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The Baltimore Times Presents Baltimore's First Annual
Healthy Dining Awareness
Restaurant Week
November 1-9, 2025



Terry Coffman of Supano's: Bringing Heart, Flavor, and Health to Baltimore's Inner Harbor

Special to The Baltimore Times

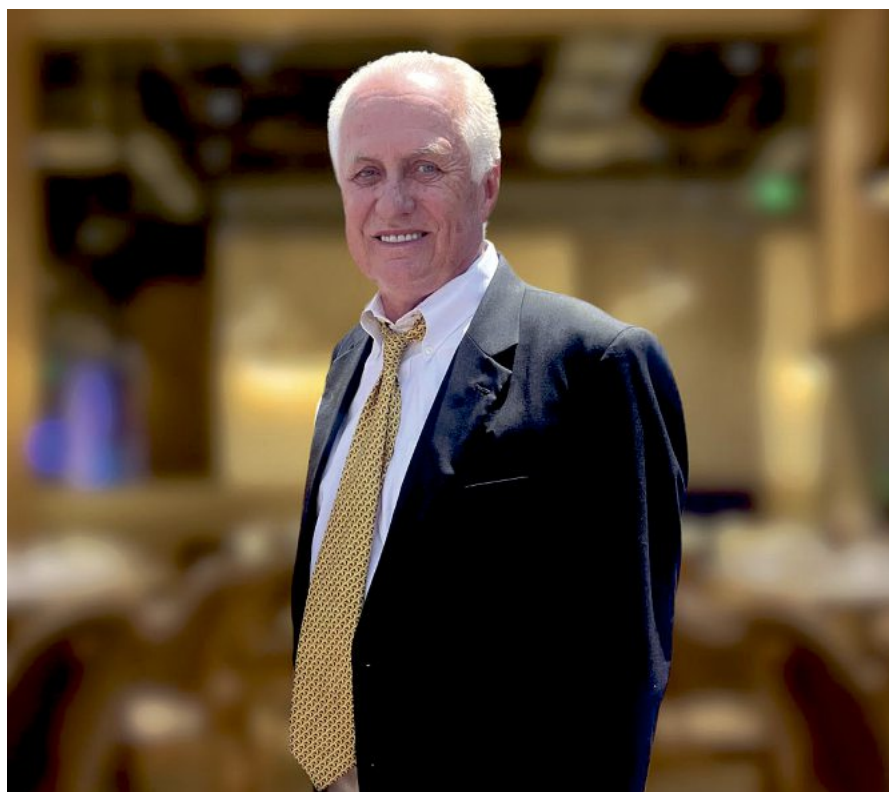
For Terry Coffman, the road to Baltimore's Inner Harbor has been long, winding, and full of flavor. The West Virginia native first came to Baltimore in 1999 after a successful career in real estate development. When that market shifted, he found new purpose in food service—opening restaurants downtown and, most recently, relocating Supano's Steakhouse & Sports Bar to the Inner Harbor in May 2025.

Today, Supano's is working to become a fixture in the city's dining scene, offering hearty Italian-inspired dishes, classic pub favorites, and now, a groundbreaking diabetic-friendly menu featured during Healthy Restaurant Week.

"I believe there's a real market for this," Coffman says. "About 35 to 37 percent of people are diabetic or pre-diabetic, and another 35 to 40 percent want to eat healthy. That's around 70 percent of the population. Why not give them a place to enjoy good food that meets their needs?"

Coffman's approach to dining balances comfort and consciousness. While Supano's once offered traditional steakhouse fare, it now centers on Italian comfort food made with fresh, organic ingredients. His personal favorite—chicken and peppers made with free-range chicken and organic red and yellow peppers—embodies that shift toward wholesome, flavorful eating. "No GMOs, no shortcuts," he emphasizes. "Just good, honest food."

The name Supano carries family meaning, derived from his grandmother's maiden name. "I figured 'Supano's' had that Italian flair," Coffman says with a smile. "It felt right—and it's become part of who we are."



Terry Coffman
Courtesy photo

Though new to the harbor, Coffman's focus remains consistent: creating a local destination where Baltimore residents and visitors alike can enjoy a meal that's both satisfying and smart. "A local place to dine with a healthy menu," he says. "That's the legacy I want to leave behind."

Coffman credits his longevity in business to a belief in karma and relationships. "I believe in doing the right thing," he says. "Since 2005, I've built strong relationships with hotels, the local community, and our regulars. Those relationships mean everything."

As he looks toward the future, Coffman plans to pass the business on

to his daughter, a CPA who manages finances for hotels and restaurants. "She understands the business side of hospitality," he says proudly. "When the time comes, I want her to carry it forward—and keep the focus on great food and community."

To celebrate Healthy Dining Awareness Week, Supano's will host the official Kick-Off event on Friday, October 31, 2025, from 6:00 to 9:00 p.m. at its Inner Harbor location. The free community event will feature welcome messages from sponsors, special guests, and information about other restaurants participating in the health-focused dining campaign.



Wagyu Burger



With his signature blend of heart, heritage, and health-conscious vision, Terry Coffman is redefining what dining in Baltimore's Inner Harbor can mean—one organic pepper at a time.



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Smart Meal Planning for Diabetes: A Simple Path to Better Health

By Marsena Robinson

Managing diabetes today isn't about giving up your favorite foods—it's about learning how to enjoy them in a balanced way. Experts from leading health organizations such as the CDC, the American Diabetes Association, and the Cleveland Clinic agree that meal planning is one of the most effective strategies for managing blood sugar and improving overall health.

A good diabetes-friendly meal plan goes beyond just listing foods. It's a thoughtful approach to what you eat, when you eat, and how much you eat. One of the simplest tools to start with is the plate method. Imagine a regular 9-inch plate: half of it should be filled with non-starchy vegetables like spinach, broccoli, or green beans. One quarter is for lean proteins such as chicken, tofu, or eggs, and the last quarter is for healthy carbs like whole grains, fruit, or starchy vegetables. This visual guide helps balance nutrients without counting calories.

Since carbohydrates have the most significant impact on blood sugar, understanding how they work is essential. The Cleveland Clinic recommends aiming for 30 to 60 grams of carbs per meal, depending on your personal needs. Carbs are found in foods like bread, rice, pasta, fruit, and dairy, while proteins and fats have little effect on blood sugar. Pairing carbs with protein, fiber, or healthy fats can slow digestion and help avoid blood sugar spikes.

The ADA also emphasizes the importance of regular mealtimes. Eating every two to three hours gives your body a chance to stabilize blood sugar levels. Their "Create Your Plate" method makes it easy to build balanced meals without measuring or weighing ingredients. For example, a dinner of lemon chicken,



Getty Images

roasted sweet potatoes, and sautéed greens fits perfectly into this model and delivers a satisfying mix of nutrients.

Snacking smart is another key part of managing diabetes. The ADA suggests choosing snacks that combine protein, fiber, and healthy fats—like apple slices with peanut butter, hummus with carrots, or a handful of almonds. These choices help curb hunger and keep blood sugar steady between meals.

For those newly diagnosed or looking to improve their eating habits, working with a registered dietitian can be incredibly helpful. Personalized meal plans can take into account cultural preferences, lifestyle needs, and other health conditions like kidney disease or high blood pressure. But even without

a custom plan, starting with whole foods and consistent meal timing can make a big difference.

Ultimately, meal planning for diabetes in 2025 is all about keeping things simple, balanced, and tailored to your needs. By using tools like the plate method, understanding how carbs affect your body, and choosing nutrient-rich foods, you can take control of your health—one meal at a time. Whether you're cooking at home or eating out, a thoughtful approach to food can help you manage blood sugar and support long-term wellness.



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Healthy Restaurant Week

Diabetes in 2025: New Guidelines Focus on Technology, Nutrition, and Prevention

By Marsena Robinson

Diabetes continues to affect millions of Americans, but new 2025 guidelines from the American Diabetes Association (ADA) and the American College of Lifestyle Medicine (ACLM) are reshaping how the condition is managed. These updates emphasize early detection, personalized care, and lifestyle interventions that go beyond blood sugar control to improve overall health.

The ADA's 2025 Standards of Care highlight several major changes. One of the most notable is the expanded use of continuous glucose monitors (CGMs), which are now recommended not only for insulin users but also for adults with type 2 diabetes on other glucose-lowering medications. CGMs provide real-time insights into blood sugar levels, helping patients and providers make informed decisions and avoid complications.

Another key update involves the use of GLP-1 receptor agonists. Originally prescribed for weight loss, these medications are now recognized for their benefits to heart and kidney health. The ADA also advises continuing weight-loss medications even after goals are met, to maintain metabolic improvements and prevent weight regain.

Nutrition guidance has been broadened to encourage plant-based proteins and fiber-rich foods. The ADA recommends evidence-based eating patterns that support metabolic goals while keeping total calories in check. Water is the preferred beverage, and nonnutritive sweeteners may be used in moderation to reduce sugar intake.

The ACLM's 2025 guidelines take a lifestyle-first approach, especially for the management of type 2 diabetes and prediabetes. Their recommendations include six pillars of lifestyle medicine:



Stock Image from Canva

whole-food, plant-predominant eating; regular physical activity; restorative sleep; stress management; positive social connections; and avoiding risky substances. Clinicians are encouraged to assess patients' baseline habits and use SMART goals—Specific, Measurable, Achievable, Relevant, and Time-bound—to guide behavior change.

Physical activity remains a cornerstone of diabetes care. The ACLM advises combining aerobic and strength training exercises, tailored to each individual's needs and readiness. The FITT framework—frequency, intensity, time, and type—is used to help structure exercise plans that are both effective and sustainable.

The ADA also introduced new screening recommendations for presymptomatic type 1 diabetes, especially for individuals with a family history or genetic risk. Antibody-based

testing can identify the condition early, allowing for timely intervention and better outcomes.

In addition, the guidelines address emerging concerns such as medication shortages and recreational cannabis use. Patients are advised to have contingency plans for managing their diabetes when drugs are unavailable. The ADA also warns that cannabis use may increase the risk of diabetic ketoacidosis, particularly in those with type 1 diabetes.

With diabetes rates continuing to rise, these 2025 guidelines offer a proactive and holistic approach to care. By combining technology, medication, and lifestyle strategies, healthcare providers and patients can work together to prevent complications and improve quality of life. Whether through diet, exercise, or early screening, the message is clear: managing diabetes is no longer just about blood sugar—it's about total health.

Charred Rabbit & Summer Pea Campanelle

By Kenneth R. Watson Jr.

Yield: 4 servings | **Time:** About 45 minutes (plus 12-hour brine)

Comfort consciousness in a bowl

This dish reminds me that flavor and healing aren't opposites — they're family.

Our rabbit is brined for 12 hours in a salt-herb bath of rosemary, thyme, and citrus — a process that naturally enhances mineral absorption and preserves moisture through gentle osmosis. Once seared and finished with hickory-smoked salt, it layers subtle smoke and umami that deepen the flavor and activate the body's digestive enzymes.

The sauce begins where simplicity meets science: fresh summer peas, butter, thyme, red onion, garlic, lemon, and cream. Heat unlocks chlorophyll and polyphenols, creating a silken emulsion that binds vitamins A, D, and K.

Campanelle pasta catches the sauce in every curl, its carbohydrates providing sustained energy, while the rabbit's lean protein and iron rebuild and repair. Fresh basil cools digestion, Parmesan adds probiotic richness, and a touch of red pepper brings warmth that improves metabolism.

"I grew up watching people season food like it was prayer," says Kenneth Watson. "Every herb and spice said something the body could understand before the mind caught up. When I cook, I think about chemistry, about circulation, about joy."

If rabbit feels too adventurous, try it with chicken breast or grilled salmon.

Ingredients

- 1½ lbs rabbit, brined in salt, herbs & citrus for 12 hours



- 2 tbsp olive oil
- 2 shallots, halved
- 3 cloves garlic, minced
- 1 cup fresh peas
- 2 tbsp unsalted butter
- ¼ cup thinly sliced red onion
- ½ cup light cream
- ½ tsp fresh thyme leaves
- 1 tbsp lemon zest + 1 tsp juice
- 1 tsp hickory-smoked salt
- ¼ tsp crushed red pepper flakes
- 1½ cups cooked campanelle pasta
- 2 tbsp grated Parmesan flakes
- 2 tbsp fresh basil, torn

Preparation

1. Brine the Rabbit Combine 8 cups of water, ¼ cup kosher salt, rosemary, thyme, lemon peel, and cracked pepper. Submerge the rabbit and refrigerate for 12 hours to enhance flavor and tenderness.

2. Sear & Char Pat the rabbit dry. In a heavy skillet, heat olive oil over medium-high. Sear until a deep golden crust forms. Sprinkle lightly with hickory-smoked salt, then remove and set aside.

3. Build the Summer Pea Sauce In the same pan, melt butter and add red onion. Sauté 2–3 minutes until fragrant. Add garlic and thyme, cooking just until aromatic. Stir in peas, salt, pepper, lemon zest, and cream. Simmer on low for 3–5 minutes until the sauce thickens slightly.

4. Bring It Together Return the rabbit to the pan. Add campanelle and toss gently so the sauce clings to every curve. Adjust seasoning with smoked salt, lemon juice, and red pepper flakes.

5. Plate with Presence Top with Parmesan and torn basil. The dish should glisten — a balance of cream, char, and herb.

Nutritional & Functional Highlights

- **High Protein & Iron:** Rabbit supports lean muscle and recovery.
- **Heart & Brain Health:** Olive oil, peas, and onions promote circulation and clarity.
- **Metabolic Boost:** Red pepper aids fat metabolism and nutrient absorption.
- **Digestive Support:** Fresh herbs, lemon, and garlic soothe and cleanse.

Per Serving: 585 cal | Protein: 46g | Carbs: 42g | Fat: 24g

About the Chef

Kenneth R. Watson Jr., JD, is the Founder & CEO of HealthLink360 and Unk's Catering. His culinary philosophy blends ancestral wisdom with nutritional science — cooking as healing, seasoning as storytelling.

More from the Founder's Table:
www.therichunkle.com/foundingtable

Dr. Joycelyn Peterson's Cookbook Brings Faith, Flavor, and Nutrition to the Table

By Harold Booker Jr.

For Dr. Joycelyn Peterson—affectionately known as “Dr. Joy”—food has always been about more than nourishment. It’s a calling rooted in faith, culture, and community. From her early years, she was inspired to embrace healthy, plant-based eating and, at just 18 years old, made a decision that would shape the rest of her life: to become a dietitian and write a vegetarian cookbook to help people around the world live healthier, more vibrant lives.

“I wanted to teach people that the original diet God intended for man—fruits, grains, and vegetables—could still be delicious and fulfilling,” she says, referencing Genesis 1:29. That conviction laid the foundation for a remarkable career in nutrition, education, and culinary innovation.

Today, Dr. Peterson serves as a Professor and Director of the Nutritional Sciences Program at Morgan State University in Baltimore, where she has spent years shaping the next generation of dietitians and public health leaders. Her academic background informs everything she does—from teaching and mentoring students to developing recipes for her cookbooks.

“My education and work experience have made me proficient in creating and testing recipes that we use in Morgan’s culinary arts minor,” she explains. “Students learn not just the science of nutrition, but how to apply it practically to create healthy, flavorful dishes.”

Dr. Peterson’s approach to teaching goes beyond the classroom. Her students often participate in research projects and community events, sharing what they’ve learned with Baltimore residents at health fairs and workshops. For her, education

is a form of service—one that connects science, culture, and compassion.

In her cookbooks and public health work, Dr. Peterson celebrates African American culinary traditions while reimagining them through a healthier lens. “Recipes like Okarra fritters use simple, familiar ingredients like black-eyed peas to add plant-based protein,” she says. “They’re a nod to our roots, showing that traditional foods can still support good health.”

She also tackles one of the biggest misconceptions about “soul food”—that it’s inherently unhealthy. “Soul food isn’t just fat and fried foods,” she emphasizes. “When you look closely, the traditional dishes—fresh greens, beans, vegetables—were wholesome. It’s about how we prepare them.”

Her work encourages families to honor their heritage without compromising wellness. Her guiding principle? KISS: Keep it Simply Served. “Each day, choose colorful, easy-to-prepare, fresh or frozen foods,” she advises. “Healthy eating doesn’t have to be complicated.”

Dr. Peterson is also the founder and director of the Vegetarian Institute of Nutrition and Culinary Arts, a nonprofit that provides cooking classes and training in vegetarian cuisine worldwide. She has published three vegetarian cookbooks, contributed articles to newspapers and health magazines, and even had her doctoral dissertation featured in the “Annals of Nutrition and Metabolism.”

Her proudest moments, she says, happen each May—watching her students walk across the stage at graduation. “Seeing them fulfill their dream of becoming registered dietitians reminds me why I do this work,” she reflects.



*Dr. Joycelyn Peterson, Professor and Director of the Nutritional Sciences Program at Morgan State University, holds her latest cookbook, **The Joy of Living: Plant-Based Cuisine**, inside Morgan’s greenhouse. Her work blends faith, culture, and nutrition to inspire healthier lifestyles rooted in plant-based traditions. Courtesy of Morgan State University*

And the future is bright. Dr. Peterson recently helped Morgan State University secure approval from the Maryland Higher Education Commission to launch a master’s degree in Community Health Nutrition with a Dietetic Internship Track, expanding opportunities for students to pursue advanced training in public health nutrition.

As she continues to write, teach, and mentor, Dr. Peterson remains grounded in her mission: to promote wellness

through faith-based principles and evidence-based science. “Wherever God leads, I’ll keep sharing the message that good health starts on our plates,” she says.

Her cookbooks are a testament to that message—bridging tradition and transformation, one vibrant, plant-based recipe at a time.

IrieWatas Wellness Brings Jamaican Healing Traditions to Baltimore's Wellness Movement

Special to The Baltimore Times

“Seeking my purpose through healing.” That’s how IrieWatas Wellness founder Jermaine Lawrence describes the inspiration behind his business. Founded in 2021, IrieWatas Wellness grew out of Lawrence’s deep cultural and personal connection to natural healing. As the child of Jamaican parents, he grew up in a household where food and drink were seen as life-giving. “Roots, herbs, fruits, and teas were part of everyday wellness — not just for taste, but for balance and vitality,” he shares. “That heritage is the foundation of IrieWatas Wellness. We see juicing as a modern extension of those traditions: bringing natural, plant-based healing to today’s lifestyle while keeping the cultural spirit alive.”

IrieWatas Wellness brings something unique to Baltimore — cold-pressed juices infused with Jamaican culture and wellness traditions. The business serves fresh, raw, nutrient-dense juices with bold tropical and herbal flavors. Drinks like Beetiful (with beets, berries, and burdock root), Likkle Green (with apples, cucumber, kale, and cilantro), and Turks Lagoon (with spirulina, coconut water, and soursop) stand out not only for their taste but for their health benefits. “We’re not just selling juice,” Lawrence explains. “We’re offering an authentic cultural wellness experience.”

Like many in the Caribbean and Black communities, Lawrence’s family has experienced diabetes and high blood pressure, and those experiences influence every recipe he creates. “We intentionally create juices without added sugars or artificial ingredients,” he says. “We focus on natural herbs, fruits, and vegetables that support heart health, balance blood sugar, and energize the

body. It’s a way to honor our family’s experiences while helping others live healthier.”

Several of IrieWatas’s blends are crafted with those needs in mind. “Beetiful is a heart-healthy blend that supports circulation and natural detox. Likkle Green is refreshing and blood-sugar-friendly, and Turks Lagoon revitalizes the body with tropical ingredients that hydrate and boost overall wellness,” Lawrence explains.

In the coming years, Lawrence plans to expand IrieWatas Wellness from bottled juices to a full wellness brand. That includes opening a juice bar, offering wellness workshops, and partnering with local health and cultural organizations. “Growth for IrieWatas Wellness isn’t just about selling more juice,” he says. “It’s about deepening our impact and becoming a hub where culture, health, and joy intersect.”

Lawrence was also one of eight entrepreneurs selected for the Greater



Jermaine Lawrence, founder of IrieWatas Wellness, shares his journey and inspiration during the Greater Baltimore Urban League’s Restaurant Accelerator Program (RAP) showcase. Lawrence was among eight entrepreneurs who received grant funding and business coaching through the program, supported by the PepsiCo Foundation and the National Urban League. Courtesy of the Baltimore Urban League



Courtesy of Jermaine Lawrence



Courtesy of Jermaine Lawrence

Baltimore Urban League’s Restaurant Accelerator Program (RAP), sponsored by the PepsiCo Foundation, where he received a \$10,000 grant from the National Urban League to help strengthen his business operations and expand community outreach.

“Our message is simple,” he adds. “Wellness is vibrant, cultural, and joyful. Every sip of IrieWatas is designed to nourish the body, uplift the spirit, and celebrate heritage. We want people to know that choosing health doesn’t mean giving up flavor or culture — it means embracing them more fully.”

To contact Jermaine Lawrence, email iriewatas.wellness@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 PepsiCo 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.

Healthy Restaurant Week

From Diagnosis to Transformation: How One Man's Battle with Diabetes Brewed a Health Revolution Through Tea

After being diagnosed with type 2 diabetes, Eric Dodson turned to tea—not just as a drink, but as a lifeline. His journey led to the creation of Cuples Tea House, where wellness and community steep together.

By Eric Dodson

Owner, Cuples Tea House

Everyone always ask, “why tea?” or “what got you interested in tea?” It’s quite simple, I wanted to live.

In 2007 I was diagnosed with type 2 diabetes. I knew I had gained some weight, but I attributed it to the fact that I was approaching 40. Before I knew it, I was over 200 pounds. I thought I was relatively healthy. I was still playing sports, exercising, and eating right. I believed I had a relatively healthy diet, I didn’t drink a lot of soda, alcohol, or consume a lot of sweets.

Misinformation regarding what was “good for me,” is what led to my diabetes. I switched from soda to juice, not realizing that most juices contain high fructose corn syrup or were packed with hidden sugars and carbohydrates. I ditched red meats in exchange for more pasta and rice because I thought fats would contribute to obesity. I began eating more sandwiches and soups filled with salt, sugar loaded condiments and artificial flavors while also subjecting myself to breads and processed deli meats that also contained sugars and high fructose corn syrups.

I searched for a doctor who practiced a more holistic approach. He suggested that I make some serious lifestyle changes beginning with my diet; switching to unsweet tea and eliminating all the so-called healthy juices. He explained that tea is a refreshing beverage that contains no sodium, fat, carbonation, or sugar. It is calorie-free and contributes to overall good health.

I tried it first with no sugar, then tried it with honey, sugar substitutes and artificial sweeteners. I tried it both hot and iced. I began to look for teas that



Courtesy photo

I would enjoy for their natural flavors. Flavors that I was familiar with like lemon, orange, mango, and berries, herbs like hibiscus, mint, and lemongrass. I discovered different types of teas, their properties and how they contribute to my overall health. I had to learn that tea is a wellness drink, not just something to drink when you’re sick but rather to prevent getting sick.

With heart disease, type 2 diabetes, and obesity at an all-time high, especially among underserved and diverse populations, it was important to examine tea as a health-promoting beverage.

So, in March of 2015, Cuples Tea was born. The goal was to educate the community about all the wonderful benefits of tea but to also make it



*Eric Dodson,
Owner, Cuples Tea House*

accessible. Cuples started with tea education classes, pop-ups, virtual tea tastings and finally opening the first brick and mortar in 2021.

My tea journey continues with four cups of hot tea per day and at least 2-3 glasses of iced tea, still with no sweeteners of any kind. I’ve learned to enjoy different teas from all over the

world, learning about their medicinal benefits. I’ve gained more control of my diabetes although it’s still a battle finding foods, especially at restaurants, that aren’t overly processed, or filled with hidden sugars and carbohydrates, but at least I’m no longer drinking my calories.

Return of the Savvy Grocery Shopper, Tips to Protect Your Wallet

Tips to Jumpstart Your Food Budget

By **Andrea Blackstone**

High food prices; the government shutdown; employment cutbacks; and the upcoming November 1, 2025, interruption of SNAP benefits are some of many reasons the food insecurity gap is narrowing in the United States.

Although food banks and pantries have faced funding cuts in 2025 to reduce federal spending, more Americans are turning to them during tough times. Arriving at sites early can be key since the demand for food has skyrocketed. Unfortunately, the demand can be higher than supplies allow after lines form.

Social media has become a resource to exchange information and spread the word about food bank locations, pantries, and ideas to stretch meals.

Melanie Cunningham, an Arlington, Virginia resident, has been employed as a federal government contractor.

"I was recently RIF'ed [affected by a Reduction in Force], due to DOGE [Department of Government Efficiency] cuts," she stated.

Cunningham, who enjoys cooking, baking, foraging for edible and medicinal plants and herbs, and reading and writing, has had more time to notice trends in grocery stores. The regular shopper at establishments such as Safeway, Harris Teeter, Wegmans, and Whole Foods has noticed 50% off sale stickers on meat, something that she did not recall from previous years.

"Note that the meat is likely approaching its expiration date in the store, so, for food safety, it is best to cook it within one to two days or freeze it immediately," Cunningham said.

Try to find out when meat department associates usually mark them down. Many stores reduce meat prices early in the morning, or at a time in the week

when they make room for new inventory. Pay attention to how the meat looks and smells before you purchase it.

Locate a clearance rack with shelf items such as canned goods or other merchandise. Remember that cans should be in good shape to ensure that the contents should be safe to eat.

"NEVER USE food from cans that are leaking, bulging, or badly dented; cracked jars or jars with loose or bulging lids; canned food with a foul odor; or any container that spurts liquid when opening. Such cans could contain *Clostridium botulinum*," the USDA noted (<https://ask.usda.gov/s/article/Is-food-in-damaged-cans-dangerous>).

Pay attention to the sodium content and other additives in canned food. Compare frozen options or items such as dry beans. You can control what is added to your meals. Reading labels can be especially beneficial for people with high blood pressure, diabetes and other health conditions. Dry beans are high in fiber and affordable meal fillers.

"During this time, people need to get back to basics by adapting their food preferences and pantries, finding value in meals that stretch. For many, that means looking to the meals of their ancestors or to those of other cultures. Start by centering the meal around plants and healthy starches to stretch it, incorporating beans and rice (a complete protein source), soups and stews, pastas, and one-pot meals. Shifting from processed foods when it makes sense, is convenient, and is cost-efficient to whole and minimally processed foods—a few small switches, such as buying frozen vegetables instead of fresh or canned. Fresh vegetables have a shorter shelf life, and canned vegetables are higher in sodium and preservatives," Cunningham added.



Melanie Cunningham talks about foraging and how it ties to food sovereignty at the Women Advancing Nutrition Dietetics and Agriculture (WANDA) Juneteenth Sisterhood Supper. Cunningham was honored as a Food Shero in 2023 for her work in foraging, food traditions, and teaching at-risk youth through the EYL365 program. Photo: WANDA



Melanie Cunningham locates the 50% off meat section in a grocery store. Photo: Dominic McDonald

Avoid impulse purchases by making a shopping list before going to the store. Do not forget to grab a flyer near the front door to find out if anything that you need is on sale. Coupon apps and mailers can help you to stretch your budget, too. Know what produce is advisable to buy organic. The Environmental Working Group's (EWG) Dirty Dozen <https://www.ewg.org/foodnews/dirty-dozen.php> includes an analysis of 12 fruits and vegetables that were most contaminated with pesticides.

"Ranking the produce with the most and least pesticide residues, EWG's Shopper's Guide to Pesticides in Produce™ helps consumers know more about what they buy and eat," EWG reported.

Leftovers can be transformed into delicious, nourishing soups as the

weather cools down. Consult food blogs, and websites such as <https://myreliablerecipes.com/soup-leftovers-into-magic> to jumpstart creative soup options.

Cunningham mentioned that a co-op-like grocery shopping model at wholesale stores such as Costco, BJ's Wholesale Club and Sam's Club, allows shoppers to shop in bulk with a group. Food can be divided along with the cost of purchased items. This cost-saving strategy saves refrigerator space and reduces the risk of wasted food.

"During this time, I think it is essential for us to exercise adaptability, resilience, and creativity to sustain ourselves and our families," she said.

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BCAC to Host W.I.M.S. M'ARTi Gras 2025!

Free Nov. 9 Event to Feature Artists Across Various Media

By Ursula V. Battle

The Arts & Letters Committee of the Baltimore County Alumnae Chapter (BCAC) of Delta Sigma Theta Sorority, Inc. will present W.I.M.S. (Words, Images Movement & Sound) M'ARTi Gras 2025! The event will take place Sunday, Nov. 9, 2025, from 1 – 5 p.m. at the Middle River Recreation Activity Center, located at 9702 Community Drive in Middle River, Maryland. M'ARTi Gras 2025! will feature music, interactive coloring, short films, illustrations, graphic artists, Culinary Arts, and more.

The free event is open to the public and provides a platform for artists of various ages to display their work.

A commemorative Mardi Gras-themed painting created by artist Daryl Foster also known as “Blk. Artista” and a painting by Nai Turner are among the works that will be on display. There will also be a screening of an animated short film by Michael Palmer, winner of the 2023 Baltimore County Youth Film Festival.

Stacey Mitchell-Brown and Dana Brown are co-chairs of M'ARTi Gras 2025! According to Mitchell-Brown, the event will feature the works of more than 15 artists across various artistic media.

“The goal of this event is to provide an opportunity for new and emerging artists with the opportunity to share their talents with the community,” said Mitchell-Brown. “Through this event, we also wanted to provide an environment for the community to purchase the artists’ work and hire them for other events and activities.”

Event highlights will also include performances by The Keyz Band

featuring vocalist Jay Elle; short films by director Shane King, Jacob Greene, and Paul Coreas; and a book discussion and Meet & Greet with author and well-known educational figure Dr. Warren. C. Hayman. A well-known educational figure, Dr. Hayman will discuss his book, “Everyone Has a Story to Tell: The Life and Legacy of Dr. Warren C. Hayman, ED.D.”

“BCAC also aims to engage generations through the arts, and this presentation includes artists ranging from high school age to seniors over 90 years of age,” said Mitchell-Brown.

W.I.M.S. is an annual program that presents artists representing all genres of art: performance, literary, and visual. W.I.M.S. was created in 2003 by the Arts and Letters Committee of the Baltimore County Alumnae Chapter of Delta Sigma Theta Sorority, Inc. with the express purpose of showcasing and promoting the talent of African American artists, who are aspiring or accomplished in their art form.

Former Arts and Letters Committee Chair Deborah Peaks-Coleman was the brainchild of W.I.M.S. and led the effort to establish BCAC’s signature Arts and Letters program.

“It seemed befitting to have a signature Arts & Letters program that would showcase aspiring artists,” said Peaks-Coleman. “In the art world, consistent and substantial support of artists is needed to promote their creative endeavors.”

She added, “W.I.M.S. has been a launching pad for aspiring artists to receive exposure to the Baltimore County community, giving them the opportunity to sell their works, book future engagements, and propel them to the next level of performance/

presentation. For many of the young artists, W.I.M.S. has helped them expand their portfolio of work and build confidence to hold fast to their passion for being an artist on a professional path.”

M'ARTi Gras 2025! activities also include an interactive coloring workshop with Charnice Hale and illustration by Xavia Williams. The Culinary Arts part of the event will include M'ARTi Gras bites by Tortuga Deli; desserts by Plant Baked by Sarah; and beverages by Rich & SpirLit.

“This year, W.I.M.S. is taking a different approach, shifting from being solely a showcase to presenting an arts festival Mardi Gras style while promoting the works of artists,” noted Peaks-Coleman. “W.I.M.S. is committed to being a showcase of talent, giving artists an opportunity to promote their creative works that reflect the African American experience.”

THE ARTS & LETTERS COMMITTEE OF THE
BALTIMORE COUNTY ALUMNAE CHAPTER
DELTA SIGMA THETA SORORITY, INC.

PRESENTS:

W.I.M.S.
WORDS, IMAGES, MOVEMENT & SOUND

M'ARTi GRAS 2025!

Tickets FREE-
Registration Required

MIDDLE RIVER RECREATION ACTIVITY CENTER
9702 COMMUNITY DRIVE, MIDDLE RIVER, MD 21220
Sunday, November 9, 2025 • 1-5 p.m.

COME OUT TO ENJOY MUSIC, INTERACTIVE COLORING, SHORT FILMS,
ILLUSTRATIONS, GRAPHIC AND CULINARY ARTS, MOVEMENT AND MORE!

FOR MORE INFO, PLEASE CONTACT ARTSLETTERS@BCACDELTA.ORG

www.BCACDeltas.org • Follow Us @ #BCACDST1984

Registration is required and closes Nov. 8. Families are encouraged to attend. To register, visit <https://tinyurl.com/BCACWIMSMardiGras2025>. For more information, contact artsletters@bcacdeltas.org.



Seleh Rahman, Owner of Seleh's De Federal Hill Has Passed Away

By Rosa Pryor

Hello everyone, I send prayers and my condolences to the families who have lost their loved ones this month. Many of you have contacted me to let me know that someone special in your life has gone to a better place, including in my family. We will keep you in our prayers. Seleh Rahman, a public figure and a Baltimore icon, also passed away.

Seleh Rahman was the owner and founder of Seleh's De Federal Hill, located at 1018 S. Charles Street in Baltimore. Seleh owned this prestigious business, founded in 1975. He studied design in Paris and traveled to many other European countries, becoming a master in his craft. He previously worked at the high-end department store, Nordstrom.

Seleh specialized in re-designing furs and fur cleaning. Honey child, please take my word for it— he was the best of the best. He also had fur storage. For over 30 years, he stored my furs. He also offered leather cleaning and fur cleaning services. For men who love custom suits or pants, Seleh had a very large inventory of hundreds of fabrics to choose from. Clothing alteration services for men and women included wedding gowns and special tuxedo designs for men. Seleh was a genius in his own time. There is no other one like Seleh Rahman. He was my friend, and he will be genuinely missed. I send my condolences to his family.

The Baltimore Jazz History Tour is a guided tour offered every Tuesday from 4-6:30 p.m. with Donna Ann Ward, owner of Beautiful Baltimore Tours. Beautiful Baltimore Tours is a partner with Keystone Korner Jazz Club, located downtown. She has a modern



Seleh Rahman passed away last week. Seleh was the owner of Seleh de Federal Hill Furriers. His funeral was held Friday, October 24 at Janazah Prayer Masjid Alhaqq, located 514 Islamic Way in Baltimore. He was laid to rest at King Memorial Park. Condolences to the family. May my friend rest in Peace.

coach that takes you to Lady Day Way on Pennsylvania Avenue, where Billie Holiday lived. The tour continues to the Eubie Blake National Jazz Institute and Cultural Center, and along Pennsylvania Avenue, where new life is being breathed into the greatest jazz neighborhood in the city. You will hear music and stories of jazz legends and meet the jazz neighborhood. You'll listen to music and stories from jazz legends, meet jazz musicians, and connect with people who are advocates for the music world in Baltimore. This all-ages tour includes free admission to Keystone



The Brian Kooken Trio will perform at the An die Musik, 409 N. Charles Street on Sunday, November 2, at 3 p.m. Robert Shahid will play the drums, Brian Kooken will play the guitar, and Greg Hatza will play the B3 organ. For more information, call Henry Wong at 410-385-2638.

Korner's Open Jam Session, and tourists are welcome to bring their instruments. You can contact Donna Ward by calling 410-210-2363 or by emailing her at BeautifulBaltimoreTours@gmail.com for more information.

Join Robert Shahid every Saturday morning from 5-10 a.m. on WEEA 88.9 FM radio. He hosts the "Oldies but Goodies Show," featuring hits from the '50s, '60s, '70s, and '80s. He features comedy and "Live" show features with listener call-in requests, birthday and anniversary celebrations.

Well, my dear friends, I have to go. I am looking for someone to host a book signing party for me to introduce my new book. Remember, if you need me, I am only a phone call away. Call me day or night at 410-833-9474, or email me at rosapryor@aol.com. **UNTIL THE NEXT TIME, I'M MUSICALLY YOURS.**



J'Kar, along with Tony Brooks, will perform a tribute to the Spinners at The Chesapeake Arts Theater located at 194 Hammonds Lane, Brooklyn Park, Maryland. Rose Royce Revue will feature Ne-Ne in the concert. After the concert, enjoy an all-inclusive dinner and dancing at 9 Five Restaurant on Saturday, November 8, 4 p.m., located at 6075 Belle Grove Road, Baltimore, Maryland. For more information, call Janora at 443-955-8600.



Baltimore comedian, Jamie Linn Watson, will star in the new, creator-led film, "SKIT." It premieres on Tubi on Friday, November 14.

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REQUEST FOR PROPOSAL - PROJECT NO. 1419 PROGRAM MANAGEMENT SERVICES FOR WATER AND WASTEWATER FACILITIES PROJECT DELIVERY SECTION

The City of Baltimore Office of Engineering and Construction (OEC) has been authorized to request the Office of Boards and Commissions (OBC) to advertise Project 1419 for the selected services for the City of Baltimore from qualified Engineering firms. It is the expectation of the City's that interested firms providing these services, demonstrate and document the following for the City of Baltimore.

The Firms interested in providing these services must demonstrate and show examples of:

*Experience and knowledge in program/project management and coordination of strategic planning, study, design, and construction phases related to the rehabilitation and/or replacement of water and wastewater facilities for multiple ongoing and forecasted projects.

*Experience in conducting specialized technical and quality control reviews of multi-discipline study, design and construction documents.

*Experience with The Comprehensive Water and Wastewater Plan for Baltimore City, Wastewater Flow Capacity Report (WFCR), and Wastewater Capacity Management Plan (WCMP).

*Experience in preparing for Capital Improvement Program (CIP), including business case preparation and prioritizing projects utilizing the Integrated Planning Framework

*Experience in preparing the Water Infrastructure Finance and Innovation Act (WIFIA) and State Revolving Funds (SRF) applications and supporting documentation to secure Federal and State Funding.

*Experience in preparing supporting documentation for Annual Disclosure Statements for Water and Wastewater Bond Sale Requirements.

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*Ability to provide in-house Engineering staff to supplement local staff when required and provide adequate training needed for both City and consultant staff.

*Experience in developing and managing an integrated, multi-disciplined contract team with Minority and Women Business Enterprise firms while meeting MBE/WBE goals.

*Experience in public relations outreach; permitting requirements; coordination and compliance with Federal, State and Local regulations and agencies during all project phases.

Services, as stated above, will include project/program management for review and administration of available information, contract administration, preparation of reports and contract documents, investigation, design reviews, and shop drawing review and consultation during construction phases including cost estimates and potential change orders (PCOs). The City intends to select the services of one (1) firm for a period of three (3) years for \$6,000,000, with an option to extend for two (2) years additional term at City's discretion, for a total fee not to exceed \$10,000,000.00 for selected firm. The Office of Engineering and Construction reserves the right to have a second interview with eligible consulting firms.

DPW encourages all contracting firms that have the experience and capacity to work on this scope to submit their proposals. All firms must demonstrate and document their capacity and resources to deliver the required services on time. Projects must comply with the 2006 edition of "The Specifications for Materials, Highways, Bridges, Utilities and Incidental Structures". City personnel will utilize the City of Baltimore Guidelines for the Performance Evaluation of Design Consultants and Construction Contractors for this contract/project.

Should you have any questions regarding the scope of the project, please contact Mr. Brandon Fobeteh at 410-396-5271 or by email at brandonc.fobeteh@baltimorecity.gov

SUBMITTAL PROCESS

All firms listed in the specific proposal for the Project must be prequalified by the Office of Boards and Commissions, including each discipline prior to submission for this Project. Any firm listed in this proposal to

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perform work in any existing or related category must also be prequalified. It is the responsibility of the Firm submitting the SF255 verify and include a copy of each of Consultant's current Prequalification Certificate in the submission package. Information regarding the prequalification process can be obtained by calling the Office of Boards and Commissions on 410.396.6883.

Each Firm responding to this Request for Proposal (RFP) for Project 1419 is required to complete and submit an original Standard Federal Form (SF) 255 unless otherwise specified in this RFP. Provide one (1) original submittal, along with five (5) additional copies to the Office of Boards and Commissions at 4 South Frederick Street, Baltimore, Maryland 21202 on or prior to the due date by NOON Friday December 19, 2025. Submittals will not be accepted after the due date (NOON). The City Of Baltimore *has not adopted SF330*, it may not be used, unless specified in the RFP. Submittals *are not* accepted by email.

The Federal Standard Form (SF) 255 cannot be supplemented with additional pages, or additional information such as graphs, photographs, organization charts, etc. All such information should be incorporated into the appropriate pages. Applications should not be bound; simply stapled in the upper left-hand corner. Cover sheets should not be included. Inclusion and/or submittal of additional material may result in the applicant being disqualified from consideration for this project.

Firms interested in submitting a proposal for this Project, shall address a "Letter of Interest" to the Office of Boards and Commissions, or you may email: OBC.consultants@baltimorecity.gov. Letters of Interest will be utilized to assist small minority and women business enterprises in identifying potential teaming partners and should be submitted within five (5) days of the date of the project's advertisement. The Letter of Interest must provide the name and number of your firm's contact person. Failure to submit a "Letter of Interest" will not disqualify a firm submitting a proposal for the project.

Only individual firms (including, for example, individuals, sole proprietorships, corporations, limited liability companies, limited liability partnerships, and general partnerships) or formal Joint Venture (JV)

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may apply. Two firms may not apply jointly unless they have formed a joint venture.

COSTS OF RFP RESPONSE

There will be no payment or compensation provided to firms' who desire to participate in any part of the submittal. All related expenses to the preparation of a response, including additional requested information, interviews, and any other necessary information, will be the sole responsibility of the firm. The City, its staff, or its representatives will not be responsible for reimbursing any costs or expenses incurred resulting in providing a submission to this RFP.

Baltimore City reserves the right to waive minor irregularities, to negotiate in any manner necessary to best serve the public interest, and to make a whole award, multiple awards, a partial award, or no award. Baltimore City reserves the right to cancel this RFP, prior to closing date.

MBE/WBE Requirements – Mayor's Office (SMBA&D)

It is the policy of the City of Baltimore Mayor's Office of Small and Minority Business Advocacy & Development (SMBA&D) to promote equal business opportunity in the City's contracting process. Pursuant to Article 5, Subtitle 28 of Baltimore City Code (2000 Edition) – Minority and Women's Business Program, Minority Business Enterprise (MBE) and Women's Business Enterprise (WBE) participation goals apply to this contract.

The MBE goal is 30 %

The WBE goal is 14 %

Both the proposed Minority and Women's Business Enterprise firms must be named and identified as an MBE or WBE within Item 6 of the Standard Form (SF) 255 in the spaces provided for identifying outside key consultants/associates anticipated for utilization for this project.

Any submittals that do not include the proper MBE/WBE (in some instances DBE) participation will be disapproved for further consideration for this project.

Verifying Certification

Each firm submitting a SF 255 for consideration for a project is responsible to verify that all MBEs and WBEs to be utilized on the project are certified by the SMBA&D prior to submitting the proposal. A directory of certified MBEs and WBEs is available from SMBA&D. Since changes to the directory occur daily, firms submitting SF 255s

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should call SMBA&D at (410) 396-3818 to verify certification, expiration dates and services that the MBE or WBE is certified to provide.

Non-Affiliation

A firm submitting a proposal may not use an MBE or WBE to meet a contract goal if: The firm has a financial interest in the MBE or WBE.

The firm has an interest in the ownership or control of the MBE or WBE.

The firm is significantly involved in the operation of the MBE or WBE (Article 5, Subtitle 28-41).

Insurance Requirements

The consultant selected for the award of this project shall provide professional liability, auto liability, and general liability and workers' compensation insurances as required by the City of Baltimore.

Local Hiring Law

Article 5, Subtitle 27 of the Baltimore City Code, as amended (the "Local Hiring Law") and its rules and regulations apply to contracts and agreements executed by the City on or after the Local Hiring Law's effective date of December 23, 2013, which is applicable to all vendors. The Local Hiring Law applies to every contract for more than \$300,000 made by the City, or on its behalf, with any person. It also applies to every agreement authorizing assistance valued at more than \$5,000,000 to a City-subsidized project. Please visit www.oedworks.com for details on the requirements of the law.

Additional Information

Any firm submitting a SF255 in response to the RFP that fails to comply with the requirements of Article 5, Subtitle 28 of Baltimore City Code when executing a contract is subject to the following penalties: suspension of a contract; withholding of funds; nullification of contract based on material breach; disqualification as a consultant from eligibility to provide services to the City for a period not to exceed 2 years; and payment for damages incurred by the City.

A resume for each person listed as key personnel and/or specialist, including those from MBE and WBE must be shown on the page provided within the application.

Please be advised that for the purpose of reviewing price proposals and invoices, the City of Baltimore defines a principal of a firm as follows:

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A principal is any individual owning 5% or more of the outstanding stock of an entity, a partner of a partnership, a 5% or more shareholder of a sub-chapter 'S' Corporation, or an individual owner.

Out-of-State Corporations must identify their corporate resident agent within the application.

Firms providing a SF255 Submission in response to this RFP who do not follow guidelines within this RFP including being prequalified, meeting SMBA&D goals at the time of the submittal due date will be deemed nonresponsive. Failure to follow the guidelines of this advertisement will cause disqualification of a firm(s) Submission for this project and will disqualify the entire team for further participation in the project.

Deena Joyce, Executive Secretary
Chief Office of Boards and Commissions

Employment

Allegis Group, Inc. seeks Lead Test Engineer in Hanover, MD (**& various unanticipated locations throughout US**) **Telecommuting Permitted:** Provide specialized expertise in critical elements of the software testing activities being performed to improve Allegis' biz capabilities. **Employer will accept a 3 or 4-yr bachelor's degree.** Req's: BS(or equiv.)+7 yrs. exp. Salary: \$148,574-\$157,200 per yr. Employees may also receive a benefits package including a 401(k) company matched retirement savings plan, health plans, paid time off & holiday pay. The company is an equal opportunity employer & will consider all applications without regard to race, sex, age, color, religion, national origin, veteran status, disability, sexual orientation, gender identity, genetic information or any characteristic protected by law. If you would like to request a reasonable accommodation, such as the modification or adjustment of the job application process or interviewing process due to a disability, please email Lauren Lara at llara@allegisgroup.com or call 410-579-3526 for other accommodation options. Submit resume w/ ref. to Req.# L23-144790 to: resume@allegisgroup.com.

Employment

TEKsystems Global Services, LLC. has the following opportunities in Hanover, MD(**& various unanticipated locations throughout US**) **Telecommuting Permitted:**

* Lead Developer (Req# L23-134938): Analyze, design, document & implement software components & layers req'd for complex software implementation based on requirements & design specifications.

Req's: BS (or equiv.)+3 yrs. exp. Salary: \$122,013-\$137,500 per annum.

*. Practice Architect (Req# 22-17624): Gain clear understanding of customers' biz requirements & their technical requirements based upon the dvlped solution & agreed statement of work (SOW). Req's: BS(or equiv.)+3 yrs. exp. Salary: \$146,299-\$165,000 per annum.

*. Practice Architect I (Req# 22-17616): Gain clear understanding of customers' biz requirements & their technical requirements based upon the dvlped solution & agreed statement of work (SOW). Req's: BS(or equiv.)+3 yrs. exp. Salary: \$138,549-\$165,000 per annum.

*. Practice Architect (Req# 21-2421): Gain clear understanding of customers' biz requirements & their technical requirements based upon the dvlped solution & agreed statement of work (SOW). Req's: BS(or equiv.)+3 yrs. exp. Salary: \$156,000-\$165,000 per annum.

*. Sr. Software Engineer (Req# 22-17578): Dvlp & build custom code to meet functional requirements & perform unit testing. Req's: BS(or equiv.)+3 yrs. exp. Salary: \$130,000-\$151,000 per annum. Employees may also receive benefits package including a 401(k) company matched retirement savings plan, health plans, paid time off & holiday pay. Company is an equal opportunity employers & will consider all applications without regard to race, genetic information, sex, age, color, religion, national origin, veteran status, disability or any other characteristic protected by law. To view the EEO is the law poster click here https://www.eeoc.gov/sites/default/files/2022-10/EEOC_KnowYourRights_screen_reader_10_20.pdf.

Applicants with disabilities that require an accommodation or assistance a position, email EmployeeRelations@teksystems.com. This is a dedicated line designed exclusively to assist job seekers whose disability prevents

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them from being able to apply online. Messages left for other purposes will not receive a response. Submit resume w/ ref. to Req.# to: resume@allegisgroup.com.

Employment

TEKsystems, Inc. has the following opportunities in Hanover, MD (**& various unanticipated locations throughout US**) **Telecommuting Permitted:**

*Solutions Architect (Req# L24-156569): Responsible for assisting in the establishment of an IT Architecture practice & adoption of an architecture & standards methodology. Req's: BS(or equiv.)+10 yrs. exp. Salary: \$145,000-\$190,000 per annum.

*Software Developer (Req# L24-157113): Design, dvlp & implement 3DX solutions involving Data model, other configurations, Customization(Widget/webservices/Enovia) & Integrations. Req's: BS(or equiv.)+3 yrs. exp. Salary: \$72.12-\$81.00/hour. Employees may also receive benefits package including a 401(k) company matched retirement savings plan, health plans, paid time off & holiday pay. Company is an equal opportunity employers & will consider all applications without regard to race, genetic information, sex, age, color, religion, national origin, veteran status, disability or any other characteristic protected by law. To view the EEO is the law poster click here https://www.eeoc.gov/sites/default/files/2022-10/EEOC_KnowYourRights_screen_reader_10_20.pdf.

Applicants with disabilities that require an accommodation or assistance a position, email EmployeeRelations@teksystems.com. This is a dedicated line designed exclusively to assist job seekers whose disability prevents them from being able to apply online. Messages left for other purposes will not receive a response. Submit resume w/ ref. to Req.# to: resume@allegisgroup.com

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dwane@btimes.com**

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