

The Guilford News

GUILFORDASSOCIATION.ORG

WINTER 2020

Insights on a Global Pandemic from Guilford's Front Line Workers

KELLI COMBERIATE

The year 2020 is a year for the history books. The novel coronavirus took the country by storm in January, with most states declaring a temporary quarantine in March. No community has been impervious to its devastating impact, including Guilford. With some of the best hospitals in the country nearby, many Guilford residents are on the front lines fighting this virus.

"It's been an interesting journey over the past several months," says Dr. Sarah Johnson Conway, an Assistant Professor of Medicine at Johns Hopkins University and the Senior Medical Director of Physician Alignment. "Most challenging for me personally, is childcare. We have two very young children in daycare which has been fairly unstable. Every day is an anxiety provoking day to see if we're going to have childcare for the next few hours, let alone the next 14 days."

Dr. Kami Hu, an Assistant Professor of Emergency Medicine and Internal Medicine at the University of Maryland School of Medicine and the Program Director for the Combined Emergency and Internal Medicine Residency also mentions the stress of raising

See **PANDEMIC**, page 8



Front line workers during the influenza pandemic of 1918.

A Lace-Leaf Japanese Maple displays its brilliant fall colors in the 3700 block of Greenway.

It goes without saying that 2020 has been and continues to be a challenging year. The pandemic is affecting all of our lives and has required altered home, family, work, school, shopping, travel and social norms. Living in Guilford we are fortunate to have a unique and outstanding physical setting. We are also privileged to have extraordinary residents. Among them are medical professionals many of whom are serving in key roles responding to the challenges created by the pandemic. Six of the front line doctors who are residents of Guilford share with you some of their experiences, insights, effects on their personal lives and view of the future in this edition of the newsletter.

Usually in the newsletter following the Association Annual Meeting I summarize the agenda and the reports from the committees of the Board of Managers. For the first time this year we could not hold an in person meeting. Instead we sent written reports by the Board of Managers' Committee Chairs and conducted the required Board election by email. I hope that the reports were informative and for those of you who submitted questions we either responded directly or covered the matter in the reports. The slate of candidates for Board membership presented by the Board's nominating committee was elected. The 2021 budget for the Association was approved by the Board of Managers. The budget is breakeven and mirrors closely the income and expenditures of 2020. There will be no increase in mandatory and voluntary fees for residents. Invoices for 2021 will be sent the second week of December.

Our Guilford Association Office has managed to continue to function, handling our obligations and responding to the needs of residents. The Board of Managers has continued to meet virtually

on the scheduled dates. Committees, including the Architectural Committee, consult by email or by virtual meeting. In the newsletter there are update reports on the Greenmount Avenue infrastructure project and resultant construction and streetscape project to follow and the scheduled closing of the Guilford Elementary/Middle School in 2021. Both matters are important to Guilford and have the focus of special Board committees.

Unfortunately most events that bring us together as neighbors — tulip dig, summer picnic in Sherwood Gardens, Easter and Halloween events, Holiday party and Newcomers Brunch all have been canceled because of the pandemic and restrictions and guidance concerning group gatherings. We are very fortunate to have Sherwood Gardens and our community parks in a very walkable setting. It has been great to see so many on foot and taking advantage of our environment for relief, exercise and renewal. To help maintain some normalcy, thanks to the efforts of Millicent Tyler, we were able to hold a series of music events in Sherwood Gardens on Sunday evenings in the Fall.

I hope that you will find the articles in the newsletter interesting and informative. We welcome your suggestions for articles in future editions. Please be safe and well. Thank you for your support.

Tom Hobbs
President



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5 WHITFIELD RD
List Price: \$1,048,000
Closing Price: \$975,000



8 CHARLCOTE PL
List Price: \$500,000
Closing Price: \$500,000

Guilford Property Sales

SEPTEMBER 1 – NOVEMBER 30, 2020

311 WENDOVER RD
List Price: \$434,900
Closing Price: \$432,000



5 STRATFORD RD
List Price: \$799,000
Closing Price: \$790,000



4102 SAINT PAUL ST
List Price: \$635,000
Closing Price: \$610,000

8 YORK CT

List Price: \$235,000
Closing Price: \$235,000



3917 JUNIPER RD
List Price: \$460,000
Closing Price: \$455,000



207 KEMBLE RD
List Price: \$495,000
Closing Price: \$470,000



203 E 39TH ST
List Price: \$749,900
Closing Price: \$745,000



6 SAINT MARTINS RD
List Price: \$824,500
Closing Price: \$824,500



3707 GREENWAY
List Price: \$795,000
Closing Price: \$635,000



3512 NEWLAND RD
List Price: \$300,000
Closing Price: \$300,000



3537 NEWLAND RD
List Price: \$341,400
Closing Price: \$341,400

Active Properties

AS OF NOVEMBER 30, 2020

List price

4005 SAINT PAUL ST	\$1,669,000
4401 GREENWAY	\$1,198,000
211 LAMBETH RD	\$999,999
4334 N CHARLES ST*	\$788,000
107 SAINT MARTINS RD*	\$735,000
3807 JUNIPER RD	\$619,000
226 E 39TH ST*	\$610,000
4 CHANCERY SQ	\$589,000
213 KEMBLE RD*	\$499,900
4419 LINKWOOD RD*	\$375,000
3813 JUNIPER RD*	\$369,900
1 YORK CT*	\$254,900
3900 GREENMOUNT AVE*	\$189,000

*Under Contract

PANDEMIC, *From page 1*

a young child during a pandemic. “For me personally, it’s the parental worries. Andy [her husband] and I count ourselves blessed everyday that we don’t have to worry about anyone’s education [their daughter is 19 months] . . . but I do worry that she doesn’t see any other kids. We don’t know how a lack of socialization is going to change things going forward.”

“But mainly we worry about our exposure and exposing other people to us,” says Dr. Hu. Her husband, Dr. Andy Windsor, an Assistant Professor of Emergency Medicine at the University of Maryland School of Medicine and an Assistant Program Director for the Emergency Medicine Residency explains that they had to change their daily routines. They strip off their clothes when they get home and shower before making contact with their daughter.

Their colleague, Dr. Gentry Wilkerson, an Associate Professor of Emergency Medicine says, “we all have to make decisions on exposure risk and what that means. Because of our jobs we can’t completely quarantine. Early on in the pandemic when there was a lot of uncertainty, no one knew what was going to happen. We saw images out of Italy and New York and other countries that were horrifying and we were scared.” Due to his job, Dr. Wilkerson had to figure out how to keep his family safe. Initially, to minimize the risk of getting his wife and children sick, he ended up sequestering in a hotel near the hospital and eventually rented an Airbnb. This allowed him to not worry about getting his family sick, but also made sense since he was spending so much time at the hospital doing research in addition to seeing patients.

In the beginning, many physicians were hopeful like most people that the pandemic wouldn’t last long. “We were in the dark like everyone else in the country. We’re physicians, but we certainly didn’t have a crystal ball. To be honest, early on, I thought it was a self-extinguishing thing, that it would only last a couple of months. I was wrong, dead wrong, but it was optimism. It didn’t stop me from preparing for the long haul though . . . It’s hard to envision it. No one can envision this earth-moving situation that we’re in,” says Dr. Wilkerson.

Christopher J. Haas M.D. Ph.D, an Assistant Professor of Medicine at Georgetown University Medical Center, a Faculty Physician at Medstar Franklin Square/ Medstar Harbor Hospital, Department of Internal Medicine, the Director of Research at MedStar Health Internal Medicine Residency Program, and the Medical Director of the Coumadin Clinic at Medstar Harbor Hospital explains that one of the hardest parts of all of this, is the fact that patients are dying alone. Family members are not allowed in if you’re COVID-positive.

“Originally, there was social ostracism for having this disease, but now even in the hospital, you’re disconnected from family and friends,” says Dr. Haas. One of the most difficult parts of the job is “seeing patients declining. Patients physically can’t have family there, so they’re forced to make challenging decisions on their own. Facetime is fantastic, but there’s a lot to be said for face to face.”

Dr. Wilkerson talks about one of his first critically ill patients that he took off life support so he could die a natural death. “I had to bring in his wife of 60 years and she could only look at him through the window to the room. That was heartbreaking. It’s an image that’s seared into my mind. We didn’t know why he

died, but we had to protect her and protect his family, but that was hard.”

“Typically in our field, we run towards the fire and we’re not going to catch on fire ourselves, but this is very different,” says Dr. Windsor. Dr. Wilkerson continues, “now we have to stop and think like a fireman, put on our safety gear first, instead of jumping right in.”

Dr. Windsor tells the story of a very young child who showed up at the Emergency Department’s doors in cardiac arrest. He acted on instinct and did what he would do in similar situations in the past. He ran to the child, scooped her up, raced her to a bed, and started CPR. It didn’t hit him until later that he was the only person in the room not wearing full personal protective equipment. All he had on was a surgical mask. After that incident, he had to quarantine and wait for multiple tests to come back to ensure that he had not become infected. The child was not known to have COVID, but that’s the challenge. You don’t know a person’s history when they come through the Emergency Department’s doors, so you have to assume the worst.

Through it all, there have been some silver linings. Dr. Haas touches on the fact that it’s a thrilling time in medicine, especially with the discovery that remdesivir and dexamethasone can be used to treat COVID patients. “The explosion of clinical trials that have come about in Franklin Square, and MedStar are very exciting,” says Dr. Haas, as well as “the resilience of the healthcare network . . . I give the nurses and respiratory technicians a lot of credit.”

Dr. Wilkerson explains that one of the positives he’s seen is how the hospital, his colleagues, and the country at large have come together to combat this. “We’re all united in a singular purpose . . . It’s amazing how all of medicine has shifted its focus.”

Fortunately, Maryland not only has outstanding hospitals, but outstanding leadership as well, which has gone a long way in battling the pandemic. Dr. Wilkerson appreciates UMMC and Johns Hopkins leadership with thinking ahead, to make sure they had the necessary PPE and appropriate resources readily available.

He also commends our state leadership, “what we’ve seen has been really good, not letting politics get in the way, just being commonsensical and preparing. They really thought this through. It made a terrible situation a little bit better.”

Dr. David Marcozzi who is part of UMMC’s leadership chain has been doing a great job, as well as Dr. Wilbur Chen, who is on Governor Larry Hogan’s advisory team, says Dr. Wilkerson. “There are leaders in the research efforts at both Hopkins and Maryland, so that’s really cool to see. While I play a very small role, it’s been great to be a part of all that.”

Another set of front line workers who don’t seem to get enough credit, Dr. Windsor points out, are the hospital’s environmental services who perform custodial services. “They are there putting themselves at risk. They’re not lauded as heroes, but they’re showing up to work and cleaning the rooms after COVID patients have been there. It’s amazing. I never hear about them complaining,” says Dr. Wilkerson.

It’s encouraging to see hospitals working together, especially with figuring out the ICU bed situation which is discussed in the



Dr. Christopher J. Haas



Dr. Sarah Johnson Conway



Dr. Gentry Wilkerson



Dr. Andy Windsor



Dr. Kami Hu Windsor



Dr. Stanislav Spivak

news frequently. Dr. Haas explains that MedStar is a network of many hospitals, so they have a capacity management system. Every morning, the chairman gets on the phone for a 45-minute call to coordinate the ICU situation and the floor situation, among other moving parts.

Dr. Johnson Conway applauds Hopkins' response as well. "Hopkins has been incredibly well prepared and equipped to handle this pandemic. It's been amazing to see how things work, based on how the buildings are designed. They were able to modify different spaces in the hospital and expand intensive care beds to meet the surge capacity. There's lots of ICU's, which can be used for different purposes."

With vaccines from both Pfizer and Moderna on the horizon, some wonder if an end is in sight. Dr. Hu and Dr. Wilkerson are both cautiously optimistic. "Since they're still new, we don't know how long the immunity will last, especially since they generally

require two shots. I expect that COVID will be similar to the flu that it will always be around," reflects Dr. Hu. "But how severe it will be and how it will affect day to day life will be mitigated by the vaccine."

Dr. Wilkerson believes, "it will take months if not years for the vaccine to be distributed to enough people and that's if they're willing. There's still a large portion of the population who's hesitant. I get it, it's scary. The vaccine development has been so fast. I do have concerns about manufacturing when it's ramped up that quickly. We need to make sure we're learning from the lessons of the past that we don't repeat the same mistakes like with the polio vaccine. We need to make sure that we let science and sound reasoning take the helm, and not let fanciful thinking and politics get in the way of it."

In terms of life going back to normal, there's a consensus that there will be a new 'normal'.

“I think masks won’t be considered strange. Two years ago it would, but I think that will be one of the new normals. You won’t be surprised to see someone wearing a mask in the grocery store,” says Dr. Windsor. Also, “I think the social dynamic is changed. People will reconsider where they want to live and how they want to go to work. Society will eventually go to concerts again or have a birthday party, but it will take time and lots of deliberate actions to get to that point.”

Dr. Haas agrees, “I don’t think masks and social distancing will go away for maybe five years.”

For those that still believe that COVID-19 is a hoax, or aren’t sure about the severity of the disease, these physicians would like to impress upon the general population, that it is very much real.

“It’s not a political scheme, it doesn’t follow party lines. It’s a real thing. It’s much easier to avoid than to have to deal with the consequences,” says Dr. Windsor. “Social distancing and masks are not supposed to infringe upon your personal liberties. It’s supposed to be an action of compassion for your fellow man.”

Dr. Wilkerson adds that masks are actually liberating, because they allow you to go out and do certain things. Without them, the pandemic would be much worse. He also wishes people would just practice common sense. “Staying separate, washing your hands, these are things that we should have learned in kindergarten, so

hopefully we can take those lessons that we’ve all learned in kindergarten and apply it to life now.”

“I wish that the average person knew that everyone that comes in who didn’t believe in COVID or didn’t take precautions beforehand, everyone regrets it,” says Dr. Hu. “It’s an everyday occurrence that a patient that’s about to be intubated says I shouldn’t have done x, or I should have done y.”

She also commented, “when people make decisions that aren’t smart and put other people at risk, it’s hurtful and demoralizing on a regular basis to know what you’re doing every day in the hospital is being combated by other people’s daily choices.”

Dr. Windsor adds, “COVID fatigue is real. It’s been almost nine months that people have been dealing with this, but it’s a marathon not a sprint. The more people that go into their new routines, the quicker we’ll be able to get out of this.”

Dr. Johnson Conway has similar sentiments. “Our collective behavior matters. It’s the ultimate group project. Even if you’re doing all the right things, if you’re at an event where other people aren’t, you’re still at risk. We fall to the lowest common denominator as a society.”

Our mental life and health during the Covid-19 pandemic. STANISLAV SPIVAK, MD

Pandemic, shutdown, everything changes.

I am a worrier. I worry as a husband,¹ father,^{2,3} son and grandson.⁴ I have not seen my parents or grandparents in 7 months. I may be in a minority, but video conferencing and social media are hardly an adequate replacement for meaningful real contact. I worry because I know that statistics about rates of transmission, probability of severe cases, and of deaths do nothing for those that are unlucky enough to become ill or worse. Clinical, epidemiologic, and public health data are coming quickly, word of mouth is spreading rapidly. How do we keep our families safe and still provide face-to-face patient care?

I worry endlessly as a physician about whether my patients are getting the best care during the pandemic. A lot of us rely on telemedicine, which was not novel even before 2019, but available telemedicine platforms were far from mature. They weren’t ready for the pandemic. Our research team (which includes my wife Amethyst!) recently published an (unintentionally) timely paper⁵ covering the state of telepsychiatry in the US prior to the pandemic as well as all the barriers and correlates. While telemedicine is great and all, eliminating all face-to-face contact is neither possible nor desirable as remote services cannot fully substitute for typical care. But, what is typical care in these unprecedented times?

Mental Health effects of the covid-19 pandemic.

The full extent of the pandemic effects on our collective mental health will not be known for some time, but the current trends are concerning. According to one study, over 40% of individuals in the general population reported some form of mental health issues during the pandemic, significantly elevated from what we typically see.⁶ There has been an increase in domestic violence and abuse,⁷ in substance use⁸ and associated poor outcomes.^{9,10} Families struggle with parenting.^{11,12} Pandemic fatigue¹³ is starting to become more prevalent. Folks have started to use the term ‘mental health pandemic.’

How do we know if we are affected by the pandemic?

Where and when do we seek help?

We are all suffering the mental health consequences of the pandemic. It can be normal to feel anxious, fatigued, to experience poor sleep and worry, and to feel down at times. So when do we seek help? The simple answer is — if we worry that we have a health problem, we see a doctor. If our loved ones think we have a health problem — we see a doctor.

I often compare mental disorders to other conditions affecting other organ systems, such as hypertension and the cardiovascular system, or diabetes and the endocrine system. Your blood pressure

or blood sugar keeps spiking and your primary care doctor isn't certain what to do? You see a cardiologist or endocrinologist — the experts.

Like any field of medicine, psychiatry offers pharmacologic (medicine) and non-pharmacologic treatments, based on rigorous peer reviewed research. Physicians that specialize in this field are in the best position to evaluate, diagnose, and treat the full spectrum of conditions of mental disorders.

There are many reasons to seek help early (early interventions often lead to better results), but there are reasons to seek help immediately. Hopelessness and suicidal thoughts should never be part of the human experience and should be addressed immediately by a qualified provider. Unusual thoughts or sensory experiences, such as a hallucination (defined as perception without a stimulus), should be similarly treated immediately. Drug use and/or overdose should be treated immediately in the appropriate context.

Are you not sure? Seek help now, ask questions later!

If at any time we or our loved ones feel unsafe, or are worried about the safety of others', care is urgently needed. Call 911.

What we should expect when we see an expert?

Our nation's top psychiatry department at Johns Hopkins has been a leader in evaluation, diagnosis, and treatment of mental health conditions for decades. The way we do things is a good example of what should happen:

a. A physician evaluates you. We cover everything between gestation to what happened today. If your evaluating provider does not take the time to learn about you, consider seeking help elsewhere.

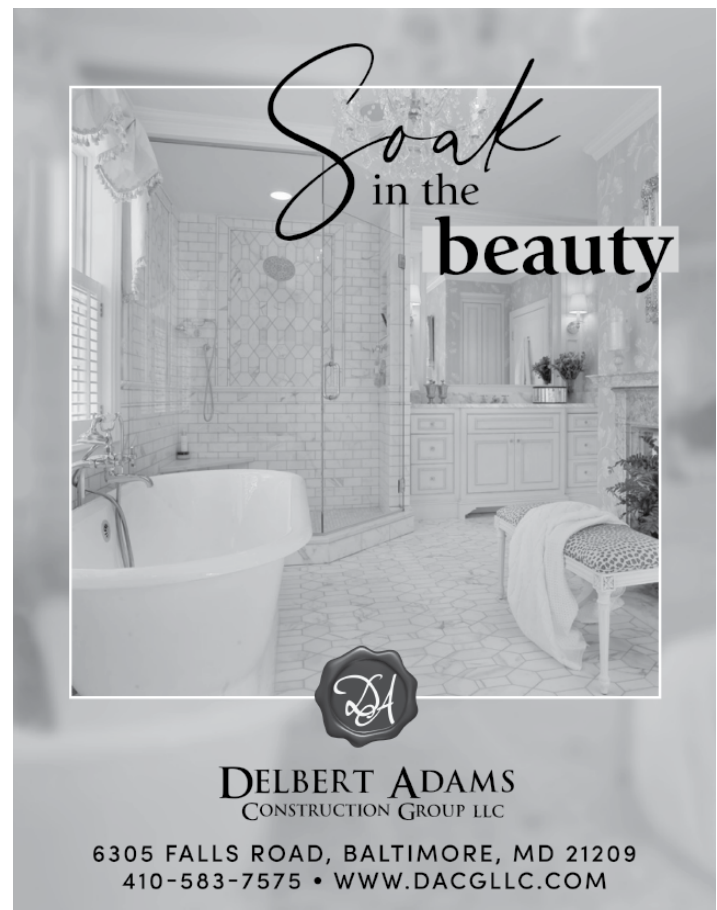
b. A physician formulates (provides an expert opinion) your condition(s). We use something called the 'Four Perspectives' model (credit given to Paul McHugh and Phillip Slavney's seminal work). This model includes the Disease Perspective (disorders related to chemical or structural abnormalities, such as Major Depressive Disorder), Behavioral Perspective (disorders related to willful behaviors, such as substance use disorders), Dimensional Perspective (disorders related to personality or other inborn characteristics, such as autism spectrum disorders), and the Life Story Perspective (disorders related to what happens during one's life, such as effects of traumatic events).

c. A physician diagnoses you and clearly explains the diagnosis to you.

d. A physician suggests a treatment course, including risks, benefits, side effects, and alternatives. The treatment may not be pharmacologic at the beginning. For example, it might include mindfulness exercises or meditation. It might involve seeing a therapist for 'talk' therapy, or a combination of pharmacologic and non-pharmacologic interventions.

Times may be hard for all of us, but the providers are here to help. Be well.

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2. Epidemiology of covid-19 among children in china. DOI: <https://doi.org/10.1542/peds.2020-0702>
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Tiny Easel: An Alternative to Screen Time for Your Kids

KELLI COMBERIATE

Ever since the majority of the U.S. had to quarantine back in March due to COVID-19, adults and kids alike have had to get creative to pass the time. People have turned to trying out new recipes they've found on Instagram, cleaning out their house Marie Kondo-style, or binging on Netflix to make the best of a bad situation. For parents of little ones, it's hard to come up with things to do that don't involve more screen time. Fortunately, Jennifer Nolley, a Ruxton mom of three has created a unique company called, Tiny Easel, that will help kids ages 3-10 keep busy while discovering their inner Picasso at the same time.

Tiny Easel makes "art approachable and fun for your little artists, delivered in a box to your home." Each Painter Box contains 36 different watercolors, crayons, pencils, brushes, sponges, a wand, masking tape, a spill-proof cup, a palette, and of course a tiny easel. It also contains watercolor paper, an 8x8 canvas, a splat mat, an activity and instruction booklet and a Tiny Easel watercolor book. Nolley has pretty much thought of everything for your budding artist. All you have to add is water.

She specifically chose watercolors over acrylics because they're easy to work with and clean up. For parents of toddlers to tweens,



washable, non-toxic paints are essential. "All of the activities and watercolor drawings I created myself," says Nolley, "inspired by places in and around Baltimore, and inspired by my own experience in art, design and painting." Baltimore treasures such as the National Aquarium, the Maryland Zoo, and Cylburn Arboretum played a role in her designs.

In addition to her Tiny Easel Painter Box, Nolley also sells a Traveler Box for adventures on the go. This is ideal for car rides, vacations, restaurants or anywhere that you'd like to keep your kids occupied for an extended period of time. Since these are unusual times, you can also purchase kid masks on her website. Nolley says she's "in the process of designing art smocks and art canvas bags (hope to have them ready soon). And will continue to make and curate art boxes... currently working on a craft box next."

She currently ships her curated boxes out of her house in Baltimore which usually takes two to five days. If you don't want to wait that long, Nolley also offers free pickups if you live in the area. Locals may also catch a pop-up shop of hers around town. She debuted at Whitehall Mill in Hampden over the summer, and one of her most recent pop-ups was at B.C. Brewery in Hunt Valley.

This is the first retail venture for Nolley who currently works as a developer and designer for the real estate company Terra Nova Ventures. "My hope is that kids just enjoy painting at an early age and take that into whatever aspect of life they want to," Nolley told Baltimore Magazine. "Maybe it's becoming an architect or an interior designer or a graphic designer. Maybe it's not even specific to design. My hope is that they develop some creative skills from what they've learned at an early age, and have fun with it."

If you're worried about your children turning into couch potatoes or zombies from the amount of screen time they've indulged in since March, encouraging them to find their inner artist sounds like a healthy (and fun!) alternative.

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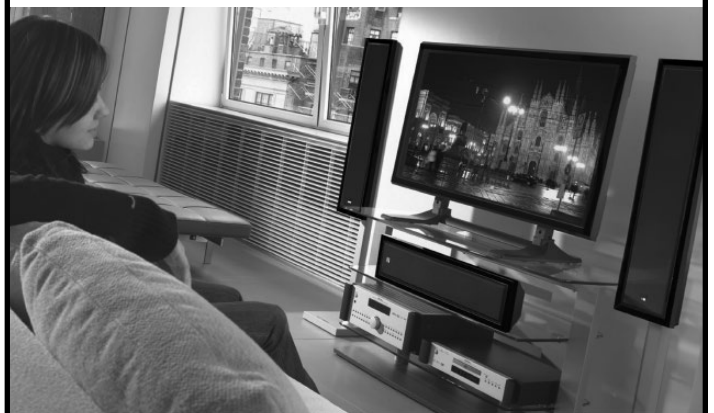
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Whitehall Market: A New Culinary Destination

KELLI COMBERIATE

A couple miles away from Guilford, along the Jones Falls, is another historic destination, Whitehall Mill. Inside this 222-year-old flour mill, is a new, culinary destination for foodie connoisseurs and novices alike. Whitehall Food Market is a sweeping, 18,000-square-foot market and private event space featuring multiple, delicious merchants to choose from.

Currently, Whitehall Market features Ceremony Coffee Roasters, Crust by Mack, Firefly Farms Market, Gundalow Gourmet, Heritage Kitchen, and Wight Tea Co. They also recently welcomed The Urban Burger Bar and Suspended Brewing. If you want to shop for one-of-a-kind, handcrafted gifts or objects for your home while you sip on a hot coffee or tea, you can visit Homebody General Store as well.

The unique space was reimagined by Terra Nova Ventures. “We always had a dream of opening a market on the ground floor. It seemed like a natural,” David Tufaro, owner of Terra Nova Ventures and Whitehall Market, told the *Baltimore Sun*. “The building had the configuration of a market with a long central corridor and stalls on either sides.”

The setup is similar to Mount Vernon Marketplace or R. House in Remington. “We tailor each space to the specific needs of our tenants,” Tufaro said to the *Sun*. “These are young startups, and for some of them, it’s their first business. It’s in our mutual interest to make it all work.”

Despite opening in June, amidst a global pandemic, Whitehall Market is doing well. The surrounding community seems excited to have a nearby destination for homemade hand pies from Crust by Mack, artisan cheeses from Firefly Farms, gourmet goods from Gundalow Gourmet, Filipino-inspired cuisine from Heritage Kitchen, and mouth-watering burgers from The Urban Burger Bar.

For those looking for a hot beverage to perk them up in the morning, Ceremony Coffee Roasters and Wight Tea Co. doesn’t disappoint. If you want a unique beer or cocktail after a long day of work, Suspended Brewing is ideal.

With both indoor and outdoor seating, Whitehall Market is able to accommodate a variety of comfort levels. Customers must wear masks inside the building and are encouraged to maintain physical distancing. Some merchants even offer take out or curbside pickup during these challenging times.

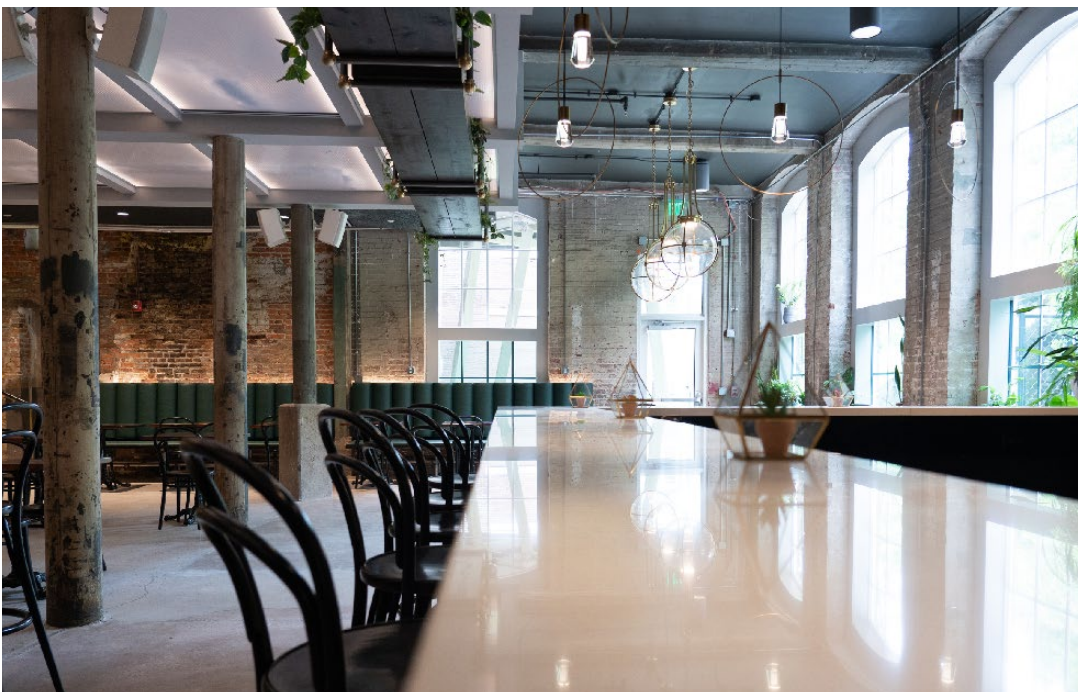
In addition to the market, Whitehall Mill also features private event space, apartments, offices, and the restaurant, True Chesapeake Oyster, Co. Whitehall Market is located at 3300 Clipper Mill Road in Hampden.

They’re open Wednesday – Saturday from 8:00 am to 7:00 pm, and Sunday from 8:00 am to 5:00 pm. Individual merchant hours may vary, so please be sure to check their website at whitehallmillbaltimore.com.

NEIGHBORHOOD



Whitehall Market features local merchants and makers including Crust by Mack Bakery, Wight Tea Co., Gundalow Gourmet, Homebody General Store, Ceremony Coffee, Firefly Farms Market, The Urban Burger Bar, and Heritage by Chef Rey Eugenio.



Located in a 1798 historic mill in Hampden, Whitehall Market is a sprawling 18,000 square foot market and event space.

Pekara Bakery: Bringing European Baked Goods to Baltimore

KELLI COMBERIATE

While the restaurant industry has taken quite a hit since the pandemic started, with long-standing establishments closing, others have opened and are flourishing despite the obvious obstacles. In nearby Roland Park, on West Cold Spring Lane, Pekara Bakery opened its doors in June to impressive fanfare.

“We have lived in Roland Park for 5 years now and have always hoped for more family-friendly shops and cafés,” Chrissy Walsh said to *Roland Park News*. “We were delighted when Pekara Bakery opened and we were among their first customers. Their breads are fresh and crusty and their pastries are delicate and delicious . . . Even better, they are walkable from our house!”

Another nearby resident can’t stop singing their praises either. “I lived in Germany for some time many years ago and especially loved the bread,” Lois Borgenicht explained to the *Roland Park News*. “I have never found anything close in my 30 years in Baltimore until I went to Pekara. I bought a very dense and delicious rye last week and I was transported back to Europe.”

If you have a sweet tooth, Mihajilovic has good news for you. They just hired another baker, so their dessert menu is expanding beyond their delicious cheesecakes, cupcakes, tarts, and pies. If you prefer something sweet with your morning coffee, their chocolate croissants are particularly popular, says Mihajilovic.

While the weekends are the most crowded, Mihajilovic says they’ve been able to keep up the demand so far. Their first baker arrives in the morning, with another one coming on in the afternoon, ensuring they don’t run out of anything.

In addition to scrumptious pastries and baked goods made from traditional recipes from France, Italy, Germany, Belgium, Serbia, and former Yugoslavia and Russian republics, Pekara offers a variety of breads. These savory loaves include traditional white, whole grain, rye, buckwheat and spelt, as well pumpkin, oatmeal, and challah on Fridays. Mihajilovic recently started offering French crepes, and plans to offer soup soon for customers who are looking for a hearty lunch option.

While this isn’t the first bakery for Mihajilovic, he used to run the now-closed Roggenart Bakery on Falls Road, it is his closest one. He lives across the street from Pekara, and enjoys his 30-second commute, as well as his supportive customers who have helped his business survive during these difficult times.

Pekara Bakery is located at 506 West Cold Spring Lane and is open Tuesday-Friday from 7:00–4:00 and Saturday-Sunday from 8:00–3:00. Their baking method is energy efficient and they pride themselves on being environmentally conscious. They follow the CDC guidelines concerning COVID-19 and require that their customers wear masks and practice social distancing while inside their establishment.

For a list of their daily offerings, please call 443-873-7190.



Pekara Bakery offers a variety of breads including traditional white, whole grain, rye, buckwheat and spelt, as well pumpkin, oatmeal, and challah on Fridays.

Pekara Bakery is a family-owned business, whose name is derived from the Serbian word for bakery. Run by Radomir Mihajlovic, a native Serbian, all of Pekara’s European-style breads, pastries, and desserts are baked in-house, daily, ensuring that anything you order will be fresh. Their master baker, Mr. Petkovic is a world recognized and accomplished baker whose products have won multiple international awards.

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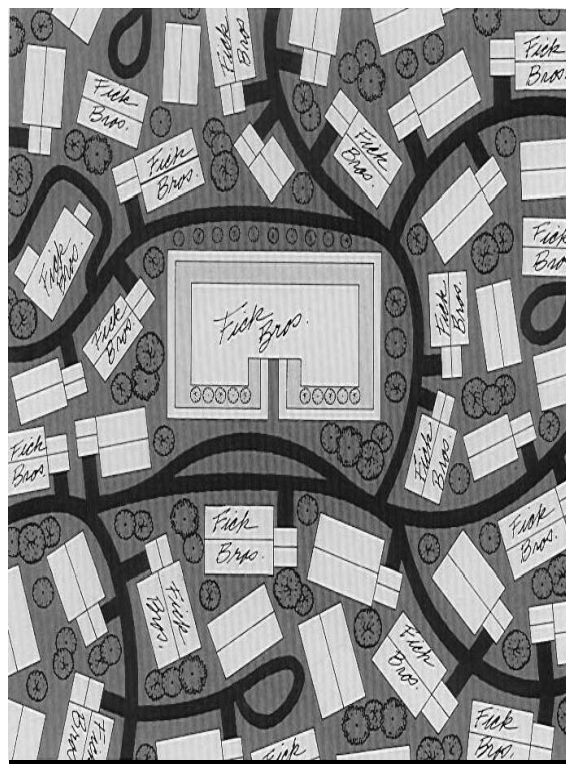
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Guilford Elementary School Update

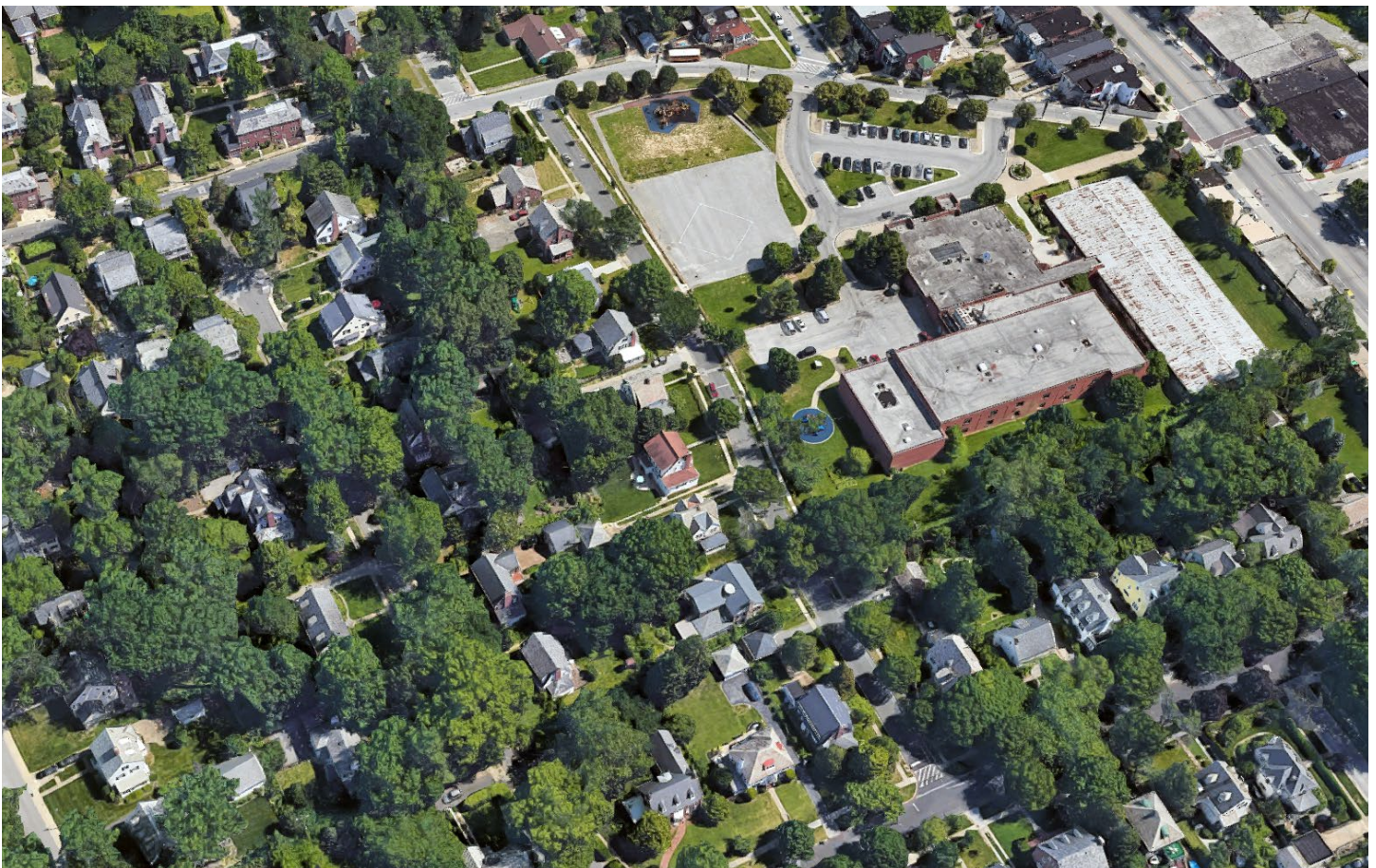
In 2014, The Guilford Elementary/Middle School was identified by the School Board to close as part of the Baltimore City Public School "21st Century School Buildings Plan". Until recently, there have been few updates on the closure status of the school, which is within the Guilford neighborhood at 411 E. Cold Spring Lane, occupying a 4.9 acre site bounded by York Road, E. Old Cold Spring Lane, Eastway and the rear of the 400 block of Northway.

The Baltimore City School Board is now designating that Guilford Elementary/Middle School be closed at the end of the 2020–2021 school year. Existing students within the Guilford Elementary/Middle district are to be re-zoned to Walter P. Carter Elementary/Middle School, which has undergone a massive renovation and is to re-open in the 2021–2022 school year. Insufficient enrollment to support two schools and the fact that the majority of students attending both schools live closer to Walter P. Carter strengthens the recommendation of the School Board to consolidate the schools. The renovated Carter school will provide the students opportunities to experience the STEAM-focused academic program at a specially designed campus. The School Board's recommendation calls for the existing Guilford School

building to be "surplus" in summer of 2021, when the building is no longer needed for educational purposes. At that time, the City of Baltimore would take ownership of the property, and would begin to pursue interested parties to purchase the facility as early as the fall of 2021. The School Board is voting on this recommendation in January 2021.

The Board of Managers of the Guilford Association has been monitoring the proposed actions of the School Board and City regarding the Guilford School and representatives of the Board have met with School Board and the City officials and potentially interested acquirers of the site. Those efforts will continue. It is the hope of the Guilford Association that the property is used for educational purposes in the future.

The site is within the original Guilford plat and is subject to the Guilford Deed and Agreement. The Roland Park Company designated the parcel for educational use which permitted the development of the original Guilford Elementary School. Alterations to the property have been subject to the review and approval of the Association's Architectural Committee. The site is zoned R-1 (detached residential zone) by the City.





Sherwood Gardens & the Red Flags

MARGARET ALTON

What is going on at Sherwood Gardens? All those red flags, what do they mean? They mean it is time to update the irrigation system! Out with the old - the flags designate the old system's sprinkler heads which need to be removed — and in with the new!

It's hard to believe, but the existing system is two decades old. It is tired, prone to pop-up geysers and puddles. It is cost effective to have a new dependable and flexible system that can be programmed to supply varying amounts of spray to beds and lawn areas depending on their individual need. This is what the new system being installed by Michaels Irrigation will do.

You probably realize that many tulip and summer flower beds have changed location and even shape over the past twenty years. So in addition to watering variation we need to address location changes. We are even outlining future landscaping which is called for in our long range Master Plan (remember that?) so additional system location adjustments will be minimal. Even so, the new system allows for location adjustments easily in comparison to the existing system.

In short, flower beds and lawns need different watering schemes. Programming of the new system will allow adjustments by zone to provide customized watering. The new system will be installed over the winter break for all of Sherwood Gardens in anticipation of your future visits.



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Greenmount Avenue Update

As we've discussed in past communication, the Greenmount Avenue construction that has been underway for well over a year involves major infrastructure replacement by the City. It has caused significant disruption for residents and businesses in the Greenmount Avenue corridor and we will keep you informed as we learn of progress updates.

The infrastructure upgrades are being undertaken from E. 29th Street to E. 43rd Street. The City concluded that the aging infrastructure is in such a deteriorated state that it requires imminent repair. Greenmount Avenue is the one street that accessed Guilford with underground utilities at the time when Guilford was developed over 100 years ago. The existing system consists of water lines and approximately 24 ducts that house electrical and telecommunication service facilities that serve the surrounding businesses and residences. The current infrastructure is constructed from century-old outdated brittle terra cotta materials.

Following a one-build philosophy, construction of underground facilities including new water main and conduit will culminate with surface improvements completed under the streetscape project component. The conduit upgrade is considered a critical component to the comprehensive electrical system. The new infrastructure will provide expanded electric capacity and support new technological efforts to foster broadband expansion, 5G technology, and street lighting and signalization upgrades in corridor. Between 35th Street and E. Cold Spring Lane existing, outdated or failing 4", 10", 12" and 16" water mains are being replaced.

The streetscape improvements that are to follow utility work will include new curb to curb street repaving, curb replacement, sidewalk replacement, crosswalk improvements, upgraded lighting and traffic signals and tree planting. The work schedule is to progress from the south working north.



Construction crews at Greenmount and 32nd Street earlier this year. The underground conduit system is being upgraded between 29th and 43rd Street.

The Reconstruction Schedule

This is a massive project. Work has been underway since February 2019 and likely will not be completed until Summer 2021. The most recent update from the City reports the following:

Utility Infrastructure

- 29th Street to 35th Street — work substantially complete
- 3500 to 3600 blocks conduit work to be complete by January 2021
- 35th Street to 43rd Street — conduit and water line work not to be completed until May 2021. This phase involves the reconstruction of a major main and manhole at 39th Street which is underway

Streetscape

- 35th Street to 29th Street — to begin Fall 2020 but stop after Thanksgiving for the winter.
- 35th Street to 39th Street — to begin Spring 2021 to be completed by Summer
- 39th Street to 43rd Street — Summer to Winter 2021

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The Guilford News

WINTER 2020



Guilford's summer concerts in Sherwood Gardens featured social distancing.