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Caring For Children's Mental Health Needs Through This Long Pandemic



Y. Mimi Ryans is licensed to provide mental health services for children, adolescents, adults, and families. Ryans' therapy waitlist grew exponentially, during the pandemic. The Maryland-based business owner regularly uses books and stuffed animals to assist with regulation and specific crises that youth face. During Mental Health Awareness Month, Ryans offers tips to better support youth through these difficult times. (See article on page 9) Photo courtesy of Y. Mimi Ryans

Grand Opening of Renaissance Row Apartments in Baltimore

Redevelopment includes 84 units of affordable housing and new Park Heights Renaissance headquarters

(Baltimore, Maryland) – Pennrose, Park Heights Renaissance (PHR), Housing Authority of Baltimore City, and local and state officials celebrated the grand opening of Renaissance Row apartments, an 84-unit affordable, mixed-use community in the historic Park Heights neighborhood of Baltimore. The brand-new community transformed blighted housing at the intersection of Park Heights and Rosewood Avenues to create one-, two-, and three-bedroom apartments for mixed-income families.

The new community will help alleviate the affordable housing crisis in Baltimore, where the Department of Housing & Community Development estimates that over twenty percent of households are spending more than half their income on housing annually. Of the total units at Renaissance Row, eight are set aside for residents earning up to 30% of the Area Median Income (AMI) and 76 units are reserved for residents earning up to 60% AMI.

Speakers at the grand opening celebration included Ivy Dench-Carter, Senior Vice President of Development, Pennrose, LLC; Yolanda Jiggetts, Chief Executive Officer, Park Heights Renaissance; Mayor Brandon Scott, Mayor, City of Baltimore; Sharon Green-Middleton, Council Vice President, District 6, City of Baltimore; Alice Kennedy, Housing Commissioner, Baltimore DHCD; Janet Abrahams, Executive Director, Housing Authority of Baltimore City; Secretary Kenneth C. Holt, Office of Secretary, Department of Housing and Community Development; Augie Chiasera, President, Greater Baltimore/Chesapeake Region, M&T Bank.

“As residents throughout the region continue to be impacted by the COVID-19 pandemic, inflation and rising rents, we are proud to open the doors to 84 new high-quality, afford-



Mayor Brandon Scott joined Yolanda Jiggetts, Chief Executive Officer, Park Heights Renaissance, elected officials and representatives from Pennrose LLC, for the Grand Opening and Ribbon Cutting Ceremony for the Renaissance Row Apartments, an 84-unit affordable, mixed-use community in the historic Park Heights neighborhood

able apartments for low-income families,” said Patrick Stewart, regional vice president at Pennrose. “We can’t thank Park Heights Renaissance, the city, and the development team enough for their partnership and collaboration on the Master Plan, which will improve the quality of life of residents and neighbors for years to come.”

The mixed-use development also includes approximately 2,300 square feet of office space that will serve as the new headquarters for PHR, a non-profit representing residents, businesses, religious institutions, schools, agencies, and other stakeholders committed to shaping a better future for Park Heights. The new office space will support PHR in its mission of implementing the Baltimore City Park Heights Master Plan, which includes land and economic development alongside human development to create a thriving and sustainable community. PHR will also manage the on-site supportive service program for residents, including programming that fosters self-sufficiency, promotes education, maintains optimum resident health, and maintains working relationships between residents.

“Renaissance Row is a clear example of what effective community

development strategies can accomplish,” said Yolanda Jiggetts, CEO of Park Heights Renaissance. “It’s proof of concept and is one of the many collaborative partnerships Park Heights Renaissance is utilizing to drive economic opportunities and community empowerment”

The modern apartments feature contemporary open floor plans with oversized windows; brand-new kitchens with electric range, dishwasher, and granite countertops; in-unit washer and dryer; spacious closets; luxury vinyl tile flooring; ceramic-tiled baths; and Central A/C. In addition, residents will enjoy access to robust community amenities, including a fitness center; teen game room; resident storage space; professionally landscaped

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grounds; outdoor green space; and more. The community is conveniently located near I-83 and the West Cold Spring Metro station, along with easy access to shopping, dining, recreation, and entertainment options.

The redevelopment received widespread political and financial support from both the State of Maryland and the City of Baltimore in order to move forward. The Department of Housing and Community Development of the State of Maryland contributed a direct loan backed by the FHA (HUD), along with an issuance of multifamily bonds, 4% Low Income Housing Tax Credits, a Rental Housing Funds loan and Rental Housing Works loan. The City of Baltimore also made substantial contributions through the issuance of soft loans through the City Bond Program and City Slot Funds Program, as well as a payment in lieu of taxes (PILOT) and a seller-take back note for the land purchase. The tax credit equity generated by the 4% LIHTCs contributed by Maryland DHCD was syndicated by Hudson Housing Capital and is being contributed to the project as equity through M&T Bank.

Pennrose is committed to developing high-quality, transformative affordable housing throughout Maryland and the Mid-Atlantic region. Pennrose is also currently developing Wilbourn Estates, which includes 78 apartments in Annapolis, Maryland.

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Regard Memorial Day the Right Way, It's More Than a Day Off

By Andrea Blackstone

As stores begin advertising Memorial Day deals, neighborhood pools open, and individuals grill tender hot dogs and hamburgers for family and friends, Memorial Day's true meaning should remain intact. Memorial Day Weekend should incorporate acknowledging military members who paid the ultimate sacrifice for freedom, while serving in the United States Armed Forces. I elect to omit "Happy Memorial Day" in my remarks. It is more than a day off, and surely, is a time to reflect or mourn.

I recall embracing a woman in front of her child's headstone at Arlington National Cemetery, before the pandemic started. Tears dropped from my eyes as she shared the gut-wrenching story of losing her son who happened to be her only child. She is a Gold Star Mother—someone who lost a child who was actively serving in the U.S. military. I wanted to take a trip to Arlington National Cemetery to educate my young son about mothers, fathers, wives, children, family members and friends who feel the sting of Memorial Day. He was permitted to place roses on gravesites and salute each service member whose loved ones were not present to pay tribute to them. We even observed veterans in wheelchairs with missing limbs. Some had survived attacks, but not all their friends did. They gathered at gravesites often unable to mutter a word. Sometimes, sounds of grief overtook them, instead.

Honoring the fallen who lost their lives in the Civil War was the starting point of Memorial Day, yet our modern culture of embracing more fun than history frequently prevails, causing purpose to fade. According to the U.S. Department of Veterans Affairs, military personnel who died serving in the U.S. military, "particularly those who died in battle or as a result of wounds sustained in battle," are remembered and honored on Memorial Day. Veterans Day is regarded as the proper time to celebrate and honor living U.S. military veterans who formerly served in wartime or peacetime. It emphasizes thanking all of those who served honorably, not only those who died during service.

It is essential to note that May 30, 1868 marked the first national celebration of Memorial Day which was held at Arlington National Cemetery—the place where both Confederate and Union soldiers were interred. According to the Library of Congress, "Commander in Chief John A. Logan of the Grand Army of the Republic issued General Order Number 11 designating May 30 as a memorial day "for the purpose of strewing with flowers or otherwise decorating the graves of comrades who died in defense of their country during the late rebellion, and whose bodies now lie in almost every city, village, and hamlet churchyard in the land."

With all of these factors in mind, please pause to somehow pay tribute to brave men and women who laid down their lives for others, if you do not already do so. They deserve it.



Letter to the Editor

Editor:

After the despicable Buffalo atrocity, many elected officials are loudly (and properly) calling for exposing and eradicating the scourge of white nationalism. So why do these same leaders, seemingly in their next breath, vote to massively arm a foreign government that has served as Ground Zero for this ugly phenomenon for years?

There is no evidence that the shooter had any ties whatsoever to either former President Trump or Fox commentator Tucker Carlson, the designated "Usual Suspects". But there are strong indications that he was recruited to an international movement of white supremacist, neo-Nazi networks centered in, yes, Ukraine!

Unlike elsewhere, the race-haters in Ukraine aren't fringe outliers, but deeply ensconced in governmental power. The explicitly Nazi Azov Battalion's leader, Andrei Biletsky, was a member of Ukraine's Rada (parliament) for five years. Biletsky was quoted in the London Guardian, proclaiming his mission to "lead the White Race in a final crusade against the Semite-led Untermenschen". Former Rada Speaker Andriy Parubiy co-founded the Social National Party of Ukraine, a transparent wordplay on National Socialism. Ex-Deputy Interior Minister Vadym Troyan, another Azov enthusiast, systematically condoned and protected gang attacks on human rights activists, African exchange students, and

especially, Russian-speaking Ukrainians. The list goes on.

The website Bellingcat has extensive connections to the US State Department, and is anything but chummy with Vladimir Putin. Yet in 2019, they published a major report detailing how some 17,000(!) foreign fighters have come to Ukraine to be trained by the Azov crowd. This includes the Christchurch, New Zealand shooter who killed 51 in 2019. Azov proudly distributed the disgusting manifesto, laced with racism and ecofascism, written by this sicko, who was also fulsomely praised by his Buffalo counterpart. Robert Rundo, the leader of the white supremacist Rise Above Movement that played a major role in the 2017 Charlottesville outrage, is another Azov admirer, calling it a state within a state, with schools, camps, and military bases at its disposal. Some "marginal" organization!

However, now that everything is subordinated to crushing Putin's Russia, this all goes out the window. Congresspersons piously denounce white nationalism in Buffalo, but write a \$40 billion check to a Kyiv government dominated by the networks that helped recruit the selfsame shooter into this web of racist evil. "Hypocrisy" is just too nice a characterization of this abominable behavior.

Doug Mallouk
Baltimore, MD

Page Opposite/Commentaries

We must believe in our ability to work together to solve our toughest problems

*By Joseph Reagan,
the Director of Military and Veterans
Outreach for Wreaths Across America*

On Memorial Day, 1945, the war in Europe had ended but the fighting in the Pacific continued, Lt. Gen. Lucian Truscott voiced remarks at the Sicily-Rome American Cemetery at Nettuno, Italy. Turning his back on the assembled VIP's he faced the rows upon rows of headstones and apologized to the 20,000 fallen Americans who had been laid to rest far from home. He was quoted as saying, "All over the world our soldiers sleep beneath the crosses. It is a challenge to us – all allied nations – to ensure that they do not and have not died in vain."

Fast forward to Memorial Day 2022, and the familiar voices of brothers in arms begin to call one another on the phone. People usually think of reconnecting with former military buddies as a joyous happening. However, for this Memorial Day, the topic of conversation was not an armistice, a promotion, or



even a daughter's wedding or new addition to a home, it was about the latest in a string of suicides that silence the voice of our brothers but brought renewed connections from other familiar voices. One desperately said, "Sir, I needed to call someone who could understand this."

Everyone in the greatest generation understood war. At home they experienced rationing, schoolchildren collected scrap, and women took up factory jobs while overseas the troops endured combat and were witness to some of the largest and most brutal atrocities in the modern age. When the war was over, they followed the lead of Lt. Gen Truscott and committed their lives to ensure that they "have not died in vain." The shared sacrifice of a generation united them and helped them solve tough problems.

In subsequent wars, such as the Korean and Vietnam era, Veterans did not experience the same level of understanding and thus either turned their voice inward or used their voice to fight for one another on subjects that varied from Agent Orange, PTSD, and other once-silent conditions.

The War on Terror introduced a unique time in our nation's collective history as acts of war played out in real-time on our media devices. Although only one percent of Americans served post 9/11, it seems 100 percent of the country used their voice to express their opinions of this shared history as it unfolded.

For Korea and Vietnam Veterans, war was not a shared experience and therefore various voices having various opinions helped further the national

conversation regarding the treatment of veterans leading to safer and more thoughtful approaches. Unlike the veterans of Korea and Vietnam, the veterans of the last several decades did not return home to the voices of dissent that could be addressed directly, instead, they returned to a polite nation that creates media of dissent and very little opportunity for honest, open dialog.

This new era of media, learning, and personal discussions bring rise to the question, "Do people really remember why we hold our veterans in a place of honor?" For years, voices saying meaningless phrases like "the enemy gets a vote" or "there's nothing you could have done" were meant to comfort those of us who have held the heavy responsibility of leading troops in combat. However, many people seem to lack the understanding that our hearts have been forever scarred by the invisible wounds of war, scarred by guilt and grief, and by the longing for forgiveness that will never come. Even if forgiveness was offered, it would be hard to accept as no mere words can undo a life experience and because of this, we often feel isolated, misunderstood, and undervalued therefore our voices remain silent.

As conversations with the voice on the other end of the phone come to its inevitable conclusion, I am reminded that to remain silent is a betrayal of my obligation to those who made the ultimate sacrifice. As Horace Bushnell once said, the best thing for us to do is to remember "what they have put it on us to do for the dear common country to which they sold their life." As we gather as one nation this Memorial Day, my hope is that instead of directing shallow words of gratitude at each other, we do as Lt. Gen. Truscott did and direct our gratitude directly towards those who made the ultimate sacrifice. In both our words and actions, let us all commit ourselves to serve the country to which they gave their lives.

While there is still much work to be done, the generation of Veterans from this century have access to vast

resources, life-saving technology, and increased information. This same generation of Veterans is just now starting to define our post-service legacy and like our grandparents, return home with a deep commitment to service, and a desire to address the many problems that we face.

One such issue needing to be addressed is helping Veterans find purpose in their post-service lives. Truscott's apology to the dead are not empty words, but a strong voice reminding us that we have an obligation to choose resilience and purpose when faced with guilt or grief. As an example, Gold Star Families, who have experienced tremendous loss, continue to serve their communities to maintain the legacy of the loved one they lost. I often recall a colleague of mine responding to the question "why do you do so much to help Veterans?" he simply held up his finger, choking back tears he responded, "for the one I couldn't save." By choosing to use his voice to advocate for other veterans, he not only helped them find their purpose – he found his own.

It's often said that for those who have served "every day is Memorial Day," a traditionally silent observance in the Veteran's mind that can best be described as an impossible trinity made up of an overwhelming sense of guilt, grief, and grit. Usually, a moment of silence on this day is a welcomed and solemn way to honor the voices from our past, but for myself, after losing three former soldiers to suicide in the past few months, silence is no longer an option and the freedom to use our voice is the greatest gift that our veterans have to offer this Memorial Day.

Joseph Reagan is the Director of Military and Veterans Outreach for Wreaths Across America. He served 8 years on active duty as an officer in the U.S. Army including two tours to Afghanistan with the 10th Mountain Division. He is the recipient of multiple awards and decorations including the Bronze Star and the Purple Heart.

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Courting Art Baltimore awards \$20,000 in college scholarships to seven Baltimore City public school students

BALTIMORE, Md. – Members of the Maryland Judiciary, including District Court of Maryland Chief Judge John P. Morrissey, Administrative Judge Halee F. Weinstein, and Baltimore City Public Schools celebrated the contestants and winners of the seventh annual Courting Art Baltimore contest. This year’s theme is “Awaken Baltimore” and 17 student finalists’ artwork was unveiled and is now decorating the District Court in Baltimore City’s Eastside courthouse at 1400 E. North Avenue. Seven of the students were awarded college scholarships totaling \$20,000 in recognition of their outstanding artwork, including a first-place scholarship of \$7,500. Students were invited to submit paintings, drawings, or other two-dimensional works of art based on the “Awaken Baltimore” theme.

“The continued success of this program speaks highly of the connection between our courts, the schools, and the community,” said Chief Judge Matthew J. Fader, Court of Appeals of Maryland. “These impactful works of art will serve as a reminder of how important of a role the courts and justice system play in society. We are proud to display their creative expressions within the Eastside District courthouse.”

“I am honored to congratulate some of Baltimore’s most talented, artistic, and dedicated youth on their personal expressions of social justice through their artwork,” said Chief Judge John P. Morrissey, District Court of Maryland. “Their artwork not only decorates the courthouse, but it provides the many perspectives of Baltimore youth for members of the public to contemplate and enjoy. I congratulate each participant on their visionary artwork, and I thank Judge Halee Weinstein for introducing this wonderful program to Baltimore’s young artists.”

Reproductions of the winning artwork will be on long-term display



Photo credit: Courting Art Baltimore

in the Eastside District courthouse. In addition to scholarships, Courting Art Baltimore awarded each of the 17 finalists with a \$50 gift card and two students received free placement in the Maryland Institute College of Art Young People’s Studio.

“All of the students who participated in Courting Art Baltimore did a fantastic job and each work of art demonstrates their unique and thoughtful perspectives,” said Administrative Judge Halee F. Weinstein, District Court in Baltimore City. “The program was adapted from one that I visited in Pennsylvania, which was replicated in Baltimore with the help and support of the Baltimore Bar Foundation, the Bar Association of Baltimore City, Baltimore City Public Schools, the Arts Every Day program, and countless others who helped make this program a success by bringing art to a heavily utilized public space such as the courthouse.”

Courting Art Baltimore, established by Judge Weinstein in 2015, is an art contest open to all Baltimore City public high school students. Presented by the District Court in Baltimore City in conjunction with the Baltimore Bar Foundation, Inc., and the Bar Associ-

ation of Baltimore City, Courting Art Baltimore is celebrated in partnership with Baltimore City Community College, Baltimore City Public Schools, Arts Every Day, the Maryland Institute College of Art (MICA), and the CollegeBound Foundation. Although Judge Weinstein retires in August, she will continue to plan and manage the event for years to come.

“I commend Judge Weinstein on her passion for working with young people in Baltimore and bringing this worthy art project to fruition locally,” said newly designated Administrative Judge Geoffrey G. Hengerer, District Court in Baltimore City. “Over the years, the Eastside District courthouse

has been a light in the community by connecting court visitors and students with a public space to view and display artwork, creating a more positive experience.”

Ashanti Latta of the Baltimore Design School was awarded the top prize, including a \$7,500 scholarship and one of two free placements in the MICA Young People’s Studio.

The seven scholarship winners are:

- Ashanti Latta, Baltimore Design School, \$7,500 and free placement in the MICA Young People’s Studio
- Makayla Salliey, Mergenthaler Vocational Technical High School, \$5,000
- Grey Clifford, Baltimore Design School, \$3,500
- Keenan Staton, Mergenthaler Vocational Technical High School, \$2,500
- Maria F. Uben Zacarias, Reginald F. Lewis High School, \$1,500 and free placement in the MICA Young People’s Studio
- Kevin Taylor, Mergenthaler Vocational Technical High School, \$750
- Tyron Brady, Baltimore Design School, \$500

Visit mdcourts.gov to view the students’ artwork.

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Park Circle Community Association Reveal of Planters for Park Heights Community for Beautification Initiative

On May 17, 2022, Park Circle Community Association, Civic Works, community residents, and nationally recognized artist, Herb “Mr. Herb” Massie partnered to beautify the Park Heights community with artistically designed planter pots which will line Park Heights Avenue. The collaboration is being referred to as a “Bridge the Gap” project and reflects the intersection between the art community, youth, and residents of the Park Heights community. This intergenerational and beautification project was spear headed by Pam Curtis, President, Park Circle Community Association and funded with a grant from Baltimore City to enhance the Park Circle Community. Ms. Curtis, a 2019 graduate of the Baltimore City Planning Academy has been actively involved in securing resources, working with zoning to involve stakeholders and actively engaging residents in projects that beautify their communities. “I am so proud to have the support of our city, state officials, and community organizations such as Civic Works,” says Curtis.

This project is particularly special because the youth along with artist Herb Massie helped to design the planter pots which includes inspiring words that reflect togetherness and community goodwill. The City of Baltimore asked Pam Curtis to submit twenty powerful words to be placed on the planters. She wanted to tie the previous VISION Mosaic art wall



Pam Curtis, President, Park Circle Community Association; Artist and Teacher Herb (Mr. Herb) Massie; and John Ciekot, Civic Works



(Corner of Park Heights & Springhill Ave) into the project. “The outcome was breathtaking,” says Curtis. “The official unveiling was emotional and inspiring to witness the

youth collaborating with community seniors and being educated on ways to preserve one’s property and community,” says Ms. Curtis. The project was originally present prior to COVID and was placed on pause due to the health and safety precautions for all participants.

Ms. Curtis extends her thanks to the residents of Park Circle Community Association, artist Herb Massie, Mr. John and the Civic Works staff and volunteers, youth of the Park Heights community, Department of Transportation, seniors throughout Baltimore City, and the amazing City of Baltimore (Planning Department) for their support. This would not have been possible without the collaborative effort and support of this collective group.

About Civic Works

Civic Works strengthens Baltimore’s communities through education, skills development, and community service. For over 20 years, the non-profit has been deeply committed to service in Baltimore communities. Its programs deliver tangible results through a



Civic Works youth volunteers, artists and community residents designed planter pots in collaboration. (l-r) seated Artist Herb (Mr. Herb) Massie and Civic Works youth volunteer Teron Taylor (l-r) standing Civic Works youth volunteers De’Asia Eberhart and Darian Barrett; retired Baltimore City art teachers and artists Katibah Charlene McCormick and Carolyn Phillips; Civic Youth volunteer Camryn Waddell and Xavier Raimey; and Pam Curtis, President, Park Circle Community Association



(l-r) Civic Works youth volunteer Camryn Waddell; Herb (Mr. Herb) Massie, Artist for Vision Wall and Planter Pots; and Civic Works Volunteer Darian Barrett

combination of job training, skills development, and community service. Civic Works succeed by harnessing the energy and dedicated commitment of our AmeriCorps members, staff, volunteers, sponsors, partners, and most importantly, the communities in which we work.

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Meet the Man Who was Recognized for Preserving African American Heritage in Maryland

By Andrea Blackstone

Theodore “Ted” H. Mack has given a lifetime of service promoting Maryland’s African American heritage and has made a recognizable impact along the way. On May 20, 2022, he was formally recognized during a program at the Banneker-Douglass Museum in Annapolis, Maryland for these contributions, while being honored as a 2022 recipient of the Calvert Prize. The honor is Maryland Historical Trust’s (MHT’s) most prestigious award. According to MHT’s website, it is a state agency which is “dedicated to preserving and interpreting the legacy of Maryland’s past.” Through MHT, Marylanders are assisted with becoming knowledgeable about their “historical and cultural heritage.”

Nell Ziehl –MHT’s Chief, Office of Planning, Education and Outreach— informed The Baltimore Times that Mack “made a tremendous statewide impact in the protection, stewardship, and interpretation of historic and cultural sites, particularly in his eight years as chair of the Maryland Commission on African American History and Culture (MCAAHC).”

Ziehl also reminded that Mack was selected as the only 2022 Calvert Prize winner.

“The Maryland Historical Trust Board of Trustees awards no more than one Calvert Prize per year, and it



Theodore “Ted” H. Mack was recognized with this Calvert Prize for providing a lifetime of service in promoting African American heritage in Maryland and making a statewide impact.

Photo credit: Gerald Ringgold.



Theodore “Ted” H. Mack, right, received the 2022 Calvert Prize on May 20, 2022 at the Banneker-Douglass Museum in Annapolis, Maryland. It is Maryland Historical Trust’s highest honor. An individual, organization, agency, or institution displaying paramount leadership for the preservation of Maryland’s architectural, archaeological, and cultural heritage at the statewide level is recognized through the honor. Elizabeth Hughes, left, is Executive Director of MHT. She holds the Calvert Prize with Mack, who is the former Maryland Commission on African American History and Culture Chair. Photo credit: Gerald Ringgold

is not awarded every year,” Ziehl said, noting that Rodney Little previously received the honor in 2015. “A committee of the Maryland Historical Trust Board of Trustees selects the Maryland Preservation Award recipients each year, including the Calvert Prize, if applicable.”

A public nomination is made available annually through MHT’s website. Ziehl further explained that Calvert Prize nominations are typically submitted by members of the Board of Trustees. In Mack’s case, Dr. Barbara Paca—who is a Trustee of the Maryland Historical Trust—nominated him.

Mack, the Chair Emeritus of MCAAHC, is also a retired U.S. Army Special Agent. The highly regarded leader has deep Maryland roots and a legacy of giving back. Mack shared that he has been a resident of Crownsville, Severn, Odenton and Fort Meade, Maryland for more than 60 years. His interest in promoting Maryland’s African American heritage developed through working with the North Arundel Cultural Preservation Society (NACPS).

“My wife, Betty and I got started

as volunteers with our fellow church members and community leaders more than 20 years ago,” Mack told The Baltimore Times. “Our preservation work was recognized through museum exhibits, historic quilting circles, numerous presentations and collaborations, and the publication of two books. We did not realize then that we were just getting started.”

Information provided on MHT’s website provides further insight about MCAAHC’s affiliation with MHT. It mentions how grants “assist in the preservation of buildings, sites, or communities of historical and cultural importance to the African American experience in Maryland” through the African American Heritage Preservation Program (AAHPP). Additionally, the MHT and the MCAAHC partner to administer this program which normally receives a \$1 million annual grant appropriation. However, while speaking at the Banneker-Douglass Museum when Mack was honored, Rev. Dr. Tamara England Wilson—the current MCAAHC Chair — mentioned that through a bill, the grant was increased to \$5 million during

this legislative session. Additionally, a second bill reportedly secured MCAAHC’s future.

“It gave us our independence,” Wilson said, referring to the Senator Verda Welcome Act. “It increased our (annual) budget \$1 million dollars.”

MCAAHC was approved to be established as an independent agency. Wilson credited Mack’s vision with continuation of MCAAHC’s legacy for the next generation. Wilson added that others who are located across the country are observing MCAAHC to explore the possibility of establishing a similar commission in their states.

Mack, who is regarded as an innovative leader, explained to The Baltimore Times how heritage projects are selected under the AAHPP.

“Heritage projects are submitted by residents and communities across the counties of Maryland and Baltimore City. The projects are reviewed and evaluated by the Maryland Commission on African American History and Culture and the Maryland Historical Trust before final selection by the Governor of Maryland,” Mack said, also mentioning the benefits of project selection. “Heritage projects have made a sustained contribution to the One Maryland history with a more equitable recognition and integration of African American history and culture by preserving historic buildings, churches, museums, homes, monuments and parks.”

Ten 2022 awards were presented by MHT, ranging from individual leadership to making noteworthy accomplishments in the preservation field. The value of historic preservation and promoting America’s historic places is underscored during National Preservation Month.

“I just want to take this time to say if you want to get something done, you do it,” Mack said, while speaking at the Banneker-Douglass Museum.

Caring for Children's Mental Health Needs Through this Long Pandemic

By Andrea Blackstone

Once upon a time, children stood at school bus stops without masks covering their faces or concerns about catching COVID-19. No plastic shields enclosed spaced out school desks. Taking a class by Zoom was an exception, not the norm. But in 2020, the world seemed to morph into a twilight zone. During Mental Health Awareness Month, it is a prime time to reflect on how the pandemic is still forcing youth to adjust to a strange, new world.

On top of it all, enduring long stretches of isolation through life's ups and downs is leaving countless adults feeling depressed or stressed out. Keeping this in mind, a percentage of adolescents have undoubtedly been thrown into a position of growing up burdened by adult concerns.

According to recent Centers for Disease Control and Prevention (CDC) data, "In 2021, more than a third (37%) of high school students reported they experienced poor mental health during the COVID-19 pandemic, and 44% reported they persistently felt sad or hopeless during the past year." Over a quarter (29%) of them "reported a parent or other adult in their home lost a job."

Youth need mental health support now more than ever. Y. Mimi Ryans is a licensed clinical social worker (LCSW-C) who owns Columbia-based Lighthouse Center for Therapy & Play. She provides mental health counseling for children, adolescents, adults, and families. Additionally, Ryans offers reunification therapy and parent coordination services for high conflict relationships, through her busy practice where ten clinicians work

Ryans—who has been a clinician since 2008—conducts therapy 100% virtually now. Clinicians who serve clients with her do, too. Through her work, Ryans has observed how the pandemic impacted mental health



Y. Mimi Ryans owns Columbia-based Lighthouse Center for Therapy & Play. The licensed clinical social worker (LCSW-C) currently conducts therapy 100% virtually along with clinicians who work with her.

Photo courtesy of Y. Mimi Ryans

in young people. She reminded that youth's mental health needs are critical. She explained that the pandemic proved that quality mental health services could be provided to clients without having to appear in-person. Parents can now turn on the computer, leave their child in therapy, then continue to work or tend to household chores that would previously need to be delayed until returning home.

"I have seen the impact of the pandemic on children and the adults in their families. The level of anxiety has heightened, and we were seeing increased levels of anxiety prior to the pandemic," Ryans told *The Baltimore Times*. "We have seen levels of depression increase as the children

have been forced to stay inside, in their homes, and don't get to socialize with friends."

Signs that children need mental health help may alert parents and caretakers to recognize when it is time to seek professional assistance. Ryans noted that "significant decrease in interest in things that they once enjoyed; a hyper-focus on things that they are not able to control or change; and inability to regulate themselves and their behaviors" are among indicators. "All threats of harm, whether to themselves or others," should also be taken seriously by seeking professional support.

Securing immediate help can be challenging. Increased mental health needs have become another newly

discovered reality, due to a clinician shortage. For example, Ryans' therapy waitlist grew from 90 days to nearly six months, before an intake could be completed. Consequently, Lighthouse Center for Therapy & Play is currently not accepting new clients.

"I would recommend that people reach out to their insurance companies for referrals and get on as many waitlists as possible," Ryans said, offering advice to address this possible scenario.

Practicing grounding techniques and learning to breathe and talk through their feelings and challenges, are additional ways Ryans said that parents and guardians can consider taking practical steps to support youth. Decreasing screen time and social media access are additional strategies she mentioned.

Screen time limits are essential, and yet with the increase of online school, medical and mental health services being offered through screens, it is quite challenging to regulate and limit screen time.

"If the time is spent in increments of 30-60 minutes, for no more than three to four hours a day, depending on the age of the child, then it is a little less harmful," Ryans said. "Social media is harmful in that it is not necessarily real, and when something tragic happens, it plays over and over which can desensitize children and adolescents and creates less empathy."

The mental health expert also pointed out the importance of remembering to exercise compassion. Understanding that this pandemic is new territory for everyone requires teachers and parents to breathe and practice self-care to enable them to be in the position of taking care of the children.

Please visit www.lighthouseplaytherapy.com to learn more about Ryans.

With Inpatient Psychiatric Services Reportedly In Short Supply, Teenagers Aren't Receiving The Care They Need

By Stacy M. Brown
NNPA Newswire Senior National
Correspondent
@StacyBrownMedia

According to the Centers for Disease Control and Prevention, suicide rates among teenagers rose almost 60 percent from 2007 to 2018.

The CDC and other federal agencies describe a crisis that includes surging mental health disorders among the country's young.

For example, major depressive episodes in teenagers rose 47 percent during the 12-year period from 2007 to 2019.

A recently published report indicated that "across the country, hospital emergency departments have become boarding wards for teenagers who pose too great a risk to themselves or others to go home. They have nowhere else to go; even as the crisis has intensified, the medical system has failed to keep up, and options for inpatient and intensive outpatient psychiatric treatment have eroded sharply."

The report noted that the number of residential treatment facilities for people under the age of 18 fell to 592 in 2020 from 848 in 2012, a 30 percent decline, according to the most recent federal government survey.

With inpatient psychiatric services reportedly in short supply, teenagers aren't receiving the care they need.

"These young people are profoundly struggling," said Carter Barnhart, CEO of Charlie Health, which provides treatment programs for teens, young adults, and families navigating mental health challenges. "Many of whom have been recently discharged from a hospital and need outpatient therapy more than once a week," Barnhart stated.

Charlie Health partners with key community stakeholders like hospitals, insurance companies, schools, and local therapists, to provide treatment



Photo credit - NNPA Newswire

for clients who require more than weekly individual therapy sessions or who need support transitioning back into a home and school environment following hospital-based treatment.

Barnhart remains convinced that such partnerships are critical in the battle to save teenagers battling mental health challenges.

"The situation is dire," Barnhart explained in an email. "We need a new approach to tackle the mental health crisis. We need to leverage technology that expands access without sacrificing high-quality care. Our clinical program is designed to foster sustainable healing and serve youth and families in critical need across the country."

Barnhart said Charlie Health has set out on a mission to reimagine how high-acuity care is delivered to teens and young adults – particularly those in rural populations. She said they are building the world's first infinitely scalable, virtual-first mental health practice.

In its 2021 declaration of a national emergency for children's mental health, the American Academy of Pediatrics (AAP) cited that "childhood mental health concerns and suicide have increased for at least a decade."

To increase support for pediatricians and families, the AAP suggested

several action steps, including increased use of telemedicine, accelerating the provision of some mental health services in primary care settings, and funding community-based systems that can connect families to treatment resources.

Veritas Collaborative and The Emily Program, along with others in the field of eating disorders, have utilized many of these tools to expand access to care and provide the appropriate level of support, said Dr. Anna Tanner, vice president for the Department of Child and Adolescent Medicine at Veritas Collaborative and The Emily Program.

"For teens and parents, it is important to know that this mental health crisis is real and that mental health concerns can get better with proper treatment and support," Tanner stated. "There are no simple solutions when it

comes to mental illness – patients with mental health concerns need professional support."

Tanner noted that during COVID, many patients and families waited to ask for help. She stated that some mental health conditions, such as eating disorders, may cause severe and potentially irreversible medical complications.

"If you are struggling, or someone you know is struggling, reach out early on to local systems to learn about community resources," Tanner emphasized.

"Primary care providers can often provide some support, especially in accessing local resources and possibly initiating medications. Many children's organizations are stepping in to provide additional educational and resource support for primary care providers on these issues. Additionally, some patients and families may be able to access care through telemedicine even if local resources are limited."

She concluded that ongoing advocacy for mental health parity remains a critical step in addressing these care shortfalls.

"Additionally, we must address our workforce challenges and increase the integration of mental health care into primary care settings," Tanner remarked. "These two efforts will be significant in funding and education – to better meet the challenges ahead."

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*Shirley Duncan's "All White Party"
is scheduled for Sunday, June 5,
6-10 p.m. at the FOP Lodge #3; 3920
Buena Vista Avenue, Baltimore,
Maryland 21211. You must wear all
White, no exceptions and you must
wear a mask, no exceptions. For more
information, call 410-370-8489.*

Hello Everyone,

I am hoping this column finds you in good health, if not, do not worry, this too shall pass. Tomorrow will be a better day!

I want to start out by congratulating the Arch Social Club for a dynamite event last week in which it honored the past living presidents of the club. It was a successful event; the entertainment was great and featured the one and only Greg Hatza's ORGANization who took the sound of blues to another level. The food was delicious thanks to the caterer who prepared a down home dinner which included fried chicken, string beans and mac & cheese and cornbread. It was a festive event and enjoyed by all who attended. The event's highlight was a presentation by the club's Past President James "Big Jim" Staton when he presented members of Arch Social Club and his special friends with a special design watch, one of which I received. Dr. Louise Johnson did her solo dance and presentation of the awards to the honorees. Arch Social Club historian, Kaleh Tshamba shared and demonstrated the history of the Arch Social Club. Job well done Arch Social Club! Thank you all for wearing your mask. It was appreciated!

By the time you read this column, it will be Friday, May 27th. After you finish reading this column, take a shower and get dressed because you will have just enough time to get to the "Woodlawn Senior Center's All White Cabaret Day Party," 2120 Gwynn Oak Avenue in Baltimore. It is BYOB and BYOF and free set-ups. The event is

from 11:00 a.m. to 3 p.m. For more information, call 410-887-6887. Go, and have fun because tomorrow is not promised. Masks are required.

My girl Shirley Duncan is back to hosting her popular "All White Party." When Shirley Duncan says, "ALL WHITE" she means just that. From head to toe, no trimmings of any other color; blue, yellow, or green, orange, black, purple or any other color. I have seen her give people back their money at the door. ALL WHITE includes your white mask, which is a MUST! This event will be held on Sunday, June 5 from 6:00 p.m. to 10:00 p.m. at the FOP Lodge #3, located at 3920 Buena Avenue in Baltimore 21211. You can dance to your heart's desire, cash bar, a comedy show, live entertainment, and a lite buffet. For more information, call 410-370-8489.

Next, The Royal Theater & Community Heritage Corporation in conjunction with James Hamlin and the Avenue Bakery will present a Courtyard Music Series located at Pennsylvania Avenue and Baker Street. Bring your folding chairs; it is free to the community. Donations will be collected to preserve your special brick on the new Royal Theatre Building that James Hamlin will soon be breaking ground on. The first event is on Saturday, June 5th from 4:00 p.m. to 8:00 p.m. and will feature the Charles Funn Band. The Music Series will be held every first Saturday of each month. The Greg Hatza ORGANization will be featured on Saturday, July 2. The August 6th performance will be announce soon and the September



James Hamlin, The Avenue Bakery and Rosa Pryor are doing it again. They will be jumping up and down, doing the James Brown in the Courtyard of the Avenue Bakery, kicking off the Music Series on Saturday, June 4 from 4-8 p.m., 2229 Pennsylvania Avenue at Baker Street. Live entertainment, at its best, is being produced by Rosa Pryor Production; food and drinks are on sale. Just bring your folding chairs and enjoy. Do not forget to wear your mask.



Charles Funn Band will kick off the Music Series in the Courtyard of the Avenue Bakery on Pennsylvania Avenue & Baker Streets on Saturday, June 4, from 4-9 p.m. Charles Funn, who has been teaching music for 45 years, 25 years at Dunbar.

3rd series will feature my group from Washington, DC, "SIGNATURE LIVE". Masks are required.

Well, my dear friends, I must go. Remember if you need me, call me at

410-833-9474 or you can email me at rosapryor@aol.com. UNTIL THE NEXT TIME, I'M MUSICALLY YOURS.

Ravens Sam Koch Retires And Joins The Coaching Staff

By Tyler Hamilton

The Baltimore Ravens are known for their defense but one of their secret weapons over the years has been punter Sam Koch. After 16 years of punting for the Ravens, Koch retired last week.

“Today I am retiring from playing professional football,” Koch said. “I am very fortunate to have played 16 years here in Baltimore. Everything this organization does is first class, in every manner. I’ve also played under only two general managers and two head coaches. That just tells you how solid this organization is from top to bottom.”

Koch said he received a call on draft day from Ravens general manager Eric DeCosta, saying the team was considering using one of their picks to draft a punter. That writing on the wall influenced the 39-year-old veteran to realize his playing years were coming to an end.

Koch was selected by the Baltimore Ravens in the sixth round (203rd overall) of the 2006 NFL Draft. In his rookie season, he played in all 16 regular season games, punting 86 times for 3,695 yards and placing 30 of those inside the 20 which ranked fourth in the NFL.[10] He made his NFL debut at the Tampa Bay Buccaneers.

In 2015 Koch was named a second-team All Pro and played in the Pro Bowl.

Koch was a contributor to the

Ravens’ second Lombardi championship when they defeated the San Francisco 49ers in Super Bowl XLVII. Koch made key contributions on the final two plays of the Super Bowl, first scrambling in his own end zone to burn time off the clock before taking an elective safety with four seconds remaining. On the next play, he converted a 60-yard free-kick which left the 49ers well outside field goal range and allowed the clock to run out after the ball was fielded

“When you have an athlete back there to make the plays back there that Sam [Koch] did – that truly was a game-changer. And then the second thing is Sam Koch changed punting,” Ravens coach John Harbaugh said.

“A lot of people don’t know it, but all the punters know it, and all the punting coaches know it, and all the people who study the game know it. When Sam got started, all anybody ever did was punt it straight. You might punt it straight-middle, straight-right, or straight-left, and you hope you turn the ball over, right? Sam changed all of that – with [former Ravens special teams coordinator/ associate head coach] Jerry [Rosburg], and with [special teams coach] Randy [Brown], and Sam.”

Koch now serves as a special teams consultant for the Ravens. One of his primary jobs will be mentoring rookie punter Jordan Stout, who was selected in the fourth round of the NFL Draft.



Sam Koch

Photo credit : Phil Hoffman/BaltimoreRavens.com



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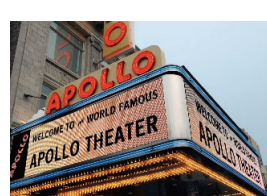
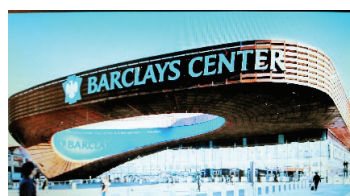
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Sealed Bids or Proposals, in duplicate, addressed to the Board of Estimates of the Mayor and City Council of Baltimore and marked for **GS 21814R – Northwood Branch Library Roof Replacement**, will be received at the Office of the Comptroller, Room 204, City Hall, Baltimore, Maryland until 11:00 A.M. on **WEDNESDAY, June 29, 2022**. 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. 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 **\$50.00** by sending a letter to the Department of General Services, Capital and Energy Projects Division, Suite 204, 200 Holliday Street, Baltimore, Maryland 21202, Att. Ms. Azza Rizkallah as of **FRIDAY, May 20, 2022**. In the letter, include a \$50 check addressed to the Director of Finance, and a Fedex Acc. No. in order to ship the documents to your office. Also, e-mail azza.rizkallah@baltimorecity.gov to indicate your interest in the bid and request the contract documents **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, 4th 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 **F07500 – Roofing Industrial**.

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 site: **4420 Loch Raven Blvd, Baltimore, MD 21218 on WEDNESDAY, June 01, 2022 at 10:00 a.m.**

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Principal Items of work for this project are:

1. General Requirements
2. Thermal & Moisture Proofing
3. Roof Top Equipment Support

The MBE goal is **21%**
The WBE goal is **8%**

CONTRACT NO. GS 21814R

APPROVED:

Erika McClammy
Clerk, Board of Estimates

APPROVED:

Chichi Nyagah-Nash
Director, Department of
General Services

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 **GS 21815 – Hamilton Branch Library Roof Replacement**, will be received at the Office of the Comptroller, Room 204, City Hall, Baltimore, Maryland until 11:00 A.M. on **WEDNESDAY, June 29, 2022**. 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. 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 **\$50.00** by sending a letter to the Department of General Services, Capital and Energy Projects Division, Suite 204, 200 Holliday Street, Baltimore, Maryland 21202, Att. Ms. Azza Rizkallah as of **FRIDAY, May 20, 2022**. In the letter, include a \$50 check addressed to the Director of Finance, and a Fedex Acc. No. in order to ship the documents to your office. Also, e-mail azza.rizkallah@baltimorecity.gov to indicate your interest in the bid and request the contract documents **Conditions and requirements of the Bid are found in the bid package.**

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Principal Items of work for this project are:

1. General Requirements
2. Thermal & Moisture Proofing
3. Roof Top Equipment Support

The MBE goal is **21%**
The WBE goal is **8%**

CONTRACT NO. GS 21815

APPROVED:

Erika McClammy
Clerk, Board of Estimates

APPROVED:

Chichi Nyagah-Nash
Director, Department of
General Services

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 **GS 21816R – Brooklyn Branch Library Roof Replacement**, will be received at the Office of the Comptroller, Room 204, City Hall, Baltimore, Maryland until 11:00 A.M. on **WEDNESDAY, June 29, 2022**. 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

Legal Notice

after 11:00 A.M. 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 **\$50.00** by sending a letter to the Department of General Services, Capital and Energy Projects Division, Suite 204, 200 Holliday Street, Baltimore, Maryland 21202, Att. Ms. Azza Rizkallah as of **FRIDAY, May 20, 2022**. In the letter, include a \$50 check addressed to the Director of Finance, and a Fedex Acc. No. in order to ship the documents to your office. Also, e-mail azza.rizkallah@baltimorecity.gov to indicate your interest in the bid and request the contract documents **Conditions and requirements of the Bid are found in the bid package.**

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Principal Items of work for this project are:

1. General Requirements
2. Thermal & Moisture Proofing
3. Roof Top Equipment Support

The MBE goal is **21%**
The WBE goal is **7%**

CONTRACT NO. GS 21816R

APPROVED:

Erika McClammy
Clerk, Board of Estimates

APPROVED:

Chichi Nyagah-Nash
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