

# The Annapolis Times

Vol. 40 No. 3

November 7 - 13, 2025

A Baltimore Times/Times of Baltimore Publication

## Healthy Dining Awareness Restaurant Week Kicks Off at Baltimore's Inner Harbor



*Chefs Walter Frazier and Ivan Crump of the American Culinary Federation, Greater Baltimore Chapter, help to kick off the start of Healthy Dining Awareness Restaurant Week at Supano's Steakhouse Bar & Grill. This first annual event created by The Baltimore Times and it's nonprofit, Times Community Services, Inc. highlights restaurants, community partners, vendors, and chefs who are committed to serving up wholesome menu options and spotlighting wellness. (See page 10) Photo: Denzel Photography*



# VETERANS DAY *Honoring all who served*

## 2025 Veterans Day Meals, Things to Do in Honor of Veterans

Compiled by **Andrea Blackstone**

Veterans Day celebrates and honors veterans of the United States who served in the military. A list of events and deals has been compiled to thank our veterans for their service. Remember to bring your military ID if you decide to participate in Veterans Day offers on Monday, November 11, 2025. Check to confirm this year's requirements, verify special offers, and locations in advance. Website links of researched veteran offers have been provided for your convenience. Thank you for your service!

### THINGS TO DO

#### Baltimore City Veterans Day Parade 2025

**Saturday, November 8, 2025,  
699 North Charles Street, Baltimore,  
Maryland 21201**

Marching bands, ROTC programs and military-supporting organizations will participate in the Veterans Day Parade. After the parade, come to Baltimore's War Memorial Building for the historic rededication—honoring veterans of post-World War II conflicts. A complimentary lunch, resource fair, and family-friendly activities sponsored by CareFirst will be included. See <https://www.eventbrite.com/e/baltimore-city-veterans-day-parade-2025-tickets-1769828106509?msockid=1f7c920a8db76bb71b7b86a58cb06ac3>.

#### The Banneker-Douglass-Tubman Museum Virtual Discussion Honoring the Legacy: Black Veterans from the Revolution to the Present Monday, November 10, 2025, 6:00 – 7:30 p.m.

In celebration of Veterans' Day and America 250, join the Banneker-Douglass-Tubman Museum for a virtual discussion exploring the complex and courageous history of Black veterans in the United States. From the Battle of Bunker Hill

to the deserts of Iraq and Afghanistan, their journey of service and sacrifice in the face of systemic inequality will be discussed. The program will be presented by U.S. Veteran and BTDM Education Coordinator, O. Abiola Akintola. See <https://bdmuseum.maryland.gov/events>

#### Free and Discounted Veterans Day Meals on November 11, 2025

##### APPLEBEE'S

Applebee's will offer free full-size entrees to veterans and active-duty service members on Veterans Day (Tuesday, November 11, 2025) who dine in at the restaurant. Guests must provide valid military identification. Find details via: <https://menuexplorerhub.com/applebees-2025-veterans-day-offers-full-menu-inside/>

##### ARBY'S

Arby's Veterans Day free meal offer typically includes a classic roast beef sandwich, a side of curly fries, and a soft drink. Veterans can visit any participating Arby's location on Veterans Day to claim their free meal. The offer is available to all veterans, active-duty military personnel, and reservists with valid military ID or proof of service. See: <https://arbysmenu.info/arbys-veterans-day/>.

##### CALIFORNIA PIZZA KITCHEN

Enjoy a free entrée from a special menu. The offer is valid for veterans and active military only on Veterans Day. Dine-in only. Come in uniform or bring your military ID or other proof of service. Offer valid at participating locations. Visit <https://www.cpk.com/veteransday> for more information.

##### CARRABBA'S

Remember, some restaurants such as Carrabba's offer ongoing discounts (such as 10 percent off) with any visit. Ask if service members receive discounts before you dine. Restrictions and requirements apply. See <https://www.carrabbas.com/offers/heroes-discount>.

##### CHILI'S

Veterans and active military members can get a free meal on Veterans Day November 11, 2025 at all participating Chili's Grill & Bar restaurants. Available in-restaurant only for select items. See: <https://www.chilis.com/restaurant-events/veterans-day-for-details>.

##### DENNY'S

Denny's invites active and retired military personnel to America's Diner to enjoy a complimentary Original Grand Slam® breakfast at participating locations nationwide on November 11 from 5 a.m. – noon. Must show valid Military ID or DD214. Visit <https://www.dennys.com/news/dennys-honors-veterans-free-original-grand-slam> for more information.

##### GOLDEN CORRAL

A "Thank You" meal will be given to veterans, active-duty soldiers, and National Guard and reservists on Veterans Day, from 4 p.m. to closing time. The event is dine-in only. Read more: <https://golden-coral.us/golden-coral-veterans-day/>

##### IHOP

Veterans and active-duty military get a free Red, White, and Blueberry Pancake Combo on November 11, 2025, from 7 a.m. – 7 p.m. Military ID required. Dine-in only at participating restaurants. See: <https://www.ihop.com/en/veterans-day>.

##### OLIVE GARDEN

Service members can enjoy a

complimentary meal from a designated menu. Bring military ID. Pro Tip: Use the online waitlist tool on Olive Garden's website to skip the long lines. Veterans Day is one of the busiest days of the year. Visit <https://www.olivegardenmenu.onl/olive-garden-veterans-day-discount/> to obtain more information.

##### STARBUCKS

Veterans, military service members and military spouses can enjoy a free 12 fluid oz. brewed coffee (hot or iced) at participating Starbucks. See <https://about.starbucks.com/starbucks-commitment-to-the-military-community/>.

##### TEXAS ROADHOUSE

This Veterans Day, Texas Roadhouse continues its tradition of offering free meal vouchers to veterans and active-duty military members. Vouchers are distributed at participating locations between 11:00 a.m. and 2:00 p.m. and can be redeemed for a complimentary meal from a special Veterans Day menu. Visit <https://texasroadhousemenuwithprices.com/texas-roadhouse-veterans-day/> to obtain details.

##### WALGREENS

From November 8–11, 2025, a military and veterans discount (20% off eligible regular-price items with myWalgreens®, in store only) will be offered. See <https://www.walgreens.com/topic/promotion/military-veterans-discount.jsp>.



Photo: Metro Creative

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Ryan P.  
**Retail Banking Team Manager**  
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# The Games People Play

By Karen Clay

Clay Technology and Multimedia, L.L.C.

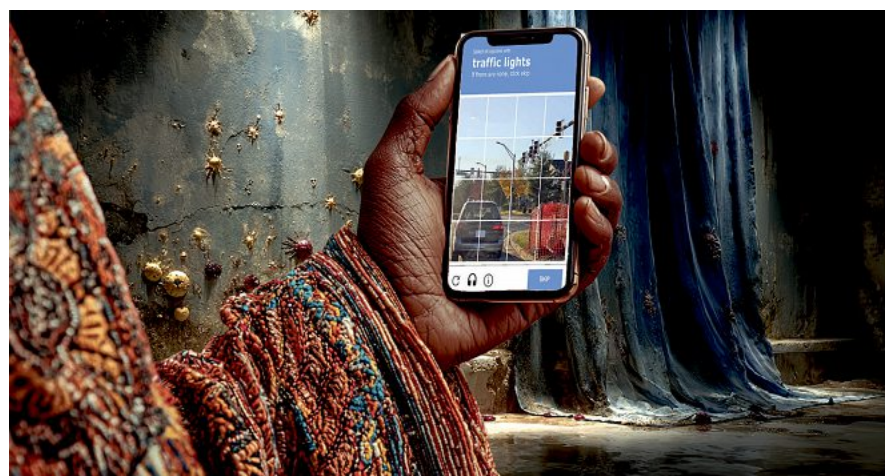
I was having a conversation with my sister last month and we happened on the topic of CAPTCHAs. She realized that a site she frequented, which uses a CAPTCHA to prove she is human, was getting harder and harder to complete. She started wondering if the underlying reason for the completion of this CAPTCHA was beyond just proving she was human.

Well, she was right. A **CAPTCHA** (Completely Automated Public Turing test to tell Computers and Humans Apart) is an established mechanism for distinguishing automated bots from humans. There are a number of different kinds of CAPTCHAs including:

1. **Text-based CAPTCHAs** that use distorted letters and numbers that users must decipher.
2. **Image-based CAPTCHAs** that require you to select certain images from a group based on a prompt.
3. **reCAPTCHAs** that represent an advanced version created by Google that often requires you to click a checkbox or identify objects in images.

These tests were designed not only to protect websites from spam, bots, and other abuses but also to serve a specific purpose in data collection and AI training. According to the Associated Press, Google's ubiquitous use of reCAPTCHA technology, allowed it to digitize the entire Google Books archive and 13 million articles from the New York Times catalog, dating back to 1851.

As time has progressed and AI has gotten "smarter," bad actors are able to fool CAPTCHAs into thinking the new bots they have developed are human. In response, CAPTCHAs have gotten more difficult and more involved. As AI has gotten more sophisticated, CAPTCHAs have become more complex.



*Work to thwart bad bots and spam in our Internet-connected lives is on-going.*

*Graphic design by Karen Clay*

It's getting to the point that some experts believe CAPTCHA designers will have to go a step further in order to stay ahead of machines. Because AI programs can be trained to tackle any cognitive task, they say we may need to transition to physical challenges, such as requiring users to rotate their phones or move them in a certain way as they would in a video game. Of course, this could prove difficult for those who have challenges with movement, especially those involving eye-hand coordination.

A coalition of companies (including Google, Fastly, Cloudflare, and Apple,) has developed a more privacy-friendly mechanism for Apple devices called a Privacy Pass. The premise is that before we open a browser, we perform numerous actions on our phones and computers, such as unlocking them with our faces. These actions are hard for a bot to imitate. On a Privacy Pass-enabled website, our devices will take all of that information and attest to our being human for us. This will then allow us to skip the captcha altogether. This data would never leave our devices and wouldn't be shared with the website.

Apple calls these signatures Private Access Tokens (PATs) and already leaves the feature on by default on iPhones running at least iOS 16.

Google also has developed technology for Android devices that focus on "device and app attestation" instead of implementing Privacy Pass directly. They accomplish this by using device verification instead of anonymous tokens to reduce the use of CAPTCHAs. Google calls this the Play Integrity API. When you use an app on your Android phone, this system runs invisible checks in the background to answer several questions, including:

- Is this a real Android phone made by a legitimate manufacturer?
- Was the app downloaded from the official Google Play Store?
- Has the app been tampered with or modified by hackers?
- Is the phone infected with malware?
- Are there suspicious apps running that could be recording your screen?

If everything checks out, the app's servers trust that you're legitimate and let you proceed without showing you a CAPTCHA. According to Google,



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

*Photo courtesy of Karen Clay*

apps using this system have seen 80% less unauthorized or fraudulent usage compared to apps without it.

For those of you who still primarily use computers/laptops to engage in your Internet activities, the most established option is a free browser extension called "Silk - Privacy Pass Client," developed by Cloudflare for Chrome and Firefox that implements the Privacy Pass protocol. It uses unlinkable cryptographic tokens to provide a better user experience on Cloudflare-protected websites by reducing the frequency of CAPTCHA challenges. When you visit a supporting site, the extension requests a token by having you solve a challenge, and then uses the token to anonymously prove you are not a bot on future visits.

Given all of the disparate implementations to stop spammers and bots across multiple platforms and devices, CAPTCHAs are not necessarily going away, but the current work toward alternatives is promising.



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## POLITICS

# Historic Beatdown: Democrats Sweep Virginia as Speaker Don Scott and Jay Jones Make History



State Capital Richmond Virginia Photo courtesy nnpa.org

By Laruen Burke

In a clear rejection of the policies of President Donald Trump, history repeated itself in Virginia. Democrats once again swept all three statewide offices as they did in 2017 during Trump's first term. Abigail Spanberger easily won the office of Governor, and State Senator Ghazala Hashmi won her race over John Reid to be the next Lieutenant Governor. The victories occurred against the backdrop of a historic win in Virginia by Spanberger that will give Virginia its first woman Governor.

Spanberger's widely predicted win over Republican gubernatorial nominee Winsome Earle-Sears was called 17 minutes after the polls closed in Virginia at 7 pm. Former Delegate Jay Jones won his race against incumbent Attorney General Jason Miyares. His victory means Jones will be the first Black Attorney General in Virginia's history.

Jones' win was particularly noteworthy since the last month of his campaign was consumed by the issue of private text messages from 2022 to Republican Delegate Carrie Coyner. Republicans ran a non-stop barrage of negative ads against Jones for a month.

Del. Coyner lost her bid for re-election to Delegate-elect Lindsey Dougherty. The Dougherty race was the number one target for House Speaker Don Scott and his campaign lieutenant, Delegate Dan Helmer. Coyner's defeat was one of at least 13 victories for Democrats who have now added to their ranks in the Virginia House to historic margins. When the Virginia General Assembly returns to session in January, there will be at least 64 Democrats in the chamber. The widespread Republican defeat is a testament to a combination of historic fundraising, Democrats running in all 100 seats, dislike of President Trump's policies, and an ineffective top of the ticket featuring Lt. Gov. Earle Sears.

### +13: Speaker Scott and Del. Helmer Hit Historic Numbers in Fundraising and Power

As the evening ended, a glaring historic fact became clearer: The Virginia House of Delegates will expand to a historic number. The change means the largest Democratic House chamber in the modern era. There were several notable wins by Democrats running for the Virginia House. They include Virgil Thornton, Lilly Franklin, and Kim Pope Adams. Speaker Don Scott and his campaign chair, Dan Helmer, undertook a record fundraising effort never before seen in Virginia's history. The moment of success for Virginia Democrats will be viewed as a positive signal for Democrats moving into the 2026 elections.

Twitter /Handles:

@LVBurke @SpeakerDonScott @jonesjay

# Morgan State University Greenhouse Grows Health and Sustainability

Submitted to The Baltimore Times

Morgan State University's Nutritional Science Department is sowing the seeds of change—literally. With the launch of its new greenhouse on the sixth floor of the Health and Human Services Center (HHSC), the university is bringing a long-envisioned idea to life: combining education, research, and community engagement through sustainable food cultivation.

## A Vision Rooted in Community Health

The concept for the greenhouse dates back to 2010, when members of the Food and Nutrition Pre-Professional Club proposed a community garden to encourage healthier eating habits and reduce food insecurity in Baltimore. When plans for the new HHSC building began in 2021–2022, faculty members saw the opportunity to make that vision a reality.

“The greenhouse is serving as a catalyst to improve nutrition, promote wellness, and address hunger and obesity in the local Baltimore community,” faculty leaders explained. It aligns seamlessly with Morgan State University's broader mission of promoting community health, environmental sustainability, and social responsibility.

## A Living Laboratory for Learning

More than just a growing space, the greenhouse is a hands-on classroom. Nutritional Science students gain firsthand experience in agriculture, horticulture, and sustainability—learning how to plant, nurture, and harvest herbs and vegetables used in their culinary arts and nutrition labs.

The greenhouse's core objectives include:

1. Promoting improved nutrition and regenerative agriculture as models for



*The state-of-the-art greenhouse provides a living classroom where students can study plant science, sustainability practices, and food systems that impact Baltimore communities.*

both students and community members.

2. Producing plants that directly enhance community health and food access.

3. Developing a mini botanic garden, showcasing plant diversity and conservation.

4. Growing medicinal and culinary herbs for classroom and community use.

By integrating the greenhouse into food service management, baking, and pastry classes, students learn not only plant science but also cost-effective and sustainable cooking practices. Crops such as basil, thyme, oregano, kale, squash, tomatoes, and bell peppers are cultivated for their nutritional benefits and frequent use in the teaching kitchen.

## Strengthening Food Access and Nutrition Education

The impact of the greenhouse extends well beyond Morgan's campus. Produce grown in the greenhouse is used in nutrition education classes, and participants from nearby neighborhoods are learning how to start their own gardens “one plant at a

time.” Government agencies and local residents have even begun reaching out to the university's garden specialists for guidance on establishing organic garden plots in their own communities.

Through these workshops and demonstrations, Morgan State is helping residents acquire practical skills that foster healthier eating habits and greater food self-sufficiency.

## Collaboration and Cross-Disciplinary Innovation

The initiative also bridges academic disciplines and community partnerships. The Nutritional Science Department is collaborating with Morgan's Family and Consumer Sciences (FACS) program to grow plants used for natural fabric dyes in fashion design courses. Beyond campus, the department has partnered with Miracle City Seventh-day Adventist Church in West Baltimore, where students and garden specialists recently demonstrated how to start organic plants and distributed seedlings to community members.



*Seedlings thrive in the Morgan State University greenhouse — part of a growing initiative to teach students and community members how to cultivate their own fresh produce and herbs. Photos courtesy of Morgan State University*

## Growing Toward a Sustainable Future

The greenhouse embodies Morgan State University's long-standing commitment to advancing equity through education and innovation. By merging science, culture, and community engagement, it provides a living example of how sustainability can take root in urban spaces.

Faculty and students alike envision a future where the greenhouse inspires a broader cultural shift—one where Baltimore residents reconnect with the land, reimagine their relationship with food, and cultivate healthier, more self-sufficient communities.

As one program leader summarized, “We're preparing highly qualified Morgan State University students from diverse backgrounds with the knowledge and skills for leadership in dietetics, health, and sustainability—and growing a healthier Baltimore in the process.”



## Heart Health in 2025: A New Era of Prevention and Personal Care

By Marsena Robinson

Heart disease continues to be the leading cause of death in the United States, but new guidelines released in 2025 are changing how we approach cardiovascular health. Experts from the American Heart Association and the American College of Cardiology have introduced updated recommendations that focus on earlier intervention, personalized treatment, and lifestyle changes that can make a lasting impact.

One of the most notable changes is the adjustment in blood pressure thresholds. The new standard lowers the systolic target from 140 mm Hg to 130 mm Hg, based on recent studies showing that damage to the heart and blood vessels can begin at lower levels than previously believed. This means more people may

be eligible for early treatment, potentially preventing heart attacks and strokes before they occur.

To help personalize care, the PREVENT™ risk calculator has been introduced. This tool allows healthcare providers to assess an individual's risk of cardiovascular events based on factors like age, family history, and underlying health conditions. It marks a shift away from generic treatment plans toward more tailored strategies that reflect each person's unique health profile.

Cholesterol management has also evolved. The new guidelines recommend more frequent screenings starting at age 20, especially for those with a family history of heart disease or diabetes. LDL cholesterol targets are now individualized, with more aggressive treatment suggested for high-risk patients.

Diet and exercise remain central to heart health. The AHA continues to advocate for a plant-rich diet that includes fruits, vegetables, whole grains, nuts, and lean proteins. Americans are encouraged to limit salt intake to under 2,300 milligrams per day and reduce added sugars—no more than 36 grams daily for men and 25 grams for women. These recommendations aim to combat the hidden dangers of processed foods and sugary drinks.

Physical activity is another key focus. Adults should aim for at least 150 minutes of moderate exercise or 75 minutes of vigorous activity each week. Even short walks throughout the day can help counteract the effects of prolonged sitting. Waist circumference is now considered a more accurate measure of heart risk than body mass index (BMI), prompting a shift

in how weight-related health is assessed.

The connection between heart health and brain health is also receiving more attention. High blood pressure has been linked to cognitive decline and dementia, making early detection and treatment even more critical. The updated guidelines emphasize the importance of regular monitoring to protect both the heart and the mind.

With these new recommendations, 2025 marks a turning point in cardiovascular care. By focusing on prevention, personalization, and early action, individuals have more tools than ever to take control of their heart health. Whether through diet, exercise, or regular screenings, small changes today can lead to a healthier tomorrow.

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## Perseverance and Pride: Inside the 2025 Veterans Manufacturing and Innovation Showcase

By Glenna E. Cush

The 2025 *Veterans Manufacturing and Innovation Showcase* brought together inventors, business leaders, and innovators at Harbor Designs and Manufacturing in Baltimore.

Hosted by the Mid-Atlantic Veterans Business Outreach Center (VBOC) and the Maryland Small Business Development Center (MDSBDC), the day offered resources, panels, and inspiring stories of perseverance that moved participants to tears.

"I didn't think I would get emotional," the man said, as he wiped away a stray tear.

I stood across from Sherwood Mackel, retired landscaper turned inventor. Mackel created Gripz, an adaptive device that allows people with osteoarthritis to continue enjoying activities that require dexterity. He attended the conference seeking insight and the chance to network with other manufacturers and resource partners. What he ultimately learned moved and motivated him in a way he never imagined.

### Innovation and Legacy: Honoring Dr. James West

In addition to a powerful manufacturing business-to-business and subject-matter expert panel featuring representatives from the Department of Commerce, the US Patent and Trademark Office, and the Prince George's County Economic Development Authority. The event also paid tribute to Dr. James West, keynote speaker and inventor with more than 250 patents and a member of the Inventor's Hall of Fame (1999). Born in 1931 in Farmville, Virginia, West grew up in the Jim Crow South where there were no real examples of people who looked like him in STEM fields, so he was strongly discouraged from pursuing his passion for engineering and innovation. Thankfully,

his mother, who worked at Langley as a human computer (think *Hidden Figures*), was both an example of what was possible and of the challenges he would face. She encouraged her young son to persevere.

Thankfully, he did, and years later at Bell Labs, Dr. West invented the electret microphone, a type of condenser that uses a permanently charged material to convert sound into an electrical signal. West's invention is used in a wide range of applications, including smartphones, laptops, hearing aids, professional audio equipment, security systems, telephones, and medical devices. At 94, Dr. West continues to innovate and received a patent for his newest invention, an auto-diagnosing stethoscope. In addition to being the event keynote speaker, West was presented with the Governor's citation for his contributions to science and technology.

As Dr. West's story illustrated, innovation is not just about technology—it's about tenacity. That spirit carried through the rest of the day's programming, from the manufacturing panels to the powerful conversation that followed.

### Courage and Grit: The Fireside Chat

The event culminated in a powerful, emotionally charged fireside chat. The conversation was a no-holds-barred look at the good, the bad, and the ugly side of pursuing your passion. The room was alive with raw honesty as entrepreneurs shared their battles and breakthroughs. The panel included Donta Henson, founder of Los Hermanos Tequila, a Baltimore based brand who talked about his struggles to find funding despite growing popularity and winning over 44 international awards in just a few short years; Terrika Knox, who developed Herb and Orchid, a luxury non-alcoholic beverage, after a brush with alcoholism that almost ruined her family; Chester



*From left: Chester France, Jr., Lifting Labels; Dr. Elizabeth Claybourne, NasaClip; Donta Henson, Los Hermanos Tequila; Terrika Knox, Herb & Orchid; and Damien Carter.. Photos: Damien Carter Photography*

France, owner of Lifting Labels whose commitment to helping the formerly incarcerated gain marketable skills to earn an honest living; and Dr. Elizabeth Claybourne an ER doctor and inventor of NasaClip, a hands-free external nasal compression device designed to quickly stop nosebleeds and allow patients to get on with their day. Each story resonated, but Claybourne's struck a nerve. The world was in the throes of the COVID-19 pandemic, she was working in the ER, pregnant with her second child, and preparing for the "big pitch" when she learned, without warning, that her marriage was suddenly over. But like many small inventors, she didn't have time to stop and stress. She powered through and persevered. Today, her product, manufactured and fulfilled at Harbor, is endorsed and used by hospitals, cruise lines, amusement parks, and major airlines across the nation.

"It's not about where you start," said Terrika Knox, founder of Herb and Orchid. "It's about what you build from your story."

### Representation Matters: A Lasting Message

As Mistress of Ceremony, I watched veterans, inventors, and dreamers connect over shared experiences of resilience. As the day ended, I stood quietly while Mackel collected himself, obviously surprised and somewhat bewildered by his own reaction to the day's events. Finally, he spoke, "I sing in a band," he said, his eyes still glistening with moisture. "And to think that each time I perform, I'm holding a microphone that contains an element invented by someone who looks like me, fills me with such pride. Hearing Dr. West's story of perseverance is the motivation I need to keep going."

The day was many things — inspiring, emotional, and adirming — but above all, it reminded us that representation matters.

Glenna Cush is the Director for the Maryland Small Business Development Center and founder of Maker to Mogul, an organization providing coaching and community to women makers and creatives in Maryland. For information about the VBOC, visit <https://midatlanticvboc.com/> and for the SBDC, visit <https://www.marylandsbdc.org/>



# A TRIBUTE TO VETERANS

★ ★ 2025 ★ ★



**SMSgt (R) Brian K. Bailey**  
United States Air Force  
Odenton, Maryland  
Command and Control  
Specialist



**Jon "Jeff" Brooks**  
United States Army  
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101st Airborne  
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United States Army  
Tanker  
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**DeJuan Wilkins**  
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Tactical Aircraft (Fighter Jet)  
Mechanic and Instructor  
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**Cpl. Treena S. Greene**  
United States Marine Corps  
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Artisan, Volunteer, and  
Federal Government Retiree



**Augustine Nugba III (Ph.D)**  
United States Army  
Westminster, Maryland  
Sergeant First Class  
with National Intelligence  
Support Group



**Col. (R) Rolanda "Ro" Burnett**  
United States Air Force  
Aviator, Strategist, Federal  
Contractor, and Business  
Owner  
Carroll County, Maryland



**Ronald James Quarles**  
United States Army veteran,  
served in the Vietnam War.  
Hometown:  
Annapolis, Maryland.  
\*Deceased in Los Angeles, Cal.  
Ronald was the son of  
James Henry Quarles, a United  
States of America Army veteran  
whose job was a mechanic.  
Hometown:  
Annapolis, Maryland.  
\*Deceased.



**Julius Haley**  
Korean War Veteran,  
Architect, and Business Owner  
Birthplace:  
Henning, Tennessee  
Prince George's County,  
Maryland resident.  
\*Deceased.



# Healthy Dining Awareness Restaurant Week Kicks Off at Baltimore's Inner Harbor

Celebrating stories of wellness, culinary creativity, and community leadership

The Baltimore Inner Harbor was alive with inspiration and flavor on Friday, October 31, 2025, as The Baltimore Times and Times Community Services, Inc. officially launched the First Annual Healthy Dining Awareness Restaurant Week at Supano's Steakhouse Bar & Grill.

The evening marked the beginning of a weeklong celebration (November 1–9, 2025) dedicated to promoting healthier dining, raising awareness about diabetes prevention, and strengthening Baltimore's commitment to community wellness. The event welcomed an enthusiastic crowd of community leaders, chefs, and health advocates to Supano's.

The evening's Mistress of Ceremonies, Michelle Petties, author of "Leaving Large – The Stories of a Food Addict," guided the program with warmth and personal connection. Expressing her excitement to be part of the city's first Healthy Dining Awareness Restaurant Week, Petties emphasized the power of storytelling and self-awareness in shaping better health outcomes. "This is about more than food," Petties said. "It's about reclaiming our health, our habits, and our hope — one meal, one story, and one decision at a time."

The event was presented in partnership with the American Culinary Federation – Greater Baltimore Chapter (ACF), whose members helped make the kick-off both educational and inspiring. Through a powerful series of personal testimonies—stories that blended professional passion with personal transformation. Chefs Ivan Crump, Jr., Larry Mack, and Walter Frazier, Baltimore's Top Chefs, from

ACF helped to kick off the event.

The evening also included a special acknowledgment of Dr. Kim Dobson Sydnor, Dean of the School of Community Health & Policy at Morgan State University, and the Center for Urban Health, for their ongoing leadership in advancing community health education and outreach. Dr. Sydnor's recognition underscored the partnership between higher education, media, and community organizations — all working together to combat chronic disease and expand access to wellness information.

The program highlighted businesses whose missions were born out of personal health challenges and triumphs. Supano's Steakhouse Bar & Grill, Cuples Tea House, and Pure Green each represent a growing movement of Baltimore entrepreneurs redefining what healthy dining looks like.

Supano's owner, Terry Coffman, shared his story of living with diabetes and transforming his restaurant's menu to reflect a healthier approach to traditional favorites. His commitment was reflected in the evening's tasting menu, which featured dishes such as baked sweet potato fries, organic broccoli, and gluten-free pasta with organic marinara.

Healthy Dining Awareness Restaurant Week continues through November 9, 2025. For a list of participating restaurants, health resources, and feature stories, visit: Healthy Dining Awareness Restaurant Week (<https://the-baltimore-times.mmcxchange.com/event-details/healthy-dining-awareness-restaurant-week>)



*Mistress of Ceremonies, Michelle Petties, author of "Leaving Large – The Stories of a Food Addict," emphasized the power of storytelling and self-awareness in shaping better health outcomes. "This is about more than food. It's about reclaiming our health, our habits, and our hope — one meal, one story, and one decision at a time."*



*Paris Brown, Publisher of The Baltimore Times, shares with Marc Clarke, CEO & Founder, The Good News Show with Marc Clarke, why Healthy Dining Awareness Restaurant Week was launched during Diabetes Awareness Month.*



*(l-r) Supano's Owner, Terry Coffman, enjoyed a laugh with event participants. During the program, Terry shares his story of living with diabetes and why Supano's is committed to providing healthy menu options and his personal journey of lifestyle change.*



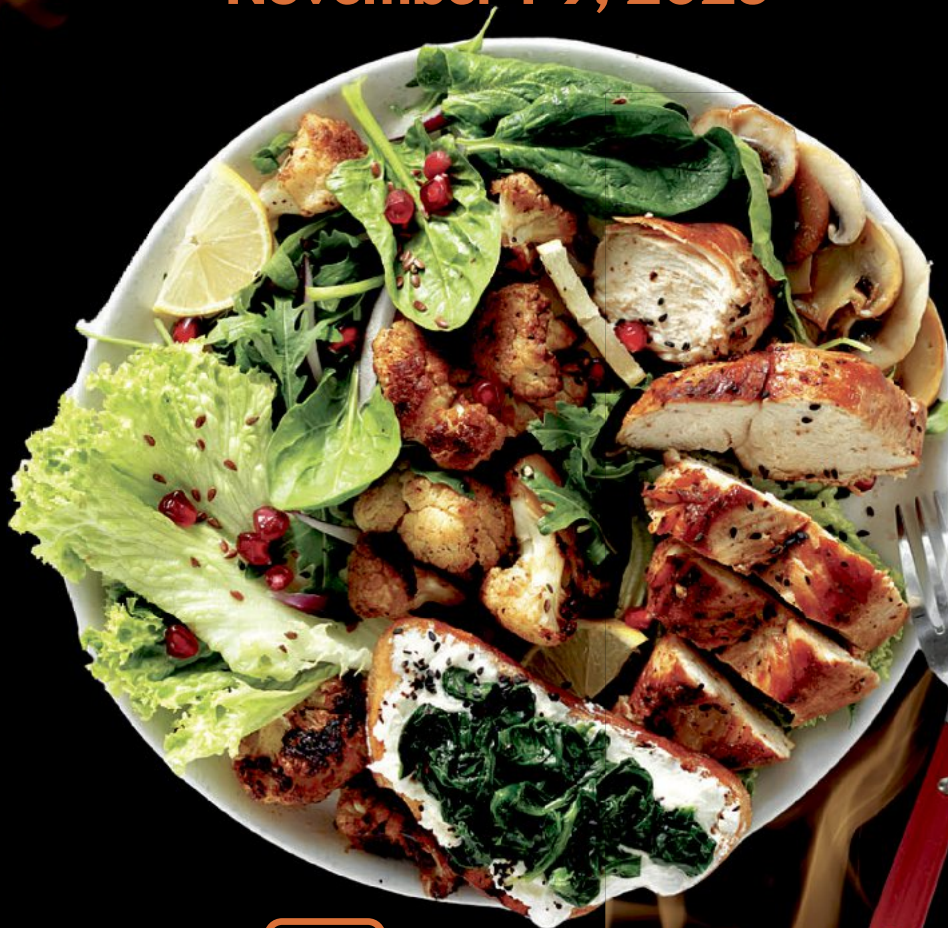
*Eric Dodson, Owner of Cuples Tea serves up samples. During the program, Eric shared the inspiring story behind the founding of Cuples Tea. Photos: Denzel Photography*



The Baltimore Times Presents Baltimore's First Annual

# Healthy Dining Awareness Restaurant Week

November 1-9, 2025



Scan QR Code for a list of participating  
restaurants and to learn more!



SCAN HERE



# Stem & Vine: Where Culture, Community, and Creativity Take Root

By Harold Booker Jr.

In the heart of Baltimore, where art, conversation, and craftsmanship intersect, Stem & Vine has blossomed into one of the city's most distinctive small businesses. Founded by Quincy Goldsmith, the space blends a plant shop, wine bar, and cultural lounge into something larger than the sum of its parts: a creative hub that celebrates Black culture, global connection, and intentional community.

"My inspiration came from wanting to blend my love for plants, wine, and spirits with a bigger vision for Baltimore," Goldsmith said. "Plants and spirits each carry deep cultural stories—connecting us to history, tradition, and community. I wanted to create a place that brings those connections to life while giving our city a space that feels sophisticated, inclusive, and culturally rich."

Inside Stem & Vine, visitors find more than shelves of greenery and bottles. The layout invites conversation, not isolation. Art curated by the Black Art Today Foundation surrounds the space, while the no-laptop policy encourages guests to be fully present. From the music to the lighting, every element is designed to make people feel safe, seen, and inspired.

"Every plant and every spirit has a story to tell," Goldsmith explained. "By organizing them by region—Africa, Asia, the Americas, Australia—we give people a chance to explore those stories as they enjoy the space. Many of the tropical plants and drinks we love trace back to Black and brown communities, and that history often gets overlooked. When someone sees a Monstera from Mexico next to a glass of tequila, or hibiscus from Senegal alongside a Caribbean rum, it becomes a way of honoring traditions and celebrating the people behind them."

That approach, equal parts design, education, and storytelling, has turned Stem & Vine into a gathering place for artists, professionals, and changemakers. Much of its audience is made up of Black women, a group Goldsmith intentionally centered from the start. "Black women have always been the backbone of community and creativity in this city," he said. "I wanted to create a space that recognizes their influence and reflects their culture, sophistication, and strength. Centering Black women doesn't mean limiting who belongs—it sets a tone of respect, warmth, and inclusion that everyone feels when they enter."

The sense of belonging extends to Stem & Vine's partnerships. The business collaborates with women- and Black-owned brands such as Eudemonia Herbs, Cane Collective, and The Stylish Bartender, bringing local expertise and creativity to workshops and mixology programs. "We approach partnerships the same way we approach plants and wine—everything has to have roots, character, and meaning," Goldsmith said. "Together, we're creating a space that celebrates Baltimore's creative energy and shows what can grow when we support one another."

Education is at the heart of Stem & Vine's mission. From terrarium workshops to herbal wellness sessions



**Quincy Goldsmith,  
Stem & Vine founder**

*Photo courtesy of Stem & Vine*



*Photo: Amy M Photography*

and even financial literacy classes, Goldsmith has turned the space into what he calls "edutainment." "We use our space to teach, share, and connect," he said. "Whether someone's learning to grow food in a small space or discovering how plants tie into wellness, the goal is to spark curiosity and confidence."

Running a small business in Baltimore has not come without challenges. Funding hurdles, shifting expectations, and even a fire that temporarily closed the shop tested Goldsmith's resilience. Yet, through it all, he remained committed to his purpose. "Resilience looks like staying creative when things fall apart," he reflected. "During the rebuild, we hosted pop-ups, partnered with other businesses, and found new

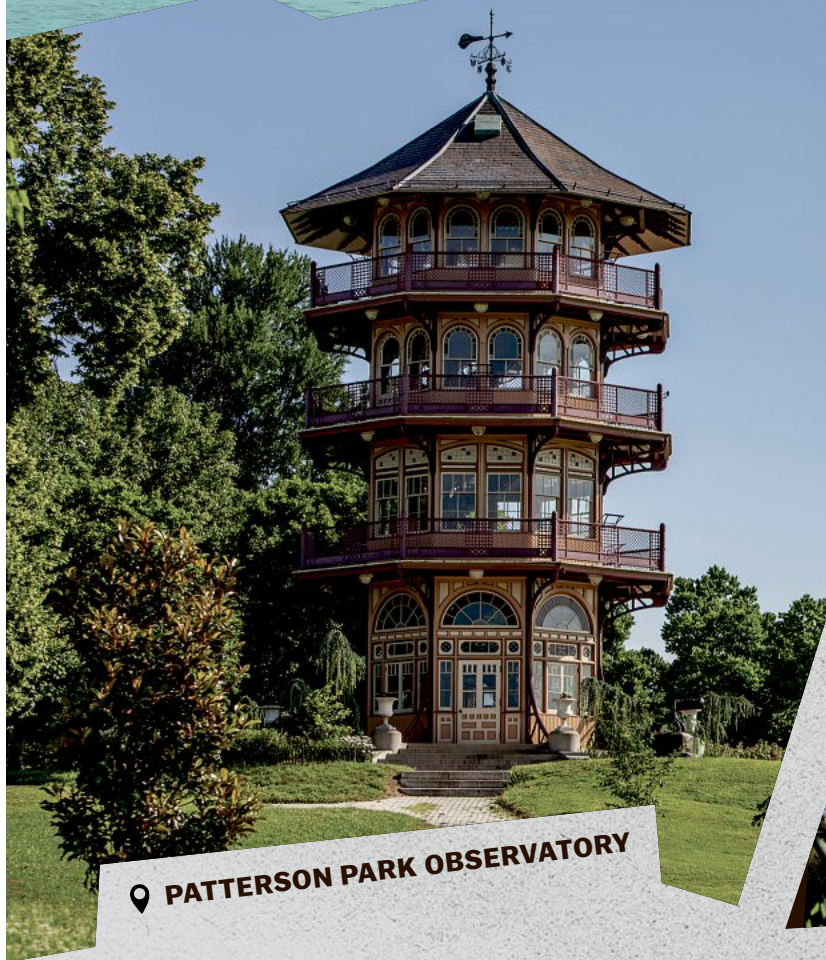
ways to stay connected. Baltimore rewards people who keep showing up."

That determination has allowed Stem & Vine not only to recover but to thrive. Upcoming events include the return of the La Sonora series, a celebration of Latin rhythms, movement, and culture, and tastings that highlight Black- and women-owned wine and spirits brands such as Uncle Nearest.

For Goldsmith, success isn't measured by profit margins alone. It's found in the conversations shared, the connections formed, and the energy that fills the room when people feel at home. "Support can be as simple as showing up," he said. "Baltimore thrives on connection, and Stem & Vine is here to keep that connection growing."



# WAY MORE THAN CRAB



📍 PATTERSON PARK OBSERVATORY



📍 FLICKS FROM THE HILL



📍 SALLY O'S

**YOU WON'T GET IT TIL YOU GET HERE**

**VISIT  
BALTIMORE**

Come for the crabs, leave with a taste for...well, Baltimore. What that means depends on where the city takes you, but you'll know when you get here. Learn more about what's going down in Charm City at [baltimore.org](http://baltimore.org)





# Mobilizing Resources to Support Families in Crisis

## United Way of Central Maryland Launches “United For Good” Fund to Support Families Impacted by Government Shutdown



2024 Caw to Action Volunteers Photos courtesy of United Way Central Maryland

### Submitted to The Baltimore Times

As the federal government shutdown continues to strain families across the region, the United Way of Central Maryland (UWCM) has launched a new initiative — the **“United For Good: Community Relief Fund”** — to provide immediate and long-term support for residents, nonprofits, and essential service providers.

Jumpstarted by a leadership donation from Dr. Freeman and Jackie Hrabowski, the fund will deliver emergency assistance, bolster local nonprofits overwhelmed by increased demand, and expand United Way’s 211 Helpline, which connects callers to food, housing, and financial aid resources across the region.

“We’ve always trusted United Way’s drive and tenacity to tackle this region’s most immediate challenges,” said Dr. Freeman A. Hrabowski, III, president emeritus of the University of Maryland, Baltimore County. “We’re calling on others to join us to provide the help that’s needed right now.”

### Addressing a Growing Crisis

The shutdown’s effects have hit Central Maryland particularly hard. Thirty-four percent of Maryland’s federal employees live in the region, and nearly 40 percent of households statewide cannot make ends meet, according to the 2025 ALICE (Asset Limited, Income Constrained, Employed) report. More than 692,000 Marylanders depend on SNAP benefits, which are now expected to be reduced by 50 percent.

The result, United Way leaders say, is an urgent and widening crisis: households with limited or no income, nonprofits at capacity, and families forced to choose between paying bills and putting food on the table.

“This is when we all need to join together,” said Franklyn Baker, president and CEO of United Way of Central Maryland. “We excel at mobilizing the caring power of our community, and now we need that collective strength more than ever. This fund ensures that no one faces this shutdown—or any emergency—alone.”

Other core United Way programs include:

### Expanding Relief and Community Support

The Community Relief Fund is part of United Way’s century-long commitment to serving Central Maryland. The organization currently operates rental assistance and food distribution programs, including Howard County’s Rental Assistance Program for Seniors and a forthcoming initiative for Baltimore City residents.

Other core United Way programs include:

- Family Centers, which provide affordable childcare and resources to help parents work and finish school.
- Young Men United (YMU), connecting young men of color with mentors, college prep, and financial support.
- The Family Stability Program, offering rental and case management assistance to prevent homelessness.

United Way has also partnered with the Maryland Department of Emergency Management to connect volunteers with

organizations in need through an online portal. Nonprofits can post requests for help at [uwcm.org/nonprofitmd](http://uwcm.org/nonprofitmd), while residents can sign up to volunteer at [uwcm.org/volunteermd](http://uwcm.org/volunteermd).

### How to Help

Residents and businesses can contribute to the United For Good: Community Relief Fund and help provide food, shelter, and emergency assistance to Marylanders in need. Donations can be made at [uwcm.org](http://uwcm.org).

For immediate help with basic needs, visit [uwcm.org/your211](http://uwcm.org/your211) or access the Resource Guide to Basic Needs in Central Maryland at [uwcm.org/resourceguide](http://uwcm.org/resourceguide).

“United is not just our name—it’s how we show up for one another,” Baker added. “We are united for good, for the next 100 years, and for every neighbor who needs a helping hand.”



## Legal Notice

### CITY OF BALTIMORE DEPARTMENT OF GENERAL SERVICES 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 **PRJ003048 – City Hall Tunnel Waterproofing Design**, will be received at the Office of the Comptroller, Room 204, City Hall, Baltimore, Maryland until 11:00 A.M. on **WEDNESDAY, DECEMBER 17, 2025**. Board of Estimates employees will be stationed at the Security Unit Counter just inside the Holliday Street entrance to City Hall from 10:45 A.M. to 11:00 A.M. every Wednesday to receive Bids.

Positively no bids will be received after 11:00 A.M. The bids will be publicly opened by the Board of Estimates in Room 215, City Hall at Noon. Bid opening proceedings can be also viewed live at <https://www.charmtvbaltimore.com/live-stream> at 12:00 noon. Bid tabulation sheets detailing the bids received will be publicly posted to the Comptroller's website by COB on the date of bid opening.

The Contract Documents may be purchased for a non-refundable cost of **\$100.00** by contacting Lauren Hoover at [lauren.hoover@baltimorecity.gov](mailto:lauren.hoover@baltimorecity.gov) as of **FRIDAY, NOVEMBER 7, 2025**.

#### Conditions and requirements of the Bid are found in the bid package.

All contractors bidding on this Contract must first be pre-qualified by the City of Baltimore Boards and Commissions. Interested contractors should call 410 396-6883 or contact the Office of Boards and Commissions at 4 South Frederick Street, 4<sup>th</sup> Floor, Baltimore, MD 21202. **If a bid is submitted by a Joint Venture ("JV"), then in that event, the documents that establish the JV shall be submitted with the bid for verification purposes.** The Prequalification Category required for bidding on this project is **C03300 – CONCRETE CONSTRUCTION**.

The Cost Qualification Range for this work shall be **\$500,000.01 to \$1,000,000.00**

A "Pre-Bidding information" session will be conducted at **the ABEL WOLMAN MUNICIPAL BUILDING: 200 Holliday St, Baltimore, MD 21202 on TUESDAY, NOVEMBER 18, 2025 at 10:00 a.m.**

#### **Principal Items of work for this project are:**

- 1. Waterproofing of Pedestrian Tunnel**
- 2. Structural Repair to Tunnel Ceiling**

The MBE goal is **17%**

The WBE goal is **9%**

**CONTRACT NO. PRJ003048**

APPROVED:  
M. Celeste Amato  
Clerk, Board of Estimates

APPROVED:  
Berke Attila  
Director, Department of  
General Services

## 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. RP21832** 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 Monday through Friday, 8:30am – 4:00pm by emailing [jahmire.bradley@baltimorecity.gov](mailto:jahmire.bradley@baltimorecity.gov) as of **November 7, 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 **E-13001-Three Story and Under**. Cost Qualification Range for this work shall be **\$750,000.00 to \$1,250,000.00**. A "Pre-Bidding Information" session will be conducted via Microsoft Teams and in-person at **10:00 A.M. on November 18, 2025**. Email your contact information to [shane.kumi@baltimorecity.gov](mailto:shane.kumi@baltimorecity.gov) to receive an invite to the Microsoft Team (video conference meeting) no later than **November 17, 2025 at 4:00pm**. Principal Items of work for this project are Demo of existing structure, new 1-story building with (2) ADA restrooms, a storage room and a main concessions area. The MBE goal is **15%** and WBE goal is **6%**.

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

## Legal Notice

### CITY OF BALTIMORE DEPARTMENT OF TRANSPORTATION PUBLIC NOTICE

The N. Fremont Avenue Rehabilitation Project spans approximately half mile between Presstman St. and W. Lafayette Avenue in the Upton and Sandtown-Winchester neighborhoods. The project will rehabilitate aging roadway infrastructure, upgrade sidewalks and ADA ramps, enhance lighting and landscaping, and implement traffic-calming measures to improve safety, accessibility, and the overall appearance of the corridor which connects local streets to US-1, US-40, MLK Jr. Boulevard, and Russell Street (MD-295).

#### **TR19304 N Fremont Ave Streetscape Meeting**

#### **PUBLIC MEETING**

Thursday, November 13, 2025  
6:00p.m. to 7:30 p.m.

Shake & Bake Family Fun Center (Billie Holiday Room)

1601 Pennsylvania Ave  
Baltimore, Maryland 21217

If you have any questions, comments or need special

accommodations, please contact  
[dotengagement@baltimorecity.gov](mailto:dotengagement@baltimorecity.gov) subject  
line N Fremont Ave  
Or call 410-396-6802

Accommodation requests should be received by Monday, November 10, 2025

Receive regular updates via Facebook,  
"X" formerly known as Twitter at  
[@BmoreCityDOT](https://twitter.com/BmoreCityDOT).

Veronica McBeth, DIRECTOR  
DEPARTMENT OF TRANSPORTATION

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

