

#### Officials, volunteers break ground for Perry Hall's Angel Park



**VERSE OF THE WEEK -**

**1 Peter 2:9** But you are a chosen people, a royal priesthood, a holy nation, God's special possession, that you may declare the praises of him who called you out of darkness into his wonderful light.

County to restore PERRY HALL STREAM - page 5 -

METZGAR SCHOOL PRAYER **BILL to House Committee** - page 6 -

Kenwood ends season with loss to Dulaney; DUNDALK, PERRY HALL HANG ON - page 17 -





Parks and Recreation Director Barry Williams (left), Andy Szczybor, Sen. Kathy Klausmeier, Councilman David Marks, Sonny Solar from project sponsor American Sentry Solar, Jerry Soukup and Delegates Eric Bromwell, Christian Miele and John Cluster all helped to break ground for the new park.

Article & photos by Devin Crum -

Scores of supporters from both the public and private sectors gathered at the Perry Hall library on Monday, Feb. 29, to celebrate the official groundbreaking for what will be the new "jewel" of Perry Hall - Angel Park.

The new park will consist of an allinclusive playground and public amphitheater on approximately 2.5 acres of land donated by the developer of Bishop's Meadow next to the library. But most of the fervor about the project has centered on the playground.

The playground - specifically designed to accommodate children with special needs by eliminating physical and social barriers to inclusion - will include a wheelchair-accessible "shaky bridge," a Braille panel, therapeutic swings, 30-foot accessible zip lines and quiet spaces for children with autism and other conditions. It will be built with a storybook theme which includes a fire truck, pirate ship, castle, music stations and a treehouse.

Local elements incorporated into the design include a seafood store, a Terps turtle, a police station, an ice cream shop and more.

But more than just being an amenity for children, the project was actually designed by kids, using input from 4,500 pre-K through fifth graders at nine elementary schools in the area. The Angel Park Committee gathered design input over a twoday period from students of Perry Hall, Joppa View, Chapel Hill, Gunpowder, Seven Oaks and Kingsville Elementary Schools, as well as St. Joseph School in Fullerton, Perry Hall Christian School and Perry Hall Children's Center.

Baltimore County Councilman David Marks, who both lives in and represents Perry Hall and has been instrumental in moving the project along, stated that the project goes back to 2012, when the developer proposed the land donation. The County Council approved that land acquisition, he said, but they did not know what to do with it.

So they formed a committee, consisting of community members Dennis Hoover, Paul Amirault, Bill Paulshock and others, to decide what to do. And before long, they came up with the recommendation for the playground.

Angel Park co-coordinator and Paulshock's niece, Kelli Szczybor, said this all started for her when she and her husband, Andy, lost their son Ryan to leukemia at just 16 months old. That was 17 years ago.

Trying to find a way to heal while you're grieving is hard," Szczybor explained.

But she and her family were involved

when friends of theirs lost their daughter, Annie, and decided to build a similar allinclusive playground in Fallston - Annie's Playground - in her memory.

"It gave my family and I so much joy to see other children playing," Szczybor said, "and to think about Annie, and to think about my son Ryan, that I knew then that we need to do that for our community here." She added that the Perry Hall community steps up for each other, helping and supporting one another, no matter what the cause.

"And so, bringing something like this project, Angel Park, is going to do wonders for all of us," she commented.

Marks thanked the Szczybor family and Bill Paulshock for their hard work and being a "driving force" behind the project, which he said will be "an absolute wonderful jewel for Perry Hall."

"But really, this encapsulates the spirit of Perry Hall, our larger family," the councilman continued. "And you see that today, and you're going to see that when this park is done."

The county's director of Parks and Recreation, Barry Williams, praised all those involved for being able to bring so many different moving parts and so many people together to shed their sweat and tears for the project.

- see ANGEL PARK on page 7 -

#### McDonough officially kicks off campaign against Ruppersberger for Congressional seat

- By Devin Crum -

**NEWS** 

Although state Delegate Pat Mc-Donough (R-7) announced his candidacy to challenge Congressman C.A. Dutch Ruppersberger for his seat in the U.S. House of Representatives on Jan. 27, he held his first fundraiser and official campaign kickoff on Saturday, Feb. 27.

The event, held at Mo's Seafood in Towson, was well attended and featured appearances by a few of the state's most prominent Republicans, such as former congresswomen Helen Delich Bentley and Ellen Sauerbrey, as well as former Republican Baltimore County Executive Roger Hayden.

McDonough began his presentation by saying that his campaign is just getting started on something very important and historic: "We are going to take back this seat in Washington and dump Dutch,"

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he said. McDonough believes he can win this race, in part, because Gov. Larry Hogan carried Maryland's Second District, which Ruppersberger currently represents, during the 2014 election by 28,000. That election saw Hogan rise to an upset victory over heavily-favored Democratic challenger Anthony Brown.

McDonough also claimed that six of the eight Democrats who represented areas of the Second District two years ago have all "lost" and been replaced by Republican newcomers.

However, he did not clarify that Democratic former Sixth District Delegate Joseph "Sonny" Minnick and Senator Norman Stone had each retired and vacated their seats rather than losing them to a Republican challenger. Likewise, the Baltimore County Council seat in the Seventh District was vacated by retiring councilman John Olszewski Sr.

Former Del. John Olszewski Jr. had also vacated his House of Delegates seat to run for the open Sixth District Senate seat, a race which he lost to Republican challenger Johnny Ray Salling.

McDonough was correct, though, in saying that all of those seats are now held by Republicans.

He also mentioned State Senator Bob Cassilly (R-34), who he said defeated a Democrat to take that Harford County seat.

Another reason for McDonough's confidence, he said, is that in the areas when the two men's current districts overlap, he has more support than Ruppersberger.

He said there are 275,000 Democrats, 135,000 Republicans and 90,000 Independents in the Second District.

"In my district, I received 80 percent of the Independent vote and 45 percent of the Democrat vote" in the last election, McDonough stated to grand applause. "I believe that everybody knows - you can touch it, you can feel it - there is a mood in this country to throw the rascals out."

He said he and Ruppersberger have known each other for 20 years, since both of their roots are in Baltimore County, and they get along.

But Ruppersberger went to Washington, D.C., McDonough contended, and lost touch with his constituency.

"He became an Obama puppet, a Pelosi puppy and a prisoner of the special interests," McDonough asserted.

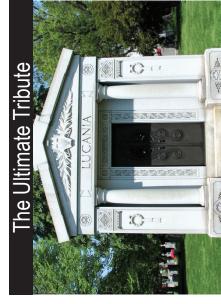
The delegate held that he will absolutely run his campaign on the issues, contend-- see **CAMPAIGN** on page 4 -





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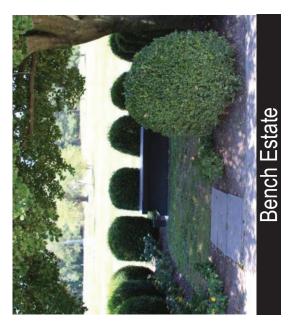








Cremations



2016 Page 3

#### CAMPAIGN

- continued from page 2 -

ing that Ruppersberger has voted with Obama anywhere from 85 - 95 percent of the time. "And that is the problem, because Congressman McDonough would have voted 0 percent of the time with Obama," he said.

McDonough decried what he sees as the country being subjugated by the radical left and big government, which has led to a "big government recession economic situation" which Obama and Ruppersberger helped to create.

Under these conditions, he said, the U.S. has endured a 1.5 percent economic growth rate, 85 million unemployed and 20 million more underemployed, all while college graduates are finding it hard to get jobs.

But if he is elected, McDonough said he will introduce a bill to have manufacturing companies pay 0 percent corporate tax to "turn this country into a manufacturing super power."

Likewise, he would ask that small businesses and start-ups, many of which are owned or operated by women and minorities, would pay 0 percent corporate tax for their first five years.

One of the issues that has been highest on McDonough's radar has been illegal immigration, and he said he will be the first candidate running for higher office in this state to make that a campaign issue because of the heroin and other drugs smuggled into the U.S. by undocumented persons.

As well, he said that Baltimore City suffers from a minority youth unemploy-

ment rate of 45 percent, and that illegal immigrants are the ones taking those jobs.

"You want to see entitlements disappear, you get people jobs," McDonough commented. "That's what changes things."

Former Congresswoman Bentley got up to speak on McDonough's behalf as well, stating that she was glad to still be on this earth long enough to [hopefully] see the Second District taken back from Ruppersberger and kept as a Republican district.

"This is the year that we can change Maryland from a blue state to a red state," she asserted.

Bentley commended Republican Baltimore County Councilman David Marks for his work, as well as those who are running for mayor of the city as Republicans, which she said "takes a lot of guts."

And speaking on her reaction to the 2014 election, which saw Dundalk and eastern Baltimore County go completely Republican, she said, "I thought, my God, my dreams have come true!"

While she was hopeful that McDonough can win the race, she said a candidate needs a lot of volunteers and a lot of money. And for this race, specifically, she surmised that it will take "a couple million dollars" to be enough to win.

She said, though, that that money will be easier to get after the primary.

And although McDonough did not want to seem like he was bragging, he said the money is certainly coming in, thanks in large part to his working with Gov. Hogan, he told the *East County Times*.



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#### **County to restore Lower Gunpowder River tributary in Perry Hall**

- By Devin Crum

Baltimore County Department of Environmental Protection and Sustainability (EPS) officials announced last month that they plan to restore a section of stream that flows to the Gunpowder River in a residential area of Perry Hall.

The project will restore and realign approximately 2,500 linear feet of stream channel between Pinedale Drive and Klausmier Road while also moving it away from a nearby sewer line which has become exposed by the stream bank's erosion

"The primary purpose of this project, as with a lot of [projects of this sort], is to protect water quality by controlling storm water runoff and protecting the associated infrastructure," said Vince Gardina, the county's EPS director.

Sewer lines exposed by stream channel erosion can lead to breakages of those lines as the ground shifts and the release of sewage pollution into the adjacent waterways. Therefore, the project will see the stream channel moved and redesigned to protect the sewer line and to improve the channel from its current, degraded form.

'Storm water, as it runs off of roads, houses, parking lots and other impervious surfaces, has a lot of energy and it degrades the channel - erodes it from a natural channel, which is usually wide, meandering and shallow, to a deep, rectangular channel," Gardina explained. "And all that material is usually carried downstream to a nearby river that eventually goes to the [Chesapeake] Bay or the ocean.'

He said the goal in these sorts of projects is to control that flow using various natural design techniques in the stream, as well as to protect the stream bed and banks using structural additions, primarily armoring.

Armoring consists of using a protective covering, such as rocks, vegetation or engineering materials, to protect stream banks, or fill or cut slopes from flowing water and is done to prevent erosion of channel banks and bottoms during runoff events.

Since the project is not yet fully designed, Gardina could not say for certain the exact methods that will be used. But he surmised that they will use a combination of armoring and re-grading of the stream banks to make the bed shallower and reconnect the channel to the ground water table.

This project, Gardina noted, is similar to the county's recently completed restoration of a section of White Marsh Run, but "on a smaller scale."

That project, as reported in the East *County Times* in October 2014, saw the stabilization and restoration of 8,653 linear feet of White Marsh Run using similar methods like rock riffles and bank regrading. In that situation, though, there was a lot more stream buffer area in which to construct the new stream banks and for the planting of native species in what is called a riparian buffer.

But since the Perry Hall stream section is in a more "urban" area, Gardina commented, there is not much room for a lot of natural features. "Usually when you have a restricted area you have to do more armoring," he said, which is typically done where the stream meanders.

The director said that they usually try to reconnect the stream with the flood plain as well, so if the stream swells during a storm, it can overflow into a wetland area where it can re-enter the system through infiltration into the ground and plant uptake.



The project will restore the stream between Pinedale Drive and Klausmier Road

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"We try to include that when we can because it's very effective," Gardina stated.

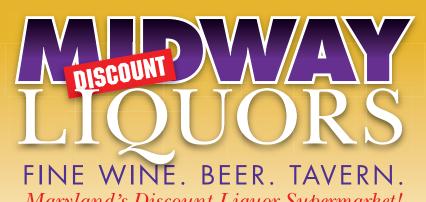
The project was the subject of a Feb. 2 community meeting at the Perry Hall branch of the Baltimore County Public Library, which County Councilman David Marks and State Delegate Christian Miele, who represent the area, both attended.

"Over the past two decades, Baltimore County has focused on repairing streams that were damaged by earlier development," Marks commented. "The county improved Jennifer Run in Carney as well, and I am pleased that improvements are now underway in central Perry Hall."

The county has budgeted about \$1.4 million for the project, but that money will not come from the Stormwater Remediation Fee, often called the "Rain Tax."

Instead, the project will be funded through approximately \$922,000 from a state Department of Natural Resources trust grant and \$525,000 in Metropolitan District funds, which can be used because of the sewer line involvement.

The county is slated to begin construction sometime after June 15, according to Gardina, and will likely complete the project by the end of this year or in early 2017.



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#### **Metzgar introduces school prayer bill to Ways and Means Committee**

#### - by Patrick Taylor -

Back when he was campaigning to represent the Sixth District in the House of Delegates, Ric Metzgar made a promise to voters that he would try to bring prayer back to public schools. Staying true to his word, on Friday, Feb. 26, Metzgar introduced HB955, entitled "Public Schools - Voluntary Nonsectarian Prayer at School-Sponsored Student Events," to the Ways and Means Committee. Delegates Robin Grammer (R-6) and Pat McDonough (R-7) are cosponsors on the bill.

With a slew of local pastors, Metzgar testified before the Ways and Means Committee, of which he is a member, about the necessity of prayer in school.

"Ladies and gentlemen, we live in an uncertain time," Metzgar said. "There is a growing movement across the United States to allow voluntary prayer led at graduations, athletic events and many school activities."

Metzgar pointed to other states like Texas, Mississippi, Pennsylvania, Tennessee and others who have passed or are considering passing legislation regarding prayer in school. He also pointed to a *Huffington Post* article showing that a majority of Democrats, Republicans and Independents support prayer before graduation ceremonies.

Testifying beside Metzgar was William Murray, whose mother was Madalyn Murray O'Hair, the activist who filed a lawsuit in her son's name in 1960 which ended up reaching the Supreme Court 1963 and effectively banned mandatory Bible verse recitation at public schools.

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Murray's mother tried defecting to the Soviet Union but was unable to do so. After she and her family were denied, she turned her attention toward prayer in school.

"She was very offended that after being refused to go to the proletarian paradise, which was Godless, that her children were going to be forced to learn about God," said Murray. "It was actually the Pledge of Allegiance that she initially objected to, it was not just prayer. But she soon figured out that getting rid of the pledge would be a bigger issue."

Murray stated that he was raised in a Marxist home and was taught that religion was an opiate of the people and that it had to be destroyed in order to "open the eyes of the people to their capitalist oppressors."

"It was a very simple philosophy," said Murray. "I learned it well until I grew up and got a job and saw how much money was taken out of my wages for taxes and suddenly the whole idea of collectivism started to fade away in my mind."

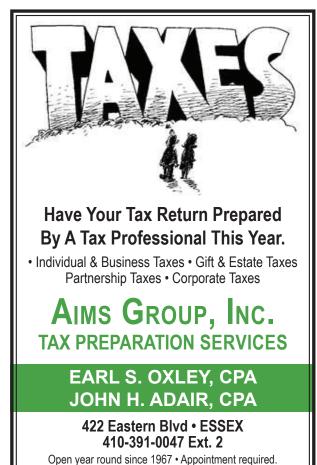
According to Murray, people have been arguing the wrong side of the issue. To him, this is a free speech issue.

"What we have done in the U.S. over the last several decades is to create the non-existent right of not being offended, that somehow we have a right to not be offended, that if someone's free speech offends us then the person who is speaking should be shut up," Murray stated. "You can't have the right to not be offended and free speech at the same time. That's not possible."

Murray also cited Thomas Jefferson's concept that "religion is the first liberty." Expanding off of that idea, Murray maintained that if the government can keep you from speaking about your religion, they can stop you from speaking about anything.

Along with Murray, Metzgar brought a few local pastors with him to Annapolis to speak on behalf of HB955. Pastor Ronald Hobson of Refreshing Spring Worship Center in Dundalk was one such pastor, and over the last few months Metzgar and Hobson have been working together to get this bill off the ground.

"Without prayer, we have to watch the community, the nation, the world, go into an uproar or turmoil, and I believe that prayer is a component that



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can quell situations," said Hobson. "When you don't have anyone to look up to, you look for other avenues. People tend to go wayward when they don't have anything to look up to."

Pastor Roger Locklear of the Christian Fellowship Church in Chase also made the trek to Annapolis last Friday. Locklear said he supported the bill because he has seen a lot of issues grow in public schools over the last few decades, including lack of discipline and rising drug rates.

"There's plenty of people that are behind this," said Locklear. "Outside the church, people see no reason why we should not be allowed to pray. And I don't mean telling people that they should be forced to pray a certain way, because I believe in freedom of religion."

Most members of the Ways and Means Committee that questioned the bill mainly wanted to be sure that religions other than those under the umbrella of Christianity would be included as well. Metzgar pointed to the swearing-in ceremony for Baltimore County Executive Kevin Kamenetz, at which an Imam led the prayer ceremony.

Metzgar also pointed to the hypocrisy of the General Assembly, which begins each session with a prayer.

However, as one delegate noted, the elected officials knew exactly what they were getting into and aren't forced to be there. The same delegate went on to note that children, up to a certain age, are required to go to school, and at school assemblies and other events they may not be able to excuse themselves from a situation involving prayer, which would be an infringement on their rights.

The school prayer bill will have an uphill battle in the state that led the battle to get prayer banned decades ago, but it's a fight that Metzgar is willing to take up. Metzgar led the Hogan Strong prayer sessions around Maryland while Governor Larry Hogan was battling cancer, and stated that during his time on the road he encountered many who were pro-prayer-in-school. He also stated that allowing prayer is in no way an endorsement of a particular religion.

"Nothing in this bill constitutes an establishment of religion," Metzgar said.



#### **ANGEL PARK**

- continued from page 1 -

"When people talk about 'It takes a village,' really, it takes a whole village to build a park," Williams said.

He also noted that when the project is completed, it will be the largest all-inclusive park in Baltimore County - and the Angel Park group believes, the largest in the whole U.S.

County Executive Kevin Kamenetz first pointed out that the last few years have been big for Perry Hall on the topic of public parks. He noted that the county broke ground in 2013 on Gough Park, which was completed last year; they opened the Soukup Arena in 2014, named for longtime Perry Hall Recreation Council President Jerry Soukup and his wife Patti; and opened Perry Paw Dog Park in 2014 at Honeygo Run Regional Park.

Now breaking ground for Angel Park, he said that having a playground that is all-inclusive and accessible for children, even those with physical or social barriers is "really special."

"This is really something that is quite unique for both Baltimore County and probably nationally," Kamenetz explained. "And I think it is indicative of the special relationship that this community has with each other in terms of being inclusive and involving everyone in community events."

Kamenetz also praised the volunteers who have recruited and will continue to recruit financial support for the project from so many in the community, stressing that county and state government are combining for only one-third of the new park's cost. The other twothirds are coming from private donors.

"There's just a real sense of vitality and excitement in the community" about the project, he said.

The county executive commended the Szczybors for being able to turn a tragedy into something that

will be "lifelong smiles."

The project will receive a total of \$200,000 from the state from bonds, as reported by the *East County Times* last April, with another \$250,000 coming as a grant from the county. But the remainder is coming from generous donors like the effort's title sponsor, The Cole Foundation, which is sponsoring construction of the amphitheater.

Other major contributors include Platinum sponsors Baltimore County Savings Bank, Rosedale Federal Savings and Loan and two anonymous community donors, each of whom gifted more than \$50,000, as well as Gold sponsors Whiting-Turner Contracting Company and Wirtz & Daughters, who each contributed between \$25,000 - \$50,000.

Specifically, Rosedale Federal is sponsoring the memorial garden, the anonymous donors are paying for the poured rubber surfacing and the picnic pavilion, and Wirtz & Daughters is providing all the hardscaping and pavers for the site.

While the estimated cost for the park is \$1.5 million, Angel Park Treasurer and Site Development Manager Paul Amirault posited that it is really more like double that.

"When you count the sweat equity that the volunteers are going to put in, the in-kind contributions, donated materials and discounted costs we've negotiated, we probably have a \$3 million park that we're building," he explained.

Amirault clarified that the county owns the land on which the park will be built. But the recreation council is renting it, the lease for which was approved by the County Council on Feb. 16, and the Angel Park committee is raising the funds to build the park.

Following its construction, the county will inspect the park, then it will be donated to the county "as our



Angel Park volunteers gleefully announced that the community build will begin on July 8 of this year.

gift to the community," he said.

Amirault, does not believe that this sort of partnership for a project like this has ever been formed. But he appreciates the county's confidence in them to do it right, he said, adding that it will be built in accordance with all local, state and federal building codes, as well as the Americans with Disabilities Act.

To date, the group still needs to raise approximately \$200,000 to construct everything they want to include in the project. And they are still counting on enlisting literally thousands of volunteers to help in the project's construction.

And to that tune, the group announced that the community build will take place over 10 days beginning on July 8.

"So now that you know the date, you can all take your vacation days now to come out an help," Kelli Szczybor joked.

Those interested in donating or signing up to volunteer can do so via the organization's website at <u>www.</u> <u>angel-park.org</u>.



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#### Periodic Update: The heroin/opioid epidemic

- By Delegate Eric Bromwell (D-8) -On Monday, Feb. 22, Baltimore County Executive Kevin Kamenetz announced that all Baltimore County police officers will start carrying Narcan, a drug that can immediately reverse the effects of an opioid or heroin overdose. This announcement comes almost a year to the day after Senator Kathy Klausmeier and I introduced legislation, which is now law, that provided civil immunity for police officers who administer Narcan.

The statistics on heroin and opioid deaths are beyond alarming. We truly are in the midst of an epidemic. According to the federal Centers for Disease Control and Prevention - CDC - heroin deaths have nearly quadrupled since 2000. In 2014, nationwide, there were 28,648 deaths from heroin and other opioids, exceeding the number of deaths from car crashes. In Maryland, 578 people died of heroin overdoses in 2014, a 25 percent increase from 2013 and more than twice the number who died from heroin in 2010.

Dozens of bills have been introduced to deal with the epidemic. The Hogan Administration is sponsoring bills modeled on recommendations of the 11-member Task Force, chaired by Lt. Governor Boyd G. Rutherford. One measure would target drug dealers more effectively by changing the state's gang laws to mirror the federal Racketeer Influenced and Corrupt Organization Act, commonly known as RICO. Baltimore County State's Attorney Scott Shellenberger said RICO "is a very powerful tool for police and prosecutors because it has a wide reach."

Another bill will be phased in to mandate that doctors and pharmacists use the Maryland Prescription Drug Monitoring Program. They will have to enter information about prescriptions into the database that can be used by health care professionals and pharmacists to see patterns of overprescribing.

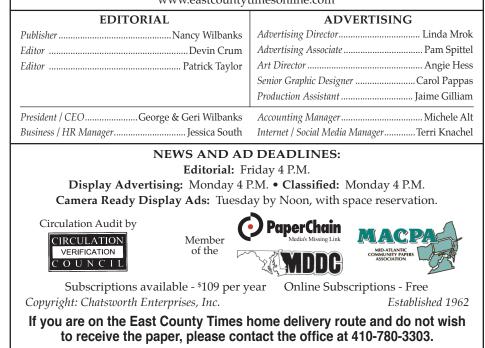
In December 2015, the Department of Health and Mental Hygiene issued a directive allowing individuals to get Narcan without a prescription. They would only have to show that they had been trained to administer the drug, which can instantly reverse an overdose. The directive will enable addicts, their families, and friends to save lives.

If you would like more information on these or any other legislation that is important to you, please feel free to contact me.



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#### **Delegate McDonough supports Hogan**

- By Delegate Pat McDonough (R-7) -All of the attacks against the governor from the General Assembly and other politicians are motivated by partisan politics and power plays. The most recent complaint about the governor wanting to construct a much needed city jail reeks of hypocrisy. Baltimore's mayor and others complained for years about the terrible condition of the city jail and the corruption that dominated the place. They constantly demanded something be done about the problem. Governor Hogan demolished the mess and put forward an intelligent plan for the new city jail. Once again, the radical Democrats blasted the governor.

One of the most dangerous pieces of legislation ever put forward to benefit criminals was the law that permitted convicted felons, including murderers and rapists to vote before they completed their sentences. This criminal-friendly legislation passed the General Assembly last year with all radical Democrat votes. Fortunately, the governor saw the insanity in this type of policy and vetoed the bill. Some politicians in Annapolis are more concerned about criminal rights than public safety and crime victims and vetoed the bill by one vote. This reckless act is something that the people deserve to know about. The administration sent out e-mails about this tragic mistake and informed the public. The people were outraged and bombarded the senators and delegates with their opinions. Senate President Mike Miller whined about how wrong it was for the governor to create this response from ordinary people.

The governor saved the taxpayers a lot of money, including city residents, by making a great decision to not build the light rail Red Line. This brain-dead "hole in the ground" would have cost billions and accomplished very little. The current light rail systems are already losers, heavily subsidized by the taxpayers. The city politicians squawked loudly proclaiming the end of the world was near. Frankly, I believe they were more concerned about contracts and handouts.

Allow me to be blunt. As I said in the opening, these attacks are all about party politics and the loss of power. The radical Democrats will not accept the fact that the people of Maryland elected an independentminded Republican governor. The voters of this state overwhelmingly rejected the tax-and-spend policies of the O'Malley, Millers and Busches of the world.

It is important to note when I use the term "radical Democrats" I am not referring to those common-sense Democrats who helped to elect Larry Hogan as our Chief Executive. I believe it is time for someone to request that the Department of Justice investigate the General Assembly for committing hate crimes against the governor. Just kidding, maybe!

#### Marks makes nomination for Commission for Women

Baltimore County Councilman David Marks has nominated Perry Hall resident Nitsa Stakias Zdziera to the Commission for Women. Created in 1977, this is an advisory body that identifies and advocates for programs, legislation and services to meet the needs of the women of Baltimore County.

Ms. Zdziera will fill the unexpired term of Katie Flory, who moved from Baltimore County. A graduate of Frostburg State University, Ms. Zdziera is a former Baltimore City public schoolteacher. Since 2003, she has served as vice president of P&S Painting Co., Inc., a certified minority women's company. She has been active in the Chapel Hill Elementary School PTA and other groups.

"I am very pleased to recommend Ms. Zdziera to this commission that advocates for the welfare of Baltimore County women," Marks commented. "As a former educator and small businesswoman, she will bring an important perspective to this panel."



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#### **Recognizing the early symptoms of Parkinson's disease**

Parkinson's disease is a neurological movement disorder. Classic motor symptoms, such as tremor, rigidity and extreme slowness of movements and reflexes, called bradykinesia, are typically used to identify Parkinson's. However, identification of other, more subtle symptoms may help identify the disease years before more obvious motor conditions present themselves.

Since Parkinson's is a chronic and progressive neurological disease, symptoms are often mild at the onset, becoming more severe over time. Initial symptoms may be so subtle that they're even difficult for specialists to detect, according to the The Michael J. Fox Foundation for Parkinson's Research.

Symptoms also may be different for some patients than others and may progress at different paces.

Dopamine loss is a major contributor to the onset of Parkinson's disease. Dopamine controls movement and mood, so when dopamine is affected, walking, talking and writing can be impacted. Depression or anxiety may accompany other symptoms.

The National Institutes of Health says Parkinson's disease affects as many as 500,000 people in the United States. An early diagnosis may help improve quality of life and delay the onset of greater motor issues. Here's what to look for and discuss with a doctor.

• Micrographia and other handwriting issues occur. Those with Parkinson's disease may start experiencing changes in their handwriting. Penmanship may look cramped, and letters tend to be smaller than normal (micrographia). Individuals may find it difficult to hold a pen and write.

• Tremors take place in a limb. Tremors usually begin in the hands or fingers and may even mimic a pill-rolling technique, which is a tremor between the thumb and forefinger. Tremors usually occur when the limb is at rest.

• Pace or activities slow down. Parkinson's disease may reduce one's ability to move and may slow down movements. An early symptom may be a noticeable slowing down in steps or ability to react to something, like a ball being thrown one's way. Some with Parkinson's may drag their feet or shuffle as they walk or find it difficult to get out of a chair.

• Loss of automatic movements and functions can occur. Difficulty with unconscious movements, such as blinking, smiling or even swinging arms, may occur when a person has Parkinson's disease. Movements may be uncoordinated and stiff. Increased salivation and perspiration also may be indicators.

• Poor balance and loss of posture may develop. People with Parkinson's disease may hunch over more and more and be unable to stand up straight. Balance issues, such as greater incidences of falls or being able to tip over more easily, may occur.

• Speech can change. Changes in speech can begin, including hesitating before speaking, slurring words or speaking in a monotone voice.

• Others may notice a masked face. This describes a vacant or fixed stare and lack of facial animation.

• Sleep issues may increase. Parkinson's disease can affect sleeping patterns and behaviors. People with Parkinson's may experience vivid dreams and nightmares, as well as an inability to stay asleep. Daytime drowsiness may also occur.

Parkinson's disease is rare, and symptoms that mimic those of Parkinson's may be caused by other conditions. However, if you or someone you know is experiencing repeated symptoms of any of the ones described here, speak with your general practitioner or a neurologist.

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#### **Tips for keeping your kidneys healthy**

Few people devote much thought to their kidneys unless their doctor advises them they are having kidney troubles. But kidneys perform essential functions in the human body, filtering water and waste out of blood and urine while also helping to control blood pressure.

When operating correctly, kidneys can go a long way toward ensuring a healthy life. But when kidneys are compromised, the results can be very harmful to human health.

Kidney disease is no small cause for concern, as the National Institute of Diabetes and Digestive and Kidney Diseases notes that more than 20 million Americans may have kidney disease, with millions more being at risk. Kidney disease may be even more problematic in Canada, where the Kidney Foundation of Canada reports that one in 10 Canadians has kidnev disease.

Though family history is one risk factor for kidney disease, it's not just genetics that put people at risk. People with diabetes, high blood pressure and/ or cardiovascular disease are also at risk of developing kidney disease, which develops gradually and does not often produce physical symptoms until it has reached an advanced stage.

Because people may not detect symptoms of kidney disease until it reaches an advanced stage, the NIDDK recommends people schedule routine blood tests to check their glomerular filtration rate, or GFR, which checks to see how well kidneys are filtering. The NIDDK also notes the importance of routine urine tests, which check for protein in urine. The presence of the protein albumin in urine indicates kidney damage.

In addition to routine screenings, people can take the following steps to maintain healthy kidneys so they can live long, healthy and active lives.

• Maintain a healthy blood pressure. A healthy blood pressure can delay or prevent the onset of kidney disease. The American Heart Association advises that a normal healthy blood pressure is a systolic number (the top number) less than 120 and a diastolic number (the bottom number) less than 80. The systolic number measures the pressure in the arteries when the heart beats, while the diastolic number measures the pressure in the arteries between heartbeats.

Have your blood pressure measured by your physician on each visit (and no less than once per year), and speak with him or her about ways to lower your blood pressure if it is high or if your blood pressure falls in the prehypertension range (120-139 over 80-89), which means you are at risk of developing high blood pressure.

• Reduce sodium consumption. One simple way to protect your kidneys is to consume less than 2,300 milligrams of sodium each day. Though sodium serves some essential functions in the body, helping it to regulate blood pressure among other things, people with kidney disease cannot eliminate excess sodium and fluid from their bodies. The resulting buildup in the tissues and bloodstream can contribute to high blood pressure.

• Limit alcohol intake. The NIDDK advises that limiting alcohol intake can help to keep kidneys healthy and operating at full strength. Alcohol impacts the body in various ways, and kidneys are not

immune to the effects of alcohol. Alcohol can cause changes in the kidneys that compromise their ability to filter blood. Alcohol also can affect the ability of kidneys to maintain the right amount of water in the body. That's because alcohol consumed in excess dehydrates the body, making it harder for cells and

organs, including the kidneys, to function normally. Speak with your physician about your alcohol consumption and what is considered healthy for someone in your situation.

Learn more about the kidneys by asking your doctor or by logging on to www.kidney.org.

#### Which of These Neuropathy **Symptoms Do You Suffer From?**

If you Suffer from a Single One of these Torturous Symptoms - Numbness, Tingling, or Sharp Nerve Pain - THEN THE FACTS BELOW MAY BE THE MOST **IMPORTANT YOU HAVE EVER READ IN YOUR LIFE!** 

Neuropathy affects every part of your life - walking, sitting and even sleeping

Maybe you've had multiple tests, only to find out no one has any idea what you have. Maybe you've even been put on a drug with heavy side effects.

Do you have any of the following symptoms...

- Pins and needles feeling
- Numbness in the hands or feet
- Tingling or burning sensations Weakness in the arms or legs
- Sharp shooting or burning
- pains

If so, you may have a condition called peripheral neuropathy.

My name is Dr. Dennis Travagline, clinic director at Perry Hall Chiropractic & Physical Therapy. I've been helping people with neuropathy and nerve problems for more than 15 years.

More than 20 million Americans suffer from peripheral neuropathy, a problem caused by damage to the nerves that supply your arms and legs.

This painful condition interferes with your body's ability to transmit messages to your muscles, skin, joints or internal organs. If ignored or mistreated, neuropathy can lead to irreversible health conditions.

Why not get help by those trained to correct the major cause of peripheral neuropathy?

Data from the National Board of Chiropractic Examiners' Job Analysis of Chiropractic lists arm and leg neuropathy as the second most common nerve problem treated by chiropractors.

Often neuropathy is caused by a degenerating spine pressing on the nerve roots. This can happen in any of the vertebral joints from the neck all the way down to the tail bone.

#### The Single Most Important Solution To Your Neuropathy

By using gentle techniques, I'm able to release the pressure that has built up on the nerve. This allows the nerve to heal and the symptoms to go away.

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"Manipulation [chiropractic adjustments], with or without exercise, improved symptoms more than medical care did after both 3 and 12 months." British Medical Journal

Patients showed an 85.5% resolution of the nerve symptoms after only 9 chiropractic treatments.

Journal of Chiropractic Medicine 2008

With chiropractic care, patients had "significant improvement in perceived comfort and function, nerve conduction and finger sensation overall." - JMPT 1998

"Significant increase in grip strength and normalization of motor and sensory latencies were noted. Orthopedic tests were negative. Symptoms dissipated." - JMPT 1994

What these studies mean is that with chiropractic care, you could soon be enjoying life ... without those aggravating nerve problems.

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 A full set of specialized x-rays to determine if a spinal problem is contributing to your pain or symptoms... (NOTE: These would normally cost you at least \$100).



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Sincerely, Dr. Dennis Travagline, D.C.

P.S. At our office, we have specialized treatment programs for treating patients who suffer from neuropathy.

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#### Anemia and aging

Aging is accompanied by a number of physical changes. Some of these changes, such as vision impairment or loss of hearing, are anticipated, while others may arrive unexpectedly.

One condition many adults unexpectedly encounter is anemia. While anemia is common in older adults and its prevalence increases with age, it is not a condition that is widely considered part of the aging process. Anemia is often a symptom of a hidden problem that needs to be addressed promptly.

Anemia is one of the most common blood disorders, affecting more than three million Americans, says the National Heart, Lung, and Blood Institute. The American Society of Hematology notes that anemia is characterized by insufficient levels of red blood cells in the blood. Anemia also occurs when red blood cells, which are responsible for carrying oxygen to the various organs and tissues throughout the body, are not functioning properly.

Very often the signs of anemia are overlooked or go unnoticed until a blood test determines low hemoglobin (Hb) or hematocrit (HCT) concentrations. Some people discover they have anemia as they attempt to donate blood, at which time their red blood cell count is found to be inadequate. When the body lacks oxygen, any number of the following symptoms may be experienced: weakness, dizziness, extreme fatigue, shortness of breath, fast or irregular heartbeat, pale or yellow skin and cold hands or feet.

Frequently, existing disorders or conditions, such as congestive heart failure, are made worse by anemia. But unless doctors specifically consider anemia as a possible cause of symptoms, its presence can go undiagnosed.

The American Academy of Family Physicians says the most common causes of anemia among older men and women include chronic diseases and iron deficiency. Vitamin B12 deficiency, folate deficiency, gastrointestinal bleeding, and myelodysplastic syndrome are other causes of anemia.

The main way to treat anemia is to discover its source and reverse the outcomes. Many methods to correct anemia involve trial and error and experimentation. Anemia is a condition that can affect aging adults. Correct treatment can mitigate symptoms.



#### Eating right improves quality of life

older adults.

Legend states that on April 2, 1513, Spanish explorer Juan Ponce de León was the first European to discover modern-day Florida when he traveled on a quest for the mythical "Fountain of Youth."

While modern science has proven that there is no mystical fountain or body of water that can reverse or slow down the aging process, there are many steps people can take to age well and prolong their lives.

Eating the right foods is one way to age well. According to Ralph Felder, M.D., Ph.D., coauthor of "The Bonus Years Diet," reversing the aging process internally is more difficult than outward cosmetic changes. But the right foods can go a long way toward increasing both life expectancy and quality of life.

Those who want to employ diet to increase their life expectancy may want to start adding more of the following foods to their breakfast, lunch and dinner plates.

• Broccoli, grapes and salad: According to Health magazine, researchers have found that compounds in these three foods boast extra life-extending benefits.

• Berries: In addition to their abundance of antioxidants, berries have other benefits. A 2012 study from Harvard University found that at least one serving of blueberries or two servings of strawberries each week may reduce the risk of cognitive decline in • Fruits and vegetables: Produce is good for the body because it's low in calories and high in fiber, vitamins and other nutrients. Numerous studies have indicated that diets plentiful in fruits and vegetables help people maintain a healthy weight and protect against cardiovascular disease.

• Whole grains: Whole grains pack a lot of nutrition into a low-calorie food. Whole grains help protect against type 2 diabetes, and researchers at the University of Texas Health Sciences Center found study participants whose diets included plenty of whole grains and fruit cut their heart disease risk by almost half compared to those whose diets favored meat and fatty foods.

• Red wine: A glass a day for women and no more than two glasses daily for men can be beneficial. Moderate consumption of red wine has been shown to slow age-related declines in cardiovascular function, according to the American Heart Association.

• Fiber: Increase your fiber intake for a longer life. Research from The American Journal of Clinical Nutrition finds that the more fiber you include in your diet, the lower your risk of coronary heart disease. The daily recommendation is 25 to 35 grams.

While there may be no such thing as the fountain of youth, a healthy diet can help men and women prolong their lives.



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#### **Baking healthier treats can go a long way**

Baking can be a relaxing and rewarding pastime that parents can share with their children. Baking promotes a variety of skills, including the ability to follow instructions and make measurements. Baking also employs mathematics, making baking a rather delicious science experiment. Perhaps one of the few pitfalls of baking is indulging in too many sweet treats when taste testing and then enjoying the fruits of your labors.

But bakers concerned about their health can substitute healthy ingredients when recipes call for foods bakers would prefer to avoid. The following ingredients can make healthy additions to bakedgood recipes without sacrificing flavor.

• Whole wheat flour: Flour is at the heart of many baking recipes, including those for cakes, cookies and pies. Refined white flour may not be the healthiest ingredient, so try whole wheat flour, which is full of nutrients and an extra dose of fiber. Fiber can help lower the risk for heart disease and diabetes. Try slightly less than one cup of whole wheat flour for regular flour as a swap if a recipe calls for one cup of flour.

• Fruit puree: When a recipe calls for oil, margarine, butter or shortening, consider replacing such ingredients with fruit purees, which often add moisture and texture just as well but without the same amount of calories. Applesauce and prunes can be helpful in chocolate dishes. Pumpkin or sweet potato are other purees that can add a nutritional boost as well. • Greek yogurt: Greek yogurt is a powerhouse of protein and flavor with relatively few calories per serving. It can make a super substitution in recipes for things like sour cream, buttermilk or even cream cheese.

• Applesauce: Believe it or not, unsweetened applesauce also can replace some or all of the sugar in a recipe. When doing a 1:1 ratio swap, reduce the amount of liquid in the recipe by 1/4 cup.

• Marshmallow or meringue: Ever check the nutritional information for many store-bought cake frostings? They pack a considerable amount of calories, sugar and fat. Some also are made with hydrogenated oils. Consider using a marshmallow fluff or homemade meringue to top cupcakes or decorate cookies.

• Stevia: Stevia is an herbal plant that grows primarily in South America. Stevia has a long history as a sweetener in that area, and now has become a popular sugar substitute elsewhere. Stevia is an all-natural, no-calorie, no-carbohydrate sweetener. The FDA approved only the purified form of stevia, called stevioside. Remember to check each brand's sugar-to-stevia ratio to make sure you get the right measurements for your recipe.

• Egg whites: Replace a whole egg in a recipe with two egg whites or 1/4 cup of egg substitute.

• Chocolate nibs: Nibs are processed morsels that do not have the same amount of added sugar as many chocolate chips. Dark chocolate nibs can provide a healthy dose of antioxidants as well.



• Evaporated skim milk: Try evaporated skim milk in place of heavy cream to make whipped cream for a low-fat option.

Baking brings family together, and the treats prepare can make an enjoyable finale to a great meal. With healthy substitutions, any recipe can be altered for the better.

#### **Did you know?**

According to the Centers for Disease Control and Prevention, research has shown that strengthening exercises are safe and effective for men and women of all ages, including seniors. The CDC also notes that men and women with heart disease or arthritis may benefit the most from exercise regimens that include lifting weights several times per week. A strengthtraining program at Tufts University enlisted older men and women with moderate to severe knee osteoarthritis. The program lasted 16 weeks, and by the end of those 16 weeks, participants reported that their pain had decreased by an average of 43 percent while also decreasing the disability caused by their conditions. In addition, strength training can benefit older men and women by improving balance and flexibility, which can decrease their likelihood of falling and the severity of those falls if they do slip.







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#### 'EDDIE THE EAGLE' soars with charm

- By Teddy Durgin -"Eddie the Eagle" is drawing a LOT of comparisons to "Rudy," that most inspiring of all sports movies about an undersized, blue-collar kid who made the University of Notre Dame football team and actually got on the field. OK, I'll concede that it's the "Rudy" of long-distance ski jump movies. But what really distinguishes this film is that it's actually much closer in spirit and wit to "The Full Monty," that underdog story of working-class Brits who needed cash and put on a one-night-only, male strip show. I loved that movie, and I loved "Eddie the Eagle."

And, yes, I actually remember British ski jumper Michael "Eddie" Edwards (played by Taron Egerton). I was 17 when the 1988 Winter Olympics aired. It was my senior year of high school, and it was really the first Olympics that I truly obsessed over. Mostly because so many of the athletes who were competing were suddenly in my age range... and I knew that I would only get one or two more Olympics like that where I would feel that way. So, I really, REALLY watched those Games and put myself in those bobsleds, on those skis and in those skates. Now, granted I had never been in a bobsled, on skis or in skates before that (or

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since, actually). But the snowy Calgary scenery was pretty. AND it was the same Olympics as the Jamaican bobsled team of "Cool Runnings." So, it was a fun, highly watchable two weeks!

And as with both Britain's Eddie the Eagle and the Jamaican bobsled team, I loved the crazy idea of being from a country where a certain sport wasn't played at all and having a slightly "easier" route to actually get to the Olympics by excelling in that sport. I hear all of the time buffoons and simpletons say, "If [insert name] becomes President, I'm leaving America!" First of all, you're not going anywhere. So, close your mouth. Second, OK, I'll admit right here - the only time I ever thought about seriously leaving the United States and becoming a citizen somewhere else was before the 1992 Summer Olympics when the first Dream Team was assembled of NBA legends Magic Johnson, Larry Bird, Michael Jordan, etc. How cool would it have been to step on a court and play against those guys?! To have THOSE photos on your wall at home! All it would have taken back then was your man Durgin defecting to... oh, I don't know... Luxembourg or Bhutan, and finding seven or eight guys who got game. Why didn't I do that?! Ahem. "Eddie the Eagle" tells Edwards' story

**BAGPIPES!!** 

beautifully with a lot of humor and heart. The movie shows how the Olympic dream first started festering in Eddie as a little, nerdy boy, then takes you on each step of his journey as he grows up and figures out a way to get on his country's team doing something no Brit had done in years. Along the way, he enlists the aid of a burned-out, down-on-his-luck former ski-jump champion, Bronson Peary (Hugh Jackman). Together, they overcome their personal demons to soar. The film is a testament to grit, hard work, perseverance and being just a tad bit crazy. I also enjoyed the period recreation here, too, as the film nicely evokes '88 without going overboard.

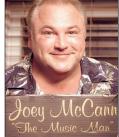
Nitpicks? Just one. The movie needed at least one big star, and Jackman is always a magnetic screen presence. But he's supposed to be playing a bit of a burnout here. And he looks just... so... freakin'... perfect! Not a hair out of place. Clean-shaven. Lean. I'm really surprised he didn't let himself go a bit here.

Ah well. The man wanted to shave, shower and shampoo for this one, so who was young director Dexter Fletcher to tell him "No." Fortunately, Fletcher said "Yes" to so many other right things about this movie. This is definitely worth making the leap for on the big screen.

"Eddie the Eagle" is rated PG-13 for some suggestive material and smoking.



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#### 'GODS OF EGYPT' doesn't have a prayer

#### - By Teddy Durgin -

The first major action sequence in the new fantasy adventure flick, "Gods of Egypt," has Gerard Butler's evil, jealous deity Set literally ripping the eyeballs out of the benevolent god Horus (Nickolaj Coster-Waldau), his nephew who is about to be crowned the new ruler of Ancient Egypt. I so wished I was Horus while watching this movie!

"Gods of Egypt," in which deities fight deities for two numbing hours, is an assault on the eyeballs with its near-constant 3-D, CGI special effects sequences. It's also a bludgeoning of the eardrums, with composer Marco Beltrami working his horn and percussion sections like Quintus Arrius worked the slave-ship rowers in "Ben-Hur." And the script by Matt Sazama and Burk Sharpless features some of the corniest, most hammy dialogue this side of a "Mystery Science Theater 3000" double bill. Sazama and Sharpless also co-wrote "Dracula Untold" and "The Last Witch Hunter." For the love of the gods, somebody take their laptops away!

"Gods of Egypt" arrives in theaters amid negative publicity regarding the casting of mostly white actors in Egyptian roles. Folks, the Egyptian actors in SAG should send "Thank you" cards to director Alex Proyas and company for not hiring them. In fact, the only place this film might play well is in the cineplexes of modern-day Cairo and Alexandria. Audiences there are going to think this is a Mel Brooks comedy. They're going to be howling with laughter. The rest of us? I quote the fallen African-American god, Clubber Lang, "I predict... pain."

The biggest problem with "Gods of Egypt" is it's just too darn... MUCH! Proyas seeks to deliver a spectacle that is all spectacle, all the time. Every scene in this film is constructed to deliver a money shot, a big gah-gah moment with big pyramids and big columns and big towers and big gods shooting big fire and transforming into falcons and jackals and other spirit animals with wings and shiny armor. There are no breathers. It's like going to a fireworks show that is all grand finale. It's like going to a Van Halen concert where the band just plays "Jump" over and over and over again. It's like being on a really bad roller coaster that goes on too long; hurts your neck; hurts your head; and because there's no one in line, the operator runs you through again... and again... and again. You just want it to stop. You'll do anything to make it stop.

You wouldn't want to go to a comedy that is all oneliners. You wouldn't want to go to a horror movie that is all jump scares. There has to be pacing and set-up. "Gods of Egypt" is just a miserable viewing experience in 3-D or otherwise. And it's also the classic case of the filmmakers having too much computer-generated trickery at their hands.

Case in point, there are several scenes where the various god characters are on stages or platforms being watched by literally thousands upon thousands of computer-generated extras. With the wonders of computers, filmmakers can make a crowd appear a million or more strong. One problem. As the characters on the Ancient Egyptian stage talk to each other and deliver dialogue, maybe - and this is being generous maybe the first half-dozen or so rows of those gathered could strain to hear what they're saying in those premicrophone and loud speaker times. But the hundreds of thousands that stretch as far as the eye can see who are seemingly also reacting to their dialogue? There's no way! These scenes would be drowned out by a myriad of off-camera voices going "Speak up!" "We can't hear a thing back here!" "We're not following this at all!"

Lucky computer-generated extras.

"Gods of Egypt" is rated PG-13 for fantasy action and violence, and some sexuality.

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THURSDAY STEAK NIGHT Served with choice of one side \$18.99

> **FRIDAY** CHEF'S CHOICE Visit our website for details.

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#### SPOTLIGHT

#### HAPPY 100th BIRTHDAY!

Angeline Puglisi celebrated 100 years at the Knights of Columbus hall in Dundalk on Saturday, Feb. 6, with almost 100 family members and friends. She received proclamations from Pres. and Mrs. Barack Obama, Sen. Johnny Ray Salling, Councilman Todd Crandell and the Maryland General Assembly. She has lived a long and productive lifetime. Best wishes for continued good health and happiness to a grand

#### lady dearly loved by all. Co-ed Adult Softball League

The Kingsville Adult Co-ed Softball League is looking for players to fill empty spots on rosters for the spring league. Season runs April 1 - June 24. Games are played on Friday or Saturday nights at either 6:15 and 7:25 p.m. or 8:35 and 9:45 p.m. at Honeygo Regional Park. Cost is approx. \$45, depending upon the number of players on each team and includes all fees; shirts are not covered. If interested, email KingsvilleAdultCoedSoftball@verizon.net with the "FREE AGENT" in the subject line. Visit <u>www.league lineup.com/kingsvilleadultcoedsoftball</u> for more info.

#### **Vendor and Craft Event**

The STEALTH All Stars will host a vendor and craft event on Saturday, March 19, from 10 a.m. - 2 p.m. in the Ironworkers Hall Local #16, 2008 Merritt Ave. in Dundalk. Contact Alisha at 410-292-1589 for more info.

#### **Bull Roast with Oysters**

The Riverside Democratic Club will hold a bull roast with oysters on Saturday, March 26, from 7 - 11 p.m. at the Essex-Holly Neck VFW, 206 Riverside Road in Essex. Beer and set-ups included; no minors. Tickets are \$40 each. For tickets, call Jean at 410-391-7444 or AJ at 443-250-2786.

#### **Breakfast with the Easter Bunny**

FOP Lodge 34, 730 Wampler Road in Middle River will host breakfast with the Easter Bunny on Saturday, March 12, and Sunday, March 13, to include breakfast, kids activities and a visit from the Bunny. Tickets are \$8 for ages 3 and up. Under 3 free. There will be three seatings - Saturday at 9 a.m. and 11 a.m., and Sunday at 11 a.m. For tickets, visit www.4fopevents.com or call 410-982-1673.

#### **Sock Hop**

On April 16, from 7 - 11 p.m., American Legion Post 130, 8666 Silver Lake Drive in Perry Hall, is having a sock hop! Join us for an evening of fun: dancing, raffles, door prizes and music from the Juke Box Live Band! Menu: ham and cheese burgers, hot dogs, french fries, onion rings, pizza, snacks, beer, wine, soda. We are asking everyone to bring a pair of new socks for our men and woman veterans. Tickets are \$25, or purchase a table of eight prior to April 2 for \$180 (\$20 savings). For more information, call the American Legion Post 130 at 410-870-0625.



#### Annual Famous Fish Fry

The Dundalk Knights of Columbus, 2111 Eilers Ave. in Dundalk, will hold their 11th annual famous fish fry every Friday through Good Friday (March 25) from noon to 6 p.m. Dine-in: \$12, carry-out: \$13. Dinners consist of fried Alaskan pollock, fries, cole slaw, roll, dessert and a beverage. Beer and wine available at additional cost. For more information, call Joe Witomski at 410-409-8173 or 410-285-6660.

#### **Bull & Oyster Roast**

The Essex American Legion Post 148, Auxiliary Unit, will be hosting a Bull & Oyster Roast on Sunday, March 6, from 1 - 6 p.m. Music will be provided by Rich and the Roadrunners. Menu to include pit beef, oysters and many other items. For more info., including ticket availability, please contact Lynn at 443-231-5806.

#### **Bull and Oyster Roast**

The Bowleys Quarters Improvement Association, 1124 Bowleys Quarters Road, will host a bull and oyster roast on Saturday, April 2, from 7 - 11 p.m. Menu to include pit beef, oysters, chicken, ham, sausage, hot buffet table and dessert, as well as beer, soda, coffee and tea. Music by DJ Bill Hillmeyer. Tickets are \$40/person or \$350 for a table of 10. For tickets and table reservations, call Rich Pitz at 410-335-0267.

#### **Easter Egg Hunt**

The annual Easter Egg Hunt sponsored by North Point State Park volunteers will be Saturday, March 19, at noon in the park. No admittance to the event after 11:45 a.m. Registration is \$3 per child and begins at 11:15 a.m. in front of the Takos Vistors Center. There will be hunts for all age groups 10 and under. Bring your Easter basket. Also a jelly bean counting contest, raffles and pictures with the Easter Bunny for \$5. Snacks and soda for sale. Park entrance fee in effect. Attendance limited to park capacity. Rain date: Saturday, March 26. For more info., visit the NPSP Volunteers on Facebook or call 410-477-0757.

#### **'Sweet Rhythm'**

The Dundalk Sweet Adelines present the "Sweet Rhythm" and variety show on Saturday, March 19, at 7 p.m. at the North Point Government Center in Dundalk. All proceeds go to the Pat and Fred King Memorial Fund and the ongoing musical education expenses of our YWIH barbershop quartets. The Dundalk Sweet Adelines will perform "Star Spangled Chorus," "Rampage," "Knock Out" and "Sweet As Sugar." Tickets are \$10. Additional donations gratefully accepted.



SPORTS

#### Kenwood falls to Dulaney; Dundalk, Perry Hall move on

- by Patrick Taylor -

On Monday night, the Kenwood Bluebirds boy's basketball team crashed out of the postseason with a dishearteningly close loss at the hands of Dulaney.

It was a hard-fought contest between the two rivals, one that could have gone either way. Both teams had their opportunities; it just so happened that Dulaney did more to give themselves the advantage.

The biggest issue that Kenwood faced was going up against Dulaney's 1-3-1 zone trap. This isn't the first time that Kenwood has dealt with high pressure in a full-court defense, but for some reason on Monday night the Bluebirds ran into a bit of trouble trying to pick apart the press.

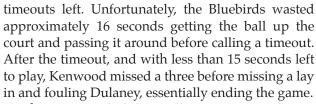
Kenwood has faced some man-to-man presses with help defense this year, and in those games they were able to break down the press quite easily. They have enough players with quality ball-handling skills that a simple one-on-one press basically serves as a minor nuisance. But matched up against a trap defense, Kenwood often found themselves making silly mistakes.

And that's exactly the purpose of the 1-3-1 trap. It takes the pressure off of a single defender by making help defense the focal point. As soon as Kenwood's guards approached the half court line, they found themselves trapped in the corner with hands in their faces. That led to wayward passes, dribbles off of feet and other questionable decisions. The trap forces players to not only think quickly, but try to see a play ahead. Pump fakes become invaluable as they keep defensive players honest. The importance of holding your dribble becomes magnified, because as soon as you pick up your dribble you'll be swarmed by a quick double team.

Dulaney utilized the 1-3-1 trap all night long, and though there were times when Kenwood broke through with ease, there were also plenty of stretches where Kenwood turned the ball over due to the high pressure of the defense.

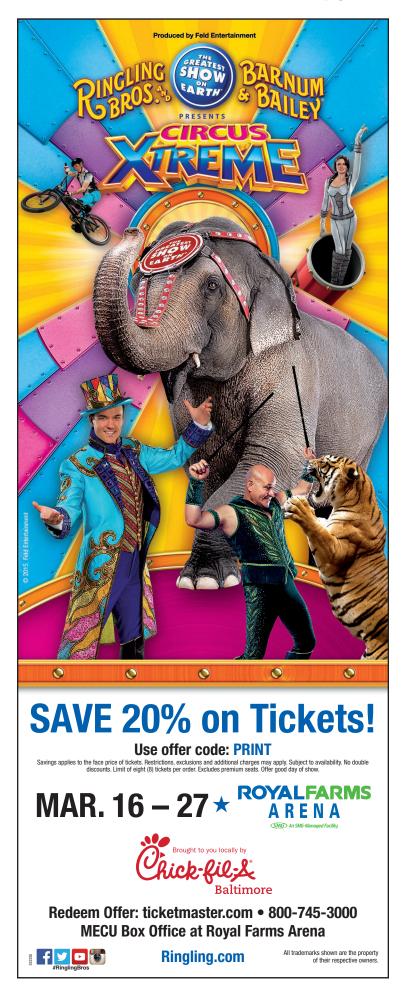
In the third quarter, the Bluebirds went scoreless for approximately four minutes, predominantly because they couldn't get set up in any sort of offense. They were getting swarmed and making questionable decisions with the ball, and that allowed Dulaney to stretch out their lead.

That brings me to the final 30 seconds of the game. With just over 30 seconds left, Dulaney had a two-possession lead and Kenwood had the ball. The bluebirds needed to score quickly, foul Dulaney, repeat. It may seem like the game was out of reach, but Kenwood had a few



Why Kenwood didn't call a timeout earlier is beyond me. They had plenty of time to work with, if managed correctly, and plenty of players capable of hitting threes. In fact, there was so much time on the clock that a three wasn't even needed instantly. Kenwood could have gone for an easy bucket, fouled Dulaney and hoped that a miss from the foul line was in order.

It's a shame the game ended the way it did. The Bluebirds fought hard from the beginning, and - see BASKETBALL on page 18 -



feet and other questionable decisions. **GUEST BARTENDER NIGHT MARCH 18TH • 7-10PM RIVERWATCH RESTAURANT** 207 NANTICOKE RD., ESSEX, MD 21221 For the benefit of BACK RIVER RESTORATION COMMITTEE Come out and have a great night with friends while helping raise money to clean up Back River and protect the future of the Chesapeake Bay. This Is Your Chance To Directly Affect Our Earth! Featuring DJ 'The Show' - Video DJ Plenty of Parking, Food, Drinks and Good Times Laydowns, Raffles, Giveaways Tasteful Body & Face Painting by Terri and Rhonda **GUEST BARTENDERS & SPONSORS** DISTRICT 6 & 7 OFFICIALS: Councilman Todd Crandell / Delegate Robin Grammer Delegate Bob Long / Delegate Rick Metzgar / Senator Johnny Ray Salling LOCAL YACHT CLUB S COMMODORES: LOCAL BUSINESSES **Dvorak**<sup>®</sup> TIMES A M&T Bank Val Lewandowski Patrick Taylor & Terri Howell RIVER WATCH Essex Branch ROCKIN' ON THE RIVER Featuring 4 great ban **Kick Off Event** Your first chance to purchase tickets for the June 5th Concert at **CONRAD'S RUTH VILLA** All tips and donations are for clean up and restoration projects by BACK RIVER RESTORATION COMMITTEE, INC. A 501 (C) (3) Non-Profit Org. RESTORATION www.savebackriver.org For more information, contact Karen 443-983-2945 or Sam 410-365-8560

#### Page 18 East County Times March 3, 2016

#### SPORTS

#### - continued from page 17 -

honestly looked like they were going to take it to Dulaney, despite never leading throughout the game. Kenwood played strong early, trading baskets with Dulaney while limiting their mistakes. And even when Dulaney did step ahead, Kenwood always managed to fight back and make it a contest.

It just seemed like there was something in the air Monday night. I could feel a Kenwood win coming - a last second three, a player draining two free throws with no time on the clock, a 1-in-5,000 full-court shot. Unfortunately for Kenwood, the moment of heroism never came.

Despite the fact that they fell short, Kenwood played strong for a majority of the game. The first half was incredibly tight, and even after Dulaney took a 12-point lead in the third, Kenwood managed to come back and even things up in the fourth. Credit also has to go to Kenwood's fans, who made Monday night's clash an absolutely incredible experience. The gym was as alive as I've ever seen it, and the momentum from the crowd had to have given the Bluebird players a significant push. But kudos also have to be given to Dulaney. They played tough and absolutely deserved a win.

Around the league Kenwood wasn't the only team play-

#### PANCAKE & EGG BREAKFAST SATURDAY, MARCH 26, 2016 | 8AM-12NOON

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\$8 per adult | \$6 per child 10 & under Tickets will be sold in advance and at the door. For information.

call Christine Wheatley at 410-967-6373

Menu: Pancakes | French Toast | Sausage | Bacon | Scrambled Eggs Fruit | Coffee | Tea | Juice | Milk

WE DELIVER MON-FRI 11:30AM-2:30PM \$15 Minimum (3 mile radius) VISIT OUR WEBSITE FOR MENU ing on Monday night, with Perry Hall, Dundalk and Eastern Tech all taking part in the postseason fun.

Perry Hall, the top-ranked team in the 4A-North Section, took on Catonsville Monday night, coming away with a big 79 - 54 win. A win was never in doubt for the Gators, who took a lead early in the first quarter and didn't relinquish it throughout the course of the game.

Perry Hall was efficient on Monday night, spreading the ball and scoring with ease. They were so efficient, in fact, that in three out of four quarters, Perry Hall put up 19 points. In the third quarter, they put up 22. That's the type of consistency and balance you like to see out of a team.

The Section 1 final was played on Wednesday, March 2, and saw Perry Hall pitted against Dulaney. Dulaney has proven time and again that they are difficult to handle, But earlier this year, Perry Hall took down Dulaney by a score of 80 - 58. Look for more on Wednesday's game next week.

The Dundalk Owls took on Edgewood on Monday night, three days after trouncing North Harford by a score of 76 - 35. The Owls managed to keep their winning streak alive against Edgewood, picking them apart with relative ease and walking away with a 58 - 39 victory. The Owls haven't lost since an early February contest against New Town. Since losing by five in that game, Dundalk has won - and won big. Since their loss back on Feb. 5, the Owls have won eight on the trot, with a +24.75 average victory in that timeframe. On two occasions they won by over 50, and once they won by 40-plus points.

This is a team that has tremendous athletic talent and the ability to absolutely run away with games. Now, that'll be more difficult as we get deeper into the postseason. In fact, Dundalk's next game comes against one of the best teams in the area, C. Milton Wright. It'll be a struggle for Dundalk, but they certainly have the ability to hang with the top teams.

Eastern Tech advanced out of their first round matchup against Chesapeake, which pitted them against Carver on Monday night. Carver entered the postseason as the secondranked 2A team, and they played like it against Eastern Tech.

Tech was smothered throughout the evening but still managed to keep it relatively close. Though the Mavericks lost by 13, Tech managed to fight hard until the final whistle blew. They knew they had an uphill battle going into the contest, and despite the loss they should be thrilled they managed to keep it a game until the end.

## Have you tried **PAPA'S SMOKEHOUSE?**

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BABY BACK RIBS FULL RACK 14.29 Tender, meaty petite Pork Ribs slow smoked in our special southern smoker with the blend of hickory & cherry wood.

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ST. LOUIS RACK OF RIBS 14.29 Select lean, juicy Pork Ribs, seasoned with Papa's special rub, slowly smoked.

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All Entrees served with choice of two sides.

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#### **OBITUARIES**

#### Sibiski, Lawrence Albert

On Sunday, Feb. 21, Lawrence Albert Sibiski Sr., 83, quietly entered into eternal peace at his home in Essex in the presence of his wife Mary (nee George) Sibiski; his sons Lawrence Sibiski Jr., Joseph Sibiski and Steven Sibiski; as well as stepson Paul Maggio.

Lawrence was born on Feb. 18, 1933. He graduated from Patterson Park High School in 1951 and worked for the Thompson Steel Company in Dundalk. He married the late Genevieve (nee Redyk) Sibiski in August of 1958 and together had three sons. He married Mary on March 31, 1978 and her children Cheryl and Paul Maggio.

He was predeceased by his first wife of 19 years in 1977. He is the beloved son of the late Henry and Anna (nee Weber) Sibiski; devoted husband of Mary Sibiski; beloved father of Lawrence Sibiski Jr. and his wife Jane, Joseph Sibiski and his wife Kathy (nee Gabbert) and Steven Sibiski and his wife Kathy; dear stepfather of Cheryl and Paul Maggio; loving brother of John Sibiski, Rose Amend, Freida Mueller, the late Milton Sibiski, the late Caroline Fuller and the late Mary Iwancio; loving "Grandpop" of Amanda, Jennifer, Audrianna, Joey, Lauren, Alex, Melissa, Connor, Evelyn and Paulie; loving "Great-Grandpop" of Annabelle, Alyssa and Caroline Marie.

Services were held at the Connelly Funeral Home of Essex. Interment Private.

#### Fries, Betty R.

On Feb. 15, beloved wife of the late Wallace Fries Sr., devoted mother of Michael, Richard and the late Wallace "Tommy" Fries Jr.; loving grandmother of Michael Fries, Jr., Timmy, David, Kristen, Anthony and the late Melissa Fries; dear sister of Alice Bright, Mary Lorenz, Pat Smith and the late Carroll Smith, James Smith, Margaret Redin, Myrtle Gibson and Evelyn Cadle; numerous great-grandchildren, nieces and nephews.

A graveside service will be held at Oak Lawn Cemetery at a later date.

#### **Oxendine, Helen Irene**

On Feb. 23, Helen Irene Oxendine (nee Bowman). Devoted soul mate of Charles "Fred" Meissinger; beloved mother of Stanford Oxendine and his wife Barbara and Jeffry Oxendine; loving "Mim" of Eric and Kevin and her great-grandchildren William, Lacey and Brieann; dear sister of the late Mary Wiles.

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

#### Jackson, Anthony W.

On Feb. 23, Anthony W. Jackson; devoted son of Tonya and Allen Jackson Jr.; loving brother of Aaron Jackson and Allen Jackson III; dear grandson of John L. O'Neal, Ginny Perry, Ginger Jackson and the late Allen Jackson Sr.; great-grandson of Mary Jane Prkna and the late William J. Prkna Jr.; loving nephew of Jennifer Cavalcanti and John G. O'Neal; dear greatnephew of Jerry O'Neal, Linda Haynes and her husband Larry and Robert O'Neal and his wife Brenda. Also survived by many loving cousins and friends.

Arrangements by the Connelly Funeral Home of Essex. Interment private.

#### **Obituary Correction Policy**

No newspaper blunder is more certain to upset someone than a mistake in a loved one's obituary. Unless an error made it difficult for readers to identify the deceased, no obituary will run twice in full; however, a corrected version of a flawed obituary will be mailed promptly if requested by any immediate family member.

All published obituary corrections will be as brief as possible.

#### Strider-Doeppe, Pamela E.

On Feb. 23, Pamela E. Strider-Doeppe (nee Strider); loving mother of Katelynn Doeppe and Jeffrey Doeppe; dear mother-in-law of Rex McCubbin, exwife of Ed Doeppe; loving sister of Barbara Hendrix, Mickey Strider and his wife Judy and George Strider; cherished aunt of Robert Griffin and his wife Pamela. Also survived by nieces, nephews and her puppy Bradley whom she loved very much.

Funeral services private.

#### Green, William Jr.

On Feb. 24, William I. Green Jr., beloved companion of Mary A. Martin; devoted father of Edward, Daniel, and Nancy Martin; dear son of the late Genevieve and William Green; loving brother of Danny Green and Michael Vickery. Also survived by numerous grandchildren, great-grandchildren, nieces and nephews.

Interment private.

#### Zack, David Jr.

On Feb. 26, David Zack Jr.; beloved husband of Sue Zack (nee Cooper); devoted father of Patty and Nancy. Also survived by five sisters, four grandchildren and five great-grandchildren.

A memorial service will be held at the Maranatha Chapel, 3 Bowleys Quarters Road, Middle River, on March 3, at 7 p.m. Arrangements by the Connelly Funeral Home of Essex.

#### Foard, Lawrence J.

On Feb. 25, Lawrence J. Foard, beloved husband of Donna P. Foard (nee Nies); devoted father of Steven L. and Trisha M. Foard and Andrea M. Kiefer and her husband John; cherished son of the late Helen and Joseph Foard; dear brother of Missy Hodge, Thomas Foard and the late Chris Ergott; loving grandfather of Kyle Matthews and Nathan Kiefer. Also survived by many nieces and nephews.

Arrangements by the Connelly Funeral Home of Essex. Interment at Parkwood Cemetery.

#### **Eitemiller, Charles V.**

On Feb. 29, Charles V. Eitemiller beloved husband of Daisy Eitemiller; devoted father of Jeanette Gamble, David Eitemiller, David and Steve Blankenship and John, James and Terry Barnes; dear brother of Linda and Frances. Also survived by many loving grandchildren and great grandchildren.

Arrangements by the Connelly Funeral Home of Essex. Interment at Parkwood Cemetery.



#### Fryza, John J.

John Joseph Fryza, 76, passed away peacefully of lung cancer on Feb. 2.

John spent most of his life between Baltimore City, Essex and Dundalk. He obtained his GED while serving in the Army Reserves and worked 36 years as a lithographer for several can companies.

John and Donna (nee Lentz) Fryza both grew up in the Dundalk area and began their relationship in 1978; marrying in 1987. They moved to Zephyrhills, Fla. in January 2000. The couple lived life to the fullest enjoying activities such as spending quality time with family and friends, golf, snow skiing, bungee jumping, white-water rafting, cruising, scuba diving, snorkeling, tandem sky diving, zip-lining, country-line dancing and even "running with the bulls." As an avid golfer, John was proud of his three "hole-in-ones."

An active member and volunteer of the Moose, John was a proud Moose Legionnaire. He was also a member and volunteer at the Elks Lodge as well as a Sons of AmVets member.

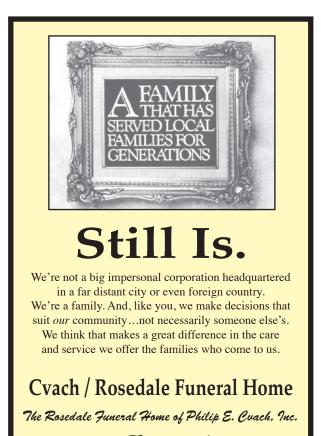
Besides his wife, John is survived by his four sons, Joseph (Sue) and their five children, Henry (Kim) and their two children; and two grandchildren, Michael (Kimmy) and their child, and Scott (Jackie) and their child. He is also survived by his sister Theresa (Fryza) Becker and many nieces, nephews, great-nieces, greatnephews, brothers-in-law and their spouses.

John is preceded in death by parents Bernard Fryza, Sr. and Marie (Augustyniak) Fryza. He is recently preceded by brother Bernard Fryza, Jr. and sister Dorothy (Fryza) Huber.

A Memorial Mass will be held 11 a.m. on Tuesday, April 19, at Our Lady of Fatima Catholic Church, 6420 E. Pratt Street in Baltimore; (410-633-9393). In lieu of flowers, donations may be sent to Gulfside Regional Hospice, 5760 Dean Dairy Road., Zephyrhills, FL 33542.

#### **Piccolo, Dominick**

On Feb. 28, Dominick Piccolo; proud veteran of World War II, musician and master barber for 72 years. Preceded in death by his loving parents, Gaetano (Thomas) and Mary Mancuso, Dominick is survived by his beloved wife Sylvia (nee Gregory), seven children, 14 grandchildren, four great-grandchildren and many other loving family members.



1211 Chesaco Ave. Rosedale, MD 21237 410-682-2467 911

#### Eight injured in ambulance crash in Dundalk

Eight people, including four volunteer EMS personnel, were injured Saturday night in a Dundalk crash involving a volunteer medic unit and an SUV.

All four medic personnel were members of the Lansdowne Volunteer Fire Co.; Lansdowne was filling in for the Wise Avenue Volunteer Fire Co.

The most seriously injured patient, one of the Lansdowne EMS providers, had to be cut from the vehicle by Fire rescue personnel and was transported to the R Adams Cowley Shock Trauma Unit. She suffered serious but non-lifethreatening injuries. The other three EMS providers - two women and a man - were released last night from the Johns Hopkins Bayview Medical Center.

The civilian patients, including two children, were transported to local hospitals with non-threatening. injuries.

The crash occurred at Wise Avenue and Lynch Road at about 8 p.m.; the medic crew was en route to an emergency call, a nearby motor vehicle accident. The medic unit was not carrying a patient at the time of the crash. Other EMS crews were routed to the call to which the medic was responding as soon as the crash at Wise and Lynch occurred.

The Baltimore County Police Department's Crash Team is investigating this incident. The investigation is ongoing; no additional information is available at this time. Anyone with information regarding this incident should call Baltimore County police.

#### Police searching for missing White Marsh woman

The Baltimore County Police Department is seeking the public's assistance in locating a woman missing from the White Marsh area.

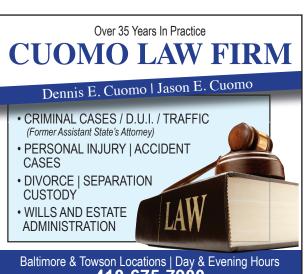
Lashawn Neal is a 36-year-old African American woman, 4'11," weighing 170 pounds. It is not known what she is currently wearing.

Neal was last seen in White Marsh on January 31. The search for Neal is being led by the Baltimore County Police Missing Person Unit.

Anyone with information on Lashawn Neal is asked to call police at 410-307-2020.

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#### iWatch Baltimore County

iWatch Baltimore County keeps you informed about crime in your neighborhood. iWatch Baltimore County is a neighborhood awareness program created to educate and encourage citizens to vigilantly watch around them and report suspicious behaviors that may have connections to crime, as well as local, state or national security threats.

The Baltimore County Police Department has initiated this community partnership to help and assist local neighborhoods in staying safe from crime and possible terrorist activities. Together we can make our streets safe for our families and children, and can prevent our communities from being the target of possible terrorist attacks.

#### Subscribe to iWatch Crime Alerts

iWatch crime alerts provide information about wanted criminals, missing persons, criminal arrests and other significant cases. In many of these cases the public's help is requested to help identify or locate a suspect. You can make a difference by alerting police to information you may have about crime trends and wanted criminals. Receive iWatch crime alerts directly in your e-mail inbox when you subscribe to this free service.

iWatch crime alerts provide the most immediate information available to the public from the Police Department and are also available on the County website at <u>www.baltimorecountymd.gov</u>.

**Report Suspicious Activity** 

Citizens are encouraged to report activity that just does not fit. You can now use our web tips form to submit a tip or report suspicious activity to police. Information can be sent from your cell phone, handheld device, or computer 24 hours a day, seven days a week, 365 days a year. Tips can also be e-mailed to iwatch@baltimorecountymd.gov. However, to report an emergency or a crime in progress call 911 immediately.

#### Current crime trends

Since Jan. 14, there have been seven motor vehicle thefts, either of running vehicles or with keys used, in the Ballard Gardens and Glenmar Manor area in the Essex Precinct. Four cases occurred on February 10. Five of the thefts occurred between 6:55 and 7:50 a.m. Remember to take your keys with you when you leave your car. Leaving your keys in the ignition not only invites criminals, but is against the law in Maryland.



24-Hour Hot Line – Call or E-Mail! 10-335-3800 • ppsrlaw.com • info@ppsrlaw.com

#### **Duty officer commended for saving woman under arrest**

A Maryland State Police duty officer at the Golden Ring Barrack is being commended for his quick actions that may have saved the life of a woman under arrest who stopped breathing yesterday while in a holding cell.

Sergeant Carl Kess was the duty officer on Feb. 25 at the Golden Ring Barrack and was monitoring the holding cell camera where a 20-year-old woman had been placed. The woman had been stopped by a trooper on I-95 for a traffic violation about an hour earlier. A check indicated she was wanted on a warrant in Virginia and she had been arrested and brought to the barrack.

At about 4:30 p.m., Sgt. Kess checked the camera and saw the woman lying on the cell floor. He and the arresting trooper immediately responded. Sgt. Kess found the woman had no pulse and was not breathing. He immediately began CPR and the woman's pulse and breathing returned.

Responding medics transported to the woman to Franklin Square Hospital where she was treated and released. She is currently in the Baltimore County Detention Center awaiting an extradition hearing.

#### **Precinct 9/White Marsh**

**Robbery:** Officers from the White Marsh precinct were called to the 4100-block of Wholesale Club Drive in White Marsh on Feb. 28 just after 10 p.m. At 10:10 p.m., an armed suspect forced an employee back into the Arby's restaurant as he was taking out the trash. The suspect demanded and was given the cash from the registers and safe.

Attempted Robbery: On Feb. 27, Baltimore County police responded to a call in the 6100-block of Kenwood Avenue in Rosedale. At 9:45 p.m., while the victim was walking, an unknown suspect approached the victim from behind. An altercation ensued and then the suspect assaulted the victim with a knife. The suspect took off on foot. Anyone with information regarding this incident is urged to contact Baltimore County police.

**Robbery:** Shortly after 6:30 p.m. on Jan. 23, officers from the White Marsh precinct were called to the 7400-block of Kimbark Court in Rosedale. At 6:35 p.m., a known suspect entered the apartment with another resident, pointed a gun at the victim and threatened the victim if he did not leave. Prior to leaving, a cell phone along with the victim's keys were stolen from the victim. The suspect was identified and arrested.



- Personal Injury / Auto Accidents
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COMMUNITY

#### **Community Easter Egg Hunt**

Hiss United Methodist Church, 8700 Harford Road in Parkville, will host a community Easter Egg Hunt on Saturday, March 19, from noon - 2 p.m. All are invited! For more information, call 410-668-5665 or visit <u>www.hisschurch.org</u>.

#### **Chocolate for our Troops!**

Angels Supporting Your Troops, Inc. is collecting unopened candy to send to our soldiers overseas. Please consider donating any type of candy, especially chocolate. Other items in demand include powdered drink mixes, beef jerky or Slim Jims, unopened jars of peanut butter and jelly, crackers and chewing gum. Also in need are ink pens. Contact Irene Spatafore at 410-284-5275 or drop items off at 7914 Diehlwood Road in Dundalk on the picnic table.

#### **Volunteers Needed**

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

#### **Baseball/Softball Registration**

Registrations for Middle River Baseball and Softball will take place at the Victory Villa Community Center, 404 Compass Road in Middle River, on Saturdays, March 12 and 19, from 11 a.m. - 1 p.m. Baseball ages are 4 to 15 and softball ages are 4 to 18. Visit Middle River Baseball at <u>www.middleriverbaseball.</u> org and Middle River Softball at <u>Facebook.com/</u> <u>MiddleRiverRec~GirlsSoftball</u>. Visa, MasterCard, Discover are accepted.

#### **Food Pantry**

Dundalk Church of the Nazarene, 1626 Lynch Road, has a food pantry to help needy families in the community. If interested in donating, please call the church at 410-288-5136 or Michael Fiorenza at 443-932-6823.



For a limited time, Dr. Michael J. Trombley, Board Certified Physician will mail all men that respond to this ad a free copy of his new booklet "Seven Secrets Doctors and Drug Companies Don't Want You to Know about Erectile Dysfunction." He's so sure this booklet will change your life he will even pay the postage and handling. If the popular pills don't work for you, regardless of your age or medical history, you owe it to yourself and your lady to read this booklet nov! Call (800) 794-7974 24-hrs. and leave your name and address (only).

#### **A Passion Play**

St. John's Episcopal Church, 11901 Belair Road in Kingsville, presents "A Passion Play" on Good Friday, March 25, at 7:30 p.m. All are invited. Performance is outdoors. For more information, call 410-592-8570 or email office@stjohnskingsville.org.

#### **Food Pantry**

New Life Sanctuary, 4 Margaret Ave. in Essex, has a food pantry for those in need every Saturday from noon - 2 p.m. on the side of the building facing Margaret Avenue. For more info., call the church office at 410-687-1199.

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

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

#### **Free Mammograms**

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



#### **BCGS** Meeting

The Baltimore County Genealogical Society (BCGS) will meet at 2 p.m. on Sunday, March 20, at 8601 Harford Road in Parkville, Room 308. Guest speaker Judge Adrian J. Gravelle will give his presentation, "Producing a Reliable Family History," a discussion of guidelines for evaluating genealogical evidence and methods of resolving conflicts in evidence. This event is free and open to the public. For more information, visit <u>www.</u> <u>baltimoregenealogysociety.org/BCGShome/library</u> or call 410-665-8769.

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

The Maryland Senior Citizens Hall of Fame, Inc., is seeking nominations of Maryland residents, 65 years of age or older, who as active volunteers have made outstanding contributions to improve the lives of others in the community. Visit our website at <u>www.</u> <u>mschf.org</u> for more information about our organization and details about nominations.





What's up everyone? I'm Tam Tam, a staff favorite here at BHS... so much so that I am named after one of the staff membersI I'm a super sweet and lovable gal who doesn't realize how big I am which makes me think I'm a lap dog. I do have lots of energy ( and I snort a lot also) and I love to go for long walks and runs..but be careful because if I run at you I may knock you down. My favorite things are treats, toys, belly rubs and PEOPLEII In my previous home I lived with another dog and kids ages 3-11. If you want to add a four legged friend into your life then please choose me... I am

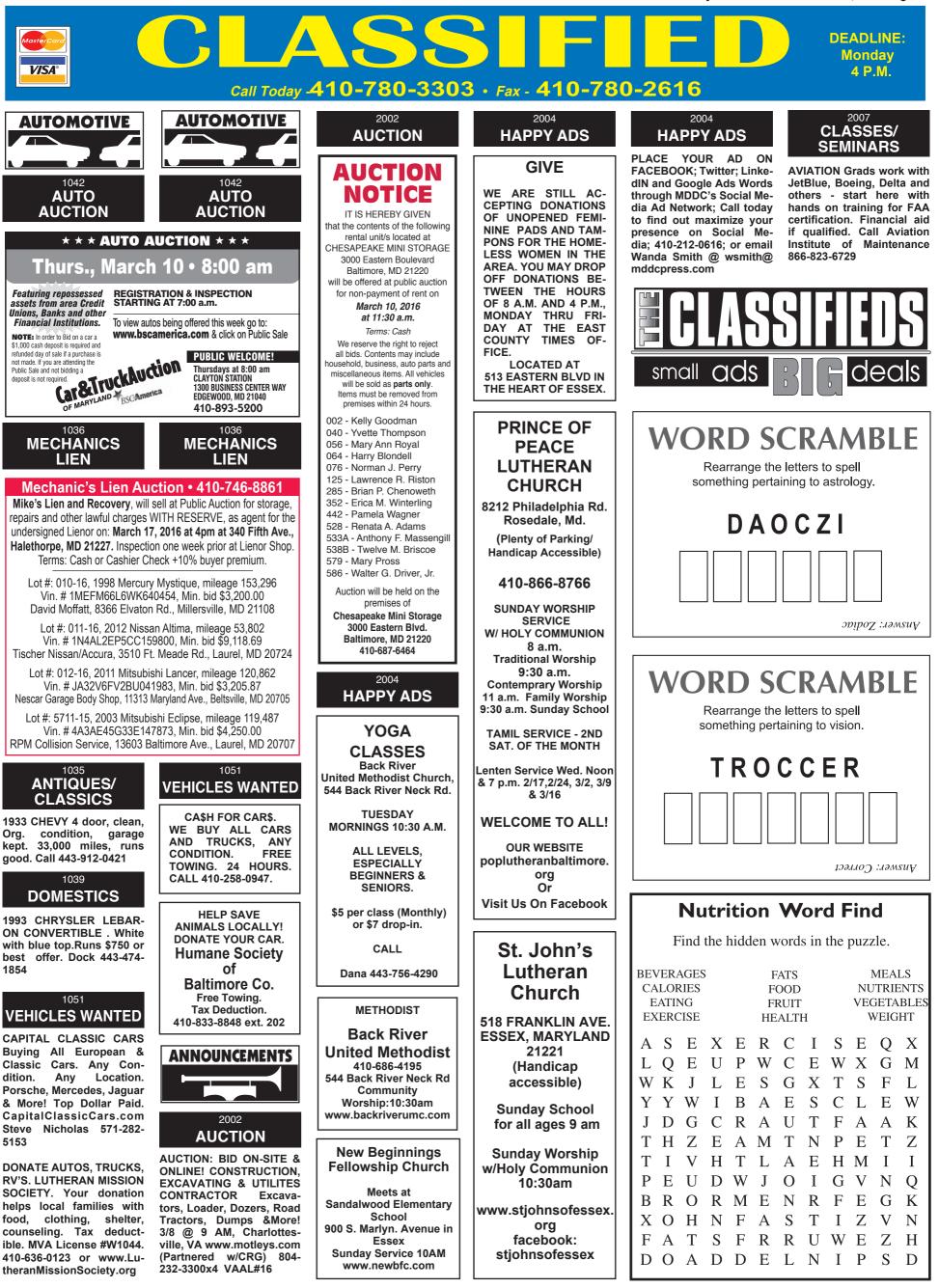
India to you ment piedae choose me... i din longing to be in a warm, cozy and loving new home \*My adoption fee has been sponsored by a generous donor!

I'm a one month old adorable hamster. Come adopt me and I will be your best ga



I601 Nicodemus Road, Reisterstown, MD 21 ALTIMORE HUMANE SOCIETY www.bmorehumane.org Ph: 410-833-884





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#### GENERAL ANNOUNCEMENTS

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FREE SAMPLE/EMERGEN-CIES CAN STRIKE AT ANY TIME, WISE FOOD STOR-AGE MAKES IT EASY TO PREPARE WITH TASTY, EASY-TO-COOK MEALS THAT HAVE A 25-YEAR SHELF LIFE. FREE SAM-PLE. CALL: 800-970-5771

GOT KNEE PAIN? BACK PAIN? SHOULDER PAIN? GFT Α PAIN-RELIEVING BRACE LITTLE OR NO COST TO YOU. MEDICARE PATIENTS CALL HEALTH HO-TLINE NOW! 1-800-419-3684

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

**REACH 3.1 MILLION READ-**ERS 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. 0 com.

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



PLACE YOUR AD ON FACEBOOK; Twitter; LinkedIN and Google Ads Words through MDDC's Social Media Ad Network; Call today to find out maximize your presence on Social Media; 410-212-0616; or email Wanda Smith @ wsmith@ mddcpress.com

SOCIAL SECURITY DIS-ABILITY BENEFITS. UN-ABLE TO WORK? DENIED **BENEFITS? WE CAN HELP!** WIN OR PAY NOTHING! CONTACT BILL GORDON & ASSOCIATES AT 1-800-208-6915 TO START YOUR **APPLICATION TODAY!** 

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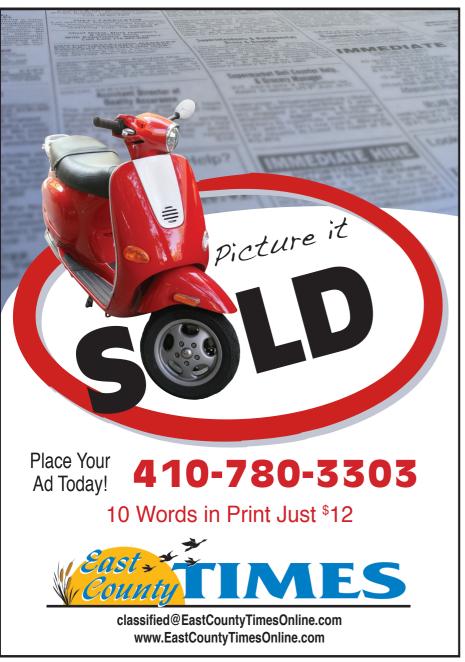
#### VOLUNTEERS WANTED

THE HERITAGE SOCIETY OF ESSEX AND MIDDLE RIVER IS SEEKING Volunteers. People who have an interest in our local history. Call Terri for more information/ leave a message 410-404-1048



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





4135 **HELP WANTED** 

ACCEPTING BIDS FOR COMMUNITY LAWN SERVICES. (APROX. 3 ACRES OF LAND). EMAIL KSUE625@HO-TMAIL.COM TO MAKE AN APPOINTMENT TO SEE THE PROPERTY.

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

BARBER WANTED - ROSEDALE AREA. CALL BETWEEN 1 P.M. - 6 P.M. ASK FOR JOHN. 410-866-6334

BARMAID NEEDED. 2 NIGHTS PER WEEK. PLEASE CALL FOR INTER-VIEW. 410-285-1691

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

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

4135 **HELP WANTED** 

**CAREGIVER/COMPANION** 

in Middle River, PT evenings in private home. Call 443-844-6606 CHAIR FOR RENT - BAR-**BERS & HAIRDRESSERS** w/book. Three chairs avail. Pleasant FAMILY atmo-

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EXPERIENCED SERVERS WANTED APPLY IN PFR-SON AT DELLIS RESTAU-**RANT 8776 PHILADEL PHIA** RD. \*NO PHONE CALLS PLEASE\*

FULL TIME AUTO TECH min. 8 vrs. exp., must have tools. NO BACKYARD ME-CHANICS PLEASE! Call Russell 443-231-7862

HELP WANTED - BELLO VITTO'S Order taker, phone operator, pizza maker, cook. PT or FT, apply within, 6048 Rossville Blvd., Essex or call 410-780-0172



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#### 4135 **HELP WANTED**

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**DALE AREA - BARTENDER** 

Exp. PT. Call 410-245-7777.

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HELP

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

4135

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TRACTOR TRAILER DRIV-ERS Transport US Mail Capitol Heights Area Dedicated run/pays postal wage\*\*CDL Class A\*\*Good Record\*\*Two Driving years' experience Midwest Transport 618-553-1068

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#### **Direct Care**

We seek FT & PT staff for Residential & Community Living programs for adults w/ disabilities. Assist w/hygiene, housekeeping, food prep/feeding, health-medical & guidance/training of living skills. HS/GED & lifting required. \$8.90 - \$9.25/hr.

Walk-in interviews 9a - 2p March 3rd, March 4th. Unified Community Connections @ 11650 Crossroads Circle, Middle River, 21220. Bring names, addresses, telephone & fax #s of previous employers.

Humanresources@unified.org. Fax 410.771.3238

Appointment Setters

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

POSITIONS ARE AVAILABLE FOR TWO SHIFTS: 8AM-3PM • 6PM-10PM Company offers Vacation Leave, PTO Leave,

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increase earnings up to \$15 per hour. Experience is not necessary. Company will provide training. Interested candidates should call for an interview at 443-696-3016 and ask for Debbie or Steve.



EOE

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#### 4135 **HELP WANTED**

WANTED: LIFE AGENTS • Earn \$500 a Day • Great Agent Benefits • Commissions Paid Daily • Liberal Underwriting • Leads, Leads, Leads • LIFE IN-SURANCE, LICENSE RE-QUIRED. Call 1-888-713-6020

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#### **VENDORS** NEEDED

RIVER BACK UNITED METHODIST CHURCH - 544 BACK RIVER NECK ROAD IN ESSEX, WILL HOLD THEIR ANNUAL CRAFT SHOW ON SATURDAY, APRIL 23RD, FROM 9 A.M. -1 P.M. TABLES ARE AVAIL ABLE FOR VENDORS. FOR INFO., CALL BETTY AT 410-870-0458



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SANDWICH STAND ON BUSY HIGHWAY. OWNER RETIRING. MAKE OFFER. CALL 410-238-4885

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SAFE STEP WALK-IN TUB ALERT FOR SENIORS. BATHROOM FALLS CAN **BE FATAL. APPROVED BY** ARTHRITIS FOUNDATION. THERAPEUTIC JETS. LESS THAN 4 INCH STEP-IN. WIDE DOOR. ANTI-SLIP FLOORS. AMERICAN MADE. INSTALLATION IN-CLUDED. CALL 1-800-906-3115 FOR \$750 OFF

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

**HELP SAVE** ANIMALS LOCALLY! DONATE YOUR CAR. Humane Society











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



ESSEX - 2nd Fl, 1BR,1BA, LR, Kit, NO Pets, Refs req. \$625.00/mo. + 1/mo. S.D. Call 410-746-3966

**ROSEDALE - 1 Bedroom**, private entrance with deck Non-smoker. No pets. \$775/ mo. includes utilities. + \$700 S.D. (Add'll APT also avail \$880/mo.) Please leave voice mail. 410-682-2262

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WANTS TO PURCHASE minerals and other oil and gas interests. Send details to P.O. Box 13557 Denver, Co. 80201



BASEMENT ROSEDALE APT - ELDERLY MAN, WOMAN, College Student. \$800/mo. Call 443-600-0083

MIDDLE RIVER - 1 BR, private landlord, directv, internet, includes utilities. \$900/ mo. + S.D., no pets. Call or text 410-370-4095

No Rent Until April 1st" \*Some Restrictions Apply



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Playground



One visit and you will see why Seneca Bay is the place to call home.



In the quaint Bowleys Quarters area of Baltimore County, Seneca Bay is a well-kept community within walking distance to Seneca Elementary School, MTA Bus Route 24, Marc Train Service and the Carroll Island Shopping Center. Only a five mile drive from Maryland Route 43, Pulaski Highway and I-95.

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