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District 6 delegation preps for legislative session; Crandell submits veterans housing bill



State Senator Johnny Ray Salling (left) and delegates Robin Grammer, Bob Long and Ric Metzgar answered questions from the crowd after explaining their priorities and expectations for the legislative session in Annapolis, which begins Wednesday, Jan. 13.

- Article & photo by Devin Crum -
 The delegation for Maryland's Legislative District 6 (Dundalk, Essex, Rosedale) held a town hall meeting on Monday, Jan. 4, at the North Point Library to inform their constituents about what they hope to accomplish and what they expect to happen, during the 2016 legislative session in Annapolis, which starts next week.
 Jobs, tolls and "bills that make sense" were high on the priorities list for the evening and will remain a big topic of conversation for the delegation as the session progresses, according to the representatives.
 Because of the anticipated revitalization

of Sparrows Point, much of their goals are linked to easing the path to job creation through the massive redevelopment project, such as making the district more attractive to businesses looking to grow and providing educational opportunities for job training related to the jobs that will be available there.
 Delegate Robin Grammer plans to submit a bill this session that would prevent toll facilities from including state roads that do not utilize the adjacent bridges.
 Specifically, the bill would address the Broening Highway toll, which charges traffic to traverse the thoroughway, even though it does not cross a bridge or go

through a tunnel. Grammer called the toll a "major disincentive" to travel between the growing Port of Baltimore and Sparrows Point which leads to passenger and commercial vehicles using community streets to bypass the toll, causing congestion and safety issues in a school zone.
 "With the anticipated revitalization at Sparrows Point, we need a clear pathway for people to get to state roads," Grammer asserted. He believes removing the Broening Highway toll facility will alleviate this problem.
 Grammer added that the Sixth District is "disproportionately burdened" by tolls,
 - see **TOWN HALL** on page 2 -

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TOWN HALL

- continued from page 1 -

with the Key Bridge, I-895 and two I-95 tolls all in the immediate area. "We are unable to move from eastern Baltimore County without paying a toll," he said, calling it a "major obstruction" to commerce that people cannot get to work without paying a toll.

Delegate Ric Metzgar pointed out as well his intentions to continue to advocate for toll reductions, along with his plan to re-introduce a measure to institute a flat yearly fee for commuters, as is available for the Hatem Bridge.

Senator Johnny Ray Salling also mentioned the idea that the Key Bridge could be independent as a toll facility because it

makes more money than it costs to maintain and would allow for toll reductions.

At the top of Delegate Bob Long's legislative agenda is bringing good-paying jobs back to District 6.

"If you have good-paying jobs, most everything else will take care of itself," he said, referencing resident complaints about vacant houses and the issues that come with them, as well as concerns about the quiet relocation of public housing residents to more prosperous suburban neighborhoods.

Much of Long's legislative package was reported in the *East County Times'* Dec. 31 edition. But the delegate also revealed plans to introduce bills to allow a two-week, tax-free period for college

students to purchase textbooks, and to allow students at community colleges to use state funds for tuition. The latter, he said, would provide people the ability to obtain training for jobs that will eventually be available at Sparrows Point.

Del. Grammer said that while the good thing about the upcoming session would likely be that this is the year the legislature will look seriously and comprehensively at the future of Sparrows Point, the "bad" will be that many of the bills vetoed by Gov. Larry Hogan after last year's session will likely resurface for the legislature to try to override those vetoes. Those include granting voting rights for felons upon release from prison and expanding taxes on Internet travel services.

Some bills that the delegation members plan to revive this session which were unsuccessful last session include Del. Grammer's Java Act and Del. Metzgar's Welcome Home-Stay Home Act.

The Java Act was submitted last year to reopen the Patriot Java Stop at Patapsco High School. The state Department of Education forced the popular in-school coffee shop to close in 2013, claiming that caffeinated beverages are not good for high school children.

"The agency has denied continued calls for an exemption and stands in ignorance of the fact that every school day, students are crossing Merritt Boulevard - a four-lane state road - to bring drinks [to school] that are just as caffeinated and much less healthy," Grammer contended.

Last year's bill died in committee when the education department came out against it. However, he said there is support across the aisle for reopening the shop and he hopes to advance the bill.

Metzgar's Welcome Home-Stay Home Act would give tax breaks for veterans returning home to Maryland, as well as senior citizens who come back after moving away or who have been in their homes for a certain number of years. The bill enjoyed vast support in the House

of Delegates last year, but stalled in the Senate at the end of the session.

New measures the delegation plans to push this year include efforts to close schools on Veterans Day, withhold tax dollars from being used toward Planned Parenthood, allow concealed carry of firearms in the state, re-allow volunteer prayer in schools, amend state law to allow vacant homes to move more efficiently through the foreclosure process, putting a lock box on the state employees pension fund and a litany of others.

While the delegation was meeting with their constituents, Baltimore County Councilman Todd Crandell, who represents much the same area, was submitting a bill to the County Council that would protect veterans from discrimination in housing and hiring practices, as well as enable veterans to be a preferred housing class. This means housing developments could be "veterans only" if they so choose.

The issue came to the forefront when the Josenhans Village planned unit development proposed to garner more community support by being a "veterans preferred" community. But being a strictly veterans community is unenforceable in the county and the development would have to accept non-veteran residents as well, which the surrounding community opposed.

Crandell's legislative aide, Doug Anderson acknowledged that Josenhans Village started the conversation on the issue. However, he revealed that they hope the bill will have implications for the future redevelopment of Fort Howard as well, which was originally planned to be a community for veterans.

Anderson admitted, though, that neither he nor Councilman Crandell has heard from Fort Howard developer Tim Munschell since Crandell filed the property for potential rezoning under the Comprehensive Zoning Map Process, continuing in the county through September of this year. So they do not know what he has planned for the property.

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BRRC celebrates year of hard work, progress in Back River watershed

- By Devin Crum -

As the leadership and members of the Back River Restoration Committee reflected on 2015 as a whole, they fondly remembered one of their busiest years yet. But it was also one in which they saw significant progress.

Those who live, work and play on and around the river can attest to the improvements they have witnessed over the last year, thanks largely to the stepped-up efforts of the BRRC.

When BRRC President Sam Weaver and Administrative Director Karen Wynn took over the organization in 2014, while noble in intent, it had had a somewhat narrow scope - clean up the abundance of trash in and around the river. They had plenty of dedicated volunteers, but the organization was not doing all it could to address the sources of the Back River's

problems.

Weaver, owner of Weaver's Marine Service in Essex, had watched the declining state of the river and saw how it began to affect his business. And Wynn, who has always loved being on the water, got involved after hearing about the issues from Weaver. Both were involved with the BRRC for several years before becoming its leaders.

"Honestly, Sam's passion for the river is contagious, and once I started really seeing the problems I just had to get involved," Wynn commented. "I love being on the water, I was aware of issues with the health of the Bay. But until you really get involved and open your eyes, you don't see all the problems and what needs to be done."

Upon taking the reigns, they continued the important work of cleaning up the

trash, but quickly got to work exploring what the other problems were and how they could address them.

After fully mapping the Back River watershed, which reaches as far as Towson and covers much of the northeast quadrant of Baltimore City, the BRRC could begin to more effectively attempt to stem the flow of trash to the Back River and, ultimately, out to the Chesapeake Bay.

With the help of their Baltimore County-funded trash boom, the organization has now been able to prevent multiple millions of pounds of trash and debris that would otherwise - and frequently did before the boom - make its way to the river and the Bay.

The BRRC also stepped up its efforts this year to address the age-old problem of midges in the river and look at stormwater management issues, as well as to begin

partnering with other environmentally minded organizations for the betterment of all the area's waterways.

According to Wynn, the trash boom documented weights of more than 300 tons of trash and debris that it captured before it was able to further pollute the Bay. And in October, it reached a milestone of having helped to remove 2 million pounds of such material since its installation in 2010.

And she noted that while the boom did experience breakages during a couple of the larger storms last year, things would be much worse without it.

"Without the boom in place at all, the trash we did collect would be in Back River daily and flowing into the Chesapeake Bay and our oceans," Wynn explained.

The boom breakages were caused by - see **PROGRESS** on page 5 -

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PROGRESS

- continued from page 4 -

large trees and limbs that washed into the tributary streams and were carried down into the boom with immense force. This highlights the problem of storm water management because it is the lack of adequate storm water management in the older residentially and commercially developed parts of the watershed that leads to stream channel erosion and those trees falling into the streams.

To that end, the BRRRC worked with property owners to plant trees and install rain gardens to better control storm water runoff. They also worked with many volunteers and organizations - such as Clean Bread and Cheese Creek, Blue Water Baltimore in the city and the fledgling Bird River Restoration Campaign - to



BRRRC volunteers removed large debris from the river that was released after the trash boom broke during a large storm.

raise awareness and educate the public. As part of their education efforts, the BRRRC's volunteer summer crew also marked over 100 storm drains letting the public know that they drain to the Chesapeake Bay. Weaver even left a giant pile of material pulled from the river in his marina parking lot throughout the summer to emphasize the work that BRRRC does.

Another major undertaking by the BRRRC in 2015 was the study of how to reduce midges that live in and around the Back River. The midges - non-biting mosquito-like insects - have long been a nuisance for the river because of the nutrients in the mud in which they thrive.

The BRRRC enlisted their summer volunteers to help with a successful study of how effective a certain larvacide was in controlling midge populations at different locations around the river.

And while the BRRRC footed the bill for that larvacide, they do not have the budget for the widespread application of it throughout the river, Wynn affirmed. They are currently working with elected officials to allocate funding for further use to decrease midge populations.

In their endless battle with their trash foe, the BRRRC performed extensive clean-ups around the river's tributaries of Herring Run, Moore's Run, Red House Run, Northeast Creek, Stemmers Run, Duck Creek, Deep Creek, an outfall from Bread and Cheese Creek and, of course, around the Back River itself. They also cleaned

extensively throughout the neighborhoods surrounding those tributaries. The cleanups outside the boom collected more than 110,000 pounds of trash and debris, Wynn revealed.

And while the BRRRC continues to con-



This crane was seen on the river this summer. Photo courtesy of Karen Wynn.

tend with the trash, midges and storm water management issues, they have noticed a significant increase in the amount of wildlife seen frequenting the river.

"The Wildlife has greatly improved and come back in record numbers," Wynn noted. "We have bird watchers from all over gathering to see the return of many species of birds, including blue heron, night heron, eagles, osprey, cranes, and special seagulls like the Bonaparte seagull."

"The most unusual was the appearance of a white pelican," Wynn opined. "We have also seen a large return of ducks, mallards and otters. Many people have also commented on the great number of crabs at the mouth of Back River."

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Attempted First Degree Burglary: At 12:30 p.m. on Dec. 23, two suspects gained entry into a residence in the 1000-block of Foxwood Lane in Essex. Entry was gained through an unlocked front door. The victim confronted the two suspects who were attempting to steal his Xbox. The suspects then fled on foot. No property was stolen.

Second Degree Burglary: On Jan. 3, officers responded to a call in the 11100-block of Pulaski Highway in White Marsh. Unknown suspects broke the lock of a gate to Bayside Marina Services, Inc. The suspects then cut the lock to a storage trailer and removed two ATVs and then fled.

Edgewood man charged with setting two people on fire

A person turned himself in to Baltimore County Police on Dec. 28 in connection with a hit and run crash that took place in Middle River on Dec. 27. Official charges have not yet been filed.

Baltimore County Police met with the adult male driver of the suspect vehicle and his attorney yesterday at the Crash Team Office. The male spoke with police about the crash and police were able to positively identify him. He is not currently in custody.

The suspect vehicle, a 2007 Honda Accord, has been towed to the Public Safety Building for processing.

Just after 6:30 p.m. on Dec. 27, police received a call when a passerby saw a man lying along the shoulder of Pulaski Highway near Martin Boulevard. The man was pronounced deceased shortly afterwards. The victim has been identified as Andrew James McNeal, 26.

Investigators determined that Mr. McNeal was struck as he was walking along Pulaski Highway, heading northbound approaching Martin Boulevard.

Police investigating homicide of elderly man in Essex

Baltimore County Police are investigating after a man was killed in his Essex home.

Just after 11 a.m. on Dec. 30, police were called to a home in the unit-block of Sparton Drive in Essex for a cardiac arrest. When officers arrived on the scene, they found an adult male victim that had suffered traumatic injuries to the upper body. He was declared deceased at the scene.

The victim's ex-wife had come to the location to check on him after family members had not be able to contact him. When she entered the location, she found the victim lying on the floor.

The victim has been identified as 78-year-old B.G. Ledford who resided in the home in which he was found.

This incident is under investigation by the Baltimore County Police Homicide Unit. Detectives will be working to determine if this was a targeted crime.

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

Current crime trends

Since Nov. 29, there have been seven residential burglaries in the Fox Ridge Manor community in the Essex Precinct. Six cases occurred between 6:30 a.m. and 5 p.m. One case occurred between 5 p.m. and 6:30 a.m. Front doors were forced in three cases. Rear windows or doors were forced or broken in four cases. Items taken include game systems, video games, controllers, ID cards, jewelry, money, televisions, a tablet and military pin.

Fire department expands emergency medical services

Starting on Jan. 4, the Fire Department expanded EMS service at four stations where demand for emergency medical calls is especially high.

Four Advanced Life Support medic units (ambulances) added last September to enhance service during peak evening hours now will operate from 7 a.m. to 11 p.m., Monday through Friday. The four medics are located at the Woodlawn, Pikesville, Golden Ring and Middle River fire stations.

EMS calls account for the overwhelming majority of Fire Department responses. In 2014, BCoFD responded to 91,521 EMS incidents, out of 126,686 total incidents.

"Every Baltimore County citizen deserves to know that trained EMTs and paramedics will be there to help when he or she needs it," said Fire Chief John Hohman. "The demand for EMS service continues to grow, and we recognize the need to grow with it."

Stop for flashing red lights

Schools re-opened Jan. 4, and Baltimore County police will be on the lookout over the next few weeks for drivers who pass school buses that are stopped to pick up or discharge students. Drivers put County children at risk for serious injury or death when passing a stopped school bus.

Maryland law states that vehicles must come to a complete stop on both sides of the street if there is no physical divider or barrier. Drivers may not pass the bus until all lights have ceased flashing.

* Drivers passing school buses while the lights are flashing will be fined \$570 and issued a 3-point penalty on their record.

* Drivers who stop but then proceed while the lights are flashing will be fined \$570 and a 2-point penalty will be charged.

* If an accident occurs after the driver has stopped then proceeds to pass the bus, he or she will be fined \$610 and will be charged 3-points.

Police will be patrolling throughout the County and will ticket drivers who do not obey. When a driver is pulled over, officers will check to see if the person has a valid operator's license. The vehicle's registration will be checked as well to see if there are any outstanding tickets. If a driver has a revoked or suspended license, he or she will be taken into custody.

Children don't always pay attention when crossing the street. Be a responsible driver and stop when a school bus is loading and unloading students.

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The Back River Restoration Committee would like to take this opportunity to thank all of our volunteers and contributors who have played such a crucial role in the restoration of Back River and the Chesapeake Bay.

The generosity of so many individuals, organizations and businesses with the giving of their time, resources and funds during 2015 is sincerely appreciated. The BRRC could not remove the millions of pounds of

trash and debris without the support of so many concerned and caring people. Every piece of trash removed from Back River is pollution that will not enter the Chesapeake Bay and our oceans.

BRRC would especially like to extend our sincere appreciation to the owners, editors and staff of the *East County Times*. The *Times* has been extremely supportive and generous with raising awareness for our organization, as well as many other watershed cleanup organizations. We truly appreciate all of your support.

*With our most sincere appreciation,
Sam Weaver, BRRC President
Karen Wynn, BRRC Executive Director*

Bathory thanks those who gave

Dear friends,
Thank you so much for sharing the true holiday spirit with me. Your generosity and tireless efforts have enabled many families to have a brighter and warmer holiday celebration.

Most importantly, you brought smiles to children's faces which are etched in their parents' hearts forever.

On behalf of Jerry's Children's Fund, thank you for your dedication to making the holidays a memorable and happy occasion. Wishing you a joyful and happy 2016!

*With endless appreciation,
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FITNESS



Don't be burned by poor fever advice

Elevated body temperature, also known as fever, makes many people run to the medicine cabinet. This is especially true when fever strikes a young child and parents' concerns grow. But fevers are quite common and not nearly as harmful as many people may think.

Although illnesses, including malaria and dengue, may bring about fevers that can be life-threatening, more run-of-the-mill fevers are typically triggered by common bacterial or viral infections or even inflammatory conditions like rheumatoid arthritis, offers The Mayo Clinic. Sometimes the

cause of a fever can't be identified, but that is not necessarily cause for alarm.

Fevers are a natural immune response. The purpose of a fever is to gain an advantage over an infectious agent by making the body less favorable for the spread of this agent, whether it's a virus or bacterium. Many infectious agents are temperature-sensitive and require the right mix of conditions to be able to become profligate consumers of the body's resources. The hypothalamus is the body's internal thermostat and will be triggered by biochemical substances in the blood alerting the body to the presence of a potential invader. The body then will retain and generate more heat to essentially kill off that invader.

According to the Internal Medicine Residency Program at Indiana University, because children have immature and novice immune systems they tend to get higher fevers more quickly than adults. As children age and their bodies learn and adapt, fevers typically

are not nearly as severe. This may be a reason why a child's high fever is less of a concern than the same fever in an adult.

Normal body temperature fluctuates during the day, but a temperature from about 97 F (36.1 C) to 99 F (37.2 C) generally is considered "normal." Adults should only be concerned if a fever is high-grade, reaching 104 F or more. Such fevers are considered dangerous. Chronic fevers, or those persisting for longer than three to four days, also should be checked out by a physician.

Watching how a person behaves may indicate whether he or she is ill enough to necessitate a doctor visit. Infants should always be checked by a doctor if they have a fever because it could be a sign of a serious infection.

Low-grade fevers generally do not require any medicine, and taking a fever-reducer may prolong the underlying illness. Fevers can be scary, but they are just one of many ways the human body defends itself against illness.

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How to shorten the duration of a cold

Few things can be as uncomfortable as the common cold. In their book "Common Cold," authors Olaf Weber and Ronald Eccles say the common cold has been around since the ancient times. More than 200 virus strains can contribute to colds, but the rhinovirus is the most common. Colds produce a bevy of symptoms, including runny nose, congestion and sore throat, so it should come as no surprise that sufferers want to find relief fast.

Colds typically last for a week or more. While there's no cure for the common cold, according to The Mayo Clinic, there are some remedies that can help cold sufferers feel better more quickly.

- **Rest:** One of the best things to do when you have a cold is to get adequate rest. Your body's immune system is working overtime to combat the cold virus, and restricting activity can help it direct efforts where they're needed most. Keep away from strenuous activities, and spend more time

relaxing or sleeping to let your body do its job.

- **Hydration:** Consuming plenty of clear fluids can reduce congestion and ensure that you do not get dehydrated. Plus, warm beverages can be soothing to an irritated throat. Avoid coffee, caffeinated sodas and alcohol, which can exacerbate dehydration.

- **Saline rinses:** Intra-nasal saline sprays, neti pots and similar products can help loosen mucus that is clogging the nose and sinus cavities, allowing it to flow out. This makes blowing your nose more effective and may help prevent post-nasal drip. Avoid prolonged use of medicated decongestant sprays. They may work well, but they can cause rebound congestion that's worse than the original stuffiness.

- **Vitamin C:** Vitamin C will not prevent colds, but it could help in other ways. Taking vitamin C before the onset of cold symptoms may shorten the duration of symptoms. Vitamin C also may provide benefits for people

at high risk of colds due to frequent exposure, offers The Mayo Clinic.

- **Soup and tea:** Soup is an easy-to-digest meal that provides many of the necessary remedies for a cold, including warm broth to hydrate and soothe, antioxidant-rich vegetables and protein to help fuel the body's

recovery process.

Colds can be a nuisance. Most medicines will help relieve symptoms but cannot make colds go away faster. Natural remedies can help the body's immune system work at its best and lessen the severity of a cold.

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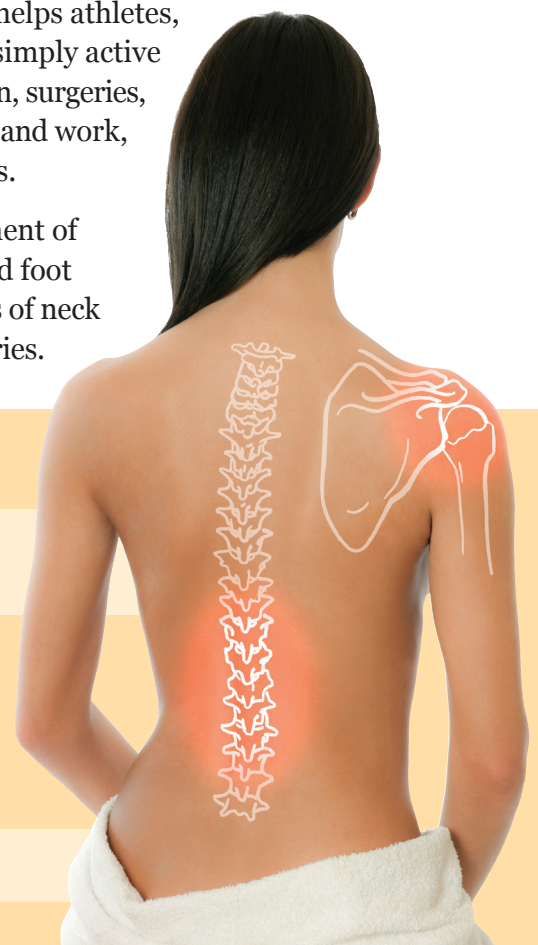
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The best and worst foods for maintaining a healthy heart

No one wants to hear from their doctors that they have joined the millions of people across the globe to be diagnosed with heart disease. The Heart Foundation reports that heart disease, which includes diseases of the heart and cardiovascular system and stroke, is the top cause of death in the United States, affecting both men and women and most racial/ethnic groups. Heart disease also is one of the leading causes of death in Canada, claiming more than 33,000 lives per year.

Many factors contribute to the development of heart disease, including smoking, lack of exercise and stress. Diet and whether a person is overweight or obese also can have a direct link to heart health. Diet, particularly for those with diabetes and poorly controlled blood sugar levels, is a major concern.

A variety of foods are considered helpful for maintaining a strong and healthy heart and cardiovascular system, while others can contribute to conditions that may eventually lead to cardiovascular disease or cardiac arrest. Moderation enables a person to sample a little of everything, but not to make any one food a habit. The following are some foods to promote heart health and some foods you might want to avoid.

Good

- Tree nuts: Tree nuts contain unsaturated fats that can help lower LDL cholesterol (the bad stuff) and improve HDL (the good stuff). Nuts also are a filling source of protein and other healthy nutrients.
- Whole grains: Whole grains contain complex

carbohydrates for energy, as well as protein and fiber. Fiber can help scrub cholesterol from the blood, lowering bad cholesterol levels.

- Fatty fish: Many cold-water, fatty fish, such as halibut, herring and salmon, contain omega-3 fatty acids which are heart-healthy. Omega-3s also can be found in walnuts, flaxseed and some soy products.
- Beans: Beans and other legumes are an excellent source of protein and can be a stand-in for meats that are high in saturated fat. Beans also contain cholesterol-lowering soluble fiber and folate, which can reduce blood homocystein levels. The Bean Institute reports that consuming beans may reduce cholesterol levels by roughly 6 to 10 percent.
- Yogurt: Researchers in Japan found yogurt may protect against gum disease. Left untreated, gum disease may elevate a person's risk for heart disease. Yogurt contains good bacteria that can counteract bad bacteria and boost immunity.
- Raisins: Raisins contain antioxidants that may help reduce inflammation. Inflammation is often linked to heart disease and other debilitating conditions. Fresh produce also is a good source of antioxidants.

Poor

- Fried foods: Many fried foods have little nutritional value, as they tend to be high in saturated and trans fats. French fries are particularly bad because they are carbohydrates fried and then doused in salt.
- Sausage: Processed meats have frequently earned a bad reputation among cardiologists, but

sausage can be a big offender, due in large part to its high saturated fat content.

- Red meats: Enjoying a steak is probably not as bad as eating a deep-fried brownie, but it's best to limit red meat consumption to about 10 percent or less of your diet. Red meats can have a considerable amount of cholesterol, saturated fat and calories.
- Added sugars: Sugar can increase blood pressure and triglyceride levels. Sugar often hides out in foods that you would not associate with the sweetener. Plus, many people unwittingly consume too much sugar simply through sugar-sweetened beverages and ready-to-eat cereals.
- Salty foods: Leave the salt shaker in the spice cabinet and opt for herbs for flavoring, advises the American Heart Association. High-sodium diets often are to blame for hypertension, a major risk factor for heart disease.
- Dairy: Artery-clogging saturated fat also can be found in dairy products, particularly the full-fat versions. Butter, sour cream and milk can be problematic when people overindulge. Opt for low-fat dairy when possible.

Did you know?

According to data from Statistics Brain, the American Cancer Society and Health Land, around 70 percent of smokers harbor a desire to quit altogether, while 40 percent of smokers will try to quit this year. Quitting smoking is a popular New Year's resolution and a choice that can improve smokers' health dramatically. Smokers can reduce their rate of dying from smoking by half just by quitting before age 50. Although the percentage of smokers who will succeed in quitting the first time around is small, it is still worth the effort. Today there are many different plans, medications and smoking-cessation support groups to help smokers as they attempt to quit.



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Quitting smoking now can pay immediate dividends

Few habits are as addictive or harmful as smoking tobacco. As a result, it should come as no surprise that quitting smoking is one of the most common New Year's resolutions.

While lung cancer, emphysema and chronic bronchitis are most often linked to smoking, the Centers for Disease Control and Prevention warn that smoking has the potential to harm nearly every organ of the body. Smoking can cause many diseases and reduce the overall health of anyone who smokes regularly.

Cigarettes contain approximately 600 ingredients. In addition to nicotine, tobacco smoke may contain acetone, ammonia, arsenic, lead, tar, formaldehyde and benzene. Many of these ingredients are found elsewhere in solvents, cleaners and adhesives. Carbon monoxide that is produced in cigarette smoke (which is the same harmful gas that is produced from heating equipment and car exhaust systems) can be deadly and reduce the capacity of cells to carry oxygen. Many of the ingredients in tobacco products are carcinogenic, meaning they have the potential to cause cancer.

The American Lung Association says that smoking is the leading cause of preventable death in the United States, causing more than 438,000 deaths per year. The ingredients in cigarettes can cause DNA mutation, oxidative stress (which contributes to the aging process), chronic inflammation and a reduction in antioxidants, which help fight various illnesses. Tar and other metals in their tobacco smoke can stick to the walls of the lungs and reduce their function.

Quitting smoking immediately lowers your risk for smoking-related diseases and can add years to your life. The American Cancer Society says that heart rate and blood pressure drop within 20 minutes of quitting. After 12 hours, the carbon monoxide level in your blood returns to normal. Circulation and lung function can improve in a matter of weeks. The CDC says your risk for heart attack drops sharply just one year after quitting smoking. Within two to five years of quitting, risk for stroke falls to roughly the same rate as a nonsmoker's.

Another immediate benefit of quitting is that, once you quit, you are no longer putting others at risk for illness from exposure to secondhand smoke. In addition, the interior of your home and car will smell better, and your hair and clothes will no longer carry the hallmark aroma of cigarette smoke.

The ACS notes that studies have indicated that roughly 25 percent of smokers who use medicines can stay smoke-free for more than six months. Counseling and the emotional support of friends and family can improve success rates as well. There's also evidence that combining certain medicines

may work better than using a single drug. It may take a few attempts and different strategies to find a smoking cessation program that works for you.

Consult with your doctor about quitting smoking and discuss each option with your physician before giving it a try.

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 12 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.

Numerous studies have proven chiropractic's effectiveness in helping nerve conditions...

"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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Sincerely,
Dr. Dennis Travagline, D.C.

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Jones, Lacy R.

On Jan. 1, Lacy R. Jones. Beloved husband of Anna Jones (nee May); devoted father of Robert Jones and his wife Laurie and Sherri Charles and her husband Dave; loving grandfather of Brianna and Taylor Jones and Christopher and Lacey Charles. Also survived by two great-grandchildren.

Funeral services were held on Wednesday, Jan. 6, and interment took place at Oak Lawn Cemetery. In lieu of flowers, contributions may be made to the East Baltimore Church of God.

Cosser, Arthur L.

On Dec. 20, Arthur L. "Otts" Cosser. Beloved father of Brenda Ramsey and Gary Cosser; loving "Pop Pop" of Jennifer and Christina; loving "Great Pop Pop" of Jacob, Nicholas and Jonathan.

Visitation was held at the Connelly Funeral Home of Essex on Dec. 23.

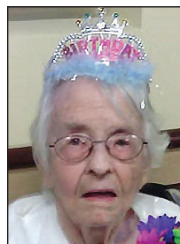
Mullen, Charlotte G.

On Jan. 3, Charlotte Gwen Mullen died at home after a long battle with cancer. She is survived by her two daughters, Robin Steinhardt and Wendy Ragabi, and her nine grandchildren, Shannon, Autumn, Jordan, Chloe, Phoukieo and Robert Steinhardt and Keiana, Adam, Ameer and Leenah Ragabi. She will forever be in our hearts.

Douglass, Ellen P.

On Jan. 3, Ellen P. Douglass (nee Mooney). Devoted wife of John Douglass; beloved mother of Kerrie Tipsett and her husband Steve, John Douglass, Jr. and his wife Lisa, and Stephen Douglass and his wife Danielle. Also survived by nine grandchildren. Loving daughter of Michael and Dorothy Mooney; dear sister of Michael Mooney, Jr., Dorothy Gianotti, Sharon Bigham and Patricia Mooney; loving daughter-in-law of Mary Douglass; dear sister-in-law of Barbara Watson.

Relatives and friends are invited to visit the Connelly Funeral Home of Essex on Thursday Jan. 7, from 3 - 5 p.m. and 7 - 9 p.m. Services will be held at 7 p.m. In lieu of flowers, contributions may be made to either the National Multiple Sclerosis Association of America, 375 Kings Highway North, Cherry Hill, NJ 08034 or the American Cancer Society, P.O. Box 22478, Oklahoma City, Okla. 73123.

Hamilton, Margaret O.

On Dec. 30, Margaret Odessa Hamilton (nee Atkins). Devoted wife of the late James Hamilton; beloved mother of Elsie Miller, Linda Jean Edgecomb, Robert Bryon Hamilton, Mary Elizabeth Hamilton, Richard Kevin Hamilton and the late James Edward Hamilton; dear brother of Velma, Ken and Garland Atkins. Also survived by numerous grandchildren, great-grandchildren and great-great-grandchildren.

Interment was held at Cedar Hill Cemetery.

Harrison, William F.

On Dec. 19, William "Bill" F. Harrison. Beloved husband of the late Barbara Harrison; devoted father of Kimberly Teufer and James D. Harrison. Also survived by three grandchildren and five great-grandchildren.

Giller, Robert E.

On Jan. 2, Robert E. Giller. Beloved husband of the late Karen Giller (nee Lambert); devoted father of John Giller and Chris Hurley and her husband Ron; loving grandfather of Joshua Giller, and Morrighan and Erinne Hurley; loving great-grandfather of Hunter and Parker Giller.

Family and friends may call at the Connelly Funeral Home of Essex on Thursday, Jan. 7, from 6 - 9 p.m. A graveside service will be held at Parkwood Cemetery, 3310 Taylor Ave. in Parkville on Friday, Jan. 8, at 11 a.m.

Baumgartner, Lavinia

On Dec. 27, Lavinia "Veenie" Baumgartner (nee Amberg). Devoted wife of the late Robert Baumgartner, Sr.; beloved mother of Robert G. Baumgartner, Jr. and his wife Darlene, Mary Margaret Twine and her husband Wayne, Lavinia Mills and her husband Dave, Michael A. Baumgartner, Sr. and his wife Cindy, David G. Baumgartner and his wife Diane, and Gertrude Jefferson and her husband Robert; loving sister of the late Anna Schmidt; cherished grandmother of Karla, Don, Rob, Karen, Mickey, Cassie, Jenn, Stacey, Matt, Jason, D.J., Kathie and Robbie; loving great-grandmother of Jacob, Britnie, Nathan, Alyssa, Cameron, Brianna and Collin; also survived by other loving family members and friends.

Visitation for family and friends was held at the Connelly Funeral Home of Essex on Dec. 31. Mass of Christian burial was celebrated at Our Lady of Mount Carmel Catholic Church on Saturday, Jan. 2, followed by interment at the Gardens of Faith Cemetery. Contributions may be made in Lavinia's honor to Our Lady of Mount Carmel Catholic Church.

Darnell, Thomas D., Sr.

On Dec. 28, Thomas D. Darnell, Sr. Beloved husband of Barbara Darnell (nee Stover); devoted father of Thomas Darnell, Jr., Timothy Darnell, William Stover and Jacqueline Graig. Also survived by many loving grandchildren and great-grandchildren.

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

James, Phelia Diane

On Dec. 27, Phelia Diane James (nee Morgan). Beloved mother of Dennis Libershal and his wife Courtney. Loving "Grammy" of Hayden and Gavin. Loving sister of Pam Smith.

Services were held at the Connelly Funeral Home of Essex. Interment was private. In lieu of flowers, contributions may be made to the American Lung Association, 55 W. Wacker Drive, Suite 1150, Chicago, IL 60601.

Miles, William J., III

On Dec. 26, William J. Miles III. Devoted husband of Sandra Miles (nee Price); beloved father of Nichole Miles, Thomas Cox and Gregory Miles; loving son of Lillian and the late William Miles, Jr.; dear brother of Jeanne Potter, Kathleen Delp and Mark Miles; cherished "Pop Pop" of Kaiden, Lizzy, Mia, Anastasia, Delaney and Rylie. Loving uncle of Danielle, Cristina and Andrea.

Services were held at the Connelly Funeral Home of Essex. Entombment was held at Bel Air Memorial Gardens.

Byer, Rae C.

On Jan. 3, Rae Catherine Byer (nee Tooma). Beloved wife of Joseph A. Byer; devoted mother of Joseph M. Byer and Patrick M. Byer, Sr.; dear grandmother of Brady, Hollie, Patrick, Stephanie Byer and Lindsay McCartney; dear great-grandmother of Connor and Ian McCartney.

Services were held at Cvach Rosedale Funeral Home. In lieu of flowers, please make donations to the Susan B. Komen Breast Cancer Foundation, P.O. Box 650309, Dallas, TX 75265-0309

Rydzewski, Leonard J.

On Dec. 31, Leonard J. Rydzewski. Beloved husband of Evelyn E. Rydzewski (nee Schaller); devoted father of Irene Hahn and her husband Ken, Clare Emm and her husband Steve, David Rydzewski and his wife Dana and Paul Rydzewski; dear brother of Edmund Ryder and the late Genevieve Rosenberg, Clara Laufert, Theresa Lerch, Frances Ament, Helen Lipinski, James, Francis, Alfred and Edward Rydzewski; dear grandfather of Julie, Karen, Kevin, Nicholas and Liza and great-grandfather of Isabella, Evan and Reese.

Services were held at Cvach Rosedale Funeral Home. Mass of Christian Burial was held at St. Casimir Church. Interment St. Stanislaus Cemetery.

Kantorski, Peter III

On Jan. 3, Peter Kantorski III. Loving son of Betty Kantorsky (nee Reams) and Peter Kantorsky Jr.; dear brother of Jeanne Steiner and her husband Harry, Jayne Johnson and her husband Perry; uncle of Jessica Novak, Michael Ehlers and his wife Lindsay. Also survived by several other loving relatives and friends.

Friends may call at the family owned Bruzdinski Funeral Home P.A., 1407 Old Eastern Avenue, Essex at Route 702 on Thursday, Jan. 7, from 3 to 5 and 7 to 9 p.m. Funeral services on Friday, Jan. 8, at 11 a.m. Interment will be held at Oak Lawn Cemetery. In lieu of flowers, memorials in his name may be made to the American Cancer Society, P.O. Box 22718, Oklahoma City, Okla. 73123 or U.S. Autism and Asperger Association, P.O. Box 532, Draper, Utah 84020 will be appreciated.

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TEDDY'S 10 WORST MOVIES OF 2015

- By Teddy Durgin -

I will write up my Top 10 Movies of 2015 list for next week's issue, because there are still a few flicks I have yet to see that are making other reviewers' end-of-the-year round-ups. Crafting a 10 Worst list is far easier. Heck, I could've written the below a month ago and added very little in the days since.

So, here it is, dear readers. Teddy's last stab at revenge at those flicks that took hours of my precious life in the last 12 months, starting with the absolute worst:

1) "Fantastic Four" - Ill-conceived from the very first press release announcing the film. Terrible casting and re-casting, horrible CGI effects, a lost director, wrong-headed story ideas at almost every turn. It's hard to imagine a major superhero film failing any worse.

2) "Terminator: Genisys" - Ill-conceived from the very first press release announcing the film. Terrible casting and re-casting, horrible CGI effects, a lost director, wrong-headed story ideas at almost... well, you get the picture. With its attempts to re-write "Terminator" history and wipe out James Cameron's two original masterpieces, no film made me angrier this year. "Genisys" is a film that is best forgotten.

3) "Hot Pursuit" - A shrill, deeply lame action road comedy directed by a woman, starring two capable women (Reese Witherspoon and Sofia Vergara) and marketed to women... that should have been seen by nobody.

4) "The Loft" - A sleazy, deeply unlikable wannabe erotic thriller directed by a man, starring five capable men (James Marsden, Karl Urban, Wentworth Miller, Eric Stonestreet, Matthias Schoenaerts) and marketed to men... that definitely should have been seen by nobody!

5) "Hot Tub Time Machine 2" - When they couldn't get John Cusack back, they should have scrapped this film right then and there. Seriously, Rob Corddry, Craig Robinson and Clark Duke are your stars?! The bad movie equivalent of "AfterM*A*S*H."

6) "We Are Your Friends" - We're just



not your audience.

7) "The Last Witch Hunter" - One can only hope.

8) "Our Brand Is Crisis" - Further proof that Hollywood power players should think twice before delving into politics. Producer George Clooney and star Sandra Bullock are so hellbent on making their big-important-message movie, that they kind of forgot to make a movie. It wasn't big, it wasn't important and the message got muddled thanks to some unlikable characters and ill-placed slapstick humor.

9) "Poltergeist" - Unlike "Fantastic Four" and "Terminator: Genisys," there were a couple of interesting new twists to this reboot. But SO much else was missing, like pacing, tension, scares and memorable lines. To paraphrase Carol Anne, "They're NOT here!"

10) "Paranormal Activity: The Ghost Dimension" - I am seriously holding the producers of this franchise to their word and hoping it is indeed the last in the series.

Dishonorable Mention: "American Ultra," "Blackhat," "The Gunman," "Strange Magic," "Home," "Pan," "Taken 3," "Sinister 2," "Chappie" and "Jupiter Ascending."

Movies I didn't see that are making other critics' 10 worst lists: "Victor Frankenstein," "Mortdecai," "Aloha," "By the Sea" and "The Cobbler."

Two movies showing up on other critics' 10 worst lists that I liked: "Pixels" and "The Wedding Ringer."

And, finally, the one movie I didn't dare put on the above list (but secretly wanted to): "The Hunger Games: Mockingjay - Part 2."

JOY fails to pull off the trifecta for Russell, Lawrence, and Co.

- By Teddy Durgin -

In the case of "Joy," the third time is NOT the charm. It's the harm. Yes, movie fans, this is the third time writer-director David O. Russell has worked with stars Jennifer Lawrence, Bradley Cooper and Robert DeNiro after "Silver Linings Playbook" and "American Hustle." Both of those earlier films were tremendous Oscar bait, pulling down multiple award nominations in the acting categories and a few of the techs.

With "Joy," though, the magic is just not there. It's Russell's film through and through, but he really should have injected some new energy into this one. It feels like he is plugging in friends this time around rather than really casting the absolute best actors for each of the roles. All three are, of course, immensely talented. But they don't necessarily work together in every script that a talented guy like Russell can churn out.

Here, Lawrence plays the real-life Joy Mangano, a New York single mom who invented a new kind of mop. Dubbed "The Miracle Mop," Joy becomes one of the early darlings of the QVC Network and a favorite of QVC executive Neil Walker (Cooper). One of the best sequences in the movie is a dizzying tour of the cable shopping network's West Chester, Pa., headquarters that Neil takes Joy on with

Melissa Rivers briefly cameo-ing as her late mother, Joan.

While Joy eventually becomes one of the most successful businesswomen of the last 20 or so years, Russell is more interested in her messy, dysfunctional family (Cooper really has a cameo himself here a la DeNiro in "American Hustle"). Her home life is definitely part of Mangano's story and probably an important one. But, as realized on screen, the chemistry of those who make up Joy's unsupportive family is hammy and plays out more like an eccentric stage play that you never quite believe.

There's DeNiro as her mooch of a father. Joy's lazy, but jovial ex-husband (Edgar Ramirez) has semi-permanent residence in the basement. And Elizabeth Rohm is her bitter and envious half-sister.

Unfortunately, what's really good about "Joy" doesn't last very long, chiefly the business angle and Lawrence and Cooper's chemistry. I know this might be bordering on sacrilege here, but I also think that Lawrence is a bit miscast here. So, a mixed bag for sure, and definitely a jumble. I wouldn't quite label "Joy" a mess as some of the more negative reviewers have. But it's definitely a movie that might have benefited from a longer gestation period... and definitely a bit of mop up work on the screenplay.

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Nature Connections: Owls

Join us at the Natural History Society of Maryland, 6908 Belair Road in Overlea, from 1 - 4 p.m. on Sunday, Jan. 10, for in-depth talk on Maryland's owls, examine feathers, dissect an owl pellet and more activities. For more info. on this free program, call 410-882-5376 or visit marylandnature.org/nature-connections.

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.

Free Smoking Cessation Program

The Baltimore County Department of Health offers free programs to help you quit tobacco. We'll meet Wednesdays, Jan. 13 - Feb. 10, from 6:30 - 7:30 p.m. Free nicotine gum, patches or lozenges included! To sign up online, go to the North Point library website, www.bcpl.info/northpoint and click on 'Events.'

Food Pantry

New Life Sanctuary, 4 Margaret Ave. in Essex, has a food pantry 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.

GWMCC Meeting

The next meeting of the Greater White Marsh Citizens Council will be held on Monday, Jan. 18, at 7 p.m. in the White Marsh Volunteer fire house, 5419 Ebenezer Road in White Marsh. For more information, find the organization on Facebook.

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.

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Delegate McDonough proposes ban on sanctuary cities

- by Delegate Pat McDonough (R-7) -

I will be introducing three pieces of legislation related to the banning of sanctuary cities. The first proposal will outlaw any sanctuary city, county or town in the state of Maryland. Baltimore City and Baltimore County are both "sanctuary places" which makes our region a dangerous place. My legislation would prevent these subdivisions from receiving state funds related to public safety. Sanctuary policies create an extremely dangerous situation because they permit the release of illegal aliens who have committed violent crimes without first being turned over to the Homeland Security Department of Immigration Enforcement.

Last year, Kathryn Steinle, a 32-year-old woman, was murdered while walking with her father in San Francisco by a criminal illegal alien who had just been released from jail. San Francisco is a sanctuary city and the sheriff had released the murderer without notifying the federal immigration authorities who would have incarcerated him. This tragedy and presidential candidate Donald Trump's highlighting of the sanctuary city problems brought this issue to national attention. The sheriff lost the next election because of his misguided decisions and actions.

The frightening statistic regarding sanctuary policies are that 9,295 criminal illegals were released without notification to the Federal Immigration Department. There are at least 340 sanctuary cities, counties and towns in America. Under the Obama administration, deportations are down by 50 percent, the lowest level in a decade.

Most importantly, sanctuary policies are violations of federal law. Section 642 of the Immigration Reform and Responsibility Act of 1996 forbids state or local government officials or agencies from prohibiting,

or in any way restricting the sending of information regarding the citizenship or immigrant status of any individual. Federal law has supremacy over any local law or regulation. This means that Mayor Stephanie Rawlings-Blake and County Executive Kevin Kamenetz are violating federal law. There have been a number of murders and other violent acts committed by criminal illegal aliens in Maryland over the years. Most go unreported in the news media, but clearly indicate the need to eliminate sanctuary policies in our state.

The problem goes even deeper in Maryland because our statewide prison system fails to communicate with immigrant authorities regarding the release of criminal illegals from the system. Remember, these offenders who are violent criminals could be denied entry back into our neighborhoods by simply contacting federal officials who would detain and deport them.

The other two initiatives I am introducing would regulate the Maryland prison system and directly ban sanctuary policies in Baltimore County.

Maryland has become a Disneyland for attracting illegal aliens with its sanctuary policies, including driver's licenses and discounted college tuition. Former Governor Martin O'Malley referred to illegal aliens as "new Marylanders," which reflected his "open door" policy welcoming them into our state. Many other politicians joined him with their reckless advocacy, transforming Maryland into a magnet for illegals. The consequences have resulted in enormous costs to the taxpayers, job displacement, increased heroin use and drug problems and more crime victims. Hopefully, my legislation, along with similar bills being crafted in Congress, will return Maryland to a "sane policy" which will protect the real citizens of our state.

Contact Your State Delegates

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Metzgar receives personal tour of Port of Baltimore

Delegate Ric Metzgar (R-6) was personally invited by Bradley Peganoff, deputy director for Government and Business Relations and Environmental Safety from the Maryland Port Administration, to meet with Marcus Jadotte, assistant secretary of commerce for industry and analysis from the United States Department of Commerce and several representatives from the United States Department of Commerce (USDC) to tour the Port of Baltimore.

Peganoff was so impressed with Metzgar when he met him at the Wallenius Wilhelmsen Logistics (WWL) ceremony signing the 30-year lease agreement with Governor Larry Hogan that he invited the delegate to receive a personal tour of the port and meet with the various representatives of the USDC. Metzgar was the only elected official invited for this tour and meeting.

Peganoff was impressed with the delegate's vision for District 6 and his sharing of former Congresswoman Helen Delich Bentley's vision for the use and growth of the Port of Baltimore for global markets.

The purpose of the tour and meeting was to increase international trade and decrease congestion for the Port in order to maximize more business, trade and jobs coming to the U.S. and the Port.

The five-hour tour concluded in front of the Wallenius Wilhelmsen ship. The tour discussed how the WWL agreement will secure business and jobs for the port for the next 30 years and beyond, which will have a tremendous economic boost for the port and local economy. It is also in keeping with Hogan's "Maryland Open for Business" theme.

Metzgar enjoyed the tour and increased his understanding that the Port of Baltimore is the heart of international trade.



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Aerobics Classes

Bengies Chase Recreation Council will present In-Shape Aerobics and In-Step Aerobics classes at Vincent Farm Elementary School. Classes held Mondays - Thursdays, 7 - 8 p.m., starting Monday, Jan. 11. Call the rec. office at 410-887-5194 for more info.

Talent Show and Supper

Hiss United Methodist Church, 8700 Harford Road in Parkville, will host a talent show and covered dish supper on Saturday, Jan. 16, at 5 p.m. Tickets \$5 pp or \$20 for a family of four or more. Proceeds benefit the Volunteers in Mission. Call 410-668-5665.

Lancaster, Pa. Trip

Wednesday, March 16, to Sight & Sound to see "Samson" with lunch at Fulton Steamboat. Price is \$106 per person. "Samson" is the strongest man who ever lived. He stands between two colossal columns in a Godless temple and starts to push. It is an impressive scene that brings the house down, literally! Dinner will be held aboard a steamboat in Lancaster County. Menu includes tossed garden salad with assorted dressings, glazed salmon or chicken breast with julienned ham au gratin, roast potatoes or sautéed seasonal vegetables, and apple pie or rice pudding for dessert. Bus departs from the Dundalk Moose at 10:15 a.m. and returns at 8 p.m. Payment due Feb. 3. For more info., call Karen on 410-285-7399.

Emmitsburg Bus Trip

The Saint Francis of Assisi Sodality, 3615 Harford Road, will sponsor a bus trip to Emmitsburg on Wednesday, April 13. Mass in the chapel and a tour of the National Shrine of St. Elizabeth Ann Seton, buffet lunch at Mountain Gate Restaurant, a visit to the National Shrine Grotto of Lourdes and visitor center and a final stop at Baugher's Farm are included. Cost \$75 per person; contact Barbara Jo at 443-868-8490 or barbarajo.wuest1@aol.com ASAP if interested.

Trinity Movie Night

The Trinity Temple Church, 914 Essex Ave. (behind the Middlesex Shopping Center), is pleased to announce that it will have a FREE showing of the powerful Christian Film "War Room" on Sunday evening, Jan. 10 at 6 p.m.

Filled with heart, humor and wit, "War Room" follows Tony and Elizabeth Jordan, a couple who seemingly have it all - great jobs, a beautiful daughter, their dream home. But appearances can be deceiving. In reality, their marriage has become a war zone and their daughter is collateral damage. With guidance from Miss Clara, an older, wiser woman, Elizabeth discovers she can start fighting for her family instead of against them. As the power of prayer and Elizabeth's newly energized faith transform her life, will Tony join the fight and become the man he knows he needs to be? Together, their real enemy doesn't have a prayer.

This highly rated, top grossing film shares an important message for everyone out there, and the Trinity Temple is pleased to air it. The General Public is invited to attend. For more information, check out our Facebook page.

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AUTOMOTIVE



1042
AUTO AUCTION

AUTOMOTIVE



1042
AUTO AUCTION

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ANNOUNCEMENTS

ANNOUNCEMENTS

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We are confident that with your help and HIS Grace, we will soon be able to fill the shelves with an abundance of supplies so that it's one less thing for these women to worry about.

East County Times is the drop off for women's feminine hygiene products. PLEASE DONATE UNOPENED FEMININE PADS AND TAMPONS ONLY, to our office Mon. - Fri. between 9am-4pm. Thank you on HER BEHALF!

If you cannot make these hours or are interested in helping, please facebook: www.facebook.com/carol.pappas

Please continue to give as this is an ongoing cause and your generosity is gratefully appreciated. HUGS!

"May the Lord now show you kindness and faithfulness, and I too will show you the same favor because you have done this." 2 Samuel 2:6

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2004
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2033
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**2033
GENERAL
ANNOUNCEMENTS**

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**2040
PUBLIC NOTICE**

LEGAL NOTICE

Pursuant to the power of sale contained under Maryland Self Storage Facility Act, senate Bill #16-202: The following personal property will be sold at public auction on **Tuesday, Jan. 12, 2016 at 11:00am** on the premises of **Fullerton Self Storage** at 7989/7979 Rossville Blvd., Baltimore, MD 21236. (410-665-8910) Fullerton Self Storage reserves the right to cancel a sale at any time for any reason. All units listed below are miscellaneous items unless otherwise specified.

TERMS OF SALE: CASH ONLY

Unit #A008 - Wendi Ericka Grau
Unit #A017 - James Williams
Unit #A019 - Michael Teti Jr.
Unit #B039 - Fatimata Sy
Unit #B082 - Dawn Files
Unit #C171 - Lawrence Farago
Unit #D271 - Eric Maynor
Unit #E298 - Steve Michael Blair
Unit #F361 - Jolene Spauagh
Unit #00015 - Jeff Hale
Unit #00047 - Lora Hahn
McLaughlin dba Keepsakes Estate Sales & Services
Unit #00055 - Lora Hahn
McLaughlin dba Keepsakes Estate Sales & Services
Unit #00058 - Devron Moore
Unit #00082 - Vernetta Marie Hale
Unit #1162B - Donna Taylor
Unit #1202R - Cathy Jones
Unit #1209R - Brittney Hardy
Unit #2176B - Gary Hallmen
Unit #2324R - Alice Kreiner
Unit #2334R - Antawn Burston

AUCTION NOTICE

IT IS HEREBY GIVEN that the contents of the following rental unit/s located at **CHESAPEAKE MINI STORAGE** 3000 Eastern Boulevard Baltimore, MD 21220 will be offered at public auction for non-payment of rent on **January 14, 2016 at 11:30 a.m.**

Terms: Cash

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

125 - Lawrence R. Riston
133 - Anthony Q. Hand
285 - Bryan P. Chenoweth
526 - Carl Krause
532B - Richard Beall
535A - Michael Cox
666 - Vaughn Simmons, Jr.
668 - Andrea Porter

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

**2040
PUBLIC NOTICE**

LEGAL NOTICE

Route 1 Self Storage Facility Operators Sale for non-payment of storage charges pursuant to the power of sale contained under Maryland Self-Storage Facility Act Senate Bill 122; the following property will be sold at PUBLIC AUCTION on **1/12/16 at 12:00 pm** on the premises of: Route 1 Self Storage, 8115 Perry Hills Ct., Baltimore, MD 21236

Route 1 Self Storage reserves the right to cancel a sale at any time for any reason.

TERMS OF SALE: CASH

Property of:

Peggy Rose Brogley - 5000
Peggy Rose Brogley - 5001
Alexander Michael Rummel - 100
Armond Tremaine Gates - 6004
Chidi Joseph Nnajieta - 513
Dominique Lisa Pryor - 3017
Daniel Robert Ricks - 3014
Ronald Craig Woodyard - 439
Ronald Craig Woodyard - 6000
Jeffery Lee Palmer, Jr. - 3031

STATE OF SOUTH CAROLINA
COUNTY OF HORRY

Katlyn Marie Stella and Renato Stella,
Petitioners,
vs.
Joseph Lee Ballistreri and John Doe,
Respondent.

In Re:
Kameryn Jai (DOB: 07/14/08)
A minor child under the age of 14 years

IN THE FAMILY COURT
FIFTEENTH JUDICIAL CIRCUIT

**SUMMONS, NOTICE OF
ADOPTION PROCEEDINGS**

Docket No.: 2015-DR-26-1229

TO: Respondent Joseph Lee Ballistreri:

YOU ARE HEREBY SUMMONED and required to respond to the Petition in this action, a copy of which is hereby served upon you and to serve a copy of your response on the subscriber at her address, Brana J. Williams, Williams Law Firm, LLC, 1500 Highway 17N Suite 102, Surfside Beach, South Carolina, 29575, within thirty (30) days after service hereof, exclusive of the day of such service, and if you fail to answer the Petition within the time aforesaid, the Petitioners in this action will apply to the Court for the relief demanded in the Petition.

Further, YOU ARE HEREBY NOTIFIED, pursuant to South Carolina Code §63-9-730(E), that an adoption proceeding was filed in the Family Court of Horry County, South Carolina on May 26, 2015, and in the Petition for Adoption you are alleged to be the father of a male child named, Kameryn Jai Ballistreri, born in the County of Joppa, State of Maryland on July 14, 2008.

It is further alleged that your consent to this adoption is not required under South Carolina Code §63-9-310 and your parental rights should be terminated pursuant to South Carolina Code §63-7-2570(7).

In responding to this notice, you are required to use the caption and the number 2015-DR-26-1229. If Notice to Contest, Intervene or otherwise Respond is filed by you with the Court within thirty (30) days of the receipt of this Notice of Adoption Proceedings, you will be given an opportunity to appear and be heard on the merits of the adoption. To file notice to Contest, Intervene or otherwise Respond in this action, you must notify the Horry County Family Court at Horry County Courthouse, 1301 Second Avenue, Conway, SC 29526, in writing of your intention to Contest, Intervene or otherwise Respond. The Horry County Family Court must be informed of your current address and any changes of your address during the adoption proceedings.

Your failure to respond within thirty (30) days of receipt of this Notice of Adoption Proceedings constitutes your consent to the adoption and forfeiture of all of your rights and obligations to the above named child. It is further alleged that your consent to this adoption is not required under S.C. Code Ann. Section 63-9-310 and that your parental rights should be terminated pursuant to S.C. Code Ann. Section 63-7-2570 (7). **BE SO NOTIFIED!**

BRANA J. WILLIAMS
WILLIAMS LAW FIRM, LLC
1500 Highway 17 N Suite 102
Surfside Beach, South Carolina 29575
Phone: 843-238-5100
Fax: 843-238-5102
Attorney for Petitioners

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Call: 443-324-8499

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

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AT
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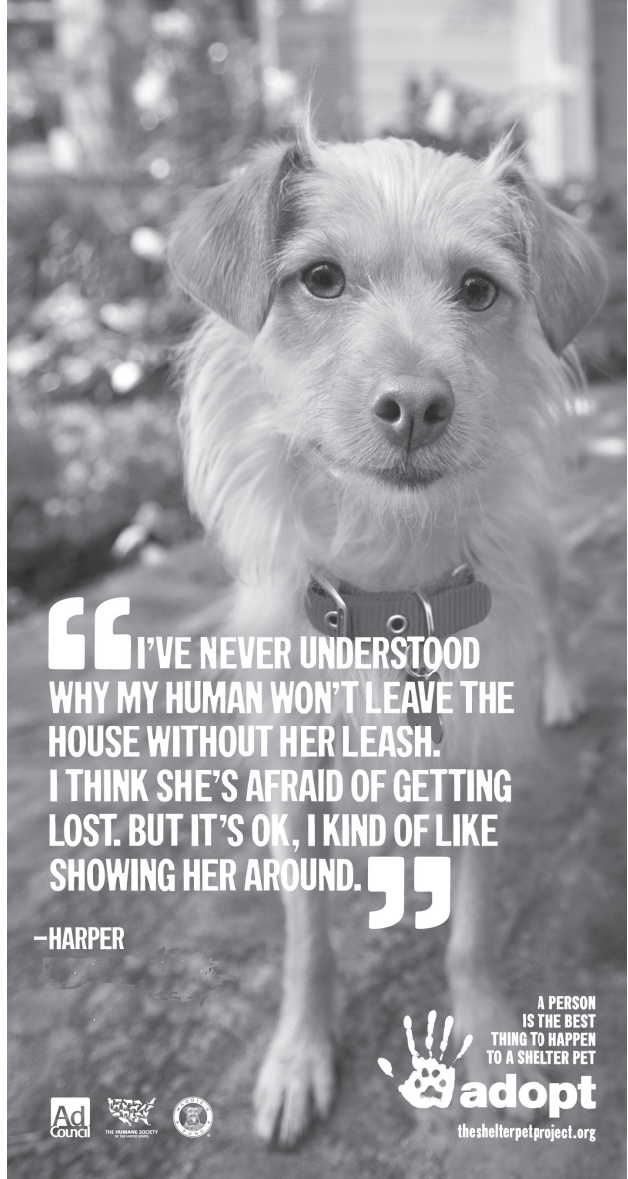
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EMPLOYMENT



4123
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THE HERITAGE SOCIETY OF ESSEX AND MIDDLE RIVER IS SEEKING people who have an interest in our local history. We offer community hours towards graduation. Seniors very welcome. Weekends & Evenings, Also some week day daytime activities. The Museum is free and open to the community. Tours are Sat., 10 a.m. - 1 p.m., April - December. Volunteering is year round and NOT a paid job. Call Terri for more information/ leave a message 410-404-1048

4134
CAREER TRAINING

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

4135
HELP WANTED

ANIMAL CARE FACILITY - NEEDS ENERGETIC, RELIABLE PERSON TO CLEAN & CARE FOR ANIMALS & DO OFFICE WORK. COMPUTER SKILLS AND DEDICATION TO JOB NECESSARY. CALL 410-527-1466

4135
HELP WANTED

EMPLOYMENT



4135
HELP WANTED

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

Class A CDL Drivers Wanted!

Local and intermediate drivers wanted, 500 mile radius. Good pay and ample off time. 2 years over the road experience required. Prefer drivers to be familiar with flat bed, van, heavy haul, and over dimensional. Company based out of East Baltimore. Prefer drivers from same area, but not required. The right candidates will be considered from other areas. Please respond to this post with "Drivers Wanted" in the subject line. Attach a copy of your resume/experience, a current copy of your driving record, and contact information. Preferably email and phone. Contact Dave at BL Enterprise, Inc. at 410-258-3502 and/or dbandjough@gmail.com.

4135
HELP WANTED

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Dedicated runs available for drivers living in the Baltimore area. Weekly Home Time! Newer Equipment. Required: 1 yr. OTR exp., at least 22 years old, CDL-A.

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www.drive4marten.com **EOE**

4135
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DANCERS - UP TO \$1,000 NIGHTLY. NO EXPERIENCE NEC. APPLY AFTER 7 P.M., FRIDAY & SATURDAY ONLY. CALL 410-633-7100 WWW.NIGHTSHIFTGIRLS.COM

4135
HELP WANTED

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We are looking for highly skilled working **Foremen, Electricians**, (Journeyman card a plus) & **Apprentices**. Must be capable of working and thinking independently. Additionally, a strong understanding of the fundamentals of electricity and sound troubleshooting skills are required.

Must pass background check & drug screening. Must have your own tools and reliable transportation.

These positions are Full Time and Permanent.

Please submit your resume and/or employment history to:
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Compensation: FLAT RATE
Employment Type: Full-Time

EASTERN BALTIMORE COUNTY'S LARGEST INDEPENDENT SHOP IS EXPANDING. CLIFF'S HI-TECH BODY SHOP NEEDS A BODY MAN. WORK IN A VERY CLEAN, MODERN, AIR CONDITIONED SHOP. CLIFF'S HI-TECH HAS AN EXCELLENT REPUTATION IN THE COLLISION INDUSTRY. OUR SHOP IS VERY ORGANIZED, SO YOU CAN MAXIMIZE YOUR PAY **FLAT RATE**

APPRAISERS HANDLE ALL ESTIMATES, SUPPLEMENTS, AND PARTS ORDERS. YOU DO QUALITY COLLISION REPAIR! WE ARE NOT AFRAID TO WRITE A SUPPLEMENT. GET PAID FOR WHAT YOU DO. LARGE VOLUME OF WORK YEAR ROUND.

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BODY MAN MUST BE ABLE TO TURN THE HOURS AND KEEP QUALITY FIRST! QUALITY COLLISION REPAIR A MUST! I-CAR, ASE, OR ANY COLLISION TRAINING A PLUS. MUST HAVE IN SHOP EXPERIENCE.

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or Call 410.574.5911

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POSITIONS ARE AVAILABLE FOR TWO SHIFTS:
8AM-3PM • 6PM-10PM

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

*Experience is not necessary.
Company will provide training.*



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

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4135 HELP WANTED

POSITION AVAILABLE / SERVICE TECHNICIAN - F/T Field position for dependable individual to service fire extinguishers and fire extinguishing systems in restaurants in and around the Baltimore area. HS Diploma or GED required, high mechanical ability, organized, detailed and reliable person needed. Valid driver's licenses and excellent driving record also required. On the job training/certificate provided. Competitive wages/benefits/retirement. Mail or email resume to: service@harrisfire.com or Harris Fire Protection, 50 Kane Street, Baltimore, MD 21224. NO PHONE CALLS PLEASE!

SECRETARY/CLERICAL - F/T Office position for Fire Protection Co. Candidates must have minimum of 5 years office experience w/various software including Excel, Word and Word Perfect. Independent worker w/organizational skills. Thorough Quickbooks experience is a MUST! Salary commensurate w/experience. Mail or email resume to service@harrisfire.com or Harris Fire Protection, 50 Kane Street, Baltimore, MD 21224. NO PHONE CALLS PLEASE!

WANTED: LIFE AGENTS • EARN \$500 A DAY • GREAT AGENT BENEFITS • COMMISSIONS PAID DAILY • LIBERAL UNDERWRITING • LEADS, LEADS, LEADS • LIFE INSURANCE, LICENSE REQUIRED. CALL 1-888-713-6020

4163 BUSINESS OPPORTUNITIES

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



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5002 ANTIQUES & COLLECTIBLES

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5024 HEALTH & FITNESS

VIAGRA 100mg, CIALIS 20mg. 50 tabs \$90 includes FREE SHIPPING. 1-888-836-0780 or Metro-Meds.net

5034 MISCELLANEOUS

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

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MAKE A CONNECTION. REAL PEOPLE, FLIRTY CHAT. MEET SINGLES RIGHT NOW! CALL LIVELINKS. TRY IT FREE. CALL NOW: 1-888-909-9905 18+.

5034 MISCELLANEOUS

NEW YEAR, NEW CAREER - AVIATION GRADS WORK WITH AMERICAN, BOEING, SOUTHWEST AND OTHERS - GET HANDS ON MAINTENANCE TRAINING. FINANCIAL AID IF QUALIFIED. CALL AIM 866-453-6204

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

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

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

5040 PETS & SUPPLIES

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

HELP SAVE ANIMALS LOCALLY! DONATE YOUR CAR.

Humane Society of Baltimore Co.

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410-833-8848 ext. 202

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6043
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REAL ESTATE


6123
REAL ESTATE

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TOWNHOMES**

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6035
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CONDOS**

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DUNDALK - 1 BR Basement apt., utilities included, W/D Hook Up, No pets. \$750/mo. + SD. Call 443-865-5873

DUNDALK - 1 BR apt., washer/dryer hook-up, no pets, includes heat. \$700/mo. + S.D. required. Call 410-288-3778/443-865-5873

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DUNDALK - Waterfront 2 BR apt. \$975/mo. includes utilities, SD required. No pets. Call 443-865-5883/443-865-5873

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REAL ESTATE

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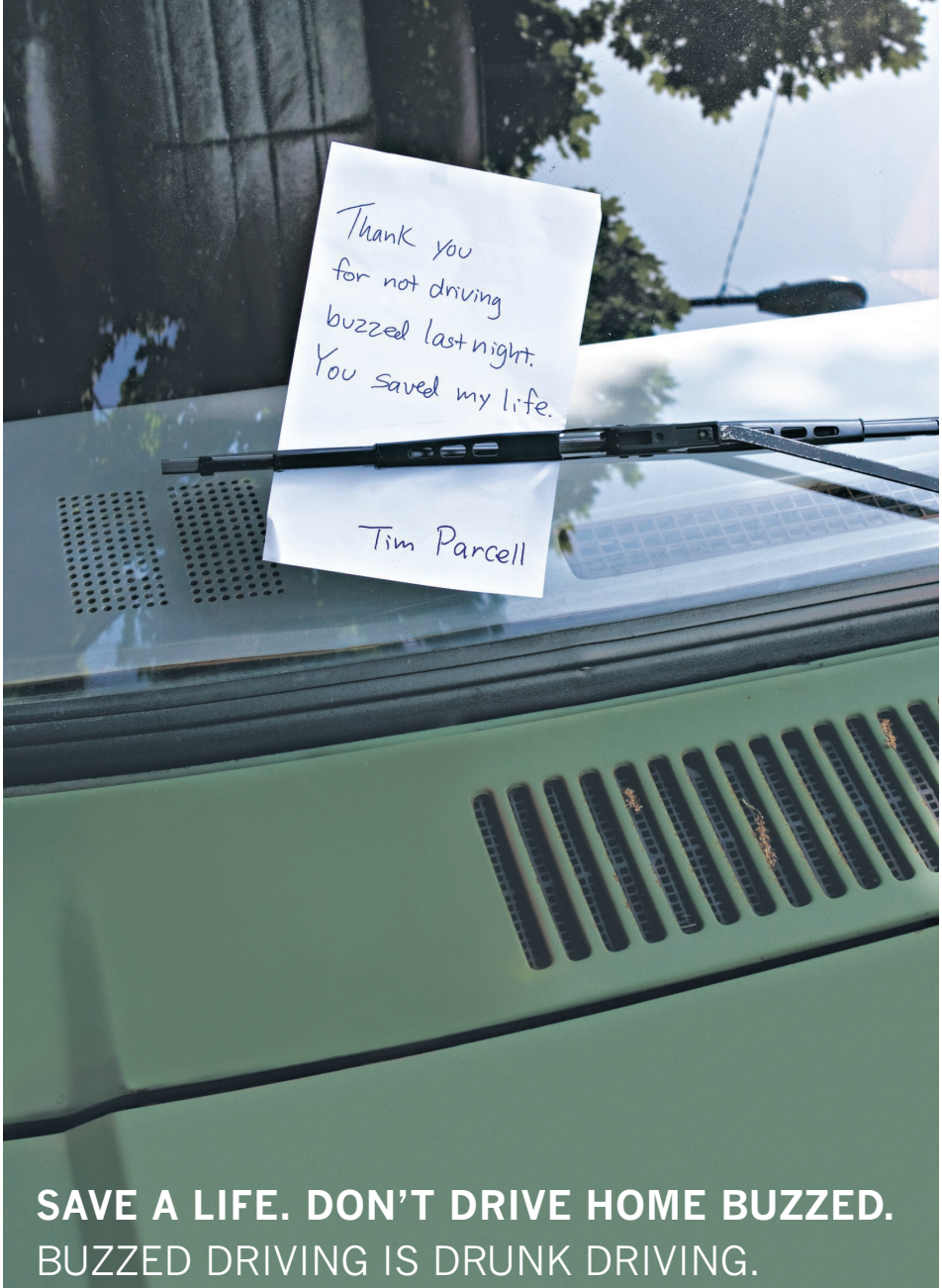
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