



# THE BALTIMORE TIMES

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## *Be More Positive with Hana Scott*

*In honor of Women's History  
Month, Baltimore City's First Lady  
Hana Scott joins The Baltimore  
Times podcast to reflect on  
leadership, service, and the  
power of women shaping  
Baltimore's future.*

*(Story on page 10)*



*Photo Credit:  
Hugh Williams, Photographer  
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# B'Well Baltimore: The Reset Brings Prevention, Rest, and Real Solutions to Southwest Baltimore

### Special to The Baltimore Times

Southwest Baltimore sits in the heart of the city's "Black Butterfly," where history, access, and lived environment continue to shape health outcomes in visible—and preventable—ways. In this community, life expectancy is 65 years, compared to 71.8 years citywide, and more than half of deaths are considered avertable if residents had the same health opportunities as those in the highest-income neighborhoods.

On Saturday, March 28, 2026, a new community-centered wellness experience aims to help shift that reality.

**B'Well Baltimore: The Reset**, hosted by HealthLink360 and co-sponsored by the Greater Baltimore Urban League and The Baltimore Times, is a free, two-floor wellness summit designed to make prevention feel real, accessible, and worth showing up for. The event will take place from 11:00 a.m. to 2:00 p.m. at the University of Maryland BioPark and is open to Southwest Baltimore residents and the broader Baltimore community.

"B'Well Baltimore is not a product launch. It is a community reset," said Kenneth R. Watson, Jr., JD, Founder and CEO of HealthLink360. "We are saying be well to the old ways of waiting until it becomes serious, and we are building well for what's next by bringing trusted voices, practical tools, and local innovation into one space."

### What to Expect at The Reset

B'Well Baltimore blends culture-forward conversation, movement, rest, innovation, and preventive care into one immersive experience.

### Panel Discussions

The summit will feature dynamic conversations that translate prevention into real life. Topics include:

- "I'm Good, Doc": Why People of Color Don't Go
- "Outside Fresh, Inside Fighting"
- "We Got Food at Home: The Reset Plate"
- "Black Butterfly, Real Bodies"

These sessions will bring together community voices, clinicians, and innovators to offer practical, relatable takeaways.

### No Agenda Wellness

In a world that rewards constant hustle, The Reset includes a dedicated space for rest. The No Agenda Wellness Room is intentionally designed for quiet reflection and decompression—recognizing that rest itself is a form of prevention.

### BMore Strong Lab

Movement is also part of the experience. The BMore Strong Lab will offer short, drop-in sessions including strength conditioning, mobility work, yoga, breathwork, and beginner-friendly fitness options. No experience is required, and attendees can participate at their own pace.

### Innovation and Wellness Lab

The event will feature curated tables from health, wellness, and innovation organizations working to close gaps in prevention and access. Attendees can ask questions, connect with trusted partners, and discover local resources in a space designed to feel approachable and community-centered.

### Preventive Screenings

Select preventive screenings and wellness checks will also be available through partner support, helping attendees start their reset with greater awareness and clarity.



**Kenneth R. Watson, Jr., JD, Founder and CEO of HealthLink360**

*Courtesy Photo*

### Why It Matters

HealthLink360 was created to address a national problem with local consequences. The United States spends \$4.9 trillion annually on health care, with 90% of that tied to chronic and mental health conditions—many driven by preventable risk factors and delayed action.

B'Well Baltimore is rooted in a simple but urgent goal: make prevention easier to access and easier to stick with—without shame, complexity, or barriers.

By partnering with the Greater Baltimore Urban League and The Baltimore Times, the event reinforces a shared commitment to health equity, community empowerment, and ensuring that trusted information and

resources reach the neighborhoods that need them most.

### Registration Information

B'Well Baltimore: The Reset is free and open to the community, but registration is required due to space and screening capacity.

Residents can register through the official Eventbrite page:

**Register here:** <https://www.eventbrite.com>

Pre-registered attendees may also be eligible for day-of giveaways and raffle opportunities, while supplies last.

As Baltimore continues to confront long-standing health disparities, B'Well Baltimore offers something both practical and powerful: a space to pause, learn, move, connect—and reset.

# THE BALTIMORE TIMES

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# Remembering the Rev. Jesse Jackson

By Ursula V. Battle

Reflecting on the passing of the Reverend Jesse Jackson, Sr., Dr. Peter Bramble, Co-Founder of The Baltimore Times, recalled a moment forever etched in the history of America. The date was April 4, 1968, the day civil rights leader Dr. Martin Luther King, Jr. was assassinated in Memphis, Tennessee.

“Rev. Jackson was actually right there on the balcony with Martin Luther King the day he was killed at the Lorraine Motel,” said Father Bramble, Co-Founder of The Baltimore Times. “That comes to mind when I think about Jesse Jackson. He was the last in the cabinet of Dr. King.”

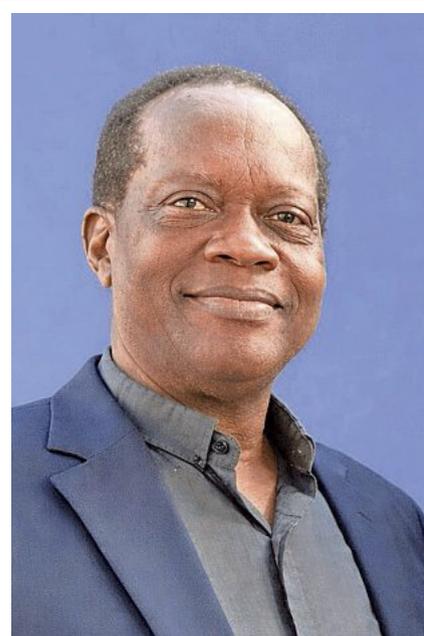
Rev. Jackson, a central figure in the Civil Rights Movement and Founder and President of the Rainbow PUSH Coalition (RPC), died Tuesday, Feb. 16, 2026, at his home in Chicago. He was 84.

“Rev. Jackson also did very well when he ran in the Primary for President of the United States, getting a double-digit percentage of the votes,” said Father Bramble, referring to when Rev. Jackson ran for the Democratic presidential nomination in 1988. “He was also a great speaker.”

A schedule of Memorial Services for Rev. Jackson includes Chicago, South Carolina and Washington, DC., They began on Thursday, Feb. 26, 2026 with Rev. Jackson Lying in State at the Rainbow PUSH Coalition in Chicago, IL and will conclude with a Private Homegoing Celebration at Rainbow PUSH on Saturday, March 7, 2026.

Rev. Jackson led numerous voter registration drives and is credited with helping to pave the way for political leaders that came behind him.

“Rev. Jesse Jackson helped reshape the conversation about who belongs in rooms of power and whose voices matter in this country,” said Democratic Senator Cory V. McCray, who represents



**Peter Bramble**  
Courtesy Photo



**Dr. Joanne Martin**  
Courtesy Photo



**Senator Corey McCray**  
Official Photo

Baltimore’s 45th District. “Through faith, courage, and persistence, he expanded opportunity for millions and inspired generations to believe they could organize, lead, and demand more from America. His legacy will continue wherever people are fighting for dignity, justice, and a fair shot.”

RPC is a multi-racial, multi-issue, progressive, international membership organization fighting for social change. Rev. Jackson formed RPC in December 1996 through the merging of two organizations he founded earlier, People United to Serve Humanity (PUSH, 1971) and the Rainbow Coalition (1984).

Headquartered in Chicago, IL the organization advocates for peace and justice around the world and is dedicated to improving the lives of all people by serving as a voice for the voiceless. RPC has offices in Washington, D.C., Atlanta, Detroit, Houston, Los Angeles, New York, and Oakland.

Born on October 8, 1941 in Greenville, South Carolina, Jesse Jackson graduated from the public schools in Greenville and then enrolled in the University of Illinois on a football scholarship. He later transferred to North Carolina A&T State University and graduated in 1964.

He began his theological studies at Chicago Theological Seminary but deferred his studies when he began working full-time in the Civil Rights Movement with Dr. King. Rev. Jackson was ordained on June 30, 1968 and received his earned Master of Divinity degree from Chicago Theological Seminary in 2000.

“Jesse Jackson provided an enduring significance of affirmation and self-affirmation within the Black community that ‘I am somebody’ and ‘Black is beautiful,’ said Dr. Joanne Martin, Co-Founder of the National Great Blacks in Wax Museum (NGBIW). “With all the progress that has been made, the fight for recognition and worth continues as

there are those who are attempting to erase our Black History.”

Rev. Jackson was the recipient of numerous awards. On August 9, 2000, President Bill Clinton awarded him with the Presidential Medal of Freedom, the nation’s highest civilian honor.

“Jesse Jackson’s role in fighting for peace and his contributions to diversity, equity, and inclusion parallels to Martin Luther King’s vision of unity,” said Dr. Martin. “The broad impact of Rev. Jackson’s work in social justice has become more apparent since his passing. Sometimes, society does not realize the value of a person and the importance of their perspective until they are gone.”

Dr. Martin says that the NGBIW will one day house a wax figure of Rev. Jackson.

We don’t have a figure yet, but one day we will,” said Dr. Martin. “He has earned his place at the National Great Blacks in Wax Museum.”

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## Commentary

# As We Prepare to Lay Rev. Jackson to Rest, I’m Thinking About Words That Build Coalitions

By Ben Jealous

Across the country — from South Carolina to the South Side of Chicago — we are celebrating the life of Rev. Jesse Jackson. This weekend, he will finally be laid to rest.

As we funeralize Reverend Jackson and reflect on what he gave us, I find myself thinking not only about his courage, but about his strategy — and about the power of words to build or break coalitions.

On Saturday, I will stand with my son — who carries Reverend Jackson’s last name as his first. We named him Jackson in no small part because of the Reverend’s importance to our people and to my own life. There were family reasons too. But it was his insistence that we build something broader than grievance — that we unite across lines others tried to harden — that made that name feel like a blessing to pass on.

It was his 1988 campaign that first pulled me into organizing. The Rainbow Coalition wasn’t poetry. It was strategy. It was a recognition that racism is the oldest political wedge in American history — used again and again to divide working people so none of us are strong enough to demand more for our children.

People sometimes call me a bridge. They mean that I am a Black civil rights leader with a white father. They mean I grew up rooted in both working-class and middle-class communities — Black and white — learning how to sit in rooms where folks didn’t look alike or vote alike and still search for common ground.

The truth is, I was raised by bridges.

My father grew up in overwhelmingly white Maine. His father — my grandfather — was a white doctor in Portland who made house calls in the city’s small Black community when few others would. Most of his patients were white, and he also

served as the factory doctor in Biddeford. But there was a current in that family: serve your fellow human beings. Recognize common need. Be part of common solutions.

My father joined the civil rights movement in Maine more than a decade before he married my mother. He later supported Reverend Jackson’s campaigns in ’84 and ’88. And for decades, he worked with thousands of men — mostly white — helping them confront trauma, break cycles of abuse and rediscover empathy and accountability.

Those men were not caricatures. Many were crushed when factories closed and industrial America hollowed out. Many struggled with addiction. Many carried untreated trauma from childhood. My father sat with their pain without denying the systems that shaped them.

My mother was a bridge of a different kind — Black, Southern and fearless. Born into a family with generations active in the NAACP, she joined a lawsuit at 12 to integrate her local all-white girls’ high school. She spent summers helping desegregate churches in Petersburg, Virginia. Later, she co-authored *Combined Destinies*, exploring how racism against Black people has also wounded white people in their own lived lives.

She taught me that racism distorts everyone it touches — though not equally.

So when my white dad says we should use the phrase “white advantage” instead



**Ben Jealous, former President of the NAACP.**

*Courtesy Photo*

of “white privilege,” I listen.

Because he has seen what words can do in a room.

Say “white privilege,” and too often you trigger a litany: “My grandfather worked in a mill.” “My mother cleaned houses.” “We were poor.” In a nation built literally by the underdogs of multiple nations — and by the underdogs within our own — people hear that word and feel their family’s suffering erased.

That’s not usually what people mean when they say it. But it is often what many hear.

“White advantage,” by contrast, is harder to argue with. It does not deny hardship. It

## Coalitions

*Continued on page 15*

# Barbarajeane "BJ" Shaneman — The Healer Who Rode Through Barriers

By Patrick O. Gee, Sr.,  
PhD., JLC

In every generation, there are freedom fighters whose names may never headline textbooks, yet their impact reshapes the very soul of justice. Barbarajeane "BJ" Shaneman is one of those quiet giants, an architect of dignity, a defender of the vulnerable, and a healer whose courage has carried countless people through the darkest valleys of illness and inequity.

BJ's story is woven into the long, unfinished tapestry of Black history, a history marked by brilliance, resistance, and the relentless pursuit of humanity in systems that too often deny it. As a nurse and now a Senior Program Specialist at the University of Maryland School of Pharmacy, PATIENTS Program, she has stood at the crossroads of racism, sexism, and classism, refusing to bow to any of them. She has fought for those whom society overlooks, mistreats, or deems unworthy of care. She has done the work that transforms statistics into stories and stories into survival.

She healed as she rode her Harley-Davidson, a symbol of her uncontainable spirit. While others saw a motorcycle, she saw freedom from stereotypes, freedom from expectations, freedom to show up in the world as her full, unfiltered, unstoppable self. That Harley carried a healer who refused to be boxed in by anyone's assumptions. BJ cared for those who recognized her genius long before institutions did. She poured compassion into people who had been dismissed, ignored,

or devalued. She rendered care to the oppressed, the often-forgotten, and the chronically mistreated, not as charity, but as a covenant. She understood that healing is not just a clinical act; it is a moral stance.

Her journey has not been easy. She has endured systemic barriers that would have broken the spirits of lesser people. She has walked through doors that were never meant to open for her, and when they didn't open, she pushed them, challenged them, or built new ones entirely. Her resilience is not accidental; it is ancestral. It is the echo of generations who survived so she could serve. And serve she has.

BJ's presence is unforgettable. One moment with her becomes a lifetime memory. She listens with her whole being. She speaks with the authority of someone who has lived, learned, and loved deeply. She advocates with a fire that refuses to dim. She carries wisdom that cannot be taught in any classroom.

This Black History Month, we honor Barbarajeane Shaneman, a healer, a warrior, a truth-teller, a barrier-breaker, a woman whose life is a testament to what happens when compassion becomes a calling and justice becomes a lifestyle. May her legacy continue to inspire those who fight for equity in healthcare. May her courage continue to embolden those who challenge oppressive systems. May her story remind us that Black history is not only about the past, but it is also being written every day by people like BJ, who choose to heal in a world that too often harms.



*BJ Shaneman, Senior Program Specialist at the University of Maryland School of Pharmacy, PATIENTS Program Courtesy Photo*

# There Are Women In This Work

By Dr. S. Rasheem

Much praise and respect is due to the many Black-led organizations where men are playing a pivotal role in community-based violence interruption. Without the work of returning citizens and leaders in faith communities, we would not have the historic drop in violent crimes that we are seeing today.

And like any communal effort, the men will tell you, they aren't doing it alone.

Baltimore's mothers, daughters, wives, aunts, cousins and sisters have been holding vigils, organizing, leading, mediating, marching and nurturing without 501c3 status or support before the broader public even had a language for what this work is called.

The Black women in Baltimore have been the emotional labor, and behind-the-scenes coordination that makes the work possible. Pastor Marcia Williams (Teen Girls in Pursuit) really illustrates the deep emotional labor and sacrifice involved, "He (Uncle T of Challenge2Change) gets those phone calls, and so when he gets them, I get them too. But my part is he hit the streets. I hit the floor on my knees, because now my husband is gone. Trying to stop and resolve a conflict, but I'm thinking about if my husband is caught up in a crossfire. I think about that all the time. What if something goes wrong? I've seen him take guns from people. I've seen the work that my husband does, which is amazing, but there's one side of me that always sits with me and say, what if something goes left? So I deal with it as a wife."

While men are often more visible on the streets, women sustain the movement as mediators, organizers, mentors, mothers, and healers, often while carrying their own grief and responsibilities at home. Many of them, victims and survivors of violence.

"From a leadership perspective, a lot of them were moms who lost their children to violence because we did a safer space ritual for their child. Or, you know, they saw us doing something in community, and they were like, I need something to do with my pain. And so they became ambassadors." — Erricka Bridgeford

Across Baltimore, women have been the "boots on the ground, in homes, in hospitals, jails and funeral homes" for decades, building trust in neighborhoods, supporting families after loss, and creating safe spaces for healing. They lead community mediation efforts, mentor young people, organize peace walks, manage operations, and transform personal pain into collective action. As James Timpson notes,

"I probably stood on more shoulders of women than I have men in this work... they just fought for us, even when we wouldn't fight for ourselves."

Many women are also the unseen support system that allows violence interrupters to do their jobs—holding families together, running organizations, and ensuring the work continues day to day. Delmont Player underscores this reality:

"You could not do the work that you do without the backing of a woman... holding the fort down while you out in them streets and out in that community."

From mothers who lost children and became peace ambassadors, to pastors,



**Erricka Bridgeford,**  
Baltimore Peace Movement



**Pastor Marica Williams**  
Teen Girls In Pursuit



**Pastor Ebony Harvin**  
New Solid Rock Pentecostal Church



**Tracey Estep**  
Office of African American Engagemnt

*Courtesy Photo*

mediators, and organizers who have served for decades, women are not just participants in Baltimore's violence interruption work, they are its heart. As Pastor Ebony Harvin reflects, the

mission is shared and deeply personal: "We all here trying to save a life... to make sure that another mother don't go through what I went through."

# 2026 Food Lion CIAA Men's and Women's Basketball Tournament Closes Black History Month with Championship Thrills and Cultural Celebration

*Special to The Baltimore Times*

BALTIMORE — The 2026 Food Lion CIAA Men's and Women's Basketball Tournament wrapped up last week at CFG Bank Arena, bringing Black History Month to a powerful close with championship basketball, economic impact, and a weeklong celebration of HBCU culture.

An estimated 65,000 alumni, students, families, and fans traveled to Baltimore for what has become one of the nation's most anticipated annual sporting and cultural events. By the time the final buzzer sounded on Saturday, February 28, the city had once again proven why “#FebruaryIsCIAA” has become more than a slogan — it is a movement.

## Championship Saturday Delivers

On the women's side, Winston-Salem State University defeated Fayetteville State University 60–43 to capture the CIAA championship title. The Rams set the tone early with defensive intensity and maintained control throughout the game.

In the men's championship, Fayetteville State University edged out Bluefield State University 71–68 in a thrilling contest that came down to the final possessions. The victory capped off a competitive week of single-elimination matchups that showcased the depth of talent across the conference.

## Beyond the Court

CIAA Commissioner Jacqie McWilliams Parker described the week as a reflection of the conference's broader mission.

“This week in Baltimore captured the very best of the CIAA,” she said. “This



*The Fayetteville State University Broncos are the 2026 CIAA Men's Basketball Champions, defeating Bluefield State 71–68 on March 1, 2026, at the CFG Bank Arena in Baltimore. CIAA*



*Terrell Williams of Fayetteville State University was named the MVP of the 2026 CIAA Men's Basketball Tournament. Denzel Robinson*



*Joshua Williams and Madison Maurice from Claflin University are the 2026–2027 Mr. and Miss CIAA. Denzel Robinson*



*Ah'kiyah Pye of Winston Salem State University women's basketball team. 2026 Champions of the CIAA tournament. CIAA*

tournament showcases excellence on the court, opportunity off the court, and a community coming together with purpose.”

The numbers reinforce that impact:

More than 3,500 Baltimore high school students attended Education Day, with many receiving scholarships and on-the-spot admissions to CIAA institutions.

Over 1,500 job seekers connected with more than 60 employers during Career Day.

Financial literacy seminars, entrepreneurship panels, health initiatives, and tech summits were held throughout the week.

Baltimore Mayor Brandon Scott emphasized the tournament’s economic power and community benefit.

Last year’s tournament generated more than \$27 million in total economic impact and over \$15 million in direct spending, and since returning to Baltimore, the CIAA has contributed more than \$100 million to the regional economy. The event also directs significant spending to minority-owned businesses and highlights Black-owned restaurants and retailers across the city.

“This is more than a championship,” Scott said. “It’s a platform for community, opportunity, and upward mobility.”

Kireem Swinton, President and CEO of Visit Baltimore, called the week a true homecoming for the city.

“What makes this week so special is the way it goes beyond the games to meaningfully engage our youth and spotlight the power of HBCU culture,” Swinton said.

### A Festival of Culture

The CIAA Tournament continues to distinguish itself as far more than a basketball championship. Throughout the week, Baltimore hosted Fan Fest, step shows, the John B. McClendon Jr. CIAA Hall of Fame Breakfast, town halls, community service projects, and high-profile performances from national recording artists and entertainers.



*Terrell Williams of Fayetteville State University was named the MVP of the 2026 CIAA Men’s Basketball Tournament.*  
CIAA



*Fayetteville State University winners of the 2026 CIAA Men’s Basketball Tournament*  
Denzel Robinson



*Zeke Cannedy, a Fayetteville State University basketball player, proposed to his girlfriend, Mariah Boyd, on the court immediately after winning the CIAA championship in late February 2026.*  
Denzel Robinson

Founded in 1912, the Central Intercollegiate Athletic Association is the first and longest-running African American athletic conference in the United States. While basketball anchors the week, the broader impact touches

education, workforce development, entrepreneurship, tourism, and civic engagement.

As the city turns the page to March, the 2026 CIAA Tournament leaves behind championship trophies for

Winston-Salem State University’s women and Fayetteville State University’s men — and another lasting reminder that Baltimore remains a proud home for one of the nation’s largest celebrations of Black excellence.

# Be More Positive with Hana Scott

When you think of Baltimore City leadership — the press conferences, the policy announcements, the viral “Mask up, shorty” moments — Brandon Scott often comes to mind.

But leadership does not only live at a podium.

Sometimes it lives in the steady presence behind the scenes — in the strategist, the partner, the mother, the entrepreneur who helps hold the foundation in place.

That is where you will find Hana Scott.

In a candid conversation on *Be More Positive*, Baltimore's First Lady shared reflections on her upbringing, her career pivot from science to entrepreneurship, her postpartum journey, and her unwavering love for the city that raised her.

### A Baltimore Girl, Through and Through

Scott describes herself as “a regular, degular girl,” but her story reflects discipline, resilience and purpose.

Raised in the Northwood neighborhood of Northeast Baltimore near Morgan State University, she attended Baltimore City Public Schools before graduating from Baltimore Polytechnic Institute. Education, she explains, was not just expected — it was transformative.

Raised by a single father alongside her brother, Scott shared a bedroom with her family until she left for college. She later earned a full academic scholarship to the University of Maryland Eastern Shore, graduating debt-free with a degree in biology.

“I understood that graduating without student loans would give me a leg up,” she said.

At a time when HBCUs did not receive the national recognition they do today, Scott chose UMES not for prestige, but for alignment — financial, cultural and long-term.

### From the Lab to Leadership

Before becoming First Lady, Scott worked in vaccine research, contributing to studies focused on malaria and HIV. The work was complex and impactful. It was also isolating.

“It sounds impressive,” she said. “But I was miserable.”

Recognizing that fulfillment matters as much as achievement, Scott pivoted. In 2017, she launched her own operations and project management firm, supporting

mission-driven organizations, particularly Black women-led teams and nonprofits.

Over time, she refined her client base to reflect her values.

“I signed contracts with anyone who would pay me money at first,” she said. “Now I’m intentional.”

When national funding shifts affected many minority-led organizations, Scott resisted the urge to pivot away from her community. Instead, she leaned into programs like Goldman Sachs’ One Million Black Women initiative and strengthened her network of fellow entrepreneurs.

“Community reminded me not to change what I was building.”

### Motherhood, Transparency and Grace

Scott speaks most passionately about motherhood. She and the Mayor share three children — Sarone, Charm and Camden — and she describes parenting as an opportunity for growth and healing.

“Parenting is healing your inner child,” she reflected.

She also spoke candidly about experiencing postpartum depression following the birth of her youngest child. Feelings of isolation, persistent sadness and difficulty finding joy prompted her to seek support from medical professionals and lean on her family and village.

“I didn’t sound like myself,” she said. “And I wasn’t.”

Her willingness to share that journey publicly offers reassurance to other mothers navigating similar experiences.



*First Lady Hana Scott and The Baltimore Time's Be More Positive podcast host Zuryna Livermore* Hugh Williams – Photographer, Danielle Baird – Assistant Photographer.

“I have to remind myself — I’m still postpartum.”

Her message is clear: seeking help is strength.

### Balancing Visibility and Peace

As the spouse of a public servant, Scott acknowledges that visibility comes with scrutiny.

“Reading negative things about yourself every day for years is not a normal human experience,” she said.

While criticism is part of public life, Scott emphasizes discernment — choosing when to engage and when to protect peace.

“If I responded to every lie, I wouldn’t have time to do anything else.”

It is a reminder that strength can be quiet and boundaries can be powerful.

### Be More Baltimore

When asked what people misunderstand about Baltimore, Scott does not hesitate.

“It’s easy to punch down on Baltimore,” she said. “But this city is charming, resilient, gritty and witty.”

From waterfront views at the Peninsula to community gatherings at Druid Hill Park

and AFRAM, she sees a city defined not by headlines, but by its people and potential.

Her pride is personal. She and the Mayor even named their children Charm and Camden — a reflection of just how deeply Baltimore is woven into their family’s story.

### What does positivity mean?

For Scott, positivity is not about ignoring challenges. It is about highlighting solutions and elevating the people doing the work.

“There’s a lot of criticism without solutions,” she said. “But there are organizations and leaders on the ground making change.”

As Baltimore continues to evolve, Hana Scott represents a form of leadership rooted in intention, warmth and quiet strength — leading not always from the front, but often from the foundation.

To hear the full conversation with Hana Scott, listen to *Be More Positive* wherever you get your podcasts and experience the complete interview in her own words.

For more than 40 years, The Baltimore Times has brought readers positive stories about positive people.

Hana Scott’s story is one of them.

# Delores (DeDe) Duncan-White: A Woman of Exemplary Service Continues Family Legacy, Scholarship

By Andrea Blackstone

Delores (DeDe) Duncan-White, Assistant Athletic Director of Academics for Student Athletes, U.S. Naval Academy, is a Women's History Month maker on the move. Delores (DeDe) Duncan-White is in her nineteenth year of working at the United States Naval Academy. Prior to her current position, Duncan-White served in the U.S. Navy for 23 years. She achieved the rank of Commander (O-5) prior to her retirement in 2007.

Beyond her outstanding military and professional achievements, Duncan-White has also made remarkable strides in community service while fostering a spirit of family togetherness in the face of adversity. Shelley C. White, Jr., a police officer and detective who worked over 20 years with the Annapolis Police Department, was Duncan-White's late husband who passed away unexpectedly on May 22, 2015, at the age of 57.

A Mission to Honor "The Shelley C. White, Jr. Memorial Scholarship was established in 2015 in memory of the late Shelley C. White, Jr. in honor of Shelley's dedication to his community, the foundation awards college scholarships to graduating seniors in Anne Arundel County," said Duncan-White.

"Shelley had a huge personality and an even bigger heart. He was deeply committed to his family and his community. He was selfless in every aspect, always lending a helping hand to those in need and always being a presence in the lives of those less fortunate," Duncan-White shared. "Shelley sought to bridge the gap and ease the tension between the community and law enforcement—an effort and impact that was felt across the city and beyond."

The Shelley C. White Jr. Memorial, a 501(c)(3) non-profit organization, allows

Duncan-White and Shelley C. White Jr.'s son, Shelley C. White, III, to honor the life and legacy of White, Jr. Shelley C. White, III co-founder of the nonprofit, is a 2016 graduate of the U.S. Naval Academy and was honorably discharged from the Navy back in 2023 after years of service.

"We believed a scholarship foundation was the best way to honor him (my husband) and continue the work he had done in this very community. The financial expense of education is a huge hurdle that many at-risk youths encounter. Being able to provide some recurring financial relief and support gives them the opportunity to pursue their goals and aspirations," said Duncan-White.

Scholarship Impact and Deadline More than 15 scholarships have been awarded over the past 10 years.

"The scholarship can help cover first-year tuition, books, cost of living, and other miscellaneous expenses. The amount range is somewhat pre-determined, but we have steadily increased the amount given to first-year recipients each year. Scholarship awardees are also eligible to receive continued scholarship funding after completion of their first year upon completion of some requirements," Duncan-White shared.

While there is no specific age requirement, applicants must be high school seniors within Anne Arundel County on track to graduate. Any current high school senior in Anne Arundel County is eligible to apply. The current application deadline is April 20, 2026.

Bull & Oyster Roast Fundraiser The 2026 Scholarship Bull & Oyster Roast will be held on March 28, 2026, from 2:30- 6:00 p.m. at the Elks Lodge, located at 2 Pythian Drive, Edgewater, Maryland 21037. Tickets are currently on sale. All proceeds from the event go directly toward our annual scholarship supporting youth in Anne Arundel County achieving



**Front row, left to right: Jose Parker and Gereald Boston. Back row: Talib Watson, Edward Moon, Sr., and Edward Moon, Jr. support the 2025 Bull & Oyster Roast to benefit students who receive the Shelley C. White, Jr. Memorial Scholarship. This year's fundraiser will be held on Saturday, March 28, 2026 from 2:30- 6:30 p.m. at the Elks Lodge, located at 2 Pythian Drive in Edgewater, Maryland. Tickets are now on sale. Courtesy Photo**

higher learning.

Shelley C. White, III explained that the Bull & Oyster Roast event is the nonprofit's annual fundraising event. It is the main source for raising scholarship funds.

"This usually themed event is centered around positivity and coming together as one to support a great cause. During the event, we have a DJ, food, live raffles and a live auction of gifts and memorabilia that have been graciously donated by members of the greater Annapolis community," he said.

When individuals support the event, it also helps increase the value of the scholarship. Community members who cannot attend the in-person event can provide donations, sponsorships and even just spread the word about the scholarship event.

"Being able to continue my husband's



**Shelley C. White, Jr., Delores (DeDe) Duncan-White, and Shelley C. White, III.**  
Photo courtesy of Shelley C. White Jr. Memorial

legacy and work in the community has become a true passion. Hearing how students organically come across the scholarship, learn about my husband and form a deep connection with the work he has done is what makes this all worth it," said Duncan-White.

Visit <https://www.shelleycwhitejr.com> to obtain more information about the scholarship and upcoming fundraiser.

# Expanding Boundaries International Accepting Applications for Ghana Study Tour 2026

By Andrea Blackstone

Leticia Ababio Nortey, founder and executive director of Expanding Boundaries International, Inc. (EBI), empowers future generations with equitable access to cross-cultural and technological education through Science, Technology, Engineering, Arts, and Mathematics (STEAM) activities.

“We are dedicated to the United Nations’ Sustainable Development Goal 4, which aims to ensure inclusive and equitable quality education and promote lifelong learning opportunities for all,” said Nortey, a Morgan State University alumna.

### A Cross-Cultural Connection

Born and raised in Obuasi, in the Ashanti Region of Ghana, Nortey founded the 501(c)(3) in 2014. EBI integrates cultural exploration tours, Brenda A. Brown Passport Scholarships, an initiative providing funds for students to apply for their first U.S. passport, a study abroad program to provide U.S. students with opportunities to study or intern abroad, and a STEAM after-school program.

“We create immersive experiences through embassy visits, virtual international tours, and cross-cultural workshops that foster global understanding,” Nortey added. “We serve youth aged 10 and above. A unique aspect of our model is that we encourage parents and guardians to participate in our cross-cultural activities, ensuring the impact reaches the entire family unit.”

### Expanding Boundaries International’s Ghana Study Tour 2026

Sankofa Narratives, a digital storytelling and STEAM-focused journey for local high school and college students, will be held from July 6, 2026, to July 19, 2026 in Ghana.

“What sets this program apart is the Peer-to-Peer Buddy System because EBI serves students year-round in Ghana and Maryland. Participants are matched with a ‘Peer Pal’ in Ghana before they arrive,” Nortey explained. “Upon landing, U.S. students connect with their Ghanaian buddies. These peers act as ‘old friends,’ helping them assimilate, answering cultural questions, and providing a perspective on life in Ghana from their own age group.”

Nortey further mentioned that the travel experience is not just a tour, but a true exchange of lives and stories.

### The Sankofa Experience

Students will utilize smartphones and digital tools to bridge their Baltimore history with Ghanaian heritage as a part of the digital storytelling lab. Cultural immersion includes visits to historic sites such as Cape Coast Castle, and the Assin Manso Slave River, and Twi language lessons. Twi is spoken in Ghana. Participants will also engage in hands-on collaboration at the EBI STEAM Hub in Ejura, Ghana.

### Professional Outcomes

“We provide specialized workshops on translating international travel into college and career assets,” said Nortey.

She further stated that students will complete 16 hours of volunteer work to earn Service Learning Experience credits. Participants will also earn an official Certificate of Completion and a Community Service Award.

### Parent Perspectives

Logan Turner, 15, took a previous 12-day trip to Ghana through EBI in June of 2025.

Sharron Turner, the mother of the



*Expanding Boundaries International’s students and program supporters visit Ussher Fort, a place where Dr. Kwame Nkrumah and other freedom fighters were kept before Ghana gained its independence on March 6, 1957. Expanding Boundaries International, Inc.*

Baltimore City student, remarked that Logan had an ultimate experience away from home.

“I would tell other parents to do it. It’s scary because they will not be with you, but it’s worth your child getting this experience. The program director will ensure your child’s safety, growth, and development. I loved this experience and would have my child do it again.”

Dr. Dontae and Mrs. Antoinica Ryan, parents of Kailyn Ryan, stated that their daughter returned from Ghana with a greater appreciation for the opportunities and amenities afforded to her in the United States. Now more confident in herself, Kailyn is reportedly open to trying new things, and fearless when it comes to advocating for herself in positive ways, regardless of the audience.

“She strengthened her ability to overcome fears, work through uncomfortable situations, resolve conflicts, appreciate different cultures, and learn different languages. She is excited to continue to study abroad in the future,” the Ryans added.

### Financial Investment and Support for Baltimore City Residents

The expense of the immersive, inclusive travel experience to Ghana is \$5,000 for students from Baltimore. However, Baltimore City residents will pay \$700 for the trip, thanks to a grant.

“The Baltimore Children and Youth Fund (BCYF) will cover the majority of costs for eligible Baltimore City residents through the Summer of Possibility Grant,” Nortey explained. “The program covers round-trip flights, U.S. passport support via the Brenda A. Brown Passport Scholarship, safe accommodations, and all daily meals.”

Student applicants from other parts of Maryland will be required to invest \$2,600 in addition to airfare.

Visit <https://expandingboundaries.org/ghana-study-tour/> to learn more about Expanding Boundaries International’s Ghana Study Tour 2026 or call 410.881.7449. The opportunity is available first come, first-served basis. Applications will be accepted until March 31, 2026.

## Five Years, One Conversation, and the Next 90 Days

By Michelle Petties

Five years ago, when I released my memoir *Leaving Large*, I had no idea where that story would lead.

Five years of writing. Five years of speaking. Five years of sitting with people in the truth of their food stories — not just what they eat, but what eating has been asked to hold: stress, grief, loneliness, survival, celebration, memory.

When I wrote my book, I did not have a roadmap. I had a question:

What if behavior change is not about willpower, but about healing, strategy, and systems that fit real life?

Everything I have built since — the workshops, the writing retreats, the mindset frameworks, the BRAND NEW method — came from that question.

And then, I had a two-hour conversation that shifted how far this work could reach.

My interview with fitness icon Tony Horton was supposed to be a conversation. It became an alignment.

We did not talk about quick weight loss. We talked about burnout. We talked about recovery.

We talked about why people start strong, disappear, and then blame themselves.

At one point, he spoke about the danger of the all-or-nothing mindset — how people push hard, break down, and think they failed when what they actually lacked was a sustainable system.

I remember thinking: This is the emotional cycle I have spent years helping people understand.

Different disciplines. Same truth. Sustainable change requires preparation, not pressure. Recovery is part of performance. Consistency is built through systems, not motivation. That conversation repositioned my work.

At the time, I was simply telling the truth of my life: more than 40 years battling obesity, gaining and losing over 700 pounds, and learning — often the hard way — that food was never the real issue. Emotion was.

What I didn't know then was that this deeply personal work would eventually place me inside one of the most recognized fitness brands in the world.

Today, I'm honored to share my belief system and mindset coaching and work with Tony Horton's 90-Day Challenge, an elite wellness platform known for results, rigor, and longevity. It's a full-circle moment — one rooted not in image or weight loss, but in transformation.

For years, I have been saying that food behavior is not a discipline problem — it is a nervous system, identity, and environment problem. Hearing one of the most recognized voices in fitness talk about patience, modification, and meeting your body where it is confirmed that this work belongs inside performance spaces. Not outside of them.

That is why being part of the Goo Fighter Spring Fling 90-Day Challenge is such a full-circle moment for me. This is not about joining a fitness program. This is about integrating mindset and movement in a way that respects real lives.

Inside this 90-day experience, you will get access to Tony's training platform — but you will also get my 90-day mindset and behavior strategy:

How to reduce food noise  
How to stabilize energy through nourishment  
How to align habits with your real schedule  
How to prepare for



*Michelle Petties and Tony Horton Courtesy Photo*

stressful days instead of restarting after them  
How to build self-trust through small, repeatable decisions

Because workouts build strength. But strategy builds follow-through.

If you have ever started and stopped... If you have ever felt like plans were built for a life you do not have... If you have ever believed you lacked discipline when you were actually overwhelmed...

Five years ago, I leaped without knowing where it would lead.

Today, I can see the throughline: The writing. The healing. The behavior science. The storytelling. All of it prepared me for this collaboration.

This is what it looks like when emotional healing and physical performance stop being separate conversations.

The 90 days begin on March 2.

If you want to understand why this collaboration matters, listen to the full conversation between Tony and me. It will give you context for everything

we are building together and why this approach is different.

Then join us. Because the next 90 days are not about chasing a number on a scale. They are about becoming someone who:

Plans  
Pauses  
Prepares  
Follows through  
Five years in, I can say this with certainty:

This work changes lives. And it is worth the work.

Michelle Petties is a TEDx speaker, Food Story coach, and award-winning memoirist whose work explores the intersection of food, trauma, culture, and healing. After gaining and losing 700 pounds, Michelle discovered the secret to overcoming stress and emotional overeating. Her free workbook, *Mind Over Meals*, reveals her core principles for losing weight and keeping it off. She is available to customize *The Weight We Carry* workshop for churches, sororities, civic organizations, and community groups.



## Black Family Wellness Expo Hosted by The Links, Inc, Annapolis Chapter

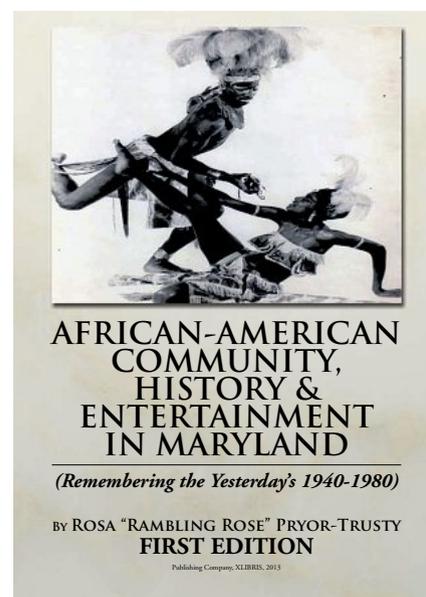
By Rosa Pryor

By Well, my friends, it kind of looks like we are finished with the winter weather and start breaking out some Spring stuff. The few of you who enjoyed the winter weather with the snow and ice, heavy winter coats and hats, gloves, I am sorry, but there is a place called Alaska you can move to.

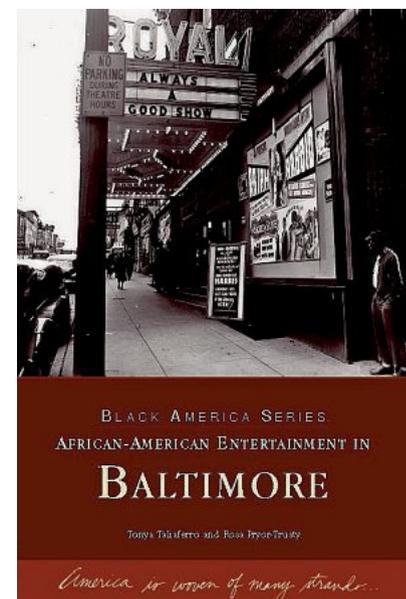
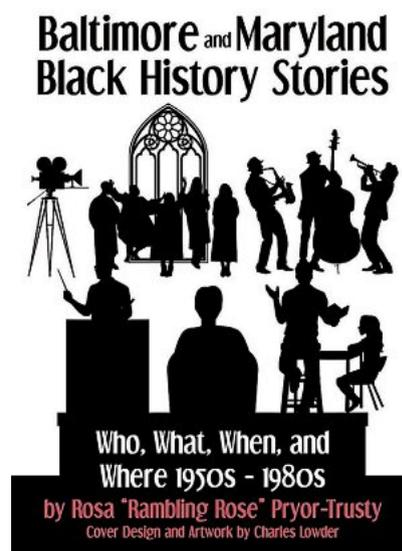
Good news for those who care and have been inquiring about my health since I had my full shoulder replacement. I no longer have to wear the sling, but have to have much more physical therapy— about 8-12 more weeks, I should be able to use my left arm more. Thank you for your thoughts and prayers, but I am going to be alright. I'm ready to do more book signings at your events. Call me.

I am very excited to be able to participate in the "Community Health Fair & Black Family Wellness Expo" hosted by the Annapolis Links, Inc. on Sunday, March 8 from 11 a.m.-3 p.m. at Pip Moyer Recreation Center, 273 Hilltop Lane, Annapolis, Maryland. There will be free screenings, health information, health demos, snacks, a Literary Lounge with Authors where that's where I will be doing book signings for all three of my books. The community members will be able to meet with health care practitioners, learn about health and wellness services, take free health screenings, participate in fun demos and enjoy refreshments and door prizes. See you there.

My Lands of Mercy! The Caton Castle, located 20 S. Caton Avenue is still jumping up and down doing the "JAMES BROWN" in jazz style. Every Saturday evening, James has some jazz or blues artists on that stage in his club. On Saturday, March 7, Antonio Parker Quintet will be there on his sax, Reginald Cynie on trombone, Hope Ubadi on piano, Cheyney Thomas on bass and Lenny Robinson on drums. Check them out; Oh! the food is good too.



*Rosa Pryor books Courtesy Photos*



**Rambling Rose Book Signing on Sunday, March 8, 11am to 3 p.m. at the Pip Moyer Recreation Center, 273 Hilltop Lane, Annapolis, Maryland for The Chapter of The Links, Incorporated's Black Family Wellness Expo and Literary Lounge. For more information, contact Kristen Barr at [www.annapolislinks.org](http://www.annapolislinks.org). Courtesy Photo**

Hey look, my dear friends! You got to help me out here. I know there is someone out there "Rambling Rose" readers and fans need or want an almost new treadmill, designed just like the ones in the gym. I also have a very large glass top kitchen or dining table with iron legs, like new I need to sell— I need the space. Please tell me if you are interested and give me a call or email me at [rosapryor@aol.com](mailto:rosapryor@aol.com).

Okay my friends, I have got to go. I am out of space. But remember, if you need me, call me at 410-833-9474 or email me at [rosapryor@aol.com](mailto:rosapryor@aol.com). Send me your letters to, 214 Conewood Avenue, Reisterstown, Maryland 21136.

UNTIL THE NEXT TIME, I'M MUSICALLY YOURS.



**My God-daughter, Dee Brent-Addison, owner and manager of music group "Signature Live" and author of five books, has now become a screen writer, actress and movie director of one of her books named "Shattered Silence" for the Big Screen will be honored on Saturday, May 7 at a Red Carpet Award Show in Brandywine, Maryland. CONGRATS SWEETIE! Well, deserved. Courtesy Photo**

## Legal Notice

### CITY OF BALTIMORE DEPARTMENT OF TRANSPORTATION NOTICE OF LETTING

Sealed Bids or Proposals for the **TR-26003 RECONSTRUCTION OF FOOTWAYS CITY WIDE** will be received at the Office of the Comptroller, Room 204, City Hall, Baltimore, Maryland until **APRIL 1, 2026 at 11:00 A.M.**

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.**

As of **MARCH 6, 2026**, the Contract Documents may be examined, without charge by contacting **Brenda Simmons** at [brenda.simmons@baltimorecity.gov](mailto:brenda.simmons@baltimorecity.gov) or **(443) 865-4423** to arrange for a copy of the bid book labelled **“NOT FOR BIDDING PURPOSES”** which can be electronically emailed to you.

Anyone who desires to purchase a bid book in person may do so by appointment only for the non-refundable cost of **SEVENTY-FIVE DOLLARS AND NO CENTS c. (\$75.00)** at the Department of Transportation located at **417 E. Fayette Street, Baltimore, Maryland 21202**, made payable to the Director of Finance.

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 Office of Boards and Commissions**, 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 Categories required for bidding on this project is:

**A02601 PORTLAND CEMENT CONCRETE PAVING**  
**D02620 CURB, GUTTER SIDEWALKS**  
The Cost Classification Range for this project will be from **\$2,600,000.00 to \$3,000,000.00.**

A **“Pre-Bidding Information”** session will be conducted via **Microsoft Teams** on **MARCH 4, 2026 @ 9:00AM** hosted by the Department of Transportation. Roll call will be taken at the beginning of the pre-bid meeting.

## Legal Notice

By no later than **3PM on MARCH 3, 2026** email your contact information to include your name, company name, phone number and email address to

[michael.donovan@baltimorecity.gov](mailto:michael.donovan@baltimorecity.gov) to receive an invite to the Microsoft Team (video conference meeting).

Principle Items of work for this project are:  
5” Concrete Sidewalk – **240,000 SF**  
5” Exposed Aggregate Sidewalk – **6,500 SF**  
7” Concrete Pavement – **7,500 SF**

The **MBE goal is 30%.**

The **WBE goal is 10%.**

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

## Legal Notice

### CITY OF BALTIMORE DEPARTMENT OF TRANSPORTATION NOTICE OF LETTING

Sealed Bids or Proposals for the **TR26009, ADA CURB RAMP CONSTRUCTION WEST URGENT**

**NEED (JOC)** will be received at the Office of the Comptroller, Room 204, City Hall, Baltimore, Maryland until **April 1, 2026, at 11:00 A.M.** 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.

As of **March 6<sup>th</sup>, 2026**, the Contract Documents [brenda.simmons@baltimorecity.gov](mailto:brenda.simmons@baltimorecity.gov) or **(443) 865-4423** where a copy of the bid book labelled **“NOT FOR BIDDING PURPOSES”** can be electronically emailed to you. Anyone who desires to purchase a bid book in person may do so by appointment only for a non-refundable cost of **SEVENTY-FIVE DOLLARS AND NO CENTS (\$75.00)** at the Department of Transportation located at **417 E. Fayette Street, 5th Floor, Baltimore, Maryland 21202** made payable to the Director of Finance. **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 Office of Boards and Commissions, 4 South Frederick Street, 4th Floor, Baltimore, Mary-

## Legal Notice

land 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 **D02620 (CURBS, GUTTERS, SIDEWALKS).** The Cost Classification Range for this project will be from **\$2,000,000.01 to \$3,000,000.00.** A **“Pre-Bidding Informational Meeting”** will be conducted via Microsoft Teams on **March 19, 2026, at 11:00 a.m.** hosted by the Department of Transportation. Roll call will be taken at the beginning of the pre-bid meeting. By **March 18, 2026**, at 4pm prior to the pre-bid meeting, email your contact information to include your name, company name, phone number and email address to [John.Malinowski@baltimorecity.gov](mailto:John.Malinowski@baltimorecity.gov) to receive an invite to the Microsoft Team (video conference meeting). Principle Items of work for this project are: **5 “ CONCRETE SIDEWALK 40,000 SF; SURVEY EVALUATION, SKETCHES, & STAKEOUT FOR CURB RAMPS 160 EA; CONCRETE CURB OR COMBINATION CURB & GUTTER, VARIABLE WIDTH & HEIGHT 6,500 LF** The **MBE goal is 28%;** The **WBE goal is 10%-** **APPROVED:** Celeste Amato, Clerk, Board of Estimates.

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

## Coalitions

Continued from page 5

does not pretend white communities have been spared deindustrialization, opioid addiction or rising suicide rates. It simply names a measurable tilt in the system.

Researchers have shown that identical résumés get different responses depending on the name at the top. That white applicants with criminal records can receive more callbacks than Black applicants with clean ones. That even when family income is similar, outcomes diverge.

That’s not about whether your life was easy. It’s about how the system sorts us.

Reverend Jackson understood this better than anyone. The Rainbow Coalition was never about denying white suffering. It was about refusing to let racism weaponize it. Racism keeps working communities weak by keeping us divided across what has historically been the most powerful line of division in this country — race — preventing working people, from union halls to churches, from our big cities to our small towns, from coming together in the interest of all our children.

If a word shuts down conversation before it begins, we should be wise enough to reconsider it — not to soften the truth, but to widen the coalition that can act on it.

As we prepare to lay Rev. Jackson to rest, I’m asking how we continue his work. How do we tell the truth about racism’s permanence and pervasiveness while still building the broad alliances necessary to defeat it?

Maybe part of the answer is simple: choose words that open doors.

Racism is real. It punishes. It persists. But if we are serious about breaking its power, we need language that allows people to see themselves in the solution.

Reverend Jackson taught us that working people can come together across lines that once seemed immovable — Black and white, North and South.

As we honor his life this week, let’s recommit to that project — with clarity, courage and words that build the coalition our children deserve.

*Ben Jealous is a professor of practice at the University of Pennsylvania and former president and CEO of the NAACP.*

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For help call 1-800-GAMBLER.  
Must be 18 years or older to play.