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VERSE OF THE WEEK -
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**County responds to rat complaints,
 funds more exterminators**



Residents from communities in Dundalk, Essex and Middle River attended the March 21 Baltimore County Council session and four others to advocate for more to be done about the growing rat infestation in their neighborhoods. Photo by Patrick Taylor.

- By Devin Crum -

For five straight County Council sessions through March and April, eastern Baltimore County residents flooded the Council chambers to inform their representatives of the true extent of the rat infestation in their neighborhoods and the effects it has on their lives.

Residents from communities throughout Dundalk, Essex and Middle River testified before the Council their experiences with rats, facts about them and suggestions of how the county should deal with the problem.

And following these sessions, administration officials announced last week that the county would be adding three

more rat extermination teams to help combat the growing infestation.

And to fund the effort, the administration has added \$100,000 to the code enforcement budget which is specifically earmarked for rat extermination, according to county spokesperson Ellen Kobler.

County Code Enforcement Supervisor Lionel van Dommelen noted that the county currently has one crew contracted under Big Dan the Pest Man and now four under Home Paramount. He said they are working with a third contractor as well, but could not name them because they county has not yet entered into a contract with them.

"A little more than a year ago, we

recognized that there was more room in the budget for rat extermination," van Dommelen said.

Extermination teams were getting paid \$5 per treated property and \$250 per treated storm drain. "So we had quite a bit of room for stepped-up efforts," he said.

According to van Dommelen, the extermination teams go out and inspect properties for evidence of rat activity, mark them accordingly, and perform the exterminations. Each crew is handling two neighborhoods per week, then they will go back two weeks later to re-treat it.

"And if these exterminators feel the
 - see **RATS** on page 6 -

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Budget includes funding for air conditioning in final three District 6 schools

- By Devin Crum -

The fiscal year 2017 budget, as proposed by Baltimore County Executive Kevin Kamenetz, would see all schools in the Sixth District air conditioned by 2019.

Before this year's budget, only three schools in the district - Orem's Elementary, Middle River Middle and Golden Ring Middle - remained without a projection to receive air conditioning.

But as noted by County Councilwoman Cathy Bevins, who represents the district, the FY '17 budget includes \$2.475 million for air conditioning at Orem's Elementary School, to be installed by August of 2018. Further, it lists Middle River and Golden Ring Middle Schools as slated to receive funding for air conditioning by 2019.

In addition, Chase Elementary and Hawthorne Elementary in Middle River, and Villa Cresta Elementary in Parkville, will have air conditioning installed by August of this year, Bevins said. And Oakleigh Elementary and Pleasant Plains Elementary Schools will receive air conditioning by August 2017.

Although those last two schools are not located in her district, Bevins pointed out, District 6 students attend them.

Other school-related funding in this year's budget includes nearly \$15 million towards a replacement elementary school at Victory Villa, which is scheduled to open in the fall of 2018, as well as funding for replacement roofs at Parkville High School and the Rosedale Center.

The Community College of Baltimore County's Essex campus will receive funding for various projects as well, including new turf and renovations in the Health and Technology Building.

- see **BUDGET** on page 7 -

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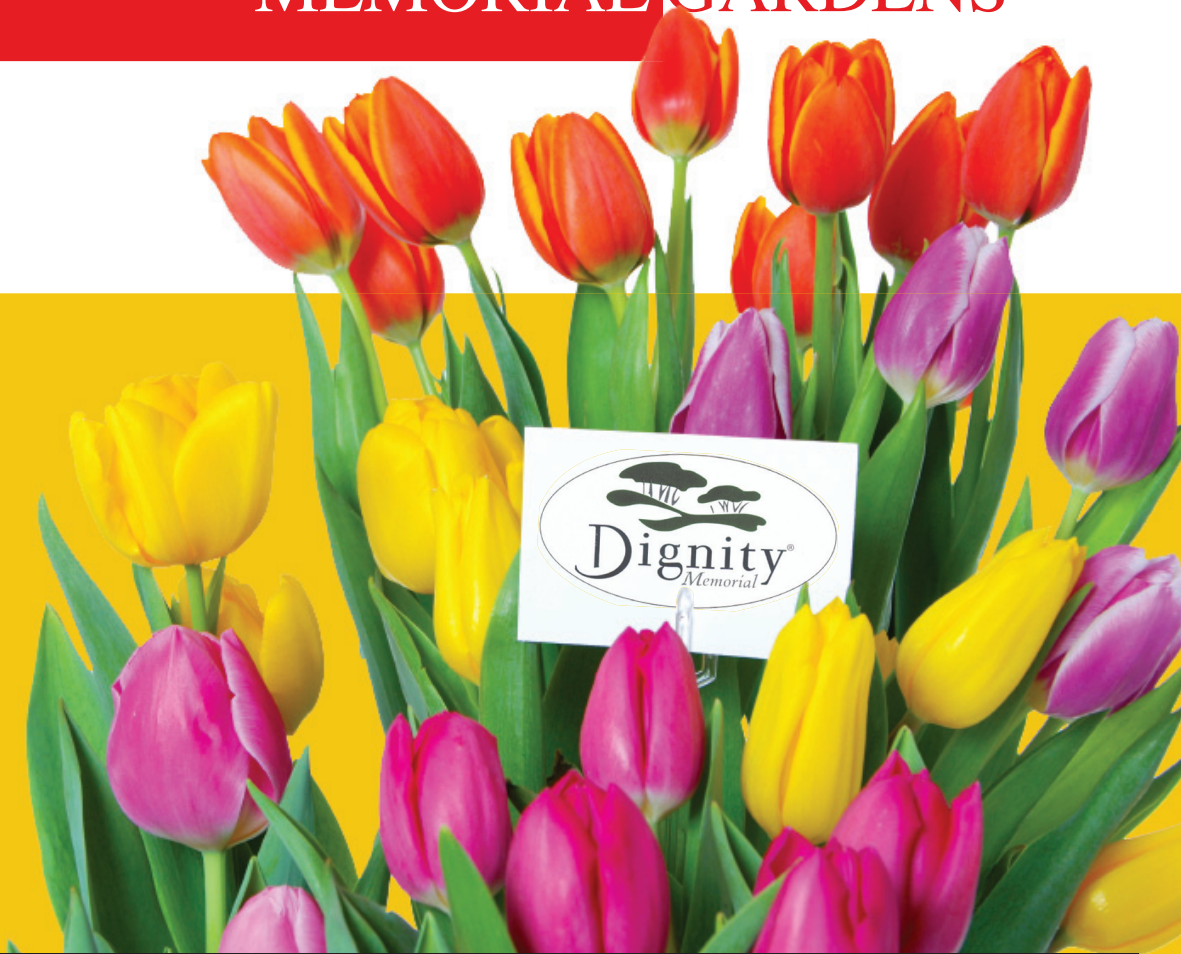
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Fullerton Reservoir water filtration plant expected to begin construction in 2022

- By Devin Crum -

While Baltimore County remains on schedule to build three finished water storage tanks as part of the Fullerton Reservoir project, the site may not see a completed water filtration plant until 2028.

In December 2014, the *East County Times* reported updated details of the more than 50-year-old plan to construct a new reservoir facility on a 247-acre site between Ridge and Bucks Schoolhouse Roads in Fullerton. The plan is slated to include three storage tanks to add approximately 62 million gallons of finished water storage capacity to the Baltimore water system on the southern portion of the site, as well as a water filtration plant on the central and northern portions.

Baltimore County, which is managing the construction of the storage tanks, is expected to begin construction this fall and complete them in 36 months. And it was reported previously that Baltimore City could begin construction of the filtration plant as early as 2019.

However, Baltimore County Councilman David Marks, who represents Fullerton, announced on Wednesday, April 27, that the start date for that portion of the project has been pushed back to at least May 2022.

The Baltimore City water system, which supplies potable water to most of the Greater Baltimore metropolitan region, consists of three water filtration plants: Montebello I, Montebello II and Ashburton. The Montebello plants - placed into service in 1915 and 1928,

respectively - are rapidly approaching the end of their useful lives with the historic buildings that house them becoming prohibitively expensive to maintain and the filtration technology performing well, but far from state-of-the-art, according to the city's Director of Public Works, Rudolph Chow.

"Due to the capacity needs of the system, neither of the Montebello plants can be fully taken offline at any time for a much-needed overhaul until a new water filtration plant is built," Chow wrote in a letter to Marks.

When completed, the new Fullerton plant would be able to replace one of the Montebello plants or add capacity and redundancy to the system, he said.

The Fullerton plant would also be built with the best available technology,

which would allow it to adequately treat water coming from the Susquehanna River, from which the system will need to draw in the future, according to population growth projections.

Chow noted that the city's current water sources - two impounded reservoirs on the Gunpowder River and one impounded reservoir on the North Branch Patapsco River - are well-protected and high quality, leading the water to be easily treated by the Ashburton and Montebello plants.

"In the event that the city needs to use its allocated capacity from the Susquehanna River Basin Commission, the Fullerton plant would be equipped to handle the higher contamination loadings that come from that source," he explained.

Design for the Fullerton plant is scheduled - see **RESERVOIR** on page 8 -

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Kingsville Park fields scheduled to be improved in 2017

- By Devin Crum -

Baltimore County Councilman David Marks announced on Wednesday, April 27, that long-needed improvements will move forward in Kingsville Park in 2017.

The park - a 23-acre facility at 11700 Franklinville Road in Kingsville - has experienced problems with flooding, standing water and erosion of the athletic fields going back several years.

The project involves stabilizing the fields and improving drainage at an estimated cost of \$636,500 and will be funded through General Fund money under the category of "recreation facil-

ity renovations," according to Marks.

Marks originally announced the improvements in January 2015, along with renovations and routine maintenance for all of the baseball diamonds in the park. But design for the project has taken longer than expected due to the conditions at the site which created the need for hydrological studies.

The design for the project is approximately 95 percent complete, Marks said, and the Department of Public Works will send it out for construction bids. The winning bidder will then construct swales to collect rain water and stabilize

the fields.

"Mainly it's to correct the erosion on the site," Marks explained.

The current plan is to have fields ready by spring 2017. And in conversations with

Department of Recreation and Parks staff, Councilman Marks has asked that every attempt be made to accommodate sports teams that use the fields.

- see **KINGSVILLE** on page 7 -

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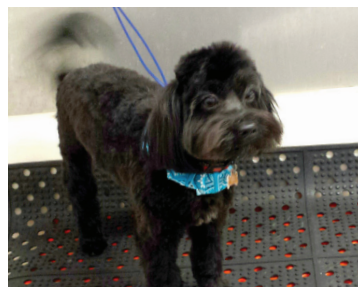
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NEWS

RATS

- continued from page 1 -

need to go back a third or even a fourth time, we will authorize that as well," van Dommelen explained.

He pointed out as well that his department performs code enforcement sweeps in support of the extermination treatments, typically within a week before and after the treatments.

Councilpersons Cathy Bevins and Todd Crandell, who represent the affected communities on the east side, applauded the administration's announcement as a positive response to their advocacy on behalf of their constituents.

"These people know there needs to be a joint effort between citizen activism and government action," Bevins commented. "I'm glad they now see that their government has been listening."

According to department records, several east side neighborhoods have been treated with rat poison since the start of this year.

Hawthorne was treated twice, on Jan. 11 and April 18; West Inverness was treated twice, on Feb. 22 and March 14; Berkshire once, on Feb. 29; Eastwood twice, on March 21 and April 4; Colgate twice, on March 21 and April 4; Logan Village and Eastfield/Stanbrook each once, on April 18; and Middlesex twice, on April 18 and Monday, May 2.

However, Cliff O'Connell, one of the community organizers who spearheaded the rat awareness campaign, was more conservative with his praise for the county's and exterminators' actions so far.

He told the *East County Times* that he walked through Middlesex after treatments Monday to check up on the work that had been done and was "not too excited" about what he saw, noting that many rat holes he observed did not appear to have been treated properly.

O'Connell acknowledged that he is no expert, but he has researched the way the poison is supposed to be applied, which includes putting an adequate amount deep into rat holes and then collapsing them to trap the rats inside.

Pointing at one of the county contractors in particular, he said some yards which were marked as treated had very little or no poison in the holes and none of the holes had been collapsed or sealed.

He did speak highly of another contractor, though, which he said appeared to have done everything correctly.

David Patro, another community leader from the North Point Village neighborhood, commended the added funding and efforts by the county stating, "It think it's great; the more teams they have out there the better. Right now we're losing the battle with that."

But he shared some of O'Connell's concerns about the thoroughness of the treatments by the exterminators.

"I was told every rowhome would be inspected," Patro said. "Right now I'm only seeing one or two - no more than 12 in a block [of 52 homes]. They're missing a lot of houses."

Patro also thinks there should be a citizen review board for the issue to hold the exterminators accountable and help

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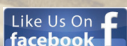
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BUDGET

- continued from page 2 -

The Health and Technology Building renovations will total more than \$1.7 million, and \$500,000 has been earmarked for the new turf.

Additionally, the budget includes a \$650,000 appropriation to be used for the Campbell Boulevard Extension between Pulaski Highway and Philadelphia Road.

Bevins stressed, though, that the budget process is ongoing and they are still combing through it to see what is there. And although she had mentioned things like dredging the Bird River and connecting parks in Middle River as her highest priorities, the fact that they have not found them yet does not mean they are not funded in some way.

KINGSVILLE

- continued from page 2 -

Additionally, Marks hopes to see further upgrades done in the park in the future, such as renovations of the snack stand and the restrooms.

"There are a lot of things I'd like to see done at this park; it's an old park," he said. "But the primary focus for the rec. council [right now] is correcting the field erosion.

"I would like to thank County Executive Kamenetz and his staff for supporting this project, especially Director of Recreation and Parks Barry Williams," the councilman commented. "The improvements are long overdue and should improve the use of this important park."

to coordinate efforts with the community.

"It would be a lot better if they would open up to the community a little bit more and let us go on the exterminations together," he said.

Patro was concerned that the rats were in the city when he grew up there, but not in Dundalk until 10 or 15 years ago. And now they are even spreading to more rural communities like Edgemere.

"The sad part is it's not being controlled," he said. "Sooner or later, the whole state of Maryland is going to have rat problems because they just keep spreading."

O'Connell was encouraged, though, after speaking with someone from the county executive's office and hearing that they are looking into how well treatments are applied.

And he said Councilman Crandell is aware of the issues and has been working with him to address them.

"The county and the councilman really seem like they want to get this issue solved." O'Connell said.

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RESERVOIR

- continued from page 4 -

uled to begin in July 2018, with construction taking place between May 2022 and May 2028. The combined cost for design and construction is anticipated to be about \$470 million, with an additional \$29.5 million forecast for post award services and inspections. This cost is to be funded 56 percent by Baltimore City and 44 percent by Baltimore County.

Marks surmised that the reason for

the project's delay is funding, citing the nearly half-billion-dollar cost.

"That's a major amount of money," he said.

The finished water storage tanks are to be funded jointly by Anne Arundel, Baltimore and Howard Counties and Baltimore City at an estimated cost of \$78 million.

In his letter, Chow also thanked Marks for his statement that he "will not jeopardize the Fullerton Water Filtration Plant

project through zoning action."

As part of the 2016 Comprehensive Zoning Map Process, Marks initiated the reservoir property as a potential zoning issue, which he said stimulated a discussion about the future of the site.

According to Marks, there had been concern from some residents in southern Perry Hall that the property - owned by Baltimore City and Baltimore County - could be sold off and developed if the project was no longer going to be built.

As a result, Marks had considered putting the Neighborhood Commons overlay on top of its current DR1 (one home per acre allowance) zoning.

But Marks said he received assurances that the plant will be built on the site, so he will not change its zoning.

"I appreciate Baltimore City's discussion with me about the future of this property," Marks commented, "and I hope for continued dialogue as the design advances for this project."

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The good, the bad and the ugly

- by Delegate Pat McDonough (R-7) -

As usual, the 90-day session of the Maryland General Assembly could be characterized as the good, the bad and the ugly. Let us address the bad and the ugly first. The Democrat majority unleashed a three-pronged attack against the Governor, public safety and business. The most devastating attack was in the arena of criminal justice and public safety. You will hear glowing reports about the so-called Justice Reinvestment Act, which is designed to allegedly save money by releasing a flood of criminal offenders into our neighborhoods. The legislative advocates for criminals passed a whole host of new laws that would reduce sentencing and promote early release, including drug dealers. In many cases, drug treatment and guaranteed jobs are part of the package. Governor Hogan's veto of the law that would permit convicted felons to vote, even before their sentences are complete, was overridden. Two major targets of the criminal advocates were law enforcement and firearm owners. One useless bill would create gun-free zones on college campuses. Another law would reduce the existing Police Bill of Rights.

Once again, I introduced the Criminal Gun Control Act. This common sense proposal would require that any act

of violence committed by the use of a firearm would result in a 10-year automatic sentence. This idea was a move in the right direction towards the real and honest attempt to prevent gun violence. The defense attorneys and criminal advocacy legislators on the Judiciary Committee defeated the bill. Another important effort to protect the public was my Sanctuary Prevention Act. This bill would mandate that prisons and jails provide a 10-day pre-release notification to the federal immigration service when an illegal immigrant was going to be released from a Maryland facility. The Judiciary Committee, as usual, protected the criminal and defeated the bill, 11 to 8 in votes.

Before I move on, I think it is important that my legislation, entitled The Voter Fairness Act, should be brought to your attention. Literally thousands, or even more, illegal immigrants are voting unlawfully in our state. The jury clerks have revealed that many illegal immigrants are being called in for jury duty because they are registered to vote in Maryland. These unlawful voters are being struck by a sense of honesty and they are signing legal documents at the jury office admitting that they are ineligible to vote because they do not want to serve jury duty. This is clearly a smoking gun indication that

the Maryland voting system is corrupt. Present Maryland law requires the jury office to forward this information to the State Election Board which should remove the offender and turn this data over to the state prosecutor. This chain of events is not happening. Some of these violators are remaining on the rolls and still voting after they have been discovered. My legislation would have mandated the swift enforcement of the present law and eliminated the problem. The Judiciary Committee voted in favor of corruption and rejected voter integrity. I pledge to continue to pursue this matter in the future through the criminal and civil systems until it is fixed.

As national publishers, like Forbes Magazine, continue to rate Maryland as one of the most unfriendly business states in the nation, legislators push hard to confirm that designation. One of the harshest environmental-energy mandates was passed which creates more costs for taxpayers, the elderly and especially small business. Legislation attacking small business, such as paid sick leave, equal pay policed by the government and a government-run retirement program forced upon private enterprise, was passed. Fortunately, the sick leave bill failed in the Senate.

All of the attempts to lower taxes, which the Governor and the Republican

caucus championed, were defeated. That obstruction is just part of the partisan attack on the Governor and his agenda. A number of bills removed the authority of the Governor to appoint citizens to different public boards. A major transfer of the authority on transportation matters was confiscated from the Governor's traditional authority, creating a chaotic administration of our transportation programs in Maryland.

Some good news! The Governor's budget passed easily with unusual cooperation by the Democrats. Baltimore and Harford Counties experienced some success. Our 7th district delegation was able to pass legislation for the fallen police officers in Harford County with the Deputy Daily and Longston Memorial Act which will provide pension benefits for the children of law enforcement officers killed in the line of duty, if there is not spouse to receive these benefits. I fought against a bill that would promote and expand Section 8 housing. The bill would have forced landlords to provide Section 8 housing in all of their properties which, I believe, to be unconstitutional. My efforts continue in the campaign to stop the attack on the quality of life in Baltimore County neighborhoods which are the victims of Section 8 housing and vacant properties.

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Ruppersberger sends local midshipman to White House

Congressman C.A. Dutch Ruppersberger was represented on Tuesday, April 26, at the White House by local midshipman Dustin Shackelford as President Obama awarded the U.S. Naval Academy the Commander-in-Chief's Trophy for their 2015 victory in the round-robin college football series among the U.S. service academies.

Congressman Ruppersberger nominated Shackelford to the Naval Academy not once, but twice. Shackelford will graduate with the Class of 2017 at the academy, where he is studying quantitative economics and is captain of the jiu jitsu team. He has made the commandant's list every semester and was chosen to represent the academy on a week-long exchange with the Brazilian Naval Academy. His ultimate goal is to be a Navy pilot.

Shackelford, who was a county champion wrestler at Eastern Technical High School, recently emailed Congressman Ruppersberger and asked for an opportunity to meet him in person.

"I was extremely humbled that I was nominated a second time when I applied to USNA after being rejected once and spending a year at Salisbury University," Shackelford wrote. "I work hard not only for my own success, but

as a 'thank you' to people like you and my family who believe in me and helped me get to where I am today."

"Nominating candidates like Dustin for an appointment to our nation's service academies is one of the greatest privileges of my job," Congressman Ruppersberger said. "We don't often get updates from our nominees after the process is over, so I was pleased to hear Dustin is doing so well and I was touched by his gratitude. We both share a passion for our country and Navy Football, so he was the natural choice as my stand-in for [Tuesday's] ceremony at the White House while I was voting."

The Commander-in-Chief's Trophy is awarded to each season's winner of the round-robin college football series among the teams of the U.S. Military Academy, the Naval Academy and U.S. Air Force Academy.

Contact your State Senators

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Now it's time to get to work

- by Delegate Kathy Szeliga (R-7) -

I am so honored that the people of Maryland have selected me as the Republican nominee for the U.S. Senate seat. I could not have won without the dedication of my supporters, the patience and love of my family and the hard work of my staff. This victory is a victory for everyone!

But the victory in the primary just marks the end of the first half of this election. Now it's time to get to work. We have a little over six months until the general election on Nov. 8, and if we are going to defeat Congressman Chris Van Hollen we will need to work harder and longer than anyone else running. I can promise you right now you will not find a harder worker than me.

Governor Hogan's successes and support in Maryland, including with Democrats, prove that Marylanders like the change he's bringing to our state and they will support a candidate, like me, who will bring that same, real change to Washington. And that is exactly what I will do. As a small business owner, I can bring businesses sense to Washington to get our economy moving again. And as a leader in Annapolis, I have a proven track record of working across the aisle to actually get things accomplished - something that is sorely lacking in Washington right now.

Government debt has almost doubled

in the last seven years. Our borders are not secure and immigration system is not working. The government's take-over of our health care system has resulted in skyrocketing premiums and people losing their doctor. Government overregulation is running small businesses out of work and hampering job creation. Our children are not being prepared for the future job market they actually face. And the tragedies at the VA have left a stain on our nation.

The problem is that Washington politicians have stopped working for the people of Maryland and instead are working for whichever DC-based special interest groups are funding their campaigns. Chris Van Hollen has been in Congress for more than a decade and in that time, things have only gotten worse for the people of Maryland. Meanwhile, Washington lobbyists and DC insiders are thriving.

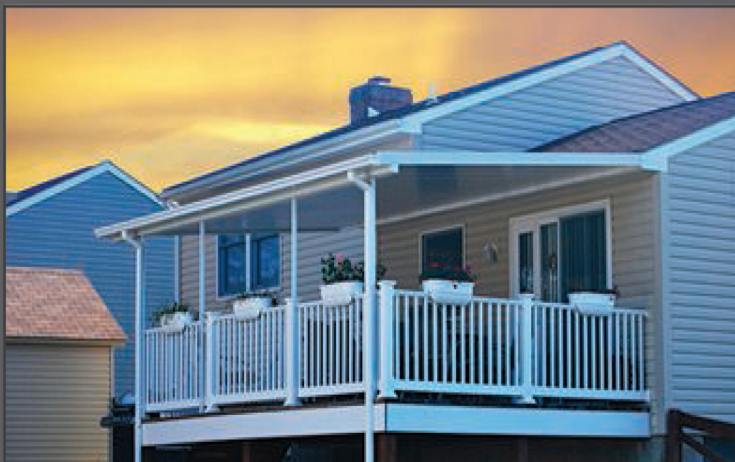
If you like the Washington is and want more of the same, then you should vote for Chris Van Hollen. He has made a career out of maintaining the status quo in Washington. But if you think it's time Congress actually started to accomplish something, then I encourage you to visit www.kathyformaryland.com to learn more about me, why I'm running, and how I am going to change Washington. I know that together we can change Washington.

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How to treat muscle cramps and prevent their recurrence

Rare is the athlete who has not had the misfortune of suffering a muscle cramp. Muscle cramps can range from the relatively minor nuisances that can be worked out in a matter of minutes to the more severe cramps that can sideline athletes for an indeterminate period of time.

According to the U.S. National Library of Medicine, muscle cramps are often the byproduct of an overused or injured muscle. When a muscle cramps, that muscle is involuntarily contracting, and that contraction can be very painful. Because athletes tend to repeat their motions when performing exercises, it's not uncommon for athletes to cramp up from time to time. But even men and women who live sedentary lifestyles can suffer from muscle cramps, which the NLM notes could be triggered by alcoholism, hypothyroidism or kidney failure. Women may suffer muscle cramps when they are pregnant or menstruating.

Certain medications may also cause muscle cramps. Men and women concerned about muscle cramps should read the potential side effects of their medications carefully or speak directly with their physicians before taking any medicines that may cause muscle cramps. The online medical resource WebMD notes that medications such as Lasix, a

diuretic used to remove fluid from the body, and Crestor, a statin prescribed to adults with high cholesterol, can cause muscle cramps.

While dehydration and electrolyte depletion has long been linked to exercise-associated muscle cramps, researchers have been questioning, if not disputing, that link for many years. A 2008 study from South African researchers published in the British Journal of Sports Medicine did not support a link between exercise-associated muscle cramps and dehydration or electrolyte depletion.

Treating muscle cramps

Muscle cramps require immediate treatment so sufferers can alleviate the pain and/or discomfort cramps can cause. Massaging the cramped muscle or applying ice or heat can alleviate the cramp and its associated pain.

Calf or hamstring cramps may be alleviated by putting weight on the affected leg and bending the knee slightly. Such cramps may also be treated by sitting or lying down with the affected leg straight out and pulling the foot toward the head.

To treat quadriceps cramps (those that occur in the front of the thigh), hold onto to something steady and pull the foot of the affected leg back toward the buttock.

Preventing future cramps

One of the most effective ways to prevent future cramps is to listen to your body when it's sending you signals that it is fatigued. Overused muscles are vulnerable to cramps, so remember to include rest

in your exercise regimen so muscles have time to recover. If your body feels overtaxed or fatigued before or during a workout, skip the workout or stop it immediately to reduce your risk of cramps or injury.

Deficiencies in certain vitamins can directly or indirectly lead to muscle cramps. While the reasons behind the link between thiamine, pantothenic acid and pyridoxine deficiencies and muscle cramps is unknown, speak with your physician about how to include these vitamins in your diet if you have been experiencing muscle cramps.

Did you know?

According to the National Institute of Mental Health, panic disorder is a type of anxiety disorder characterized by recurrent, unexpected panic attacks. Panic attacks occur suddenly and are periods of intense fear that may include palpitations, pounding heartbeat and/or accelerated heart rate. People in the midst of a panic attack may also experience shortness of breath or feel as though they are choking or being smothered. Feelings of impending doom may also occur during a panic attack. Anxiety disorders, including panic disorders, may be caused by the interaction of certain genetic and environmental factors. These factors include behavioral inhibition in childhood, exposure to stressful life events in childhood and adulthood, anxiety disorders in close biological relatives and more.

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The basics on long-term insurance care

Various insurance plans protect individuals from financial calamity. Insurance works by requiring policy holders to pay a premium. In the event of an accident or incident, a claim can be filed and the insurance company will reimburse the person for expenses, minus the deductible.

Health insurance is one type of insurance that people have to manage their health and well-being. There's also another, perhaps lesser-known insurance that can prove invaluable. It is called long-term care insurance.

Long-term care insurance, or LTCI, is an insurance product that is found primarily in the United States, Canada and the United Kingdom. LTCI generally covers assisted living needs, home care, hospice care, adult daycare, and other requirements of senior living and/or health management. People who invest in LTCI are planning ahead for the times when they may no longer be able to care for themselves without assistance. LTCI will help offset the

ever-rising costs associated with specialized senior housing and nursing facilities.

Traditional healthcare insurance and government-sponsored plans (i.e., Medicare in the United States) will not pay for daily, extended care services. The AARP notes that these other plans may only cover a short stay in a sub-acute rehabilitation center or nursing home, or pay for a limited amount of at-home care. LTCI can help families finance the cost of medical care when all other options will not.

LTCI should be looked into early in life, as policies often cost less if purchased when one is younger and in good health. When shopping for policies, look into how long LTCI will pay. Some policies include limits on how long or how much providers will pay for care, with some plans maxing out at two to five years. Speak with a tax specialist as well, as premiums paid on a long-term care insurance products may be tax deductible.

How to speed up metabolism

When attempting to lose weight, men and women can expect to hear or read a lot about their metabolism. The process by which the body converts the foods we eat and the beverages we drink into energy, metabolism is widely misunderstood.

Many people may have been told that a naturally slow metabolism might be to blame for their weight gain. But according to The Mayo Clinic, a slow metabolism is rarely to blame for excess weight gain, which can most often be attributed to both poor dietary choices and inactivity. Certain conditions that slow metabolism, such as Cushing's syndrome or hypothyroidism, can cause excessive weight gain, and people who have been diagnosed with such conditions should consult their physicians for advice on dealing with their conditions. But those without conditions that affect their metabolisms may need to make certain lifestyle adjustments that can speed up their metabolisms and help them lose excess weight.

- Start strength training. Muscle burns more calories than fat, even when the body is at rest. Building muscle is a great way to speed up metabolism. Each pound of muscle your body has burns roughly six calories per day just to sustain itself. That's three times the calories that each pound of fat burns. Add that disparity up over time, and a body with significant muscle is burning considerably more calories

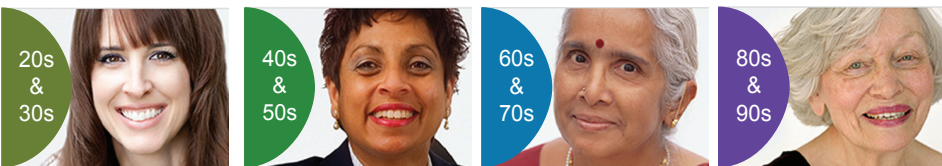
than one with excessive fat.

- Stay hydrated. Dehydration takes its toll on the body in myriad ways, including affecting metabolism. Even mild dehydration can slow metabolism. When the body is dehydrated, its ability to use fat as fuel is compromised, slowing metabolism as a result. In addition, muscles need water to generate energy, so dehydrated muscles will not be burning as many calories as those that are fully hydrated. Make an effort to stay hydrated throughout the day, whether you're sitting at your desk in the office or working up a sweat at the gym.

- Snack, but snack healthy. Healthy meals benefit metabolism, but unhealthy snacks can derail your dieting efforts. Metabolism speeds up and burns calories each time the body eats, and many people adhere to the concept of "grazing" for that very reason. Grazing involves eating several small meals every three to four hours throughout the day rather than the more traditional three full meals each day. Grazing devotees feel that the approach burns more calories than more traditional diets, but the difference in calories burned may actually be negligible. Still, healthy snacking can speed up metabolism and help men and women avoid overeating at breakfast, lunch and/or dinner. In lieu of snacking on potato chips or baked goods, opt for healthier fare such as Greek yogurt or a serving of fruits or vegetables.

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How women can fight high cholesterol

High cholesterol can dramatically affect a person's long-term health. According to the Centers for Disease Control and Prevention, people with high total cholesterol have approximately twice the risk of developing heart disease as people whose cholesterol levels are ideal.

Cholesterol can be a confusing topic. Though cholesterol has a bad reputation, that stature can be somewhat misleading. That's because there are two types of cholesterol, one of which actually reduces a person's risk for heart disease and stroke. High-density lipoprotein, often referred to as "HDL" or "good" cholesterol, absorbs low-density lipoprotein, or "bad" cholesterol, or "LDL," and carries it back to the liver, which then flushes it from the body. HDL accounts for a minority of the body's cholesterol. Unfortunately, the majority of cholesterol in the body is LDL, high levels of which can contribute to plaque buildup in the arteries, increasing a person's risk for heart disease and stroke.

A 2015 report from the American Heart Association indicated that more than 73 million American adults have high LDL cholesterol. The 2013 Canadian Health Measures Survey found that, between 2009 and 2011, the number of Canadians with unhealthy levels of LDL increased significantly with age, with 40 percent of men and women between the ages of 40 and 59 suffering from unhealthy LDL levels.

Women may think that the presence of the female sex hormone estrogen can positively impact their cholesterol levels. While estrogen tends to raise HDL levels, its presence alone does not mean women are out of the woods with regard to cardiovascular disease, including heart disease and stroke. In fact, the CDC notes that heart disease remains the leading cause of death

among women.

High LDL cholesterol levels do not mean women will automatically develop heart disease, but women who receive such a diagnosis should take the following steps to lower their LDL levels so they can live longer, healthier lives.

- Eat right. Avoid foods that are high in fat, especially saturated fats and trans fats. The AHA notes that foods that contain saturated fats contribute to high levels of LDL. Fatty beef, lamb, pork, poultry with skin, lard and cream, butter, and cheese are just a few of the foods that contain saturated fats. Those foods all come from animal sources, but many baked goods and fried foods are also high in saturated fat and should be avoided. Fruits, vegetables and whole grains are heart-healthy foods that can help women lower their LDL levels and reduce their risk for cardiovascular disease.

- Exercise regularly. Routine physical activity can help women lower their LDL levels, especially when such exercise is combined with a healthy diet. The Office on Women's Health recommends women get two hours and 30 minutes of moderate-intensity aerobic activity each week, or one hour and 15 minutes of vigorous-intensity aerobic activity each week. Speak with your physician to learn which exercises are most appropriate for someone in your condition. Women who want to do more than aerobic activity can still meet their exercise requirements by combining moderate and vigorous cardiovascular exercise with muscle-strengthening activities two or more days per week.

Cholesterol does not discriminate, and women need to be just as mindful as men when monitoring their total cholesterol levels.

Reducing the risk of asthma attacks

Millions of people - 25.9 million in the United States alone - have asthma, according to the Asthma and Allergy Foundation of America. Asthma has become increasingly prevalent in all sex, age and racial groups since the early 1980s. It is one of the most common and costly diseases, and still has no cure.

Swelling of the airways occurs when a person has asthma. This can result in wheezing, coughing and tightness in the chest. For those who cannot find relief, asthma attacks can prove deadly. Although there is no way to prevent asthma, by following a plan, there are ways to lessen the frequency and severity of attacks. Most of these tips involve reducing contact with allergens that can trigger asthma attacks.

First, assess your house to identify and reduce common allergens.

- Wash linens and clothing in hot water to kill off any dust mites. The water temperature should be at least 130 F.
- If pets trigger a reaction, keep companion animals off of furniture and beds where they can leave fur and dander behind. Limit the rooms in which pets can stay. There is some research that states children exposed to animals early in life may actually be less likely to develop allergies and asthma.
- Put allergy-proof covers on pillows.
- Vacuum at least twice a week with a HEPA air filter-enhanced vacuum cleaner.

- Reduce humidity around the house, as it can lead to the prevalence of mold. Mold is a common asthma trigger. That means using a dehumidifier, keeping bathrooms clean and dry and repairing any leaks promptly.

- Insist that people who smoke tobacco products do so outside of the house. Secondhand smoke has been shown to increase the development of asthma and other chronic respiratory illnesses, says the American Academy of Allergy, Asthma & Immunology.

You may have less control over allergens outside of the home, but there are still ways to cut down on attacks.

- Avoid smoking areas outside of stores and office buildings.
- Know the office cleaning schedule and work around those hours. In some instances, cleaning products and other chemicals can trigger attacks.
- Keep stress at a minimum because intense emotions can bring on asthma symptoms, according to Paul Ehrlich, M.D., coauthor of "Asthma Allergies Children: A Parent's Guide."
- Check the air quality outdoors before venturing outside. Stay inside during ozone alerts or when the air is very humid or stagnant.
- Seasonal allergies and asthma often go hand-in-hand. Check pollen, mold and ragweed counts.



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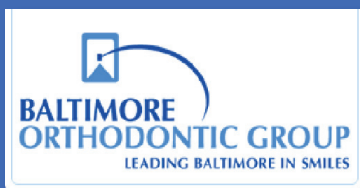
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Kenwood lacrosse hits rough patch as Sparrows Point soars

- by Patrick Taylor -

The Kenwood boy's lacrosse team got off to a hot start this year, which didn't really come as a surprise. Over the last few years, the Bluebirds have dominated their division, winning the last three titles. They were hoping for a run at title number four, and over the first half of the season it seemed as though they were set to make some noise.

Likewise, Sparrows Point was certainly in good position to start the season. After giving a slew of young players key minutes last year, this Sparrows Point team has shown they have grown up, slaughtering every challenger in their path.

With both teams surging early, it looked like the final game of the season, which sees the Bluebirds and Pointers square off, would have extra significance. It looked like it would be the title decider. But over the last two weeks Kenwood has slipped up a bit, dropping three of their last four contests, while Sparrows Point continues to dominate, remaining unbeaten.

Following big wins against Patapsco and Owings Mills, Kenwood looked to keep their season-long win streak alive against Pikesville. With only three losses on the year, this was a big test for Kenwood. Unfortunately for the Bluebirds, it's a test they failed as Pikesville

upended them by a score of 8 - 7.

It was a close contest throughout, with Kenwood and Pikesville trading opportunities and goals throughout, but a few mental mistakes and penalties ultimately ended up costing Kenwood the match.

Following the loss to Pikesville, Kenwood bounced back against Parkville - but it wasn't exactly a cakewalk.

Again, mental mistakes and questionable penalties plagued Kenwood. Up 7 - 1, Parkville utilized man advantages to score four unanswered goals. Finally, Austin Wendt put the game out of reach. Parkville would score one more, but the Bluebirds held on for an 8 - 6 win.

While it looked as if Kenwood had found their footing again, they faltered the very next game against a tough Lansdowne team, losing by a score of 11 - 8. They then followed that game with a 10 - 7 loss against Loch Raven.

The losses will certainly be disconcerting, but this is a very young Kenwood team. While they have a veteran presence in defense, the Bluebirds start six underclassmen. In the attack they've been able to rely on Wendt and Kyle Diotte.

But the team's overall inexperience has definitely played a factor over the last few games. While it's true that basically all of Kenwood's divisional

games have been close this year, Kenwood has looked like the more skilled team in pretty much all of their contests. They've just lacked the focus at times and that lack of focus has resulted in penalties, missed opportunities and other silly mistakes.

While Kenwood has been dealing with some growing pains over the last two weeks, Sparrows Point has been dishing out the pain. This is a team that truly looks unstoppable at the moment, ravaging every opponent they come across.

While Kenwood, arguably the second best team in the division, has struggled with predominantly close contests, Sparrows Point has been taking a stroll through the park.

With a deadly attack and assured defense, the Pointers have basically yawned through the schedule. So far this season, they have yet to be held to single digits. To add to that, the only time they've let up more than five goals in a game has come in tournament play.

Sparrows Point beat up on Pikesville and Loch Raven last week, winning 17 - 4 and 12 - 3 respectively. Against Parkville, a team that gave Kenwood a lot of trouble, Sparrows Point shut them out 12 - 0.

While it may have seemed like a foregone conclusion at the beginning of the season that Kenwood would reign

supreme, Sparrows Point has stepped up to show that they're the real force on the east side. With only two games left to play, the division is all but guaranteed to Sparrows Point. Kenwood, however, will be looking to show that they can hang with the Pointers when the two juggernauts face off on May 5 at Sparrows Point.

Around the league

The Dundalk Owls were upended on Monday, losing to Aberdeen by a score of 10 - 4. The Owls has won three on the trot after losing to Sparrows Point, and they'll be disappointed with the result against Aberdeen. Still, the Owls have been strong throughout the year and will look to close out the regular season on a high note.

Chesapeake continues to have a strong season, winning important matchups against Carver and Woodlawn over the last week. Before that they lost a close contest against Overlea, but at 8 - 3 on the season, Chesapeake is in good position.

Since losing against Lansdowne on March 24, Overlea has been unbeatable, winning seven in a row. Last week, Overlea picked up emphatic wins against Milford Mill and Randallstown. If they keep playing like this, they'll be a team to watch in the postseason.



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ExpressCare opens new North Point location

- Article & photo by Patrick Taylor -

On Monday afternoon, members of the ExpressCare team gathered with Baltimore County Councilman Todd Crandell and Oriole mascot The Bird to cut the ribbon on a new ExpressCare center located at 4009 North Point Boulevard in Dundalk.

For residents of east Baltimore County, this addition is an absolute blessing.

Over in Essex, the ExpressCare center has been treating approximately 60 people per day. At the Merritt Boulevard location, they're up to approximately 65 patients per day. Usually, an ExpressCare center will deal with around 40 patients per day.

"The need for this service has definitely increased," said Mel Kougl, a spokesman for Express Care. "Our Essex location is very busy, our location in Dundalk on Merritt Boulevard is very busy. To serve the community to the best of our ability, we needed another location in the area."

ExpressCare is perfect for those dealing with ailments like coughs, colds, flu, fever, nausea, infec-

tions, earaches, pink eye, broken bones, bites, cuts, burns, sprains, sore throats and fractures, as well as most non-life threatening conditions.

With prescription and lab services available on site, as well as an x-ray machine, ExpressCare clinics have plenty of state-of-the-art equipment - and highly skilled doctors - to guarantee you get the treatment you deserve.

And besides being able to treat almost all maladies, Express Care is also very convenient. Open seven days a week from 8 a.m. - 9 p.m., the ExpressCare team is always available to treat whatever may be ailing you, even on holidays (excluding Christmas). They've also increased efficiency, with their Express Pass system, patients can utilize their concierge-level service to control when and where they receive care.

The North Point addition brings the total number of ExpressCare locations in Baltimore County to eight. Other east side locations include Overlea and Parkville, as well as the aforementioned Essex and Merritt Boulevard centers.



Councilman Todd Crandell cuts the ribbon for the new ExpressCare location located on North Point Boulevard. The new location marks the 24th ExpressCare center that has been opened in the mid-Atlantic area.

Last year, ExpressCare teamed up with the Baltimore Orioles to become the team's official urgent care center. They're currently working out a deal with the Ravens as well, though that's not expected until next year. For more information, visit www.whywaitintheER.com.

Ikea Baltimore celebrates grand re-opening of café

- Article & photo by Devin Crum -

Ikea Baltimore in White Marsh cut the ribbon on their newly renovated café on Friday, April 29, in the presence of employees, local government officials, business representatives and scores of hungry customers.

As part of Ikea's fiscal year 2016 theme, "It starts with the food," they have remodeled nearly all of the restaurants in their U.S. stores over the last few months to offer more variety, more sustainable food options and more convenience to customers. The theme reflects how food is shaping our society more and more and how food brings people together.

Renovation of the White Marsh store took about a month and a half, but they only had to fully close the restaurant for two weeks of that time, according to store manager Nikki Place.

Place noted that the restaurant now offers several different styles of seating, such as the "grab-and-go" seating with high-top tables for those who do not intend to stay long and group seating to accommodate larger groups. They have also added soft seating with sofas to make it a place for people to come and relax and not necessarily rush through their experience, she said.

The café has a total of 176 seats, 56 of which are on the outdoor deck. And Place pointed out that only one



Representatives from the Baltimore County and Chesapeake Gateway Chambers of Commerce and County Councilwoman Cathy Bevins joined store manager Nikki Place (center) and employees for the ribbon cutting.

other U.S. store has a deck with outdoor seating for their restaurant.

"So we've invested in that outdoor space as well to take advantage of the warmer months," she explained.

The café has also added convenience to their menu with phone charging stations and free WiFi.

The line to enter the restaurant Friday evening stretched from the entrance across the store. And the first 100 people in line were treated to mystery enve-

lopes containing gifts of up to \$100 in gift cards, as were many other customers throughout the weekend with restaurant specials and giveaways.

Place remarked about the size of the crowd that showed up for the event as well. And while she said they never really know for sure what the crowd will be like in the café, they have a lot of loyal customers who come back regularly.

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Bell, Jacqueline Rose

On April 29, Jacqueline Rose Bell, beloved wife of the late John Arthur Bell; devoted mother of Michael Lee Bell and his wife Susan, Judith B. Hilt and her husband Jay and Cathy Lightner and her husband Marshall. Also survived by five grandchildren and a host of loving family and friends.

A funeral service will be held on Thursday, May 5, at 10 a.m. at Bruzdinski Funeral Home, P.A. Interment to follow at Maryland Veterans Cemetery in Garrison Forest.

Gray, Donald

On April 27th, 2016, Donald F. Gray, Sr., beloved husband of Carolyn Gray (nee Snider); loving father of Donald F. Gray, Jr. and his wife Deborah, Richard Gray and his wife Nancy, Connie Massicot and her husband Mark, Patty Calo and her husband Patrick and Barry Meadows and his wife Wendy; cherished grandfather of 10 grandchildren and 10 great-grandchildren. Also survived by many other loving family.

Services held at Bruzdinski Funeral Home.

Neuschafer, Tonya Jean

Tonya Jean Neuschafer, 43, of Clear Spring, Maryland, passed away April 21 at her home. Tonya was born Jan. 23, 1973 in Essex to Theresa Neuschafer (nee Dawson) and Gregory Robertson.

After a long and brave battle with cancer, Tonya was called home to heaven. Tonya was survived by her son Dorian Nathaniel King; mother and father Theresa and Terry Neuschafer; brothers Derek and Chris Neuschafer and Gregory Robertson Jr., and sister Jennifer Robertson, as well as numerous aunts, uncles and cousins. She is loved and will be missed dearly by her family and friends.

A memorial service will be held to celebrate Tonya's life on Saturday, May 14, from 1 - 6 p.m. at Cox Point Park located at 848 Riverside Drive in Essex. More information will be posted at potomaccremation.com as soon as the details are available. In lieu of flowers, the family requests donations to: Dorian King College Fund at Middletown Valley Bank, 803 East Main Street, Middletown, Maryland 21769.

Strittmater, Katherine T.

On May 1, Katherine Strittmater passed away peacefully, surrounded by her family. Beloved wife of Peter (Pete) Thoupos (deceased) and Richard (Dick) Strittmater (deceased); mother of George Thoupos (Susan) and Pauline Lainas (Gus); grandmother of Angela, Katherine, Dean and Jonathan; great-grandmother of Yanni, Anthony, Zachary, Peter, Jenna, Jack and Noah.

Katherine was born in Baltimore to Harry and Mercina Dokelis. She married Pete at an early age and worked beside her husband in the family restaurant while raising two children. They were married for 55 years. She was especially devoted to her sisters and brother, and they enjoyed many family gatherings. After retiring from the family business, she continued to work, taking classes to become certified as a nursery school assistant. She enjoyed working with little children. Katherine was devoted to her grandchildren and subsequently her great-grandchildren, babysitting often. When Pete passed away in 1997, she volunteered at the Red Cross where she met Richard. They married and enjoyed 8 years traveling, going to church, and cooking together.

Burial to be held at St. Demetrios Cemetery on Thursday, May 5.

Carol Lynn Armstrong

Carol Lynn Armstrong (nee Dean) 74 of Essex/Dundalk, Maryland, passed away peacefully at Stella Maris Hospice on April 23, 2016. She was the wife of the late David C. Armstrong and daughter of the late Henry and Jane Dean. Lynn, was born on September 15, 1941.

She was preceded in death by her daughter Teri Lynn Armstrong, and brother James Burton Dean.

Lynn was a great wife, mother, grandmother and great-grandmother. She was a 1959 graduate of Sparrows Point. She was a retired teacher from the Shrine of the Little Flower. She also worked many years at Western Electric.

Lynn is survived by two of her children, Lisa Waters and husband George, and Dee Armstrong and wife Tammie; sisters-in-law Dorothy Sell and Mary Dean.

Also survived by 11 grandchildren and 14 great-grandchildren, as well many cousins, nieces and nephews.

She was So Loved, and will be missed by many! A private memorial will be held at a later date.

O'Leary, James M.

On April 30, James M. O'Leary, beloved husband of Deborah O'Leary (nee Bartlett); devoted father of Nicole Wielepski and her husband Michael and Christopher O'Leary and his wife Sharon; loving grandfather of Kaleb O'Leary; cherished son of Mary (nee Kemp) and the late Lloyd O'Leary; dear friend of Dennis Schultz.

Services held at the Connelly Funeral Home of Essex. Interment private.

Dudek, Anthony

On April 26, Anthony "Andy" Dudek Sr. beloved husband of the late Margaret E. Dudek (nee Mroz); devoted father of Margaret E. Schulz and her husband Dale, Anthony A. Dudek Jr. and Robert D. Dudek and his wife Lynn; loving grandfather of Dawn Adamiak, Rebekah Catlin, Anthony Dudek, Laura Berglie, Kimberly Gerhardt, Sherri Welsh and Kelly Hueter. Also survived by many great-grandchildren.

Funeral services held at the Connelly Funeral Home of Essex. Entombment at St. Stanislaus Cemetery.

Kates, Roger

On April 27, 2016 Roger Kates, devoted husband of Terry Kates(nee Gauniel); beloved father of Kenny, Ricky, and Roger Kates Jr.; dear brother of Kathy Reuling, Carolyn Green, Linda Cronin, Louise Motley, Terry Lee Tyler, James Kates, Clarence Kates, John Kates Jr., and Vernon Kates; loving step-father of Melinda Burton, Edward and Robert Petty.

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Dundalk officer starting baseball camp for kids

Officers with the Baltimore County Police Department Dundalk Precinct will be holding the First Annual Baltimore County Police Department Baseball Camp from July 25 to July 29 at CCBC Dundalk - free for underprivileged or at risk youth in south-eastern Baltimore County.

The camp is the idea of Officer Spike McElfish, a 22-year-veteran of the Baltimore County Police Department currently assigned to the Dundalk Precinct. Before becoming a police officer, McElfish played baseball for a minor league team in the Cleveland Indians organization.

When he is not serving the citizens of Baltimore County as a police officer McElfish is the head coach for the Eastern Technical High School baseball team and a coach for American Legion Post 38's baseball team.

McElfish hopes that the camp will help police officers and these at risk youth connect through baseball. He stated that he wants to "help bridge the gap between youth and law enforcement officers through positive contacts"

Children will be nominated to attend the camp through local schools, recreation councils, and other programs.

Officers still need some help to make this event a success. They are still in need of equipment such as balls, bats, and baseball gloves. In addition, they would also like to provide lunches for the campers. Anyone that can help out is asked to call the Dundalk Precinct Community Outreach Team at 410-887-7337.

Police remind teens that drunk driving is illegal

May is a time for proms and graduations. Teens want to celebrate after working hard all year, but this can be a dangerous time if they aren't careful.

Peer pressure can factor in when making decisions such as whether to drink and drive. Baltimore County Police hope teens will make the right decision not to drive while under the influence of drugs and alcohol. Teenage drinking is illegal. Anyone under 21 who purchases or possesses alcohol can be fined \$500 for the first offense and \$1,000 for a second offense.

Anyone under the age of 21 caught Driving Under the Influence (DUI) - alcohol in the system - risks los-

ing the right to drive for up to one year. For a second offense, the suspension is increased to two years.

A DUI has other negative effects. There are lawyer's fees if the teen goes to court; the cost of the DUI ticket; and the potential for a dramatic rise in the cost of insurance or loss of insurance. A DUI can also affect future college plans.

Parents risk a fine and/or jail time if they provide alcohol to minors. The Baltimore County Police Department wants teens to enjoy this special time while acting responsibly.

Current crime trends

Since March 28, there have been five motor vehicle thefts within the Inverness community in the North Point Precinct. Cases occurred during overnight and morning hours. In one case, the vehicle was taken while running. In one case, there was a popped ignition. In another case, a shaven down key, which was not from the manufacturer, was used.

Since Jan. 11, there have been seven motor vehicle thefts from YMCAs in the Wilkens, Towson, Parkville and White Marsh precincts. There has been no new activity since April 15.

Since Jan. 3, there have been 12 commercial burglaries countywide. Most cases occurred inside the beltway. All cases but one occurred between 3 and 6 a.m. The suspects pried doors or smashed glass doors, pried open cash registers and took money. Narcotics, cigarettes, jewelry, cell phones, TVs, computers, sunglasses, eyeglass frames and coats were also taken.

Man arrested after barricade incident in Parkville

A man is in custody following a barricade in the 10900-block of Notchcliff Road in Parkville. The man was not armed and there were no injuries.

At 11 a.m. on May 2, a security alarm was activated in the building that houses the armory at the Maryland National Guard property. Army personnel responded to the alarm, and after observing a male subject they called police. Because of the sensitive location, police dispatched the Negotiations Team and the Tactical Unit.

The man exited the armory without incident after speaking with police and was immediately taken into custody. The suspect will be sent for evaluation, and charges are pending.

At no point did the suspect have access to the weapons in the armory, which are stored in a secure vault.

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The Humane Society of Harford County has volunteer opportunities at the PetSmart at 1559 Merritt Blvd. in Dundalk. You can make an impact helping the 10 cats up for adoption there. Volunteers commit to just one shift per week for one or two hours. You will provide as much love as you can while cleaning their cages and other light duties. If you think you're the purr-fect person, email Rebecca@HarfordShelter.org to get started!

Edible Garden Workshop

Learn how to create a beautiful garden that can help preserve local waterways on Saturday, May 7, from 10 a.m. - 2 p.m. at 6628 Blackhead Road in Middle River. The Gunpowder Valley Conservancy's "Clear Creeks Project" is looking for volunteers to help plant fruit trees at a private residence in Middle River. This is a free workshop to gain hands-on gardening experience. Register online at gunpowdervalleyconservancy.org/volunteer or contact Amy Young at ayoung@gunpowdervc.org or 410-404-4748.

DIG at Holt Park

Lillian Holt Park and Center for the Arts, 34 Elmont Ave. in Overlea, will host Drop-In Gardening (DIG) on Saturdays, May 14 and June 4 and 25; and Mondays, May 2 and 23 and June 13. Visit the park to dig up some fun! Help plant a children's garden and make crafts to take home. Call 410-887-5307 for more information.

Community Yard Sale

The Middlesex community will hold a community yard sale on Saturday, May 7, starting at 8 a.m. Middlesex consists of the brick row homes across from Kenwood High School in Essex, as well as the single homes next to Middlesex Elementary School and the homes on Welbrook Road, Chalcot Square and Capitol Court.

Stansbury Park Cleanup

Community members will clean up Stansbury Park and pond, 7800 Stansbury Road in Dundalk, on Saturday, May 21, from 9 a.m. - 2 p.m. Help us clean up this beautiful little park and pond, because every child deserves a safe place to play and enjoy nature. For more information, contact 410-285-1202 or info@BreadandCheeseCreek.org.

Supplies For Our Troops!

Help our troops by donating to Angels Supporting Your Troops, Inc., such as: body wash, female hygiene products, ethnic hair products, shampoo, conditioner, chapstick, wipes, razors, men's and women's deodorant, small tissues, dental floss, foot powder, playing cards, CDs, DVDs, board games, puzzles, athletic balls, snacks, nuts, drink mixes, hot sauce, candy, summer sausages, peanut butter, jelly, crackers and zip loc bags. Please, no hardback books. To donate or for more information, contact Irene Spatafore at 410-284-5275 or drop off items at 7914 Diehlwood Road in Dundalk.

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Teddy's 2016 Summer Movie Preview

- By Teddy Durgin -

Most summer movie preview articles this time o' the year spotlight the biggies. They tout the films everyone already knows are going to be making major waves at the box office between early May and mid-August. This year's crop is obvious. "Captain America: Civil War" kicks it all off. And then we'll have a steady diet of CGI spectacle from "X-Men Apocalypse" to "Independence Day: Resurgence" to "Star Trek Beyond," not to mention animated spectacle from "Finding Dory" to "The Angry Birds Movie."

I'd rather devote column space to the smaller, less-heralded films that have a chance of being the next summer sleeper hit, a la "Little Miss Sunshine" or "Boyhood." Here are my top 10 for the summer ahead (dates subject to change):

- 1) "The Founder" - Michael Keaton stars as Ray Kroc, the founder of McDonald's. Well, okay, he wasn't the actual founder-founder. It's more like he discovered a California burger joint run extremely efficiently by two brothers named McDonald (Nick Offerman and John Carroll Lynch) and saw the future in fast feeding. Kroc... a Big Mac Daddy entrepreneur to be emulated? Or a spectacular S.O.B. who cut the McDonalds out of their own business while happily asking them, "You want fries with that?" You be the judge. (Aug. 5)
- 2) "The Secret Life of Pets" - It's an animated film about the dogs, cats and other pets who inhabit a big-city apartment building and what they really do when their human owners leave for work each day. I have no idea if there's an actual plot, but I'm really hoping this one will warrant two paws up! (July 8)
- 3) "Free State of Jones" - Who says the summer has

to be all about big-budget explosions, car chases and stunts? This is the true-life story of Newton Knight (Matthew McConaughey), a Mississippi farmer who led local slaves and poor whites in a bi-racial uprising against the Confederacy during the Civil War. I like to think that's what I would have done. (June 24)

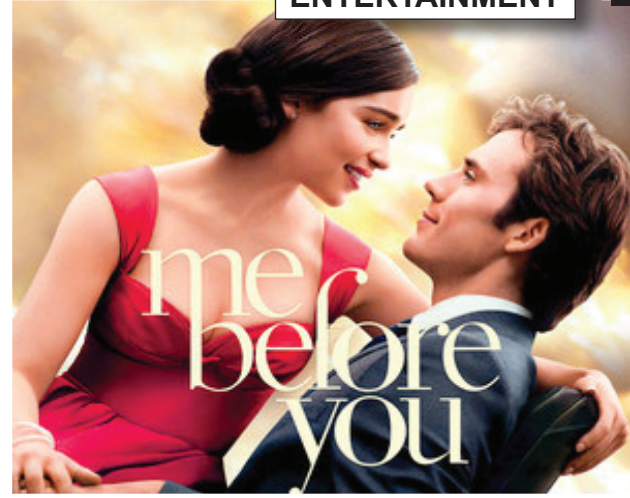
4) "The Infiltrator" - Based on a true-life story, Bryan Cranston stars as an '80s-era undercover agent who poses as a money launderer to get in good with Pablo Escobar's inner crime circle. This one looks to break bad... real bad! (July 15)

5) "The Lobster" - Colin Farrell and Rachel Weisz star in this comedy about aging singles given 45 days to find a significant other or risk being turned into animals. OK, sure, this might have been more believable if it was Jonah Hill and Lisa Lampanelli as the two leads given a month and a half to find dates or risk being turned into swine or the Fisherman's Catch. But the beautiful Colin Farrell and Rachel Weisz?! Still, it's an interesting concept. (May 13)

6) "Nine Lives" - Speaking of cross-species transformation, this movie has Kevin Spacey as a snide, selfish billionaire who comes back as... a snide, selfish house cat to learn his lesson. (Aug. 5)

7) "Central Intelligence" - Kevin Hart and Dwayne Johnson star as former high school classmates - Hart was Mr. Popular Cool and Johnson was an overweight nerd - who have grown up to become a short, bookish accountant and a chiseled CIA agent, respectively. They team up to hunt bad guys, and once again, a script practically writes itself. (June 17)

8) "Me Before You" - Yeah, alright, the ruthlessly gooeey, mercilessly sappy and altogether manipulative as Hell



trailer got to me. Emilia Clarke plays a cute caretaker who falls for a hunky quadriplegic (Sam Claflin). In interviews, director Thea Sharrock keeps asking the same question: "When was the last time you went to the movie theater and really, really cried?" That's easy. Three months ago. "Dirty Grandpa." (June 3)

9) "Kickboxer: Vengeance" - I'm sure Luke Skywalker training Rey Whoever Sheis will be a hallmark of blockbuster cinema come late next year. Until then, I'll have the Belgian beefcake Jean-Claude Van Damme returning to his title role after 27 years to train a new ass-beating padawan who seeks vengeance against the man (Dave Bautista) who killed his brother in the ring. (Aug. 19)

10) "Bad Moms" - Mila Kunis, Kathryn Hahn and Kristen Bell star as three matriarchs who decide to cut loose and get into all sorts of raunchy, R-rated hijinks. Personally, I would have loved to see this trio play three of the lady Ghostbusters and Kristen Wiig, Melissa McCarthy and Leslie Jones play the Bad Moms. But, again, that's if I ran Hollywood. (July 29)

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ENTERTAINMENT

'KEANU': Key and Peele's not-so-excellent adventure

- By Teddy Durgin -

Back in the 1970s and '80s, the casts of "Saturday Night Live" were often referred to as the "Not Ready for Primetime Players," meaning they were put on once a week at 11:30 at night because they weren't good enough yet to headline such comedy classics as "Hello, Larry," "My Two Dads" and "Punky Brewster."

Flash forward a few decades later, and Comedy Central's "Key and Peele" has been delivering big laughs and filling the sketch-comedy / racial commentary hole that "In Living Color" left nearly 20 years ago. Over the course of five seasons and 50+ episodes, the two performers/writers, Keegan-Michael Key and Jordan Peele, did an awesome job skewering everything from black Republicans to TV weathercasts that scared viewers with warnings of "black ice" (that sounded more like "black guys," e.g., "Pay attention, because black ice can come out of nowhere and kill you.")

So, when it was announced they'd finally be making the leap to the big screen with a new full-length comedy, my hopes were high. And while "Keanu" does have some very funny sequences, I am so very sorry to report that, overall, this is a misfire. Maybe I expected more. But to be honest, these two guys are capable of more than just a slapdash action comedy about rival drug lords and the two middle-class, suburban simpletons who wander into their turf war trying to retrieve a beloved cat.

The main problem is the set-up. Key's straight-laced suburban husband and father, Clarence, and Peele's depressed, jilted Rell are just not very compelling characters. We don't spend enough time with them early on to establish their personalities or as people we care about.

It also didn't ring true that the two guys would sacrifice their lives and personal safety for the admittedly cute kitty. Keanu shows up on Rell's doorstep during one of his darkest moments. His girlfriend has just dumped him and he doesn't want to go on. But it would have been more believable if the cat had been in his possession for a much longer time. Clarence, meanwhile, has almost no connection to the animal. So, when the stakes are raised and it's clear that the two guys are in serious mortal jeopardy, carrying on after the cat makes little to no sense.

Yeah, maybe I am taking this movie a little too seriously. But that's because Key and Peele and director Peter Atencio take it seriously. So much so that they get a bit lost in the story and forget if they're making satire, broad comedy or a straight-up crime thriller. The two main villains, the Allentown brothers, are legitimately scary dudes who kill violently and mercilessly, often with their victims pleading for their lives. The street gang Clarence and Rell infiltrates is also pretty tough, with the leader, Cheddar (Method Man), clearly a stone-cold killer. He and his lackeys all needed to have quirks



and idiosyncrasies that lightened the heavier scenes.

Welcome relief comes mostly from Clarence and his obsession with '80s pop icon George Michael. He convinces most of Cheddar's gang that Michael was a "brother from the streets" who sang about absentee dads ("Father Figure") and revolution ("Freedom"). At another point, Clarence inadvertently gets high on an incredibly potent street drug ("It's like smoking crack with God") and is transported into Michael's classic "Faith" video.

There are also some other sublimely nutty bits, chiefly one involving Anna Faris playing a coked-up version of herself and coaxing Rell and a female gang banger named Hi-C to get involved in a high-stakes game of "Truth or Dare." I want more Key and Peele on both the small and big screen! But maybe next time out, they should go for the PG-13 rating. These guys are too gifted to have dozens and dozens of "f" words and references to a certain racial epithet beginning with the letter "n." They're just better than that, and they can make a much better movie.

"Keanu" is rated R for violence, language, drug use and sexuality/nudity.

Mother's Day is Sunday, May 8th.



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Mother's Day Breakfast

The Bowleys Quarters Improvement Association, 1124 Bowleys Quarters Road, will host a Mother's Day breakfast on Sunday, May 8, from 9 a.m. to noon. Mothers and children under 6 eat free; all other guests \$5. Menu includes all you can eat pancakes, eggs, sausage. Also, plants and flowers for sale. For more information, call Rich Pitz at 410-335-0267.

Luncheon Bingo

American Legion Post 130, 8666 Silver Lake Drive in Perry Hall, will host a luncheon bingo will on Monday, May 9. Doors open at 10:30 a.m., lunch served at 11 and bingo starts at noon. Open to everyone. Free coffee and water; sodas \$1. For info., call 410-870-0625.

Middle River Summer Playground

The Baltimore County Department of Recreation & Parks and the Middle River Recreation Council are sponsoring the 2016 Summer Playground for children ages 6 - 11 from June 27 - July 29. Program cost is \$150 per child. But early bird registration (save \$20) will be Tuesday, May 31, from 5 - 6:30 p.m. Regular registration is Saturday, June 4, from 11 a.m. - 1 p.m. and Tuesday, June 7, from 5 - 6:30 p.m. Late registration (add \$10) is Saturday, June 11, from 11 a.m. - 1 p.m. All registrations and playground will be held at the Victory Villa Community Center, 404 Compass Road in Middle River. Space is limited. Cash or money order only.

Deep Creek MS Color Run

Join the fun on Saturday, May 7, at 10 a.m. at Deep Creek Middle School, 1000 S. Marlyn Ave. in Essex, with a great new fundraising event. This year, we will host our own school color run! This is an exciting new program that will help create awareness for healthy living, raise funds and is sure to be a blast! Register online at www.DeepCreekColorRun.eventbrite.com or contact Rebecca Hartman at rhartman4@bcps.org for a registration form.

Hot Roast Beef Dinner

The Gunpowder VFW Post 10067 Aux., 6309 Ebenezer Road in Middle River, will hold a hot roast beef dinner on Friday, May 6, from 5 - 7 p.m. Menu will be hot roast beef, french fries, cole slaw, dessert and coffee or iced tea. Cost is \$10. For more information, call 443-317-8059 or 410-335-8933.

Back River Summer Playground

The Baltimore County Department of Recreation & Parks and the Back River Neck Recreation Council are sponsoring the 2016 Summer Playground for children ages 5 - 12 from June 27 - July 29. Program cost is \$160 per child. Registration will be May 23, 25 and 27, from 6 - 7:30 p.m. Immunization records required at the time of registration. For info., call 410-887-0234. Registrations and Summer Playground will take place in the Sandalwood Elementary School activity room, 900 S. Marlyn Ave. in Essex.

Happy Mother's Day

The Essex-Holly Neck VFW Post 2621, 206 Riverside Road in Essex, will hold a Mother's Day Breakfast on Saturday, May 7, from 9 a.m. to noon. Menu includes scrambled eggs, fried potatoes, sausage, biscuits and gravy, orange slice, coffee and juice. Cost is \$6 for adults, \$4 for children.

Into The Woods

"The Sky is the Limit" community theater is presenting the production "Into the Woods" on Friday, May 6, and Saturday, May 7, at 7 p.m. and Sunday, May 8, at 3 p.m., in the Eastern Regional Performing Arts Center, 7701 Wise Ave. in Dundalk. Tickets are \$10 for adults and \$8 for senior citizens and children ages 12 and younger. For more information, contact the Office of Therapeutic Recreation Services at 410-887-5370 or 410-887-5319 (TT/Deaf).



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SPOTLIGHT

Mother's Day Chicken Dinner

The Rosedale Volunteer Fire Company will hold their annual Mother's Day chicken dinner on Sunday, May 8, from noon to 5 p.m. at Rosedale Gardens, 8037 Philadelphia Road in Rosedale. The all-you-can-eat dinner includes baked chicken, vegetables, rolls, desserts and drinks. Cost is \$10 for adults, \$8 for seniors aged 62 and over, \$6 for children aged 5 - 12 and \$12 for carry-out. Proceeds benefit the Rosedale VFC. Call 410-866-2598 or visit www.rosedalevfd.com for more information.

Quarter Auction

Maiden's Choice motorcycle club will hold a quarter auction on June 24 from 6 - 9 p.m. at FOP Lodge 34, 730 Wampler Road in Middle River, to benefit the Casey Cares Foundation. For info., call Lisa at 410-905-8010.

Free Home-Cooked Meals

Essex United Methodist Church, 524 Maryland Ave., will offer free, hot home-cooked meals for anyone in the community every Wednesday from 3:30 - 6 p.m. Anyone who wishes to may sit down and eat, no questions asked.

Chesapeake Car Club

The Chesapeake Car Club is hosting a meet and greet event on Saturday, May 14, from 1 - 4 p.m. at the Putty Hill Plaza shopping center, 7914 Belair Road in Nottingham. This event is open to all and in particular to those interested in joining the club. Bring your car and chair to enjoy the afternoon with new friends! Free giveaways and discount food vouchers courtesy of Bullseye Pit Beef & Catering. For more information, call 410-882-5097. Rain Date: May 21.

Senior Box Office

Senior Box Office (SBO) offers complimentary and discounted tickets to members (age 60 and older) for cultural, educational and entertainment events as well as exciting travel opportunities. The 2016-2017 membership year runs Oct. 1, 2016 through Sept. 30, 2017. Annual membership dues are \$30 per household with brochures delivered electronically by email, or \$38 per household with printed brochures delivered by regular mail. Seniors who join by May 31 will receive 15 months of membership for the price of 12 beginning in July. For info., visit the SBO website at www.seniorboxoffice.org, call 410-887-5399 or email sbo@seniorboxoffice.org.

Father's Day Pancake Breakfast

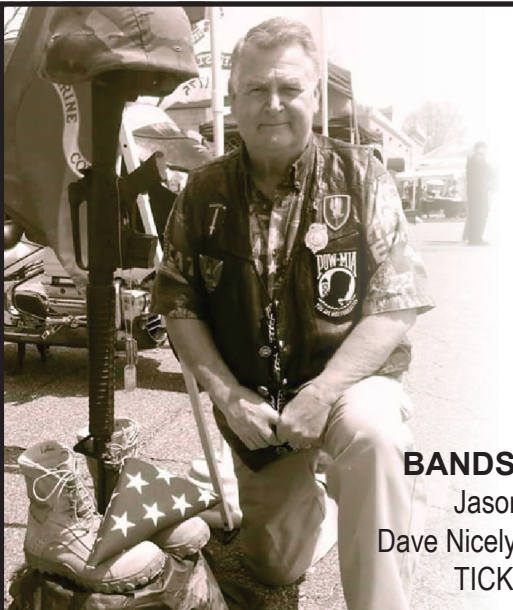
Join the Auxiliary and the American Legion Post 130, 8666 Silver Lake Drive in Perry Hall, for their Father's Day pancake breakfast and bake sale on Sunday, June 19, from 9 a.m. to noon. Cost is \$7 per person and includes pancakes, scrambled eggs, Canadian bacon, sausage links, stewed apples, orange juice, coffee and tea. Bloody Marys and mimosas will be available to purchase. All proceeds from the bake sale will be donated to a local veteran organization. For more info., call the Post at 410-870-0625.

Soup Kitchen

St. Peter Evangelical Lutheran Church, 7834 Eastern Ave. across from Eastpoint Mall, operates their soup kitchen on the last Saturday of every month from 11 a.m. to 12:30 p.m. For more info., call 410-288-0537.

Quarter Auction

Maiden's Choice motorcycle club will hold a quarter auction on July 22 and Aug. 19 from 6 - 9 p.m. at FOP Lodge 34, 730 Wampler Road in Middle River, to benefit the Greyhound Rescue, Inc. For more information, call "Greygirl" at 443-804-1842.



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Mother's Day Flower Sale

The Optimist Club of Dundalk's annual Mother's Day flower sale will be held on Friday, May 6, from 4 - 7 p.m.; Saturday, May 7, from 9 a.m. - 6 p.m.; and Sunday, May 8, from 10 a.m. - 1 p.m. at the Optimist Clubhouse, 4528 North Point Blvd. A variety of hanging baskets and garden flowers will be available while supplies last. All proceeds of the sale benefit area youth programs and activities. Contact Patricia Herman at 410-388-0320 or DundalkOptimist@comcast.net for more information.

Spaghetti Dinner and Plant Sale

Zion Evangelical Lutheran United Church of Christ will hold a spaghetti dinner and plant sale on Saturday, May 7, from 4 - 7 p.m. in their lower hall, 7146 Golden Ring Road in Rosedale. Adults \$8 in advance or \$10 at the door. Children ages 3 - 10, \$5. Call 410-687-3576 for reservations.

CPR Training

CPR (Cardio-Pulmonary Resuscitation) training classes will be held at St. Michael Lutheran Church, 9534 Belair Road in Nottingham, on Saturday, May 14 at 10 a.m and 1 p.m., in the Quilter's Room. Each class is two and a half hours long, costs \$25 payable at the start of the class and provides life-saving CPR certification. For info. or to register for a class, contact Parish Nurse Carolyn Kelly at 410-256-8921 or kellycarol2@msn.com with "CPR" in subject line.

Cash Bingo

Knights of Columbus Council 13859, 10003 Bird River Road in Middle River (Our Lady Queen of Peace parish hall), will hold their monthly cash bingo on Wednesday, May 11. Doors open at 6:15 p.m. and bingo starts at 7 p.m. Price of \$16 includes 17 regular games and door prizes, plus options for four special games and a Big Jackpot game. Dinner, dessert, snacks and drinks available for purchase.

Flower and Bake Sale

Back River United Methodist Church, 544 Back River Neck Road in Essex, will hold a flower and bake sale on Saturday, May 7, from 10 a.m. - 1 p.m. Lunch available. Call 410-686-4195 for more info.

Springfest

Saint Matthias Episcopal Church, 6400 Belair Road in Overlea, will hold its Springfest event on Saturday May 7, from 9 a.m. - 2 p.m. Event will include a flea market, flowering plant sale, Mother's Day gifts, food, drinks and a bake table.

Mother's Day Country Breakfast

Cowenton United Methodist Church, 10838 Red Lion Road in White Marsh is having a country breakfast on Saturday, May 7, from 8 - 11 a.m. to celebrate Mother's Day. Menu includes pancakes, eggs, bacon, sausage, potatoes, biscuits, gravy and more. Cost is \$10 for adults, \$5 for children 5 - 10 and under 5 eats free. For information, call Sandy at 443-506-7776.

Spring Fling

The Military Order of the Cootie will hold a Spring Fling on Sunday, May 15, from 2 - 6 p.m. at the Essex-Holly Neck Memorial VFW Post 2621, 206 Riverside Road in Essex. Music by DJ Reggie Kelly. Pit beef, pit ham, pork adobo, chicken adobo, chicken pineapple, lo mein, beef and broccoli, fried rice, steamed rice, salad, dessert, beer, soda, wheels, raffles, Orioles and Ravens wheel. Cost is \$20 per person; no minors. For tickets, call George at 443-220-8103.

Spring Fling

St. John's Episcopal Church, 11901 Belair Road in Kingsville, will hold their Spring Fling on Saturday, May 7, from 9 a.m. - 2 p.m. The event will include crafters, a bake table, pit beef and more. For info, call 410-592-8570 or visit www.stjohnskingsville.org.

Annual Golf Outing

Join St. Michael School for our annual Alumni and Friends Golf Outing on Friday, May 20, at 2 p.m. for the shotgun start at Rocky Point Golf Course. Entry is \$120 per person and \$460/foursome. Call 410-668-8797 for more information.

Thrift Shop

The Hall Closet thrift shop at Orem's United Methodist Church, 1020 Orem's Road in Middle River, will be open Saturday, May 7, from 8:30 a.m. to noon. Collectibles, adult and children's clothing, toys, books, jewelry, housewares and bedding. Pit beef sandwiches as well. For more info., call 410-687-9483.

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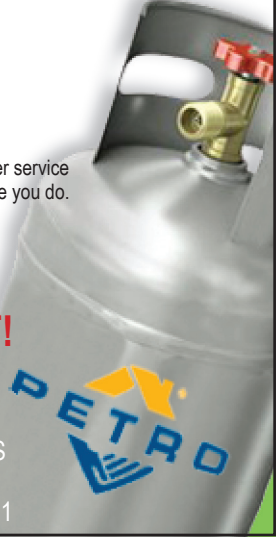
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Baltimore Humane Society's PETS OF THE WEEK



ZINNIA

Zinnia here! If you're in search of a fun loving gal, that's me! I'm active, playful and full of puppy-like energy. I have my quiet times, too, when I enjoy being lovable, cuddly, and lounging around on the sofa with my human friends. I love food and will sit very pretty for treats. Some of my favorite things are food, kongs, stuffed animals and being with people. The other day I visited some nice older people at a retirement home, and they fell in love with me! I was so well behaved that one of my human friends shared an ice-cream cone with me on the way home... Mmmm, delicious! So if you are looking for a canine who will brighten your day and bring lots of love into your life, I am the one!



LILLY

I'm Lilly coming to you from BHS and looking for my forever home. I'm a quiet gal who is still a bit nervous in this environment so I may need some time to get to know you, but if you come to my condo to visit me I will come down off my perch and peek out to see you. In my previous home I would sunbathe on the deck and watch the birds and squirrels outside. I played with string toys, but my favorite things were pipe cleaners! I lived with children who liked me. Sadly, though, they couldn't be around me due to allergies. How about stopping in for a visit? I'd love a nice home to live in again.

The adoption fee is \$100 for Zinnia and \$50 for Lilly.
For more information visit www.bmorehumane.org.

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O wonderful St. Anthony, glorious on account of the fame of your miracles, and through the condescension of Jesus in coming in the form of a little child to rest in your arms, obtain for me of His bounty the grace which I ardently desire from the depths of my heart. (State your intention)

You who were so compassionate toward miserable sinners, regard not the unworthiness of those who pray to you, but the glory of God that it may once again be magnified by the granting of the particular request (State your intention) which I now ask for with persevering earnestness. Amen
Pray one Our Father, one Hail Mary, and Glory Be to the Father, in honor of Saint Anthony.

Saint Anthony, pray for us!
J.M.A.

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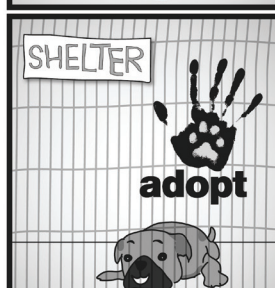
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2040
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LEGAL NOTICE

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Storage at 7989/7979 Rossville
Blvd., Baltimore, MD 21236.
(410-665-8910) Fullerton Self
Storage reserves the right to
cancel a sale at any time for any
reason. All units listed below
are miscellaneous items unless
otherwise specified.
TERMS OF SALE: CASH ONLY
Unit #B054 - Angela Melvin
Unit #B064 - Ramona West
Unit #B078 - Stazi Simmons-
Whitehead
Unit #B082 - Dawn Files
Unit #E336 - Vincent N. Taylor
Unit #F356 - Renard Bowling
Unit #00058 - Devron Moore
Unit #1076B - Michael Stocks
Unit #1202R - Cathy Jones
Unit #2157B - Jamia Harris
Unit #2334R - Antawn Burstn

2033
GENERAL ANNOUNCEMENTS

REACH 3.1 MILLION
READERS five (5) days per
week through the MDDC
Daily Classified Connec-
tion Network. Place your
ad in twelve (12) daily
newspapers. Call 410-
212-0616 TODAY - target
readers throughout the
Mid-Atlantic Region; email
Wanda Smith @ wsmith@
mddcpress.com.

2040
PUBLIC NOTICE

AUCTION NOTICE

IT IS HEREBY GIVEN
that the contents of the following
rental unit/s located at
CHESAPEAKE MINI STORAGE
3000 Eastern Boulevard
Baltimore, MD 21220
will be offered at public auction
for non-payment of rent on
**May 11, 2016
at 11:30 a.m.**
Terms: Cash

We reserve the right to reject
all bids. Contents may include
household, business, auto parts and
miscellaneous items. All vehicles
will be sold as **parts only**.
Items must be removed from
premises within 24 hours.

002 - Kelly Goodman
076 - Norman J. Perry
089 - Beverly McCormick
132 - Raynee Arthur
159 - Gina Gladsky
191 - Brian Hall
352 - Erica M. Winterling
376 - Richard Wynn
407 - Steve Burnett
538B - Twelve M. Briscoe
540A - Raymond Muller
588 - Nichole Graff
611 - Sarah Bowen
647 - Dan Gregory

Auction will be held on the
premises of
Chesapeake Mini Storage
3000 Eastern Blvd.
Baltimore, MD 21220
410-687-6464

2040
PUBLIC NOTICE

LEGAL NOTICE

Route 1 Self Storage Facility Operators Sale for non-payment
of storage charges pursuant to the power of sale contained
under Maryland Self-Storage Facility Act Senate Bill 122;
the following property will be sold at PUBLIC AUCTION
on **5/10/16 at 12:00 pm** on the premises of: Route 1 Self
Storage, 8115 Perry Hills Ct., Baltimore, MD 21236
Route 1 Self Storage reserves the right to cancel a sale at
any time for any reason.
**All items in storage units contain household items
unless otherwise mentioned.**
TERMS OF SALE: CASH
Property of:
Tenika Michelle Harrison - 3066
Noah Rayner 3rd - 6064
Dion Kendrick Johnson - 1006
Lisa Kirby - 3075
Pamela Gail Buckingham - 433
James Perkins - 2146
Dominique Lisa Pryor - 3017
Lisa Michelle White - 6063

READER ADVISORY: The National Trade Association we be-
long 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 ad-
vance or give the client your checking, license ID, or credit
card numbers. Also beware of ads that claim to guarantee
loans regardless of credit and note that if a credit repair com-
pany 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.

3010
BATTERY

3010
BATTERY

WBR
Walker's Battery Repair
CORDLESS TOOL BATTERY REPAIR
**WE USE THE LARGEST NiCAD CELLS ON
THE MARKET TO REBUILD YOUR PACKS**
Call: 443-324-8499
www.walkersbatteryrepair.com
Gregory S. Walker Sr. info@walkersbatteryrepair.com 12 White Ash Court Middle River, MD 21220

3017
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

3018
CAREGIVING SERVICES

CAREGIVER FOR
ELDERLY & CHIL-
DREN WITH SPECIAL
NEEDS. I HAVE 20
YEARS EXPERIENCE.
Delores 443-791-2790

ATTENTION SMALL BUSI-
NESSES: SIMPLIFY YOUR
PAYROLL & TAXES WITH
PAYCHEX! NEW CUSTOM-
ERS RECEIVE ONE MONTH
OF PAYROLL PROCESS-
ING FREE! RECEIVE A
FREE QUOTE! CALL 800-
805-0164

3033
CHIMNEY CLEANING

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

3035
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.

**NOTICE OF SERVICE OF PROCESS
BY PUBLICATION**

STATE OF NORTH CAROLINA
MOORE COUNTY

IN THE GENERAL COURT OF JUSTICE
DISTRICT COURT DIVISION

TIMOTHY JOHN MICHAEL ADAMS
V BRANDEE NICOLE VAN PELT
FILE #: 15 CVD 1207

To Brandee Nicole Van Pelt:

Take notice that a Pleading, seeking relief against you for
Divorce has been filed in Moore County, NC, Civil District
Court, File #: 15 CVD 1207. A responsive Pleading is re-
quired to be filed no later than June 7, 2016. The nature
of the relief being sought is as follows:

Divorce

You are required to make a defense of such Plea no later
than June 7, 2016 and upon your failure to do so, the
party seeking relief against you will apply to this Court
for the relief sought.

This the 28th day of April, 2016.

Jody Stuart Foyles
FOYLES LAW FIRM, PLLC
780A NW Broad Street, Ste. 100
Southern Pines, NC 28387

SAVE A LIFE. DON'T DRIVE HOME BUZZED.
BUZZED DRIVING IS DRUNK DRIVING.

Ad Council U.S. Department of Transportation

**3066
GENERAL SERVICES**

NOTARY
AT
EAST COUNTY TIMES
NEWSPAPER
513 EASTERN BLVD
ESSEX, MD 21221

YARD DOGS

GRASS CUTTING
LANDSCAPING
& HARDSCAPING
MULCHING & WEEDING
GARDEN BEDS, MA-
SONARY 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

**3070
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

**3093
LAWN & GARDEN**

**BAWLMER
LAWN CARE &
LANDSCAPING**
Area Resident
Serving Eastern
Baltimore County
for 21 Years
Call Bawlmer First!
For all your lawn care & landscaping
needs, including grass cutting, mulching
and all other landscaping projects.
REASONABLE RATES • FREE ESTIMATES
WAYNE GOWER
410-335-1600
Member - Chesapeake Gateway Chamber of Commerce

**3072
HAULING**

#1 CLUTTER BUSTER
HAULING CO.
A Family Owned
Business
Senior Discounts
Prompt & reliable service
GET RID OF THAT
CLUTTER
Call Today 443-621-3833
THANK YOU

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

WAYNE'S LIGHT HAULING
AND YARD, BASEMENT
AND GARAGE CLEAN
OUT. Call 443-509-8947

**WE-HAUL
MOVING CO.**
We move
Houses , Apts
& Storage
SPRING 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

**3093
LAWN & GARDEN**
GARDEN TILLING - Ask for
Scott 443-909-9786
LAWNS CUT & BUSHES
TRIMMED, gardens mulched.
BEST CUT LAWN SERVICE.
Call 443-629-9849 or email
jseek327@gmail.com.
LAWNS MOWED - PGT LAWN
SERVICE CALL 410-456-0074

**3107
PET SERVICES**

SUDZY PETS
WE'LL COME TO YOU!
855-783-9738
Trained Professionals
Quality Service
Finest Shampoos
and Conditioners
Safer & Less Stressful
for Your Pet
10% OFF Your First Groom
Not valid with any other promotion or discount.
Limited service area. Appointment required.
Proof of vaccination required.


**3132
SCREEN REPAIR**

NEED SCREEN REPAIR
??? LOOKING FOR JOHN
HODGES ??? Call 410-344-
1131

CLASSIFIEDS
small ads BIG deals

**3118
POWER WASHING**

**JUNGLE JIM
PRESSURE WASHING SERVICE**
Houses, Decks, Patios, Pools,
Sidewalks & More
We Use
Non-Toxic
Cleaners
You Can Depend on US. We do it all.
Call for Appointment - 8AM - 5PM Mon. - Sat.
James Dahler • 410-409-7381
INSURED

**3133
TREE SERVICES**

**DAVE'S
TREE SERVICE**
Tree Trimming / Removal
Crane Service / Stump Grinding
FREE ESTIMATE
Licensed & Insured #2072
443-469-7938

EMPLOYMENT

**4123
VOLUNTEERS
WANTED**

THE HERITAGE SOCIETY
OF ESSEX AND MIDDLE
RIVER IS SEEKING Volun-
teers for PLANTING IN OUR
COURT YARD GARDENS.
www.essexmuseum.com
Call Terri for more informa-
tion/ leave a message 410-
404-1048

**SELL IT FAST
IN THE CLASSIFIEDS!**

**3107
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
Flea
Medication
TLC for
your Sick
Pets

**3119
RE-UPHOLSTERY
REPAIR & CLEANING**

RE-UPHOLSTERY & RE-
PAIR WE DO ALL FURNI-
TURE, DINETTE CHAIRS,
ETC. CUSHIONS REMADE
& REFILLED. 38 YEARS OF
EXPIRENCE. FREE ESTI-
MATES CALL 410-805-8599

**3118
POWER WASHING**

**JUNGLE JIM
PRESSURE WASHING SERVICE**
Houses, Decks, Patios, Pools,
Sidewalks & More
We Use
Non-Toxic
Cleaners
You Can Depend on US. We do it all.
Call for Appointment - 8AM - 5PM Mon. - Sat.
James Dahler • 410-409-7381
INSURED

**3133
TREE SERVICES**

**DAVE'S
TREE SERVICE**
Tree Trimming / Removal
Crane Service / Stump Grinding
FREE ESTIMATE
Licensed & Insured #2072
443-469-7938

EMPLOYMENT

**4134
CAREER TRAINING**

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

**4135
HELP WANTED**

MIDDLE AGE PREGNANT
LADY NEEDS A ROOM in
exchange for housekeep-
ing. Prefer Christian home.
410-458-1910

**4135
HELP WANTED**

ANIMAL CARE FACILITY -
NEEDS ENERGETIC, RELI-
ABLE PERSON TO CLEAN
& CARE FOR ANIMALS &
DO OFFICE WORK. COM-
PUTER SKILLS AND DEDI-
CATION TO JOB NECES-
SARY. CALL 410-527-1466

AUTO TECHS - NEEDED
FOR NEW TIRE AND AUTO
CENTER. CONTACT DAVE
WORTH 443-777-5010

BAY-VANGUARD FEDERAL
SAVINGS BANK IS CURRENT-
LY SEEKING A FULL-TIME
TELLER TO WORK AT OUR
BALTIMORE COUNTY (ES-
SEX) LOCATION. REQUIRE-
MENTS FOR THE POSITION
INCLUDE HIGH SCHOOL
DIPLOMA OR EQUIVALENT
AND CASH HANDLING EX-
PERIENCE. PLEASE SUBMIT
RESUME TO HR@BAYVAN-
GUARD.COM

BILL'S HEATING AND AIR
CONDITIONING IS LOOKING
TO HIRE AN HVAC TECH W/
FIELD EXP. CALL 410-477-
6955, FAX RESUME TO: 410-
477-6950, EMAIL: BILLJO-
EHVAC@GMAIL.COM

BUSY RESTAURANT/BAR -
looking for barbacks, carry
out clerk, full and part time.
Drug testing required. Ap-
ply in person, Hazelwood
Inn, 4937 Hazlewood Ave.,
11am-6pm. 410-866-3116

CHAIR FOR RENT - BAR-
BERS & HAIRDRESSERS
w/book. Three chairs avail.
Pleasant FAMILY atmo-
sphere. Call 410-391-3999

CHIMNEY TECH - DESIRED
FOR ONE OF MARYLAND'S
LEADING CHIMNEY COM-
PANIES. Good moral char-
acter, good work habits,
drug-free, will train right
person. Must have valid
MD Driver's License. Paid
vacation and holidays. 410-
388-0076, 4031 N. Point
Rd., Dundalk, MD.

CLEANING CO. - looking for
cleaners, Mon. - Fri., good
pay, great hours. Must have
own car, gas money & bo-
nus work. Sincere callers
only. 410-866-6011

COOK NEEDED 2 days/2
nights per week. Please
call for interview 410-285-
1691

DANCERS - UP TO \$1,000
NIGHTLY. NO EXPERIENCE
NEC. APPLY AFTER 7 P.M.,
FRIDAY & SATURDAY ONLY.
CALL 410-633-7100 WWW.
NIGHTSHIFTGIRLS.COM

DELIVERY DRIVER
MON. - FRI. WORK, W/
BENEFITS. DELIVERY
OF MAINTENANCE SUP-
PLIES TO BALTIMORE
AND SURROUNDING
COUNTIES. MUST POS-
SESS A VALID CLASS-
C DRIVERS LICENSE
AND PASS DOT PHYSI-
CAL. MUST BE ABLE
TO DRIVE STICK-SHIFT,
PROVIDE AN UPDATED
COPY OF DRIVING RE-
CORD. FAX RESUME
TO 410-325-2240 OR
CALL MR. THOMAS AT
410-485-3343

**4135
HELP WANTED**

DELIVERY PERSON PT -
MUST HAVE GOOD DRIV-
ING RECORD, 20 HRS PER
WEEK. APPLY IN-PERSON
AT ESSEX FLORIST, 341 S.
MARLYN AVE.,

DRIVERS: CDL - A 1 YR.
EXP., EARN \$1,250 + PER
WEEK, GREAT WEEKEND
HOMETIME, EXCELLENT
BENEFITS & BONUSSES,
100% NO TOUCH/70% D &
H 888-406-9046

DRIVERS: CO & O
OPAE™S: EARN GREAT
MONEY RUNNING DEDI-
CATED! GREAT HOME-
TIME AND BENEFITS.
MONTHLY BONUSSES.
DRIVE NEWER EQUIP-
MENT! 855-582-2265

DRIVERS: DAY-SHIFT,
HOME EVERY NIGHT
OPENINGS! GREAT PAY,
BENEFITS! CDL-A, 1YR
EXP. REQ. FLATBED EX-
PERIENCE ESTENSON LO-
GISTICS. APPLY: WWW.
GOELC.COM 1-866-336-
9642

DUKE'S MOTEL
IS SEEKING DESK
CLERKS, HOUSE-
KEEPERS AND
HANDYMAN. GREAT
HOURS. APPLY IN
PERSON 7905 PULAS-
KI HWY., ROSEDALE
21237

EMPOWERING EMPLOY-
MENT OPPORTUNITY
UNIQUE TRAVELING
SALES MARKETING OP-
PORTUNITY. NO EXPE-
RIENCE NECESSARY,
TRAINING & EXPENSES
PROVIDED. CALL MR.
BOSCH AT (201) 936-6005

EXPERIENCED SERVERS
WANTED APPLY IN PER-
SON AT DELLIS RESTAU-
RANT 8776 PHILADELPHIA
RD. *NO PHONE CALLS
PLEASE*

EXPERIENCED SHORT OR-
DER COOK - PART TIME
EVENINGS, 7018 HOLA-
BIRD AVE. 21222

FIRE & WATER DAMAGE
RESTORATION - CALL
BETWEEN 8 a.m. - 3 p.m.,
Mon.-Fri., 410-780-7710

HELP WANTED STYLISTS
AND BARBERS FOR SHOP
IN MIDDLE RIVER AREA.
GRACE 443-326-5482

**CLEANERS /
FLOOR TECHS**
Broadway Services, Inc.
Essex Area
Evening shifts available,
Part Time.
Experienced only
need apply.
Must have reliable
transportation.
Apply online at www.
broadwayservices.com
or call 410-563-6976
to schedule an interview.

4135
HELP WANTED

LOCAL LANDSCAPING CO. - looking for reliable, local, help. Must have transportation, be alcohol & drug free. Call 443-504-7027

MODELS - MENSWEAR, Must have good build. \$30 per hour. Call 410-719-6246

PROFESSIONAL JANITORIAL COMPANY accepting applications for cleaning positions in the Parkville. Two shifts to choose from. MWF approx. 6:00-8:30pm and T, F approx. 7-9pm . \$10.00 per hr. Join our great team 410.665.5116

SERVERS NEEDED - PT. EXPERIENCE A MUST! Call Melissa 410-238-1400 or 443-955-3594

4135
HELP WANTED

SILVER MOON DINER

EXPERIENCED SERVERS Morning Shift 6 a.m. - 2 p.m., Evening Shift 5 p.m. 3 a.m. ALL APPLICANTS MUST BE EXPERIENCED, RELIABLE AND SERIOUS ABOUT JOB POSITION. MUST WORK ALL holidays: Christmas, Thanksgiving, Easter, New Year's.

ALSO HIRING EXPERIENCED EVENING CASHIERS. YOU MUST APPLY IN PERSON. (NO PHONE CALLS)

SILVER MOON DINER, 9605 Pulaski Hwy. 21220, corner of Middle River Rd. & Pulaski Hwy.

4135
HELP WANTED

SEEKING EXPERIENCED CHIMNEY SWEEPS - immediate opening, yr round work. Must have: driver's license & clean driving record, be able to lift 35+lbs & carry up ladder, handle & climb 40' ladders, walk steep roof. Knowledge of Harford & Baltimore Counties helpful. Masonary knowledge a plus. Prefer certified technician. Office in Joppa 410-676-7532

CLASSIFIEDS
small ads **BIG** deals



5000
GIVE-AWAYS

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

STANDING BASKETBALL NET EXCELLENT SHAPE. FREE - Call 410-256-2449

5008
BUILDING MATERIALS

FOR SALE BUILDING MATERIALS - Truck Load of Closeout Calking Tytan, 10oz tubes: 8 colors Neutral Cure Silicone, Gray Polyurethane, Aluminum Gutter & Seam Sealer, Black Windshield Adhesive, \$2.99 ea. Shipping Available & Discounts. 717-445-5222

5018
FLEA MARKET/THRIFT STORES

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 410-404-2959

4135
HELP WANTED

REGISTERED NURSE 3-11 SHIFT HERITAGE CENTER GENESISHEALTHCARE, LONG TERM CARE EXP. A PLUS. APPLY AT GENESISHCC.COM

US POSTAL SERVICE NOW HIRING. 1-800-269-9731 \$21/HR AVG. W/FED. BEN. INCL. TO START. FT/PT. NOT AFFILIATED W/ USPS.

US POSTAL SERVICE NOW HIRING. 1-800-282-1185 \$21/HR AVG. W/FED. BEN. INCL. TO START. FT/PT. NOT AFFILIATED W/USPS.



5012
CEMETERY LOTS & CRYPTS

GARDENS OF FAITH - 1 plot, w/vault in Garden of Wisdom, \$800/o.b.o. Call 410-335-3296

HOLLY HILL - 4 prime grave sites together in Garden of Valor. Call 443-831-6778

5016
EVENTS/TICKETS

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.

SELL IT FAST IN THE CLASSIFIEDS!

5022
GARAGE/ESTATE/MOVING/YARD SALE

ESSEX - 805 NORRIS LANE 21221. MAY 7TH, 8 A.M. - NOON (R.D. 5/8)

FLEA MARKET SAT., 5/7, 7 A.M. - 1P.M. 1220 E. HOMBURG AVE., ESSEX, MD 21221. FOR MORE INFO., CALL 410-627-8392

FLEA MARKET 5/7, SAT., 8 A.M. - ?, DUNDALK HISTORICAL SOCIETY AT VETERANS PARK ON DUNDALK AVE. FOR MORE INFO., CALL 410-284-2331

GIGANTIC ESSEX YARD SALE - ALL BLOCKS OF MARGARET AVE. SAT., 5/7 8 A.M. - ? (R.D. 5/14)

5022
GARAGE/ESTATE/MOVING/YARD SALE

HERITAGE SOCIETY OF ESSEX & MIDDLE RIVER INC./MUSEUM - (SATURDAY ONLY)MAY-JUNE, OUTSIDE YARD SALE IN FRONT OF THE MUSEUM 516 EASTERN BLVD. IN THE HEART OF ESSEX FROM 8 A.M. - 1 P.M., \$10 PER SPACE WEATHER PERMITTING (NON-REFUNDABLE DONATION). MUST BRING YOUR OWN TABLE. WE HAVE CHAIRS !

5024
HEALTH & FITNESS

HAVE YOU or someone you loved suffered severe complications from the use of Xarelto, Pradaxa, Talcum Baby Powder or IVC Filter? You maybe due Compensation, free consultation. Call The Sentinel Group now! 1-800-577-1007

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

VIAGRA 100mg, CIALIS 20mg. 60 tabs \$99 includes FREE SHIPPING. 1-888-836-0780 or www.metrmeds.online

5034
MISCELLANEOUS

ACORN STAIRLIFTS. THE AFFORDABLE SOLUTION TO YOUR STAIRS! **LIMITED TIME - \$250 OFF YOUR STAIRLIFT PURCHASE!** BUY DIRECT & SAVE. PLEASE CALL 1-800-410-7127 FOR FREE DVD AND BROCHURE.

ATTENTION SMALL BUSINESSES: SIMPLIFY YOUR PAYROLL & TAXES WITH PAYCHEX! NEW CUSTOMERS RECEIVE ONE MONTH OF PAYROLL PROCESSING FREE! RECEIVE A FREE QUOTE! CALL 800-805-0164

AVIATION GRADS WORK WITH JETBLUE, BOEING, DELTA AND OTHERS - START HERE WITH HANDS ON TRAINING FOR FAA CERTIFICATION. FINANCIAL AID IF QUALIFIED. CALL AVIATION INSTITUTE OF MAINTENANCE 866-453-6204

COMPUTER & IT TRAINEES NEEDED! Train at home to become a Help Desk Professional! NO EXPERIENCE NEEDED! Call CTI for details! 1-888-528-5549

DONATE YOUR CAR, TRUCK OR BOAT TO HERITAGE FOR THE BLIND. Free 3 Day Vacation, Tax Deductible, Free Towing, All Paperwork Taken Care Of. CALL 1-800-895-7416

GOT AN OLDER CAR, BOAT OR RV? Do the humane thing. Donate it to the Humane Society. Call 1- 800-758-2204

GOT KNEE PAIN? BACK PAIN? SHOULDER PAIN? Get a pain-relieving brace - little or NO cost to you. Medicare Patients Call Health Hotline Now! 1- 800-419-3684

5034
MISCELLANEOUS

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.

FOR SALE - MISCELLANEOUS HOUSEHOLD ITEMS, INCLUDING KNICK KNACKS. BY APPOINTMENT ONLY. CALL 410-529-5106.

KILL BED BUGS & THEIR EGGS! BUY HARRIS BED BUG KILLERS/KIT COMPLETE TREATMENT SYSTEM. AVAILABLE: HARDWARE STORES, THE HOME DEPOT, HOMEDEPOT.COM

KILL BED BUGS! BUY HARRIS BED BUG KILLERS/KIT. HARDWARE STORES, THE HOME DEPOT, HOMEDEPOT.COM

KILL ROACHES - GUARANTEED! HARRIS ROACH TABLETS WITH LURE. AVAILABLE: HARDWARE STORES, THE HOME DEPOT, HOMEDEPOT.COM

LIFE ALERT. 24/7. ONE PRESS OF A BUTTON SENDS HELP FAST! MEDICAL, FIRE, BURGLAR. EVEN IF YOU CAN'T REACH A PHONE! FREE BROCHURE. CALL 1-800-746-0979

LUNG CANCER? AND 60 YEARS OLD? IF SO, YOU AND YOUR FAMILY MAY BE ENTITLED TO A SIGNIFICANT CASH AWARD. CALL 800-897-7205 TO LEARN MORE. 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: 1-888-909-9905 18+.

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

REACH 3.1 MILLION READERS FIVE (5) days per week through the MDDC Daily Classified Connection Network. Place your ad in twelve (12) daily newspapers. Call 410-212-0616 TODAY - target readers throughout the Mid-Atlantic Region; email Wanda Smith @ wsmith@mddcpress.com.

Gardens of Faith Memorial Gardens is seeking a professional sales person to assist families with pre-need arrangements. Looking for a candidate who is compassionate, enthusiastic and a team player.
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ABINGDON/LAURELS CONDO (HR9640715) Beautiful First level Condo in pristine condition. 3BR, 2BA Conveniently located.
CATONSVILLE (BC9637236) Well-maintained 114 yr old home, 5BR, 2BA, vinyl siding, great front porch, 3 decks, granite counters in kit and BA, ceramic floor in BA, wood stove, Gas FP, sun room, detached garage with loft BR (w/skylights) New roof, water heater, sump pump, Furnace 7-10 yrs old, above ground pool, the sale includes rear deeded lot, nearly 1/3 acre total, Convenient to 695.
HIGHLANDTOWN / APARTMENT RENTAL (BA9639489) Nicely remodeled one level, 2BR, 1BA apartment with large eat-in kitchen. Convenient to downtown, 895 and 95. Water is included in rent.
FELLS POINT (BA9633614) Gorgeous lrg 4BR THS w/exposed brick & wood flrs. 26x13 LR w/nat gas stove, 1st fl powder rm, DR & gourmet KIT, granite counters, SS appls, glass tile backsplash, ceramic tile flrs. 2nd lvl 2 LG BRs, full BA, office, 3rd lvl 2 LG BRs. New wndws, Anderson slider & tankless gas water heater. No worries, home warranty included.
DUNDALK - RENTAL (BA9639917) Nice 3BR, 1BA TWHM convenient to 95, 695 and public transportation. Townhome has spacious living room, separate dining room. 3BRs upstairs with full BA. LL has large family room.
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NOTTINGHAM / VILLAGE OF HICKORY HOLL (BC9608723) Elegant renovation, featuring 3BR, 2.5BA, garage, on secluded cul de sac. Large yard, fully remodeled chef style kitchen, open floor plan showcasing gorgeous hwd floors and crown molding. Custom tile, quartz countertops and full BA in finished basement. New windows, heat pump, water heater and appliances.

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