

The Annapolis Times

Vol. 39 No. 51

October 10 - 16, 2025

A Baltimore Times/Times of Baltimore Publication



Author Highlights Caribbean's Role as Nature's Pharmacy

Aleya Fraser, born and raised in Baltimore, Maryland, spends time at her family estate, Panorama Cacao, in Trinidad. The land steward and ethnobotanist Aleya shares her personal journey discovering and recording the healing traditions of the Caribbean in her book "Caribbean Herbalism: Traditional Wisdom and Modern Herbal Healing."
(See article on page 7)

Photo courtesy of Aleya Fraser



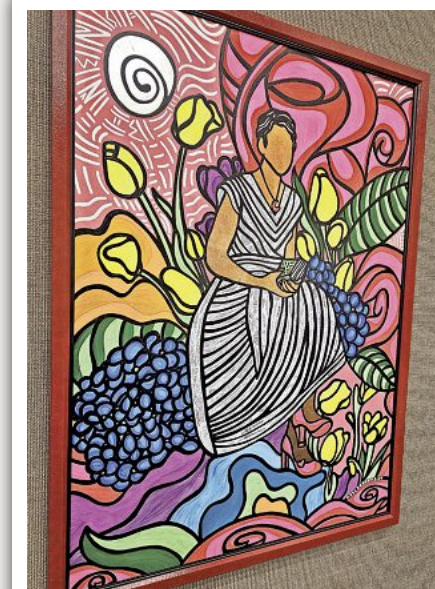
Alex and Lisa Green: Preserving the Legacy of Harriet Tubman

By Glenna E. Cush

Tucked behind the Reginald F. Lewis Museum in downtown Baltimore lies a narrow, nondescript passage called Slemmers Alley. Few realize that in 1865, Harriet Tubman's brother-in-law, Tom Tubman, lived here. The bricks hide secrets of the Underground Railroad. It was in houses along this very alley that plans were laid, including the daring escape of an enslaved woman named Tilly, and where our tour began.

Amateur historian and tour co-host, Aaron Rice reminded us that freedom was often plotted in hushed tones behind closed doors and carried out under the cover of night. From Slemmers Alley, our group retraced Harriet's path to Pier 4 at the Inner Harbor. As the water glistened quietly in the morning sun, Rice painted a vivid picture of what it must have felt like to climb into that small boat—cold, afraid, wrapped in a tarp, undoubtedly accompanied by vermin, with no guarantee of survival. I closed my eyes as he spoke and imagined Tubman and Tilly drifting into the darkness. Harriet was risking her life for someone she barely knew. Tilly's fiancé was free and living in Canada and had gotten word to Tubman that he needed her help. The weight of her courage hung in the air, and for a moment, when I opened my eyes, I could see the boat gliding gently out of sight.

Where Rice's story brought history to life in Baltimore, Alex Green's gave it a heartbeat in Cambridge, Maryland. Alex is a griot – a storyteller dedicated to preserving a history dear to his heart. He and his wife Lisa, were born and raised in Dorchester County and started Harriet Tubman Tours to ensure that the legacy of Harriet Tubman and Frederick Douglass, who spent



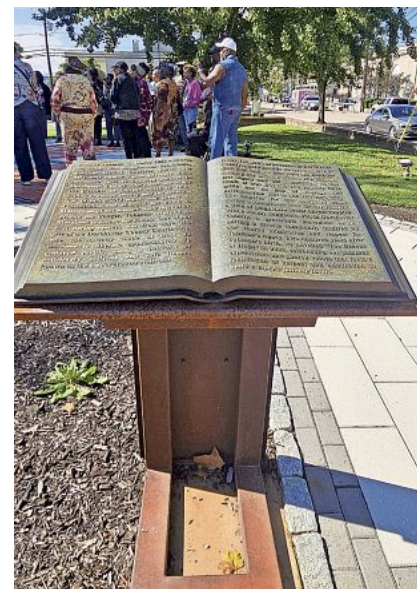
A vibrant painting inspired by Harriet Tubman's legacy, featuring bold colors and symbolic imagery of strength, resilience, and freedom.

Photos: Ponch Brown

time in Easton and Cambridge, is not forgotten.

As a child, Alex remembers sitting in the barbershop listening to the elders tell stories of the Underground Railroad, and a woman who escaped to freedom, but instead of staying far away, she risked her life numerous times to help secure freedom for dozens more. What Alex is doing today is not unlike what our ancestors did when history was passed on through storytelling around open fires and quiet conversations around dinner tables under candlelight. Back then, reading or writing was forbidden.

Alex's tour led us through the city. Each stop is another chapter in Tubman's life: the courthouse where her statue stands with young "Minty" as she was affectionately called, reaching up to take the hand of the woman who followed the north star to freedom. Additional sites included the



Visitors gather near a bronze plaque honoring Harriet Tubman's life and legacy, inscribed with passages that recount her remarkable journey from slavery to liberator.

general store where she sustained a near-fatal head injury, the Underground Railroad Museum, and the one-room schoolhouse where Lisa's grandmother once taught.

But it was in the marshes, as the bus slowed and Alex asked us to look out across the still water mixed with tangled roots, muskrats and bramble, that Harriet's struggle hit me. "No North Face jacket, no Timberland boots," he reminded us, "just thin, worn clothing and a will stronger than fear."

For Alex and Lisa, the tours were only the beginning. As Alex explained, people often needed space to process, reflect, and continue learning after such an emotional experience. They envisioned a space that would serve as a hub, gathering place and educational center where visitors could extend their experience. That vision became reality less than two years ago when



The Harriet Tubman statue in Cambridge, Maryland, depicts the abolitionist hero leading others to freedom, her hand raised with a North Star guiding the way.

the couple opened the Harriet Tubman Freedom Center.

It was there that our three-hour journey concluded, surrounded by "A Taste of Freedom," a breathtaking collection of Tubman-inspired art curated by Baltimore native and tour cohost Larry Poncho Brown. More than 50 artists from around the world contributed paintings, quilts, mixed media, dolls and sculpture. Many of them joined us, spoke about their work and the ways Tubman's legacy shaped their creativity.

"They can burn our books and change what's on paper," Alex said, tapping his forehead. "But as long as I have what's in here, our history will not be forgotten."

YOU'RE INVITED TO AN OPPORTUNITY FOR SMALL BUSINESS GROWTH, FUNDRAISING & SUSTAINABILITY

Ready to raise more money with clarity and confidence?

Would you like to participate in a complimentary opportunity to design a clear, actionable three-year fundraising plan that positions your organization for long-term success?

Are you interested in building strategies and donor tools tailored to your organization's mission?

Are you interested in accessing proven frameworks and tools developed by experienced fundraisers?

Introduction Session

Build Your Fundraising Plan with Ask A Fundraiser®

Wednesday, October 29, 2025

🕒 12:00–1:00 p.m. EST

Creatively Black Baltimore

301 Light Street, 2nd Floor Auditorium
Baltimore, Maryland 21202

***You must register for the Introductory Session to qualify for participation in the cohort.**

Limited Space Available

SCAN
ME! >>



Presented by:

WELLS
FARGO

In Partnership with:



THE BALTIMORE TIMES



CYBER Security Month: Watch Out for Phantom Hackers

By Karen Clay

Clay Technology and Multimedia, L.L.C.

Well, it's that time of year again! It's Cyber Security month! It's during the month of October that we intentionally focus on reminding you, as users of technology, to be mindful of your computing habits. It's also the time we highlight the typical strategies engaged by scammers to part you with your peace of mind. For this and the next tech article, here is a way to understand the role **you** play in maintaining a consistent **CYBER Security** posture: **Checking Your Behavior Elevates Resilient Security.**

Even with all of the "built-in" security of virus detectors, modern browsers and products that can warn against things like phishing and malware, block pop-ups, check downloads, perform automatic updates, integrate built-in password managers, and so forth, the truth is that tools can only take us so far. The real safeguard is our everyday mindfulness to pause before we click or respond to unsolicited engagements, notice when something feels off, and intentionally choose not to succumb to the sense of urgency that is the hallmark of so many scams.

One scam in particular that numerous security organizations, including the FBI and its Internet Crime and Complaint Center (IC3.gov) have warned about is the Phantom Hacker. This is not a masked, caped perpetrator going computer to computer, wreaking havoc. Instead, it is a complex, three-tiered ruse, typically aimed at seniors, that is an evolution of more general tech support scams. This scam, however, progresses through three stages, aimed at identifying the most lucrative accounts to target. People who have been duped by this scam often suffer the loss of entire banking, savings, retirement, and/or investment accounts under the guise of "protecting" their assets. This is basically how the scam works:



If you didn't initiate the contact, do not engage. Call a known number to check the status of your accounts. Graphic Design by Karen Clay

Stage One, Tech Support Imposter: In this stage, a scammer posing as a customer support representative from a legitimate technology company initiates contact with you through a phone call, text message, email, or popup window on your computer/device. The message tends to be persistent and instructs you to call a number for "assistance."

Once you make the call, the scammer directs you to download a software program that allows them to access your computer remotely. They pretend to run a virus scan and falsely claim your computer has either been or is at risk of being hacked. Of course, the only hacking that has occurred is what you have given consent to by allowing someone unknown to you and someone with whom you did not initiate contact, to access your computer/device. Now, having created fear and concern in your mind, the scammer requests that you open your financial accounts to check for any unauthorized charges. This allows them to determine which financial account is most lucrative for targeting. They set you up for the next

stage by saying you will receive a call from your financial institution's fraud department with further instructions.

Stage Two, Financial Institution Imposter: In this stage, another scammer, posing as a representative of the financial institution, contacts you and falsely informs you that a foreign hacker has accessed your computer and financial accounts. They then advise you to move your money to a "safe" third-party account, such as an account with the Federal Reserve or another U.S. Government agency. While they are assisting you in safeguarding your money, they are actually directing you to transfer money via wire transfer, cash, or wire conversion to cryptocurrency, often directly to overseas recipients. They paint a scenario such that when they tell you not to inform anyone of the real reason you need to move your money, your concern and fear cause you to adhere to their directive.

Stage Three, U.S. Government Imposter: In this stage, a scammer posing as a Federal Reserve or other U.S.



Karen Clay,
Clay Technology and Multimedia
Courtesy photo

Government agency reinforces your need to move your money. If you become suspicious, they may even send you something on Government letterhead to legitimize the scam. They will continue to emphasize that your funds are "unsafe" and must be moved to a new "alias" account for protection until you concede. People who succumb to this scam often lose their entire banking, savings, retirement, and/or investment accounts under the guise of "protecting" their assets. At this point, recovering those assets is essentially impossible.

Becoming a casualty of Phantom Hacking can be a debilitating experience, impacting not just you as the victim but your entire family. Maintaining a **CYBER Security** posture by remembering that **Checking Your Behavior Elevates Resilient Security**, will go a long way toward safeguarding not only your assets but your peace of mind.

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/>



Fellows Earn Stipends to Strengthen Collective Leadership

CLLCTIVLY Announces Second Fellowship Cohort Advancing Baltimore's Black Social Economy

Submitted to The Baltimore Times

Baltimore, MD, October 1, 2025 — CLLCTIVLY has named 18 leaders to the second cohort of the Drs. Elmer and Joanne Martin Social Impact Fellowship, a six-month program that supports Black changemakers working across the city's social economy. The fellowship provides resources, training, and community to help participants deepen their impact while honoring Baltimore's long tradition of innovation in community building.

Chosen from 172 applicants, this year's fellows will take part in weekly sessions, retreats, and a Capstone project in partnership with the University of Pennsylvania's Center for Social Impact Strategy. Each fellow receives a \$2,000 monthly stipend, designed both to recognize their leadership and to ensure full engagement in the program.

Jamye Wooten, founder of CLLCTIVLY, described the importance of the initiative, noting that Baltimore has always been a place where communities create new ways to care for one another, build wealth, and shape culture. He emphasized that the fellowship was not only about selecting strong individuals but about shaping a collective that reflects the richness and diversity of the city.

The program is named in honor of Drs. Elmer and Joanne Martin, visionary educators and founders of the National Great Blacks In Wax Museum. Their pioneering research and leadership continue to influence social work, education, and community organizing, providing the foundation for a new generation of leaders.

The 2025–26 fellows represent a wide range of fields, including arts, education, youth development, health, technology, and civic engagement. Together they form a regenerative ecosystem of leaders who sustain and strengthen one another through their collective work:



Dr. Joanne Martin co-founded the National Great Blacks in Wax Museum with her late husband and co-founder Dr. Elmer Martin. Dr. Martin is holding a portrait depicting the couple given to her by her husband. Courtesy photo

- Brianne Mobley — BLK ASS Flea Market
- Robert “Bobby” Holmes — Son of a Dream
- Delshan Baker — Endeavor TBD
- Dr. S. Rasheem — Baltimore Legacy Project
- Eric Jackson — Black Yield Institute
- Jessica Solomon — BALT Lab: Baltimore Applied Laughter & Truth
- Keisha Reed — Explore Maryland Cannabis
- Maurissa Stone — The Living Well
- Nykidra Robinson — Black Girls Vote
- Joshua Smith — Bantu Global Healing Community
- Saran Fossett — AZIZA PE&CE
- Lisa Bleich — WildSeed Ecosystem
- Isa Olufemi — Black Running Organization (BRO)
- Bianca Jackson — BrickRose Exchange
- Imhotep Fatui — Urban Youth Initiative

- Aisha Snead — The Family Legacy Project
- Tayonna “TayyBandz” Jackson — Be You Talent Showcase
- Jayson J. Green — New Song Community Learning Center

Since its founding in 2019, CLLCTIVLY has served as a hub for Black-led social change in Baltimore. Guided by the call to give, amplify, and imagine, the organization has mobilized resources, uplifted stories, and built networks that strengthen social change efforts while growing community-rooted wealth. With initiatives like CLLCTIVGIVE, 28 Days of Black Futures, and the Martin Fellowship, CLLCTIVLY has connected hundreds of changemakers and mobilized millions of dollars to advance a vision of a liberated and abundant future.

For more information, visit www.cllectivly.org.

Husband and Wife Team Hit Harmonious Gospel Note

Ron Ward, Jr. and Dor'Ray Ward, a musically inclined team, have been married for seven years. Ward, Jr. plays the piano and organ; serves as a music producer; studio engineer; vocal producer; and he is employed as the Minister of Music at Asbury Town Neck United Methodist Church, located in Severna Park, Maryland. His wife, Dor'Ray— currently a stay-at-home mother — serves as a praise and worship leader, and she performs as a vocalist with multiple bands. Dor'Ray also leads worship in various church settings.

Ron's recent birthday was extra special for the music-minded Severna Park, Maryland family.

"Our God Is Here <https://music.apple.com/us/artist/ron-ward-jr/1504554844>," a gospel declaration that celebrates the unstoppable power and presence of God, was officially released on October 5, 2025, which also happens to be Ron's special day. He co-wrote the song with Myesha Jordan and produced it. Dor'Ray provided the lead vocals and contributed background vocals alongside Jordan and Bret Lane.

"This isn't our first time collaborating musically. We perform together as part of the Ron Ward, Jr. & Friends band. Dor'Ray has also contributed vocals to my previous projects, including 'It's Just Music, Vol. II' and 'This Christmas.' In addition, Dor'Ray ministers at my church from time to time," Ron stated.

Dor'Ray noted that the newly released project serves as a reminder that no matter where you are or what circumstances you face, God's presence is always with you.

She added, "God is always with you, even in the moments when it feels like He's not. His presence brings strength, comfort, and assurance that nothing is

impossible when He's with you. That truth was the inspiration behind this project, and it's what we hope listeners feel every time they hear the song."

Dor'Ray mentioned that her voice talent developed in the children's choir at Mt. Zion Magothy, located in Pasadena, Maryland.

"That's where my musical journey and training began, under the leadership of Birdie Green and Verda Hall, who both played a huge role in shaping my foundation as a vocalist."

The Ward couple hit a harmonious note, illustrating the power of working on dreams as a faith-filled couple who spreads messages about God. Ron shared that working with his wife was very easy for him.

"As a producer, it's my job to bring out the best in the artist, to take them places they may not believe they can go. With my wife, I already knew she had the ability. Although this was something new for her, once she settled in, her natural, God-given talent took over, and the rest is history. I've always encouraged her to go further with her gift because she truly loves music ministry," Ron explained.

"Our God Is Here" is part of a forthcoming album that will be released at the beginning of the new year.

"Let me tell you, listeners are in



Ron Ward, Jr.

Photo: DHM Photos



The gospel single, "Our God Is Here" performed by Dor'Ray Ward and produced by Ron Ward, Jr., was released on October 5, 2025. Photo: DMVSmylez Photography

for an authentic encounter with God. Every song will carry a message of worship, hope, and spiritual renewal," said Ron.

Ron currently serves as the Minister of Music at Asbury Town Neck United Methodist Church, where Dr. Tori Butler is the Senior Pastor. Additionally, Ron's band, Ron Ward, Jr. & Friends, provides live entertainment for a variety of events. Ron has released four singles from his upcoming gospel CD.

"The first was a classic remake, 'Falling in Love with Jesus,' featuring Jon Williams. The second was the 'Highest Praise' featuring Minister Sheldon Brown. The third is 'Doing Great Things for Me,' featuring Antwan Tao Simpson, formerly of the R&B group Dru Hill, and currently with the R&B group Intro. All are available on all major streaming platforms," he continued.

Dor'Ray mentioned that her next gospel event will be opening for "The Conversation with Abby Phillip" on October 12, 2025, at Maryland Hall.

She feels that the most rewarding aspect of taking a musical journey with her husband is being able to share their love for God and music together.

"Collaborating as a couple has strengthened not only our creativity, but also our faith and partnership. Every project becomes a testimony of what God can do through unity and purpose," Dor'Ray added.

Follow Dor'Ray on Instagram at <https://www.instagram.com/deewardmusic> to find out more about her personal performances, and <https://www.instagram.com/musicron1> to connect with the Ward couple and read about their upcoming events, releases, and ministry moments.

Author Highlights Caribbean's Role as Nature's Pharmacy

By Andrea Blackstone

Western medicine utilizes evidence-based practices that have been scientifically proven through research and clinical trials to treat various illnesses and diseases. However, the use of herbal remedies, spiritual cleansings, and plant-based options is gaining recognition beyond rural communities in the Caribbean for individuals who choose to supplement their care with alternative health solutions.

Ethnobotany and Land Stewardship

Aleya Fraser, a land steward, ethnobotanist, and author with Caribbean roots who graduated from the University of Maryland, College Park in 2010, originally hails from Baltimore County. She possesses a strong interest in herbal knowledge and gaining ancestral wisdom through communing with elders. Although her father moved to the United States as a teenager, Fraser spent summers visiting his mother (Anastasia May Fraser) in Trinidad when she was growing up. She began spending more time there in 2017, and then officially relocated in 2020.

"I was visiting in March 2020, and the borders closed due to COVID, so I ended up staying and putting down more roots. I was inspired to move back due to my connection to the land, my family, and my desire to farm there and learn more about traditional medicine," Aleya explained.

The ethnobotanist—someone who studies the relationship between people and plants, particularly how different cultures utilize plants for medicine, food, rituals, shelter, and other purposes—evolved into the author of "Caribbean Herbalism: Traditional Knowledge and Modern Herbal Healing."

"I consider myself a cultural plant detective who learns from traditional knowledge keepers and helps protect and share that wisdom," she added.

Ancestral Wisdom and Healing Traditions

Aleya remarked that her 96-year-old grandmother has been subtly teaching her about herbal knowledge since she was five years old. During visits, the elder Fraser provided drinks such as turmeric tea, and she turned to remedies to soothe bug bites such as aloe vera.

"Whenever I asked her what a plant was, she would tell me the name and also what it was used for traditionally," Aleya recalled.

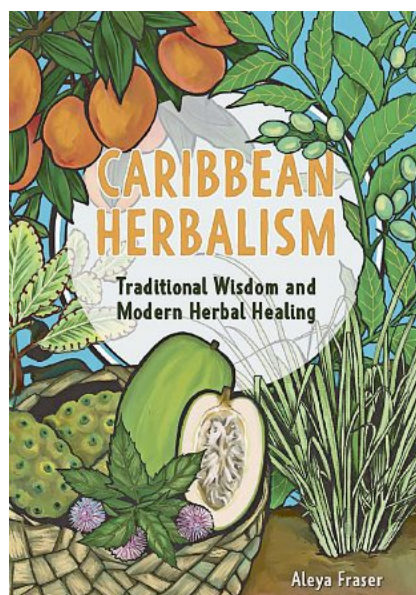
Aleya became acutely interested in ethnobotany and land stewardship in 2014, when she began farming organic vegetables and advocating for the use of food as medicine.

"This passion transferred to the plants that I did not intentionally plant on the farm, which many would call weeds. Once learning the common uses of the 'weeds' on the farm, like dandelion and purslane and lamb's quarters, I became hooked on learning and researching the uses of plants in my ecosystem," said Aleya.

The author was motivated to write "Caribbean Herbalism: Traditional Wisdom and Modern Herbal Healing" to share the knowledge she had acquired over the past decade.

"I wanted this information to be more accessible to people in the Caribbean and abroad to inspire them to connect with plants and healing traditions," she added.

Aleya further stated that a chapter of her book is devoted to how to make herbal remedies that include bush teas (herbal teas made from steeping plant



"Caribbean Herbalism: Traditional Wisdom and Modern Herbal Healing," written by Aleya Fraser.

material in hot water) and bush baths (an herbal bath where you sit in a tub with herbs or make a strong tea and pour into your bath water so that your skin can absorb the medicinal compounds extracted from the plants). Remember to consult your medical provider before beginning any herbal regimen.

Three practical tips for growing an herbal garden

Creating your own herbal garden can help you to embrace health-conscious eating habits. Aleya mentioned that if the native soil is poor or space is tight, containers are your best friend. You can use pots, recycled buckets, wooden crates, or grow bags to get started. Fill them with a mix of compost, potting soil, and coconut coir or perlite for drainage, and grow herbs like basil, thyme, mint, rosemary, or chives, which thrive in containers.



Aleya Fraser, author, land steward, and ethnobotanist and daughter. Photo courtesy of Aleya Fraser

"Herbs love sun, so you should place containers in the sunniest spot (rooftops, balconies, window ledges), build or buy vertical planters, hanging baskets, or wall-mounted shelves and choose herbs that don't need deep roots like oregano, parsley, and cilantro," Aleya advised.

If you are stuck with nutrient-poor soil, try "do it yourself" composting or liquid plant feeds.

"You can make a small vermicompost bin (worm compost) or bury kitchen scraps like banana peels, eggshells, or vegetable peels near your plants. You can also create a simple compost tea by soaking compost or food scraps in water for a few days, then use it to water your herbs," Aleya stated.

Visit www.caribbeanherbalism.com to learn more about Aleya Fraser and "Caribbean Herbalism: Traditional Knowledge and Modern Healing."

Complexities, Real-Life Struggles of Overcoming Domestic Violence Situations

Part I of a Two-Part Series

By Andrea Blackstone

October presents an opportunity to raise awareness about domestic violence (intimate partner violence), during Domestic Violence Awareness Month.

The CDC reported that “approximately 41% of women and 26% of men experienced contact sexual violence, physical violence, or stalking by an intimate partner during their lifetime and reported a related impact.” Additionally, “over 61 million women and 53 million men have experienced psychological aggression by an intimate partner in their lifetime.” (https://www.cdc.gov/intimate-partner-violence/about/index.html#cdc_behavioral_basics_quick-quick-facts-and-stats).

Whitney Coleman, LICSW, LCSW-C, owner of Jade Clinical Services provides mental health services to women of color who are experiencing life transitions, anxiety, and trauma. She highlighted some complexities related to escaping domestic violence.

A lesser-known fact is that domestic violence is an ongoing situation.

“Even if one leaves the relationship, the abuse might continue for months or even years in the form of harassment/threats, stalking, or financial abuse. If one has to get a divorce, the abuser might also try to control and manipulate the survivor via finances and court dates for an extended period,” Coleman stated.

Domestic violence is not always physical.

A range of behaviors qualify as domestic violence with the purpose of controlling a partner, which includes economic, sexual, psychological, and emotional abuse,



Whitney Coleman, LICSW, LCSW-C, owner of Jade Clinical Services, has worked 18 years in the social work field. Photo: Herman Copelin III at Tarry Hearken Solutions

according to Coleman. Technological, cultural, religious/spiritual, and physical abuse can be linked to domestic violence.

“Formally, it is defined as a pattern of abusive behavior in an intimate relationship to gain power and control over the other person,” Coleman added.

Reasons why victims of domestic violence stay with abusers can be tied to practical barriers.

Coleman confirmed that substantive resources, such as shelter to help domestic violence victims, are limited.

“Some only have space for single women, some for families, a few for those with differing abilities, and most do not accept pets. Additionally, many shelters are made for shorter-term stays, and while they are supposed to help people figure

out longer-term plans, there is not enough ongoing support long-term to address housing; mental health; finances; childcare; clothing; home furnishings; and etcetera.”

She added that people can help victims of domestic violence by providing tangible support in terms of money, childcare, housing, transportation, and jobs. Support will be required for an extended period.

A survivor could also need emotional support. However, many people who have experienced domestic violence return to their abusers soon after they leave due to a lack of resources. Financial dependency may cause individuals to stay because they rely on the abuser for full or partial financial support.

“Respect their decision and do not pressure them to leave until they are ready. Instead, provide a safe place for them to process and store things in the interim,” Coleman noted.

Isolation, including having a lack of transportation or even a way to work, can be another reason a victim of domestic violence might stay until they can figure out a way to leave. Finally, feelings of shame, especially for those who are well-educated or hold higher-powered professional positions, are another reason people stay.

“They fear the response from others or being judged by others or even staying to avoid hearing what others might have to say,” Coleman said.

Even if a domestic violence victim has left his or her abusive partner, seeking therapy can still be helpful.

Coleman explained that therapy allows a survivor to process their grief over the loss of a relationship, even if it was abusive, conflicting thoughts and feelings over the relationship, and trauma.

“It also allows the survivors to begin working on self-esteem, learn healthy relationship dynamics, and address behavior patterns such as avoidance and mistrust, which could cause issues in future relationships,” she added.

Are therapists usually mandated reporters?

Coleman mentioned that therapists are mandated by law to report a suspicion of abuse or neglect.

“This applies to children, those who are disabled, or the elderly. However, when it comes to domestic violence, unless there is an imminent danger, therapists are not obligated to report it. This is because when you enter into a relationship, it is considered between two consenting adults,” Coleman explained.

She noted that this varies by state. For example, California, Colorado, Kentucky, New Hampshire, and Rhode Island mandate the reporting of domestic violence in various degrees. Maryland does not require reporting for domestic violence, only child/vulnerable adult and elder abuse.

“In general, if there is an imminent threat of serious harm to the client or others, therapists are required to break confidentiality to report it,” Coleman said.

Coleman provides virtual services in Washington DC, Maryland, Virginia, Florida, and Texas. She has worked in a domestic violence shelter and in child welfare, investigating cases of abuse/neglect, including domestic violence. Visit <https://www.jadeclinical.com> to learn more about Jade Clinical Services. Follow Coleman on Facebook: <https://www.facebook.com/whitney.bellinger>.

Baltimore's First Annual Healthy Dining Awareness Restaurant Week

November 1-9, 2025

Join us at **Supanos Steakhouse Sports Bar and Grill** for
the Campaign Kick-Off

Light Street Pavilion
301 Light Street
Baltimore, Maryland

Friday, October 31, 2025
6 pm - 9 pm

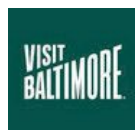
Why It Matters

- Across the State of Maryland, 51% of the population is either diabetic or prediabetic
- #1 Cause of Death in Baltimore is Heart Disease

Scan QR Code if you are a restaurant
interested in participating



Sponsors:



Media Partners:



Baltimore Votes Recruiting High School Students for Election Engagement

By James McLaughlin,
High School Intern & Senior at Gilman School

How prepared are Baltimore high schoolers to vote? In many cases, the next generation of Baltimore's voters struggles to find impactful experiences in electoral affairs, leaving many students unsure how to navigate the complex voting process once they turn 18 years old.

Since 2022, Baltimore Votes has partnered with the Baltimore City Board of Elections to support students (ages 16 and older) through the application, training, and service as election judges. Election judges, Maryland's title for poll workers, serve an essential role in managing polling place operations on Election Day, including checking in voters and guiding them through the voting process. To expand its efforts, Baltimore Votes is now offering another outlet for young people to get involved and make a difference in their communities with its new Student Service Learning Ambassadors Program.

Following various reports regarding Baltimore City's consistent need for more election judges in 2022, Baltimore Votes launched the Student Election Judge Program to tap into a different demographic of potential election judges and promote student civic engagement. In its pilot year, the program successfully recruited 20 interested students and has since expanded dramatically in its scope with the addition of a Student Advisory Board. Collectively, the members of the Student Advisory Board took action within their schools and broader communities—leading voter registration drives, election judge information sessions, and presenting at civic engagement events—to encourage



Student Advisory Board. These civic leaders are encouraging peers to register to vote and serve as Election Judges on November 5. (L-r): Amelia Valdez (City College); Julieta Garcia (City College); Zykeria Lee (Green Street Academy); Christiana Diggs (Western); Sebastian Harris (Dunbar); James McLaughlin (Gilman); Ryan Craven (Park School); Shamir Burg (Baltimore School for the Arts); Aleni Lila (Western); and Peyton Tubman (Western).

their fellow students to become aware of political opportunities available to them, even if they cannot vote.

As members of the Student Advisory Board presented these civic engagement outlets to their peers, they noticed a lack of knowledge among their peers regarding their ability to participate in polling places as election judges and register to vote.

When recalling her initial efforts to inform her peers regarding their ability to serve as election judges, Nadia Robinson, a senior at Baltimore Polytechnic Institute, explained, "I remember sharing student election judge information and the most common response I got from peers was, 'I'm actually old enough to register to vote?'"

Ultimately, the boards' efforts led to the recruitment of nearly 100 interested students before the May primary and 150 interested students before the general election. Peyton Tubman, a senior at Western High School and member of the second iteration of the Student Advisory Board, reflected on her experience on the

board, stating, "I learned more about the importance of elections, as well as the process, and I was able to educate my peers on topics that they were unfamiliar with."

Following the success of efforts in 2024, Baltimore Votes has since hired a cohort of eight interns, including Robinson and Tubman, to enhance the work of last year's Student Advisory Board and launch a new program to promote civic engagement among every high school in the Baltimore area.

Baltimore Votes' Student Service Learning Ambassadors Program will begin in November 2025. This opportunity will enable high school students, particularly those in the ninth and tenth grades, to fulfill their mandated 75-hour service-learning requirement by participating in a range of civic engagement activities within their communities, both in and out of the classroom. Members of this program, called Baltimore Votes Student Ambassadors, will receive training and support while being tasked



*James McLaughlin,
Baltimore Votes Intern*

with hosting voter registration drives, election judge recruitment sessions, and other opportunities to promote political awareness among all voters, particularly their peers. Student Ambassadors will also lead by example, serving as election judges themselves in the May 2026 and November 2026 elections. Ultimately, the Student Service Learning Program strives not only to improve youth civic awareness but also to unlock an array of benefits for the electoral process by having a larger number of students involved as election judges.

To be eligible for the Student Service Learning Program, students must be 16 or older by May 2026 and committed to earning their 75 hours of service learning by November 2026. Applications are open now at baltimorevotes.org/student-service-learning. Applications are accepted on a rolling basis until each school in Baltimore has a representative. If you are interested or have any questions, please contact student@baltimorevotes.org.

Legal Notice

CITY OF BALTIMORE DEPARTMENT OF TRANSPORTATION PUBLIC NOTICE

To inform and educate the community about upcoming changes, which will be displayed at a community meeting.

PUBLIC MEETING FOR

West Forest Park Avenue Traffic Calming Initiative

Tuesday, October 28, 2025

6:00-7:30 PM

Calvin Rodwell Elementary Middle School, Cafeteria, 3501 Hillsdale Road

Join from the meeting link

<https://buff.ly/GgGjmky>

Join by meeting number

Meeting number (access code): 2334 543 4525

Meeting password: ubWpJJ2AK58

Join by phone

+1-408-418-9388 United States Toll

+1-646-992-2010 United States Toll (New York City)

If you have any questions, comments, or need special accommodations, please contact via mail

Department of Transportation.

417 E. Fayette St., 5th Floor, Baltimore, MD 21202

Email: DOTEngagement@baltimorecity.gov,

Subject: Accommodations W. Forest Park Meeting

Or by leaving a voicemail at: 443-984-3144

Accommodation requests should be received by Monday, October 20, 2025.

Veronica P. McBeth, MSL, DIRECTOR
Baltimore City Department of Transportation

Legal Notice

Legal Notice

NOTICE TO BID

Minority Subcontractor/Supplier
Schummer, Inc. seeking Certified Minority Subcontractors for: Talbot County Region IV WWTP Improvements for Preserve at Wye Mills, Talbot Co., MD. Davis, Bacon Prevailing Wages apply. Bids due in our office 10/27/25. Certified DBE's, MBE's & WBE's for: Excavation, Pipelaying, Tank Installations, Septic Hauling, Concrete, Plumbing, Electrical, Pipe, Aggregates, and Trucking. Equipment suppliers for Blowers, Screens, WWTP Equipment. Fax quotes to: 410-798-1709. For more information/email quotes to: schummerinc@aol.com

Legal Notice

NOTICE TO BID

Minority Subcontractor/Supplier
Schummer, Inc. seeking Certified Minority Subcontractors for: ITB 26-102 Naylor Mill Water Main Extension, City of Salisbury, MD. Prevailing wages apply. Bids due in our office 10/24/25. Certified MBE's DBE's & WBE's for: Excavation, Pipelaying, Pipe, Directional Drilling, Aggregates, Paving, Concrete, and Trucking. Fax quotes to: 410-798-1709. For more information / email quotes to: schummerinc@aol.com

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

BATH FITTER®



TUB-TO-SHOWER CONVERSIONS | TUB LINERS | TUB & SHOWER REPLACEMENTS

A BETTER BATH REMODEL

With hundreds of custom designs for showers or tubs, a one-day install* and a lifetime warranty* ... it's no wonder 2 million happy customers have trusted Bath Fitter with their bath remodels.

Contact us today to book your FREE consultation!

SPECIAL OFFER

24 MONTHS

0% INTEREST*

NO INTEREST UNTIL 2026!

OUR BENEFITS



One-Day Install*



Easy to Clean



Seamless Wall



Lifetime Warranty*

1-877-799-1685

bath-fitter.com/24local

*Tub-to-shower conversions and fiberglass replacements typically require a two-day installation. *Lifetime warranty valid for as long as you own your home. *Offer ends 4/30/24. All offers apply to a complete Bath Fitter system only, and must be presented and used at time of estimate. Minimum purchase required. Terms of promotional financing are 24 months of no interest from the date of installation and minimum deposit. Interest accrues from date of purchase, but is waived if paid in full within 24 months. Monthly payments are required during the 24 months, and making only the required monthly payments will not pay off the amount financed. See representative for details. Qualified buyers only. May not be combined with other offers or applied to previous purchases. Valid only at select Bath Fitter locations. Offers and warranty subject to limitations. Fixtures and features may be different than pictured. Accessories pictured are not included. Plumbing work done by P.U.L.S.E. Plumbing, MD MPL #17499, NJ MPL #10655, DE MPL #PL-0002303, MD MPL #82842, VA MPL #2710064024, IA MPL #18066, OH MPL #37445, WV MPL #PL07514, MI MPL #9111651, PA HIC #PA017017, NJ HIC #13VH03073000, WV HIC #WV053085, MD HIC #129346, VA HIC #2705155694, MD HIC #122356, VA HIC #2705096759, IA HIC #C12725, WV HIC #WV038808, MD HIC #129955, VA HIC #2705146537, DC HIC #420213000044. Each Franchise Independently Owned And Operated By Bath Saver, Inc., Iowa Bath Solutions, LLC, Ohio Bath Solutions, LLC, Mid Atlantic Bath Solutions, LLC.

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.