

SoBoImCo

South Baltimore Improvement Committee ~ September 2007



SBIC Annual BBQ a Success!

On August 16th, SBIC hosted its annual BBQ at the Sitting Park at Light and Heath Streets. New neighbors had an opportunity to mix and mingle with old neighbors, and plenty of food and fun was had by all.

We'd especially like to thank the Federal Hill businesses who donated items for the party and raffle, including:

SoBotanical
Holly G. Boutique
Ropewalk Tavern
Matsuri Restaurant
Lucky Lucy's Canine Café
Le Petit Cochon
Vineyard Wine & Spirits
Ryleigh's Oyster Bar and Restaurant
Amy's Boutique
Vanessa's Vintage Treasures

And most especially Beach Bums, who provided platters piled high with sandwiches and desserts.

Several nearby property owners mentioned how pleasantly surprised they were to see such a positive use for the space, so please consider using the park for your future barbeques and gatherings, or simply as a good spot to read a book, play croquet, or hang out with your pets.

Get Out!

South Baltimore Night at the Orioles
Thursday, September 6th
7:05p.m.

Oriole Park at Camden Yards

Defender's Day—

The Star-Spangled Weekend
September 7th—9th

Ft. McHenry National Monument & Shrine
Celebrate Baltimore's oldest holiday, with three days of period re-enactments, parades and fireworks replicating the bombardment of Ft. McHenry. See page 15 for more info.

Get Smart!:

Smart Car Premier at AVAM
September 8th—9th

American Visionary Art Museum

Good things come in small packages! Be one of the first in the US to drive the smart fortwo...test drives all day at the museum!

Taste of Baltimore
Saturday, September 15th
11:00a.m.—6:00p.m.

Oriole Park at Camden Yards

The Taste of Baltimore is an annual event that highlights the best of Baltimore foods, wines, family fun, musical entertainment, and everything that celebrates the Baltimore lifestyle! Visit tasteofbaltimore.com for more info.

Baltimore Book Festival
September 28th—30th

Mt. Vernon

See page 7 for more info.

Street Beat Festival
Sunday, September 30th
11:00a.m.—7:00p.m.

S. Charles St. between Hamburg & West Sts.
Catch some great live music and craft vendors. See page 4 for more info.

REMINDER:

City offices will be closed on Monday,
September 3rd for Labor Day.

Community Meeting

The next General Meeting
will be
Tuesday, September 11th

*Please see President's Corner,
page 3, for tentative agenda.*

7:30 p.m. at Olive Branch UMC
(corner of S. Charles & Fort Ave.)

Recycling Days

Paper recycling is the 2nd & 4th
Fridays, September 14th & 28th



Bottles, Cans & Jars are the 2nd &
4th Mondays, September 10th & 24th

All recycling collected streetside



SoBoImCo

SoBoImCo is a monthly production of the South Baltimore Improvement Committee, Inc. whose mission is "to encourage, through regular meetings, the formal exchange of ideas; to work with local law enforcement in promoting safety; and to assist individuals and families in the continuing process of neighborhood renewal." We welcome articles, ads and photo submissions via mail or email:

**South Baltimore
Improvement Committee**
P.O. Box 6364
Baltimore, MD 21230
eastenddesign@att.net

We reserve the right to edit or reject submissions. Articles represent the opinions of the authors and not necessarily those of SoBoImCo. We believe all sources of information are reliable, however, we do not guarantee completeness or accuracy.

Membership

Residents of South Baltimore are encouraged to become members of SBIC. Just contact an SBIC officer for more information.

Meetings

Community meetings of SBIC are usually held on the first Tuesday of every month at 7:30 p.m. at the Olive Branch United Methodist Church located at the corner of Charles Street and Fort Avenue.

Website

www.soboimco.org

Lots Happenings at the Light Street Branch Library

MOTHER GOOSE ON THE LOOSE

Wednesdays, 10 a.m.
An interactive nursery rhyme program with music and movement.
For children up to the age of three and their caregivers.

PRESCHOOL STORY TIME

Wednesdays, 11 a.m.
Stories, songs, and fun for preschoolers.

TEACHERS' SOCIAL

Wednesday, September 5, 3:30 - 5
An open house for teachers. Find out how the library can help make this school year your best ever!

FRIENDS OF THE LIGHT STREET BRANCH BOOK SALE

Thursday, September 6, 12 - 7:30
Friday, September 7, 12 - 4
Saturday, September 8, 10 - 2
Support the Light Street Branch by purchasing books and videos.

FRIENDS OF THE LIGHT STREET BRANCH MEETING

Thursday, September 13, 6:15
Monthly meeting of the Friends group. All are welcome.

CREATIVE EXPRESSIONS

Saturday, September 15, 10 - 12
Explore different art forms and produce original artwork using a variety of materials. Sandy Anderson instructor.

ESPERANZA RISING BY PAM MUNOZ RYAN

Monday, September 17, 6:30
Join in Baltimore's annual citywide reading and book discussion program.

THE BOOK BUNCH

Thursdays, September 20 & 27
Join us for four weeks of book discussions and activities. Books and dinner provided. For children ages 6 -12 accompanied by a parent or caregiver. Registration required. Call 410 -396-1096.

SMALL BUSINESS CONNECTIONS

Monday, September 24, 7 p.m.
Learn how to start, manage and finance your small business. Presented by Naomi Hafter of the Pratt Library Business Center.

Call 410-396-1096 to register
for all programs

Neighborhood Appreciation Day in Historically Hip Federal Hill

"A good neighbor is a very desirable thing"
- Thomas Jefferson

Because our growth and success is dependent on your support, the businesses of Federal Hill want to extend a "thank you" to our wonderful neighbors on the peninsula.

Please stop by your favorite Federal Hill business, or perhaps discover a new favorite, on Saturday, October 13th from 12noon-5pm. Each business will express their gratitude in a unique way. Come visit the business district for discounts, giveaways, free services and samplings!

This event is sponsored by the South Baltimore Business Association. Please contact Amy Mutch, owner of Amy's Boutique, at (410) 244-1133 for more information.

President's Corner

By Jim Salvucci

While Baltimore bakes and the smart people head down the ocean, the SBIC remains active, busy even.

The next **General Membership meeting** will be on **September 11** at 7:30 in the basement of the **Olive Branch/Good Shepherd Church** (Fort and Charles). Please note that this is the second Tuesday rather than the usual first Tuesday. It is also Primary Election Day, so you can be a good citizen twice by voting and then heading to the SBIC.

The business for the September 11th GM will be important. Right now, some *possible* items include:

- A visit from Major McDonald, police commander of the Southern District
- A proposal for a Bed & Breakfast on S. Hanover
- Plans for developing the end of Charles St. (We approved plans

from these developers before, but changes in the housing market have forced them to rethink their project.)

- A presentation from the developers of 1201 S. Charles (This one has been a long time coming.)
- Major revisions to the SBIC rules

September 11 will be an important meeting!

Also, mark your calendar for the October 2nd meeting, which will include the election of officers. If you want to run for a position or just want to support someone, be sure not to miss the October meeting.

And, once more, thanks to the officers, committee chairs, and all the other volunteers who work so hard to make South Baltimore better for all!

Tree Planting Update

By Peter Shapiro

The tree planting effort in the SBIC area is slowly but surely moving along. Thanks again to all who have contacted us volunteering to help. Many hands make light work, and we've been able to expand our target area and hook on to other efforts already underway as well as blanket predetermined streets more heavily. Recently we also submitted a grant proposal to Parks and People to (hopefully) help take care of the lion's share of the cost that is incurred during the process. Luckily, in our case, that cost is has been minimized thanks to the generous donation of both time and equipment by Hawkeye Construction, who has agreed to cut tree pits in the concrete and haul away waste free of charge. This can normally run around \$150 per pit or more, and with plans of cutting several dozen pits, the expense adds up quickly. We're hopeful that we may get a few trees in the ground this fall, but if that turns out not to be feasible, certainly plan to see quite a few new freshly planted saplings next spring.

Again, if anyone is interested in helping, would like a tree in front of his/her home, or is just curious about what is going on, please feel free to call Peter Shapiro at 443-695-6244, or return the "Tree Request" form, located on page 13.

SBIC Committee Contacts

President

Jim Salvucci
410.837.1132
jsalvucci@believewireless.net

Liquor Advisory Committee

Al Evans
410.935.1295
footnote96@verizon.net

Social Committee

Ugur Erickson
410.576.1020
uerickson@comcast.net

Vice President

Patrick Mutch
410.468.0118
patrickfmutch@comcast.net

Newsletter Editor/Business Liaison

Julie Tice
410.547.7467
eastenddesign@att.net

Youth Committee

OPEN

Secretary

Jocelyn Rodgers
443.451.5132
jrodgers78@gmail.com

Parking

Donnie Fair
443.324.7752
SBICParking@gmail.com

Neighbors Invested in Community Environment (N.I.C.E.)

Kathy Hodson
410.935.7496
kathy.nice@yahoo.com

Treasurer

Mike O'Hara
443.451.5132
mjohara@gmail.com

Police/Community Relations

Sharron McCulloch
410.659.5159
smcculloch@osiristx.com

Other Contacts:

Design Review Committee

Steve Zaleskiwicz
443.790.4520
sjz300@aol.com

Sanitation & Beautification

Amy Mutch
410.468.0118
amyemutch@yahoo.com

Area 30 RPP Representative

Cynthia Griffin
410.466.5686
area30parking@gmail.com

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Fax: (410) 752-0932
E-mail: lavanmeter@cmhvlaw.com

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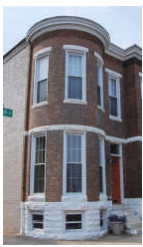
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In Your Own Backyard



STREET BEAT FESTIVAL

**Sunday, September 30th,
11am to 7pm
S. Charles & Cross Streets
in Historic Federal Hill**

The festival will feature nonstop music with 17 internationally, nationally and regionally acclaimed bands playing an eclectic mix of music on three stages throughout the day.

The Street Beat Festival offers a variety of activities and fun for all ages. Stroll along tree-lined streets and browse booths filled with art, antiques, jewelry and crafts. Enjoy delicious food and libations from Federal Hill's celebrated restaurants. Children can have a blast in **Little Ones Lane**, a special area featuring games, crafts and hands-on fun for kids. Both Arts & Crafts Lane and Little Ones Lane are sponsored by Mercy Medical Center in its continuing effort to support the downtown Baltimore community.

VOLUNTEER! It's a unique way to enjoy the festival and meet lots of people. You'll be helping Federal Hill Main Street help the neighborhood. And it's fun! Volunteer positions are available in two shifts, 10:30am-3pm and 2:30pm-7pm, at beer ticket sales and beer pouring. All volunteers receive a free 2007 festival t-shirt and complimentary beverage tickets. Please contact volunteers@historicfederalhill.org or call 410-727-4500.

For more information about the Street Beat Festival, including a complete band line-up, and for the latest information about any other Federal Hill Main Street initiative, visit www.historicfederalhill.org.

Down on Main Street



Federal Hill Main Street is just completing the renovation of the Public Comfort Station on Cross Street turning it into the new Federal Hill Visitors Center and new Main Street office. The beautiful new facility will give visitors to Federal Hill a central location for getting information about the business and residential neighborhood as well as

the history of our region.

You now have a chance to become a permanent part of the renovation by purchasing a brick for the front sidewalk with your name engraved on it. We are nearly ready to start accepting orders. Please email us to let us know that you are interested in getting a brick; we'll email you back with more information about how to order. Email: organization@historicfederalhill.org. Thanks for helping to build our neighborhood!

Name That Fundraiser and Win \$100 Worth of Prizes!

Federal Hill Main Street is in the process of planning a ticketed fundraising event for February of 2008. Plans include an all-out extravaganza with live music and dancing, an open bar, food from Federal Hill's favorite restaurants, a fashion show featuring Federal Hill's cool new ladies' boutiques, and much more. Main Street is looking for an exciting name for an exciting event – something that will stick in everyone's minds from year to year. So put your creative thinking caps on, have fun with it, and submit your suggestions to promotions@historicfederalhill.org. Whoever submits the chosen name will win a \$50 bottle of wine from Vineyard Wine & Spirits, plus a \$50 flower arrangement from My Flower Box! Deadline for submissions is October 1st.

Workshops at the American Visionary Art Museum

Shiny, Happy Things: A beginner's workshop with Bob Benson

Saturday, September 8, 11am-2pm:

Join the creator of the blinged-out Shiny Happy Tree (outside of AVAM's Main Entrance) in making your own sparkling, hanging mirrorages. For beginner and continuing students. Members \$35, non-members \$50. Call the museum for info on how to sign up: 410.244.1900.

Screen Painting Workshop with Jenny Campbell

Saturday, September 15, 11am-2pm:

A one day workshop to paint your own Baltimore screen. Bring your own screen (wire or fiberglass, not too small, not too large). Paints and brushes provided. Age 16 and older. Class size limited. Paid reservation required. Members \$35./Non-members \$50.

Where were you last night?

no idea?

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B'more Green

By Nicole Killion, RN, bmoregreen@yahoo.com

Can you guess what this is? Carbonated water, high fructose corn syrup and/or sugar, citric acid, sodium benzoate, food starch-modified, natural flavors, caffeine, glycerol ester of wood rosin, ascorbic acid, yellow #6, and red #40. Sounds yummy, doesn't it? What about this one? Carbonated water, caramel color, aspartame, phosphoric acid, potassium benzoate, natural flavors, citric acid, and caffeine.

You've probably reached for these items during these hot summer days. The first one is Sunkist and the second one is Diet Coke. When I was little, my parents only allowed me to drink soda on Sundays and special occasions. While as a kid I hated the rule, as an adult I am grateful that I never developed the habit of drinking soda. An average 12 ounce can of soda contains 10 teaspoons of sugar. The USDA states that the daily allowance of sugar should be no more than 12 teaspoons. And diet soda drinkers, don't think you're off the hook. Most diet sodas contain aspartame, which is a neurotoxin and is suspected of causing birth defects and chemical disruptions in the brain. A Harvard School of Public Health study found that women who increased their soda consumption from once a week to once a day gained an average of 18 pounds and had twice the risk of developing diabetes.

Let's talk about the sodium benzoate ingredient. When sodium benzoate is combined with heat, light or ascorbic acid, it forms benzene which is classified as a carcinogen by the FDA. Go back up and look at the Sunkist ingredients. FDA tests have revealed benzene levels up to ten times higher than the US drinking water limit in many sodas. By the way, po-

tassium benzoate and ascorbic acid also create benzene. While some manufacturers have agreed to reformulate their recipes, as we can see this dangerous combination is still being used.

Let's move on to phosphoric acid, which my husband informs me is classified as a hazardous material by fire departments. Phosphoric acid blocks absorption of calcium and magnesium in the intestines and can thus contribute to the development of osteoporosis. The pH of your mouth is almost neutral, while phosphoric acid, as its name implies, is highly acidic, closer to the pH of vinegar. This acidity eats away at your tooth enamel, and combined with the high level of sugar in soda, contributes to tooth decay. When I was around five years old, my parents took one of my baby teeth that had fallen out and put it in a glass of soda. By the end of the week, the tooth had completely disintegrated. Some studies have also linked phosphoric acid to kidney stones.

If you're thirsty, drink water. If you like fizzy drinks, add seltzer water to juice. I know a lot of people drink soda when they are tired and need more energy. While this works in the short term by causing a sugar rush (due to the sugar and caffeine), you end up crashing as your blood glucose levels drop again. Instead, make sure that you get a good night's sleep and take a 20 minute nap during the day. If you absolutely must have something, you're better off with tea or a small coffee (not a huge, sugar-laden coffee from Starbucks). If you must have a soda, save it for special occasions and don't forget to recycle your bottle or can!

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Community Yoga

By Christina Pham Linhoff

One meaning of the word yoga is to *unite* in learning about yoga.

or *bring together*. And lately, it's brought together people of all ages and backgrounds in South Baltimore at The Community Yoga class at Salem Lutheran Church.

"I have lived in South Baltimore my whole life. Taking this class with my grandmother was my first exposure to yoga," says Jennifer Bradley. "For me, it was a good stress relief from my hectic schedule."

In February 2007, the church offered its first community yoga session. "Opening our doors for community yoga, we add a contemporary twist on our services to the neighborhood," says Pastor Barbara Melosh. Some students come to find relaxation from the stress of daily life, others come to build more strength and flexibility, and some are just interested

Pastor Barbara has practiced yoga for about 5 years and finds it restorative for both body and mind. She says that the class at Salem Lutheran provides clear and gentle instruction with individual attention and helpful adjustments for different levels of flexibility, strength, and fitness. "Each week I leave the class feeling refreshed and energized. Come and see for yourself!"

A 6-week fall session is forming now and will take place Tuesday nights from 6:15 to 7:30 pm starting September 18. No experience is needed. The cost is \$30 for 6 weeks (\$20 for Salem Lutheran Church members); \$10 per class for drop-ins. To register for the session, please contact Christina (410-458-2371 or clinhoff@gmail.com) and be present first night of class



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FRIDAY, 5 - 9pm

SATURDAY, 11am - 7pm

SUNDAY, 11am - 7pm

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WHERE:

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Located in Mount Vernon Square, the Washington Monument overlooks the historic festival site and offers the perfect location for a weekend outing. In 2006, our roster of 200+ authors included Ruby Dee, Sebastian Junger, James McGreevy, Taylor Branch, Kevin Clash, Kate White, Amy Goodman, G. Garvin, John Waters, Christine Vachon, Joseph C. Phillips, Hill Harper, Nathalie Dupree, John Shields, Lindsey Williams, Paul Zelinsky, Kevin Hawkes, Marla Frazee and Chris Raschka.

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(BA6373370)

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(BA6410570)

Kathy Merz
443-415-6287

**OTTERBEIN****\$424,000**

2 BR, 2.5 BA TH w/1 car garage with remote door opener. LR w/wood burning fireplace & french doors to deck.

(BA6473405)

Kathy Merz
443-415-6287

**FEDERAL HILL****\$319,900**

3 BR, 3.5 BA w/ fireplace, hwd floors throughout. MBR w/ walk-in closet. Finished bsmt. Landscaped patio.

(BA6458411)

Steven Murphy
443-627-2910

**FEDERAL HILL****\$309,000**

3 BR, 1 BA restored TH. Original h/w floors, built-ins, kitchen leading to deck, fabulous outside garden.

(BA6470178)

Kathy Merz
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**RIDGELY'S DELIGHT****\$300,000**

4 BR, 2 BA Newly updated, 3 lvl home. 1 BR and 1 FB located in basement w/ separate entrance. Lg yard.

(BA6470556)

Chris Reda
443-627-2914

**HUNTING RIDGE****\$290,000**

Gorgeous single family brick home! Newer roof, hvac, windows, hwd floors, 4lg room, large driveway (BA6200290)

Chris Reda**443-627-2918****PERRY HALL FARMS****\$240,000**

2 BR, 2 BA + bonus room condo. Ground level, gas FP, patio, elevator bldg, corian counters, very open space! (BC6465574)

Chris Reda**443-627-2918****WASHINGTON VILLAGE****\$200,000**

3 BR, 1 BA central a/c with h/w floors, new carpet, huge basement, close to stadiums & parking space conveys.

(BA6470550)

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Citizens On Patrol

Are you worried about crime in the neighborhood? You can change things by getting together with neighbors who share your worries. Anyone and everyone can take the most basic actions, like reporting suspicious behavior or crimes in progress to the police. Whatever the contribution of time, energy, talent, and resources you can make, small or large, it will help! Citizens on Patrol (COP) is just one way you can help in making our streets smarter and safer. Take a stand and help protect your neighborhood!

All walks start at 7:00p.m., unless noted otherwise. Please visit the Southern District Police Community Relations Council website for the latest COP scheduled updates (www.sdpcrc.org), or call Sharron McCulloch at 410-659-5159.

Tue, 9/4
NEW SOUTHWEST MT CLARE -

meet at Wilkens Avenue
Mennonite Church,
1616 Wilkens Ave

Wed, 9/5
BARRE CIRCLE -
meet at Shahrazad's Restaurant,
771 Washington Blvd

Thu, 9/6
MORRELL PARK-ST PAUL'S -
meet at Italiano's Restaurant,
2229 Washington Blvd at
Hollins Ferry Rd

Mon, 9/10
FEDERAL HILL / FEDERAL HILL SOUTH -
meet at Porter's Pub,
E. Cross St. & Riverside Ave.

Thu, 9/13
OTTERBEIN / SHARP LEADENHALL -
meet at S. Sharp & W. Henrietta Sts.

Mon, 9/17
CURTIS BAY -
meet at the Curtis Bay Recreation Center.
Curtis Ave & Filbert St

Tue, 9/18
CARROLLTON RIDGE -
meet at the Samuel F. B. Morse Rec. Center,
Pulaski & Ashton Sts.

Wed, 9/19
LOCUST POINT -
meeting place to be determined.

Tue, 9/25
RIVERSIDE / SBIC -
meet at the Riverside Park Gazebo,
Riverside Ave. & E Randall St.

Wed, 9/26
PIGTOWN -
meet at The Village Center (Bath House),
904 Washington Blvd.

Thu, 9/27
BROOKLYN -
meet at The Park & Ride,
Hanover St. at Frankfurst Ave.

Third Thursday

The Southern District Police Community Relations Council meets the third Thursday of every month. It is a non-profit organization designed to improve communication and understanding between the police department and residents. Come by and listen to the Southern District Update with Major Michael McDonald & Deputy Major Charles Carter.

Agenda includes, but is not limited to:

Southern District Update

Officer of the Month Award

Guardian Angels Update

C.O.P Update

Neighborhood & Council Updates

This month's meeting is scheduled for *September 20th, 2007* at *7:00 PM* at the Southern District Police Station, 10 Cherry Hill Road.



Isn't it nice to know
you're never just a number?

You're a patient and so much more. As your neighborhood veterinarians and fellow pet owners, we promise you'll feel better here with quality medical and dental care that keeps your best friend healthy and happy.

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Residential Parking Update

By Bob Harkum, Chair—Residential Permit Parking Advisory Board

WHAT RPP PERMIT/PASS USERS MUST DO:

Remove all expired decals from their vehicles. Never display a voided permit even with a valid permit (e.g., voided decal and valid Visitors' Permit in windshield = ticket for the voided permit).

Have the current year's decal *attached* to the lower left hand side front windshield of the vehicle to which it was issued (the first and last number/letter of the license tag are punched in the decal) by its own adhesive. If it is not attached, it is void. Scotch taped, void. Sitting there, void. Wrong car, void. This is immediate void. No 14 day letter. The decal can only be used for the vehicle and tags to which it was issued, attached per its own adhesive.

Be certain to always have any permit displayed by you or friend completely showing in the lower left hand corner of the front windshield. There should be nothing covering any part of it. It may NOT be laminated. It may not be altered in any way. It doesn't count if it is on the front seat, on the consol, in the sun visor. The PCA's [enforcement officers] do not search around the car looking for a maybe here. They are not mind readers from afar. If it isn't completely visible, unobstructed, in the LLF [lower left front] windshield, it isn't displayed.

Observe all other traffic and parking regulations in area. This includes the City's abandoned vehicle provision. A car parked in one spot more than 48 hours can be ticketed. In RPP areas, PCAs [enforcement officers] have generally given RPP residents a few more days, but a car should not be parked on a City street unattended at all. Film crew, street work, other work, etc. can have tow away signs posted within 24 hours. So if you are away, someone should have keys, just in case.

No vehicle should be parked long term at all (more than a week) in one spot (it is illegal after 48 hours and LPR scans will soon note that to the PCAs).

Email or call your Community Rep or Parking Authority if you observe abuse of the Program.

Keep track of your permits. Lost permits will not be replaced. Stolen permit must be reported at once to PA and the police. You may, and it is a good idea to, write your address on the BACK of the visitor's permit. If in a household with issues re: use, put your name and address on the back.

ADDITIONALLY:

NEVER allow anyone to claim residency at your address who isn't a resident. Your entire household can now be excluded from the Program for this, and, depending on the scope of the fraud, criminal charges are possible. Note too that the revised RPP law allows the Program and the Parking Authority to limit a RPP residence to only 4 permits without a good cause shown [as to why more are in legitimate need].

NEVER give your visitor permit for someone to go to work in the area, or just to go to an event in the area, to school, to the stadium, ballpark, etc. If PCA [enforcement agents] or Community Reps see or track the Visitor's Permit being abused, you will no longer have a valid one.

NEVER allow your permit to be copied, or given to anyone long term who is not staying at your residence. If you suspect a copy exists, contact the Parking Authority immediately. Bring it in. A new permit will be issued to you gratis, the old one voided. The copying of permits/passes is now very illegal.

NEVER ignore communications re: your permits from the Parking Authority. It is their business how their permits are being used within reason. A letter of inquiry is just that. Reply to it. They do not care that you have company 5 nights a week, just that that heavy usage is NOT abuse. A reply is needed from you to say that.

NEVER give over control of permit to landlord. Obviously, as a visitor to see or fix something, he will use your pass. But there are fines and charges specifically associated with a landlord asking for and keeping RPP Permits. HOWEVER, some landlords, to help the Community Assn keep parking available in their neighborhoods, will require the Visitors Permits as part of releasing the security deposit. In those situations, the resident should write "Void" across the permits with a heavy marker and cut them in half. This assures the correctness of this exchange of (voided) permits to the law.

NEVER exchange money for a permit. It is not yours. If caught there are now big fines and your entire household can be excluded from the RPP Program.

NEVER diminish any usable (post 1971 for the most part) off-street parking spaces by converting to family room, storage, workshop, etc. Per new law, RPP Program must require that you use off-street parking if you have it, for you or your guest. In some areas this is required. In others it may be or may eventually be, or it is in effect for new development per revised law.

Don't use Visitors Permit in lieu of purchasing a decal.

Technically you are a real resident and yes have a right to park. But getting a decal makes tracking illegal use of Visitor's Permit easier for Enforcement.

Enforcement agents do not automatically check vehicle/owner/residence information before writing a ticket. If you forget to use a temp or visitor's permit, they just do not know your car lives in the house next door. They see hundreds of car per day and cannot be expected to remember what car belongs to what address/permit.

Sanitation & Beautification

By Amy Mutch

We will not have a dumpster and organized cleanup in September. The city was unable to help me schedule a dumpster in time for this newsletter so **YOU'RE ON YOUR OWN**. Please show some civic pride and clean in front of your property, sweep your curbside, and pull unsightly weeds. Many of us in South Baltimore enjoy the wonderful entertainment venues within walking distance. Ravens and Orioles games, bars and restaurants highlight our neighborhood. Unfortunately we have more than our share of litter resulting from excessive foot traffic. Yes what we love can also make us crazy! Please make a commitment to pick up the trash in front of your property. I understand it isn't yours but the bad impression trash makes is yours! I hope cooler temperatures ignite every resident to **CLEAN, CLEAN, CLEAN!**

Play Ball!

Home O's games:

September 6—9
vs. Red Sox
September 11—13
vs. Angels
September 24
vs. Royals
September 25—27
vs. Blue Jays
September 28—30
vs. Yankees

Home Raven's games:

September 16
vs. Jets
September 23
vs. Cardinals

Other Stadium Events:

September 15—
Taste of Baltimore



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District Office
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Statewide Primary Elections

Tuesday, September 11

Please remember to exercise your right to vote at the Citywide Primary Election on Tuesday, September 11. Polls are open from 7:00a.m. to 8:00p.m..

The following candidate information is available on the Maryland State Board of Elections website, www.elections.state.md.us/elections/baltimore/2007.html. The candidates are listed in alphabetical order by office, regardless of Party affiliation.

Mayor

Alfurqan, Wayne (GENERAL ELECTION ONLY)
Unaffiliated

Brown, Phillip A. Jr.
Democratic

Bundley, Andrey
Democratic

Carter, Jill P.
Democratic

Conaway, Frank M.
Democratic

Dixon, Sheila
Democratic

Dodson, Desiree M.
Democratic

Henderson, Elbert R.
Republican

Kaufman, A. Robert
Democratic

Mitchell, Keiffer J. Jr.
Democratic

Schaefer, Mike
Democratic

Smith, Andrew W. (GENERAL ELECTION ONLY)
Green

President of the City Council

Allwine, Maria (GENERAL ELECTION ONLY)
Green

Harris, Kenneth N. Sr.
Democratic

Rawlings-Blake, Stephanie
Democratic

Sarbanes, Michael
Democratic

Smith, Charles Ulysses
Democratic

Comptroller

Pratt, Joan M.
Democratic

Member of the City Council, District 10

Fair, Donnie
Democratic

Hickey, Terry F.
Democratic

Pruette, Hunter L.
Democratic

Reisinger, Edward L.
Democratic

Shelton, Duane
Republican



INCREASE HOME VALUES

CLEAN THE AIR

LOWER UTILITY BILLS

Do we have your attention? Know how you can do all of the above? Simple! Just complete the attached tree request form and mail it in!

Our goal is to add as many trees to South Baltimore as we possibly can. Baltimore City has two tree planting events a year but without requests from citizens they don't know where the trees are needed. And the best part is that the trees are FREE!

You do have to promise to water the tree 1-2 times a week, 20 gallons per time, for the first two years, not to prune the tree, and not to put anything around the base of the tree as it can harm the tree.

Here is a quick overview of the steps that are involved which will all be coordinated by SBIC once your request is received. Community Planning Day is a great opportunity to meet your neighbors and to bond with your tree. Not required but very much appreciated!

- Gather tree requests from residents
- Meet with the Baltimore City Forestry Division to determine if the requested location is suitable for a tree
- Have Miss Utility come out and mark the requested tree pit locations
- Have tree pits cut and all concrete and debris removed
- Tree pits are backfilled with dirt
- Schedule day to have tree delivered and for community planting

TREE REQUEST

I, the undersigned, agree to water, mulch and maintain my neighborhood street tree. I understand that my location may not be suitable for street trees due to utilities, signs, handicap ramps, or width of sidewalks and that if a tree is planted it is the property of the City of Baltimore in accordance with City Code 1879, Article 47.

NAME: _____

ADDRESS: _____

PHONE: _____

EMAIL: _____

SIGNATURE: X _____

IF YOU ARE A RENTER, PLEASE ALSO PROVIDE THE NAME & PHONE NUMBER OF THE HOMEOWNER:

NAME: _____ PHONE: _____

Please mail form to: SBIC PO Box 6364, Baltimore, MD 21230



Baltimore Animal Rescue and Care Shelter, Inc.

301 Stockholm Street, Baltimore, Maryland 21230

BaltimoreAnimalShelter.org



Speedy
gray & white DSH
kennel 71

Speedy is a great cat. He is playful and affectionate. His former family reports that he is good with children and appears to be housetrained. 4 years old and 10.4 lbs as of arrival date.

Brought to the shelter on 5/9 because his companion when into a senior home.



Miracle
hound retriever mix
kennel 20

Miracle is mostly white with tan eye patches. She is reported to be good with children and is appears housetrained. BARCS dog walkers report she is good on the leash and has "impeccable manners", a real lady. Classic sweet hound personality and waits for approval before approaching other dogs and people.

1 years old and 43 lbs as of arrival date. Brought to the shelter on July 10 as an owner surrender.

To learn how to adopt these orphans, stop by BARCS at 301 Stockholm St (near Ravens' Stadium), phone 410-396-4695 or visit www.BaltimoreAnimalShelter.org

Weight Control in Pets

By Jill Shook, DVM—CityPets Veterinary Care & Wellness, jssdvm@aol.com

Some surveys have shown that about 40% of household dogs and cats are overweight, and about 5% are considered obese. In fact, obesity is the most common nutritional disorder of pets. There are several factors that can lead to pets being overweight; including not enough exercise, overfeeding in terms of portions and calories, and some medical disorders like hypothyroidism seen in dogs. It is also very common for pets to gain weight after being spayed or neutered.

It can be difficult to tell if pets are overweight and many people have preformed images in their head of what pets should look like. Cats are a good example of this; people commonly assume that it is normal for cats to be heavy. Cats that are actually at ideal body weights are often viewed by many as being too thin. For both dogs and cats you should be able to feel, but not see, their ribs. When viewing them from above you should see a waist that is thinner than their ribs or hips. When viewed from the side you should see a "tuck up" of the abdomen. Purina has a body condition scoring (BCS) chart commonly used by veterinarians. You can view this

chart online at www.purina.com/dogs/health/AdultBodyCondChart.pdf.

Purina completed a 14 year study in 2001 that evaluated the effects of food intake on body condition and certain health parameters including overall life span. Forty eight dogs were in the study, half were free fed for 15 minute daily feedings and the other half were fed 75% (lean fed) of the amount of their free fed counterpart. Median life span was 1.8 years longer in the dogs lean fed than the dogs free fed. Dogs that were free fed also required treatment for chronic conditions, such as arthritis, 2.1 years earlier than lean fed dogs.

Animals that are overweight, or obese, are at a higher risk for several medical conditions including diabetes, joint disease, cardiac disease, and worsening of arthritis and certain respiratory disorders. It is ideal to prevent pets from becoming overweight, and if a pet is already overweight to start a weight loss program. It is important to feed pets balanced diets appropriate for their age and lifestyle. Food portions should be appropriate for age and weight and portions should be measured daily. Free

choice feeding is not recommended. Treats should be healthy, like carrots, apples, green beans, etc. (no grapes, raisins, onions, or avocado) and treats should be a very small portion of a pet's daily caloric intake. Exercise is very important, and most pets are not getting the amount of exercise they really need. Most healthy adult dogs should be getting 40-60 minutes of true exercise per day. Good forms of exercise for dogs include fast paced walking (walking a 15 -20 minute mile), hiking trails with mild inclines, and jogging on level surfaces. Cats should get 20-30 minutes of exercise per day, divided into 2 or 3 ten minute sessions. Laser pointers, feather toys, and chasing objects are good ways to accomplish this.

If you have questions about your pet's weight you should consult your veterinarian. For more general information about nutrition, exercise, and weight control in pets you can visit the websites below.

www.veterinarypartner.com
www.purina.com

In Your Own Backyard

Defenders` Day - The Star-Spangled Banner Weekend!!

Date: September 7th-9th, 2007

Time:

Location: In and around the fort

Details:

Join us for Fort McHenry's flagship event! This three-day encampment and extravaganza is celebrated with over 100 War of 1812 re-enactors, parades, military bands, fireworks, a symbolic ship-to-shore bombardment and much more!

The Star-Spangled Banner Weekend honors Defenders' Day, Baltimore's oldest holiday commemorating the bombardment of Fort McHenry and the writing of The Star-Spangled Banner! Events begin with a Friday evening ceremonial procession of War of 1812 soldiers from the Star-Spangled Banner Flag House to the Inner Harbor, followed by a ceremony at the amphitheater. After the ceremony the re-enactors will board sailing boats and return with the 30'x42' replica flag to Fort McHenry. Saturday and Sunday, activities include children's programs, historic boats, military encampments and demonstrations and a privateer's auction of captured goods. Saturday evening's program, beginning at 6:00 p.m., features a concert, a musket firing tactical demonstration with volunteer re-enactors from all over the country (narrated), a symbolic ship-to-shore bombardment and evening fireworks show.

WHAT ARE YOU DOING TONIGHT?

don't know?

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• **NFL TICKET** •



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SBIC Membership Application

Are you in? For just \$5 per person, you can become a member of the South Baltimore Improvement Committee, a non-profit 501(c)3 community organization. Your dues help SBIC promote and support a number of activities in the neighborhood, including youth events, social events, community clean-ups, public safety, beautification projects, newsletter printing and distribution, and donations to other local non-profits. All members must be residents of SBIC which is bounded by Light, Cross, Race, and McComas Streets.

To become a member, please fill out and return this form with payment to: SBIC, PO Box 6364, Baltimore, MD 21230, or bring it to a General Membership meeting. Please do not mail cash.

Name 1 : _____

Name 2: _____

Street Address: _____

Preferred Phone: _____

Email Address: _____

All dues are tax-deductible under Federal guidelines.

Be Above the Fold

SoBoImCo is the first all-mailed newsletter on the South Baltimore peninsula, guaranteeing delivery to over 1900 households per month. We are currently seeking a premier advertiser for the mail face of the newsletter, which will include a 1/2 page ad and sponsorship label on the address side.

If you have a business that you'd like to promote with consistent, monthly delivery, please contact Julie at eastend-design@att.net or 410.547.7467 to discuss rates and terms.



South Baltimore Improvement Committee, Inc.
PO Box 6364
Baltimore, MD 21230

**Non-Profit Org
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To Our Neighbors

Mailing service provided by Precision Postal