



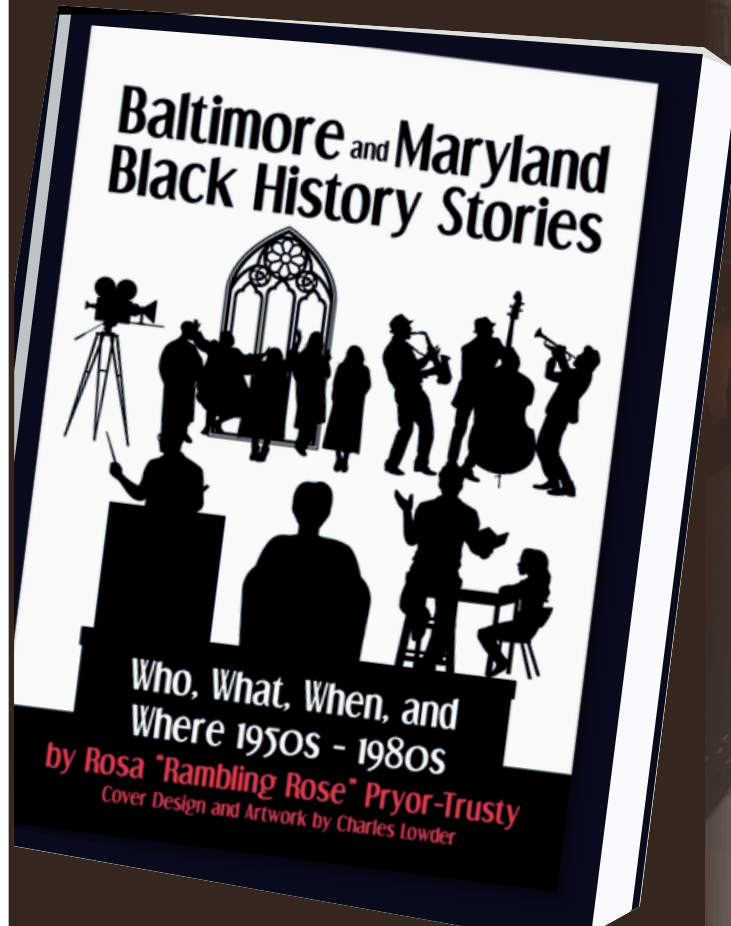
THE BALTIMORE TIMES

Vol. 39 No. 42

August 8 - 14, 2025

A Baltimore Times/Times of Baltimore Publication

Rosa Pryor-Trusty Publishes Third Book on Black History in Baltimore



Rosa Pryor-Trusty, an entertainment columnist at *The Baltimore Times*, has published her third book on the history of life in Baltimore titled “Maryland Black History Stories: Who, What, When & Where? 1950 – 1980” through Page Publishing. Her books about Black entertainment history in Baltimore have been photo books or photo-centric books. Colleges have included her books as required reading. Her first book, “Black America Series African-American Entertainment in Baltimore” (Arcadia), published in 2003, had record-breaking book sales. (See article on page 7) File photo

Homeschooling 101: Demystifying the Homeschool Experience

Parents may choose to homeschool their children for a host of reasons. Home instruction can offer solutions to social, academic, health, personal, and cultural hurdles that can arise in a student's life. Sometimes people who do not understand homeschooling believe that homeschoolers are socially awkward.

"I have yet to meet a Black homeschooled child who is socially awkward or deprived. In fact, all of the homeschooled children I've met are on an accelerated track with no limits to how advanced they are for their age and grade," said Khadijah Z. Ali-Coleman, Ed.D., co-founder of Black Family Homeschool Educators and Scholars, LLC (BFHES).

The Home School Legal Defense Association (HSLDA)

Families who are curious about homeschooling can benefit from having access to preliminary information before deciding if home instruction is a desirable option for them. HSLDA, a movement leader that defends homeschool freedom offers support and legal clarity to members who homeschool. HSLDA's video <https://hsllda.org/post/how-to-comply-with-marylands-homeschool-law> provides insight about primary homeschool options in Maryland. These include homeschooling under the portfolio option; homeschooling under the church umbrella option; homeschooling under the church-exempt school umbrella option; and homeschooling under the state-approved school umbrella option.

Black Family Homeschool Educators and Scholars, LLC

BFHES, a national education research group, was conceived in 2020. The BFHES has provided a supportive space for over 3,000 families. Annual

teach-ins and workshops are offered.

"BFHES is dedicated to fostering a thriving community for Black homeschooling families by bridging the gap between scholarly research and practical application. Through our innovative teach-ins, publications, and virtual platforms, we empower families with culturally relevant resources, support, and knowledge. Our mission is to create an affirming space where educators, researchers, and homeschooling parents can connect, share insights, and enhance the educational experiences of Black children," said Dr. Ali-Coleman.

Parents can join BFHES's Facebook group in which over 4,000 members receive updates regarding events that include BFHES's annual teach-in, and the new launch of in-person and virtual courses for parents and children.

"We are beginning a microschool in Baltimore that will host an assortment of offerings for homeschooling families. Folks can learn more at BlackFamilyHomeschool.org," Dr. Ali-Coleman stated.

American Institute of Homeschool Education

Black Families Homeschool Educator and Scholars offers a microschool called American Institute of Homeschool Education. Courses will commence after Labor Day. View the full list via: <https://www.eventbrite.com/o/black-family-homeschool-educators-and-scholars-bfhfes-30337411682>

"Our annual virtual teach-in will take place in January 2026. It will be the sixth annual teach-in that features homeschooling parents, offering sessions on topics ranging from how to be a working parent who homeschools to how to homeschool while single," said Dr. Ali-Coleman.



Khari Dawson (left) begins college studies at the University of San Francisco as her mother, Dr. Khadijah Z. Ali-Coleman embraces her. Dawson was homeschooled on and off before college.

A Local Success Story

Dr. Ali-Coleman homeschooled her daughter, Khari Dawson intermittently from 2008-2021.

"I would definitely say that being able to dual-enroll during high school helped me come into myself as a writer earlier than having to wait until university," said Dawson.

Dawson was homeschooled for high school. She began taking college courses at Prince George's Community College during her ninth-grade year because she did not want to attend homeschool co-ops anymore.

"She applied to almost 20 universities and was offered more than half a million in scholarships from all the schools combined. She decided to attend the University of San Francisco (USFCA) where she was offered three big scholarships that covered full-tuition and housing (but not board). She graduated from USFCA in three years (2024) with honors. She majored in Creative Writing with a minor in Film Studies," Dr. Ali-Coleman added.

Dawson began working with BFHES as a program coordinator for the annual teach-in and helping with the production of our forthcoming book,



Khari Dawson celebrates her graduation from the University of San Francisco in 2024 with honors.

Photos: Khadijah Ali-Coleman and Benjamin Dawson, Jr.

"Homeschooling Black Children on a College Pathway." This fall, the published writer will teach Tik Tok for Environmental Justice and From Terrace to Table.

Tips to find out more about homeschooling.

The Internet can serve as a pathway to find preliminary homeschool information. Dr. Ali-Coleman further mentioned that the BFHES YouTube channel offers past sessions from annual teach-ins as well as interviews about homeschooling. She co-edited the book, "Homeschooling Black Children in the US."

"It features over a half dozen parent voices on homeschooling before, during and after the pandemic," Dr. Ali-Coleman stated.

Additionally, the Contemporary Perspectives on Black Homeschooling Podcast <https://www.youtube.com/watch?v=ug3RX3KG9eM&t=5s> "is dedicated to fostering a thriving community for Black homeschooling families by bridging the gap between scholarly research and practical application."

Learn more about BFHES by visiting <http://www.BlackFamilyHomeschooling.org>.



— PRICE — GUARANTEE

**A LOT WILL CHANGE IN 5 YEARS.
YOUR INTERNET PRICE WON'T.**

**One consistent price
for your internet**

No strings attached

**WiFi equipment and
unlimited data included**

All-in means all-in

**No annual
contracts**

Flexibility guaranteed

xfinity

 xfinity.com/deals

 **1-800-xfinity**

 **Visit a store today**

Restrictions apply. Not available in all areas. New residential customers only. Select plans only. Xfinity Gateway with xFi Complete required for unlimited internet data except in certain areas. Actual internet speeds vary and are not guaranteed. For factors affecting speed, visit xfinity.com/networkmanagement. For complete details, visit xfinity.com/deals. All devices must be returned when service ends. © 2025 Comcast. All rights reserved. NPA401227-0006

Mother Turned Difficult Experience with Twins' Health into Size-inclusive Baby Clothing Brand

By Andrea Blackstone

Akivia Gibson, founder and owner of Vincent Faith, launched a Maryland-based baby wear brand in May 2025.

"My brand's mission is to create thoughtfully designed, gentle, and beautiful garments that support babies of all sizes, including the tiniest fighters and empower parents during some of their most tender moments," said Gibson.

Her brand specializes in size-inclusive baby clothing that runs from micro-preemie to 18 months. Gibson's entrepreneurial journey was sparked when her twin daughters, Avah Vincent and Aliyah Faith were born prematurely at 30 weeks, weighing just 2 pounds and 2.3 pounds. The neonatal intensive care unit (NICU) full of monitors, wires, and quiet prayers, became their world.

Gibson was thrilled when the NICU nurses informed her that Avah and Aliyah could finally wear clothes but she was forced to face an unfamiliar reality. Something as simple as dressing her babies presented a challenge.

"I raced out to find the cutest outfits but quickly realized how limited the options were. Most baby stores didn't carry preemie sizes, and those that did only offered a handful of the traditional bottom snap onesies. Still, I brought back what I could find, a bag full of preemie-sized onesies, excited to finally share that first special moment. When I arrived at the NICU, a nurse gently asked, 'Do you feel comfortable dressing them without disturbing their CPAPs or other equipment?' My heart sank. The answer was 'no,' Gibson recalled.

The disappointed mother recalled feeling uncomfortable dressing her babies without disturbing their medical equipment.



Akivia Gibson with her twins, who inspired her to establish Vincent Faith.

"I had to hand over yet another meaningful moment to the medical professionals. Watching someone else dress my babies for the first time because I didn't have clothes that accommodated dressing them around their CPAPs and feeding tubes was heartbreaking," Gibson added.

Although Gibson purchased the smallest size available, her girls were still swimming in fabric. That day, the budding businesswoman realized that having access to baby clothing that fit was a need. Providing baby clothing that empowered parents like her was another.

"Our clothing line was created with one powerful purpose in mind—to ensure that even the tiniest babies, including micro-preemies, have access to beautiful, high-quality, and thoughtfully designed clothing. While most baby brands begin at the newborn size, our line starts at micro-preemie and grows with your baby up to 18 months, making us truly size-inclusive from the very beginning," Gibson explained.

She stated that every piece of Vincent Faith baby clothes is crafted from the highest standard of organic fabric, free from harmful chemicals. The brand is incredibly gentle on the most fragile, sensitive skin.



Akivia Gibson's company, Vincent Faith, was established to create clothing that supports, celebrates, and truly fits the smallest fighters from the very beginning of their journey.

Additionally, Vincent Faith's crossbody collections are made specifically to accommodate essential medical equipment like CPAPs, PICC lines, and feeding tubes.

"This allows parents, especially NICU parents, to dress their babies with confidence, without interrupting critical care. Dressing your baby should be a joyful moment, not something handed over to medical professionals out of necessity. Vincent Faith gives that moment back," Gibson declared.

Gibson would love to see the Vincent Faith brand expand into hospital boutiques, NICUs, major retailers and places where families can discover the company's products when they need them most. The devoted entrepreneur funded her start-up business through a combination of personal savings and income from her corporate job while working full-time.

"Every extra dollar I had went straight into building this dream because I believed so deeply in the purpose



Akivia Gibson, founder and owner of Vincent Faith.

Photos: Abby Grace Photography

behind Vincent Faith and wanted to give it the strongest start possible," said Gibson.

One of the most important tips that she would give to a new entrepreneur is to build something rooted in passion and purpose.

"Those two things will carry you through the hard days, the roadblocks, the unexpected costs, the slow sales. When things get tough, and they will, it's that deep connection to your 'why' that keeps you going. Passion and purpose are the foundations that help you push through the growing pains and continue building something meaningful," Gibson stated.

Vincent Faith is currently sold online at vincentfaithbaby.com. Follow the business on Facebook: <https://www.facebook.com/profile.php?id=61576658975514>.

Paris Brown
Publisher

Joy Bramble
Publisher Emeritus

Dena Wane
Editor

Andrea Blackstone
Associate Editor

Eunice Moseley
Entertainment Columnist

Ida C. Neal
Administrative Assistant

Sharon Bunch
Advertising

Ursula V. Battle
Reporter

Stacy Brown
Reporter

Demetrius Dillard
Reporter

Chris Murray
Reporter

Rosa “Rambling Rose” Pryor
Columnist

Karen Clay
Technology Columnist

Tyler Stallings
Junior Reporter

The Baltimore Times (USPS 5840) is a publication of The Baltimore Times/Times of Baltimore, Inc. The Baltimore Times is published every Friday. News and advertising deadline is one week prior to publication. No part of this publication may be reproduced without the written consent of the publisher. Subscriptions by mail \$60 per year. Standard bulk postage paid at Baltimore, MD 21233. POSTMASTER send address changes to: The Baltimore Times, 2530 N. Charles Street, Suite 201, Baltimore, MD 21218

Notice

Any unsolicited manuscripts, editorial cartoons, etc., Sent to The Baltimore Times becomes the property of The Baltimore Times and its Editorial Department, which reserves the right to accept or reject any or all such unsolicited material.

Mailing Address

The Baltimore Times
2530 N. Charles Street, Suite 201
Baltimore, MD 21218
Phone: 410-366-3900
<https://baltimoretimes-online.com/>



Art Around Town

Meet BOPA's Permanent CEO, Robyn Murphy

On Friday, July 25, 2025, Mayor Brandon M. Scott and the Board of Directors for BOPA announced the appointment of Robyn Murphy as the organization's permanent Chief Executive Officer, following her tenure as Interim CEO. Approved by Mayor Brandon M. Scott and unanimously supported by BOPA's Board of Directors, this decision affirms Murphy's strong leadership and deep commitment to the city's vibrant cultural community.

Since assuming the Interim CEO role in November, Murphy has worked closely with staff, partners, and stakeholders to stabilize BOPA's core programs while laying the groundwork for meaningful growth. And as BOPA embarks on executing its slate of programming in FY26 — including Free Fall Baltimore, the beloved Artscape festival, and a revitalized Public Art Commission — Murphy's appointment promises to guide BOPA into an impactful new era.

Murphy brings a thoughtful, collaborative approach to this position and has demonstrated an unwavering focus on equity, access, and opportunity for artists, cultural workers, and creative communities across Baltimore.

“This appointment is deeply personal. I am a daughter of Baltimore. A working mom. A woman of color who believes in the power of art to heal, provoke, connect, and transform. I see my role not only as a steward of BOPA's momentum, but as a builder of what's next—a future where creativity, equity, and opportunity move hand in hand,” Murphy said.

Murphy has an accomplished background in journalism, communications, and strategic partnerships. She became the first female sports reporter at two news

outlets, the first woman sports columnist for the Afro-American Newspaper, and she's been an on-air host of BET's election coverage and moderator for the network's nationally televised political and social justice panels. She has also written award-winning features and essays for several national publications, including Vibe and Newsweek.

A business owner whose company's values center on economic equity and community upbuilding, Murphy serves on the Board of Trustees for the Baltimore Leadership School for Young Women; the Advisory Council of the Black Leadership Circle; the Mayor's Arts & Culture Advisory Committee; and the Governor's Jobs & Workforce Advisory Committee.

She also served on the Steering Committee for the 2025 Preakness Festival and has been a member of the Greater Baltimore Chapter of Jack and Jill of America, Inc. for 19 years. Murphy is co-host of the annual Women's Economic Empowerment Brunch hosted by Maryland First Lady Dawn Moore.

After being appointed CEO, Murphy was required to step down from her role as Chair of BOPA's Board of Directors. Artist and entrepreneur Scott Tucker, Founder and Creative Director of RAUNJIBA Design &

**BOPA CEO Robyn Murphy
on stage at Artscape 2025.**

Photo: Kevin Stephenson Jr.



Construction, was voted in as the Interim Board Chair by his fellow board members.

Baltimore's creative community is one of the city's greatest strengths and between Murphy's leadership at the helm of BOPA and Tucker's leadership on the Board, the organization is poised to grow stronger, more resilient, and more connected to the communities it serves.

Celebrate the Rise in Female Authorship: Support Women Writers, Authors of Color

National Bureau of Economic Research reported that just 10 percent of nineteenth-century books that have been registered in the Library of Congress were authored by people with female first names (<https://www.nber.org/digest/20234/growth-female-authorship-us-book-market>). In modern times, women have made significant strides in the literary arts. The National Bureau of Economic Research found that by 2020, women writers produced the most books.

Today, women authors often build their audience of readers while managing full-time careers, families, or other personal obligations. Lived experiences enable authors to speak to a host of readers who can select where they want their imaginations to take them while turning pages.

Summertime offers a chance to get lost in a book near a pool or seated next to an open window. Joining a book club can provide camaraderie for those who enjoy socializing or discussing deeper insight. Remember, reading keeps the brain active and reduces stress. When young people see parents and role models read, it can inspire them to embrace reading more. Consider adding new writers to your book list in 2025 if you enjoy reading. A.C. Arthur and Olivia Almagro, two women fiction authors who add to diverse literary voices, kick off the women who write book series.

A.C. Arthur

Location: Catonsville, Maryland

Profession: Paralegal

Fun Fact: A.C. Arthur is afraid of cats and loves black and white movies.

Target audience: Adults 30-65

A.C. Arthur has penned over 100 titles. “I’ve lived in Baltimore all my life, attended Baltimore City Public Schools and the Community College of Baltimore (Catonsville Campus),” said A.C. Arthur.

“A Lifetime In 30 Days” was published in late December 24, 2024. When a woman embarks on the next phase of her life, it is all she can do not to break under pressure in a smart, cheeky, and bighearted novel about moving on. Savannah Carlson brings in her fortieth birthday with a month-long celebration she calls ‘Freakin’ Forty and Still Fly (#FFSF) in A.C. Arthur’s fun tale.

“She has planned weekend festivities to include bowling, a pool party and culminating in a big birthday bash. All

of her celebrations include her gun-toting Granny, the surly French Bulldog and her besties! The vibe is enjoying life and celebrating you in the midst of the storm,” the local storyteller added.

A.C. Arthur said that she crafted the storyline because many of her friends and relatives celebrate their birthdays throughout the month. At the same time, she usually opts for the tranquil personal celebration of her big day.

“I often wondered why it was so important to them to do so much surrounding that one day, so I asked a lot of questions and found the poem, ‘Black Folk Don’t Have Birthdays’ by Steven Willis. Savannah’s story is her declaration of how important she is, despite her circumstances and above all the noise of life.

To learn more about A.C. Arthur, visit www.acarthur.com.



A.C. Arthur, a local author, has written over 100 titles.

Photo: Sean Evans Photography

Olivia Almagro

Location: Miami, Florida

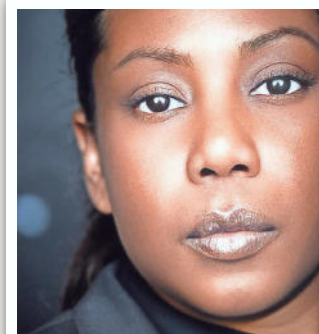
Profession: Owner and operator of O+ Media Group LLC, a boutique public relations agency/ adjunct professor

Fun fact: Almagro loves karaoke even though she is definitely not a singer.

Target audience: 21 and over

Almagro, the daughter of an Afro-Cuban mother and Jamaican father, fuses her cultural identity and other reflections into her writing. She has penned three books: “The Fortunate Fall,” “Cherish the Day,” and “Christmas In April.” “Christmas In April” is scheduled for release in 2026. The proud graduate of Morris Brown College’s class of 1994 mentioned that her generation was inspired by “The Cosby Show” and “A Different World.” They believed in the power of HBCUs and the limitless possibilities they made real.

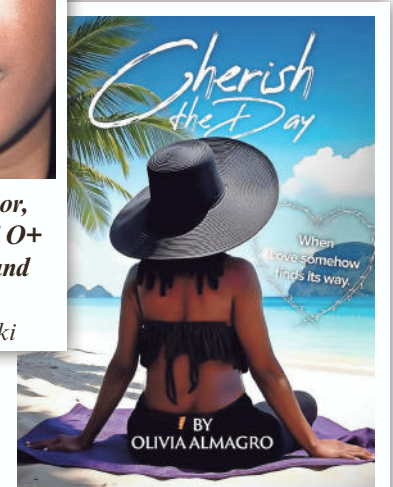
“In Cherish the Day,’ I had so much fun reflecting on those college years and the time that followed—the friendships, romantic relationships, and the village I was part of. Turning those memories into fiction and exploring the journey into adulthood brought me immense joy,” said Almagro. ‘Cherish the Day’ is a vibrant, modern Black love story that also celebrates the power of friendship among professional Black women and the sacred sisterhood they often share. The novel takes you on an emotional journey—one moment you’ll be laughing, the next, holding back tears,” Almagro stated.



Olivia Almagro, author, owner and operator of O+ Media Group LLC, and adjunct professor.

Photo: Aaron Kotowski

Visit <http://oliviaalmagro.com> to learn more about Almagro and her books.



Columnist Rosa Pryor-Trusty Publishes Third Book on Black History in Baltimore

By Dr. Eunice Moseley

“I started during the pandemic,” said Rosa Pryor-Trusty, an entertainment columnist at The Baltimore Times, about her third book on the history of life in Baltimore titled “Maryland Black History Stories: Who, What, When & Where? 1950 – 1980,” recently released through Page Publishing. “I was so bored, I couldn’t go out...no shows, no concerts. I started pulling out my files...to clean up. I saw photos I had never used.”

Pryor-Trusty’s books about Black entertainment history in Baltimore have been photo books or photo-centric books. Her first book “Black America Series African-American Entertainment in Baltimore” (Arcadia) was published in 2003. Her second book “African-American Community, History & Entertainment in Maryland” (Xlibris Corp.) was published in 2013. Colleges have included her books in their required readings and her first book had record-breaking book sales.

“I contacted individuals,” she said about how she got her readers to submit pictures from those years that depict their life in Baltimore and other parts of Maryland. “I have 650 pages (of pictures)...they have bylines of the person (who submitted it) and the year. I did the research for the story behind the picture.”

Her column is called “Rambling Rose,” a name given to her by the late legend Nat King Cole. Pryor-Trusty was a singer, saxophonist and keyboardist with her own band, Rosa and the Twilights, and they used to open up for Nat King Cole. Always on tour, opening for acts such as The



Rosa Pryor-Trusty, author
Courtesy photo

Shirrelles, Jimi Hendrix, Sam Cooke and Nat King Cole, which is why he wrote his hit single “Rambling Rose” with her in mind. She also wrote a single, “Thanks Mr. DJ” (Decade Records) that was very popular. Her managers at the time were the infamous Fat Daddy and DJ Rockin’ Robin.

“The song (“Thanks Mr. DJ”) was on a reel...I never thought I would get a copy, but I finally got a copy on a 45, which got lost during moving,” Pryor-Trusty told me when I asked. “Not in the other books, this book covers

politicians, media, schools, families, artists, and local people working,”

As the years went by, Pryor-Trusty developed something on her throat and couldn’t sing anymore, so she began managing acts, such as Sir Walter Jackson; The Vandals; The Softones; Harold Melvin and the Blue Notes; Benny Johnson; Bobby Ward; The Clovers; Sammy Taylor; The Drifters; and The Orioles. She became licensed as a talent agent too, so she could also book them. It was during that time that the publisher of The Baltimore Times reached out to her to write

stories from her experiences in the local clubs of Baltimore, where she was often seen with her acts. Not only did Rosa Pryor-Trusty write about her experiences, she sold advertisements for the newspaper in support of the page on which her column appeared, and it grew to be its own entertainment section in the newspaper. Her books show life during these years that are historical in nature.

“Joy (Bramble) hired me just for that – local entertainment. I’ve been involved in entertainment all my life. I went to write something...for Black History Month...went to the library, they had nothing on entertainment here and on the Avenue (Pennsylvania). I thought it was a shame.”

For many years, she ran her non-profit Rambling Rosa Music Scholarship Fund (1991 – 2017), which provided scholarships to many talented youths. A long-time member of the National Association of Black Journalists (NABJ), Pryor-Trusty also wrote entertainment news for the Afro-American newspaper (1998 – 2020), The Informer newspaper (1996 – 1997), and The Northwest Voice (1997-1999).

Her newest publication, “Maryland Black History Stories: Who, What, When & Where? 1950 – 1980” is available where books are sold or log onto <http://www.rambling-rose.com/>.

Dr. Eunice Moseley is a syndicated columnist and has an estimated weekly readership of over one million with The Pulse of Entertainment. She is also a Business Management/Public Relations Strategist and Consultant at Freelance Associates and is Promotions Director (at-large) for The Baltimore Times. www.ThePulseofEntertainment.com.

How to Spot Grief, Learn How to Respond to Loss

By Andrea Blackstone

Dr. Nina Joy Mena owns NJoy LIFE Living In Full Empowerment LLC. She is a child, adolescent, adult psychiatrist and Chief Medical Officer. The psychiatrist provides therapy and medication management with a holistic approach to wellness. Dr. Mena provides insight about grief, a natural emotional response to loss, during National Grief Awareness Month. Grief can also come from the loss of a relationship, a job, or even a version of life an individual hoped for, not only the death of a loved one (<https://health.maryland.gov/bha/pages/grief-and-loss-resources.aspx>).

Q: What are some signs that someone is grieving?

A: Signs of grief can vary, but they may include sadness; irritability; trouble sleeping; difficulty concentrating; loss of appetite; physical symptoms like fatigue or chest tightness; social withdrawal; anger; and/or emotional numbness. Some people may cry often; others may feel disconnected. Grief is highly individual, but these signs can signal that someone is in emotional pain and processing a loss.

Q: How long does grief last?

A: There's no time limit on grief. While many people begin to adjust over time, the intensity of grief can come in waves and resurface years later. For most, it softens with time as they learn to cope. However, when symptoms are intense and long-lasting—persisting 12 months or more—it may indicate prolonged grief disorder, a clinical condition recognized in the DSM-5 (<https://www.ncbi.nlm.nih.gov/books/NBK507832>).

Q: Do people need more help with grief because of increased violence in society?

A: Yes. The rise in community violence, including gun violence and murder, has created layers of trauma and unresolved grief in many families and neighborhoods—especially in Black and underserved communities. Grief is worsened when loss is sudden, traumatic, or preventable. This makes accessible, culturally responsive grief support more critical than ever.

Q: How important is seeking professional help?

A: Seeking professional help is necessary when grief begins to impact someone's ability to function. Signs include extreme sleep disturbances (sleeping too little or too much); not eating; failing to care for oneself (not showering or missing work); withdrawal from daily life; increased use of alcohol or other substances; or suicidal thoughts or thoughts of wanting to die to be with a loved one. These symptoms, especially if they last over a year, may indicate prolonged grief disorder and the need to seek professional help.

Q: What is one thing that is often misunderstood about grief?

A: Many people believe that grief has a time limit or that you're supposed to "get over it," but grief doesn't expire. Some days it feels manageable, and other days it can feel like the loss just happened. Healing doesn't mean forgetting—it means learning to carry the loss differently and holding space for the happy memories alongside the pain.

Q: What are overlooked reasons someone may grieve?

A: Grief isn't always about death.

Many people grieve about things that society often overlooks. This includes retirement; empty nest syndrome; job loss; the end of friendships or relationships; infertility; miscarriage; or even grieving the life they imagined but never got to live.

There's also profound grief tied to identity shifts—like losing who you were before motherhood, marriage, or a demanding career. These non-death losses can trigger a deep sense of sadness, confusion, or emotional emptiness.

Q: What is the topic of your book, 'Inspire Joy for the Wife Mom Boss' and who is your target audience?

A: 'Inspire Joy for the Wife Mom Boss: Balancing It All Without Losing Yourself' is for high-achieving women—wives, moms, leaders, caregivers, and business owners—who are juggling multiple roles often and feel like they're doing everything for everyone else while putting themselves last. It's part memoir and part toolkit for reclaiming joy.

Yes, I do address grief in this book. I share my personal experiences, including the loss of my father and



Dr. Nina Joy Mena, psychiatrist and Chief Medical Officer

Photo: Erica Ehiwe of Ebepr Studios

both grandmothers in 2021, two miscarriages, and the devastating loss of a patient to suicide. I wrote this book to show that healing, joy, and resilience can coexist—even when life is heavy.

Dr. Mena is based in Atlanta, Georgia. However, she holds medical licenses in 12 states and provides virtual care in multiple regions, including Maryland and Virginia.

Visit www.DrNJoyLife.com to learn more about her. Follow Dr. Mena on Instagram and Tik Tok @dr.njoy.life. Dr. Mena's audio podcast can be found via www.DrNJoyLife.com/podcast.

"HOW SHOULD NEWSROOMS USE AI?"

HELP SHAPE HOW WE USE ARTIFICIAL INTELLIGENCE IN OUR NEWSROOM

Artificial intelligence (AI) is transforming how we live, work, and connect—and it's also changing the way news is gathered, delivered, and experienced. From print to digital, social media to video and audio, AI is becoming a powerful tool in the world of journalism.

At The Baltimore Times, we believe in staying ahead of innovation while staying grounded in the values that have guided us since 1986: trust, transparency, and community service. As we begin exploring how AI might support our newsroom, we're committed to using this technology responsibly, ethically, and in a way that earns—and keeps—your trust.

We know you may have questions about AI. So do we.

That's why we're inviting you, our readers and community members, to share your thoughts in a brief survey: **"How Should Newsrooms Use AI?"** This national survey was developed in partnership with two trusted media organizations—Local Media Association/Local Media Foundation and Trusting News—to ensure a thoughtful and inclusive approach.



Your feedback will help us shape how we integrate AI into our reporting process and ensure that our use of AI tools reflects the values of the community we serve. You may respond anonymously, and every voice counts.

Thank you for being a part of our journey—and for continuing to support local, community-driven journalism.

The Baltimore Times
Positive Stories About Positive People

Legal Notice

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 CONTRACT NO. 4140R-Environmental Site Design Construction** will be received at the Office of the Comptroller, Room 204 City Hall, Baltimore, Maryland until 11:00 A.M. on **October 1, 2025**. 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 **Charm TV's cable channel (Channel 25/1085HD); charmtv-baltimore.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 **August 8, 2025** and copies may be purchased for a non-refundable cost of **100.00**. **Conditions and requirements of the Bid are found in the bid package.** All contractors bidding on this Contract must first be prequalified by the City of Baltimore Contractors Qualification Committee. Interested parties should call (410) 396-6883 or contact 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, D02240 Erosion Control, D02620 Curbs, Gutters, Sidewalks, D02800 Landscaping, and F02200 Earthwork and Site Preparation, and G90128 Urban Stream Restoration**. 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 Team Meeting. Vendor can call **1 667-228-6519 PASSCODE: 491735590#** or Join on Microsoft Teams, Meeting ID: **286 764 143 421 7, PASSCODE: hn6bZ3Pb** on **August 20, 2025 at 10:00 AM**. Any prospective bidders desiring an explanation or interpretation of the requirements shall submit all questions via email to: Mr. Cherod Hicks at **Cherod.Hicks@baltimorecity.gov** and Mr. Rick Banks at **RBanks@baltimorecity.gov**.

Legal Notice

Questions will be received until **September 4, 2025**, at 12:00 PM. Oral questions will not be entertained outside of the Pre-Bidding Information session. All questions and responses will be published as an Addendum to the solicitation on DPW's website under the referenced project title.

To purchase a bid book, please make an electronic request at: **<https://publicworks.baltimorecity.gov/dpw-construction-projects-notice-letting>** For further inquiries about purchasing bid documents, please contact the assigned Contract Administrator **Doreen.Diamond@baltimorecity.gov** and **dpwbidopportunities@baltimorecity.gov**

This is an on-call contract consisting of up to 50 work sites. After the award of the contract, the contractor will be performing work on these sites on as-needed basis. A separate work order will be issued for each, or a group of work sites based upon the plans and the scope of work. The contractor will provide a proposal for each, or group of work sites based upon the contract unit prices. Any work item/s not listed in the contract will be negotiated. There is no project drawings included in this bid package, but a sample plan set is included for information only.

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

Principal Items of work for this contract include, but 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 13%

The WBE goal is 9%

APPROVED:

Clerk, Board of Estimates

APPROVED:

Matthew W. Garbark
Acting Director
Deptarmnet of Public Works

Legal Notice

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. 1043-Rehabilitation and Improvements to Sanitary Sewers at Various**

Locations in Baltimore City will be received at the Office of the Comptroller, Room 204 City Hall, Baltimore, Maryland until 11:00 A.M. on **September 3, 2025**. Positively no bids will be received after **11:00 AM**. Bids will be publicly opened by the Board of Estimates in Room 215, 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 **August 8, 2025**, and copies may be purchased for a non-refundable cost of **100.00**. **Conditions and requirements of the Bid are found in the bid package.** All contractors bidding on this Contract must first be prequalified by the City of Baltimore Contractors Qualification Committee. Interested parties should call (410) 396-6883 or contact 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**. Cost Qualification Range for this work shall be **\$10,000,000.01 to \$15,000,000.00**. For further inquiries about purchasing bid documents please contact the assigned Contract Administrator **Amber.coles-johnson@baltimorecity.gov** and **dpwbidopportunities@baltimorecity.gov**

A "Pre-Bidding Information" session will be conducted via Microsoft Team Meeting. Vendor can join via Microsoft Teams. Meeting ID: **212 561 746 776 7 PASSCODE: vX3XH9uR** or Vendor can call **667-228-6519 Phone Conference ID: 406661263#** on **August 15, 2025 at 10:30 PM**.

Legal Notice

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

Sewer cleaning and closed-circuit television (CCTV) inspection; Open cut point repairs of sanitary sewers; Cured-in-place pipe (CIPP) lining of sanitary sewers; Excavate and replace segments of sanitary sewers via point repairs; Manhole repair and rehabilitation work; Sewer house connection (SHC) repair and rehabilitation work; New manhole and cleanout installation work.

The MBE/ MBE goal is **11%**

The WBE/DBE goal is **5%**

APPROVED:

Clerk
Board of Estimates
City Hall

APPROVED

Matthew W. Garbark:
Acting Director
Department of Public Works

Legal Notice

CITY OF BALTIMORE DEPARTMENT OF GENERAL SERVICES NOTICE OF LETTING

Sealed Bids or Proposals, in duplicate, addressed to the Board of Estimates of the Mayor and City Council of Baltimore and marked for **PRJ000371 – Southern Police District Interior Renovations**, will be received at the Office of the Comptroller, Room 204, City Hall, Baltimore, Maryland until 11:00 A.M. on **WEDNESDAY, SEPTEMBER 17, 2025**. Board of Estimates employees will be stationed at the Security Unit Counter just inside the Holliday Street entrance to City Hall from 10:45 A.M. to 11:00 A.M. every Wednesday to receive Bids.

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

The Contract Documents may be purchased for a non-refundable cost of **\$100.00** by contacting Lauren Hoover at

Legal Notice

lauren.hoover@baltimorecity.gov as of
FRIDAY, AUGUST 08, 2025.

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

All contractors bidding on this Contract must first be pre-qualified by the City of Baltimore Boards and Commissions. Interested contractors should call 410 396-6883 or contact the Office of Boards and Commissions at 4 South Frederick Street, 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 **E13001 – THREE STORY AND UNDER**

The 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 at the site: **10 Cherry Hill Rd, Brooklyn, MD 21225 on TUESDAY, AUGUST 19, 2025 at 10:00 a.m.**

Principal Items of work for this project are:

Interior Renovation

The MBE goal is **27%**
The WBE goal is **10%**

CONTRACT NO. PRJ000371

APPROVED:
M. Celeste Amato
Clerk, Board of Estimates

APPROVED:
Berke Attila
Director, Department of
General Services

**To place
Legal Notices
email: legals@btimes.com
dwane@btimes.com**

Legal Notice

CITY OF BALTIMORE DEPARTMENT OF RECREATION AND PARKS NOTICE OF LETTING

Sealed Bids or Proposals, in duplicate addressed to the Board of Estimates of the Mayor and City Council of Baltimore and marked for **BALTIMORE CITY NO. RP24822 Patterson Park Wading Pool** will be received at the Office of the Comptroller, Room 204 City Hall, Baltimore, Maryland, until 11:00 A.M. **October 1, 2025.** Positively no bids will be received after 11:00 A.M. Bids will be publicly opened by the Board of Estimates in Room 215, City Hall at Noon. The proposed Contract Documents may be examined, without charge, at the Dept. of Rec & Parks at 2600 Madison Ave, Baltimore, Md. 21217 by appointment only on Mondays - Fridays, 8:30am – 4:00pm by emailing benitaj.randolph@baltimorecity.gov as of **August 8, 2025** and copies may be purchased for a non-refundable cost of **\$100.00**. A Share-Point link to a PDF of the Construction Drawings will be provided to all prospective bidders. **Conditions and requirements of the Bid are found in the bid package.** All contractors bidding on this Contract must first be prequalified by the City of Baltimore Contractors Qualification Committee. Interested parties should call (410) 396-6883 or contact the Committee at 4 South Frederick Street, 4th Floor, Baltimore, Maryland 21202. **If a bid is submitted by a joint venture (“JV”), then in that event, the document that established the JV shall be submitted with the bid for verification purposes.** The Prequalification Category required for bidding on this project is **G90073 Swimming Pool Construction and Repair**. Cost Qualification Range for this work shall be **\$1,200,000.00 to \$1,900,000.00**. A “Pre-Bidding Information” session will be conducted via **Microsoft Teams at 10:30am EST on August 19, 2025.** Email your contact information to demos.anastasiades@baltimorecity.gov to receive an invite to the Microsoft Teams (video conference meeting) no later than **4:00pm EST, August 18, 2025.** Principle Items of work for this project are Removal of site improvements, Earthwork, Underground utilities, Storm water facilities, New Swimming Pools, New Site Amenities Landscaping and Hardscaping. The MBE goal is **27%** and WBE goal is **10%.**

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

Legal Notice

CITY OF BALTIMORE DEPARTMENT OF RECREATION AND PARKS NOTICE OF LETTING

Sealed Bids or Proposals, in duplicate addressed to the Board of Estimates of the Mayor and City Council of Baltimore and marked for **BALTIMORE CITY NO. RP24810 - NORTHWEST PARK – UPPER PARK IMPROVEMENTS** will be received at the Office of the Comptroller, Room 204 City Hall, Baltimore, Maryland until 11:00 A.M. **September 3, 2025.** Positively no bids will be received after 11:00 A.M. Bids will be publicly opened by the Board of Estimates in Room 215, City Hall at Noon. The proposed Contract Documents may be examined, without charge, at the Dept. of Rec & Parks at 2600 Madison Ave, Baltimore, Md. 21217 by appointment only on Monday through Friday, 8:30am – 4:00pm by emailing benitaj.randolph@baltimorecity.gov as of **August 8, 2025** and copies may be purchased for a non-refundable cost of **\$100.00**. **Conditions and requirements of the Bid are found in the bid package.** All contractors bidding on this Contract must first be prequalified by the City of Baltimore Contractors Qualification Committee. Interested parties should call (410) 396-6883 or contact the Committee at 4 South Frederick Street, 4th Floor, Baltimore, Maryland 21202. **If a bid is submitted by a joint venture (“JV”), then in that event, the document that established the JV shall be submitted with the bid for verification purposes.** The Prequalification Category required for bidding on this project is **G90132-Park Rehabilitation**. Cost Qualification Range for this work shall be **\$300,000.00 to \$375,000.00**. A “Pre-Bidding Information” session will be conducted via Microsoft Teams at **10:30 A.M. on August 19, 2025.** Email your contact information to larissa.torres@baltimorecity.gov to receive an invite to the Microsoft Team (video conference meeting) no later than **August 18, 2025 at 5:00pm**. Principal Items of work for this project are Small seating area with benches and drinking fountain, walkway connections, small parking lot area, water connection to community garden, additional swings for existing playground, and associated plantings and SWM areas. The MBE goal is **6%** and WBE goal is **2%.**

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

The State Board of Elections Announces Appointment of New Baltimore City Election Director

ANNAPOLIS, MD—

(August 5, 2025) — The State Board of Elections (SBE) is pleased to announce the appointment of ~~Mr.~~ Clifford Tatum as the new Election Director for the Baltimore City Board of Elections, effective September 17, 2025. This appointment represents an important step forward in Baltimore City’s ongoing dedication to accessible, secure, and efficient elections.

The Baltimore City Board of Elections conducted a thorough search and selection process, seeking a candidate with deep knowledge of election laws and a commitment to fairness and transparency. Tatum proved to be the most qualified choice to lead the Baltimore City Board of Elections forward.

Tatum has more than 15 years of experience in elections and a strong background in election administration. His leadership will be instrumental in guiding our city through upcoming election cycles and strengthening public confidence in the electoral process. SBE invites the community to join in welcoming Mr. Clifford Tatum and looks ahead to a strong partnership in upholding the democratic process in Baltimore City.

*We love to hear from
our readers! Connect
with us:
**Facebook.com/
TheBaltimoreTimes**
**Twitter:
@Baltimore_Times**
**Instagram:
@thebaltimoretimes***

The Maryland Lottery encourages you to **play responsibly.**

Know your odds.

Don't play when stressed.

Set a spending limit.

Learn more about playing responsibly at [mdlottery.com](https://www.mdlottery.com).



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