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Szeliga fundraiser draws big crowd amid US Senate exploration

"I am seriously considering a US Senate run,"

Maryland State Delegate Kathy Szeliga addresses her supporters at an Oct. 5 fundraiser at Boordy Vineyards. Szeliga announced that she is "seriously considering" a run for U.S. Senate in 2016 and will make a final decision this fall.

Article & photo by Emily Blackner -

On Monday night, Oct. 5, hundreds of citizens, legislators and other political figures gathered at Boordy Vineyards in Hydes for the annual "birthday bash" fundraiser for Seventh District Delegate Kathy Szeliga. While the event's attendance has been growing steadily for seven years, undoubtedly some of the popularity this year was due to rumors of Del. Szeliga considering a bid for the U.S. Senate seat held by the retiring Barbara Mikulski.

"I am seriously considering a US Senate run," she announced to enthusiastic applause. "Things are looking good."

However, she stated that her final de-

cision has not been made, but will be forthcoming sometime this fall.

Speaking with the *East County Times* prior to the event, she elaborated on her motivations for seeking higher office.

"I'm looking at this race seriously because I look at my kids and my new baby granddaughter and I'm very troubled with the direction the world is headed in. I feel it is my duty and responsibility to do whatever I can to leave the state and the country in better shape for them," she opined. Specifically, she thinks a change of course is needed on the economy and national security.

Szeliga, who just turned 54, has been in the Maryland General Assembly since 2010 and was selected by her fellow Republicans as Minority Whip, the second most powerful leadership position, in 2013. She serves on the Appropriations Committee, the Health and Human Resources Subcommittee, the Oversight Committee on Pensions, Maryland Veterans Caucus and the House Emergency Medical Services Workgroup. She is also a business owner and heavily involved in her family's construction business.

"Annapolis is a part-time legislature, so the wonderful thing about working as a delegate is that we have outside employment as well, so I bring an unique set of experience with both business and - see SENATE BID on page -



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Marks blocks 1,100-unit development in southern Perry Hall

- by Devin Crum -

Baltimore County Councilman David Marks has rejected a 1,100-unit planned unit development (PUD) proposed for dozens of acres south of White Marsh Boulevard.

The plan, presented by Village Development Group, involved numerous family holdings in a rural area close to the Pine Valley Swim Club. More than 1,100 townhouses, apartments and condominiums were proposed.

The site, a total of roughly 100 acres split among a dozen property owners, is currently zoned a mixture of DR 5.5 (5.5 housing units per acre) and RAE-1 (Residential, Apartment, Elevator) which allows mid-rise elevator apartment buildings and permits up to 40 units per acre.

According to Marks, the PUD, which did not have a name, was to consist of "a blend of townhouses, but mostly high-rise apartments and condos." He did not have specific numbers of units for each, but he said the apartments would be clustered around the White Marsh police precinct and the community would have a "greenway" foot path cutting through it.

Once the councilman met with the developer, he arranged for a separate discussion with the South Perry Hall Improvement Association. After that meeting, he informed the developer's attorney he would not support the process for a PUD moving forward.

"A project of this scale will change the character of South Perry Hall forever," Marks commented. "It is not only the prospect of multi-story apartment buildings, but the damage that would occur to our schools."

Councilmembers Marks and Cathy Bevins have successfully pushed for a new elementary school that should be under construction in 2018, and they support reserving land for a new middle and high school. "An 1,100-unit development would flood our schools with hundreds of students at a time when we are simply trying to catch up with growth approved before we were elected," Marks affirmed.

Interestingly, he noted, a previous developer had approached him with a plan to develop the same property which included a school in the middle of the community.

Marks said he was "intrigued" by that plan, but it had merely been an informal, conceptual plan that "just fell apart."

Marks admitted that no public meetings had been held regarding the plan before its rejection. But "I know my constituents," he contended, "and I don't think they would entertain a project of this massive scale while our schools are so overcrowded.

"This is consistent with what I've been saying as we approach rezoning," he - see **BLOCKED** on page 6 -



Oversight committee visits Hart-Miller Island to learn about progress, prospects

- by Devin Crum -

The bi-monthly meeting of the Hart-Miller Island Citizens Oversight Committee (COC) on Sept. 15 saw the committee members make a site visit to the island to see first-hand the progress that has been made there and discuss the propects for its future.

The visit began with a bus tour around the island while Amanda Peñafiel of the Maryland Environmental Service gave updated information about key activities occurring in both the northern and southern sections of HMI.

As previously reported by the East County Times, the north cell of the island had incurred a massive build-up of rain water that MES was unable to discharge because it did not meet the quality control standards under their water quality discharge permit with the Maryland Department of the Environment. They have since instituted an effective system to treat the water using lime to bring up its pH level and be able to discharge it off of the island.

Using two of the three functioning spillways (7 and 8) in the north cell, MES has been able to discharge approximately 4 million gallons of water per day and have been doing so since March of this year, leading

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to a significantly lower pond level in the cell.

They had been hoping to have the north cell drained enough by this month that only the third spillway, spillway 9, would be in use to drain the remainder of the pond, according to Peñafiel. But it had not yet been used as of the COC meeting date.

The south cell of the island, which is now a largely self-sufficient ecosystem, showed some spots of dead vegetation. But Peñafiel explained that those were from ground spraying of herbicide to control invasive species. She also noted that they will begin aerial spraying this month to kill off the invasive phragmites growing there before planting more native species.

Extensive fields of phragmites have been allowed to grow in the north cell over the last three years, Peñafiel said, because having that plant material present has been good for starting to condition the soil to buffer the low pH levels. But she pointed out that MES will soon begin removing those plants so that they do not compete with the native ones they will be planting.

NEWS

According to Lincoln Tracy, also of MES, they hope to have the north cell completely drained by November, at which point they will begin liming the soils - which are also acidic - as part of their conditioning.

Tracy also revealed that, when the system is stabilized, they will eventually be taking some material from the dike around the north cell and adding it to the south cell dike to create a more irregular burm around it instead of the flat wall it has now.

- see HART-MILLER on page 7 -

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► NEWS ► SENATE BID

- continued from page 1 -

legislature," she said. This would contrast her with the Washington insiders currently in power in the nation's capital, Szeliga believes.

"Washington is dysfunctional. We need new ideas, and as a working mom, I will bring new and fresh perspective to Washington," she declared.

She also noted similarities between her background and Mikulski's: "a tough, working-class Polish woman from the Baltimore region."

As she evaluates her options in a potential Senate bid, Szeliga will look at a variety of factors, including the amount of support she is able to garner from both voters and party leaders.

"The support I'm getting from leaders has been amazing," she revealed. "In both the [state] House and Senate, leaders are not only supporting me but strongly encouraging me to get in the race."

Guests to the Boordy fundraiser included Senate Minority Leader J.B. Jennings (R-7) and House Minority Leader Nicholaus Kipke (R-31B), as well as fellow Delegates Ric Metzgar, Robin Grammer, and Bob Long (all R-6)- who she strongly supported in their 2014 campaign for the office - John Cluster (R-8) and others, as well as Anne Arundel County Executive Shuh, former Ambassador Ellen Sauerbrey and U.S. Congressman Andy Harris.

"We have a lot of people who do hard work putting forth their ideas," Minority Leader Kipke told the crowd. "But every day through countless examples I've seen Kathy Szeliga do the harder job of helping other people succeed."

He praised her for her efforts growing the party and ushering new Republicans to victory in November, calling her "authentic, real and conservative."

Congressman Harris also threw his support behind Szeliga, noting that he believes the Republicans need a candidate who is from the Baltimore area and not the Washington suburbs, who has actually "signed the front of a paycheck and not the back" and who has political experience. Additionally, "The Republican party needs more women to run for office. Now, who do we know who fits that description?" he said.

He added, "This senate race is winnable," but that it would take "the Hogan campaign on steroids" to achieve that victory.

Szeliga hopes to draw on supporters like the approximately 275 who were in attendance that night, she said. She revealed to the *East County Times* that she has had conversations with prominent state Republicans like Michael Steele and Kendall Ehrlich, wife of former Gov. Robert Ehrlich, where they expressed strong support.

"We have a great turnout at this event; every year my support grows," she said. Other attendees commented that the crowd was three times bigger than they had seen before.

Amidst the accolades, one concern raised was the effect of a Senate campaign, which takes place statewide and would draw Szeliga out of her district, on her current duties as a delegate and as Minority Whip.

"We run on the off years, so my run for US Senate will not affect my job in Annapolis," she assured supporters. "My commitment is to the caucus."

When asked how she plans to strike that balance, she told the *East County Times*, "We will get that all figured out as we make a final decision."



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Grammer makes international connections

On Oct. 2, Delegate Robin Grammer had the opportunity to meet with Mr. Tamaki Tsukada, minister from the Embassy of Japan, to discuss trade opportunities between Japan and Maryland. Mr. Tsukada was very interested in opportunities in eastern Baltimore County. Some of the topics discussed were continued trade through the Port of Baltimore, the development opportunities at Sparrows Point and the transportation potential of high speed rail in Maryland. Mr. Tsukada w a s v e r y appreciative of the pro-growth reception that he has received



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- continued from page 2 added. "I think we need to increase the pressure to build these new schools.

"I look forward to a dialogue about the future of this important site in South Perry Hall," Marks concluded. "Development will occur, but in a manner that is respectful of our need for new schools. I would be particularly interested in a development plan that includes a middle or high school at this site."

Donate Blood!

Johns Hopkins Bayview Medical Center will host a Red Cross blood drive Oct. 19 - 21, from 7:30 a.m. to 5 p.m. in the Francis X. Knott Conference Center. Every participant will receive a meal coupon, parking pass and special gift from the Medical Center. For more information or to schedule a donation, call 410-550-0289.

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NEWS

HART-MILLER

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After the tour was over, Steve Patterson of The Ecologics Group, a consulting firm working on behalf of the Maryland Port Administration, began the formal meeting of the oversight committee by asking for any "lessons learned" from the decades-long process on the island.

COC chairman Tom Krone first expressed some concern that the development of the island has gotten away from its original purpose as a bird sanctuary.

However, he recognized that they have had to conquer several obstacles to get where they are, and Tracy described some of the problems that the original bird sanctuary design functions presented which had to be abandoned.

"What we've learned out here is that nothing goes the way it's supposed to go," Krone commented.

Similarly, COC member Fran Taylor acknowledged that plans sometimes have to change, adding that the original plans for the end result on the island showed things like picnic groves and ball fields for public recreational use. But that was when the dike levels were still at 17 feet, before they were raised to 28 and then 44 feet. He expressed delight, though, that the recreational component is still in sight.

"Even though the plan isn't exactly as presented [in the 1990s], there is a recreational component that's being brought into the project now to try to meet some of those expectations of the community," Taylor noted, referencing the plans to have hiking and biking trails around the island, picnic benches and other public facilities.

"And without that [public] involvement from the very beginning, we wouldn't have had that reference

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point to go back to," he said, stressing that openness with the public on any such project is the best way to win their support for it.

Patterson stated that the MPA is hoping to secure access at Coke Point for a dredge material containment facility like HMI. "So the kind of input that you're providing, in terms of working with communities in advance... is a critical aspect of planning for that project," he said.

Finally, Patterson asked a hypothetical question about the group's feelings toward the MPA raising the dikes yet again and continuing to use the island for depositing dredge material, to which he received a firm negative response.

Raising the dikes had always been a controversial decision and the COC expressed that they would absolutely not support such a decision there again.

"Hart-Miller Island is not a failure," Krone said, but raising the dikes set the project back every time they did it.

Patterson defended his asking, though, because he has heard feedback from other stakeholders that doing so would be less costly, from a technical engineering standpoint, than finding new sites and have less of an environmental impact.

But the COC members were adamant that such actions take their toll on the community that has worked so hard to get the island where it is today.

While a small portion of the island is open to the public for camping during the summer months, the MPA and Department of Natural Resources hope to have the entire south cell of the island open to the public by summer of 2016.

For that purpose, MPA, DNR and other relevant agencies held a kick-off meeting on Sept. 29 to begin putting the south cell facility together for public use. That includes finishing design and construction on the trails and installing benches, bathrooms and signs.

Once the south cell is open, the public will be able to hike the trails, bird watch, and there is even a plan to eventually provide access to bicycles for visitors to use on the island.

Additionally, since the island was originally designed as a bird sanctuary, it has continued to be used by resident and migratory birds. And bird watchers have catalogued a total of 293 different bird species spotted on the island, according to Lien Vu, who tracks birds on the island for MES.

That total is the highest species total for any bird hot spot in Baltimore County and second-highest in the state, second only to Point Lookout in St. Mary's County, Vu said. A full list of the bird species spotted at HMI, including some rare varieties, can be found at <u>http://ebird.org/ebird/hotspot/L487186</u>.

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Lesser-known symptoms of breast cancer

Public perception that breast cancer is only identified by lumps detected through self-examination or routine mammography may prevent thousands of women from receiving an early diagnosis and the care they need. Although lumps are the most common symptom associated with the disease, women should recognize that breast cancer can produce additional symptoms.

Susan G. Komen for the Cure, one of the premier organizations for breast cancer research, advocacy and treatment, advises that the warning signs for breast cancer are not the same for all women (or men). Various changes in the breast and body can occur, including the following conditions.

• Breast-size changes: Many left and right breasts are not completely symmetrical, and women familiar with their bodies know that one breast is often slightly larger than the other. However, breastsize changes that occur out of the blue may be indicative of a medical problem.

• Skin rash or redness: Women who are breastfeeding can experience a rash

on the breasts from an infection of breast tissue. But those who are not breastfeeding should be evaluated by a doctor if redness, irritation or rash appears.

• Nipple changes: Nipple discharge that starts suddenly and is not associated with breastfeeding can be indicative of cancer. Other changes to the nipples, such as pulling in of the nipple (inversion) or itchy, scaling skin on the nipple, should be brought to the attention of a doctor.

• Changes to the skin: Dimpling of the skin or peeling, flaking or scaling skin can be a cause for concern as well.

• Lumps elsewhere: Cancerous tumors may not only be felt in the breasts. Breast cancer can spread to the lymph nodes around the breasts and lumps may be felt under the arms.

• Unexplained pain: The Mayo Clinic advises that less than 10 percent of people diagnosed with breast cancer report pain as a symptom. But unexplained pain in an area of the breast should not be ignored. Breast pain that

- see SYMPTOMS on page 9 -

Quickly recover from exercise pains

The old saying, "no pain, no gain," is not without its grains of truth. Moderate soreness in the muscles may indicate that time spent in the gym is working, but sharp pains may be indicative of injury.

Workout soreness that persists can derail workout plans and may turn some people off from exercise. As the body becomes acclimated to certain exercises, soreness may be less prevalent, and there are ways for people to speed up their rates of recovery.

Muscle soreness can occur a day or two after exercising. Doctors used to think it resulted from a buildup of lactic acid in muscles, but now they say that it is actually muscle damage that is taking place. Exercise that pushes the muscles affects the fibers in muscle tissue, especially specialized structures that hold the fibers together. When you exercise, you are breaking down or tearing muscle, and the body produces swelling and soreness as part of the healing process.

One way to prevent extreme soreness is to follow proper guidelines before and after a workout. Stretching and gradually building to your peak workout can help. This acclimates the body incrementally to the workout. Afterward, stretching and a cool-down period can help lengthen the muscles once more and ease any discomfort that might follow.

Before retiring after a tough workout, consume a light, protein-rich snack. The protein will help the body repair muscles overnight. Extra protein at breakfast also can give muscles the necessary fuel to start rebuilding.

Consuming foods and beverages that are known to limit swelling may help your body recover. Such foods and beverages may include tart cherry juice, leafy greens, whole grains, fatty fish and beets.

Lastly, know your limits. It's good to push yourself every so often to improve fitness goals. However, overdoing it may mean extreme soreness, or worse, an injury that is difficult to recover from. Experts recommend exercising every other day to give muscles the chance to heal. If you choose to hit the gym daily, try to work different muscle groups each day.



The health benefits of snacking on popcorn

When many people think of popcorn, they envision large, butter-soaked buckets sold at movie theaters. But popcorn can be a healthy addition to anyone's diet.

Recent studies have indicated that popcorn can be quite healthy so long as it's not smothered in salt, sugar or other flavorings. Popcorn is a whole grain that contains plenty of fiber and antioxidants. Joe Vinson, a professor of chemistry at the University of Scranton, reported in 2012 that popcorn may contain just as many, if not more, healthful antioxidants as fruits and vegetables.

After grinding up the popped kernels and hulls, then simulating the digestion process, Vinson discovered roughly 1.5 percent by weight of air-popped popcorn is made up of polyphenols. Polyphenols can help prevent damage to human cells and can help fight disease, including cancer. Polyphenols are considered by some to be more potent than vitamins C or E.

Polyphenols are concentrated in the hull of the popcorn, so it's important to eat them, and not just the fluffy popped center, for maximum health benefits.

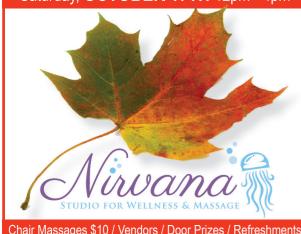
Popcorn is full of dietary fiber, which helps a person feel full and also has other benefits. Men and women are advised to consume 38 and 25 grams, respectively, of dietary fiber each day. Popcorn contains roughly one gram of dietary fiber per cup, helping to keep the digestive system regular. Popcorn also can reduce cholesterol levels and help regulate blood sugar. Feeling full will also prevent a person from overeating.

According to Organic Information Services, a cup of popped popcorn contains only 30 calories, which is approximately five times less than the number of calories in a similar serving of potato chips. Popcorn also is very low in saturated fat, which can help men and women realize their weight loss goals.

In addition to being an abundant source of fiber and antioxidants, popcorn contains thiamin, folate, vitamin B6 and niacin. Popcorn also contains minerals such as manganese, magnesium, iron, zinc and phosphorous.

The best way to enjoy popcorn is to air-pop it, which will not add any calories from oil. If seasonings are desired, look to low-calorie, salt-free flavors like chili powder, garlic or fresh herbs.

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SYMPTOMS

- continued from page 8 -

does not go away and seems to involve one area of the breast should be checked.

• Fatigue: General cancer symptoms can include unusual fatigue and unexplained weight loss. These symptoms should not be left unchecked.

One of the best things women and men can do is to familiarize themselves with their bodies so they will be more capable of pinpointing any irregularities that may develop. Individuals can routinely look at their breasts and inspect for subtle changes. But remember that hormonal breast changes occur during the menstrual cycle, so it's best to be familiar with how breasts look and feel both during and after menstruation.

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 Numerous studies have proven chiro-- 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.

practic'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.

How To Find Out

If This Will Work For You It's time for you to find out if chiropractic will be your neuropathy solution.

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What does this offer include? Everything. Take a look at what you will receive:

- · An in-depth consultation about your health and well-being where I will listen...really listen...to the details of vour case.
- · A complete neuromuscular examination.

• 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).



Don't let neuropathy hold you back from enjoying life.

• A thorough analysis of your exam and x-ray findings so we can start mapping out your plan to being pain free

· You'll get to see everything first hand and find out if this amazing treatment will be your pain solution, like it has been for so many other patients.

The appointment will not take long at all. And you won't be sitting in a waiting room all day either.

Our office is located at 8817 Belair Road adjacent to the Precision Tune and diagonal from Patient First.

When you call, tell the receptionist you'd like to come in for the Neuropathy Evaluation so she can get you on the schedule and make sure you receive proper credit for this special offer.

Sincerely, Dr. Dennis Travagline, D.C.

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

Why suffer with years of misery?

That's no way to live, not when there could be an easy solution to your problem.

Don't live in pain when we may have the solution you've been looking for all along

Call today ... 410-256-9650

Page 10 East County Times October 8, 2015 heart physical GYM be chiropractic therapy exercise we line of the sector of the sec

Alzheimer's researchers hopeful

The Alzheimer's Association reports that every 67 seconds someone in the United States develops Alzheimer's. While there is no cure for Alzheimer's disease, researchers are continuing to work on both drug and non-drug treatments to combat both cognitive and behavioral symptoms. According to information from the 2015 Alzheimer's Association International

Conference, there is reason for optimism regarding Alzheimer's treatments.

Researchers now have a better understanding of how the brain changes with Alzheimer's and can fine tune medications to react with certain areas of the brain responsible for certain symptoms. For example, drug companies Eli Lilly and Biogen have been testing drugs

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that block beta amyloid, a protein that can cause toxic brain plaques in people, which are often associated with progressive brain disease.

Another abnormality associated with Alzheimer's is caused when a protein called tau twists into microscopic tangles, says the Mayo Clinic. Tangles collapse vital brain cell transport systems. Researchers are looking into medicines that may prevent tau from forming tangles.

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In addition, researchers continue to look at anti-inflammatory drugs to help delay the progress of Alzheimer's disease, as well as how other conditions and diseases, including high blood pressure or diabetes, may impact the risk of developing Alzheimer's.



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Diabetes is a disorder in which the body cannot properly store and use the energy found in food. To be more specific, diabetes compromises the body's ability to use glucose.

According to MediLexicon International, Type 1 diabetes is an autoimmune disease in which the body wrongly identifies and then attacks pancreatic cells, which causes little to no insulin production. Those with Type 1 diabetes usually must rely on insulin shots to remain healthy.

Type 2 diabetes involves insulin resistance or insufficient insulin production and is the more common form of diabetes. The pancreas may still produce insulin, but not enough to meet the demands of the body. Insulin resistance occurs in some cases because a consistent high blood-glucose level causes cells to be overexposed to insulin and then makes cells less responsive or immune to its effects.

Diabetes treatment can include a combination of strategies, including the following non-drug remedies.

• Diet: Diabetics can work with their doctors and nutritionists to come up with a diet that will be most effective. Some advocate for eating foods that are low in carbohydrates or ones with a low glycemic index. Others say that it is more important to restrict caloric intake rather than sugar intake.

Work with a professional to create a healthy diet and follow it as closely as possible. Eat meals at the same time each day so you can better regulate bloodsugar spikes and lulls. Skipping meals may cause you to overeat later in the day, which can throw glucose levels off-kilter.

• Exercise: Many people with Type 2 diabetes are carrying around extra weight. Exercise can help them shed pounds and maintain healthier weights.

But exercise does more than just help you lose weight. The Joslin Diabetes Center says strength training exercises are an important component of workouts. By maintaining lean muscle mass, you can get rid of a larger amount of glucose in the bloodstream, thus helping manage diabetes in the process. Get at least 20 to 30 minutes of moderate activity several days per week.

• Supplementation: Some people find that certain natural ingredients can help regulate blood-sugar levels. For example, pure, organic apple cider vinegar taken over time can help people with diabetes manage their blood-sugar levels more effectively.

A small amount of cinnamon per day may be able to reduce fasting glucose levels by anywhere from 18 to 29 percent, according to a study in the Journal of Agricultural and Food Chemistry.

Always speak with a doctor before trying any home remedies to treat diabetes or exploring any alternatives to traditional diabetes treatments.

Did you know?

A lack of regular exercise can be more harmful than previously thought. According to a study published in The Lancet in 2012, across the globe sedentary lifestyles are now causing as many deaths as smoking. Data indicates that a lack of physical activity is causing 5.3 million deaths per year and that the problem is so bad some believe it should be treated as a pandemic. Exercise can reduce rates of obesity, strengthen bones, help a person manage stress and reduce a person's risk for cardiovascular disease and diabetes.

Oral health impacts overall health

A healthy mouth is good for more than just a pretty smile. Oral health can affect the entire body, making dental care more than just a cosmetic concern.

Many people know that poor oral hygiene can lead to gum disease, tooth decay and even lost teeth. But are you aware that failing to brush or visit the dentist regularly also can lead to more serious health issues? According to Colgate, recent research suggests that there may be an association between oral infections, particularly gum disease, and cardiovascular disease and preterm birth. Gum disease also may make diabetes more difficult to control, since infections may cause insulin resistance and disrupt blood sugar.

Your mouth also can serve as an infection source elsewhere in the body. Bacteria from your mouth can enter the bloodstream through infection sites in the gums. If your immune system is healthy, there should not be any adverse effects. However, if your immune system is compromised, these bacteria can flow to other areas of the body where they can cause infection. An example of this is oral bacteria sticking to the lining of diseased heart valves.

Other links have been found between oral health and overall health. In 2010, researchers from New York University who reviewed 20 years of data on the association concluded that there is a link between gum inflammation and Alzheimer's disease. Researchers in the UK also found a correlation. Analysis showed that a bacterium called Porphyromonas gingivalis was present in brains of those with Alzheimer's disease but not in the samples from the brains of people who did not have Alzheimer's. The P. gingivalis bacterium is usually associated with chronic gum disease and not dementia.

Researchers also have found a possible link between gum disease and pancreatic cancer. Harvard researchers found that men with a history of gum disease had a 64 percent increased risk of pancreatic cancer compared with men who had never had gum disease, based on studies of men from 1986 through 2007.

While oral health issues may lead to other conditions over time, symptoms also may be indicative of underlying conditions of which a person is unaware. Inflammation of gum tissue may be a warning sign of diabetes. Oral problems, such as lesions in the mouth, may indicate the presence of HIV/AIDS. Dentists may be the first people to diagnose illnesses patients don't even know they have.

An important step in maintaining good overall health is to include dental care in your list of preventative measures. Visit the dentist for biannual cleanings or as determined by the doctor. Do not ignore any abnormalities in the mouth. Maintain good oral hygiene at home by brushing twice a day and flossing at least once per day. Mouthwashes and rinses also may help keep teeth and gums healthy.

Oral health and other systems of the body seem to be linked. Taking care of your teeth promotes overall health.

Our home on the web is: www.eastcountytimesonline.com





OBITUARIES

Yard, John "Jack"

On Oct. 1, John "Jack" Yard, 93, beloved husband of the late Anne Yard (nee Fox); loving father of Caren Yard and Ronald Scott Yard, Sr. and his wife Sherry; cherished grandfather of Christina Chilcoat and her husband Rob, Angie Yard, Ronald Scott Yard, Jr. and his wife Mindy, John Edward Yard and his fiancé Bethany and seven great-grandchildren. Also survived by many nieces and nephews.

Visitation was held on Oct. 5 at the Bruzdzinski Funeral Home P.A. of Essex, where a funeral service was held on Oct. 6. Interment Gardens of Faith Cemetery.

Hitt, Mary Della

On Sept. 26, Mary Della Hitt (nee Sand), 85, beloved wife of 52 years to the late Arlie Hitt; devoted mother of Garry Hitt, Roger Hitt, Randy Hitt, Shirley Slebodnick, Barry Hitt, June Frank, Jeffrey Hitt and Larry Hitt. Also survived by numerous grandchildren and great-grandchildren.

Visitation was held on Sept. 28 at the Bruzdzinski Funeral Home P.A. of Essex, where a funeral service was held on Sept. 29. Interment Parkwood Cemetery.

Taylor, Carolyn Ann

On Sept. 17, Carolyn Ann Taylor (nee Stewart), beloved wife of the late Steven French Taylor; devoted mother of Jessica Lynne Gonzales and Alexander Steven Taylor; cherished daughter of Daniel and the late Frances Stewart; dear sister of Lisa Ann and Dana Ann Wingered; dear grandmother of Marcelo Hays Gonzales.

Visitation and prayer services were held at the Cvach/ Rosedale Funeral Home on Sept. 21. Cremation private.

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Barrett, Richard Thomas

On Oct. 5, Richard Thomas Barrett, beloved husband of Margaret "Peggy" Barrett; devoted father of Matthew Barrett and his wife Megan, Jennifer Cox and her husband Brad, Ashleigh Greaver and her husband Zack and Ashley Barrett; loving grandfather of Grace, Savannah, Kellen, Austin and Jack; dear brother of William Barrett and Robert Barrett.

Visitation will be held at the Schimunek Funeral Home, Inc., 9705 Belair Road in Perry Hall, on Thursday, Oct. 8, from 3 - 5 and 7 - 9 p.m. A mass of Christian Burial will be celebrated at St. Joseph Catholic Church (Fullerton) at 9:30 a.m. on Friday, Oct. 9. Interment Sacred Heart of Jesus Cemetery. In lieu of flowers, expressions of sympathy may be directed to Perry Hall Rec. Council, c/o Angel Park, 7 Over Ridge Ct., Kingsville, MD 21087. Online condolences may be left at <u>www.schimunekfuneralhomes.com</u>.

Biscoe, Joseph William, Sr.

On Oct. 2, Joseph William Biscoe, Sr., 80. He was the beloved husband of the late Frances Louise Biscoe (nee Beitzel); devoted father of Susan Posluszny and her husband John, Joseph William Biscoe, Jr., Matthew T. Biscoe, Helen M. Biscoe, Christopher P. Biscoe and the late Michael M. Biscoe, Christine Biscoe and Joseph Biscoe; loving grandfather of 11 grandchildren and 12 great-grandchildren. He is also survived by many loving nieces and nephews.

Visitation and a funeral service were held at the Schimunek Funeral Home, Inc., in Perry Hall on Oct. 5. Interment private. Online tributes may be left at <u>www.schimunekfuneralhomes.com</u>.

Wilmering, John H.

On Sept. 18, John Herman Wilmering, beloved husband of the late Irene E. Wilmering (nee Bocsy); devoted father of Raymond J., Davis B. and Paul M. Wilmering; dear brother of the late Bernard and Frank Wilmering, Augusta Tennyson and Minnie Clements. Also survived by 10 grandchildren, 15 great-grandchildren and one great-great-grandchild.

Visitation was held at the Cvach/Rosedale Funeral Home on Sept. 21 and 22 and at Prince of Peace Lutheran Church on Sept. 23. A funeral service was also conducted at the church. Interment Moreland Memorial Park Cemetery. In lieu of flowers, make donations to Prince of Peace Lutheran Church, 8212 Philadelphia Road, Rosedale MD 21237.

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



Lookadoo, Rodger Pittman

On Oct. 3, at 6:25 p.m., Rodger Pittman Lookadoo passed away at Gilchrist Hospice Care facility after a long bout with cancer.

Rodger was born to Luther and Hazel Lookadoo on Sept. 5, 1940, in Fort Mill, S. C., and moved to Baltimore in 1942, where he graduated from Kenwood High School and then served a three year stint in the U.S. Army. Rodger was employed by Winner Distributing Company as a beer salesman for 40 years, which made him a familiar figure in many hometown taverns.

What Rodger enjoyed the most was recreational boating; he was an active member of the Middle River boating community since the late 1950s, participating as a member and officer in several yacht clubs and serving as the Commodore of Eastern Yacht Club in 1992 and Galloway Yacht Club in 2007.

Rodger is survived by his daughters Stacey Petrovia and Tiffany Chalmers and his grandchildren Corbin Keene, Emma and Casey Chalmers and Paige Petrovia, and his sister Phyllis L. Murphy. Rodger became close friends with countless boaters in his half century on the Chesapeake Bay and will be very missed by all.

Visitation was held on Oct. 7 at the Connelly Funeral Home of Essex, 300 Mace Ave., where a funeral service will be held on Thursday, Oct. 8, at 10 a.m. Interment private.

Fahey, John F.

On Sept. 16, John Francis Fahey, a graphic artist for WBAL-TV and a graduate of the Maryland Institute College of Art. He was the beloved son of the late John F. Fahey, Sr. and Mary T. Fahey (nee Moran); devoted brother of Maureen Fahey and Robert J. Fahey and his wife Carolyn Angerhofer-Fahey; dear nephew of Agnes Fahey-Santora and Mary Babe Moran; dear uncle of Jessica McDermott, Caylynn Fahey-Engle and her husband Philip and Elizabeth Fahey; great-uncle of Breanna Gary. Also survived by numerous cousins.

Visitation was held at the Cvach/Rosedale Funeral Home on Sept. 20. A mass of Christian burial was celebrated at St. Clement Church on Sept. 21. Interment Gardens of Faith Cemetery.

Jankowiak, Rosalie

On Sept. 10, Rosalie Ann Jankowiak, beloved daughter of the late Frank and Cecilia (nee Aleksalza) Jankowiak; devoted sister of Frank, Gene and Robert Jankowiak and Barbara Woolsey.

Visitation and a memorial service were held at St. Paul's Lutheran Church in Kingsville on Oct. 3. Cremation private. Arrangements by the Cvach/ Rosedale Funeral Home.



911

Kingsville man charged in Craigslist fraud case

Baltimore County Police are continuing to investigate after a Kingsville man is charged in connection with defrauding people encountered on Craigslist.

On April 7, a male victim walked into the Dundalk precinct station to report that he had been defrauded out of money after answering an ad on Craigslist. The man told police that he had been looking on Craigslist for a new vehicle and came across one that he was interested in purchasing. He contacted the seller, a man who he later identified as Glenn Davis, who told him that the vehicle was no longer available but he had another vehicle for sale. He later met Davis in Dundalk and agreed to purchase a white 2002 Ford E450 van and paid him \$3,000. Davis kept his money and never delivered the van. When he went back to the place where he met Davis, he was told that Davis had been showing the van to other people.

A detective assigned to the case was able to determine the actual owner of the van (it was not Davis). The van's owner told the detective he had not seen the van since June 2014. At that time, he took it to Allstar Automotive in the 1000-block of Old Eastern Avenue in Essex after it broke down. When he took the van to Allstar Automotive, it had \$5,000 of exercise equipment in the back. He made payments for repairs to the van that totaled \$2,556 but never received the van back. In November 2014, Davis contacted him, offering to buy the van from him, and he accepted. Davis told him that he would send him the \$7,500 agreed-upon purchase price by Nov. 14, but Davis never sent the money.

The van's owner told the detective that since January he had received several calls from people that stated they purchased the van from Glenn Davis but never received the van or the title. The van owner's

Suspect in custody after robbery in Parkville

Just before noon on Oct. 3, Baltimore County Police received a call for an armed robbery in the parking lot of Pappas Seafood Restaurant in the 1700-block of Taylor Avenue in Parkville.

Police were able to learn that the owner of the restaurant, Markos Pappas, 83, parked his car in the front parking lot of the restaurant and then was bent over inside the passenger side of his car in order to get a bag out of his car. At that point, the suspect came up to Pappas and struck the owner on the head with a handgun. The victim fell to the ground after being struck but was able to get up and flee into the restaurant. The suspect grabbed the bag containing money and drove off from the area.

The suspect has been identified as Darrell Lamar Burns, 25, of the 1300-block of Apple Ridge Court in Edgewood. Burns has been charged with armed robbery, first-degree assault and more. Burns is being held without bail at the Baltimore County Detention Center.

business phone number had been on the side of the van.

During the investigation, detectives found other victims who had contacted Davis in response to a Craigslist advertisement for a van. The victim would meet with Davis, look at the white 2002 Ford E450 van, and either pay part of or all of the agreed-upon price. Davis would tell the victims that he would deliver the van to them at a later time but never did.

An undercover detective posing as an interested buyer contacted Glenn Davis about the Craigslist advertisement for the van and arranged to meet him at a gas station on Belair Road. After meeting at the gas station, Davis took him to a storage lot and showed him the white 2002 Ford E450 van. Davis told the undercover detective that he would need a \$1,200 down payment for the van and would provide the title once the van was inspected. Police then took Davis into custody.

Glenn Stanley Davis, 51, of the 6500-block of Mount Vista Road in Kingsville, has been charged with multiple counts of theft.

Police looking for suspects in Dundalk street robberv

The Baltimore County Police Department is seeking the public's assistance in identifying the suspects responsible for a July 27 robbery in the Dundalk area.

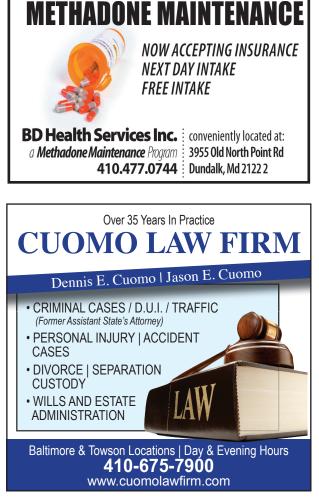
Just after 6:30 p.m. on July 27, police were called to the intersection of 54th Street and Bank Street in Dundalk for a robbery.

The initial investigation has indicated the adult female victim was in the area when she was approached by three females in a black Ford passenger car with tinted windows. The suspects "maced" her, took the purse from her shoulder and pushed her before fleeing the scene.

The victim was transported to an area hospital for treatment of the affects of the mace.

This incident is under investigation by the Dundalk/Precinct 12 Investigative Services Team.

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



MSP collects over 27,000 pounds of food for the needy

On Sept. 30, at each of the Maryland Food Bank's three facilities in Baltimore, Salisbury and Hagerstown, representatives from the Maryland State Police and the Maryland Department of Transportation joined food bank executives in welcoming a caravan of official state vehicles packed with 27,734 pounds of donated food, which is the equivalent of 23,112 meals.

The loaded vehicles convened at the food bank locations in order to deliver and weigh donations gathered during Hunger Action Month.

"It's absolutely incredible how much we can accomplish when we work together toward a common goal," said Maryland Food Bank President & CEO Deborah Flateman. "We are truly grateful to the Maryland State Police, the Department of Transportation, and all those who contributed to this year's food drive. Ending hunger may take work, but today, we're reminded that it's not out of reach!"

Throughout September, food donations were collected at all Maryland State Police barracks as well as select Maryland Department of Transportation offices statewide. An online option to donate through the food bank's virtual food drive platform added to the food drive's success, allowing supporters to designate specific food items to be purchased with their cash donations.

Current crime trends

Since Sept. 23, there have been three residential burglaries in the Amberly of Kings Court community in the White Marsh Precinct. Cases occurred on weekdays between 7 a.m. and 5 p.m. Entry was by rear windows in two cases, one by breaking glass and one by way of an unlocked window. A rear unlocked sliding glass door was entered in one case. Items taken include TVs, jewelry, tablets, money, checks, game systems, clothing and prescription medication. Anyone with information regarding these burglaries is urged to contact Baltimore County police.



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DINING OUT

Dellis' Oktoberfest menu packs the flavor

- Article & photo by Patrick Taylor -

For me, there's no better time than the fall. Not because of the colorful leaves or brisk nights, and not because of football or apple picking. What makes fall special is the emergence of Oktoberfest menus at restaurants all over, and no restaurant does Oktoberfest quite as well as Dellis Bar and Grill.

Located at 8776 Philadelphia Road in Rosedale, Dellis sits across the street from Binkert's German Meat Products, so naturally Dellis fills their Oktoberfest menu with authentic, fresh meats of all kinds.

Figuring out where to begin when discussing the menu is a bit tough, because there honestly isn't a bad item on it.

German cuisine is known for its "wursts," and Dellis serves up four different types - Bauernwurst, Bratwurst, Wiesswurst and Knockwurst. Each packs its own special flavor, with the Bauernwurst standing out due to its mildly spicy flavor.

Another German fare fan favorite is the schnitzel, and Dellis does that right. Incredibly tender and

breaded to perfection, the schnitzel Dellis is serving up will even make veal haters nod their head in approval.

If veal and sausages aren't really your thing, there are plenty of other options to choose from as well. The Oktoberfest menu includes both Smoked Loin of Pork and Roast Loin of Pork, both of which should be experienced. The smoked pork was especially flavorful, with a slightly salty (though not overbearing) kick to it.

But no review of Dellis' menu can conclude without mentioning what I call The Big Three. First, the sour beef and dumplings are absolutely to die for. The beef falls apart in your mouth like classic barbecue, but the taste is otherworldly and quintessentially German. Too often, restaurants tend to go heavy on the "sour" side of things, but at Dellis the taste is a bit more subtle.

Another essential item off the Oktoberfest menu is the stuffed cabbage. Juicy and tender, this ground beef-stuffed treat is filling and succulent. I'm not

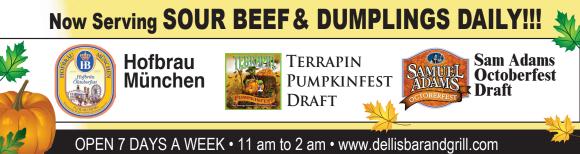


Smoked Loin of Pork over Seasoned Sauerkraut with Potato Pancakes	\$17. 95
Schnitzel over Seasoned Sauerkraut with Potato Pancakes	\$18.95
Roast Loin of Pork over Seasoned Sauerkraut with Mashed Potatoes	\$16.95
Potato Pancakes with Smoked Bacon, Applesauce & Sour Cream	\$14.95
German style Stuffed Cabbage and Mashed Potatoes	\$14.95
Knockwurst (Pork) over Seasoned Sauerkraut with German Potato Salad	\$14.95
Fried Bratwurst (Pork & Beef) over Seasoned Sauerkraut with German Potato Salad	\$14.95
Pan Roasted Weisswurst (Veal & Pork) over Seasoned Sauerkraut with Mashed Potatoes	\$14.95
Bauernwurst (Pork & Beef) over Seasoned Sauerkraut with Mashed Potatoes	\$14.95

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The succulent schnitzel is served over delectable seasoned sauerkraut with a moist, fluffy potato pancake.

much of a cabbage man but I found myself wanting more with each bite. The mashed potatoes, complete with traces of skin, were made to perfection and complimented the dish wonderfully.

Of course, no meal would be complete without a little sweetness. The black forest cake is very good, but the homemade apple strudel served with a serving of ice cream is otherworldly. The apple filled, cinnamon strudel was warm and flaky, and when mixed with a bit of ice cream proved to be one of the best desserts I've had in ages.

I could honestly go on and on about how delicious each and every bite was, but Dellis' Oktoberfest menu is something that needs to be experienced.

It's also worth noting that the service is exemplary and the staff exceedingly welcoming and kind. If you're looking to mix things up for a date night or just looking to house some delicious meat treats with your friends, Dellis provides the perfect atmosphere.

Dellis is open seven days a week from 11 a.m. - 2 a.m. For more information, visit them online at www. dellisbarandgrill.com.



SPORTS

Despite bad weather, Tech and Dundalk continue on tear

- by Patrick Taylor -

When it comes to sports, weather is the ultimate equalizer. In prime conditions you'd expect the team with the most talent to win almost every time. But when conditions are less than ideal, like this past weekend, fluky things can sometimes happen.

Some teams opted to postpone games until Monday, but a good portion played through the elements this weekend. And having played various sports in basically every type of weather imaginable (the worst was a soccer game played in the snow way back when), I was salivating at the thought of close contests and potential upsets.

However, while inclement weather can prop up bad teams, sometimes it works to the advantage of the more skilled teams. And that's exactly what happened this past weekend as Dundalk and Eastern Tech, arguably the two best teams in the area, continued on their season-long tears.

It helps that these teams have two of the fiercest ground attacks I've seen in high school football, with multiple players more than able to step up and rip off gargantuan gains at will.

The passing game in high school football will almost always be secondary to the run, and for pretty obvious reasons. When it comes to the offensive line, it's a lot easier to open up a running lane for a second or two than it is to hold off a pass rush while waiting for a play to develop. Then there's the fact that timing needs to be on point between the receivers and the quarterback. Lastly, unless a play is specifically designed to get a receiver open, a quarterback needs to know how to read the defense and work his options. That's asking a lot of developing players.

Add in rainy weather and it becomes that much more difficult to pass.

These are the types of games that teams like Tech and Dundalk were built for. Though Eastern Tech only walked away with a 16 - 0 win, with their final score coming in the fourth quarter, there wasn't really too much doubt about who would be walking away with that win.

On any given week they can ride running backs Ian McBorrough and Brandon Hlavach, and that's exactly what they did this past weekend as Hlavach tore through the Randallstown defense on his way to two scores. The first came early from 10 yards out after Tech drove down the field. The second came late in the game and was a 58-yard dazzler that showcased Hlavach's power and speed.

Tech's defense stood firm against Randallstown,

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budging very little throughout. And when your defense gives up zero points, you're going to have a good day (at least that's what John Madden always told me).

That takes me to Dundalk who, for the second week, gave up zero points. This team is the real deal, folks, with major defensive talent and a gut-busting offense. This is a team that can pass the ball pretty darn well, but their run game is what's especially extraordinary. Watching this team run the ball on defenses is like watching men play against children.

Darrius Sample, Duron Ball, Kobi Eure and Jerome Young make up the most dynamic attack in the area, and they aren't showing any signs of slowing down. In wet conditions this weekend, they beat down on Towson to the tune of 31 points. It's a next-man-up situation where there doesn't seem to be any sort of drop-off in value no matter who has the ball in their hands. It really is mind boggling.

These guys are all fairly big, but not necessarily beefy. But they're incredibly elusive and almost impossible to bring down. Game planning for Dundalk must be one of the must frustrating things a coach has to do, as there's just too much talent on that roster. Like Tech, Dundalk feasts on big yardage plays, and this past weekend there were plenty of those.

Halfway through the season, both Tech and



Dundalk are undefeated. I wouldn't be surprised to see them both with zeroes in the loss column when the regular season finally comes to an end.

Around the league

The Patapsco Patriots fell to Milford Mill on Monday by a score of 34 - 14. This is Patapsco's second straight loss and puts them at 2 - 3 on the year. They'll look to recover on Oct. 10 against Parkville.

After getting stomped by Franklin, Perry Hall has ripped off three straight wins, including this past weekend's close contest against Catonsville. The Gators edged out their opponent by a score of 32 - 27, and another win should be coming this weekend as they travel to take on Lansdowne.

Last week, Kenwood took on Franklin and was handed their fifth straight loss. The loss to Franklin should come as no surprise as Franklin is the premier team in the county. But it has to be a bit disheartening for the struggling Bluebirds.

Elsewhere, Parkville's skid stretched to three games as they fell to Dulaney by a score of 20 - 14. They now sit at 2 - 3 on the year.



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The Walk' towers above all other movies right now

*- by Teddy Durgin -*I had almost forgotten how much I miss them - the "Twin Towers" of the World Trade Center. And not just as actual structures that, for nearly 30 years, provided not one, but two geographic exclamation points on a city that I love. But as movie characters! No matter if you were making a low-budget indie or a big-screen special effects extravaganza, those two buildings added

New York flavor and grandeur to your film. They were part of my movie memories almost from the get-go. I wasn't old enough to see 1976's "King Kong" remake in theaters. But NBC would run it as their event movie-of-the-week a couple of times a year in the late 1970s and early '80s. And Kong climbing the one tower, then jumping across to the second stoked my imagination as much as the great ape did for people my grandparents' age decades earlier when he rose to the top of the Empire State Building. To see them back in Robert Zemeckis' stunning "The Walk" has to be one of THE movie events of the year. Zemeckis tells the story of French street performer Philippe Petit (Joseph Gordon-Levitt), who in 1974 strung a wire across the two towers and attempted to walk across (1,350 feet in the sky with no net). Zemeckis puts you out there on that wire with Philippe. And the effect is magical.

"The Walk" has received a special early release on over 400 IMAX screens (including ones at Cinemark Towson and AMC White Marsh) before it goes wide Oct. 9. If you can, you absolutely MUST see this in IMAX 3-D! It is a bona fide EVENT not to be missed!

I'd read some early reviews that were critical of the film's first half, which basically chronicles Petit's origin story back in France, his romance with street musician Annie (Charlotte Le Bon), his learning to become a master performer under the tutelage of Papa Rudy (Ben Kingsley) and his eventual assembling of a team to pull off his great New York "coup." As a viewer, there is a natural inclination to want Zemeckis and Co. to "get to the good stuff" as soon as possible. But I really loved a lot of the stuff that happens in Paris, specifically the whimsical way Philippe goes about his life and his art.

Right now, 400+ IMAX theaters are serving as de facto De Loreans and time-traveling audiences back to 1974 New York. Is it sad to see those towers again? Do their appearances here cast too dark a shadow on the film's entertainment value? No way! One beautiful thing that "The Walk" does is show how some New Yorkers regarded the still-under-construction buildings as eyesores, likening them to gigantic file cabinets. After Petit did his grand stunt, the film contends, New Yorkers started to love those two buildings.

But, of course, there's no getting around the fact that the film's final moments are absolutely heartbreaking. Even the DeLorean was eventually destroyed. And time marches on...





- by Teddy Durgin -

"The Martian" is one of those "If that were Teddy, he'd be dead in five minutes" movies. Seriously, I have a whole shelf of DVDs and Blu-Rays devoted to this category. They include such titles as "Cast Away," "127 Hours," "Gravity," "Saving Private Ryan" and so forth. Truth be told, I would have been dead in the first five minutes of a lot of movies. I'd like to think I would be Han Solo or Luke Skywalker. But more than likely, Vader would be stepping over my corpse on his way to interrogate Princess Leia at the beginning of the original "Star Wars." I'd have died never tasting Rebel victory. "The Wizard of Oz?" I wouldn't have made it out of Kansas. You'd see me flying by Dorothy and Toto in that cyclone with Miss Gulch and the cow and the old fishermen, screaming for my life.

Sure, it's great to go to movies and live vicariously through the characters. What would I do in that situation? Would I survive? Would I think of that? Well, I can't relate to Mark Watney (Matt Damon), the astronaut who gets stranded on Mars after a freak storm causes his crew to take off and leave him, presuming him dead. Why? Because he's a freakin' astronaut! The best of the best. Not only that, but he's an insanely smart... botanist! The guy figures out a way to survive on the Red Planet by using his own excrement to grow potatoes! He also survives being partially impaled with a piece of NASA equipment, having no contact with humanity for months and having only his former mission commander's (Jessica Chastain) collection of disco music to listen to. "Turn the Beat Around" on repeat play would have doomed me to madness within a month.

But Watney survives. And he does so using all of his senses, not the least of which is his sense of humor and his sense of adventure. He embraces his predicament. He sees it as a series of problems to be solved, while estimating the next possible rescue wouldn't come for at least four years. Eventually, the Poindexters back at Mission Control do realize he is still alive, and they begin to noodle through a potential rescue. They include such top-notch actors as Jeff Daniels, as NASA chief Teddy Sanders; Chiwetel Ejiofor, as Mars Missions head Vincent Kapoor; and Kristen Wiig, as media relations guru Annie Montrose.

Watney's crew also eventually learns of Mark's fate when they are almost back to Earth and ultimately have to decide whether or not to go against NASA's orders, turn around and spend hundreds of days more in space trying to get back to Mars. In addition to Chastain, they include Michael Peña as pilot Rick Martinez, Kate Mara as flight specialist Beth Johannsen, and Sebastian Stan and Aksel Hennie as support engineers.

By hiring such capable, mostly veteran actors, director Ridley Scott and screenwriter Drew Goddard are able to give us characters that resonate in the little time that they are on screen. After all, the focus is on Damon's Watney, who is on screen for long, LONG stretches where it is just him.

Damon will almost certainly get serious award consideration for this movie. He carries it with the presence of a true movie star. Watney is pretty much the absolute best guy to be put in this situation. But Damon is able to maintain a certain "Everyman" quality throughout, especially in little moments where he finally gives into one of Chastain's disco songs while driving around the Martian landscape and another in which he poses for a photo to be beamed back to Earth, striking the pose of his favorite sitcom character from the 1970s.

And the tech credits for this are top-notch. You totally buy that Watney is on Mars every moment of screen time. It's a combination of location shooting, clever sets and fantastic special effects. The whole film works, all of it. A must-see!





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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 October 16. 2015 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.

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2040 **PUBLIC NOTICE** LEGAL NOTICE Pursuant to the power of sale contained under Maryland Self Storage Facility Act. senate Bil #16-202: The following personal property will be sold at public auction on Thursday. Oct. 15. 2015 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 #D209 - Michael Bernard Fuller Unit #D211 - Jacob Wanjira Unit #D271 - Eric Maynor Unit #00058 - Devron Moore Unit #1205R - Kimberly K. Wells Wieteha Unit #1209R - Brittney Hardy Unit #1244R - Rhonda L. Douglas Unit #2050G - Marguita Redd-Hickson Unit #2111B - Joyce L. Hammond Unit #2227B - James E. Gee Unit #2320R - Marvie E. Belnavis Unit #2334B - Antawn Burston

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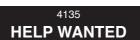


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