The Annapolis Times

Vol. 37 No. 27

May 5 - 11, 2023

A Baltimore Times/Times of Baltimore Publication



BEAT

Caring for the Caregiver

By Javne Hopson

Former First Lady Rosalynn Carter observed on the founding of The Rosalvnn Carter Institute of Caregiving: "there are only four kinds of people in the world: those who have been caregivers, those who are currently caregivers, those who will become caregivers and those who will need caregivers."

The duration of care given may be measured by days, weeks, months or years. The hours can be long or short, the pay low to nil. In sickness, a patient's behavior may mirror the positive attributes of their personality, or their illness may make them combative, demanding, and difficult to care for.

Caregiving can be thankless or rewarding. For some, the task is a cherished opportunity to spend quality time tending to the needs of a beloved relative or friend. While others become caregivers under less charitable circumstances, by default or attrition. Either no one else is willing and able to provide care, or the current caregiver passes away.

For first-time caregivers, the learning curve will be steep, immediately requiring mastery of several new skill sets including, navigating the health care financial system on behalf of the patient, making informed treatment decisions, administering medications, monitoring and addressing changes in health status and attending daily to a host of personal care needs such as preparing meals, brushing teeth, bathing, clothing and managing the unpleasantness of incontinence.

According to a report by the National Alliance for Caregiving (NAC) and AARP, in the United States, "there are an estimated 53 million caregivers providing care to adults and children with special needs or disabilities, or to older adults. This represents about 21% of the adult population."

Being a caregiver can have a significant impact on a person's life, both positive and negative. The NAC offers five impacts that caregivers may experience: income.



Photo credit: Shutterstock

"For some, the task is a cherished opportunity to spend quality time tending to the needs of a beloved relative or friend."

Emotional stress: Caregiving can be emotionally demanding, and many caregivers report feeling stressed, overwhelmed, or anxious. They may also experience feelings of guilt, sadness, or frustration.

Physical strain: Caregiving can also take a toll on a person's physical health. Caregivers may experience fatigue, sleep disturbances, and an increased risk of developing chronic health conditions.

Financial strain: Caregiving can be expensive, and caregivers may have to pay for medical equipment, medications, or home modifications. Additionally, caregivers may have to take time off work or reduce their working hours to provide care, which can impact their caregiver overnight after a health crisis,

Social isolation: Caregiving can be a time-consuming and isolating role. Caregivers may have limited time for social activities or may find it difficult to participate in activities they enjoyed before becoming a caregiver.

Positive impact: While caregiving can be challenging, it can also have positive impacts on a person's life. Caregivers may feel a sense of purpose or fulfillment from providing care, and may develop stronger relationships with the person they are caring for. Additionally, caregivers may develop new skills or gain a deeper understanding of healthcare and medical

"Sometimes a person becomes a ilike a stroke or cancer diagnosis. But i caregiver for your loved one.

often, caregiving starts slowly with a few errands like picking up groceries," Amy Gover, author and caregiving expert for AARP. "While you may not call yourself a caregiver, at some point it becomes clear that life has changed, and you don't have the freedom to go on vacation or out with friends unless someone else can step into your caregiving role.

"If we acknowledge that we're caregivers, we're much more apt to get resources, support and services that can help us in that role and help the loved ones we're caring for," said Goyer, author of "Juggling Life, Work and Caregiving,"

In her book she offers five personal strategies to guide caregivers through challenging times:

Let the patient lead. Autonomy is important for the one receiving care. Include the person in care decisions whenever possible. Make sure doctors don't talk as if the patient isn't in the room.

Focus on comfort. Let comfort, joy and pleasure be your guideposts. Try not to nag. Don't forget the importance of small moments of shared joy — listening to swing music or a favorite crooner, playing card games.

Listen to the experts. Find experts to advise you and listen to them. Arm yourself with information from caregiving organizations and support groups. Trust your instincts.

Talk to other caregivers. Support groups will be one of your best resources.

Take care of yourself. Even five- and 10-minute breaks during the day can help. Try keeping a gratitude journal, download a meditation app or do a sixminute workout to refresh your mind and body. Use adult day care or inhome caregivers from time to time so you can take a break. Take up friends on their offers to help, even if it's just to get your hair done. Exercising, sleeping and eating well will make you a better



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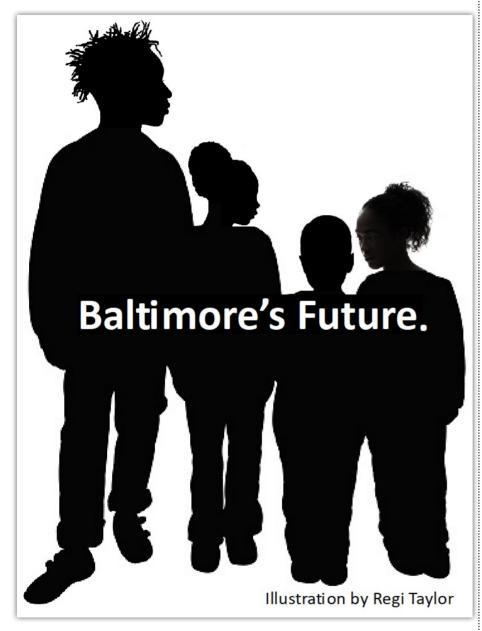
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Baltimore, 'Strong' by the Numbers?



By Regi Taylor

The Baltimore Times' allegiance is to the citizens of Baltimore City and the region. We tell it like it is and advocate for what is in residents' obvious best interests. We extend a vigorous open invitation encouraging public response to all our editorial pronouncements. The Baltimore Times is a purveyor of fact. We promote robust debate regarding the imay feel maligned by our editorial is 5% each:

pressing issues of our time by all who would like to communicate with their neighbors through our publication.

The Times recognizes ourselves as a community resource for public discourse, the exchange of ideas, critiques, and potential remedies to challenges and crises confronting our city, as well as heralding Baltimore's triumphs and supporting our community's ambitions.

This includes any elected leader who

content. Please speak up. Tell us where you think we're mistaken. Share your reasoning with our readers who are vour constituents. The Baltimore Times' intense research informed our evaluation of the State of the City report card. We would be ecstatic if the mayor would prove us incorrect. The Times has always championed a strong Baltimore.

It is not Mr. Scott's fault that the city's murder rate has averaged one killing every 32.5 hours, 24/7, for nearly half a century. However, the buck stops at City Hall. The same is true regarding nearly 95% and 85%, respectively, of Baltimore public school students who are failing at math and reading. As former Baltimore City councilmember, Carl Stokes, lamented in 2019 about city youths' miseducation: "It's killing the lives of thousands of black kids."

Instead of taking our findings under advisement, it is unfortunate that any like-minded Baltimore booster might feel personally slighted by the Baltimore Times' revelations identifying conditions that signal continued high mortality and low achievement for our students. We are an ally of any individual or institution, public or private, who shares our commitment to this city's well-being.

Considering the frightening prospects for a Baltimore that will be largely inherited by recent generations of residents barely proficient in reading and writing, who will be expected to manage a plethora of contemporary challenges, plus overcome inevitable roadblocks surely to arise in our city's future, it is unsettling that anyone would consider our newspaper's watchdog role on Baltimoreans' behalf as a personal affront. Baltimore City's current condition requires an urgent all-hands-on-deck effort by those of us who love Baltimore. Umbrage should not be taken personally by any city leader when confronted with indisputable data.

Read below, ask yourself, is The State of Our City Strong?

The city's four-year adjusted graduation rate decreased from 70% in 2020 to 69% in 2021; losing us nearly 1 in 3 Baltimore teens educationally. However, the eleven high schools listed below graduate 50% or less; two schools graduate less than New Era Academy 47% Augusta Fells Savage Institute of Visual Arts 42% Independence School Local I 40% Bluford Drew Jemison STEM Academy West 38% Joseph C. Briscoe Academy 29%

Benjamin Franklin 50%

Renaissance Academy 25% Achievement Academy at Harbor City 19%

Excel Academy at Francis M. Wood

Claremont School <= 5% George W. F. McMechen <= 5%

In our April 21, 2023, edition, The Baltimore Times' editorial recalled a 2019 suggestion to then newly elected city council president, Brandon Scott, that 800 unsolved murders in the city between 2015 and 2019 is powerful evidence that an unknown number of unapprehended killers may be on the streets of Baltimore continuing to commit murders.

Further review of the data reveals a strong correlation between ten Baltimore City neighborhoods whose residents are incarcerated most frequently, and therefore, we surmise, receive the most returning ex-offenders among the 10,000 annually released to Baltimore City. These same ten communities: the Central Business District, Old Town, Orangeville, Frankford, Belair-Edison, Park Heights, Sandtown-Winchester, Charles Village, Brooklyn, and Edmonson Village, have accounted for 67% of all murders in Baltimore City from 2017 through April 2023.

In the last six years and four months Park Heights has led Baltimore City in murders with 230, 11% of the city's total over this period; Number 2, Sandtown-Winchester, with 212 murders, 10% of citywide total since 2017; Third, Belair-Edison, a community adjoining Mayor Brandon Scott's Frankford neighborhood, with 176 killings, 8.4% of Baltimore murders over the last 6.3 years.

Under these circumstances, Baltimore Times cannot reconcile how new playgrounds and rec centers, in lieu of a bold, effective gun violence reduction strategy and the implementation of rigorous educational standards for city students, translates to a 'strong' Baltimore. If you see something, you *must* say something.

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WES MOORE EDITORIAL

"Leave No One Behind": Scoring Gov. Wes Moore's Campaign Promises After His First 100 Days

By Regi Taylor

April 28, 2023, not only marked almost exactly one-third of the current year behind us, the date was also 100 days since the inauguration of Maryland's first African American governor, and the 63rd State Executive since 1778.

Cynicism notwithstanding, politicians are known for exaggeration, hyperbole, and sometimes straight-up lying. As a non-politician until his recent electoral success, the record shows 44-year-old Westley Watende Omari Moore lived a life since his childhood between Maryland and New York City that evolved his life into one of service and other altruistic pursuits.

Wes Moore's distinguished military leadership during his nine years in the U.S. Army, achieving the rank of captain and serving in Afghanistan, demonstrates a trait that viscerally appealed to Maryland voters, a personal characteristic that could not be contrived. And Mr. Moore's successful social entrepreneurship/philanthropic endeavors in New York also favored him.

Was Wes Moore elected by Marylanders who felt a visceral authenticity for his demeanor and inclusive agenda, making him well-received by voters? This is said with the benefit of 100 days of hindsight on the governor's performance compared to his campaign rhetoric.

The results and the pace of the governor's performance navigating his legislative priorities to his desk for signing is reaping dividends compared to his pre-election pronouncements.

Education

Wes Moore supported the Blueprint for Maryland's Future initiative during his run for governor. Moore proposed \$500 million toward funding the Blueprint, which was increased to \$900 million by state legislators. The governor signed the bill into law in April 2023.

Candidate Moore supported creating a "service year option" in schools, enabling high school graduates to complete a

gap year "in exchange for job training, mentorship, and other support..." In February, Governor Moore introduced the SERVE Act to launch the "service year option program." The SERVE Act was signed into law in April 2023.

Environment

Mr. Moore supported the renewable energy goals of the state's Clean Energy Jobs Act of 2019. He also proposed regulations to achieve 100% clean energy use by 2035 and net zero carbon emissions by 2045. On April 21, 2023, Gov. Moore signed legislation to codify a new 8.5-gigawatt offshore wind facility providing power for nearly 300,000 homes, to increase electric vehicles, rebates to businesses buying electric vehicles and achieve 100% clean energy by 2035.

Health care

In January 2023, Governor Moore proposed providing members of the Maryland National Guard with free health and dental care. On February 2, seventy-two members of the House of Delegates co-sponsored the "Healthcare for Heroes Act," introduced at Governor Moore's request.

Housing

Moore supported the right to counsel in eviction cases, weighing in that availing tenants' legal access is "the just thing to do and it is the right thing to do." On April 13, 2022, Maryland's access to counsel for low-income renters facing eviction won two years of funding.

Gun control

In 2022, Moore supported a bill to ban the possession and sale of ghost guns in Maryland. He supports creating a firearms database to help law enforcement track guns used in crimes. Wes Moore's campaign against ghost guns came to fruition. The new criminalization law went into effect March 1, 2023. Public safety legislation, HB0824, which regulates the possession and permits to carry, wear, and transport firearms, is headed for Gov. Moore's desk next.

Cannabis

Wes Moore supported the 2022 on, Governor.



ballot initiative legalizing recreational Cannabis in Maryland, and another bill that would regulate marijuana possession. Recreational Cannabis becomes 100% legal July 1, 2023.

Minimum wage

During his campaign, candidate Moore said that he would accelerate the state's incremental increase to a minimum wage of \$15 per hour by 2023. Governor Moore has signed a bill raising Maryland's minimum hourly wage to \$15 effective January 1, 2024.

Taxes

In January 2023, during his first budget presentation, Governor Moore introduced the Family Prosperity Act, allocating \$171 million to make permanent the earned income tax credit passed by legislators in 2021, and continue the Keep Our Heroes Home Act, which provides \$33 million to expand tax exemptions for military retirement income. In April 2023, Governor Moore signed the Family Prosperity Act into law.

Transportation

Candidate Moore campaigned that he supported restarting the Red Line rail project, calling for it to be "built quickly, cost-effectively, and with community input on stops, disruptions, and impact on local businesses." Governor Moore is currently advancing the Red Line project.

Public Assistance

Governor Moore has committed \$20 Million to support Marylanders with COVID-19 water bill debt. Assistance will be distributed through 19 water systems statewide funded through the Water Assistance Relief Program.

Mr. Moore has been consistent. Captain Wes Moore's creed: "I will never leave a fallen comrade." Governor Wes Moore's creed: "Leave No One Behind." Soldier on, Governor.



BEAT

What You Don't Know About the Ozone **Can Hurt You**

By Javne Hopson

What is the ozone layer? Why do ozone alerts matter? When does ozone present a threat to our health?

As temperatures heat up and the ozone season approaches, Clean Air Partners kicks off a public education campaign in conjunction with Air Ouality Awareness Week, from May 1-5, 2023. The campaign defines ozone layers and highlights the surprising culprits of air pollution and greenhouse gas emissions found right in our own backvards. Tips will be offered for small lifestyle changes to improve air quality.

"Daily outdoor activities, such as mowing and fertilizing lawns, spraying insecticides and using a charcoal grill, emit harmful pollutants into the atmosphere. During the summer, these activities can contribute to the creation of ground-level ozone as well as toxic air pollutants that are harmful to breathe," says Clean Air Partners, a publicprivate partnership educating the greater metropolitan Baltimore-Washington region about health risks associated with poor air quality.

According to AirNow, a partnership between the Environmental Protection Agency (EPA) and other agencies, "Ozone is a gas that occurs both in the Earth's upper atmosphere and at ground level. Ozone can be 'good' or 'bad' for your health and the environment, depending on its location in the atmosphere...The layer closest to the Earth's surface is the troposphere."

"Ground-level or 'bad' ozone is an air pollutant that is harmful to breathe and it damages crops, trees and other vegetation. It is a main ingredient of urban smog. The troposphere generally extends to a level about 6 miles up, where it meets the second layer, the stratosphere."

The EPA says "breathing air polluted with ground-level ozone can cause major health issues and worsen long-term lung damage and symptoms of asthma. The stratospheric or 'good' ozone laver extends upward from about 6 to 30 miles



Photo credit: Shutterstock

"Ozone can be 'good' or 'bad' for your health and the environment, depending on its location in the atmosphere..."

and protects life on Earth from the sun's: Try natural alternatives like compost, harmful ultraviolet (UV) rays."

Clean Air Partner's air quality tips: Pass on gas tools. Select instead electric and manual lawn equipment.

Mow on low ozone days. Mow when air quality is good.

Go green with grilling by swapping charcoal grills for gas or electric, switching from lighter fluid to natural fire starters, and cleaning grills often.

Go organic for fertilizers and pesticides.

alfalfa, fish meal and neem oil.

Plant native shrubs, groundcovers and wildflowers and minimize lawn size.

Keep grass taller. Taller grass, at least three inches high, takes in more sunlight, develops deeper roots, and shades and moisturizes soil better.

Make your own mulch. Leave grass clippings instead of bagging and sending to the landfill.

Avoid aerosol products such as spray in the air we breathe."

paint, herbicides, sunscreens, and bug sprays which contain toxic chemicals and volatile organic compounds (VOC) that are harmful for your insides and our outside. Choose products with low VOCs.

Incidents of preventable illness can be reduced or eliminated with an increased awareness of these eve-opening air quality facts offered by the Clean Air Partners:

Residential lawns can emit over one kilogram of carbon per square meter per year. This doesn't account for the additional environmental impact of maintenance such as fertilizing, watering and mowing.

Breathing air polluted with groundlevel ozone can cause major health issues and worsen long-term lung damage and symptoms of asthma, according to the EPA.

An hour using a gas-powered lawn mower produces the same emissions as driving 350 miles the distance between Washington, DC, and Cleveland, Ohio.

A leaf blower emits nearly 300x the amount of air pollutants as a pickup truck.

Newer electric lawn care equipment is more efficient and requires less maintenance than gasoline-powered options. An electric lawn mower doesn't need oil changes or filter cleanings, making it less complicated and costly.

Every ton of nitrogen created to make synthetic fertilizer adds four to five tons of carbon to the atmosphere.

Two hours of charcoal grilling has the same carbon dioxide emissions as driving a car 26 miles.

"People don't realize how everyday activities around their home can create harmful emissions that impact not just their family's health, but create a wider public health concern," said Randy Mosier, Clean Air Partners board chair. "We hope that our campaign will inspire residents to take action in their own backyard and make a positive difference

Offering the community more ways to go

We're always looking for ways to support people's choices in the communities we serve. That's why Bank of America is adding charging stations for electric vehicles (EVs) to over 90 financial centers nationwide. We're also supporting the choices our teammates make with employee rebates on EVs.



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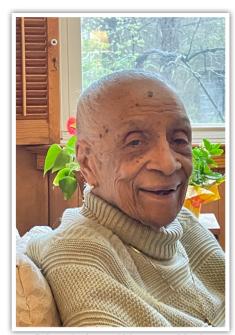


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OLDER AMERICANS MONTH

A Class Act, Legacy of Service to Remember



Celeste Dobson, 101, now resides in Hampton, Virginia. / Photo credit: Andrea Blackstone



Charles Dobson Sr., U.S. Army veteran. / Courtesy photo



Celeste Dobson in the early 1950s. / Courtesy photo

By Andrea Blackstone

Teaching is a hard yet honorable profession. The pandemic increased demands and challenged work conditions for teachers. There is currently a shortage of diverse educators.

"About eight-in-ten U.S. public school teachers (79%) identified as non-Hispanic White during the 2017-18 school year, the most recent year for which NCES [National Center for Education Statistics] has published demographic data about them. Fewer than one-in-ten teachers were either Black (7%), Hispanic (9%) or Asian American (2%)," according to the Pew Research Center.

But 101-year-old Celeste Dobson worked as a teacher her whole career. Her son, Charles Dobson Jr. added perspective about his mother's chosen profession.

"Unlike today, it was one of the few professions a Black woman could pursue,' Charles Dobson Jr. said.

He carefully fastened a necklace around his mother's neck one mild day as sunlight filled a room. A pendant attached to a gold chain served as a reminder of a time long ago when then Celeste Sherard completed her education in 1949.

"I went to Maryland State Teachers College," she proudly proclaimed. "I liked teaching."

"I went to Maryland State Teachers College," she proudly proclaimed. "I liked teaching."

Today, Maryland State Teachers College is now known as Bowie State University.

"Bowie State University's College of Education began in 1925 as a twoyear professional curriculum in teacher education, and was expanded to a threeyear program. In 1935, a four-year program for the training of elementary school teachers began, and the school was renamed Maryland State Teachers College at Bowie," per information provided on Bowie's website.

While turning back the hands of time, it is critical to note that Celeste's parents made decisions with their children in mind. Celeste was born in Jackson, Georgia to Winston Sherard and Eliza Sherard. Winston was a country doctor who was i that his mother probably had assistance i 101st birthday," Hopson also wrote.

paid in commodities such as chicken, corn, fruits, vegetables and potatoes. He earned his medical training at Meharry Medical College, an HBCU in Nashville, Tennessee.

"Her mother [Eliza] took a job at Alabama A&M as the headmistress to help support the family," Charles Dobson Jr. said.

Celeste was the youngest of five children in the Sherard family. At the young age of 12 or 13. Eliza sent her to live with Celeste's cousins in Easton, Maryland after being reared in Decatur, Alabama. Celeste Bantam, and Joseph Bantam, the owner of an upholstery business on the Eastern Shore, were extremely supportive of their cousin. Joseph also made sails for sailing boats, according to Charles.

Young Celeste was reportedly named after her older cousin. Charles remarked from her cousins to pay for college. Celeste and Charles Dobson Sr. married in 1946 after World War II. But Celeste Dobson stayed with good friends after starting a teaching job at a segregated school, named Bruton Heights School near Yorktown, Virginia, while her husband was away in the military around 1949. Her late husband was a World War II and Korean War veteran who likely settled in the Virginia area with his wife permanently because of his service. Additionally, the government-built housing for returning veterans in Newport News, Virginia.

"I would like to live here all of the time," she said, reflecting on life in Hampton, Virginia.

Celeste Dobson has been living in Hampton, Virginia since 1955. She retired from teaching in the late seventies.

While Charles Jr. helped to piece together a timeline of his mother's life, Celeste Dobson stayed seated in a chair, recounting her days of attending college and teaching, as much as her memory would allow. She has been a member of Chums, Inc., a social organization for ladies, since the 1960s. Celeste Dobson was once a clotheshorse who loved wearing fashionable items and decorating her home with flowers.

"All women like clothes," she said, perking up.

Celeste Dobson celebrated her 101st birthday on April 29, 2023. During the pandemic Celeste's son relocated to Hampton to take care of his mother. He's been her caretaker for over three years. Charles Dobson Jr. read a message from one of Celeste Dobson's friends who was also a fellow teacher. Due to illness, Joyce Hopson could not show up in person to do it herself, but the words were no less impactful.

"Beloved teacher and friend Celeste, It has been my honor and privilege to know 'an iconic original' one- room school educator, who walked to school each morning to make a fire in a pot belly stove. to teach African American children, and who daily accompanied the school bus driver to and from school on the Eastern Shore of Maryland," Hopson said in a message.

Celeste Dobson is a class act who handled her duties to educate children with grace. She once told Hopson about how she taught the alphabet, phonics, penmanship, arithmetic and reading to 75 students.

"Continued blessings on your happy



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OLDER AMERICANS MONTH

A Bowie State University Alumna From 1945 Reflects on Life, **Educational Journey**

By Andrea Blackstone

Many older adults in communities have untold stories to share with people who may not know much about their lives or the era when they were born. Rosie Hutchinson, 96, offers a wealth of history and inspiration.

"I'm blessed because I'm up and moving around," Hutchinson said.

Harry S. Truman became America's president in 1945. World War II ended in the same year.

Hutchinson is also one of the oldest known living alumna of Bowie State University (BSU). It was founded in 1865 and is the oldest Historically Black College/University in Maryland. Hutchinson completed Robert Moton High School at 15 years old before heading to college. She completed Bowie Normal School, which is now known as Bowie State University in 1945, when she was 19 years old.

Hutchinson remarked that her high school principal, mother and the president of Bowie Normal School crafted a plan to allow the young student to attend. Her age was recorded as 16 although she was vounger.

"I could not go to college until I was 16 years old," Hutchinson said, explaining a state requirement to begin college. "My mother said that I could only come home for Thanksgiving, Christmas and Easter. We didn't have any money for me to come home because we were extremely poor and I couldn't go and spend weekends with any of my friends. So, sometimes, I was on one wing of the dormitory by myself for the whole weekend."

Hutchinson grew up in a country environment and always wanted to become a teacher. She described her mother as "very strict." Hutchinson-a retired teacher— grew up in Syksville, Maryland. Carrie Dorsey, her mother, was an entrepreneur. Edward Dorsey, her father, was a rail worker and cook.

Hutchinson recalls the days of her family raising chickens and selling their eggs to a grocery store in exchange for flour and sugar. She said that her family could only afford to eat eggs during! Hutchinson and her brothers and sisters!



Denise Johnson, goddaughter; Paula Hutchinson, daughter; and Rosie Hutchinson. / Courtesy photo

special holidays such as Easter.

"We were poor where money was concerned but rich in education. My mother believed in education and was determined that we would go to school. My mother's philosophy was to get as much education as we could to live and function because there would be no future for particularly Black women who cleaned white people's houses," Hutchinson said. "She said work and buy your own house."

Hutchison added that all 12 of her parent's children succeeded in following parental advice. During the days of segregated education and one room schoolhouses, children of mixed ages learned together.

"I had to go to another school in Johnsville in the sixth grade. I had to walk about a mile and a half to catch a bus to ride three miles to catch another bus to get to school," Hutchinson said.

Before starting her school day,

ensured that their mother had water for washing and cooking, and also wood for heating their home. It was the only source of heat.

But Hutchinson needed to pay for college expenses in an era that predated scholarships and federal financial aid. Hutchinson cleaned dorms, worked in a store, and the mailroom to enable herself to attend college.

"I had to work the four years I was there [attending Bowie Normal School] because my mother could not afford to pay," Hutchison said.

In 1943, Hutchinson was crowned Bowie's May Queen. Back then, whoever sold the most tickets would be crowned to hold the title. Since Hutchinson's mother did not allow her to have a boyfriend, she was dateless.

"My teacher at Bowie, Joseph Wiseman, was my escort," Hutchinson said.

Wiseman reportedly hailed from Annapolis, Maryland.

Frederick County at Doubs School. She lived in a boarding house in the area while beginning her teaching career. The boarding house was owned by an elderly woman who would instruct renters to do things such as attend church.

Hutchinson instructed Black children for seven years until she married Paul Hutchinson. The family moved to Baltimore.

"I taught in Baltimore City for 27 years," Rosie said, adding that she taught fourth and fifth grade.

After retiring, Hutchinson worked at a private church-owned school as a principal. Today, Hutchinson enjoys listening to audio books as a hobby. Her caretakers are her daughter, Paula Hutchinson and goddaughter, Denise Johnson.

With confidence in her voice, Rosie remains a beacon of inspiration.

"I feel proud that I was able to go to school and encourage others, even my great nephews, to go to school and get Hutchinson's first teaching job was in i a good education," Rosie said.

MINORITY HEALTH MONTH

Baltimore Nonprofit Provides Support for People Who Have Lost Their Mothers

By Andrea Blackstone

Mother's Day, which is coming up on Sunday, May 14, 2023, will not hold happy memories for everyone.

Shameka Williams, CEO of Baltimore, Maryland-based Those Without Mothers, is taking action to support grieving sons and daughters, regardless of age or gender. Williams legally founded the Baltimore-nonprofit in 2022 to offer support, direction and hope to individuals who have lost their mothers.

"Everyone should receive help at this trying time and shouldn't have to deal with their loss alone," Williams said. "The inspiration behind Those with Mothers came from the loss of my own mother."

Williams said that losing her mother was the most traumatic thing that happened to her. She further explained that her mother, Patricia Sanders passed away from breast cancer when Williams was 25 years old. At that time, the majority of Williams' friends had living mothers and did not understand her plight.

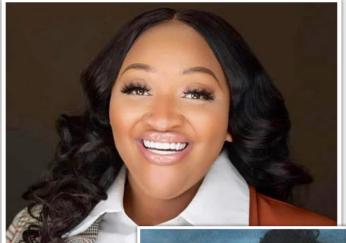
"All I could think about was not having her here just to get advice or always to have somewhere to call home," Williams said.

She also stated that loneliness drove her into a cycle of bad habits that included addictions, poor decision-making and even suicidal attempts.

Pain propelled Williams to arrive at a bigger purpose. Today, Williams owns an executive assistant agency. She is also a motivational speaker, the host of the "Being Bipolar Podcast" and she created other resources that promote emotional comfort. Her professional work includes life, trauma and grief coaching and education. Williams is certified in grief and bereavement counseling.

"Working with others who have lost their mothers has merged my passion for people and my love for empowering others to hope again," Williams said.

Williams is taking the initiative to provide another safe space for grieving, motherless people before Mother's Day. The annual Those Without Mothers Brunch will be held on May 13, 2023.



Shameka Williams, founder and CEO, Those Without Mothers. / Photo credit: McCrae **Photography**

Shameka Williams and her late mother. Patricia Sanders / Courtesy photo

Randallstown, Md.

"I started this brunch because, for so many people, Mother's Day was a day of loneliness and despair, so I wanted to have an event where people could come and restore their hope in life," Williams said. "The goal is to allow individuals to vent and feel support in a safe environment with people who may have had different experiences, but [who] ultimately can understand the significant loss."

Food, games, encouraging spoken word and dialogue will be integrated into the event that Williams describes as "ageless and genderless." The brunch welcomes individuals who have lost a mother or mother figure.

Kimberly Watson has utilized the support and services of Those Without Mothers. She lost her mother in 2014.

"I attended a Those Without Mothers brunch, which I thoroughly enjoyed.

helps to know that I am not alone in what I am going through," Watson said.

She added that Those Without Mothers saved her life. Being a part of it gives her a sense of purpose.

Anyone of any gender may attend Those Without Mothers' events. regardless of subscribership on the website, www.thosewithoutmothers.org. But those who do subscribe may find out about other online and in-person events that they may attend, in addition to available resources.

"Group counseling is virtual now, but we are looking for a meeting place to have in-person sessions. Events are held in different locations depending on the costs, as we like to keep costs low. We have events in the DMV [D.C., Maryland and Virginia] area and will also have an affair in Pennsylvania this year," Williams said.

She added that Those Without Mothers The event was welcoming and the guest connects "grieving individuals with from 12-3 p.m. at 9990 Liberty Road in Espeakers were highly encouraging. It therapists and sometimes psychiatrists." resources.



Left to Right: Courtney Foxe-Lassister, Tanaia Hill, Tee Hill, Ebony Lily and Takisha Wilson attended A Those Without Mother's Day Brunch in 2022. This year's event will be held on Saturday, May 13, 2023 from 12 - 3 p.m. at 9990 Liberty Road in Randallstown, Maryland. Photo credit: Shameka Williams

Addressing food and housing needs for displaced people who have lost mothers, and paying for insurance copays, medicine and counseling services for uninsured individuals are more examples of how help has been extended to individuals

Destiny Whitehead lost her mother 17 years ago when she was 15 years old. She knew Williams prior to the launch of Those Without Mothers.

"Those Without Mothers provides the support and encouragement that I needed as a child and I'm happy to be a part of such a strong set of individuals," Whitehead said.

For those who experience the loss of their mother, she recommended giving themselves the space to allow grieving to occur.

"And find your support system that understands and nurtures you," Whitehead exclaimed.

Visit www.thosewithoutmothers.org/ events to learn more about the upcoming brunch. The deadline to purchase tickets is Thursday, May 11, 2023. Visit www. thosewithoutmothers.org, the blog https://www. thosewithoutmothers.org/blog and private Facebook group https://www.facebook.com/ groups/3133559926882516/ to access ongoing



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Zay Flowers and NFL commissioner Roger Goodell / Photo credit: with Kirby Lee/USA Today Sports

SPORTS

Ravens 2023 Draft class: What They're Saying

By Tyler Hamilton

The Baltimore Ravens completed yet another NFL Draft last week and added plenty of talent. Just before the draft, the news that quarterback Lamar Jackson was signing a five-year, \$260 million contract. That set the tone for what would become an awesome three days of player acquisition.

"I would say that every single guy on this list has played starter-level football and we think can be a starter in the NFL," Ravens general manager Eric DeCosta said. "The mindset for me this year was just, 'Try not to worry as much about the needs, and just draft the best guy that's there at every single pick,' and I think we did it."

ESPN's Mel Kiper Jr. gave the Ravens a B+ for their draft.

"Getting my top-ranked wideout Zay Flowers (22) a few hours later had to have made Jackson even more happy," Kiper said. "Baltimore traded away its second-round pick in this draft to land off-ball linebacker Roquan Smith, and it this class in Round 3. Trenton Simpson (86) could be a steal -- I had him ranked No. 35 on my board. He can play on third downs and stick to tight ends in coverage. ... DeCosta didn't do his usual wheeling and dealing with trades this weekend, but he landed a nice class, headlined by my guy Flowers."

The 2023 Ravens draft class only consisted of five players. But sometimes it's quality over quantity. As DeCosta said, there are multiple likely starters from this group. That's essential for a team like the Ravens that is looking to improve upon their recent playoff appearances and win a Super Bowl.

Here is a list of the five Ravens draft picks with individual analysis from NFL. com's Lance Zierlein:

1st Round No. 22 overall

Zay Flowers | WR | Boston College Slot target who plays with unbridled energy and immense confidence. Flowers is slightly built but can side-step press and fly into action with above-average acceleration and an attacking demeanor. Flowers has a tendency to rush his routes, move with athleticism makes him hard to read for defenders. His ball skills will shine brightly at times, but frustrating drops come with the package. Flowers has the skill set to become a valuable playmaker as a pro.

3rd Round No. 86 overall **Trenton Simpson** | LB | Clemson

Chiseled weakside linebacker with rare speed for the position to run down the action in all directions. Simpson played inside in 2022 but displayed average play recognition and a lack of patience that saw him get caught in traffic near the line. He can play run-and-hit football with his speed when playing outside. He needs to cut back the arm tackles and pursue with better angles to the ball. He's a premium athlete capable of squeezing routes from zone and attacking the pocket as a blitzer. Simpson isn't quite game-ready yet, but players with his traits and range eventually find the field.

4th Round No. 124 overall

Tavius Robinson | EDGE | Mississippi Ascending, even-front defensive end prospect with outstanding traits and projectable upside. Robinson plays with good aggression and heavy hands as both a run defender and pass rusher. He has the agility and foot quickness to beat blockers whether chasing the run or rushing the passer. Robinson attacks the moves at his disposal. He needs to grow into his frame to improve against the run. but Robinson should become a rotational defender and has future-starter potential.

5th Round No. 157 overall Kvu Blu-Kelly | CB | Standord

Defender with good size, length and NFL bloodlines, but a concerning lack of recovery speed and coverage stickiness against quality route runners. When in position, Kelly possesses the ball skills and competitiveness to contest catches. He's patient and efficient from press, but he could struggle to stay in phase with vertical route threats in man-to-man coverage. Kelly might be best suited for a backup role in a zone scheme, but the aggression will need to be cranked up in run support.

6th Round No. 199 overall Malaesala Aumavae-Laulu | OT | Oregon

Powerful lineman whose lack of instincts and technique could make him a candidate for the practice squad as the jump-off point for his career. Aumavae-Laulu has the physical traits teams look for but lacks consistency with his hands and body composure getting into blocks. His odds of roster success will be much higher at the guard position, where he has enough athletic ability and power to potentially fit a wide variety of run schemes while creating better matchups for him in protection.

7th Round No. 229 overall Andrew Voorhees | OL | USC

Guard prospect with five years of starting experience that shows itself with consistency and football IQ. Vorhees is a technically sound run blocker with a repeatable process. His range laterally and to the second level will be a little limited, but he's an even-paced drive blocker, using excellent positioning, leveraged hands and churning legs. He needs to get quicker with inside hands in pass protection and guard against trying to protect his edges with his hands rather than a foot slide. The injury he suffered during his NFL Scouting Combine workout could cause him to fall in the draft, but he has the potential to become took my top-ranked off-ball 'backer in but his ability to play with speed and pocket with a game plan and a variety of a starter when he's fully healthy.





2ND ANNUAL

GEORGE B. "SPIDER" ANDERSON

MUSIC & ARTS FESTIVAL





05.13.23 | 12 NOON - 6PM

4700/4800 Park Heights Avenue Baltimore, MD 21215

HIGHLIGHTS:

Music, Food Trucks, Resource and Community Village, 30 Retail Vendors (arts, jewelry, fashion, and more), and horse rides.

ENTERTAINMENT:

1PM-2PM

>>> THE LEFT OVERS

2PM-3PM

>> TED THE SHRED BUNKY JR.

3PM-4PM

>>> THE LOVE PROJECT

4:15PM-4:40PM

>>> K LOVE THE POET \$150 / BALTIMORE SLAM TEAM

5PM-5:45PM

>>> THE KIMBERLY PROJECT

A CELEBRATION OF

"SPIDER" ANDERSON
THE FIRST AFRICAN AMERICAN TO WIN
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OPEN FOR THE ENTIRE FAMILY. LAWN CHAIRS AND BLANKETS WELCOMED!

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FOR VENDOR AND SPONSORSHIP INFORMATION CONTACT INFO@THEFINNGROUP.NET OR 410-384-4797



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

Sealed Bids or Proposals, in duplicate addressed to the Board of Estimates of the Mayor and City Council of Baltimore and marked for ENVIRONMENTAL RESTORATION CON-TRACT NO. 4055-Urgent Needs Stream, Stormwater, and Drainage Maintenance and Repair Project will be received at the Office of the Comptroller, Room 204 City Hall, Baltimore, Maryland until 11:00 A.M on June 7, 2023. Positively no bids will be received after 11:00 A.M. Bids will be publicly opened by the Board of Estimates and can be watched live on CharmTV's cable channel 25/1085HD; charmtvbaltimore.com/watch-live or listen in at (443) 984-1696 (ACCESS CODE: 0842939) from City Hall at Noon. The Contract Documents may be examined, without charge, at Contract Administration 4 South Frederick Street Baltimore, Maryland 21202 on the 3rd floor (410) 396-4041 as of May 5, 2023 and copies may be purchased for a non-refundable cost of 100.00. Conditions and requirements of the Bid are found in the bid package. All contractors bidding on this Contract must first be prequalified by the City of Baltimore Contractors Qualification Committee. Interested parties should call (410) 396-6883 or contact OBC at 4 S Frederick St., 4th Floor, Baltimore, MD 21202. If a bid is submitted by a joint venture ("JV"), then in that event, the document that established the JV shall be submitted with the bid for verification purposes. The Prequalification Category required for bidding on this project is **D02800-Landscaping**, **F02200-Earthwork and** Site Preparation, and G90128-Urban Stream Restoration. Cost Qualification Range for this work shall be \$4,000,000.01 to \$5,000,000.00.

A "Pre-Bidding Information" session will be conducted via Microsoft Teams. Vendor can either call 1-667-228-6519 PASSCODE: 838520909# or Join on Microsoft Teams, Meeting ID: 218 383 905 649 PASSCODE: WqN84d on May 9, 2023 at 2:00 PM. Any prospective bidders desiring an explanation or interpretation of the requirements shall submit all questions via email to Cherod Hicks at Cherod.Hicks@baltimorecity.gov and torron.coleman@baltimorecity.gov and Rbanks@baltimorecity.gov

To purchase a bid book, please make an electronic request at:

https://publicworks.baltimorecity.gov/dpw-construction-projects-notice-letting and dpwbidopportunities@baltimorecity.gov. For further inquiries about purchasing bid documents, please contact the assigned Contract Administrator Torron.Coleman@baltimorecity.gov

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

Construction services for routine maintenance and repairs of environmental restoration projects and stormwater management best management practices including existing natural stream channel restoration projects, outfall repairs, stormwater management ponds, environmental site design, and emergency repairs of storm drains and ancillary sewer and waterline repair. On-call services may include but may not be limited to excavating, grading, site work, as-built survey, repair, trash, and debris removal, installation of sediment and erosion control measures, landscaping, wetlands, seeding, invasive vegetation management, and other work as required.

The MBE goal is 9%

The WBE goal is 7%

APPROVED:

Clerk, Board of Estimates

APPROVED: Jason W. Mitchell

Director

Department of Public Works

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

Sealed Bids or Proposals, in duplicate addressed to the Board of Estimates of the Mayor and City Council of Baltimore and marked for SANITARY CONTRACT NO. 946R-Sanitary Sewer Collection System Improvements in the Jones Falls Sewershed-Glen Avenue Subbasin will be received at the Office of the Comptroller, Room 204 City Hall, Baltimore, Maryland until 11:00 A.M on June 7, 2023. Positively no bids will be received after 11:00 A.M. Bids will be publicly opened by the Board of Estimates and can be watched live on CharmTV's cable channel 25/1085HD; charmtvbaltimore.com/watch-live or listen in at (443) 984-1696 (ACCESS CODE: 0842939) from City Hall at Noon. The Contract Documents may be examined, without charge, at Contract Administration 4 South Frederick Street Baltimore, Maryland 21202 on the 3rd floor (410) 396-4041 as of May 5, 2023 and copies may be purchased for a non-refundable cost of 100.00. Conditions and requirements of the Bid are found in the bid package. All contractors bidding on this Contract must first be prequalified by the City of Baltimore Contractors Qualification Committee. Interested parties should call (410) 396-6883 or contact OBC at 4 S Frederick St., 4th Floor, Baltimore, MD 21202. If a bid is submitted by a joint venture ("JV"), then in that event, the document that established the JV shall be submitted with the bid for verification purposes. The Prequalification Category required for bidding on this project is **B02552 - Sewer Construction and G90099 and G90000 - Cured**in-Place Pipe Lining. Cost Qualification Range for this work shall be \$5,000,000.01 to \$10,000,000.00.

A "Pre-Bidding Information" session will be conducted via Microsoft Teams. Vendor can either join via Meeting ID: 248633728620 PASSCODE: tCTpSZ or Call: 667-228-6519 PASSCODE: 579494208 on May 16, 2023 at 10:30 AM. Contractor questions shall be submitted via email to torron.coleman@baltimorecity.gov and benjamin.wang@baltimorecity.gov

To purchase a bid book, please make an electronic request at:

https://publicworks.baltimorecity.gov/dpw-construction-projects-notice-letting and dpwbidopportunities@baltimorecity.gov. For further inquiries about purchasing bid documents, please contact the assigned Contract Administrator Torron.Coleman@baltimorecity.gov

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

Reconnection and replacement of gravity sewer house connections;

Sewer cleaning and closed circuit television (CCTV) inspection;

Cured-in-place pipe (CIPP) lining of sanitary sewers;

Excavate and replace segments of sanitary sewer via point repairs;

Manhole repair and rehabilitation work;

Sewer house connection (SHC) repair and rehabilitation work;

Sewer pipeline relocation and/or replacement work;

New sewer manhole and cleanout installation work.

This is a State Funded Job

The DBE/MBE goal is 22% The DBE/WBE goal is 16%

APPROVED: APPROVED: Clerk, Board of Estimates Jason W. Mitchell

Director

Department of Public Works

To place Legal Notices, call: 410-366-3900 email: legals@btimes.com



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

Sealed Bids or Proposals, in duplicate addressed to the Board of Estimates of the Mayor and City Council of Baltimore and marked for STORM DRAIN CONTRACT NO. 7805-Drainage Repairs and Improvements at Various Locations will be received at the Office of the Comptroller, Room 204 City Hall, Baltimore, Maryland until 11:00 A.M on June 7, 2023. Positively no bids will be received after 11:00 A.M. Bids will be publicly opened by the Board of Estimates and can be watched live on CharmTV's cable channel 25/1085HD; charmtvbaltimore.com/watch-live or listen in at (443) 984-1696 (ACCESS CODE: 0842939) from City Hall at Noon. The Contract Documents may be examined, without charge, at Contract Administration 4 South Frederick Street Baltimore, Maryland 21202 on the 3rd floor (410) 396-4041 as of May 5, 2023 and copies may be purchased for a non-refundable cost of 100.00. Conditions and requirements of the Bid are found in the bid package. All contractors bidding on this Contract must first be prequalified by the City of Baltimore Contractors Qualification Committee. Interested parties should call (410) 396-6883 or contact OBC at 4 S Frederick St., 4th Floor, Baltimore, MD 21202. If a bid is submitted by a joint venture ("JV"), then in that event, the document that established the JV shall be submitted with the bid for verification purposes. The Prequalification Category required for bidding on this project is B02554 - Drainage Structures. Cost Qualification Range for this work shall be \$4,000,000.01 to \$5,000,000,00.

A "Pre-Bidding Information" session will be conducted via Conference Call. Vendor can call 443-984-1696 PASSCODE: 4776709# on May 12, 2023 at 10:00 AM. Contractor questions shall be submitted via email to cynthia.harry@baltimorecity.gov and rupak.karki@baltimorecity.gov

To purchase a bid book, please make an electronic request at:

https://publicworks.baltimorecity.gov/dpw-construction-projects-notice-letting and _dpwbidopportunities@baltimorecity.gov_For further inquiries about purchasing bid documents, please contact the assigned Contract Administrator Cynthia.Harry@baltimorecity.gov

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

Closed circuit television inspection including videotaping before and after improvements, construction of storm drains of various types, lengths, diameters, and depths, construction of storm drain manholes and inlets; repairing and cleaning damaged storm drain structures, construction of sidewalks, curb and gutter, and asphalt and concrete paving associated with the storm drain systems, stream channel and stream bank repair.

The MBE goal is 10%

The WBE goal is 4%

APPROVED: Clerk, Board of Estimates APPROVED: Jason W. Mitchell Director Department of Public Works

NOTICE TO BID

Minority Subcontractor/Supplier Schummer, Inc. seeking Certified Minority Subcontractors for: Haven Road Water Main Replacement, Town of Rock Hall, MD. Bids due in our office by 5-19-23. Certified MBE's & WBE's for: Excavation, Paving, Pipelaying, Directional Drilling, Plumbing, Concrete, Pipe, Aggregates, and Trucking. Fax quotes to: 410-798-1709 or email:schummerinc@aol.com. For moreinformation call 410-956-8080

LEGAL NOTICE

Notice is hereby given that the following vessel has apparently been abandoned for 180 days on the property of: Bayview Marina, 2121 Aliceanna Street, Baltimore, Maryland 21231, 410-327-8600. The vessel is described as: MD 3497 BM, GB-AVB21606H899, Avon, white dinghy. Application for title will be made in accordance with Section 8-722 of the Annotated Code of Maryland, Natural Resources Article if this vessel is not claimed and removed from the above property within 30 days of this notice.

CITY OF BALTIMORE DEPARTMENT OF TRANSPORTATION NOTICE OF LETTING

Sealed Bids or Proposal for the TR-23004, INSPIRE SCHOOLS SIDEWALK RECON-TRUCTION will be received at the Office of the Comptroller, Room 204, City Hall, Baltimore, Maryland until JUNE 7, 2023, 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 MAY 5, 2023, the Contract Documents may be examined, without charge by contacting Brenda Simmons at brenda.simmons@baltimorecity.gov or (443) 865-4423 to arrange for a copy of the bid book labeled "NOT FOR BIDDING **PURPOSES**" to be emailed to you. Anyone who desires to purchase a bid book to be used for bidding purposes must do so in person and by contacting Brenda Simmons at the email address or phone number above. The non-refundable cost is **SEVENTY-FIVE DOLLARS** AND NO CENTS (\$75.00) to be paid at the Department of Transportation 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 Contractors' Qualification Committee. Interested parties should call (410) 396-6883 or contact the Committee at 4 S. 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 are A02601 (Portland Cement Concrete Paving). Cost Qualification Range for this project will be from \$600,000.00 to \$900,000.00. A "Pre-Bidding Information" session will be conducted via Microsoft Teams on MAY 19, 2023 at 10:00 a.m. hosted by the Department of Transportation. All Bidders must email your contact information to include your name, company name, phone number and email address to Vijjaykumar.parekh@baltimorecity.gov

to receive an invite to the Microsoft Team (video conference meeting. Principle Items of work for this project are: 5" Concrete Sidewalk - 93,600 SF and 7" Plain Cement Concrete Pavement Mix #6 - 4,300 SF. The MBE Goal is 30%; The WBE Goal is 15%.

APPROVED: Bill Henry, Board of Estimates

Legal Notice

NOTICE OF PUBLIC HEARING & ACCEPTANCE OF PUBLIC COMMENTS

Notice is hereby given that on <u>Friday, May 5, 2023</u>, the Annapolis City Council Rules & City Government Committee will hold a public hearing on a proposed Art in Public Places Commission (AiPPC) yearly grants funding calendar policy that would establish a set calendar for AiPPC acceptance, review, and hearing of presentations three times a year.

AiPPC is striving to remain transparent and allow the public plenty of time to review applications, spending, and allowing time for commenting, as well as applying for upcoming performing art/works of visual grants that will be submitted for vote, and to ensure that the City has all signed contracts and paperwork on file before the events occur to ensure payment of invoices upon submission.

The City will also be accepting public comments on this proposed new regulation/rule/policy for 30 days ending on June 3rd, 2023, which comments may be submitted on the City's website at: https://www.annapolis.gov/678/Art-in-Public-Places-Commission, or by contacting (telephone) 410-263-7997 or (e-mail) boards@annapolis.gov.

The proposed new regulation/rule/policy may be viewed on the City's website at: https://www.annapolis.gov/678/Art-in-Public-Places-Commission, or you may request a copy by contacting (telephone) 410-263-7997 or (e-mail) boards@annapolis.gov.

