Essex, Middle River, Rosedale, White Marsh, Nottingham, Perry Hall, Kingsville & Dundalk

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#### **VERSE OF THE WEEK-**1 John 4:21

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## **Dundalk Kmart to begin liquidating;** will close by mid-April



The Dundalk Kmart will leave a large hole in the shopping center where it is located. It is reportedly the only Maryland store to close.

- By Marge Neal -

The Dundalk Kmart will begin liquidating its inventory on Jan. 6 and close for good in early spring, according to a spokesman for Sears Holding Corp., the retailer's parent company.

"We can confirm that we are making the difficult but necessary decision to close the Kmart store at 222 North Point Blvd.," spokesman Chris Brathwaite wrote in an email to the East County Times. "The store will close in mid-April. Until then, the store will remain open for customers."

The number of employees who will be affected by the Dundalk store closure is not "publicly available," according to Brathwaite. Most workers are part-time/hourly employees, but associates who are eligible will receive severance pay and have the opportunity to apply for open positions at area Sears or Kmart stores, he said.

Kmart customer Ginny Long said she will be sad to see the Dundalk store

"I'm very disappointed. We do a lot of shopping in this store," she said, adding that she buys all of her purses there and enjoys the clothing as well.

Long, who lives in North Point Village, said she may try to shop at other major stores in the area, but dislikes Walmart.

Another customer, who only identified himself as "P.C.," said he was not surprised to see the store go.

"I could see this one closing," he said. "This store has been going downhill for several years, unfortunately." He mentioned that the last time he was there, just before Christmas, there was a fight that had to be broken up by po-

A Middle River resident, P.C. said he was more disappointed to see the Kmart location on Belair Road in Ful-

- see **CLOSING** on page 5 -



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**NEWS** 

## Grammer to focus on community protection, skilled trades in legislative session

- By Devin Crum -

In the upcoming session of the General Assembly in Annapolis beginning next Wednesday, Jan. 11, Delegate Robin Grammer (R-6) plans to concentrate on protecting communities from opiate treatment centers and bringing a focus on skilled trades employment back to the classroom.

He will also revive some previous initiatives such as home foreclosure reform and eliminating the imfamous "Broening Highway toll."

In a statement Grammer released regarding his legislative agenda, he noted that community leadership has contacted him about unaddressed problems with heroin and opiate treatment centers in his district.

"We are seeing examples of patients who leave the facilities only to physically harass local businesses and their customers, [wander] into traffic on state roads and gather in residential areas," Grammer said in the statement.

"This is completely unacceptable," he continued. "I will be putting forward legislation that will regulate the areas at which these facilities can be placed and prevent them from operating in residential spaces."

The Baltimore County zoning code already regulates where such facilities can and cannot go. But residents, business owners and other elected officials have asked him what can be done on the state level, he said.

Grammer told the *East County Times* that the issues, predominantly occurring on North Point Boulevard in Dundalk, are that patients are being released and then walk into and across the busy state highway. He added that a driver told him she recently had to slam on her breaks because of someone standing, "idling," in the middle of the road.

"That's a road people travel pretty fast on," Grammer commented.

He acknowledged that those causing these issues are sick people, but that they also have a "long history" of going to local businesses and getting "belligerent" with business owners and customers.

"So that's why we're at where we're at," Grammer said. "And there are regulations, but we're going to have to tighten up on those, evidently."

Grammer's next priority for the 2017 session is to bring back a focus on vocational jobs in education and reinvest in "on-the-job" training to reconnect young Marylanders with skilled trades.

The delegate's statement said the idea the vocations would die and that we need to "ram every student through college" has proliferated over the last few decades and education policy has reflected it.

"This change has been to the great detriment of our district and our state as we have managed to create a shortage of skilled tradespeople in every industry and at the same time create entire communities of people who cannot find jobs," the statement read.

Grammer admitted that the implementation of this initiative is not necessarily set in stone.

"But I think a component of it is going to have to be a program that releases students from compulsory education and allows them to, essentially, enter the skilled trades field," he said.

He explained his idea for this is that, if a company is willing to completely train a young person and pay them at the same time, he is okay with that. He added that many do not have the desire to step into a classroom to learn a trade, but have been prosperous that way, nonetheless, even in more recent decades.

Grammer acknowledged that the college route holds a lot of opportunity as well. "You're not going to be a doctor by learning it on the job," he said.

However, he said there is an absolute shortage of skilled tradespeople across the board in Baltimore County and Baltimore City, as well as throughout the region and state.

"If you divest in trades education, and

then you continually poo-poo these fields, you're going to push young people away," Grammer noted. "And you know what? If you work in a skilled trade, you make great money. There's absolutely nothing wrong with working in trades."

He mentioned that these fields include electricians; heating, ventilation and air conditioning (HVAC); commercial drivers and more.

"These fields are never going away," he said

Regarding the ongoing redevelopment of the former steel mill at Sparrows Point, Grammer said we have a great opportunity with this.

"If you've watched the plans from the owners of Tradepoint Atlantic, there's an ebb and a flow to it," Grammer noted. "And the jobs that they will be able to bring to that site are largely dependent on the environmental conditions that we can provide.

"If we can provide skilled tradespeople to them, it's just going to help them," Grammer said. He said the same of providing a good tax and regulatory environment and good traffic infrastructure.

Grammer said the TPA executives continually talk about their need for access to transportation, a good tax and regulatory environment, a way to get people to the site and educated workers.

He said the lack of vocational training has created a "skills gap" where there are

employers who cannot hire and large communities who cannot find jobs.

"You can't put people in these jobs unless they know how to do it," Grammer said. "So [bridging] that gap is what we're trying to do here, and I think that really relates to what's happening at Sparrows Point."

Another of Del. Grammer's legislative priorities is to reform the state's foreclosure laws, which he said are "idling thousands of vacant properties in our communities in a legal limbo that prevents us from taking action to address" them.

"I continually hear reports of vacant homes that have become the target of copper theft, dumping, squatters, drug traffic or havens for rats," he said.

This is an issue that Grammer attempted to address in the 2016 session, but his bill failed to move in the Senate after passing the House of Delegates by wide margins.

"I tend to write legislation that really is agreeable, and I didn't anticipate the obstruction from the Senate," he said.

According to Grammer, his bill passed "overwhelmingly" through the Baltimore County delegation and the full House of Delegates. "And typically that's a pretty good sign that it will pass the full legislature," he said.

But the bill died in the Baltimore County Senate delegation, which is comprised - see **PRIORITIES** on page 5 -

# **Bauer farm developer to discuss plans with North Point community**

- By Marge Neal -

Mark Sapperstein, the owner of the former Bauer's farm property in Edgemere, has confirmed his attendance at the next North Point Peninsula Council meeting, set for Thursday, Jan. 5.

The proposed Shaw's Discovery development is planned to include 139 townhomes and five single-family houses, according to online Baltimore County records. The project will also include a public boat ramp with parking, according to a rendering by Hoehn Landscape Architects. The community boat ramp is a "public benefit" that fulfills a requirement of the planned unit development (PUD) process, according to Arnold Jablon, director of Baltimore County's Department of Permits, Approvals and Inspections.

"The community and the developer worked together on the plan and that PUD was approved by the [administrative law judge]," Jablon told the *East County Times*. "The county is bound by the approved plan."

Sapperstein bought the parcel of nearly 200 acres for \$2.85 million in 2004, according to state land records. Much of the land is waterfront. Most of the land will be left forested or otherwise undeveloped, with houses concentrated along the waterfront and parallel to Willow Road, according to the Hoehn rendering.

Sapperstein is scheduled to speak at the North Point Peninsula Council meeting at 6:30 p.m. Thursday, Jan. 5, in the Edgemere Elementary School library classroom.

## East County TIMES

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**NEWS** 

## Developer plans 150 new homes along US-40 in White Marsh

- By Devin Crum -

Following the conclusion of the 2016 Comprehensive Zoning Map Process, Pikesville-based Schwaber Holdings announced its plan to develop a roughly eight-acre property along Pulaski Highway in White Marsh with 150 townhomes.

The property, known as the former site of the Pulaski Drive-in and which was previously slated for a Carmax facility, was rezoned through the CZMP from mostly Resource Conservation to majority residential.

David Karceski, land use attorney for Schwaber, said there were a number of things they agreed to do or not do in order to get the new zoning, such as limiting the number of homes to 150, which is less than the acreage would allow; not allowing traffic access to Baker Avenue at the back of the property, which was

negotiated with the existing Loreley Beach community; and keeping intact the environmental easements at the back of the property.

"We won't disturb those or change the configuration of those at all," Karceski explained.

Dwight Little, an engineer with Little and Associates, said there are two stormwater management (SWM) ponds existing on the property, and the site was already graded under the Carmax plan. Their plan is to use the SWM facilities and develop the area of the property that has already been graded, he said.

Little said the SWM facilities in place were built under regulations that predated the year 2000 SWM regulations.

"So I'm sure there will be some retrofitting here for water quality benefits," Little explained. "But the intention is to use these facilities."

Steve Rosen, a consultant for the project, pointed out that the SWM facilities were designed to handle the Carmax facility which would have produced much more stormwater runoff.

"So essentially, we're going to be overmanaging by a significant amount," Little said.

The Carmax plan was slated to include a regional body shop, an auction facility, a 100,000-square-foot building and a "huge" parking lot, according to Schwaber CEO Mark Renbaum.

"This is a far greener project," Renbaum said. "That Carmax project was almost all asphalt and paving.

The SWM ponds in place are grandfathered and can be continued under the older regulations. But Little said because they are overmanaging by so much, that

may result in the desired water quality benefits sought by newer regulations.

However, residents on and around the Bird River are still concerned about any development which may affect the river's water quality.

"We're particularly sensitive that what happens on the site stays on the site," said Peter Terry, treasurer of the Bird River Restoration Campaign.

Traffic is a concern for neighbors as well because, although there is a break in the median on Pulaski Highway at the entrance and exit to the site, they do not yet know if they will have a traffic light there to serve the development.

Residents of nearby Stevens Road lamented that they, too, have around 150 homes and the state will not install a traffic light for them because they do not have enough traffic volume.



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#### **NEWS**

**CLOSING** - continued from page 1 -

lerton close, however. "That one was a lot nicer," he said.

P.C. noted, though, that the space could be a good location for a new grocery store after Kmart leaves. "They could probably use one around here," he said.

There is a Mega Grocery & Market in the same shopping center as the Dundalk Kmart, but no full-sized, super market-type grocery store in the immediate area.

The news of the closure comes on the heels of the company's Dec. 8 announcement about 2016 third-quarter earnings. Company officials reported a net loss attributable to shareholders of \$748 million for the period of July 1 - Sept. 30, compared to a \$454 million loss for the same time period in 2015.

"We remain fully committed to restoring profitability to our company and are taking actions such as reducing unprofitable stores, reducing space in stores we continue to operate..., reducing investments in under-performing categories and improving gross margin performance and managing expenses relative to sales in key categories," Sears Holdings Chairman and Chief Executive Officer Edward S. Lampert said in the earnings statement.

Revenues decreased about \$721 million to \$5 billion for the quarter ended Oct. 29, 2016, compared to revenue of \$5.8 billion for the quarter ended Oct. 31, 2015, according to the earnings statement. Company officials attribute much of the decline to having fewer Kmart and Sears full-line stores in operation (which accounted for \$323 million of the decline) and a 7.4 percent decrease (\$304 million) in comparable store sales during the period.

Kmart comparable store sales decreased by 4.4 percent for the earnings period. Officials noted declines were experienced in grocery and household, consumer electronics and pharmacy categories, but said they are "encouraged" by sales increases in several categories, including apparel, jewelry and outdoor living.

"We will continue to take actions to generate liquidity, adjust our overall capital structure and manage our business while meeting all of our financial obligations," Chief Financial Officer Jason M. Hollar said in the earnings statement.

The company did not officially release a list of store closings but announced them internally to employees, according to many media outlets. Spokesman Brathwaite would confirm only the Dundalk store closure.

This latest wave of store closures comes soon after the shuttering of another 64 stores that started liquidating in September in preparation for mid-December closings, according to online

While the company did not formally release a list of stores slated for closure, it did announce on Dec. 29 that it had obtained a secured standby letter of credit facility that will allow the company to initially borrow up to \$200 million. Upon request by the company and approval by the lenders, Sears Holdings could borrow up to an additional \$300 million, according to the statement issued by the company.

The letter of credit facility is being provided by JPP LLC and JPP II LLC, which are affiliates of ESL Investments, Inc. Citibank, N.A. will serve as the administrative agent and issuing bank.

"This new standby letter of credit further demonstrates that Sears Holdings has numerous options to finance our business strategy," CFO Hollar

said in the statement.

While Sears Holdings will be closing the brick-and-mortar Kmart building in Dundalk, Brathwaite said the company's goal is to "maintain these valued relationships long after a store closes its doors" through programs like the Shop Your Way membership platform - which offers reward points for purchases - and through online sales.

Loyal Kmart shoppers will be encouraged to patronize other local Kmart stores, Brathwaite said, including the one on Waltham Woods Road in Parkville.

Devin Crum contributed to this article.

#### **PRIORITIES**

- continued from page 2 -

of senators who represent Baltimore County.

Grammer said the Baltimore County administration lobbied against his bill, arguing that they do not have regulations to concretely define a house as vacant.

"That's correct, but that's what we have the County Council for," he said.

The legislation would have forced the county's hand, but Grammer said the Senate "got a little shaky" on the issue after hearing that argument.

This year, Grammer plans to bring affected community members to Annapolis to testify and give the issue a face.

"We're really going to have to bring the community members who are dealing with this every single day and have them talk about the problems that they're experiencing and why this really is needed," he explained.

Grammer said under his bill, the county will have to define "vacant" and determine how they will implement that with the county on that.

of Dundalk to access I-695 at the next exit to avoid the toll.

"As we experience the redevelopment of Sparrows Point and see continued growth at the Port of Baltimore, we expect to see massive amounts of traffic on this route," the statement said. "If this issue is not fixed, Dundalk will be inundated with traffic over the next 10 years."

Grammer submitted a bill to address this last year, and according to him, he was told at one point that the legislation was going to advance. Then General Assembly leadership told him that MDOT thought they had a fix, making the legislation unnecessary, so it was tabled.

The 2016 session ended without pass-

ing the bill. And MDOT subsequently decided not to address the issue, seeing things down the road which they believed would compensate for it, according to

"Given that opportunity, they took no action at all to remediate the problem," he said. "And they do know it's a problem."

The delegate said he was given a promise last year by the leadership that if MDOT did not fix the problem, they would pass a bill and force them to do so.

He said he thinks this year's bill will make the fix slightly more clear.

"It's my hope that the legislature will honor its word and pass the bill this year," Grammer affirmed.

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#### **POLITICIANS**

## Delegate Robin Grammer releases legislative agenda for 2017 session

- By Delegate Robin Grammer (R-6) -

With the 2017 legislative session less than two weeks away I share the list of legislative priorities that I will pursue during the coming 90 days.

Community Protection - Community leadership has contacted my office about problems at the heroin and opiate treatment centers in our district that have gone unaddressed. We are seeing examples of patients who leave the facilities only to physically harass local businesses and their customers, wonder into traffic on state roads and gather in residential areas.

This is completely unacceptable. I will be putting forward legislation that will regulate the areas at

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which these facilities can be placed and prevent them from operating in residential spaces.

Skilled Trades Employment - When I started high school, my school was known as "EVT" for "Eastern Vocational Technical." By the time I graduated, the name had been changed to "Eastern Technical" despite the outcries of the surrounding communities, parents and alumni. Robert Kemmery, the school Principal described vocational jobs as "terminal." This changed reflected a political shift away from vocational training across Maryland.

The idea that vocations would die and that we needed to ram every student through college has proliferated over the last 30 years and the direction of our education policy has reflected that idea. This change has been to the great detriment of our district and our state as we have managed to create a shortage of skilled tradespeople in every industry and at the same time create entire communities of people who cannot find jobs.

I will be submitting legislation that will reinvest in "on the job" training and reconnect young Marylanders with skilled trades.

#### **Revisited Issues**

Foreclosure Reform - I continually hear reports of vacant homes that have become the target of copper theft, dumping, squatters, drug traffic or have become havens for rats. The state of Maryland's foreclosure laws is idling thousands of vacant properties in our communities in a legal limbo that prevents us from taking action to address these community quality of life issues.

In 2016, I put forward a bill that would reform the process and provide a pathway for action in fixing these blighted properties. The bill passed in the House of Delegates but did not make it through the Senate. In 2017, we will revisit this issue and engage

community members to join us in Annapolis to fight for the health of our communities.

Open Roads - To bolster revenues, the Maryland Department of Transportation directs traffic between Broening Highway and 695 through the toll at the Key Bridge even though the traffic does not cross the bridge. The massive consequence of this decision is that many commercial and residential commuters decide to travel through the community streets of Dundalk to access 695 at the next exit to avoid the toll at the interchange. This is the shortest route between the Port of Baltimore and Sparrows Point. As we experience the redevelopment of Sparrows Point and see continued growth at the Port of Baltimore, we expect to see massive amounts of traffic on this route. If this issue is not fixed, Dundalk will be inundated with traffic over the next ten years.

In 2016, I submitted a bill to prevent this unethical practice and direct the agency to fix this inefficient route. At that time, the House of Delegates Environment and Transportation Committee provided the Department of Transportation an opportunity to fix the problem. Given that opportunity, the agency did nothing. We will be pursuing this issue once more in 2017.

Patriot Java Expansion - In 2016, we passed a bill that handcuffed the Maryland Department of Education and reopened the Patriot Java Stop at Patapsco High School. After the successful revival of the program, I have received requests from elected leaders in other parts of the state who look to implement the program in their county. We will be submitting legislation in the coming session that will expand this program to other parts of the state.

#### **Potential Action Items**

Testing Reform - It is a commonly held belief that the amount of mandated testing in Maryland is a detriment to both our students and our education system. There is a significant desire to change the direction we are taking with Maryland's mandated testing. If the legislature does not present a bill which actually accomplishes this, our office may take on the challenge this year.

There will be opportunities for constituents and organizations from district six to take part in these hearings. Community members interested in testifying on behalf of these bills can email Delegate Grammer at robin.grammer@house.state.md.us

## **Presession Town Hall**

- By Delegate Bob Long (R-6) -

Delegate Bob Long is holding a Presession Town Hall Meeting at the Victory Villa Community Center in Middle River on Thursday, Jan. 5 from 6 - 8 p.m. We will discuss the upcoming session. For more information, call 410-841-3458 or email bob.long@ house.state.md.us.

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### Take the time to learn about the ABCs of inflammation

- By Robert M. Cohl, D.C., CCSP -

by chronic inflammation.

Fatigue is number one on the list when patients visit their physician's office. Long-term chronic illnesses like diabetes, heart disease, osteoarthritis, rheumatoid arthritis and any neuromuscular disorders have always involved pain and pro-inflammatory pathways occurring in the body.

Inflammation is typically thought of as a swelling, whether in your joints, sinuses or even the intestines. There are many causes.

Macro- and micro-trauma in sports, including high intensity training, infections from bacteria, viruses or fungi, environmental toxins and chemical imbalances such as food allergies all can contribute to the problem.

Systemic nutritional factors need to be addressed early on and are essential for cellular, neuromuscular and neurological support, regardless of the symptom being treated. There are specific anti-inflammatory and pro-inflammatory pathways that have to be accurately analyzed in the initial workup in order to treat it properly.

Our office uses standard laboratory testing to look for global inflammation. For example, C-reactive protein can be measured in your blood. CRP was originally designed as a predictor for future risk of heart disease and stroke in healthy individuals. White blood cells may indicate inflammation, which is part of a CBC blood test.

An Essential Fatty Acid test is now available to determine what good and bad fats you have in your blood.

There is a full spectrum of medical problems caused Low thyroid and low adrenal function are directly influenced by global inflammation. Anemia is very common in the geriatric population as well as female athletes. In fact, we often see a poor response to various rehabilitation programs, such as osteopathy, chiropractic and physical therapy when a person is anemic.

> The chiropractic profession offers a post-graduate QA program (quintessentialapplications.com) that focuses thoroughly on systemic nutritional factors, using pain relief as the base entry point. At the top of the list is inflammation reduction.

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This integrated medical approach assures better outcomes when treating pain and inflammation and moves the patient to a wellness model.

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The Center for Pregnancy Concerns, 442 Eastern Blvd., is a great resource for women who are pregnant (or think they might be) and for moms with young children.

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Call today for an appointment or stop in and pick up a brochure. For more information, call 410-391-3911.

#### **In-Shape Aerobics**

Bengies-Chase Recreation Council will hold In-Shape Aerobics and Stretch-N-Tone classes at Vincent Farm Elementary School on Mondays, Tuesdays, Wednesdays and Thursdays, from 7 - 8 p.m. Call the recreation office at 410-887-5194 for more information.





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## Assistive devices help people remain mobile

Disabilities affect people from all walks of life. The Centers for Disease Control and Prevention estimates that around 55 million Americans have a disability of some kind. Of these people, 33 million have a disability that makes it difficult for them to carry out some daily activities. Statistics Canada states that, as of 2012, 13.7 percent of the population age 15 years or older reported having a disability that could impact daily life.

People with disabilities may need assistive devices to reclaim some measure of their independence. For example, millions of people rely on wheelchairs or walking aids to get around. These are called assistive technology and rehabilitative devices, which include tools, equipment or products that can help people with disabilities get around more easily. These devices may be as small as magnifying glasses for reading to as large as wheelchairs.

The National Institutes of Health state that 2.2 million people in the U.S depend on wheelchairs for day-to-day tasks and mobility. More than six million use canes, walkers or crutches to

assist with mobility. The following are some of the common types of mobility devices available for purchase.

- Canes: Canes are handheld devices that provide a little extra stability or support to weakened limbs. Canes are easily transported and can assist those who need only a little help.
- Standard walkers: Also known as medical walkers, standard walkers offer substantial support and must be lifted to move. That requires upper body strength, which can be difficult for some to maintain on long trips.
- Rolling walkers: Rolling walkers are similar to standard walkers. But rolling walkers have wheels, either on the front only or on both sets of legs. They are somewhat less stable than standard walkers. Rolling walkers with wheel-locking devices may offer stability when needed. Some rolling walkers are called "rollators."
- Wheelchairs: Standard wheelchairs must be powered by the person in the chair or by someone pushing it from behind. This can be difficult for people with minimal upper body strength. Mechanical wheelchairs are powered

with a lever or button. Some people may opt for motorized scooters over bulkier wheelchairs when possible.

Assistive devices can be highly effective, but only when they are used properly and safely. Assistive devices should be measured for each user. Many walkers are height-adjustable. The width of a device also is important. A walker or another device that is too wide can affect mobility or require modifications to be made around the home. Weight is another consideration. The device should be lightweight so it can be maneuvered, but also weigh enough to provide enough stability to keep users upright.

Users should proceed slowly and favor their stronger sides when relying on canes or walkers. Devices should not be used to climb atop other items like step stools. Children should not be allowed to play with or ride on assistive devices. If there are safety belts or locks on any assistive technology, they should be put in place before use to prevent further injury.

## Four foods for energy

Diet can go a long way toward increasing or lowering energy levels. No one wants to consume foods that will make it harder for them to get through the day, so the following are a handful of foods that pack an energetic punch.

- 1. Cashews, which are high in magnesium, help to convert sugar into energy. Magnesium deficiency can lead to low energy levels, so nuts that are high in magnesium, including cashews, can provide that mid-afternoon jolt that some people are seeking.
- 2. Skinless chicken contains an amino acid known as tyrosine that helps in the production of both dopamine and norepinephrine, which help boost energy.
- 3. Salmon contains Omega-3 fatty acids that can help the body fight inflammation, which has been linked to a host of ailments, including chronic fatigue.
- 4. Beans are loaded with fiber. Like magnesium, which can also be found in beans, fiber takes a while to digest, extending the energy-boosting properties of foods loaded with fiber.



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Inflammation can affect anyone, and those who have battled it likely have nothing positive to say. But while few people may associate inflammation with something good, inflammation is actually a process by which the body's white blood cells and the substances those cells produce protect the body from infection at the hands of bacteria, viruses and other foreign organisms.

While inflammation is protective by nature, sometimes an inflammatory response is triggered by mistake. When that happens, the body's immune system, which is designed to protect the body, begins to damage its own tissues. The resulting symptoms of this faulty immune system response may include

## Differences between hot and cold therapies

joint pain, joint stiffness, loss of function in the joints, and swelling of the joints.

While anyone battling persistent inflammation should speak with their physicians to explore their treatment options, a preliminary search of how to best treat inflammation will no doubt turn up information about heat therapy and cold therapy. The following breakdown should not replace a physician's advice, but can help patients battling inflammation better understand both options.

According to the Merck Manual, a reference book for physicians and patients alike, heat works against inflammation by increasing blood flow and making connective tissues more flexible. Heat also can be used to combat edema, a condition

characterized by an excess of fluid in the tissues of the body. Upon application, heat can temporarily reduce pain and alleviate stiffness in the joints. Heat also may temporarily relieve muscles spasms.

The Cleveland Clinic notes that heat can be effective at relieving pain associated with worn-away cartilage in the joints because it eases stiff joints and relaxes tight muscles.

Cold therapy, can relieve pain associated with inflammation that has developed recently. Cold can help numb tissues and relieve muscle spasms and can also be used to alleviate pain associated with injuries. Ice bags or cold packs can be used to apply cold. In addition, fluids that cool by evaporation, including

ethyl chloride, may be applied topically. Some medicines may interact with ethyl chloride spray, so inflammation sufferers should consult their physicians before applying such sprays.

According to the Cleveland Clinic, ice can be used to calm flare-ups and numb pain associated with chronic, inflammatory arthritis. Ice also can ease inflammation and numb pain linked to pulled muscles, injured tendons or damaged or torn ligaments.

Heat and cold therapies can effectively combat symptoms associated with inflammation, but such treatments should always be discussed with a physician before being instituted.

## Simple ways to avoid injuries while working out

A desire to live a healthy, active life compels many people to include exercise in their daily routines. Numerous studies have shown that regular workouts that include a combination of strength training and cardiovascular exercise can make bodies less susceptible to injury while reducing a person's risk for conditions such as heart disease, stroke and diabetes.

Exercising is most effective when it's part of a daily routine, but that routine can be derailed if men and women are not taking the appropriate measures to avoid injury while working out. While even professional athletes succumb to injury from time to time, there are steps everyone can take to avoid injury when working out.

- Confirm your technique is the right one. Exercise science is continuously evolving, and that means workouts and fitness machines are evolving as well. When using a piece of equipment for the first time or altering a workout routine, men and women should consult with a gym employee or personal trainer to learn the correct technique. Incorrect technique can lead to minor and serious injuries because muscles are used in ways they are not intended to be used when exercises are performed properly. Research appropriate techniques, taking advantage of online video tutorials if you don't exercise at a gym, to ensure the exercises you want to perform are done properly. When beginning a new routine, ask a friend or gym employee to observe your workout and let you know if you are doing anything incorrectly.
- Be patient. Lifting too much weight or pushing yourself too hard on the treadmill, exercise bike or elliptical

machine will increase your risk of injury. This is especially true for men and women working out for the first time or after lengthy stretches of inactivity. Men and women who are elderly, inactive and/or overweight are likely to suffer from poor balance because their muscles are weak. Those muscles can be strengthened over time, but remain patient and stick to light weight during initial workouts so lack of balance does not lead to pain or injury. Take the same approach with aerobic exercise to prevent muscle strains and pulls. Increase weight and the intensity of cardiovascular exercises as muscles gradually strengthen and become accustomed to exercise.

- Allow for adequate time to warm up. Failure to warm up is another contributor to exercise-related injury. Before diving into a workout routine, spend between five and 10 minutes warming up your body with some low-intensity exercises. This increases blood flow to the muscles and makes them more elastic and pliable than cold muscles, thereby improving flexibility. Some low-intensity cardiovascular exercise on the stationary bike or treadmill can greatly reduce injury risk during the workout.
- Vary workouts and exercise regularly. Varying workouts is a good idea because doing so can prevent repetitive-use injuries and prevent overuse of muscles. Repetitive-use injuries such as shin splints and tendinitis require extended rest to heal, and that can derail your routine and nullify your progress. Vary workouts so you are not always working the same muscles, and don't mistake varying workouts for varying workout schedules.

Working out five days one week and one day the next increases your risk of injury.

Injuries sometimes happen when

exercising. But veteran and novice fitness enthusiasts can employ a handful of simple strategies to greatly reduce their risk of injury while working out.





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**OBITUARIES** 



#### Williams, Arthur Jack

Mr. Williams passed away Dec. 26. Born in Erwin, Tenn., on Jan. 10, 1940, he was the son of the late Arnold and Gertie Tilson Williams. Jack grew up in Flag Pond, Tenn. but lived his adult years in Middle River. He re-

tired from Baltimore Gas and Electric Company and worked for Baltimore County Parks and Recreation for many years. He was an avid lover of sports, and for many years he faithfully coached little league baseball, football, basketball and girls' softball teams. In recent years, he enjoyed beekeeping with his brother Tom.

Survived by his wife Karen Williams; children Donna Todd (Chaplain Troy Todd, USN), Deena Williams, Arthur Jack Williams, Jr. (Jennifer); grandchildren Jessica Patton, Jeremy Kamberger, Chloe Williams, Jocelyn Williams, Bryant May; great-granddaughters Jayden Patton and Ava Patton; brothers Bill Williams (Betty Jean), Tom Williams and Glenn Williams (Phyllis); and sister Betty Chavis. He was predeceased by his siblings, Arnold Williams, Lawrence Williams, Bob Williams, Clyde Williams, Howard David Williams, Leonard Williams, Gladys Williams, Dorothy Jane Williams, Mary Lou Shelton, and Glenna Mae Williams.

#### **Dixon, Anna May**

On Dec. 28, Anna May Dixon (nee Smith), went home to be with the Lord. Beloved wife of the late Roy Dixon; loving mother of George O. Baldwin and his wife Linda and Kenneth Baldwin and his wife Mary; cherished grandmother of Kim, Ken and wife Cindy, Vicki and husband Marco, Troy, Karen, Mike and wife Holly and Brandon; devoted great-grandmother of Amber and husband Greg, Erika, Kyle, Alex, Sarah, Meghan, Taylor, Lindsay, Mason, Declan and Everett and great-great-grandmother of Alivia; dear sister of surviving siblings George, Mildred, Mary, Margaret and Larry. Also survived by many nieces and nephews.

Services provided by family owned Bruzdzinski Funeral Home P. A. at 1407 Old Eastern Avenue. Interment Bel Air Memorial Gardens.

#### **Kotzum, Richard Charles**

On Dec. 30, Richard C. "Dick" Kotzum. Former employee of 42 years at Baltimore Gas & Electric. Beloved husband of Helen V. Kotzum (nee Meadows); devoted father of Steven C. Kotzum and his wife Paula and Timothy W. Kotzum and his wife Marsha. Also survived by six grandchildren, eight great-grandchildren and many loving family members and friends.

Services provided by the Connelly Funeral Home of Essex. Interment at Holly Hill Memorial Gardens.



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#### Smith, Ronald R.

On Dec. 22, Ronald R. Smith, beloved husband of Patricia Smith (nee Jirout); devoted father of Jonathan Smith and his wife Katherine and Ray Wilson; dear grandfather of Rudy and Melissa; dear uncle of Linda Hawkins. Also survived by Alice Walston.

Services provided by Cvach Rosedale Funeral Home. Cremation private.

#### Marshall, Vernon M.

On Dec. 27, Vernon M. Marshall, husband of the late Elizabeth Marshall (nee Nelson), gained his angel wings. He is survived by his son Michael and his wife Heather, daughter Valerie and her longtime partner Steve, his son Mark, his daughter-in-law Noel and her fiance Mark. He is also survived by two grand-daughters, Alyson and Alyssa.

Services provided by Cvach Rosedale Funeral Home. Interment private.

#### Maas, Paul C.

On Dec. 31, Paul C. Maas Sr., beloved husband of the late Evelyn B. Maas (nee Follin) and significant other of Valerie B. Quigg; devoted father of Paul C. Maas Jr. and his wife Donna R., Ronald A. Maas and his wife Anne M., and Scott B. Maas and his wife Dana G.; loving grandfather of Laura N. Sackett, Nicholas A. Maas, Taylor C. Maas and Evan B. Maas; loving great-grandfather of Kenly A. Sackett. Also survived by many loving family members and friends.

Services provided by the Connelly Funeral Home of Essex. Interment at Parkwood Cemetery. Donations may be made to the "Leukemia and Lymphoma Society" at P. O. Box 4072, Pittsfield, MA 01202.

#### **Smith, Jane Louise**

On Dec. 31, Jane L. Smith (nee Cleaver), beloved wife of the late Frederick W. Smith Jr.; devoted mother of Frederick W Smith III, Robert B. Smith and the late William J. Smith; loving grandmother of Bronwyn, Skippy, Tina, Sarah, Becky and Ben; loving greatgrandmother of Lexi and Story. Also survived by many loving family members and friends.

Services provided by the Connelly Funeral Home of Essex. Interment will be in Baltimore National Cemetery at a later date.

#### Nowowieski, Vincent W.

Vincent Walter Nowowieski, age 71, passed away on Dec. 28 from his battle with cancer.

Vince is survived by his loving wife Ruth Nowowieski, who was by his side for over 20 years. He is also survived by his son, Vincent Patrick Nowowieski; his daughter Katrina Nowowieski Kane and his stepdaughters Danielle Czosnowski and Cheryl Clare; and four grandchildren, River, Kenzie and Ireland Rose Kane and Crystal Clare; and his siblings Phyllis DuVal (Larry DuVal) and Patricia Nowowieski (Eugene Poggio). In addition to his parents, he was predeceased by his brother, Robert A. Nowowieski.

Born in Essex, MD, he was the son of the late Walter L. Nowowieski and Adele R. Nowowieski. Many knew him as "Sonny" from his childhood in Essex, MD and "Vince from his Naval service and "Vinny" by his co-workers.

Vince retired in 2007, after a long career as an electrician for the Sherwin Williams Company to work in his garden growing fresh vegetables, caring for his three golden retrievers and watching his beloved Ravens football team. Vince had a full life and was happiest at his home in Joppa surrounded by the love of his family and pets.

Services provided by the Connelly Funeral Home of Essex. Interment private.

E-mail Obituary announcements to ectreporter@comcast.net or fax to 410-780-2616.

#### **Fonzi, Frederick Charles**

On Dec. 7, Frederick Charles Fonzi, beloved companion of Sue Mathis; devoted father of Stacey Byard and her husband Robert, Amy Fonzi, Robert May and his wife Stacey and Heather Biscoe and her husband Jeffrey; loving brother of Judy Baker, Colleen Wright, Kenneth Fonzi, Debra Houben and David Fonzi. Also survived by his five grandchildren and two greatgrandchildren.

A private cremation was held. A Memorial Service will be held at the Trinity Temple Church, 914 Essex Avenue in Essex on Jan. 7, at 10 a.m.

#### Perrone, Ruth

On Dec. 29, Ruth May Perrone (nee Sliwinski), devoted mother of William Perrone and his wife Gloria Jean, Sheila Perrone, Ronald Perrone, Phyllis Libby and her husband Gene, Phillip Perrone and his wife Catherine and the late Carolyn Harrison and her late husband Robert. Also survived by 10 grandchildren and 14 great-grandchildren.

Services provided by the Connelly Funeral Home of Essex. Interment at Holy Rosary Cemetery.

#### **Cunningham, Rosemarie**

On Jan. 1, Rosemarie "Rose" Cunningham (nee Martin), loving companion of John Nash; beloved mother of John Cunningham Sr., and his wife Tina, Cindy Timmons and her husband Jeremy, and Jeffrey Cunningham; dear "Nana" of John-John, Scott, Freddie, and Joey; cherished Great "Nana" of Christopher; dear sister of Franz J. Martin and his wife Stephanie. Also survived by many other loving relatives and friends.

#### **Sadler, William Fleming**

On Dec. 31, William "Bill" Flemming Sadler III, devoted husband of Patricia A. Sadler; beloved mother of Penny Sadler-Vocke and her husband Christopher, and Sherri Sadler; loving "Pop Pop" of Amber, Joseph, Shawn, and Breanna; cherished great-grandfather of Corey, Aaron and Leia.

Services provided by the Connelly Funeral Home of Essex. Interment at Holly Hill Memorial Gardens. In lieu of flowers, contributions may be made to the American Heart Association, 217 E. Redwood St., Baltimore, MD 21201.

#### Williams, Florence V.

On Dec. 30, Florence "Boots" V. Williams (nee Cushing) passed away. She was the beloved wife of the late Frank R. Williams; devoted mother of Scott R. Williams and his companion Katherine Longbotham, and Gail M. Bright and her husband John, Sr.; loving grandmother of Samuel Williams and his wife Jennifer, Seth Williams and his wife Angela, Kara Merritt and her husband Dave, Ashley Thomas and her husband B.A., and Lillie, John, Jr. and Caleb Bright; cherished great-grandmother of Penelope Merritt and Madison Williams; dear sister of Pat Hannahs and Frank "Buzzy" Berkey. Florence was predeceased by her daughter-in-law Doreen Williams.

Services provided by Schimunek Funeral Home of Nottingham. Interment services at Parkwood Cemetery. Donations may be made in Florence's name to the Abbott Memorial Presbyterian Church, 3426 Bank St., Baltimore, MD 21224.

#### White, Beulah Joan

On Dec. 26, Beulah Joan White (nee Berger), 83, beloved wife of Robert L. White, resident of Oak Crest Village, adored mother of Robert F. White and his wife Rhonda of Ponte Vedra Beach, FL and David N. White and his wife Kathy of Avondale, AZ. Also survived by four grandchildren, Megan Doty, Katlynn Amenta, Lindsay White, Michael White; and one great-granddaughter, Stella Grace Doty.

Services provided by Schimunek Funeral Home of Nottingham. Contributions in Beulah's memory may be made to Camp Chapel UMC in Perry Hall.

911

## County police clear all but six homicides in 2016

The Baltimore County Police Department confirms 34 homicides in 2016.

All but six of those cases have been cleared. BCoPD's Homicide Unit's clearance rate continues to exceed state and national averages. Its overall clearance rate for 2016 - which under FBI Uniform Crime Reporting guidelines includes cases from previous years that were solved this year - stands at 106 percent. Nine cases from previous years were solved in 2016

FBI statistics show the national clearance rate for murder in 2015 at 61.5 percent.

"I continue to be very proud of the men and women of the Baltimore County Police Department," said County Executive Kevin Kamenetz. "They work hard to develop positive relationships in the community, and trust is a major factor in the outstanding clearance rates the department delivers year in and year out."

Cases are "cleared" by arrest of a suspect or by exceptional means, such as death of the offender or the victim's refusal to cooperate with prosecution after the offender has been identified.

"Our clearance rates for murder are a noteworthy accomplishment, and I am grateful to our detectives, officers and professional staff for it," said Police Chief Jim Johnson. "Some cases are solved within days, some take years. What's important for our citizens, and the families of victims, is to know that the men and women who work these homicide cases never give up on them no matter how long it takes. Our clearance rates are proof of that."

Baltimore County - with a population of more than 823,000 people - confirmed 33 homicides in 2015.

# **Detectives investigating** jewelry store burglary

The Baltimore County Police Department is seeking the public's assistance in identifying the suspect responsible for a Dec. 18 burglary at the Poplar Jewelry store in the 1700 block of East Joppa Road in Parkville.

Officers responded to the business just before 4:30 a.m. on Dec. 18 for a burglar alarm. When officers arrived, they found that one of the windows had been broken out as well as the glass on several cases inside the store.

Investigation indicated that the suspect gained entry to Poplar Jewelry by breaking out a window with a hammer. He then used the hammer to break the glass on several display cases. The suspect took jewelry before leaving the store.

The incident is under investigation by the Baltimore County Police Burglary Unit.

Anyone with information on the suspect or the incident is asked to call police at 410-307-2020 or Metro Crime Stoppers at 1-866-7LOCKUP.

Metro Crime Stoppers, an organization that is separate from the Baltimore County Police Department and Baltimore County Government, offers rewards for information in connection with felony offenses. Anonymous tips can be sent.

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# **BQVFD** member charged in 2015 arson case

A Parkville man was arrested on Dec. 21 and charged with first-degree arson in connection with the intentional burning of a home in the Middle River area a year ago.

Joseph Alphonzo Heinze II, 33, of the 3300 block of Taylor Avenue in Parkville, is charged with firstdegree arson and held without bail at the Baltimore County Detention Center.

On May 22, 2015, Baltimore County Fire and Police personnel responded to a home in the 3900 block of Cutty Sark Road in Middle River for a fire. First responders found the first floor of the home on fire. Fire Department personnel extinguished the fire, and there were no reports of injuries.

The homeowner, Heinze, told investigators that he had left the home and when he returned it was on fire

An investigation by BCoPD Arson detectives led to identification of Heinze as the person responsible for the fire. An arrest warrant was obtained for Heinze on Dec. 6.

Detectives learned that Heinze is a Probationary Emergency Medical Technician with the Baltimore City Fire Department. It has not been confirmed if he was employed with the city Fire Department at the time of the May 22, 2015 fire.

Heinze also is a member of the Bowleys Quarters Volunteer Fire Dept. He has been suspended by the company.

#### **Current crime trends**

Since Dec. 12, there have been four residential burglaries in the city line vicinity of the North Point Precinct. One case occurred between midnight and 3 a.m. Two cases occurred between 1 and 8:30 a.m. One case occurred over a multiple daytime frame. Unlocked rear doors and windows were entered in three cases. A rear sliding door was forced in one case. Items taken include purses, credit cards, keys, money, cell phones, jewelry, a laptop and TV.

Since Oct. 29, there have been 12 commercial robberies countywide believed to have been committed by the same suspects. A weapon was implied and money and cigarettes were taken.

## Attorney, G. Randolph Rice, Jr. (Former Assistant State's Attorney)

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# Police receive reports about suspicious emails and calls

The Baltimore County Police Department has received several reports of suspicious calls and text messages. Some people have received text messages stating that the sender has been hired to kill the recipient and to respond to the email that the text is from. Other people have reported receiving calls from someone who is claims to be with the State Police and states that they failed to appear in court or have a warrant.

At this time, police have no information about anyone who had actually provided personal information or money in response to one of the messages or phone calls.

Anyone receiving a suspicious call should not provide the caller with any personal information or send them money. People receiving suspicious emails or texts should not respond to them.

## Police seek suspect using stolen credit cards

Burglary detectives continue to seek the identity of a suspect who is using stolen credit cards taken from a home in the 1200 block of Ridgeshire Road in Dundalk on Dec. 12. The suspect used the stolen credit cards on the same day at the Shoppers located in the Middlesex Shopping Center, located at 1200 Eastern Boulevard in Essex.

Anyone with information is asked to contact police at 410-307-2020.

## **Missing since mid-December**

Baltimore County Police is seeking the public's assistance in locating a man missing since Dec. 15.

Michael Swecker, a white male age 54, was last seen wearing a purple Ravens jacket and sweatpants. He has thinning blonde and gray hair, a full beard and mustache and he has blue eyes. He is known to frequent the Eastern Avenue area between Carroll Island Road and White Marsh Boulevard. Michael suffers from a medical condition that may leave him confused or disoriented.

Anyone with information on Michael's whereabouts is asked to contact Baltimore County Police at 410-307-2020 or dial 9-1-1.





**COMMUNITY** 

#### **Blood Donations Needed**

As freezing temperatures and harsh weather grip much of the nation, the American Red Cross urges eligible donors to make an appointment to give blood or platelets to help meet the constant need for blood this winter. Donors with all blood types are needed now to help patients. As a special thank you for taking the time to donate, those who come out to give through Jan. 8 will receive a long-sleeved Red Cross T-shirt, while supplies last. Donate blood at the White Marsh Blood Donation Center, 8114 Sandpiper Circle, Suite 118, on Jan. 4 & 5, 11:30 a.m. - 6:30 p.m.; Jan. 7, 7 a.m. - 2 p.m.; Jan. 9, 11 & 12, 11:30 a.m. - 6:30 p.m.; and Jan 14, 7 a.m. - 2 p.m.

#### **Angels Sugar Up Your Troops**

Chocolate is in demand for our military troops overseas! Please help by filling our care packages with any chocolate or hard candy until April. Also in demand are pop tarts, beef jerky/Slim Jims, popcorn, peanut butter and jelly jars, crackers, Old Bay, potato chips, Cheez-Its, hot chocolate, tuna pouches/cans, ramen noodles, Cup Noodles, tea bags, coffee, powdered drink mixes, hot sauce and other snacks. We also need cough drops, dental floss, men's and women's deodorant, baby wipes, feminine products, socks, music CDs, DVDs and any other morale builders. To donate or for info., call Irene Spatafore at 410-284-5275 or drop off items on the picnic table at 7914 Diehlwood Road in Dundalk.

#### **Maryland Senior Citizens HOF**

The Maryland Senior Citizens Hall of Fame, Inc. (MSCHF) is seeking nominations of Maryland residents, 65 years of age or older, who as active volunteers (since age 65) have made outstanding contributions to improve the lives of others in the community. Nominations are accepted through April 10. Approved nominees are inducted into the MSCHF at our annual awards luncheon in October. The nomination form and specific details for eligibility are available at mschf.org or by contacting Tom Kline at mschf1@verizon.net or 410-322-5193.

#### **Meals on Wheels Volunteers Needed**

Meals on Wheels of Central Maryland is seeking caring, reliable people to deliver meals to your homebound neighbors. Deliver nutritious meals on any weekday (Monday-Friday) beginning at 11 a.m. Local distribution sites in Dundalk and Bowleys Quarters. In sharing a smile you can make a difference in the life of a homebound senior. To get started, call Volunteer Services at 443-573-0925 or email us at volunteer@mowcm.org.

#### **Roast Beef Dinner**

Gunpowder VFW Post 10067 Auxiliary, 6309 Ebenezer Road in Middle River, will hold a hot roast beef dinner from 5 - 7 p.m. Friday, Jan. 6. The menu will include roast beef, French fries, green beans, dessert and coffee or iced tea. Tickets cost \$12. For more information, call 410-335-8933.



#### Senior Groups at Back River

The Back River area has two senior citizen groups. The Golden Agers of Back River group meets Thursdays at the Back River Recreation Center, 801 Back River Neck Road in Essex, from 9 a.m. - 2 p.m. The Sandalwood Golden Agers have moved to this location as well, meeting Wednesdays from 9 a.m. - 2 p.m. For more information, contact the Back River Recreation office at 410-887-0217.

#### **GRASP Meeting**

Grief Recovery After Substance Passing First Maryland Chapter meetings will be held the third Wednesday of every month at 7 p.m. in Camp Chapel United Methodist Church, 5000 E. Joppa Road in Perry Hall. Please pre-register by contacting Toni at 443-554-6150.

#### Food Pantry

Dundalk Church of the Nazarene, 1626 Lynch Road, has a food pantry with non-perishable food items. If you are in need or are interested in donating, please call the church at 410-288-5136.

#### **Hope & Healing Support Group**

Have you ever lost a family member or friend to suicide? There is a support group called Hope & Healing where people have the opportunity to share openly with fellow suicide loss survivors about what they've lived through and help support one another. Meetings are held at St. John's Lutheran Church, 518 Franklin Ave. in Essex, at 8 p.m. on the first and third Wednesday of the month. Use the double red doors on George Avenue to enter the church. Call 410-687-4621 for more information.

#### Free Mammograms

Baltimore County Womens Cancer Protection is currently offering free mammograms to those who wish to be screened. Call 410-887-3432 to schedule an appointment or for more information.

#### **Cooties Collecting for Comrades**

The Military Order of the Cootie Pup Tent 4 is collecting toiletries for male and female hospitalized veterans at the Loch Raven VA Community Living and Rehabilitation Center in Baltimore to be distributed during the monthly visit with the veterans. Items requested include one-gallon zip-lock bags, liquid hand soap, shampoo, disposable razors, shave gel, deodorant, toothbrushes, toothpaste, denture cleaner, non-alcoholic mouthwash, nail clippers, combs, socks, feminine sanitary products and wordsearch/crossword puzzles. Items can be brought to the Essex-Holly Neck Memorial VFW Post 2621, 206 Riverside Road, between the hours of 2 - 10 p.m.





**ENTERTAINMENT** 

## The accomplished ladies of 'HIDDEN FIGURES' are hidden no more

- By Teddy Durgin -

Just as "Rogue One" uncovers, chronicles and dramatizes a slice of "Star Wars" history previously unknown, "Hidden Figures" uncovers, chronicles and dramatizes a slice of American history that was largely unknown - namely, the contributions of African American females to the U.S. space program in the 1960s and beyond. Yeah, yeah. I know I should have started off this review with a more heady, socio-political opening paragraph. But I think the analogy applies here.

"Hidden Figures" shows us three black women who were instrumental to how great the American space program became in the Civil Rights era. Taraji P. Henson is essentially the lead, playing math whiz Katherine Johnson. The widow and mother of three was who was known back then as one of NASA's "colored computers" (NASA's term, not mine), crunching numbers in a facility away from the real action. But her knowledge of a certain type of geometry propelled her into NASA's inner brain trust, headed by the no-nonsense Al Harrison (Kevin Costner) with support from arrogant lead engineer Paul Stafford (Jim Parsons).

Octavia Spencer portrays Dorothy Vaughan, who supervises a staff of nearly 30 but is not given the title or pay of supervisor. However, she is also one of the first to realize the future is not people, but computers with the arrival of one of IBM's earliest mainframes and begins to teach herself the "new" computer language, Fortran. Finally, there is Mary Jackson (Janelle Monae), who seeks to become NASA's first African-American female engineer but must first petition the courts.

The film is preachy where it needs to be. It's genuinely heartfelt where it has to be. And it's altogether entertaining for nearly its entire two-hour running time. The story's tension comes not in "Did the overall space missions succeed?" The tension builds with regard to how basically perfect each of the three had to be in order to get ahead.

I will say that the film lacks a certain cinematic grandeur and sweep that other space films like "The Right Stuff" and "Apollo 13" had. About 75 percent of the film takes place at Hampton's Langley Research Center in Virginia, which was the first field facility for NASA's predecessor, the National Advisory Committee for Aeronautics. The important thing is Melfi and his terrific cast and crew captured the essence of what it must have been like to be this trio back then and how their work made such a difference at a time when humanity truly did aim high and reach far.

## Teddy bids a fond farewell to Carrie Fisher

- By Teddy Durgin -

Is it possible to have no words and yet too many words to write about the death of a beloved celebrity? It's weird, but that's where I still am with last week's passing of "Star Wars" legend Carrie Fisher at the age of 60 and her mother, Debbie Reynolds, just a day later at the age of 84. While I greatly admired Reynolds and regard "Singin' in the Rain" as cinema's greatest musical, it is the loss of my beloved Princess Leia that has hit me the hardest.

Pretty much anyone who has read me over the years in the East County Times knows what the "Star Wars" saga has meant to me in my life. The original 1977 film was the first flick I EVER saw in a movie theater. I was 6 when it came out, 9 when "The Empire Strikes Back" was released, and 12 when "Return of the Jedi" wrapped it all up. Those were the absolute perfect ages for each, I believe. And as it turns out, they were the perfect ages to develop my first celebrity crush. And that crush was, of course, Carrie Fisher.

I remember being about 10 years old or so and very actively believing that I was going to marry her one day! I remember hearing at the time she was only 24. So, I figured when I was 21 she would be 35. And that age difference wouldn't be all that bad, right? Of course at the time, I also thought I would grow up to look like Jon-Erik Hexum.

I don't revisit "Star Wars" movies as often as most people think I do throughout each year, because I see so many other flicks. But if one of the Original Trilogy is on and I am flipping by it on cable, you know I stop and watch. It will be sad for a while to view any of the four movies Fisher was in (er... technically... spoiler, spoiler... five with "Rogue One") and not feel some sense of sadness and loss. And I don't know how it will feel to watch "Episode VIII" next December, as she had completed all of her scenes for that film earlier in the year according to director Rian Johnson.

But Carrie Fisher was, of course, so much more than "Star Wars." She was the daughter of Hollywood royalty, Reynolds and crooner Eddie Fisher. They divorced when Carrie was just 2, with Eddie having an affair with Elizabeth Taylor and eventually marrying her. So, there was never a time when Carrie Fisher did not know the harsh limelight of Tinseltown. This would affect her in ways both positive (name recognition did get her foot in the door with Hollywood casting directors, leading to her first role in 1975's "Shampoo") and quite negative (her divorce from Paul Simon, some terrible battles with drug addiction, etc.) She would eventually be diagnosed with bipolar disorder, but became an inspiration for her bravery in speaking

candidly about it.

She also became an author and screenwriter. Her best-selling, semi-autobiographical novel, "Postcards From the Edge," was turned into a feature film starring Meryl Streep. Subsequent books like "Surrender the Pink," "Wishful Drinking" and this past



fall's "The Princess Diarist" also made the best-seller's

But this being a movie column, I also want to praise some of her non-"Star Wars" work, because Carrie Fisher really did put together an impressive body of character roles. Her wit and constant introspection were tailor-made for Woody Allen films, and it's a bit sad she was only in one ("Hannah and Her Sisters"), but it was a good one. She also turned in memorable performances as the bazooka-toting, jilted ex-lover in "The Blues Brothers;" the Munchkin-wrangling talent agent in "Under the Rainbow;" Tom Hanks' understanding wife in "The Burbs;" and Meg Ryan's best friend in "When Harry Met Sally."

Fisher had her demons, but she survived them long enough to see "Star Wars" gain an amazing resurgence, to see her daughter (Billie Lourd) become a popular actress in her own right (TV's "Scream Queens") and to even see herself made young again in "Rogue One." Yes, Hollywood remained a deeply strange, out-of-body experience for Carrie Fisher right up to this last month of her life. And in the afterlife, I hope she's found what both she and Princess Leia always craved... peace.



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I am a singer born on January 10, 1953 in New York. I quit my bank teller job when I saw Liza Minelli in concert and became a singer. I sang opera before gaining fame as a rock singer.

Answer: Pat Benatar

## WORD SCRAMBLE

Rearrange the letters to spell something pertaining to food.

## YARDI



Answer: Dairy

(Solution to Crossword on Page 16)

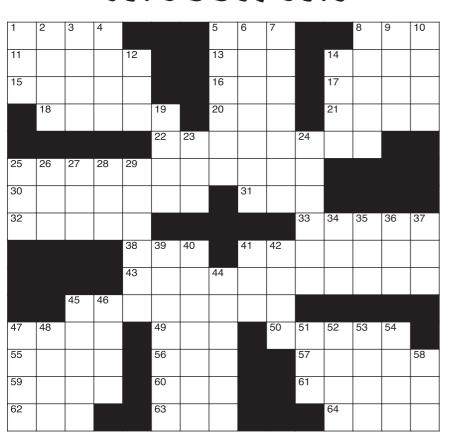
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## CROSSWORD



#### **CLUES ACROSS**

- 1. Pain
- 5. Near the stern of a ship
- 8. Certified public accountant
- 11. External appearance
- 13. Neither
- 14. He played with Peter & Mary
- 15. Maximum
- 16. Irish republican organization
- 17. Swedish rock group
- 18. Source of chocolate
- 20. Counterparts to women
- 21. Type of levy
- 22. More tasteless
- 25. "Use Somebody" rockers
- 30. Burst
- 31. Flightless, fast bird
- 32. Type of salami
- 33. Charges to live somewhere

#### 38. Ji dynasty's ancestral home

- 41. They play music
- 43. One who cancels
- 45. Resin from an African tree
- 47. Shellfish
- 49. Notre Dame coach Parseghian
- 50. Thoroughred horse race: Stakes
- 55. Empire in pre-colonial C. Africa
- 56. Small piece of caramel
- 57. Hillsides
- 59. Does great
- 60. Israeli city Aviv
- 61. Brief appearance
- 62. Danish krone (abbr.)
- 63. Midway between east and southeast
- 64. Database mgmt. system

#### **CLUES DOWN**

- 1. Sign language
- 2. In style
- 3. Syrian city
- 4. A long narrative poem
- 5. Living thing
- 6. Envision
- 7. Flat surface on a vessel's stern 40. Female reproductive organs
- 8. Scottish sport
- 9. They serve beer
- 10. Expression of sorrow or pity
- 12. When you expect to get there
- 14. Bullfighting maneuver 19. Double-reed instrument
- 23. Rural Free Delivery (abbr.)
- 24. Hardened
- 25. Small cask or barrel
- 27. Female religious figure
- 28. Central mail bureau

- 29. Ruled Russia
- 34. Geological time
- 35. Catches fish
- 36. As well
- 37. Soviet Socialist Republic
- 39. A moderately slow tempo
- 41. Patti Hearst's captors
- 42. Twitchings
- 44. Suitable for crops
- 45. Cavalry-sword
- 46. Greek sophist
- 47. Dressed
- 48. Tight crowd of people
- 52. "Raymond" actor Garrett
- 53. Unstressed-stressed
- 54. Old World tree
- 58. Distress signal

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SOCIAL SECURITY DIS-ABILITY BENEFITS. ABLE TO WORK? Denied benefits? We Can Help! WIN or Pay Nothing! Contact Bill Gordon & Associates at 1-800-208-6915 to start your application today!

WANT A LARGER FOOT-PRINT IN THE MARKET-PLACE CONSIDER AD-VERTISING in the MDDC Small Display 2x2 or 2x4 Advertising Network. Reach 3.6 million readers every week by placing your ad in 71 newspapers in Maryland, Delaware and the District of Columbia. With just one phone call, your business and/ or product will be seen by 3.6 million readers HURRY space is limited. CALL TODAY!! Call 1-855-721-6332 x 6 or 410-212-0616 email wsmith@mddcpress. com or visit our website at www.mddcpress.com

READER ADVISORY: The National Trade Association we belong to has purchased the above classifieds. Determining the value of their service or product is advised by this publication. In order to avoid misunderstandings, some advertisers do not offer employment but rather supply the readers with manuals, directories and other materials designed to help their clients establish mail order selling and other businesses at home. Under NO circumstance should you send any money in advance or give the client your checking, license ID, or credit card numbers. Also beware of ads that claim to quarantee loans regardless of credit and note that if a credit repair company does business only over the phone it is illegal to request any money before delivering its service. All funds are based in US dollars. Toll free numbers may or may not reach Canada.

#### **GENERAL ANNOUNCEMENTS**

SPECTRUM TRIPLE PLAY TV, INTERNET & VOICE FOR \$29.99 EA. 60 MB per second speed. No contract or commitment. We buy your existing contract up to \$500! 1-800-806-5909

#### **GENERAL ANNOUNCEMENTS**

STOP OVERPAYING FOR YOUR PRESCRIPTIONS! SAVE! Call our licensed Canadian and International pharmacy, compare prices and get \$25.00 OFF your prescription! 1-800-254-4073 Code CDC201625



Steve Bloechel, Ameritech Construction

"I got more bang for my buck; the quality of the candidates far outweighs what I was getting before!"

Call Wanda: 410-212-0616 wsmith@mddcpress.com Local touch, infinite reach.



## **Your advertising resource:**

local touch, infinite reach



(855) 721-6332 x6 or 410-212-0616



**Baltimore Humane Society is in dire need** of foster families. If you or anyone you know is interested in doing so, please contact Wendy at goldband@bmorehumane.org or visit our website at www.bmorehumane.org and click on "Foster A Pet!"

## **Baltimore Humane Society's** PETS OF THE WEEK



ooking for a forever home. Active, playful, and lovab are other words that describe me. I love people, food, running and long walks. I must say what I love most is my toys... Must have toys! I have two favorites — one is my long stuffed snake that I am very attached to. You'll almost always find me with some type of toy in my mouth I have been around kids and a dog but I am not a fan of cats or small animals. If you would like to give me a happ ome then visit me soon!



Hi there! My name is Izzy and I am a sweet and active kithy in search of my forever home. I love attention and being held and talked to. In my previous home I lived with many other cats and kids. I liked using my cat free so I could climb up to the top like a queen! I will be a wonderful and loyal kitty companion, but you won't know until you come to BHS and meet me. See you soon.

The adoption fee is \$100 for Nole and \$50 for Izzy. For more information visit <a href="www.bmorehumane.org">www.bmorehumane.org</a>.

S.O.S. - Save our Seniors Special adoption rates for seniors.

Henry is the <u>Senior of the Month</u>.



enior of the Murini.

1601 Nicodemus Road, Reisterstown, MD 211

www.bmorehumane.org Ph: 410-833-8848 BALTIMORE HUMANE SOCIETY

(See Solution Page 15)

## **PUBLIC NOTICE**

SEWING MACHINE RE-PAIR: Some of the sewing machines used by the quilting group for making the quilts for THE LUTHER-AN WORLD RELIEF are in dire need of repair. If you, or someone you know can repair sewing machines. Please contact the Church Office at 410-686-7587





#### **BUSINESS TO BUSINESS**

ADVERTISE TO 500,000 HOMES with a business card size ad. You choose the area of coverage in free community papers...we do the rest. Call 800-450-7227 or visit macnetonline.com

## **CHILD CARE SERVICES**

**OUR LITTLE BLESSINGS DAYCARE & PRE SCHOOL** OPEN 6 A.M. - 6 P.M., AGES 2 - 12 YEARS OLD, MEALS, PRE-SCHOOL CURICULUM PROVID-ED. SERVING DUNDALK ELEM. SCHOOL . LICENSE - 252-546. CALL 410-288-

#### **CHIMNEY CLEANING**

CHIMNEY CLEANINGS -KEEP YOUR FIREPLACE AND CHIMNEY SAFE. Call for Early Bird Special. Licensed & Insured. We accept Visa, MC & Discover. ACE OF DIAMONDS CHIM-& HEARTH, 6921 Golden Ring Rd., Rose-dale. 410-477-9144

3035 **CLEANING SERVICES** 

**CLEANING** WINDOWS & LIGHT YARD WORK. CALL 443-531-4651

## **CLEANING SERVICES**

PAT'S **CLEANING SERVICE** WE LEAVE IT SMELLING LIKE A ROSE. **COMMERCIAL** 

> RESIDENTIAL. FREE ESTIMATES 443-621-2771

**REASONABLE AND RELIABLE CLEANING** SERVICE. Call 443-844-2510.

## GENERAL SERVICES

#### **NOTARY**

EAST COUNTY TIMES **NEWSPAPER** 

Office Is Open MONDAY - FRIDAY 8 a.m. - 4 p.m.

**513 EASTERN BLVD ESSEX. MD 21221** 

#### **GENERAL SERVICES**

#### YARD DOGS

**GRASS CUTTING LANDSCAPING** HARDSCAPING

**FALL CLEAN UP** Commercial & Residential

**CALL NOW TO BE ON** OUR SNOW REMOVAL LIST

MULCHING. & WEEDING GARDEN BEDS, MA-SONRY WORK, LAWN CARE, DECK REFUR-BISHING, LEAF REMOV-AL, POWER WASHING, TREE & SHRUB TRIM-MING, GUTTER CLEAN-ING, JUNK REMOVAL & HAULING. We specialize in ODD JOBS & HONEY-DO LISTS.

RICH 443-622-2210 or BRANDON 443-314-1653

## **HANDYMAN**

#### PAPA G. **HANDYMAN SERVICE** LLC.

" We Do The Little Jobs The Other Guys Don't Want.'

**Prompt Professional** Service and Quality Workmanship for 25 Years.

Power washing, ceramic & marble tiles, bathroom remodeling

> Interior & Exterior Painting Doors & Locks Installation

**FREE ESTIMATES** Senior Discounts.

**Bonded & Licensed** MHIC #127388

Call 443-910-1826

## **HAULING**

ALL AMERICAN HAULING. Trash, furniture, appliances, yard waste, yard work. Call 410-971-0812 or 410-780-9960.

## **ESSEX HAULING**

SAME DAY SERVICE FREE ESTIMATES No Job Too BIG or small.

Call Calvin

443-488-1148



"If You'd Listed Here, You'd Be Sold Now!"

# SERVICE DIRECTORY

**Your Guide To Area Services & Goods** 

**PLUMBING** 

A.W. SWITTE

& SON

**Plumbing & Heating** 

Dependable

& Reliable!

#### **LAWN & GARDEN**

#### **SNOW REMOVAL & ICE MANAGEMENT**

- · Landscaping · Lawn Care Hardscaping
- Tree & Flower Planting
- Masonry Fencing Deck Refurbishing
- Pressure Washing

Residential & Commercial

YARU UQGS LLO

## WE WILL BEAT ALL GRASS CUTS 443-622-2210 443-314-1653

## **MULCH**

## • 5 KIN **OF MUI** SOIL • S



## **PAINTING**

#### OASIS **Painting Company**

- Residential Commercial
  - Interior Exterior · Bonded & Insured
  - Wallpaper Removal
  - · Drywall Repair
  - Powerwashing Senior Discounts
- FREE ESTIMATES

#### 25 Years Experience MHIC# 91507 410-288-5009

## **PAINTING**

# HUSTON

- Interior & Exterior Painting
- Power Washing
- Sheet Rock Renain
- ALL WORK GUARANTEED FREE Estimates
- Senior Discounts

#### <del>18-858-1196</del> Licensed & Insured

#### Pest **Exterminators**

**PEST CONTROL** 

#### **Termites & Pest Control**

Termites • Ants • Roaches Fleas • Mice • Rats • Bed Bugs

www.allpest.com 410-288-9300

Baltimore

#### Call us 1st for your **Plumbing Needs**

410-284-ANDY

MPL #88025 (2639)

#### **PLUMBING**

#### **MITCHELL** PLUMBING & HEATING, INC. 410-344-9320

MASTER PLUMBER RICHARD M. DIOTTE • LIC. #MP180A 24 HOUR SERVICE

Repair or replacement of sewer lines, water lines, hot water heat ers & all plumbing needs. Repair, replace or new installation of all heating and air conditioning units.



MD. STATE LIC. #2169

## **PLUMBING**

#### **PLUMBING**

## Tim Layte & Sean Johnson: Owner / Operators

Precision Plumbing and Heating Tankless Water Heater Specialists ★ Water Heaters ★ Boilers Radiant Heating ★ Water Treatment System ★ Gas Fitting

Plumbing ★ Drain Cleaning / Camera Services Water / Sewer Repair & Replacement Discounts for Seniors, Military, Police & Firefighters

410-285-4679 / Cell 410-698-8997 timlayte02@gmail.com Master Plumber License #23161

## **PLUMBING**

# **PLUMBING & HEATING**

We have **ALL PLUMBING**: Toilets, Water Heaters, Faucets, Garbage Disposals & More.

Drain Cleaning, Video Inspections, Locating & Replacement and Repair Don Peyton • Lic # 7107 • Credit Cards Accepted

410-563-0300

#### **ROOFING**

## 3727 E. Pratt St. 410-285-5556 Pleasant **ROOFERS**

Serving Baltimore since the 1930's!

- Roofing of all types
- SkylightsSpouting FREE ESTIMATES

Residential & Commercial

#### **ROOFING**



Specializing in Hard to Find Leaks in Siding, Windows & Roofs. Gutters, Trim, New Shingles, Rotten Wood placements Expert Slate & Chimney Rena

OWENS ROOFING

410-282-1157 • 443-928-8169

TREE SERVICES

Over 20 Years Experience

#### **ROOFING**

ESSEX Roofers Inc. High-quality Roof Installation & Repairs

## **Gutter Cleaning**

Metal Flashing **Gutters & Downspouts** Storm Damage Repairs **Free Estimates** 

410-687-5382 443-220-6100

terrytheroofer@hotmail.com

#### **ROLL-OFF**

S'S HAULING

ROLL-OFF

SERVICE

443-236-3234

JrsHaulingLLC.com

#### **ROLL-OFF**

10 Yard, 15 Yard, & 20 Yard Dumpsters Next Day Service

## **DUMPSTER RENTALS**

\$10 OFF **ANY SIZE DUMPSTER** 

#### **TOWING**

## J.A.C. Transport Service 443-216-4722

– 24 HR TOWING Insured • Roll Back Towing

Junk Cars Removed Free · Major Credit Cards Accepted

Wheel Lift Service

Serving Essex, Dundalk & Surrounding Areas **MENTION THIS AD** FOR A SPECIAL DISCOUNT.

#### TREE SERVICES

Tree Experts & Outdoor Services

410-344-8733 Fully Licensed & Insured Maryland Tree Expert #1763

25% **OFF** ANY TREE SERVICE

# TreeScapes

**Emergency Service Storm Damage** 

**Landscaping & Firewood** 

**Tree & Stump Removal Pruning & Trimming** Mulching

Expires 1/31/17 • ECT

**HAULING** 

## **WE-HAUL** MOVING CO.

We move Houses, Apts & Storage \*\*WINTER SPECIAL\*\* \$99 /Hr. 3 Moving Men & Truck

**WE NOW OFFER EARLY EVENING MOVES** 

\*Ask for details

410-918-1672 For Local Moves Only www.wehaulmoving.net

email moveme94@yahoo.com MUST MENTION AD FOR THE SPECIAL

**WELDING** 

## **SCREEN REPAIR**

NEED SCREEN REPAIR ??? LOOKING FOR JOHN HODGES ??? Call 410-344-

**PET SERVICES** 

## Companion CARE

Mobile **Veterinary Clinic** 

Dr. Eric Griffin, DVM

410-285-5442 Multi-Pet Discount

- Senior Citizens Discount
- · Vaccines · Surgery **Heart Worm Prevention**



Medication · TLC for vour Sick **Pets** 

· Flea

WELDING





Balcony, Stair & Pipe Rails - Steel and Aluminum Columns, Window Guards, Security Doors, Basement Doors • Porches and Steps • Grating, Fences and Gates • Flower Boxes • Custom Work

**NEW INSTALLATION • REPAIRS • REPLACEMENT** 

Bonded & Insured & Portable Welding

Serving the community since 1982

410-780-3015 • 410-916-42



U.S. Department of Transportation

# **EMPLOYMENT**

## **CAREER TRAINING**

COSMETOLOGY/NAIL TECH TRAINING - Maryland Beauty Academy of Essex. Open to the public. Call 410-686-4477.

## **HELP WANTED**

**ACCOUNT SALES** WITH RFP. WORKING DIRECTLY WITH MAJOR AUTO DEALERS. SET YOUR OWN HOURS. GREAT EASY 6 FIGURE AN-NUAL FOR THE RIGHT PERSON. APPLY WITH RESUME TO: DAN@ ARTFULLYADAPTIVE.

**ALLSTATE INSURANCE** AGENCY (PARKVILLE AREA) FULL-TIME POSI-TION - PC LICENSE RE-QUIRED. SEND RESUME OWENLANDISJR@ ALLSTATE OR FAX 410-668-7545

ANIMAL LOVERS: WOULD YOU LIKE TO HELP ANI-MALS IN A REWARDING WAY? CALL 410-527-1466 FOR CAREER OPPORTU-NITIES.

**BARMAID NEEDED 3 DAYS** PER WK. CALL FOR IN-TERVIEW 410-285-1691

**BILL'S HEATING AND AIR** CONDITIONING IS LOOK-ING TO HIRE AN HVAC TECH W/FIELD EXP. CALL 410-477-6955, FAX RE-SUME TO: 410-477-6950, EMAIL: BILLJOEHVAC@ GMAIL.COM

**BUSY RESTAURANT/BAR** - looking for barbacks, carry out clerk, full and part time. Drug testing required. Apply in person, HAZEL-WOOD INN, 4937 Hazlewood Ave., 11am-6pm. 410-

CLEANING CO. looking for CLEANERS. Monday - Friday, good pay, good hours. Must have own transportation. Gas Money & Bonus Work. Sincere callers only 410-866-6011

CLUB PUSSY CAT - IS LOOKING FOR DANC-ERS. NO EXP. NEC. DAY OR NIGHT, PLEASE CALL **KATHY OR BAR. 410-227-**5404/410-685-5176

DANCERS - UP TO \$1,000 NIGHTLY. NO EXPERI-**ENCE NEC. APPLY AFTER** 7 P.M., FRIDAY & SATUR-**DAY ONLY. CALL 410-633-**7100 WWW.NIGHTSHIFT-**GIRLS.COM** 

EARN \$500 A DAY: Insurance Agents Needed \*Leads, No Cold Calls \*Commission Paid Daily \*Com-\*Lifetime Renewals plete Training \*Health & Dental Insurance \*Life License Required. Call 1-888-713-6020

## **HELP WANTED**

**EXPERIENCED** SERV-FRS WANTED APPLY IN PERSON AT DELLIS RES-**TAURANT 8776 PHILA-DELPHIA RD. \*NO PHONE CALLS PLEASE\*** 

FULL TIME EXP. GROOM-ER NEED AT BARK AND **BUBBLES 810 BACK RIV-**ER NECK RD. CALL 410-686-3400

**GENERAL HELPER** Well-established more Manufacturing Company is now accepting applications for GENERAL **HELPERS.** Labor intensive position with heavy lifting required. Applicants should have consistent work history and be able to pass a drug screen to be considered for the position. Must be able to read a scale and ruler.

PLEASE APPLY IN PERSON

Mon - Fri.. 9 a.m. - 2 p.m. only

Clendenin Brothers Incorporated 4309 Erdman Ave. **Baltimore MD 21213** 

HOME **IMPROVEMENT** TECHNICIAN Experienced preferred but will Must have valid train. Maryland driver's license. Drug free environment. Apply in person at 4031 North Point Rd., Dundalk, MD 21222



#### **HOUSEKEEPER WANTED:**

Our Lady Queen of **Peace Catholic Church** 

Part-time housekeeping position available for Catholic Church in Middle River, MD. Duties assigned are for the rectory offices and personal suites. Prior housekeeping experience is essential along with ability to function effectively within the church community.

Please contact the Parish Office at 410-686-3085 for job description and further details.

## **HELP WANTED**

PT POSITION AVAILABLE - DESK CLERK, HOUSE-**KEEPER** AND **HANDY** MAN. APPLY IN PERSON, 7905 PULASKI HWY., ROSEDALE 21237

PROFESSIONAL JANITO-RIAL COMPANY ACCEPT-ING APPLICATIONS FOR **CLEANING MWF** FOR 2 LOCATIONS IN DUNDALK & ESSEX AFTER 6PM. \$10.00 HR. JOIN OUR JOIN OUR TEAM! CALL 410.665.5116

**SECRETARIES** AND **SCHEDULERS** NEEDED for busy tax office in Rosedale. Experience preferred w/processing credit cards and scheduling appts. Call 410.391.4051

STOCK PERSON NEEDED for busy liquor store. Looking for night & weekend person. Apply in person. O'Connors Liquors, 4801 Eastern Ave. 410-633-2233

TAX PREPARERS WANT-ED for busy Rosedale tax office. Great Team! Call 410.391.4051

TAX SOLUTIONS - NOW HIRING, WILL TRAIN. CALL 410-391-1300

**VOLUNTEERS** needed for non-profit to scan / type documents. Great for interns, seniors and students looking for community service learning hours. THIS IS A NON-PAYING POSI-TION. Apply 516 Eastern Blvd. Essex, MD 21221 Saturday only 10 a.m. - 1 p.m.

## **HELP WANTED**

WORKING **JANITORIAL SUPERVISOR** Professional janitorial company in Parkville accepting applications for a working supervisor. Will travel to various sites and perform various cleaning duties, training, deliver supplies, and quality checks. Must have carpet, tile, and supervisory experience. M-F. evenings after 5:30 pm, 3-4 hours a night. Join our team. 410.665.5116

#### **BUSINESS OPPORTUNITIES**

DRIVE TRAFFIC TO YOUR BUSINESS and reach 4.1 million readers with just one phone call & one bill. See your business ad in 91 newspapers in Maryland, Delaware and the District of Columbia for just \$495.00 per ad placement. The value of newspapers advertising HAS NEVER BEEN STRONGER ... call 1-855-721-6332 x 6 today to place your ad before 4.1 million readers. Email Wanda Smith @ wsmith@ mddcpress.com or visit our website at www.mddcpress.com.

DRIVE WITH UBER. No experience is required, but you'll need a Smartphone. It's fun and easy. For more information, call: 1-800-354-4313

## APPOINTMENT SETTERS

Nationwide company involved with sales of a remarkable health care product, with its headquarters in Baltimore, is looking for well-spoken, energetic individuals to work in a fast-paced environment, setting appointments for the outside sales representatives. The company responds to its direct mail, television and internet campaigns, and direct call inquiries on an immediate basis.

POSITIONS ARE AVAILABLE FOR TWO SHIFTS:

8AM-3PM • 6PM-10PM

Company offers Vacation Leave, PTO Leave, 401k Retirement Plan, Department Goal Reward Program, and more as well as an on-going bonus plan which could increase earnings up to \$15 per hour.

> Experience is not necessary. Company will provide training.

Interested candidates should call for an interview at 443-696-3016 and ask for Debbie or Steve.



**Competitive Salaries Excellent Working** 

**Conditions Chances for** Advancement

**Extensive Training** 

## **SECURITY OFFICERS**

**FULL-TIME POSITIONS AVAILABLE BILINGUAL A PLUS** 

**3 EASY** WAYS TO APPLY NOW:

#### IN PERSON

**SECURITY APPLICATIONS AND INITIAL INTERVIEWS** WILL BE SUBMITTED AND CONDUCTED AT **JOHNS HOPKINS HOSPITAL** 600 NORTH WOLFE STREET (CIRCLE) - "BRADY 1"

HOURS: 9:00AM-3:00PM • TELEPHONE: 410-614-2926

JOHNS HOPKINS BAYVIEW MEDICAL CENTER AT ASC BUILDING 4940 EASTERN AVE. • BALTIMORE, MD 21224

AT BROADWAY SERVICES, INC. 3709 EAST MONUMENT ST. • BALTIMORE, MD 21205

BY PHONE JOBS HOTLINE 410-563-6959

ONLINE WWW.BROADWAYSERVICES.COM



#### 5000 GIVE-AWAYS

FREE OF CHARGE! If you have something personal to give away, advertise with us at no cost!

FREE REMOVAL OF USE-ABLE ITEMS, FURNITURE, APPLIANCES, CLOTHING, ETC. Call 410-961-1078

#### BUILDING MATERIALS

METAL ROOFING, Siding & Interior. Barns, sheds etc. Use it your self or resell. Huge selection. Low Prices. slateroadsupply.com 717 445-5222

## CEMETERY LOTS & CRYPTS

HOLLY HILL - 1 burial plot, includes opening, closing & vault. Located in Garden of Devotion. Valued at \$6,900 O.B.O. Call 1-540-477-9527.

5016

#### **EVENTS/TICKETS**

#### FREE TOURS EVERY SATURDAY

10 a.m.- 2 p.m.
THE HERITAGE SOCIETY
OF ESSEX AND MIDDLE
RIVER INC. / MUSEUM

Would like to invite the community to come and view their MUSEUM FREE OF CHARGE. 516 EASTERN BLVD. ESSEX 21221

HOLDING A CARNIVAL! FAIR! FESTIVAL! Jubilee! Promote it to over 1 Million readers for only \$200!!! Visit www.midatlanticevents.net for more details or call 800-450-7227.

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JACK AND DIANE'S THRIFT & COLLECTIBLES 800 BOWLEYS QTRS. RD

WE WILL TAKE YOU BACK!
WE HAVE A LITTLE BIT OF EVERYTHING.
DIANE 410-344-6316
AVON CASH & CARRY.
WED. 9 A.M. - 4 P.M.
SAT. & SUN
9 A.M. TO 4 P.M.
GEORGE'S
COMPUTER &
TV REPAIR
410-344-6433

## HEALTH & FITNESS

VIAGRA 100MG and CIA-LIS 20mg! 50 Pills \$99.00 FREE Shipping! 100% guaranteed. CALL NOW! 1-866-312-6061 Hablamos Espanol

#### 5034

## MISCELLANEOUS

(2) CEILING FANS W/GLO-BELIGHT FIXTURE AND REVERSIBLE BLADES. WOOD GRAIN/WHITE. ASK \$75 OR BOTH CALL 443-762-2400

14K GOLD MAN'S WED-DING BAND. TRADITIONAL SETTING. NEVER WORN. ORGINAL KAY'S JEWEL-ER BOX. ASKING \$150 OR O.B.O. CALL 443-762-2400

BULK ADVERTISING AT ITS BEST: advertise in over 70 newspapers and reach millions of readers with ONE call. Broaden your reach and get results for pennies per reader. Call Wanda at 410-212-0616 or email wsmith@mddcpress. com.

## FARMER JOHN'S FIREWOOD

In business for more than 29 years. 1/2 cords and cords. Dumped on hard surface. Free delivery. Smaller quantities available for self loading and hauling. Call 410-335-2000. 6836 Ebenezer Road, Chase, MD 21220. Open 7 days a week.

LUNG CANCER? AND AGE 60+? YOU AND YOUR FAMILY MAY BE ENTITLED TO SIGNIFICANT CASH AWARD. CALL 866-428-1639 FOR INFORMATION. NO RISK. NO MONEY OUT OF POCKET.

MAKE A CONNECTION.
REAL PEOPLE, FLIRTY
CHAT. MEET SINGLES
RIGHT NOW! CALL
LIVELINKS. TRY IT FREE.
CALL NOW: 1-888-909-

PLACE A BUSINESS CARD AD in the Regional Small Display 2x2/2x4 Advertising Network - Reach 3.6 Million readers with just one call, one bill and one ad placement in 71 newspapers in Maryland, Delaware and DC TODAY! For just \$1450.00, Get the reach, Get the results and for Just Pennies on the Dollars Now...call 1-855-721-6332 x 6 or email wsmith@mddcpress.com

#### **EQUAL HOUSING**

All Real Estate advertised herein is subject to the Federal Fair Housing Act which makes it illegal to indicate any preference, limitation or discrimination based on race, color, religion, sex, handicap, familial status or national origin, or an intention to make any such preference, limitation or discrimination.

We will not knowingly accept any advertising for Real Estate which is in violation of the law. All persons are hereby informed that all dwellings advertised are available on an equal opportunity basis.

If you believe that you may have been discriminated against in connection with the sale, rental or financing of housing, call the United States Department of Housing and Urban Development (HUD) at 1-800-669-9777.

## MISCELLANEOUS

SAFE STEP WALK-IN TUB Alert for Seniors. Bathroom falls can be fatal. Approved by Arthritis Foundation. Therapeutic Jets. Less Than 4 Inch Step-In. Wide Door. Anti-Slip Floors. American Made. Installation Included. Call 1-800-906-3115 for \$750 Off

TWIN BED - FIRM MATTRESS. BOX SPRING, FRAME AND BRASS HEAD BOARD. EXC, CONDITION. ASKING \$150 O.B.O. 443-762-2400



#### 5040

#### **PETS & SUPPLIES**

Please spay and neuter your pets to prevent unwanted litters! AND, make sure your pets have ID tags.

HELP SAVE ANIMALS LOCALLY! DONATE YOUR CAR.

# Humane Society of Baltimore Co.

Free Towing.
Tax Deduction.
410-833-8848 ext. 202

## WANTED TO BUY

ADVERTISE TO 10 MIL-LION HOMES ACROSS THE USA! Place your ad in over 140 community newspapers, with circulation totaling over 10 million homes. Contact Independent Free Papers of America IFPA at danielleburnett-ifpa@live. com or visit our website cadnetads.com for more information



APARTMENTS/ CONDOS

## WANTED TO BUY



TURN YOUR COLLECTIBLES INTO CASH

#1 BUYER OF GOLD, SILVER, COSTUME JEWELRY, WATCHES, ANTIQUE GUNS, MILITARY ITEMS, COINS, PAINTINGS, TOYS, FURNITURE, CONTENTS OF ATTICS AND BASEMENTS,

CALL 410-483-1878 (CELL) 443-501-6838

CASH PAID - UP TO \$25/ BOX FOR UNEXPIRED, SEALED DIABETIC TEST STRIPS. 1-DAYPAYMENT. 1-800-371-1136

WANTS TO PURCHASE MINERALS AND OTHER OIL AND GAS INTERESTS. SEND DETAILS TO P.O. BOX 13557 DENVER, CO. 80201

#### 5049 **WANTED**

WANTED DIABETIC TEST STRIPS - Top dollar Paid. We are now paying more for One Touch Ultra, Verio, Free Style Lite, Accu-Check. Un-opened, CASH ON THE SPOT. Will pick up. Please call Debbie 410-820-6540/410-279-3342



#### APARTMENTS/ CONDOS

ROSEDALE - 1 Bedroom, private entrance with deck. Non-smoker. No pets. \$775/mo. includes utilities. + \$700 S.D. (Add'll APT also avail \$880/mo.) Please leave voice mail. 410-682-



Credit approval required.

## TIRED OF LIVING AT HOME?

TIRED OF RENTING A ROOM?

TRY OUR STUDIO APARTMENT RENTS STARTING AT \$500

ALL utilities Included

# **Essex Village-Marlyn Gardens Apartments**



846 Brunswick Road, Essex **410-686-5952** 

Credit approval required.

#### HOMES/ TOWNHOMES

5 HOMELAND AVE. - 8 Room Rancher, 3 BR, 1BA, jacuzzi, 443-648-5113/667-209-0636

DUNDALK/ESSEX 2 & 3 BR townhouses. Reasonable rent. All nice areas, fresh paint. Rent from \$1050 to \$1250. Call 410-288-8333

## ROOM FOR RENT

MIDDLE RIVER - FUR-NISHED ALL UTILITIES \$530 CALL 410-218-1232

MIDDLE RIVER - FUR-NISHED ALL UTILITIES \$520 CALL 410-218-1232

ROOM FOR RENT WA-TERFRONT \$530/MO. + SEC. DEP. BACKGROUND CHECK REQ. CALL 410-344-3463

SEEKING FEMALE HOUSE-MATE - NON-SMOKING , \$600/MO. + S.D., ALL UTIL-ITIES INCLUDED. CALL 443-992-3560

# REAL ESTATE

REAL ESTATE

#### HOMES/ TOWNHOMES

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