According to the American Diabetes Association, over 537,000 Marylanders—or 11.1% of the ADULT population—have diabetes, and nearly 40% Americans have prediabetes, according to the U.S. Centers for Disease Control and Prevention. In Baltimore City, the story is even more sobering. The city's mortality rate is 30% higher than the state's, according to the Baltimore Health

Department, and heart disease remains the leading cause of death (NIH), accounting for more than a quarter of all deaths. These numbers aren't just statistics—they represent our families, friends, and faith communities.

That's why the **First Annual Healthy Dining Awareness Restaurant Week**, presented by The Baltimore Times and Times Community Services, Inc. is not simply another event. It's a movement—an invitation for all Baltimoreans to come to the table and reimagine what health looks like in our city. From **November 1–9, 2025**, restaurants, chefs, health professionals, and community leaders will join forces to make healthy dining visible, accessible, and culturally meaningful.

Food has always been central to how we celebrate, connect, and worship. As Michelle Petties, creator of *"Mind Over Meals"* and author of *"Leaving Large – The Stories of a Food Addict,"* reminds us, dining out isn't the problem—our relationship with food is. "The secret to eating out the healthy way," Petties says, "starts long before you ever step foot inside a restaurant. It begins in your head, your heart, and your home." Her words resonate deeply in Baltimore, where food has long been a source of both comfort and community.

**Healthy Dining Awareness Restaurant Week** builds on this philosophy. It's not about guilt or deprivation; it's about empowerment and awareness. It encourages residents to **use food as a tool, not a trap**, to honor their health and to rediscover joy in nourishment and connection. Through inspired stories, healthy recipes, and faith-driven participation, the campaign aims to spark conversations about prevention, policy, and the structural inequities that continue to shape health outcomes in our city.

The state of Maryland has made strides through programs that support chronic disease prevention and management. Still, actual progress depends on collective action—neighbors helping neighbors and communities working hand in hand with local institutions. This is where the faith community, small businesses, and local leaders can make the greatest impact.

Healthy Dining Awareness Restaurant Week gives everyone a way to participate, whether by dining at a participating restaurant, sharing healthy recipes, or attending educational events. Every action moves Baltimore closer to a future where wellness is within reach for all.

We are at a crossroads. The time for awareness is now. By uniting under the banner of *"Soul Food Around Our Table,"* we can turn the simple act of eating into an expression of love, resilience, and purpose. Together, we can make Baltimore not only a city that eats well, but one that lives well.



# THE BALTIMORE TIMES

Presents

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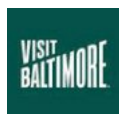
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# Starting Fresh: A Guide to Benefits After Reentry

By Shyia Clark

Reentry is one of the most important chapters in a person's life. Returning home after incarceration brings challenges, but it also offers opportunities to rebuild. One of the biggest keys to success is knowing how to access benefits and resources designed to provide stability – things like healthcare, housing, food assistance, job support and legal aid.

The reality is that many people leaving incarceration don't know where to start. This guide breaks it down in simple steps, helping to turn an overwhelming process into a manageable one.

### Why Benefits Matter

Accessing benefits isn't just about survival. It's about laying the groundwork for a stable future.

- Health insurance ensures access to medical care.
- Food assistance provides nutritious meals.
- Housing programs reduce homelessness and create stability.
- Job support builds career paths and skills.
- Legal aid can remove barriers, such as old criminal records.

Each of these benefits is a building block toward independence and long-term success.

### Step One: Get Identification

Nothing moves forward without ID. Most benefits require a state-issued ID card, driver's license, Social Security card or birth certificate. Many reentry and legal aid organizations help people replace lost documents. Without ID, it's nearly impossible to apply for housing, health coverage or employment. So, this should always be the first step.



Photo credit: Alena Shekhovtsova / BaselineImage via Canva

### Protect Your Health: Insurance and Care

Health coverage is critical. Many returning citizens qualify for Medicaid, which offers free or low-cost insurance. Applications are available online, by phone or in person. If you don't qualify, the Health Insurance Marketplace (healthcare.gov) has subsidized plans. Community health centers are also an option, offering both medical and behavioral health services, often on a sliding scale for those without insurance.

### Fuel Your Body: Food Assistance

Nutrition impacts everything – from energy levels to mental health. The Supplemental Nutrition Assistance Program (SNAP) provides monthly grocery funds based on income. Applications can be filed through the Maryland Department of Human Services or online. For immediate help,

community partners like the Maryland Food Bank and local nonprofits provide free groceries, hot meals and even community gardens.

### Find a Safe Place: Housing Resources

Housing creates stability, and without it, everything else becomes harder. Options include public housing, housing vouchers, transitional housing and halfway houses. For immediate need, emergency shelters are available. The Department of Housing and Urban Development (HUD) also connects people with supportive housing programs. Stable housing is key to rebuilding independence.

### Get to Work: Employment Support

Steady employment is one of the strongest predictors of successful reentry. American Job Centers offer resume help, interview prep and skills training.

Reentry-specific programs focus on breaking down barriers for those with criminal records and connecting them to employers open to second chances. Even public libraries can play a role, providing free computer access, internet and job search assistance. A job is more than a paycheck – it's confidence, stability and a pathway forward.

### Remove Barriers: Legal Aid

Legal obstacles – like a criminal record – can block progress. Expungement can unlock access to jobs, housing and education. Free legal help is available through Maryland Legal Aid's "Lawyer in the Library" sessions and the Maryland Volunteer Lawyers Service. Knowing your rights and clearing hurdles makes reentry less daunting.

### Lean on Support: Build a Network

Beyond formal programs, community support matters. Faith-based groups, peer support circles and mentorship programs provide encouragement and guidance. Being connected to people who understand the journey helps reduce isolation and keeps motivation strong.

### Final Thoughts: Tools for a Fresh Start

Accessing benefits after reentry can seem complicated, but breaking the process into steps – starting with ID, then healthcare, food, housing, employment and legal aid – makes it manageable. Along the way, lean on community organizations and support networks.

These benefits aren't handouts. They're tools designed to help people rebuild their lives, contribute to their communities and thrive. Reentry isn't just about starting over. It's about breaking down barriers and building a better future.

*Shyia Clark is a workforce project coordinator at Maryland Volunteer Lawyers Service.*

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## Politics



Senator Antonio Hayes

Courtesy photo

# Maryland Senator Antonio Hayes Named Finalist in National Policy Ideas Challenge

## Submitted to The Baltimore Times

Maryland State Senator Antonio Hayes has been named one of twenty finalists in the 2025 National Ideas Challenge, a nationwide competition organized by the NewDEAL Forum to highlight innovative policies that strengthen communities across America. Hayes is one of only three finalists in the category “Health: Delivering Care in Communities.”

The annual Ideas Challenge recognizes state and local policymakers developing bold, practical solutions to improve people’s lives. This year’s competition focused on six key policy areas — Housing, Health, Education, Youth Investment, Public Safety, and Democracy — with more than 50 entries reviewed by a panel of nationally recognized policy experts.

Senator Hayes was recognized for his Health Equity Resource Communities (HERC) initiative, a statewide effort that

channels resources to community-based coalitions that deliver both health and social services where they are needed most. The program emphasizes equity, cultural competence, and place-based care. In West Baltimore, for instance, HERC funding supports nurse-led clinics, mobile health units, behavioral health services, and social supports that address underlying issues such as food access, housing stability, and employment — not just medical conditions like hypertension or asthma.

“It is an honor to be named a finalist in the NewDEAL Forum’s Ideas Challenge on such an important issue,” said Sen. Hayes. “I’m proud to see HERC recognized as a powerful example of transforming public health through place-based, people-powered innovation. This program shows how government and communities can partner to deliver real results by investing directly into trusted local coalitions to meet residents where they are and build healthier

communities.”

Jonathon Dworkin, Executive Director of the NewDEAL Forum, praised Hayes’ approach: “The job of good policy is to create an environment where families and communities can thrive, and Senator Hayes’ effort to deliver health care where it is needed most is a great example of taking an innovative, pragmatic approach to that goal.”

Other finalists in the “Delivering Care in Communities” category include Mayor Cassie Franklin of Everett, Washington, for her Emergency Mobile Opioid Team, and Mayor Lee Harris of Shelby County, Tennessee, for his Community Health Hubs initiative.

The winners of the 2025 National Ideas Challenge will be announced later this October and featured in Governing magazine.

To learn more about Senator Hayes’ Health Equity Resource Communities initiative, visit <https://newdealleaders.org/idea/health-equity-resource-communities>.

## Setting the Facts Straight on ADHD

By Mona Rock

Dr. Ajoke Akintade, a neurodevelopmental pediatrician and interim chief medical officer at Mt. Washington Pediatric Hospital, has been working with patients with Attention Deficit Hyperactivity Disorder for decades. In that time, the condition has become one of the most common neurobehavioral disorders of childhood, affecting about 10% of children. But despite its prevalence, it's still often misunderstood. To mark ADHD Awareness Month, we spoke with Dr. Akintade about the facts vs. the myths of ADHD.

**You have been working with young ADHD patients for decades. How has the perception of ADHD changed over the years?**

"The name ADHD came into use in the 1980s; before then, it was referred to as Hyperkinetic Reaction of Childhood, Minimal Brain Dysfunction, and Hyperactive Child Syndrome. Despite the name changes through the years, the core symptoms of ADHD have stayed the same.

It is now widely accepted that ADHD has a significant genetic component; however, the exact pattern of inheritance is unknown. Twin studies have shown that the risk of being diagnosed with ADHD if one has an identical twin is 80 to 90%

A better understanding of ADHD as a neurobehavioral disorder has resulted in improved awareness and more accurate diagnosis. The notion that 'bad parenting' causes ADHD is false.

**Why is there sometimes resistance from Black families to an ADHD diagnosis?**

"Although symptoms of ADHD are similar irrespective of skin color, Black parents remain reluctant to have their child labeled as having ADHD. Parents may ask: 'Why do I want my child to stand out even more in society?' Our

country still has ways to go in terms of educational and societal inequalities, and we need to take off the shame and stigma of ADHD.

Even with a diagnosis of ADHD, one can lead a successful and productive life.

**ADHD sometimes has a reputation for being overdiagnosed. What do you look for when diagnosing ADHD?**

"ADHD is typically diagnosed in childhood, and the symptoms are usually apparent by age seven. The symptoms of inattentiveness, distractibility, hyperactivity, and impulsivity should be noted in two settings and directly interfere with functioning and development.

A comprehensive evaluation that includes a detailed medical history, examination, observation, psychological testing, and other medical tests should be completed.

**What are other issues that you often see with children with ADHD?**

"There are many other mental health conditions that co-occur [comorbidities] with ADHD. These include, but are not limited to, learning disability, oppositional defiant disorder, anxiety, conduct disorder, sleeping problems, and depression. This is why a detailed and comprehensive assessment by a qualified professional is important."

**What advice do you have for parents who think that they may be seeing signs of ADHD in their child?**

"Stay positive, seek support from friends and family. Get your child evaluated as soon as possible. Remember that ADHD is a common, non-discriminatory disorder of childhood that affects all races. A diagnosis of ADHD does not mean that your child cannot succeed or be the best at whatever she or he decides. Proven management includes a combination of educational strategies, behavioral treatment, medication, and parent support".



*Dr. Ajoke Akintade Courtesy photo*



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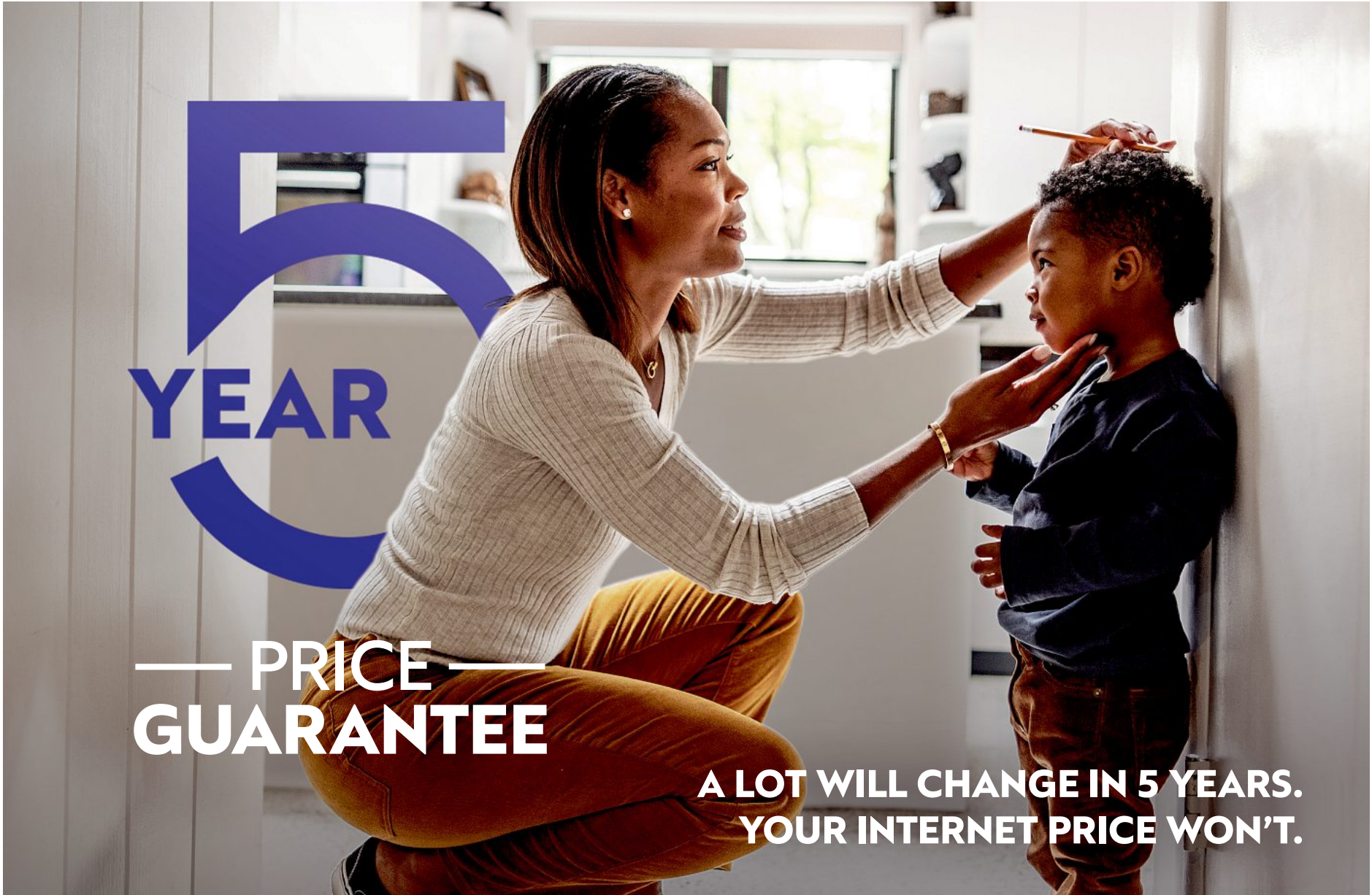
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## Nanna's Place: Love, Healing, and Soul Food with Purpose

When Tamera "Tee" Ford founded Nanna's Place in 2021, it wasn't just a business; it was a lifeline. Battling Triple Negative Breast Cancer, Tee found herself struggling with depression and fatigue. Her best friend and former catering partner, Jeaneen, encouraged her to get back in the kitchen and take on new clients. What began as a way to stay motivated during treatment evolved into a mission to feed others with love, care, and intention.

"I love to cook," Chef Tee says. "Getting back to catering pushed me right out of that dark space because I had to focus and put my love into what I do best, cooking."

That love traces back to her grandmother, affectionately called Nanna, who inspired both the name and spirit of the business. "When you needed one-on-one time with my Nanna, you'd go to her house after church on Sunday. You'd talk through life while she cooked. That's where I learned recipes, but also how to get through hard times. Cooking was how she showed love, and that same tradition is how I approach food and business."

Nanna's Place stands out in Baltimore's dining scene for its unique mix of soul food and health-conscious innovation. Beyond traditional favorites like stuffed turkey legs, smothered turkey wings, shrimp salad sandwiches, mac and cheese, and candied yams, Chef Tee also caters to chemotherapy patients and others with special dietary needs. She creates modified meals such as pureed, minced, or soft-textured dishes that include immune-boosting and anti-inflammatory ingredients like turmeric, ginger, and soursop.

"I know firsthand how treatment can affect your body," Chef Tee explains. "My meds sometimes caused my blood sugar to spike, even up to the 300s. That's why it's so important to watch what you eat, but also to find joy in food again. I want people going through treatment to still feel that 'Mmmm' moment when they eat."

One of Nanna's Place's signature

healthy dishes is Salmon Nuggets over Lo Mein Noodles, featuring cabbage, broccoli, ginger, turmeric, and a soursop-based sauce, a sweet and sour combination with real health benefits. A tofu or lemon-pepper salmon version is also available for plant-forward diners.

In 2025, Nanna's Place received third place in the Greater Baltimore Urban League's Restaurant Accelerator Program (RAP) Pitch Competition and was recognized by the program's business coaches as "Most Resilient." The award highlighted Chef Tee's determination to grow her business while overcoming personal health challenges and serving a unique market of customers with dietary needs.

Looking ahead, Chef Tee envisions Nanna's Place expanding to serve hospital systems and oncology centers, delivering nutritious meals tailored for patients in recovery. "In a few years, I want us to be catering in at least four hospitals for cancer patients," she says.

At the heart of it all is a message as warm as a Sunday dinner at her grandmother's table:

"I want people to feel the love that goes into every dish, that Whala, Mmmm Mmmm feeling, and to know they're cared for with every bite."

To contact Chef Owner Chef Tee for catering, send an email to:

Won.Up.Empire@gmail.com

*This feature is part of a collaboration between The Baltimore Times and the Greater Baltimore Urban League. Over the next few months, The Baltimore Times will spotlight businesses that participated in GBUL's Restaurant Accelerator Program (RAP), sponsored by the Pepsi Foundation. Through the program, eight businesses were awarded \$80,000 in grant funding and received free business coaching to strengthen their operations and community impact. For more information about RAP, visit GBUL.org.*



*Chef Tee is serving guests at the Greater Baltimore Urban League Restaurant Accelerator Program.*

*Photo courtesy of GBUL*



*Chef Tee was announced as the 3rd place winner of the pitch competition and most resilient*

*Photo courtesy of GBUL*



*RAP award winners with Corporate Chef Aaron Taylor of Atlas Restaurant Group, who sponsored a private tour for winners*

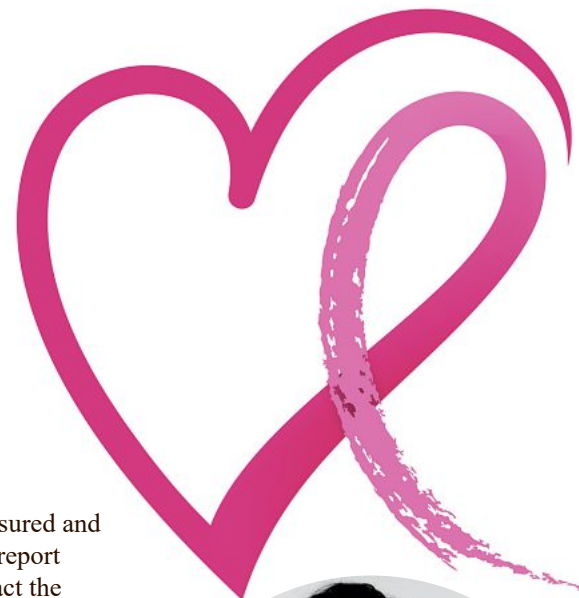
*Photo courtesy of GBUL*



*RAP Cohort with GBUL Staff*

*Photo courtesy of GBUL*

# WHAT YOU SHOULD KNOW ABOUT BREAST CANCER TRENDS, STATISTICS, HEALTH EQUITY



By **Andrea Blackstone**

According to the American Cancer Society, “for women in the US, breast cancer is the most common cancer (after skin cancer) and the second-leading cause of cancer death (after lung cancer) <https://www.cancer.org/content/dam/cancer-org/cancer-control/en/booklets-flyers/breast-cancer-fact-sheet-patient-version.pdf>.

Donna Adams-Pickett, PhD MD FACOG, specializes in obstetrics and gynecology. She said that “the incidence of breast cancer is rising more in women under the age of 50, particularly under the age of 45, while the incidence of breast cancer in older women has largely remained unchanged.”

However, there has been a significant increase in lobular breast cancer that is found in the lobules, the milk-producing glands in the breast. It is unique in both its appearance and its growth.

“Lobular tumors grow in a linear or dispersed pattern. Thus, it typically does not form a lump as most other breast cancers do. This can contribute to delayed detection by patients and doctors, treatment challenges, and poorer long-term prognosis for advanced disease. More study is needed to determine why there is this sudden increase,” said Adams-Pickett.

Ranked separately, it is considered the seventh most common breast cancer.

“However, while all other breast cancer diagnosis rates have increased by 0.8% each year, lobular breast cancer has increased by 2.8%,” Adams-Pickett added.

Additionally, there has been a consistent rise in the incidence of breast cancer in women 30-45, with a consistent increase of approximately 0.8 % every year for the past 13 years. The risk in women under 50 has increased by 1.7 % every year for the past 13 years.

Dr. Adams-Pickett stated that some proposed theories regarding contributing factors to these increases in diagnoses for this age group include delayed childbearing.

“In other words, women having children later in life, in their thirties versus their twenties, may be a contributor,” she said.

Earlier onset of the start of periods (menarche) may be a contributor, as it can result in more prolonged lifetime estrogen exposure. Adams-Pickett mentioned that increased rates of obesity may play a role as obesity is often related to poor nutrition and metabolism that may play a role. Additionally, environmental exposure to genetically modified and hormone-supplemented foods containing artificial additives may contribute.

“Exposure to environmental chemicals in our air, water, soil, etc., may play a role,” Dr. Adams-Pickett stated.

Finally, there may also be a link between increased alcohol consumption in this demographic, particularly those who drink more than two to three drinks per week.

“It is definitely multifactorial, and further studies are underway to learn more,” said Dr. Adams-Pickett.

Health equity plays a massive role in early breast cancer diagnosis, as

decreased access for the uninsured and underinsured to clinicians to report suspicious findings may impact the ability to diagnose in a timely manner. Equitable access to screening and diagnostic radiologic studies plays a large role in identifying breast cancer, the doctor noted.

“While Medicaid and insurance plans cover screening mammograms at 100%, diagnosis of disease requires more in-depth studies like diagnostic mammograms, ultrasounds, MRI and biopsies. None of those advanced studies and interventions are covered completely by insurance. Many patients cannot afford to have those studies done and delay their diagnosis and treatment,” Dr. Adams-Pickett said.

Breast cancer death rates have decreased overall since the late eighties, early nineties by nearly 45%. And while Black women do not have the highest rate of breast cancer diagnoses, Black women consistently are 40% more likely to die from a breast cancer diagnosis.

“Again, multiple factors play a role, but among them, Black women tend to be diagnosed with more aggressive, inflammatory breast cancers. Black women are more likely to have comorbid health conditions that impact the success of treatment of the disease. Additionally, delays in diagnosis and appropriate treatment due to barriers to access and systemic bias impact survival rates,” Dr. Adams-Pickett explained.

It is crucial that mammograms are obtained in a timely manner because early diagnosis of breast cancer is key to identifying the disease before it has an



**Donna Adams-Pickett, PhD MD FACOG, owner of Augusta Women's Health & Wellness Center.**

*Kristopher Armstead Photography*

opportunity to spread.

“It is literally the difference between life and death,” Dr. Adams-Pickett stated. “Most women should have mammograms annually from the age of 40 to 75. Low-risk patients and patients over the age of 75 may opt to have them every other year through shared decision making and counseling with their clinician.”

Learn more about Dr. Adams-Pickett, owner of Augusta Women's Health & Wellness Center by visiting [www.augustawomenshealth.com](http://www.augustawomenshealth.com) and [www.fourgirlsforgirls.org](http://www.fourgirlsforgirls.org). Visit <https://www.cancer.org/cancer/types/breast-cancer.html> to learn more facts about breast cancer.

## How to Deal with Domestic Violence Abusers and Work Toward Independence

### Part II of Two-Part Series

By Andrea Blackstone



During Domestic Violence Awareness Month, it is critical to point out that domestic violence (intimate partner violence) can involve verbal, sexual, physical, emotional or financial abuse. The People's Law Library points out that having to account for every dime, not being allowed to use the phone and being cursed at or called names can be indicative of abusive behavior that is displayed by a family member who mistreats another family member or intimate partner. Abuse may not only be physical. Moreover, "substance abuse by a family member can contribute to other forms of abuse," per The People's Law Library (<https://www.peoples-law.org/what-domestic-violence>).

#### How to Deal with an Abuser

Whitney Coleman, LICSW, LCSW-C, owner of Jade Clinical Services, provides mental health services to women of color who are experiencing life transitions, anxiety, and trauma. Coleman provides three tips that can help someone deal with an abusive person.

1. Use the gray rock technique to reduce escalation if you are unable to leave the situation. This involves having minimal emotional response to trigger further behavior.

2. Document as much behavior as you can and store it outside the home, in a locked location or with a trusted friend.

3. Have a safety/escape plan in place, in advance, with safe contacts, hidden funds, escape routes, and safe places to go. When the time comes to leave, you will

know your options and the resources available to you.

"Increase your independence as much as possible, socially, financially, emotionally, and physically. The more support and options you have, the less control the abuser has over you," said Coleman.

Victims of abuse should document abuse however they can. Coleman explained that if a victim is injured by an abuser, he or she should receive medical care have the injuries documented.

"Even psychosomatic injuries such as headaches and stomachaches show a pattern of medical issues that can correlate. Additionally, medical providers ask screening questions and evaluate the behavior of those who attend and document in the record, so if there are any controlling behaviors noticed, they will be documented."

If a person is stalked or harassed, digital evidence in the form of photos, screenshots, call logs, text threads can be used as evidence of abuse. Additionally, a psychological evaluation of ongoing mental health services can assess and document emotional and psychological effects of the abuse, provide written reports, and expert testimony if needed.

"Keeping a written log of incidents with dates and times is useful. It shows patterns of behavior and can align with other evidence. When keeping a log, make sure to be detailed with what was said or done, who was present, how it impacted you, if there was an escalation in behavior, and save any supporting evidence. All of this should be saved on something secure where the partner cannot access it," Coleman added.

#### The Portrait of an Abuser

Domestic violence abusers can have personality disorders such as antisocial personality disorder, borderline personality disorder, narcissistic personality disorder, and traits such as manipulateness, narcissism, grandiosity, feeling entitled, and a lack of empathy. They have been linked with abusive behavior, but having these traits does not mean one will be abusive.

"It is similar to the nature versus nurture debate, meaning does the abusive behavior come from the person or does something in their environment trigger the behavior," Coleman noted.

#### Resources to Help Domestic Violence Survivors

Coleman provided various online and phone resources to help victims of domestic violence gain clarity to obtain information that can assist them.



**Whitney Coleman, LICSW, LCSW-C, owner of Jade Clinical Services, has worked in the social work field for 18 years.**

*Herman Copelin III at Tarry Hearken Solution*

The National Domestic Violence Hotline 1-800-799-SAFE (7233) or text "START" to 88788 24 hours a day, seven days a week.

The National Coalition Against Domestic Violence (NCADV) has a directory of services on their website ([thehotline.org](http://thehotline.org)) which can be filtered by shelter; basic needs; crisis support; mental health; financial aid; legal help; sexual assault; youth services and information regarding services by state.

The National Teen Dating Abuse (<https://www.loveisrespect.org/>) helping is available at 866-311-9474 or text "LOVEIS" TO 22522

The Deaf Hotline (<https://www.thedeafhotline.org/>) is available via video phone at 855-812-1001 to support deaf survivors 24/7 to provide culturally appropriate services.

StrongHearts (<https://strongheartshelpline.org/>) is available via 844-7NATIVE (844-762-8483) for Native Americans experiencing domestic violence 24/7.



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**\*You must register for the Introductory Session  
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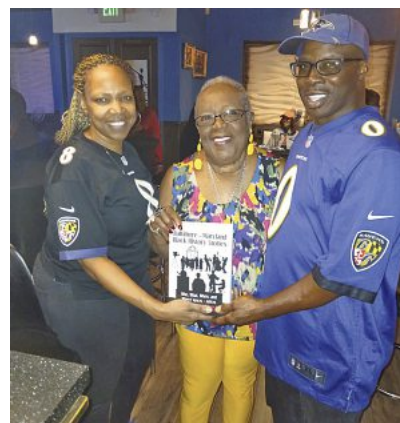
## Rambling Rose

### Jeff and Shirley Supiks, First Century Station Masters

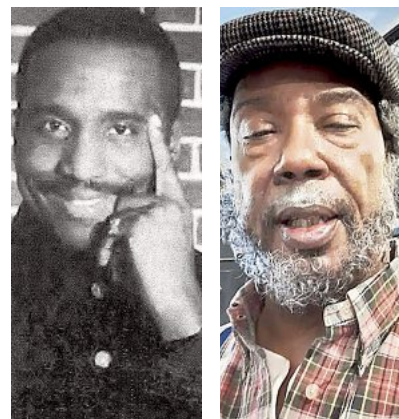
By Rosa Pryor



**(L-r):** Jeff Supiks with Janice Greene (center), who portrays Harriet Tubman and Shirley Supiks. Jeff and Shirley are the owners of the Emmart Pierpont Safe House. For more information on this historic house, call 410-655-7821.



Valerie Waters, the owner of the popular restaurant and lounge, *Who Know'z* located at 2101 Maryland Avenue with "Rambling Rose" and Valerie's friend showing off Rosa Pryor's new book. They have live entertainment every week, and it's free.



Comedy nights featuring Rickey Shackelford and Howard G on October 17, 7 p.m. at Life Church, 6107 Deer Park Road, Reisterstown, Maryland and Saturday, October 18, 8 p.m. at Café 12 located at 5627 Reisterstown Road. For more information, call 443-226-9157.



Rev. Dr. Ruth Travis celebrates her birthday with a gala on Saturday, October 25, starting at 12 p.m. at Slate the Venue, 3925 Gough Street, Suite 1. For more information, call Ruth Travis at 443-277-0067.



Ms. Shay will be performing at City View, 6700 Security Blvd. Friday, October 24 from 6-10 p.m.

Hello, everyone, how are you doing? I want to thank each of you from the bottom of my heart for purchasing my new book at the different venues where I have been invited. I am so looking forward to doing more book-signings at your event, or you can set up a book-signing party for me to talk to your guests about my new book, named "Baltimore & Maryland Black History Stories; Who, What, When & Where." When you are ready, just call or email me. The information to contact me is at the end of my column.

Now, I want to talk to you about an interesting couple who became my friends and have some fascinating history that I want to share with you and I hope that some of those history buffs out there will support them and check them out.

Jeff and Shirley Supiks—I understand they have been called "The Twenty-First Century Station Masters." They have owned the "Safe House" since 1980. Hidden in plain sight under a leafy canopy

in the small community of Rockdale in Baltimore County, a humble house with a rich history rests. They told me they have been teaching the history of the Underground Railroad in this area, including the role the house played in that history. The Supiks hope that when you see the symbol on the brick, it will remind you that people of diverse cultures, even in the worst of times, can come together for the good of all. The Supiks will continue to preserve the legacy of the Emmart Pierpont Safe House, the freedom seekers and the Underground Railroad. Every year, a Harriet Tubman Day of Remembrance is celebrated at the "Safe House" and will continue to be an annual event.

This Safe House is unique because the Emmart family used a brick to signal to freedom seekers that they had reached a safe haven. The brick was placed in the basement stairway in a rock wall and had a raised symbol on it. When the runaways felt that symbol, they knew they were

welcome and would find a place to eat, rest, and find safety. Right now, the Supiks could use your help with donations to keep this historical place maintained. For more information, contact Shirley or Jeff at 410-655-7821 or email: epsafehousesupik@verizon.net.

#### Beautiful Baltimore Tours Partner with Keystone Korner Jazz Club

"Beautiful Baltimore Tours" has partnered with Keystone Korner Jazz Club in creating a tour of Baltimore's Jazz history, past and present. I think this is so Cool! Check this out! A modern coach bus will take you to Lady Day Way, where Billie Holiday lived, the Eubie Blake National Jazz Institute and Cultural Center, and along Pennsylvania Avenue, where new life is being born back into the old neighborhood and sharing its history. You'll hear stories and music of the jazz and R&B legends, and you will also meet some of the musicians who are still around

today and still performing, including yours truly, who will be autographing my first book, named; "African-American Entertainment in Baltimore," nicknamed "The Pennsylvania Avenue Book." So, on Tuesday, October 21, join us and hear yours truly, "Rambling Rose" stories about Pennsylvania Avenue and purchase my books, and other souvenirs such as CDs and Arts at the Harris-Marcus Center on Pennsylvania Avenue. The tour will end at the Keystone Korner Jazz Club's "Open Jam Session" downtown. For more information, contact Donna Ann Ward, owner of "Beautiful Baltimore Tours," who is also seeking sponsors and donations to help keep this Baltimore Tour going for all of Baltimore at 410-210-2363.

Well, my dear friend, I have to go. I am out of space, but 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!**



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NMLS #2453988

## Legal Notice

### CITY OF BALTIMORE DEPARTMENT OF PUBLIC WORKS OFFICE OF ENGINEERING AND CONSTRUCTION NOTICE OF LETTING

Sealed Bids or Proposals, in duplicate addressed to the Board of Estimates of the Mayor and City Council of Baltimore and marked for **SANITARY CONTRACT NO. 995M-McComas Street Pumping Station Upgrades** will be received at the Office of the Comptroller, Room 204 City Hall, Baltimore, Maryland until 11:00 A.M. on **December 17, 2025**. Positively no bids will be received after 11:00 A.M. Bids will be publicly opened by the Board of Estimates and can be watched live on CharmTV's cable channel 25/1085HD; [charmtvbaltimore.com/watch-live](http://charmtvbaltimore.com/watch-live) or listen in at (443) 984-1696 (ACCESS CODE: 0842939) from City Hall at Noon. The Contract Documents may be examined, without charge, at Contract Administration 4 South Frederick Street Baltimore, Maryland 21202 on the 3<sup>rd</sup> floor (410) 396-4041 as of **October 17, 2025** and copies may be purchased for a non-refundable cost of **\$50.00**. **Conditions and requirements of the Bid are found in the bid package.** All contractors bidding on this Contract must first be prequalified by the City of Baltimore Contractors Qualification Committee. Interested parties should call (410) 396-6883 or contact OBC at 4 S Frederick St., 4<sup>th</sup> Floor, Baltimore, MD 21202. **If a bid is submitted by a joint venture ("JV"), then in that event, the document that established the JV shall be submitted with the bid for verification purposes.** The Prequalification Category required for bidding on this project is **E13003 Water and/or Sewer Treatment Plants and Pumping Stations**. Cost Qualification Range for this work shall be **\$3,000,000.01 to \$4,000,000.00**.

A "Pre-Bidding Information" session will be conducted virtually via Microsoft Teams. Vendors can call (audio only) 1 667-228-6519 Conference ID: 691 849 934# or Meeting ID: 234 375 283 333 PASSCODE: xN96EP2E on **October 22, 2025 at 10:00 A.M.** A Pre-bid site visit will be conducted on **October 30, 2025, at 10:00 AM**. All questions from bidders must be submitted in writing to the Project Manager, Abdul Jafari, [Abdul.jafari@baltimorecity.gov](mailto:Abdul.jafari@baltimorecity.gov) by **December 8, 2025, at 5:00 PM**.

## Legal Notice

To purchase a bid book, please make an electronic request at: [https://publicworks.baltimorecity.gov/dpw-construction-projects-notice-letting-and\\_dpwbidopportunities@baltimorecity.gov](https://publicworks.baltimorecity.gov/dpw-construction-projects-notice-letting-and_dpwbidopportunities@baltimorecity.gov). For further inquiries about purchasing bid documents, please contact the assigned Contract Administrator Doreen Diamond [Doreen.Diamond@baltimorecity.gov](mailto:Doreen.Diamond@baltimorecity.gov).

### Principal items of work for this contract include, but are not limited to:

Complete replacement of the existing pumps and motors (3 pumps).  
Replacement of suction and discharge piping and valves.  
Installation of mechanical bar screen.  
Site Civil Work.  
HVAC, instrumentation and electrical improvements.  
Bypass pumping.

The MBE goal is **17%**  
The WBE goal is **5%**

APPROVED:  
Clerk, Board of Estimates

APPROVED:  
Matthew W. Garbark  
Director  
Department of Public Works

## Legal Notice

### CITY OF BALTIMORE DEPARTMENT OF RECREATION AND PARKS NOTICE OF LETTING

Sealed Bids or Proposals, in duplicate addressed to the Board of Estimates of the Mayor and City Council of Baltimore and marked for **BALTIMORE CITY NO. RP24818R Cab Calloway Legends Park** will be received at the Office of the Comptroller, Room 204 City Hall, Baltimore, Maryland, until 11:00 A.M. **December 3, 2025**. Positively no bids will be received after 11:00 A.M. Bids will be publicly opened by the Board of Estimates in Room 215, City Hall at Noon. The proposed Contract Documents may be examined, without charge, at the Dept. of Rec & Parks at 2600 Madison Ave, Baltimore, Md. 21217 by appointment only on Mondays - Fridays, 8:30am – 4:00pm by emailing [benitaj.randolph@baltimorecity.gov](mailto:benitaj.randolph@baltimorecity.gov) as of

## Legal Notice

**October 17, 2025** and copies may be purchased for a non-refundable cost of **\$100.00**. A SharePoint link to a PDF of the Construction Drawings will be provided to all prospective bidders. **Conditions and requirements of the Bid are found in the bid package.** All contractors bidding on this Contract must first be prequalified by the City of Baltimore Contractors Qualification Committee. Interested parties should call (410) 396-6883 or contact the Committee at 4 South Frederick Street, 4th Floor, Baltimore, Maryland 21202. **If a bid is submitted by a joint venture ("JV"), then in that event, the document that established the JV shall be submitted with the bid for verification purposes.** The Prequalification Category required for bidding on this project is **G90132 Park Rehabilitation**. Cost Qualification Range for this work shall be **\$1,500,000.00 to \$2,000,000.00**. A MANDATORY "Pre-Bidding Information" session will be conducted in a Hybrid fashion, both in person in the conference room at 2600 Madison Ave., Baltimore, MD 21217, as well as via Microsoft Teams at 10:30am EST on Thursday, October 30, 2025. Email your contact information to [madison.miller@baltimorecity.gov](mailto:madison.miller@baltimorecity.gov) to receive an invite to the Microsoft TEAMS (video conference meeting) no later than 4:30pm EST, Tuesday, October 28, 2025. Principle Items of work for this project are Demolition of abandoned utilities, light structures, curbs and fencing; tree removal; earthwork; ADA ramp grading; electric utilities; landscaping; concrete steps and walkways; fencing; removable bollards; signage; playground renovation and resurfacing; boulder walls; marble steps; raised stage; paved plaza. The MBE goal is **15%** and WBE goal is **7%**.

APPROVED: M. Celeste Amato,  
Clerk, Board of Estimates

## Legal Notice

### CITY OF BALTIMORE DEPARTMENT OF RECREATION AND PARKS NOTICE OF LETTING

Sealed Bids or Proposals, in duplicate addressed to the Board of Estimates of the Mayor and City Council of Baltimore and marked for **BALTIMORE CITY NO. RP22808 Leakin Park Athletic Field Improvements** will be received at the Office of the Comptroller, Room 204 City Hall, Baltimore, Maryland, until 11:00 A.M.

## Legal Notice

**December 3, 2025**. Positively no bids will be received after 11:00 A.M. Bids will be publicly opened by the Board of Estimates in Room 215, City Hall at Noon. The proposed Contract Documents may be examined, without charge, at the Dept. of Rec & Parks at 2600 Madison Ave, Baltimore, Md. 21217 by appointment only on Mondays - Fridays, 8:30am – 4:00pm by emailing [benitaj.randolph@baltimorecity.gov](mailto:benitaj.randolph@baltimorecity.gov) as of **October 17, 2025** and copies may be purchased for a non-refundable cost of **\$100.00**. A SharePoint link to a PDF of the Construction Drawings will be provided to all prospective bidders. **Conditions and requirements of the Bid are found in the bid package.** All contractors bidding on this Contract must first be prequalified by the City of Baltimore Contractors Qualification Committee. Interested parties should call (410) 396-6883 or contact the Committee at 4 South Frederick Street, 4th Floor, Baltimore, Maryland 21202. **If a bid is submitted by a joint venture ("JV"), then in that event, the document that established the JV shall be submitted with the bid for verification purposes.** The Prequalification Category required for bidding on this project is **G90132 Park Rehabilitation**. Cost Qualification Range for this work shall be **\$6,120,000.00 to \$6,800,000.00**. A MANDATORY "Pre-Bidding Information" session will be conducted in-person in the conference room at 2600 Madison Ave., Baltimore, MD 21217, as well as via **Microsoft Teams at 10:30am EST on Wednesday, October 29, 2025**. Email your contact information to [william.andersen@baltimorecity.gov](mailto:william.andersen@baltimorecity.gov) to receive an invite to the Microsoft Teams (video conference meeting) no later than **8:30am EST, Tuesday, October 28, 2025**. Principle Items of work for this project are Provide and install new multi-purpose athletic field, sports and street lighting, bleachers, digital scoreboards, hardscaping, stormwater improvements, and landscaping at Leakin Park along Sloman Dr. The MBE goal is **27%** and WBE goal is **10%**.

APPROVED: M. Celeste Amato,  
Clerk, Board of Estimates

To place  
Legal Notices  
email:  
[legals@btimes.com](mailto:legals@btimes.com)  
[dwane@btimes.com](mailto:dwane@btimes.com)

## Legal Notice

## Legal Notice

### CITY OF BALTIMORE DEPARTMENT OF RECREATION AND PARKS NOTICE OF LETTING

Sealed Bids or Proposals, in duplicate addressed to the Board of Estimates of the Mayor and City Council of Baltimore and marked for **BALTIMORE CITY NO. RP24823** **RAWLINGS CONSERVATORY PALM HOUSE RESTORATION** will be received at the Office of the Comptroller, Room 204 City Hall, Baltimore, Maryland until 11:00 A.M. **DECEMBER 17, 2025**. Positively no bids will be received after 11:00 A.M. Bids will be publicly opened by the Board of Estimates in Room 215, City Hall at Noon. The proposed Contract Documents may be examined, without charge, at the Dept. of Rec & Parks at 2600 Madison Ave, Baltimore, Md. 21217 by appointment only on Monday through Friday, 8:30am – 4:00pm by emailing [benitaj.randolph@baltimorecity.gov](mailto:benitaj.randolph@baltimorecity.gov) starting **October 17, 2025** and copies may be purchased for a non-refundable cost of **\$100.00**. **Conditions and requirements of the Bid are found in the bid package**. All contractors bidding on this Contract must first be prequalified by the City of Baltimore Contractors Qualification Committee. Interested parties should call (410) 396-6883 or contact the Committee at 4 South Frederick Street, 4th Floor, Baltimore, Maryland 21202. **If a bid is submitted by a joint venture ("JV"), then in that event, the document that established the JV shall be submitted with the bid for verification purposes**. The Prequalification Category required for bidding on this project is **E13006-RENOVATION OF HISTORICAL STRUCTURES**. Cost Qualification Range for this work shall be **\$4,000,000.00 to \$8,000,000.00**. A MANDATORY "Pre-Bidding Information" session will be conducted **VIA Microsoft Teams at 11:30 A.M. on NOVEMBER 12, 2025**. Email your contact information to [Sharvari.subramaniam@baltimorecity.gov](mailto:Sharvari.subramaniam@baltimorecity.gov) to receive an invite to the Microsoft Team (video conference meeting) no later than **November 10, 2025 at 4:00pm**. Principal Items of work for this project are Replacing aluminum-clad windows, restoring historic materials, and repairing exterior elements like stone, metal and woodwork, updating mechanical, electrical, lighting, and control systems, fixing deterioration at the bases of wrought iron columns. The MBE goal is **26%** and WBE goal is **8%**.  
**APPROVED: M. Celeste Amato, Clerk, Board of Estimates**

## Community Information

### Howard County Executive Calvin Ball Seeks Professional and Public Members for Board of Electrical Examiners

ELLCOTT CITY, MD – – Howard County Executive Calvin Ball is seeking licensed electricians and members of the general public interested in serving a five-year term on the county's Board of Electrical Examiners.

**The deadline to apply is Friday, November 14, 2025.** The Board is composed of seven members, two members of the public who do NOT derive income from the electric industry, four who are licensed and practicing Master Electricians, and one electrical engineer. Board member responsibilities include reviewing and making recommendations to county elected leaders in all matters related to electrical work in the county, including the conduct of electrical business and licenses. To be eligible for consideration, applicants must be a Howard

County resident, 18 years of age or older (for general membership), and be able to attend the Board's meetings and hearings, which are held at least twice per year in the George Howard Building located at 3430 Court House Drive in Ellicott City or virtually. Interested applicants should complete an application online by visiting [www.howardcountymd.gov/applybc](http://www.howardcountymd.gov/applybc) and selecting "Board of Electrical Examiners" in the form. The names of eligible applicants will be submitted to the County Executive for consideration. If approved, the appointment will be forwarded to the County Council for confirmation. For any questions regarding the application process, please email [applybc@howardcountymd.gov](mailto:applybc@howardcountymd.gov). For more information about the Board for Electrical Examiners, visit <https://www.howardcountymd.gov/boards-commissions/board-electrical-examiners> the County's Department of Inspections, Licenses and Permits at 410-313-2455.



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