

Capital Region Best Mom

Please give us the following information about the person you wish to nominate for the Capital Region Best Mom award:

Nominee's Name _____

Nominee's Address _____

Nominee's Daytime Phone _____

Nominee's Email Address _____

Please give us the following information about yourself:

Your Name _____

Your Address _____

Your Daytime Phone _____

Your Email _____

Preferred Method of Contact _____

***Please attach your 95 words or less essay. Essays longer than 95 words will not be eligible. All mailed entries must be received before noon, April 8th at the address below:**

Capital Region Best Mom
Times Union
PO Box 15000
Albany, NY 12212

View complete rules at <https://extras.timesunion.com/ads/houseads/capitalregionbestmom/rules.html>