

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

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Community groups set out to clean up county's east side

County Councilman Todd Crandell (center) volunteered to work the hot grill on a warm day to keep participants fueled up with food and drinks, as well as to keep the event fun and flowing.

- By Devin Crum -

Saturday, April 29, was a big day for the environment in eastern Baltimore County, with at least three major cleanup events taking place throughout the day.

Perhaps the most hyped of those events was the Back River Restoration Committee's cleaning of roughly a milelong stretch of Grays Road in Dundalk, from its intersection with Wise Avenue to about the fork at Wire Mill Road. The cleanup was sponsored by Key Brewing Company, which lies at the end of Grays Road.

Grays Road along the cleanup boundaries is bordered by Sparrows Point Country Club on its west side and mostly industrial properties to the east. That lack of residential or commercial activity creates ideal conditions for illegal dumping, which had been rampant along the stretch.

While much of the garbage and other discarded items would likely make its way to Bear Creek - not Back River - by way of local streams, the area is close to the Back River watershed, according to BRRC President Sam Weaver.

On top of that, the BRRC sometimes ventures outside its own boundaries to work with other communities and organizations to build a greater environmental awareness, said Karen Wynn, BRRC's executive director.

Prior to the cleanup event, Grays Road had been littered along its edges and in storm ditches with all manner of discarded bulk items, as well as general trash.

Volunteers on Saturday got to work late morning pulling things like mattresses, construction scrap, household appliances and electronics such as vacuum cleaners and televisions, toilets, car parts, containers of used automotive oil and, of course, tires out of the wooded areas for collection and proper disposal.

Baltimore County supplied at least four dumpsters for use during the event along - see **GRAYS ROAD** on page 6 -



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Land clearing begins for contested Essex development

- By Devin Crum -

On Wednesday, April 26, workers began cutting down trees on a parcel of land in Essex in preparation for 180 new apartments along Back River Neck Road.

The action coincided with a "final attempt" by a different developer to get some community residents to drop their appeal of a townhome project that would replace the apartment plan.

Conor Gilligan, of Craftsmen Developers, proposed last year to modify the apartment plan, fully designed and approved for the site between Middleborough and Hyde Park roads, to one for 129 townhomes instead.

Some community members opposed the proposal and immediately filed an appeal to the county's approval of the townhome project as a minor plan change.

Gilligan attempted to negotiate an agreement with the community members, offering to do more site work to improve aesthetics, as well as a \$50,000 contribution toward a community benefit and other concessions to get them to drop their appeal.

In February, after being approached by the three local volunteer fire companies, he proposed to carve out a piece of the site for a new fire station for them following their planned merger.

And in his final attempt to come to an agreement, Gilligan offered to abide by the most current storm water management standards for his project, even though he was only being held to older ones.

Gilligan set a deadline of May 15 for

the parties to come to an agreement, but told the East County Times that there is no significance to that date. He simply said he has asked multiple times for the community associations to review the proposal and make comments, "so that we can move on."

"The issue I'm having is, I'm continuing to have meetings and I'm continuing to get support from basically the entire county with the exception of the folks down at Rockaway Beach," he said.

Gilligan noted he has met or spoken with members of the Hyde Park, Middleborough and Rockaway Beach communities, the Essex-Middle River Civic Council and various other community leaders on and around the Back River Neck peninsula and all except Rockaway Beach have either supported it or had no comment, but preferred townhomes over apartments.

"I can tell you with 100 percent certainty that the majority of that peninsula would much rather see a community that has less density and is ownership housing," Gilligan commented.

The Rockaway Beach Improvement Association, one of the parties to the appeal, held a closed meeting of its membership on Monday, May 1, ultimately deciding to press on with their appeal.

The other parties to the appeal are the New Haven Woods Community Association and the Bauernschmidt Manor Improvement Association, according to RBIA Vice President Kevin McDonough. "Fundamentally, we don't view this as

a choice between townhouses or apart-

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ments," the RBIA said in a statement. "It's a choice between following the process or skirting the process. We simply are asking for the development to follow the traditional development process instead of granting it a limited exemption."

That choice drew criticism, though, from members of the three fire companies and other community members who see the townhomes as the lesser of two evils. And many on the peninsula as a whole feel the RBIA is acting irrationally and with a personal axe to grind because of issues they have had with other Craftsmen projects on Cape May and Turkey Point roads.

One attendee of the RBIA meeting, who asked not to be named, confirmed to the Times that RBIA President Kim Goodwin stated she would have continued on with the appeal on her own and with her own money had the association voted not to.

Goodwin also commented on social media that beginning to clear the property was a "scare tactic."

But Gilligan affirmed that he would not pursue his project if the residents do not drop their appeal, despite the other community support.

"It just takes one person," he said. "I don't want to fight an appeal because I'm already dealing with them on another

appeal for 17 single-family lots and it has cost me close to \$100,000 and it's held me up for going on two years.

"And I don't think [current site owner] Hendersen Webb wants to wait two years to sell their property," he added, commenting on how long it could take to move his project through the development process from the beginning.

The presidents of the three VFCs each expressed similar sentiments of disappointment in the RBIA decision.

Hyde Park VFD President John Alban also said Hendersen Webb has been firm that they will build the apartments if they are not able to sell to Gilligan.

"Hendersen Webb apparently has a deadline on their permits, so they're not going to let it sit empty," he said. "In a perfect world, we could have a park or something there. But it's going to be developed.'

Alban said by opposing the townhomes, the residents were hurting the fire companies because they would not get the land for a new station and apartments are a higher burden on first responders.

"I'm very disappointed that this group, knowing that it would benefit the fire companies and eliminate the apartments, continues their fight," Alban stated.



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White Marsh VFC gets \$75k for new station, to start building this summer

- By Devin Crum -

The White Marsh Volunteer Fire Company is set to receive \$75,000 from the state for planning and construction of their new station.

The recently concluded General Assembly session in Annapolis saw a bond bill passed in the State Senate to grant the funds to the fire company.

The senate bill, sponsored by Eighth District Senator Kathy Klausmeier, was cross-filed with a bill in the House of Delegates which was co-sponsored by delegates Eric Bromwell, Christian Miele and Joe Cluster.

The House and Senate bills each asked for \$350,000 from the state to be used by WMVFC's Board of Directors for "acquisition, planning, design, construction, repair, renovation, reconstruction, site improvement



A concept rendering of how the new station is designed to look when complete. Image courtesy of WMVFC.

and capital equipping" of their new building, according to the bill language.

However, the House bill was given an unfavorable

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report by that chamber's Appropriations Committee, according to documents on the legislature's website. And Del. Miele said it was instead passed through a reconciliation bill between the House and Senate allocating a negotiated \$75,000 from the senate only.

Miele opined that the legislature gave only a fraction of the amount asked for because they had already given \$150,000 to WMVFC through a similar bond bill two years ago. That 2015 bond money also came from the State Senate.

Because the funds from the senate are given through a matching fund program, the fire company must also spend \$75,000 of its own money to receive the grant.

"We still have some work to do in our capital campaign," said WMVFC Captain Rick Blubaugh. "We continue to meet with businesses who are rising to meet the call for both monetary and in-kind donations."

When the company ceremonially broke ground for the new station in November, Blubaugh and other company officials explained that they had raised about \$30,000 from residential donations and \$300,000 from businesses. This combined with the proceeds from the sale of land owned by WMVFC across the street from their current station, which amounted to approximately \$800,000.

Baltimore County has also allocated \$1.7 million in its budget for fiscal years 2018 and 2019 to help fund the new station's construction, according to county auditors. But the budget does not specify when those funds are to be disbursed.

While Blubaugh noted the company has not physically received that funding yet, he said the county has made a "significant commitment to complete the project."

The company thanked Sen. Klausmeier, who sponsored both bond bills passed by the senate, calling her a strong advocate for WMVFC.

Blubaugh said he expected construction on the new station to begin in July, and the bid process for the project was set to commence by the end of last month.



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Rebuilding project lifts neighborhoods, keeps seniors in homes

- Article & photo by Marge Neal -With a list of repairs to be done and a stockpile of tools, building materials and supplies to do those repairs, a volunteer crew of eight Booz-Allen-Hamilton employees swept into a William Wade Court home early Saturday morning, ready to perform a makeover.

The eight men were part of a 300-volunteer effort held April 29 in Turner Station by Rebuilding Together Baltimore (RBT), a nonprofit organization that provides home repairs for low-income homeowners.

"We're working on 10 houses today and we're doing one more on Tuesday with a crew that couldn't make it today," RBT Executive Director Bonnie Bessor said. "And we're doing about 10 com-



Rebuilding Together Baltimore volunteer Greg Oates replaces floor joists in a Turner Station home.

munity beautification projects - cleaning up around community signs, doing some landscaping, planting some trees and clearing off debris."

At the William Wade Court home, the crew's plans were ambitious. With just a window of 8 a.m. to 5 p.m., the volunteers intended to remove paneling in the living room before prepping and painting the walls. Plans also called for rehabbing the kitchen and bathroom, including repairing floors and replacing fixtures.

"We ripped off all the paneling, removed all the nails, filled in the holes and sanded so we can paint," volunteer Jeff Brock said, pointing to the now smooth, spackled walls. "And upstairs in the bathroom, we ripped out the toilet and sink and will replace those."

By early afternoon, the work was on schedule with the exception of an unexpected problem discovered when the men removed some kitchen cabinets, according to team leader John Woodland.

"We discovered some significant damage to the flooring and floor joists and we couldn't let that go," he said over the noise of a circular saw.

Greg Oates of Ethan Improvements stepped in to replace the floor joists while the Booz-Allen-Hamilton crew continued working on other tasks.

Across the Turner Station community, crews were performing similar work, according to Bessor. Tasks completed included building a wheelchair ramp, repairing fences and light fixtures, installing grab bars and repairing the occasional roof.

"The major goal of our program is to keep seniors safely in their homes," Bessor said. "We want to preserve wealth and keep the houses in good shape, so that the homes can be passed in good condition from one generation to the next."

Homeowners must meet age and income requirements to be eligible for RBT programs. Many have lost spouses and are surviving on limited, fixed incomes, according to Bessor, and may find it difficult to keep up on repairs as they once were able to do.

"Our work helps stabilize neighborhoods," she said. "There's a lot of layers to what we're doing - these are the community leaders, the ones keeping an eye on things, the ones who are home during the day - and we want to keep them in their homes."

While crews spent about 10 hours on Saturday completing projects, the work began weeks ago, with recruiting, planning and shopping for supplies, according to Arielle Faulkner, community partner coordinator with RTB.

Team leader Woodland visited with the homeowner in advance of the project, inspected the house and made a list of desired repairs so he and his colleagues were prepared to jump right in Saturday morning.

Many partners make each RTB effort possible, according to Bessor. Funding comes from government grants, corporate and individual gifts and in-kind services. Major sponsors of this year's community rebuilding project included Honeywell, which provided all the funding for roofing contractors, Lowe's, Maryland Affordable Housing Trust and Baltimore County Department of Planning. Baltimore County provided five dump trucks with crews who carted away all the debris.

"We have a wonderful partnership with Baltimore County," Bessor said of the local government. "We get community block grant money from the county, and they provide a lot of in-kind services."

Of the 300 volunteers working in Turner Station on Saturday, about 60 of those pitched in on beautification projects and the rest worked on homes, according to Bessor.

She estimates the value of all the work done to be about \$150,000, including supplies, man-hours and in-kind services.

And while the repairs make a big difference in the lives of individual homeowners, they also help lift the entire neighborhood, Bessor believes.

"That's why we pick a specific neighborhood, instead of spreading projects all over the county," she said. "We put all of our time and resources into one community so the work has the biggest impact."

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School officials 'bust myths' about homework, grading policies

- By Marge Neal -

While children may have rejoiced when Baltimore County Public Schools opened this school year with the news that homework would no longer be counted toward grades, parents were less than thrilled.

Since the original announcement, the message has been tweaked and better communicated with education audiences.

At a recent Southeast Area Educational Advisory Council meeting, school system officials offered an updated explanation of some changes in philosophy regarding student grading and reporting.

The overall goal is to make sure that grades accurately reflect what students know as measured against course standards, according to Christina Byers, senior executive for curriculum operations.

In 2015, the Baltimore County Board of Education approved Policy 5210, the "heart and core" of which is to ensure that student grading is equitable, accurate, timely and specific, Byers said. In approving the policy, the school board also voted to wait a year until implementation in the 2016-17 school year, allowing time to provide training for teachers.

Byers said she and her colleagues are doing their best to communicate with parents to "bust the myths that are out there" regarding homework and other assignments that, when added to test and quiz scores, create overall grades.

For example, Byers talked of how well students have been trained to work for points. The points earned become the end goal, with students not getting the connection of why they are completing certain assignments and how they relate to the learning process.

Homework is assigned because it provides practice for lessons learned, and it offers immediate feedback as to how well the student has grasped the new material, she said.

Colleague Linda Marchineck, a coordinator of curriculum operations, agreed. "Homework really is an opportunity to strengthen classroom lessons," she said. "Students now see its value beyond points - they have figured out if they don't do their homework, they don't do so well on the assessments. They're finally making that connection.'

And students are learning there are consequences to not doing homework - they forfeit that valuable feedback and they don't know where they stand in regard to grasping new information.

In short, the educators said, homework is being given and it is being scored.

Another parental concern is the existence of "re-dos" in classwork. The myth exists that students get the chance to re-do an assignment or retake a test as many times as they want.

While that is not the case, Marchineck said the opportunity for students to get another chance at an assignment after receiving additional instruction and performance feedback only benefits the student.

"One of the highest levels of assessment a teacher can give is feedback," she



said. "And it's only fair to give a child another opportunity to improve their achievement based upon that feedback." Another area that generated parental

concern was the decision to not factor class behavior into the academic grade.

Acknowledging that effort, conduct and behavior are all important aspects of the learning process, Byers and Marchineck said the decision was made to make "conduct and learning skills" a separate measure of achievement to ensure the consistency and accuracy of grades.

A well-behaved, polite, compliant child with an average understanding of content could receive high grades that give a misleading perception of mastery of content, while a high-performing student could receive lower grades based upon poor behavior or study habits.

"With behavior and habits mixed in, it was hard to tell by the achievement grade what and where a student was lacking - was it behavior or content?" Marchineck said. "With those separated, we have a better understanding of where the students stand, and so do they and their parents."

More information about the school system's grading and reporting policies can be found at www.bcps.org/academics/grading.

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GRAYS ROAD

- continued from page 1 -

with several pieces of heavy trucks and other equipment.

Two of the dumpsters were designated specifically for tires and both were filled by day's end.

Edgemere resident Dale Grimes, who was described by others as specializing in tires, joined the other volunteers in cleaning up the area and was happy to add some tires to his lifetime collection total.

Grimes said he keeps track of every dumped tire he has collected over the last decade or so, which has amounted to 1,550 to date. However, that total will increase to 1,660 once the county picks up the pile of 110 tractor trailer tires he removed near the I-695 overpass at Trappe Road in Dundalk.



At least one of the 30-yard dumpsters had been filled with tires in under two hours.

He said he got started with the effort when he was a teacher in Rosedale and trying to instill an environmental awareness in his students. He has even created his own tool he uses - an S-hook made of rebar which he uses to hook tires to more easily pull them from the brush.

Grimes noted that he also travels around to different community environmental events to help raise awareness of the damage tires can cause.

"Not only are they a form of pollution, but a big problem is that when it rains, the water sits in them and creates problems with mosquitoes," he said.

Another volunteer, Nora Baublitz, noted that they had picked up "thousands" of drink cups thrown by the roadside. She suspected they were all from the same person since they all had that person's "signature" - a chewed piece of gum stuck to the lid.

Although the event officially lasted from 11 a.m. to 3 p.m., Weaver said he got started preparing for the day at 6 a.m. loading up BRRC's supply trailer, getting things ready for refreshments and other necessary work.

"There's a lot that goes into this behind the scenes," he explained.

BRRC treated their volunteers to grilled burgers and hotdogs, drinks and other snacks. And because of their sponsorship, Key Brewing offered participants the chance to unwind while enjoying a variety of their own refreshing adult beverages when the work was done.

Lockheed Martin Corporation also held their annual Bein' Green environmental



One of the drink cups with the "signature" chewing gum stuck to the lid, thought to have all been thrown there by a trucker. Photo by Nora Baublitz.

cleanup event, in conjuntion with the Hawthorne Civic Association, along Cowpen Creek and throughout the Hawthorne community in Middle River.

Cowpen Creek separates Hawthorne from LMC's Middle River complex.

The Bein' Green event followed Lockheed's "Show and Tell" outreach event at Hawthorne Elementary School the day before, which sought to educate local residents and children about the environmental remediation work they have done and are planning to do in Cowpen Creek and the adjacent Dark Head Cove.

Over the winter, LMC was involved in dredging activity in Cowpen Creek to remove contaminated sediments there, as well as a bulkhead replacement in Dark Head Cove to prevent contamination on land from seeping into the water. They also have more remediation activities planned for next winter.

Tom Blackman, a project manager for LMC, said they wanted to be sure they got the correct information out to the community, and holding the event at Hawthorne Elementary was a good way to reach children in the area.

"I know as a kid seeing construction, I'd be curious of what was going on," Blackman said.

He mentioned that parents have also told him they better understood the remediation work after seeing their children work with different demonstrations.

The Show and Tell event functioned as a sort of open forum for the community and also gave them an opportunity to learn about other environmental conservation going on in area waterways, such as oyster reef restoration efforts by the Chesapeake Bay Foundation.

Additionally, students from Stemmers Run Middle School's science club worked with younger children to participate in educational demonstrations.

About three dozen residents on and around the Bird River also joined with volunteers from the Bird River Restoration campaign to clean up a large amount of trash and debris that had collected around the shorelines and marshes of the upper river.

Windy and stormy weather during the winter and spring had blown a lot of trash into the area, and volunteers were able to remove many of the same materials as the Back River group which might have caused problems in the ecosystem.



www.eastcountytimesonline.com May 4, 2017 Page 7



- By Virginia Terhune -

Royal Farms plans to build a new convenience store, gas station and car wash on a site at the southwest corner of Wise Avenue and North Point Boulevard in Dundalk.

The corner, across from Pop's Tavern, is currently home to several automotive services that include GMP Auto Care Center, Thrifty Car Sales and Tint World.

The businesses are expected to relocate farther north to a former McDonald's site on North Point Boulevard across from Eastpoint Mall.

A spokeswoman for Royal Farms declined to comment on the new store, which was granted a limited exemption from the county's Development Review Committee meeting on April 25 in Towson.

The limited exemption process enables commercial projects to proceed without a community input meeting providing they meet certain criteria.

Plans presented at the meeting of department representatives showed a 5,371 square-foot combination convenience store and restaurant in one building, a car wash on one side and space for 16 gas pumps, some of which will sell diesel fuel.

Plans indicate room for 70 parking spaces on the 2.4-acre site that also includes a former Bank of America branch.

The site is zoned Business Roadside-Automotive Services, which means Royal Farms is expected to apply for a special exception from a county administrative law judge for the proposed car wash before it can apply for permits to raze the exist-

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ing buildings and build the new store. Royal Farms currently operates a store at 4015 North Point Blvd. next to one of its major competitors, Wawa. At least two people have said that store is expected to close when the new store opens, but that information has not been confirmed by Royal Farms.

NEWS

Founded in 1959 and known for its take-out chicken, privately owned Royal Farms currently operates more than 160 stores in Maryland, Delaware, Pennsylvania and Virginia, including a store at 18A Dundalk Ave. It also recently remodeled its store on Windlass Drive in Middle River.

Currently hiring, the company hosted a recruitment event on April 25 at the state's American Jobs employment center near Eastpoint Mall.

The existing auto businesses on the Wise Avenue/North Point Boulevard corner are expected to relocate to the former McDonald's site, which is close to other car dealerships that draw on potential customers from busy Eastern Avenue and the beltway.

Councilman Todd Crandell (R-7), who represents Dundalk and Essex, and the rest of the County Council rezoned the McDonald's site to allow automotive services last August as part of the Comprehensive Zoning Map Process (CZMP) done every four years in the county.

They also rezoned more than half an acre on the new Royal Farms site on Wise Avenue to allow automotive services, according to the CZMP Log of Issues.



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Food Pantry

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

Fly the Flag for our Troops

The Angels Supporting Your Troops Inc. are asking for supplies to fill care packages such as: beef jerky, freeze pops, nuts, trail mix, cookies, jelly, crackers, tuna or chicken in pouches, drink mixes, Little Debbie cakes, Nutella, Slim Jims, dental floss, bars of soap, deodorant, foot powder, chap stick, baby wipes, feminine products, wrapped hard candy, gum, mints, razors, shave cream (no aerosols) frisbees, basketballs, footballs, books, water balloons, toothpaste, toothbrushes, wash cloths, microwave popcorn, pop tarts, aspirin, Band-Aids, cough drops, Pringles, granola bars, any size Zip-Loc bags. To donate, or for more information, contact Irene Spatafore at 410-284-5275 or drop items off on the picnic table at 7914 Diehlwood Road in Dundalk.

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. Pre-register by calling Toni at 443-554-6150.

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.

Bluegrass, Country Music Jamboree

Victory Villa Community Center, 404 Compass Road in Middle River, hosts a Bluegrass and Country Music Jamboree, at 6 p.m. on the third Saturday of each month. The event has been run by the Cogar Family since 1972. Come enjoy bluegrass and country music to sing and dance to. Refreshments are available. Come join the fun!

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 onegallon 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, from 2 - 10 p.m.

Caregivers' Café

Victory Villa Senior Center, 403 Compass Road in Middle River, in partnership with Johns Hopkins Bayview, will offer information and support for caregivers on May 11 from 11 a.m. - 12:30 p.m. This will be a confidential group open to the community. Chat with fellow caregivers, meet health care providers and learn about community resources. Pre-registration is required, but there is no fee. Register by May 4 by calling 410-887-0235.

Volunteers Needed

Brightview White Marsh assisted living, 8100 Rossville Blvd., is in need of volunteers to help with things like Rosary, cooking, short stories, games, discussions and visiting for their residents. For info., contact Diane Gibson at 410-668-1588.

'Your Health' Series

Victory Villa Senior Center, 403 Compass Road in Middle River, will host a "Your Health" series with Medstar Franklin Square physicians. No Fee. Pre-registration requested. The first installment on May 12 at 1 p.m. will feature: How to best prepare for your doctor's appointment and what is important to share about current medications. May 26 at 1 p.m. will be: Portals and More: What it is and how to use it. What other technology and resources are important and what to trust. June 23 at 1 p.m. will be: "Age in Place" - its strengths and weaknesses and what your doctor wants you to know.



Middle River Baptist Church, 610 Middle River Road, will offer free breakfasts for neighbors in need on May 13 and 27 from 9 - 10 a.m. with eggs, sausage, waffles, cereal, fruit cups, orange drink and coffee. Vans will pick up at the Eastern Resource Center at 8:45 a.m. For more information, call 410-686-8810.

Chase ES Pre-K Screening

Chase Elementary School will hold pre-K screening on Friday, May 5, for children in the school's boundaries who will be 3 years old by Sept. 1. Call 410-887-5940 for a registration packet. Children who will be 5 years old by Sept. 1 must be enrolled in kindergarten. Must have child's birth certificate and immunization records, as well as parent's photo ID; lease, deed or property tax bill in parent's name; and three pieces of current mail.

Volunteers Needed

Meals on Wheels of Central Maryland is seeking caring, reliable people to help deliver meals to your homebound neighbors. Give us about one hour of your time to deliver nutritious meals on any weekday (Monday - Friday) beginning at 11 a.m. Volunteers are needed at our local distribution site in Dundalk. In sharing a smile you will make a lasting 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.



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911

Baltimore County Police Foundation honors officers

On April 25, the Baltimore County Police Foundation Awards ceremony honored nine sworn officers and four civilians for exceptional performance. Included among the honorees were Officer James A. Bylen of the Marine Team, who started up a special boating safety day last year, and Officer Darryl A. Hunter Sr., a School Resource Officer (SRO) at Chesapeake High School.

Bylen witnessed an uptick in boating fatalities - 16 in the upper Chesapeake Bay region in 2015. Determined not to repeat the situation, Bylen created an event to be held annually in conjunction with National Safe Boater Week. It was his hope that attendees would gain a better appreciation for safe boating operation.

He met with community associations, the Baltimore County Marine Trades Association, the local civic council and the Back River Restoration Committee. With the cooperation of the U.S Coast Guard, the Department of Natural Resources, the Baltimore County Fire Department and the Baltimore County Volunteer Fire Rescue, the Annual "Sergeant Marvin T. Haw IV Safety Day" was begun.

The result of Officer Bylen's efforts were evident in 2016. The number of drownings dropped from 16 in 2015 to six in 2016.

As SRO, mentor, teacher and guide at Chesapeake High School for 14 years, Officer Hunter has helped students find their way through tough times. When he started at the school, he met with everyone - principals, teachers and students - and he has maintained a strong presence since then. His leadership and straight talk helped students who would cross the line and would discipline them as the law allows. However, the best testament to his work with young people can be counted by those who have succeeded. Several students have attended the Youth Leadership Academy, four became volunteer police explorers, three became cadets, one is in training at the academy and two are current police officers. As a coach at Chesapeake High School, Officer Hunter led the 2016 girls' basketball team and the football team to championships.

Also honored was Officer Jefferson Schaub, who set out to apprehend 100 DUI offenders in 2016. His dedication to making the roads safer showed in the numbers. Officer Schaub conducted 37 Intoximeter Tests, and eight Drug Recognition evaluations; these tests take an average of 1-4 hours to administer. In addition, he made 557 traffic stops, issued 983 warnings, and 37 Safety Equipment Repair Orders. His tireless efforts have kept the roads safer for those driving in Baltimore County.

The awards program began in 1980 as a way to recognize the Police Department employees for outstanding performance and to strengthen relationships in the community.



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Woman dies following dwelling fire in Overlea

A 34-year-old woman has died of injuries sustained in an Overlea house fire on April 24.

At 10:46 p.m., police and fire units were dispatched to the 6900 block of Beech Avenue for a report of a dwelling fire. A neighbor observed visible flames coming from the home and called for help.

The first arriving police officers on the scene located a man on the porch roof and used a ladder provided by neighbors to assist him down to the ground.

Neighbors advised that there were still possibly two residents inside the home. Fire personnel were able to locate and extricate one adult woman from inside the house. It was determined the third resident was not home at the time of the fire and that all residents had been evacuated.

The woman, identified as Samantha Armstrong, was transported Priority 1 to Franklin Square Hospital, and then the trauma center at Bayview Medical Center. She was pronounced deceased at 2:05 a.m the following day.

About 30 fire units fought this fire, including units from Baltimore City. Baltimore County's Engine 7 was the first arriving and, along with Baltimore City's Ladder 30 and Engine 56, played a leading role.

Detectives believe the fire began in the kitchen ceiling. Investigators are still working to determine the exact cause of the fire.

A second fire was reported in the vicinity at 9:38 p.m. at a vacant structure in the 7500 block of Belair Road, but investigators do not believe they're related.

Police seek help locating missing Essex woman

Police are searching for a woman who went missing Sunday night from the Essex area.

Shelia Renee Hunt, 44, is a white female, 5'4" and approximately 215 pounds. When last seen around 7:30 p.m. in the 11000 block of Eastern Avenue, Shelia Hunt was wearing a grey t-shirt and black leggings. Shelia has black shoulder length hair, brown eyes, and a lizard tattoo on her forearm.

Shelia Hunt reportedly made an attempt to harm herself just prior to her disappearance. Police are concerned for her well-being and Essex precinct officers continue to search for her this morning.

If you have seen Shelia Hunt, or have any information as to her whereabouts, contact police immediately at 410-307-2020.



Precinct 12/Dundalk

Robbery: On May 1, shortly after 10 p.m., a robbery was reported in the 500 block of Westfield Lane in Dundalk. At 10:12 p.m., an unknown suspect approached the victim and pointed a gun at him. The suspect threatened the victim with bodily harm if he didn't give him money and other items. The victim complied and the suspect walked away.

Robbery: Baltimore County police were called to the 8000 block of Park Haven Road on May 1 just before 5 p.m. The victims were approached by four to five suspects, and one of the suspects produced a knife and demanded the victim empty his pockets. A suspect knocked a cellphone out of the victim's hand, then slapped the victim in the face. Two suspects were arrested and the cellphone was recovered.

Second Degree Burglary: On April 29, officers were called to the 7800 block of Wise Avenue. At 2:30 a.m., the unknown suspect entered the Wise Avenue Pharmacy, stole prescription medications, then left on a bicycle. Anyone with information regarding this incident is urged to contact Baltimore County police.

Precinct 11/Essex

First Degree Assault: Officers from the Essex precinct responded to a call in the 1300 block of Windlass Drive in Middle River shortly after 9 p.m. on April 30. The victim was robbed by three unknown suspects, one armed with a handgun. The suspects stole his wallet, money and cellphone.

Attempted First Degree Burglary: On April 29, Baltimore County police were called to the 700 block of Maple Crest Drive in Middle River. At 9 p.m., an unknown suspect pushed in the door to the victim's residence. Although the lock and door frame were damaged, the suspect did not make entry.

Second Degree Burglary: Just after 7 a.m. on April 29, officers from the Essex precinct were called to the 1200 block of East Homberg Avenue in Essex. Between 12:01 a.m. and 7 a.m., unknown suspects kicked open the side door of the detached garage, then stole three dirt bikes.

Robbery: On April 28, just before 9 p.m., the victim was robbed and assaulted by 10-12 unknown suspects in the 600 block of Compass Road in Middle River. The suspects stole his bicycle, wallet and cellphone before fleeing the scene.

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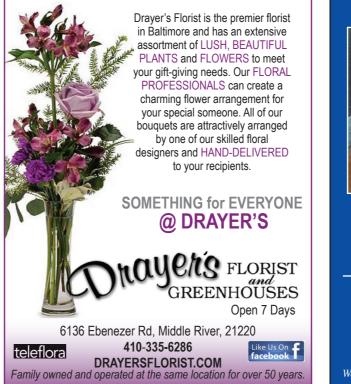


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Rennie, Marguerite Lenora

On Friday, April 21, Marguerite Lenora Rennie, better known as "Peggy", left this life behind to reunite with lost loved ones in the world of everlasting happiness. Peggy was an intelligent, strong willed, hard working business woman who took crap from no one.

She worked for many years as the business manager for former Baltimore top radio station B104 where she earned the nickname "Iron Pants Peg". Upon her retirement from radio she bought her own business, local Middle River watering hole The Bird River Inn, where she made countless friends and shared her generosity and fun loving spirit. After retiring from the bar business she decided to finally kick back a bit and filled her days with family and dear friends playing cards, shuffleboard and trivia...but, ever the worker, still spent time doing the books and helping out at the Bengies Chase Democratic Club where she was a long-time member. She loved animals, reading and watching mysteries, game shows, puzzles and trivia, relaxing in her home by the water and, most of all, a good time. Peggy was a beautiful woman, both inside and out with a razor sharp quick wit and a heart as big as the sky. She will surely be missed by those she left behind, including granddaughter Lea McDonald; great-grandson Bodhi Baldwin; sis-



ter Dottie Rennie Fertitta; nieces Michelle Bussard, Barbara Jean Holt and Lynn Dees; cousins Lynn and Brent Shew; soul sister Carey R. Smith; cat Mitzi and her friends and fellow members of the Democratic Club and VFW Post. Her family is taking comfort in knowing that Peggy's daughter Jamie Settar, sister Jeanie Rennie, her favorite aunt Dorothea Shew (Big Aunt Dot) and her beloved dog Ralph were there to greet her at Heaven's gates.

In lieu of services, Peggy requested one last party. This celebration will be held on Sunday, May 7 at 1 p.m. at the Bengies Chase Democratic Club. All are welcome to join this celebration of a life well lived and have an ice cold beer in Peggy's honor.

Smith, Sherri Lee

On April 29, Sherrie Lee Smith, devoted wife of the late Edward Smith Sr.; beloved mother of Michael Emkey, Timothy Emkey, Sr. and his wife Tanya, Robert Emkey and his wife Samantha, Edward Smith Jr, and "Thor"; cherished "Mom Mom" of Timothy Jr, Kammie, Amanda, Tori, Ethan, Alexus and the late Travis; loving daughter of Eva Perry and the late William Perry; dear sister of Jean Smith, James Perry, Ann Alger, Norman Perry, Patti Jogereit and Ronald Perry.

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The MTA invites you to participate in any of our many community travel trainings, held in conjunction with the Center for Mobility Equity. On June 18th your route is changing, and we are here to help. These trainings will empower riders to use the new BaltimoreLink system with ease and confidence by reviewing trip planning tools, rider resources, and other ways MTA is getting the news out to communities. Travel trainings will be conducted open house style. Feel free to visit when convenient for you.

Please join us at any of the following Community Travel Trainings

Monday, May 8, 2017 | 5:00 PM – 7:00 PM

Enoch Pratt Free Library, Southeast Anchor Branch* 3601 Eastern Ave., Baltimore, MD 21224 Transit to this location: Local Bus Nos. 10, 13, and 22

Wednesday, May 24, 2017 | 6:00 PM - 8:00 PM

National Federation of the Blind, Members Hall 200 East Wells St., 4th Floor, Baltimore, MD 21230 Transit to this location: Local Bus No. 64

Saturday, May 20, 2017 | 11:00 AM - 2:00 PM

War Memorial, Assembly Hall 101 North Gay St., Baltimore, MD 21202 Transit to this location: Local Bus Nos. 5, 7, 8, 10, 15, 19, 20, 23, 26,31, 35, 36, 40, 46, 47, 48, 91, 310, 420 and Metro Subway

Wednesday, May 31, 2017 | 6:00 PM - 8:00 PM

Baltimore County Public Library, White Marsh Branch 8133 Sandpiper Cr., Baltimore, MD 21236 Transit to this location: Local Bus Nos. 35, 58, 102, and 120

Saturday, June 10, 2017 | 11:00 AM - 2:00 PM

War Memorial, Assembly Hall 101 North Gay St., Baltimore, MD 21202 Transit to this location: Local Bus Nos. 5, 7, 8, 10, 15, 19, 20, 23, 26,31, 35, 36, 40, 46, 47, 48, 91, 310, 420 and Metro Subway

* Use of library meeting space does not constitute endorsement of this organization, this program, or its content by the Enoch Pratt Free Library.

For additional information and the dates of all BaltimoreLink travel training opportunities visit BaltimoreLink.com or call 410-539-5000.

Locations are accessible for people with disabilities. For more information or to request additional accommodations, an interpreter, this information in an alternate format or translated, please contact the department listed below.

Los sitios tienen acceso para personas con discapacidades. Para mayor información o para requerir acomodos adicionales, un intérprete o esta información traducida o en formato alterno, por favor contacte al departamento enlistado abajo.

地点方便残障人士进入。欲了解更多信息或要求其它安排、 口译服务、翻译本信息或本信息的其它格式,请与以下列出的部门联系。

Nos sites sont accessibles aux personnes handicapées. Pour plus d'informations ou pour demander des aménagements supplémentaires, un interprète, ces informations dans un format différent ou traduites, veuillez contacter le département indiqué ci-dessous.

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SPORTS

Eastern Tech girls blanked by Hereford

- By Patrick Taylor -

Eastern Tech's softball team is human after all. After starting the season with 11 straight wins (most of them convincing), the Maverick girls suffered their first loss of the season last week, a 3 - 0 defeat at the hands of Hereford.

Hereford is a decent team, and on Thursday they were simply on fire.

The game looked destined to be a pitcher's duel after the first two innings, which saw both sides unable to provide any offense. But in the bottom of the third, Hereford knocked one in on a single and a home run to give them a 2 - 0 lead. They added a third two innings later and were able to hold on through seven innings for the win.

Giving up three runs is far from a death sentence in softball, and pitcher Jodie Bronushas and company did well to keep the Hereford damage minimized. After all, a three-run lead can be wiped away fairly

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The seminar is FREE but seating is limited. Reserve your seat today by calling my office at 844-521-6700

> Can't make the Seminar? You can still order a FREE COPY

of my book from my website www.SharonChristieLaw.com/freebook

SHARON A. CHRISTIE Nurse-Attorney Author of the Unofficial Guide to Social Security Disability Claims



easily. But for the second time in as many weeks, the Mavericks just haven't looked good at the plate. Patience is king in the batter's box, and Tech didn't out enough pressure on Hereford's pitcher.

Tech battled back in their next game, upending Frankin by a score of 11 - 1. Their bats were working fine that game, as the girls put up three in the first inning and five in the fifth to bounce back from a tough loss. Sophomore Miranda Burton went 3 - 4 with a double, RBI and three runs while junior Nina Metz went 2- 4 with three RBIs.

And, once again, Tech's highly anticipated contest against Dulaney was postponed due to inclement weather. Tech and Dulaney occupy the top two spots in the *Baltimore Sun*'s Top 15 poll, though Tech's loss to Hereford saw them drop out of the top spot for the first time this season. While a Tech - Dulaney matchup might be what the people want, Mother Nature doesn't seem too keen on allowing that to happen.

Tech has three games left in the season, all of them at home. On May 4 they'll take on Kenwood at 4 p.m. and they'll face Perryville the next day at 3:30 p.m. They'll finish off the regular season on May 8 when they take on a relatively strong C. Milton Wright squad at 3:45 p.m.



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Local 'Unsung Heroes' honored by McCormick

- By Patrick Taylor -

This year's Unsung Heroes Awards, hosted by McCormick & Company, awarded 111 deserving student athletes across Baltimore County. Among the students were 20 east side residents, including Eastern Tech softball standout Jodie Bronushas and Dundalk football's Chrys Lane.

The 111 students represented 69 Baltimore area public, private, parochial and independent schools. For the first time in the banquet's history, scholarship opportunities were expanded to all high school sports, as opposed to just football and softball as was done in the past. Six scholarships are awarded to students during the night - two \$40,000 scholarships (one for a boy and girl), two \$7,500 scholarships and two \$5,000 scholarships.

Honorees are listed below by school:

Chesapeake: Armoni Baker (basketball) and Koron Nelson (football);

Dundalk: Shkuar Porter (volleyball) and Chrys Lane (football);

Eastern Tech: Jodie Bronushas (softball) and Matthew Sodeman (football);

Kenwood: Prynsess Brazzle (basketball) and Daquan Wheeler (football);

Mount Carmel: Camille Wills (soccer) and Christian Evans (basketball);

Overlea: Lauren Dewberry (soccer) and Delmonte Ward (football);

Parkville: Erin Lane (soccer) and Kyran Brandon (football);

Patapsco: Hayle Kyte (soccer) and Andrew Thompson (football);

Perry Hall: Madison Townsley (basketball) and Zach Hart (football);

Sparrows Point: Hannah Auvil (soccer) and Ethan Hoenig (wrestling).

The Unsung Heroes program recognizes unselfish student athletes and honors those who substantially contribute to the success of their school without receiving acclaim. The ceremony was established in 1940. Congratulations to all the honorees.

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



Wondering why my name is Baby? The name suits me because sometimes when I'm tired I will act like a baby, climb into your Iap, and Iay my head on you...possibly waiting for you to sing to meI I'm a happy and affectionate cuddle-bug who has quickly become a staff favorite. I know sit, down, and paw. I will do them for you when we meet, especially if treats are involved! I love to run and jump and I must admit that I jump pretty high. Maybe I'd be great at a gilify! In my previous home I lived with another dag. Please make sure when we y rear. Then for sure I'll know you're the one for me!

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org Ph: 410-833-8848



Dazzling Dezzy is my name and I'm a happy kitten looking for my forever home. I am here with my brother Paul who's a bit nervous in this environment. So it's much better for him if we stay together. We are called a bonded pair which means we get adopted together. Catnip toys and laser pointers are things we enjoy. In our previous home we lived with kids. How about coming in soon to meet two wonderful kittles?

> The adoption fee is \$100 for Baby and \$50 for Dezzy & Paul. For more information visit <u>www.bmorehumane.org</u>.

> > www.bmorehu

Sugar can be hiding in plain sight

health base weiness *ETTNESS* mental health medical

The healthcare community is increasingly pointing to sugar as one of the biggest contributors to the obesity epidemic that has affected North America. More so than fats, sugar may contribute to a number of conditions that affect overall health. The scary part is that sugar may be lurking in foods that people would not think of as "sugary."

The average American eats between 150 and 170 pounds of refined sugars per year, according to the United States Department of Agriculture. Approximately 50 percent of U.S. adults drink one sugary beverage per day, and nearly 63 percent of children between the ages 2 and 19 consume at least one sugar-sweetened beverage per day according to a study from the U.S. Centers for Disease Control and Prevention. Data from Statistics Canada states that Canadians consume roughly 110 grams of sugar each day.

Sugar occurs naturally in various foods, but added sugar, sometimes refered to as "refined sugar," is turning up in many places, increasing the average person's sugar intake as a result. The World Health Organization's official nutrition advisors state that only 5 percent of one's daily calorie intake should consist of sugars. This equates to approximately 30 grams per day. Children should have less - no more than 19 to 24 grams per day, depending on their ages. However, each day people are consuming more and more.

For those who think avoiding a slice of cake or skipping soft drinks is enough, consider these somewhat hidden sources of sugar, according to the health experts at Prevention.

• Barbecue sauce: Grilling time means foods laden with flavorful barbecue sauce. Many barbecue sauces contain up to 13 grams of sugar per two tablespoons.

• Fruit-flavored yogurt: Eating yogurt can be a healthy part of a diet, but not when it is full of sugar. One container of fruit yogurt may contain up to 19 grams of sugar.

• Granola bars: These convenient snacks can pack a sugary punch. One bar can boast 12 grams of sugar.

• Salad dressing: Dousing healthy salads with dressing may increase caloric intake and sugar consumption. French, Russian and Thousand Island dressings, for example, often have high amounts of sugar per serving size - some as many as 9 to 10 grams per serving.

• Frozen foods: In addition to high levels of sodium (used as a preservative), frozen entrees may have as many as 30 to 40 grams of added sugar per serving.

• Energy drinks: The pick-me-up energy drinks provide is largely fueled by sugar and caffeine. Some of these drinks can have a whopping 83 grams of sugar. Reading product labels is the easiest way to see how much sugar is lurking in foods. While not all sugar is bad, and naturally occurring sugar-based carbohydrates can help supply ready energy to active muscles, most sugar is made of empty calories that can pack on the pounds.



Did you know?

Individuals visit the doctor for many different reasons. Although serious illnesses or acute medical care may be seen as the primary reasons behind doctor visits, a relatively recent study from The Mayo Clinic suggests otherwise. In 2013, data published uncovered that most people visit the doctor for skin disorders. In the United States, 42.7 percent of the doctor visits studied were for skin ailments. Skin ailments were followed by joint disorders, back problems, cholesterol, and upper respiratory conditions. The group BackCareCanada says 80 percent of individuals experience pain in their spine, and medical expenditures are estimated as high as \$12 billion.

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Pregnancy and heart disease

Pregnancy is a happy time for many women, but during the nine months of gestation, conditions can develop that put moms-to-be at risk a higher risk of heart disease and stroke. According to the Heart and Stroke Foundation of Canada, preeclampsia and gestational diabetes can develop during pregnancy, potentially putting women's longterm health at risk.

• Preeclampsia: There is no known way to prevent preeclampsia, a condition related to increased blood pressure and protein in expecting mothers' urine. An increase in protein is indicative of a problem with the pregnant woman's kidneys. How to prevent preeclampsia may remain a mystery, but women who have high blood pressure or are obese before giving birth may be prone to the condition. Age also may affect the likelihood that a woman will develop preeclampsia, as women younger than 20 and those older than 40 are considered to be at greater risk of developing the condition than those between the ages of 21 and 39. The risk for preeclampsia is also greater among women who are expecting twins and those who have diabetes, kidney disease, lupus, rheumatoid arthritis, or scleroderma.

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• Gestational diabetes: Pregnancy hormones can interfere with the ability a pregnant woman's body has to use insulin efficiently. As a result, women must produce extra insulin while pregnant. If that cannot happen, then blood sugar levels can rise and lead to gestational diabetes. Gestational diabetes produces no warning signs, so women must ensure their glucose levels are monitored throughout their pregnancies.

• Stroke: Women can suffer from stroke at any time during their pregnancy. Preexisting conditions, such as blood vessel malformation or eclampsia, are often the culprits when pregnant women or new mothers suffer strokes.

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Safeguard your eyes against computer vision syndrome

Technology has simplified life in so many ways. Thanks to their tablets and smartphones, many people now have a wealth of information at their disposal 24 hours a day, seven days week.

Computers, tablets and smartphones can now be seen just about everywhere, so it's no wonder that studies have shown that as much as 90 percent of computer users have reported symptoms of computer vision syndrome, or CVS. Sometimes referred to as "digital eye strain," CVS is, according to the American Optometric Association, an umbrella term used to describe a group of eye and vision-related problems that result from prolonged computer use. Manhattan Vision Associates notes that such problems can arise in people who spend two or more hours daily in front of a screen, a qualifier that means just about anyone, from working professionals to children, is susceptible to CVS.

What are the symptoms of CVS?

No two individuals are the same, and some people who spend significant amounts of time may never develop CVS. But those who do may experience the following symptoms.

• Eyestrain: When people spend ample time staring at screens, the muscles of their inner eyes can strain and tighten and cause eye irritation. This can result in fatigue and pain.

• Blurred vision: Blurred vision can compromise a person's ability to see small details. That loss of sharpness can make it hard to focus on a screen for a significant amount of time. In addition, vision can blur as people go back and forth between their keyboards and screens or multiple screens, as many people do while simultaneously working on a computer and using their smartphones.

• Headaches: Many people develop headaches after staring at screens for prolonged periods of time. That's because the brightness and contrast of a screen can produce an indirect glare that's especially hard on the eyes.

• Dry eyes: People do not blink as often when staring at screens as they do when they are not looking at screens. As a result, people are vulnerable to dry eyes when staring at screens, as blinking is one of the ways the eyes replenish moisture.

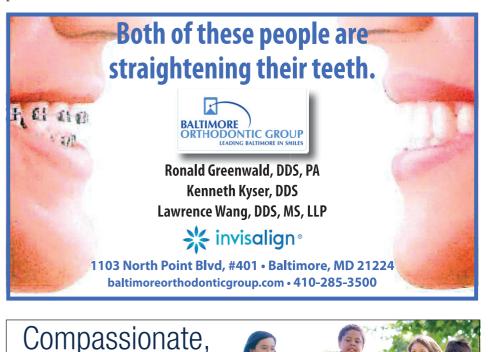
Can CVS be prevented?

While some people may be inclined to accept CVS as a side effect of living in the 21st century, there are ways to prevent CVS. • Take frequent breaks. The AOA recommend that people alleviate digital eye strain by following the 20-20-20 rule. This rule advises taking 20 second breaks to stare at something 20 feet away every 20 minutes.

• Reposition your computer screen. The AOA notes that the optimal location for computer screens is between 15 and 20 degrees below eye level, or about four to five inches, as measured from the center of the screen. In addition, position the screen so it is between 20 and 28 inches from your eyes.

• Avoid glare. Computer screens also should be positioned to avoid glare from lighting and windows. Draw blinds or drapes if sun is shining in on the screen, and opt for low wattage light bulbs in desk lamps.

The average time people spend staring at screens continues to rise, making CVS a legitimate concern for adults and children alike.



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How common is carpal tunnel syndrome?

Increased hours spent on computer keyboards and digital devices can put people at risk for a relatively common and oftentimes painful condition that affects mobility in the wrist. Carpal tunnel syndrome, or CTS, can cause numbness, pain and tingling in the hand or arm as a result of one of the major nerves of the hand - the median nerve - being compressed in the wrist.

The American College of Rheumatology says that CTS may be the most common nerve disorder experienced today, affecting between four and 10 million people in the United States alone. Middle-aged to older individuals are more likely to develop CTS than younger persons, and females are diagnosed three times more frequently than males.

What is the carpal tunnel?

The carpal tunnel is a passage that forms in the wrist on the palm side of the hand. It is located just beneath the skin surface. The National Institute of Neurological Disorders and Stroke says the carpal tunnel is a narrow, rigid passageway of ligament and bones. Eight small wrist bones form three sides of the tunnel. The width of the tunnel is only about an inch. Injury or inflammation to the tissues inside of the carpal tunnel can shrink the space







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of the tunnel, eventually pressing on the tendons and the median nerve that runs through this narrow area.

The role of the median nerve

When compression occurs in this area of the wrist, a key nerve is affected. The median nerve originates in the neck and runs through the arm. The median nerve passes through the carpal tunnel at the wrist and goes into the hand, providing feeling to the palm side of the thumb and to the index, middle and part of the ring fingers (although not the little finger). It also controls some small muscles at the base of the thumb.

Symptoms of carpal tunnel

Weakness of the hand as well as tingling and numbness are the two most common symptoms of CTS. The numbness particularly affects four of the fingers. It can occur when holding a phone, book, newspaper or steering wheel or engaging in just about any activity that involves the hands. CTS also may wake a person up from sleep.

There are a number of other compression issues that can occur in the hand and arms, causing similar pain and tingling in other areas. Ulnar nerve compression in the elbow can cause part of the ring finger and pinky finger to tingle and may be indicative of a different ailment. That's why a professional diagnosis must be sought when experiencing symptoms related to CTS.

Did you know?

Studies have shown that music can have a beneficial impact on both mental and physical health. In a meta-analysis of 400 studies, researchers at Mc-Gill University in Montreal found that music can reduce stress and boost the immune system. That's because listening to music increases the body's production of immunoglobin A, an antibody that plays an critical role in the function of the immune system and cells that attack viruses. A 2013 study even found that music can help children during visits to the emergency room. Researchers at the University of Alberta studied 42 children between the ages of 3 and 11, discovering that those who listened to relaxing music while having an IV inserted reported less pain than children who did not listen to music. In addition, children who listened to music during the administration of the IV exhibited less anguish than the children who did not listen to music.

Myths about autism

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Autism spectrum disorder, or ASD, is a class of neurological conditions present from early childhood and is often identified through difficulty communicating, using language and understanding abstract concepts. The organization Autism Speaks says that an estimated one out of 42 boys and one in 189 girls are diagnosed with autism in the United States. Autism is now diagnosed in roughly one out of every 68 children in Canada, and has become the fastest growing and most commonly diagnosed neurological disorder in that country.

ASD is estimated to affect tens of millions of people worldwide. But even though ASD is widely recognized, studied and discussed, myths and misconceptions about the disorder continue to circulate. Shedding light on how ASD can help caregivers, peers and anyone who routinely interacts with individuals who fall on the spectrum.

ASD is not a single disorder

Although autism and ASD are often used interchangeably, these names do not define one specific disorder. ASD is now an umbrella term that includes autism, Asperger syndrome, pervasive developmental disorder, childhood disintegrative disorder, and Rett syndrome, according to the Diagnostic and Statistical Manual of Mental Disorder, 5th edition (DSM-5) revised in 2013. ASD is often perceived through communication deficits that can include misinterpreted or nonverbal interactions.

People with ASD can understand and express emotion

Although communication troubles may be present, those with ASD can and do feel emotions. But they may not be able to express these emotions the same way as others do. Also, just because someone has ASD doesn't mean he or she is unable to understand the emotions of others. Rather, the person may need firm and direct indications of how another person is feeling to understand. Reading body language or tone of voice alone may be inadequate to someone with ASD. School-aged children can learn from this, recognizing that someone with ASD may want to have friends and socialize, but he or she may not know how to facilitate these engagements.

ASD does not produce carbon-copy symptoms

Characteristics of ASD can vary widely from person to person. One person's limitations may not be present in another.



ENTERTAINMENT

'LOST CITY OF Z' gets an A from Durgin

- By Teddy Durgin -

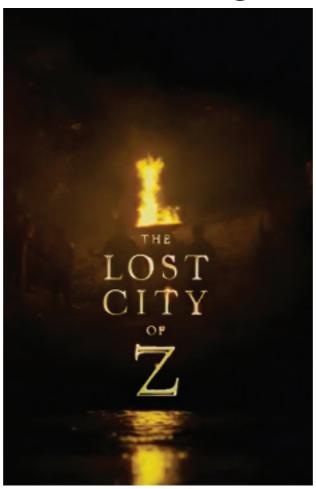
It's kind of surprising nobody in Hollywood, or even in Britain's movie industry, has done a Percy Fawcett movie until now. After all, the British explorer and his pre- and post-World War I exploits in the Amazon jungle not only became the stuff of real legend in the decades since, they also clearly inspired the big-screen, "fortune and glory" adventures and misadventures of Indiana Jones. Fawcett, himself, I would imagine was probably inspired somewhat by author H. Rider Haggard's great fictional adventurer Allan Quatermain as he looked to find and plunder King Solomon's mines and more.

But Fawcett was the real deal, and he really and truly believed he found evidence of an ancient, advanced civilization while mapping then-uncharted Bolivia - a lost city that pre-dated anything the white aristocracy of Mother England were willing to acknowledge in his time. He began to believe in this lost city of gold. It became his mission and eventually his obsession to find it. No matter what life threw at him - marriage, fatherhood to three kids, World War I service - Percy never stopped yearning, never stopped needing to get back to Amazonia.

"The Lost City of Z," written and directed by James Gray, is a remarkable adventure movie, shot in a traditional, old-school style on 35mm film and performed by a group of actors who really do look plucked out of time. Yes, folks, even Robert Pattinson that sparkly, dreamy bloodsucker from the "Twilight" movies - acquits himself well here as Percy's introverted, but fiercely loyal aide-de-camp. Sienna Miller also works wonders with her long suffering wife role, proving that behind every great man who leaves his family for years at a time to wander distant jungles is an even greater woman left behind to keep the home fires burning.

Charlie Hunnam plays Percy, and it was a role originally slated for Brad Pitt (who was a producer on this). You can clearly see what Pitt would have done in the part, gotten all furry in the face and smudgy everywhere else with jungle grit and battlefield grime. You can also see elements of what Heath Ledger might have done with this part had he still been alive and offered Fawcett. But Hunnam is impressive in showing the steady page turns of the life of an explorer, who starts off young and brash and full of ego to an aging man humbled by war and experiencing exotic, far away cultures most of his contemporaries dismiss as jungle savagery.

My one big gripe with the film is that it tries to make Percy Fawcett too perfect by our standards today. In some scenes, he is given the progressive mindset of a bullhorn-wielding Trump protestor circa 2017 rather



than a British social climber circa 1917. He is almost always right, too. An opening hunt sequence (thrilling in its editing and cinematography) has Percy as the only member of the hunting party breaking off from the pack, braving uncleared land and getting the best shot at a fleeing buck. And he almost never shows any fear, whether it's a snake at his feet, a black panther within earshot, or cannibals who invite him to Sunday dinner.

It's not a killing flaw, though. Hunnam is a bona fide lead here and not just a poor man's Pitt or Matt Damon. And the rest of the film - from the locations and cinematography to the writing and performances - are top notch. And Gray expertly moves from high-class costume drama to jungle trek adventure to grim war film throughout the film's two-hour and 20-minute running time. And he ends this film with one final image that is among the most haunting of any film I've seen in recent memory. This "Lost City" is in limited release, folks, and I hope you venture out and discover it soon!

"The Lost City of Z'' is rated PG-13 for violence, some disturbing images, language and nudity (mostly of the "National Geographic" variety).



BCPL events for May

All branches: Free comic book day! Saturday, May 6, 9 a.m. - 5:30 p.m. Visit any Baltimore County Public Library branch and get a free comic book. While you're here, check out our wide selection of graphic novels and comics. One free comic per school age customer. Sponsored by Collectors Corner.

North Point Branch: Meet the Author with Ed Norris, Tuesday, May 9, 6 - 7:30 p.m. Former Baltimore Police commissioner, current radio personality and author Ed Norris visits to discuss his new autobiography Way Down in the Hole.

Essex branch: A Brief History of Essex and Middle River, Monday, May 15, 7 - 8 p.m. Information on Essex and Middle River history is presented by the Heritage Society of Essex and Middle River. A Q&A session and book sales to follow.





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ENTERTAINMENT

Teddy mourns 'Silence of the Lambs' director Jonathan Demme

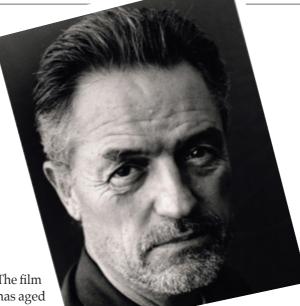
- By Teddy Durgin -

The temptation in writing an obituary for the great director, Jonathan Demme, is to focus too much on what was clearly his best and most impactful film, "The Silence of the Lambs." And with all apologies to "Philadelphia" and "Married to the Mob," I'm going to give into that temptation. You can't over-state the greatness that its "The Silence of the Lambs." It's one of only three films in history to win Best Picture, Best Actor, Best Actress and Best Director. It's also a horrorthriller, and those films almost never win major awards. It also was a film that was released in February of its year. And it won Best Picture?! Thirteen months after release?! That might not ever happen again.

And as much as Anthony Hopkins and Jodie Foster have gotten praised over the years and given most of the credit for the film's success and legacy, I find it very heartening that in the week since Demme's untimely passing that he is getting his just due for what he brought to this now-classic motion picture. In my book, the most impressive thing to date about "The Silence of the Lambs" is its lack of flash. There are very few visual flourishes throughout. No swooping camera crane shots. No hyper-kinetic editing tricks. There are no major car chases or big-time stunts.

It's a film about characters and dialogue. There is a TON of information conveyed during the film's tight, TIGHT one hour and 58-minute running time. But the minimalist filmmaking style is absolutely gripping. What do I mean by that? Very simple. Re-watch the movie. Behold how many shots in the film are tight, very tight close-ups of the characters' faces talking just to the left or right of the camera lens. Demme puts us right in the faces of Clarice Starling, Jack Crawford, Dr. Hannibal Lecter, Jame "Buffalo Bill" Gumb, and all of the supporting characters. This technique, for one, relies on the actors to tell this dark, twisted story of a young FBI cadet who must confide in an imprisoned, highly manipulative serial killer in order to catch another serial killer. But, more importantly and on an almost subliminal level, you feel like these characters are talking directly to you... or, at the very least, you're right there in those rooms with them.

Thanks to Demme's direction, "The Silence of the Lambs" is an absolutely immersive viewing experience.



The film has aged extremely well, and it's one of

Jonathan Demme

those nail biters that I am glad was made in an age before cell phones and GPS tracking devices and satellite surveillance took over the cat-and-mouse thriller genre. Now, everything pretty much has to be about the tech, and a lot of personality and tension gets robbed as a result.

I saw "The Silence of the Lambs" in February 1991 with my future wife, Bonnie. We were both college students back then. At the time, Operation Desert Storm was going on and we knew a few kids from our high school class who were over there. It was a tense time, and we needed some release. We didn't get it with "The Silence of the Lambs!" We came out of that film thoroughly disturbed, unnerved and in need of a good



burger and fries at our local diner.

It actually ended up being one of the most memorable movie nights of my life. The wife held my hand for the first time... well, it was more like she dug her nails into my forearm... but it was actual physical contact, so I counted it.

I doubt we mentioned Jonathan Demme in our conversations after. But we should have. And he did go on to win the Oscar and receive a number of accolades for his direction. Two years later, he would follow up with the seminal AIDS film, "Philadelphia." And, yes, I loved his "Something Wild" and even got into some of his later work like "Rachel Getting Married." He never really returned to the horror-thriller genre, which is kind of amazing in and of itself. But then again, Jonathan Demme was amazing. He was 73.



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SPOTLIGHT

Chicken Dinner

Gunpowder VFW Post 10067 Auxiliary, 6309 Ebenezer Road in Middle River, will hold a chicken dinner from 5 to 7 p.m. Friday, May 5. The menu will include chicken, mashed potatoes, stuffing, vegetable, dessert and coffee or iced tea. The cost is \$12. For more information, call 410-335-8933.

DCT Presents 'Shrek'

Dundalk Community Theatre, in residence at The Community College of Baltimore County's Dundalk campus, will conclude its season with "Shrek." Performances will be held at 8 p.m. on Friday and Saturday, May 5 and 6, and at 3 p.m. Sunday, May 7. A family-friendly matinee show has been added at 2 p.m. Saturday, May 6. Tickets cost \$25 for adults, \$22 for senior citizens and \$17 for students, DCT actors and children 12 and under. To reserve tickets, call the CCBC box office, 443-840-2787.

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The White Marsh Volunteer Fire Company will host a Stop, Drop and Eat food truck rally on Saturday, May 6, from 4 - 8 p.m. at its station, 5419 Ebenezer Road in White Marsh. The event will include food trucks, raffles, tours and other activities. Proceeds benefit White Marsh VFC. Tickets cost \$5.73 each and can be purchased online at www.event brite.com/e/stop-drop-eat-tickets-32806011664.

Basket Bingo

St. John's Lutheran Church will hold a Longaberger basket bingo at 7 p.m. Saturday, May 6, at St. Ursula auditorium, 8900 Harford Road in Parkville. Doors will open at 6 p.m. Tickets, which include 20 regular games, cost \$15 in advance and \$18 at the door. Food and drinks will be sold. Proceeds will benefit the youth group's mission trip to Kentucky. For more information call the church office, 410-665-1234, or Tony Jasinski, 443-474-2727.

Bowleys Quarters Yard Sale

The Bowleys Quarters Community Association will hold a yard sale from 8 a.m. to noon Saturday, May 6, behind the Long Beach Oyster House, Bowleys Quarters Road and Susquehanna Avenue in Middle River. Vendor table space costs \$20. To donate items for sale or for more information, call Ron Walper, 443-250-2042. All proceeds benefit community social and family welfare programs.



Fledgling Eagles



Wyatt Hartman and Zane Bosserman of Boy Scout Troop 427 were recognized recently for achieving the rank of Eagle Scout. The boys, who have been involved in scouting since they were in first grade, completed service projects that benefited Hughes Memorial Presbyterian Church and Wells-McComas VFW. In addition to many friends and family members, the new Eagle Scouts were feted by State Senator Johnny Salling and representatives of State Delegates Ric Metzer and Bob Long and U.S. Representative Dutch Ruppersberger. Pictured are (front row, from left) new Eagle Scouts Wyatt Hartman and Zane Bosserman, (back row, from left) Eagle Scouts George Wisniewski Jr. and Justin Schoeberlein, Assistant Scoutmaster Paul Sikorski, former Scoutmaster John McConnell, Eagle Scouts James Grace and Kyle McConnell, Civil Air Patrol Commander John Knowles and Eagle Scout Chuck Frey.

Hiss UMC Flower Sale

Hiss United Methodist Church, 8700 Harford Road in Parkville, will hold its annual flower sale from noon to 4 p.m. Thursday, May 11, and 8 a.m. to 1 p.m. Friday and Saturday, May 12 and 13. The sale will include hanging baskets, annuals and tomatoes. All proceeds will benefit the church's mission trip to Honduras in July.

Essex-Holly Neck VFW Karaoke

Essex-Holly Neck VFW Post 2621, 206 Riverside Road in Essex, will host PJ Karaoke at 8 p.m. Friday, May 5. The kitchen will be open until 9:30 p.m.

American Legion Bingo Luncheon

American Legion Post 130 Ladies Auxiliary, 8666 Silver Lake Drive in Perry Hall, will hold a luncheon bingo Monday, May 8. The cost is \$16 for lunch and bingo, \$14 for bingo only. Free coffee and water; soda is \$1. Doors open at 10:30 a.m., lunch will be served from 11 to 11:50 a.m. and bingo will start at noon.



Not affiliated with any other restaurant. Reservations recommended. Parking on our lot

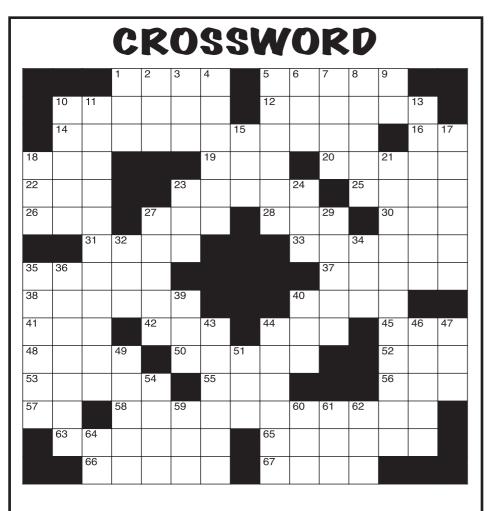
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CLUES ACROSS

- 1. Hot meal
- 5. Razor clams
- 10. Blood-sucking African fly
- 12. Chauvinists
- 14. Windy City football player
- 16. An alternative 18. Federal Housing
- Administration
- 19. Styles hair
- 20. Arabic female name
- 22 Paddle
- 23. Area once separated from Germany
- 25. Marketplace
- 26. Gode Airport
- 27. Upset
- 28. Where wrestlers sweat
- 30. Garland
- 31. Robert ___, poet
- 33. An iPad is one 35. Fruit of the oak tree

CLUES DOWN

- 1. Type of whale
- 2. Type of medication
- 3. Land of the free 4. Formed an opinion of
- 5. Logo
- 6. No (Scottish) 7. Leaves tissue
- 8. Sacred state to Muslims
- 9 Thus
- 10. African nation
- 11. Someone who has a stake in
- 13. Parties
- 15. Subsystem producers
- 17. Large, flightless birds
- 18. Compromises visibility
- 21. A ballet enthusiast
- 23. More (Spanish)
- 24. Skeletal muscle
- 27. Hands (Span.)
- See Solution, page 22

- 37. Della , singer
- 38. Women's clothing retailer
- 40. Mailed
- 41. Largest English dictionary (abbr.)
- 42. Pouch
- 44. Radioactivity unit
- 45. Month
- 48. Nanosecond
- 50. Domestic
- 52. What a boy becomes
- 53. Breezes (anc. Greek)
- 55. Jogged
- 56. At the stern
- 57. Lawrencium
- 58. Destructive to both sides
- 63. Arterias
- 65. Removes
- 66. Pretentious people
- 67. Tropical Asian plant
- 29. Weighed
- 32. Businessman
- 34. Famous clock Big
- 35. Unkeyed
- 36. Break between words
- 39. Ink (slang)
- 40. Disappointed
- 43. Stroke
- 44. Curdled milk
- 46. Restaurants
- 47. Explosive
- 49. Type of terrier
- 51. Disfigure
- 54. Innermost cell layers
- 59. Bar bill
- 60. Distinct period of history
- 61. Mode of transportation
- 62. Equal (prefix)
- 64. Operating system

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