Rodent control director advises against ticks

Recent increased calls from concerned citizens asking for assistance with the problem of heavy tick infestation in the city have prompted the City Health Department to take additional steps to help people cope with the situation.

Donald Torres, director of the Bureau of Rodent and Insect Control, has warned the public that high grass and weeds contribute to growth of the tick population by increasing the chance of ticks attaching themselves to people and animals.

Heavy spring rains have made such vegetation grow high rapidly. Accordingly citizens are being asked to keep all grass cut low. Weeds should also be removed. Owners of vacant lots are required by law to maintain their lots in a clean condition by removing weeds, keeping the grass cut regularly and removing accumulated trash and junk.

By city ordinance, weeds or other rank vegetation may not be allowed to grow over one foot in height. Noxious weeds, such as poison ivy, must be removed. Mr. Torres has, therefore, directed the Divisions of Sanitary Enforcement and Rodent Control to be alert to high grass and weeds throughout the city and to issue notices to owners and landlords who fail to comply with the law.

In addition, the Bureau of Public Works will also cooperate by making a special effort to keep vegetation cut on city owned lots and will make information on ticks available to its field workers.

Dogs are the principal cause of tick infestation. Ticks rely almost totally on dogs for nourishment. Infested dogs that are allowed to run loose will spread ticks to other dogs and other properties.

"It is most important, therefore, that all dog owners restrain their pets and check their dogs regularly for ticks and remove any that are found by manual means or by periodic treating with appropriate tickicide shampoos. Children who play with dogs of who play in heavily shrubbed or wooded area should be checked daily for presence of ticks."

To further alert people to the danger of diseases spread by ticks and to explain how to avoid these dangers, the City Health Department has initiated a special information program in cooperation with the Department of Recreation and Parks.

A poster will be produced by the Bureau of Health Information in sufficient quantity for posting in public parks and in all recreation centers. The poster will show what ticks look like and will explain what to do to remove them from the body safely.

In addition, all park and recreation employees will be supplied with a flyer on what to do about ticks The flyer will also be produced in sufficient quantity to permit distribution to persons using city parks or city recreation areas.

Persons desiring information on weed or tick control should call 396-4415.

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Park Lunch, 2336 Madison.
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Al Captan Market, 2265 Reisterstown.
Store, 2333 Reisterstown.
Geez Drugs, 2431 Reisterstown.
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Webb's Grocery, 1908 Bentalou
Store, 1900 Balbrook.
Ebony Drugs, 1801 W. North.
Oxford Tavern, North and Fulton.
Fireside Bar, North and Smallwood.
P and M Bar, 2113 W. North.
Whitey's, Warwick and Bates.
Joe Brown's Liquor, Brandon and North.
Archer's Grocery, 2700 W. North.
Captain's Drug, 401 N. Carey.
Kettmans, 1941 Edmondson.
Store, Pulton and Edmondson.
Liquor Store, Bentalou and Edmondson.
Drug Store, 2201 Edmondson.
Cut Rate, Lafayette and Gilmor.
Doc's Liquor Store, Pulton and Presstman.
Fulton Bar, 1818 Pulton.
Rodes Pharmacy, W. North.
Finks Bar, 2403 Hilton
Midway Market, 2906 Garrison.
Jim Parker's, Garrison and Liberty Heights.
Hilton Pharmacy, Hilton and Liberty Heights.
Liquor Store, Belmont and Bloomingdale.
Drug Store, Lafayette and Pastor Grove.
Boyd's Carry Out, 2400 Piedmont
Garrison Medical Center, Owings Pills
Hilton Drugs, 2192 Garrison
Urn and Griddle, 3419 Clifton.
Forest Park and Food Market, Oakfield and Norfolk
Sam and Al's Grocery, Edmondson and Arlington
Mayers Barber Shop, Edmondson and Fremont
A and K Supermarket, Fayette and Bearman
Edgewood Liquors, 3602 Edgewood
Windsor-Forest Drug, Forest Park and Windsor
Lenox's Moore, 3722 Gwynn Oak
Durant's Lounge, Liberty and Gwynn Oak.
Howard Park Pharmacy, 3104 Liberty Heights
Walbash Liquors, 3741 Wabash
Dotfield Pharmacy, 2529 Dotfield
7-11 Grocers, 3611 Dotfield
Garrison Pharmacy, Dolfie and Garrison
Sensios Food Market, Post and Gwynn Oak
L and S Food Market, 4601 Garrison
Liberty Drugs, 4025 Liberty
READ'S No. 52, Woodmoor Shopping Center
Crest Pharmacy, 7403 Liberty
Royal Farm Store No. 9, Windsor Mill and Gwynn Oak
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Village of Cross Keys Drugs, Falls Road
Rite Aid Pharmacy, 4637 Yorkway
Charles Liquors, Old York Rd. and 40th
Jay's Mini Mart, 905 E. 33rd
Moriarty's Pharmacy, Old York and 41st
O'Brien Liquors, Old York and Wilmor
High's Store, Old York and 40th
MORGAN PARK
Thrifty Wise Drugs, Lack Raven and Cold Spring
Sam's Barber Shop, Lack Raven and Cold Spring
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Frank's Store, 5818 Craig
Cerk's Liquor, York and Woodbourne
Crestview Pharmacy, Alameda Shopping center
McClean Drugs, Perring Pkwy and McClean Blvd.
Northwood Shopping Center, Cold Spring
TOWSON
Kaufman's Pharmacy, York Rd. and Chesapeake
LUTHERVILLE
Perrystle Shop, 401 Seminary
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Cockeysville Pharmacy, 10717 York
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Robinson Drugs, 3601 Park Heights.
Al's Cut Rate, 3927 Park Heights
S and A Grocery, 4229 Pimlico
Black's Cut Rate, 4633 Reisterstown
Grocery, 4804 Park Heights
Willie Richardson, 3141 Park Heights
Jo Newman, Park Heights and Belvedere
Thrifty-Wise Drugs, 3732 Belvedere
Luncheonette-Cut Rate, 5004 Park Heights
Weiner's Pharmacy, 5301 Reisterstown
Richmond's Drugs, 5523 Park Heights
Gafney Food Market, 4450 Park Heights
Food-A-Rama, 3709 W. Cold Spring Lane.
SOUTH BALTIMORE
Herb's Grocery, 463 Washington Blvd.
Liquor Store, 702 Washington Blvd.
Restaurant, 786 Washington Blvd.
Taylor's Grocery, 811 Shaw
Ritchie Cleaners, Hanover and Mentpomery
Hanover Liquors, 1201 Hanover
Parsey News, Camden RR Station
Village Grocery, Hollins Ferry
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Denny's Grocery, 801 Woodington
Village Package Goods, Edmondson
Village Shopping Center Drug Store, 4208 Edmondson
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Lincoln Grocery, 5300 Old Frederick
Dave's Store, Winters Lane and Edmondson
Kinny's Terrace Bar, Winters Lane
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ANNAPOLIS
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This was part of the moving message given by Superintendent Dr. Roland N. Patterson at the eighth commencement of Northern High School June 10th.

The eight-minute processional witnessed 803 graduates marching into the auditorium of the Civic Center dressed in green robes and white caps.

Seated on stage were Richard I. Doak, principal; Miss Olga V. Bawden, Frank Silverman, and Mrs. Mary Thornton, assistant principals; and Miss Margaret Harmon, Joseph Lutz, and Joseph Voskuhl, class advisors.

Members of the School Board present were David E. Sloan, Dr. Beryl Williams, Mrs. Sheila Sachs, Grover L. McCrea, Howard E. Marshall and Norman P. Ramsey, board president, who conferred the diplomas.

Valedictorian of the class was JoAnn Schnieder. Other honor students include Ms. Debra Roth, David Merkler, Ms. Linda Migl, Ms. Lydia Kosicki, Ms. Deborah Ilgenfritz, Ms. Sharon Pullara, Ms. Bessie Sotirakoi, Ms. Mukherjee, Ms. Countryman, Tinka Sandra

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MVA to flag tag renewals state-wide

Maryland motorists with unpaid parking tickets face the possible withholding of their 1976 tag renewal application under the Motor Vehicle Administration's new "flagging" procedures now being distributed to counties, cities, and towns throughout the state.

In a letter alerting county executives and commissioners, mayors, town managers, and chiefs of police, Ejner J. Johnson, State Motor Vehicle administrator, said the action was being taken "pursuant to the provisions of Article 66-½ section 16-109.1" The law was enacted at the 1974 session of the Maryland General Assembly.

Next February, according to Johnson, instead of receiving a tag renewal application, a motorist with one or more outstanding parking citations will receive a letter from the municipality where the violation ocurred, informing him that his application is being withheld or "flagged."

Once the motorist pays all fines and presents a receipt from the municipality as proof of payment at any MVA office, MVA will release the application.

But "well in advance," he added, probably in November, the motorist will receive a warning letter from the municipality concerned, reminding him of the violation and affording him an opportunity to make payment.

In hammering out the details of the new program, MVA's Flagging Coordinator, Joseph Schmitt, met with a number of municipal officials and has been invited to explain the procedure at the Maryland Municipal League's annual convention later this month in Ocean City.

A similar procedure, also prescribed under Article 66-½, has been used by Baltimore City since 1970.

Ms. Wing named chairman of Md. Demos Coalition

June S. Wing, 5th District political activist, longtime worker in the world peace movement and member of the Platform Committee of the 1972 delegation to the Democartic National Convention, has been elected chairperson of the New Democratic Coalition of Maryland.

Ms Wing, a founder of the state organization told the delegates that technocrats had "forgotten the tremendous motive force of politics in the great engine of social change that we in this room knew something about...

For the next year, NDC's efforts will be concentrated almost exclusively on implementing the affirmative action program of the National Democratic Party, as it applies to the selection of delegates to the 1976 Democratic National Convention, an area in which the group has tended to specialize since it came into existence in response to the 1968 Chicago Convention. A related concern will be the U.S. Senate race in 1976.

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R.S.V.P. With Marie

By Marie P. COOKE
Reflections Editor

continued from page 30

Thomas, Rendaldo Walker, and Carolyn Thomas.

Mrs. Dorothy Taylor thought she was going to help her daughter, Shirley, prepare for her husband's birthday party, but that was just a scheme to get her to her own surprise party.

The elated Mrs. Taylor was honored by the presence of 135 guests that helped her celebrate her 60th birthday. A special cake shaped like a Bible presented to the birthday lady.

Out-of-towners were: Gertrude Johnson, Maurice Jones, Martha Ware, Sterling Johnson, Ethel Taylor, Mrs. Delilah Cain, Mrs. Rebecca Orr, Hazel Carter and James Smith, Virginians; Mrs. Ella Davis, Mr. Willie Jenkins, Mr. and Mrs. Porter McArthur and Nora McNeil, New Yorkers; Mr. and Mrs. Watson and Alma Polk of Washington, D.C.; Margaret Haynie, Edwin Boyd and Stonewall Haynie, Pennsylvanians; Mrs. Yvonne King, New Jersey.

Representing the Baltimore Branch of the American Association of University Women a delegation of three, Miss LaVinia Moore, president of the branch, Miss Rose Kinney, a branch member and also second vice-president for membership of the Maryland AAUW, and Miss Roberta Waters, a member will attend the 1975 biennial convention of the A.A.U.W. which meets in Seattle, Wash. June 15 to 19.

The Baltimore Branch is one of the 26 branches in the state of Maryland and one of the 1813 branches in the nation.

Dr. M. Anne Campbell of Lincoln, Neb. retiring AAUW president who is Commissioner of Education for Nebraska, will open convention proceedings. Other speakers will be former Congresswoman Martha W. Griffiths of Mich. Aileen C. Hernandez, past president of the National Organization for Women and Fumi Takano of Japan of the International Federation of University Women.

During the five-day sessions, with the theme of "Women and the World Commuuity," the delegates will discuss the new topics for national study for 1975-77, elect a new national president, decide on a national legislative program and will honor Young Scholars and give achievement awards on AAUW Education Foundation Night on June 16.

American Association of University Women was founded in 1882 and now numbers 190,000 women with college degrees.

Florence S. Gaynor, nationally recognized expert in the field of comprehensive medical and health care, will be the guest speaker of the Provident Hospital Annual Medical Staff Dinner.

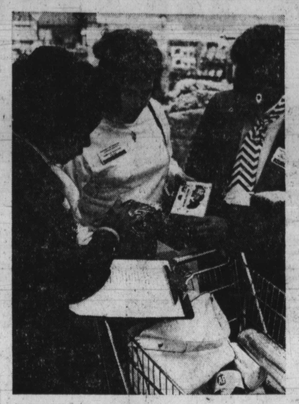
The theme of her talk will be, "Community Hospitals at the Cross Roads, Where Do We Go From Here?" The event will be held tomorrow, Saturday, at the Blue Crest North.

Miss Gaynor is the Executive Director of the College of Medicine and Dentistry, Martland Medical Center of the New Jersey Medical School Teaching Hospital in Newark.

Previous to her present position, she was Executive Director of Sydenham Hospital in New York. In her capacity there, she coordinated and implemented several health care programs, that have been used in home care, schools and practical nursing programs. She was also responsible for the establishment of the first Mobile Sickle Cell testing unit, in conjunction with the local hospital auxiliary.

Miss Gaynor graduated from NYU with a Bachelor's degree in Public Health Administration. She has long been involved in the field of comprehensive health care and community medicine.

Stretching food dollars for good nutrition



Part of the St. Louis EFNEP team, Bonnie Monroe and assistants Patricia Harris and Marion McGee, carefully select items they use for weekly food demonstrations.

ST. LOUIS, Mo., May 29 — How can you cope with rising food prices and a shrinking budget? The answer to that bewildering question is not easy for most shoppers, but it's the job of home economist Bonnie Monroe. Ms. Monroe and a staff of University of Missouri Extension assistants are helping limited-income families in ad around St. Louis learn to upgrade their diets while stretching their food dollars.

Ms. Monroe and thousands like her throughout the nation are leading penny-pinching nutrition campaigns into neighborhood homes, church halls, community centers, scholls — even to shoppers pushing grocery carts down supermarket aisles.

This Expanded Food and Nutrition Education Program (EFNEP) has reached more than a million families since 1969 in areas of all 50 states, the District of Columbia, Puerto Rico, and the Virgin Islands. It's administered through the Cooperative Extension Service and state land grant universities and funded by the U.S. Department of Agriculture. The families reached through the program have learned there is an alternative to monotonous diets and malnutrition, even when food budgets are small.

At the heart of the effort is the nutrition assistant. She works in the community in which she lives. Her social and economic background is similar to that of her "student" homemakers, who often come from families with yearly incomes of less than $5,000, two thirds of whom are minorities, half of them in urban areas.

The paid assistants receive monthly training in nutrition; budget management, food preparation, and personal-enrichment — knowledge which they, in turn, pass directly to homemakers and youth in their areas.

"We also encourage our assistants to be active in neighborhood and community groups in an effort to spread the good word about nutrition," says Ms. Monroe, director of the St. Louis EFNEP project.

"We can't allow ourselves to have so many negative attitudes toward certain foods. With a little effort, many foods that may seem unappetizing can be prepared in a variety of ways to taste quite good," explains Ms. Monroe, a graduate of Howard and Eastern Illinois universities and formerly an extension worker in California.

She tries to encourage homemakers and children to cut down on "extras" like soda and potato chips and to build their diets around the USDA's Daily Food Guide of meat, milk, fruits and vegetables, and bread and cereals. She believes that good nutrition habits don't have to be compromised to bring food budgets in line.

Ms. Monroe thinks the federal government's food stamp program has helped encourage homemakers to be more careful in planning selection and budgeting of their menus. "We all have to watch ads more closely, plan our shopping lists better, be more 'choosey,' and spend more time in stores comparing prices, quantity and quality," she advises.

Another problem facing consumers, she adds, is sorting through the mass of misleading information available about foods, especially the use and effectiveness of various vitamins. She recommends homemakers contact their local extension centers for reliable, accurate information about saving money on food bills and improving the nutritional value of their family meals.

"Most Americans, even limited-income families, can eat better at a lower cost — it just takes a little more time and effort," Ms. Monroe says.

Bonnie Monroe, University of Missouri Extensnion home economist who directs the St. Louis Expanded Food and Nutrition Education Program. She is a graduate of Howard University, Washington, D.C.

Summer day camp helps working mothers

A day camp for girls, six through fourteen years of age, conducted by the YWCA Central Center, 128 W. Franklin St., has activities five days a week between June 23 and August 1.

Hours of the day camp are 8:45 a.m. to 4 p.m. with free child care sitting available from 4 to 5 p.m. for the children of working mothers.

Mondays and Wednesdays are spent at Patapsco State Park for hiking, Indian lore and, on Wednesday, a cookout. Tuesdays and Thursdays are at Central Center for swimming, trampoline work, crafts and dramatics.

The camp is approved by the American Camping Association. All classes are taught by qualified senior counselors; all swim classes are taught by Red Cross instructors.

Cost is $25 per week, including trips, cook-outs and supplies. Cost is $23 for the second child in the same family. The entire six-week program can be attended at a discount price of $130.

Registration can be made by mail or phone at the YWCA, 128 West Franklin Street, 685-1460.

The YWCA is an agency of the United Fund of Central Maryland.

Mini yoga classes

On Thursdays, 5:30 to 6:30 p.m. at the YWCA, 1012 Madison Ave., June 26-July 15, Hatha Yoga classes are offered. Cost is $8

Men are welcome !

Participants relax and become totally refreshed and improve general health, well-being and appearance. The principle of Hatha Yoga is "to get it together", that is, to cause co-operation or union among the three parts of man: body, mind, and spirit (emotions).

Through a series of poses or exercises, combined with controlled breathing pratitioners naturally relieve the tensions and frustrations of today's hectic world, while gently toning up the body. Yoga has been found to be an aid to dancers, athletes and actors, because of the body control, flexibility and concentration techniques learned.

The Yogini teacher, is Louise Budelis who has taught for the YWCA for over a year. Phone 669-1881 for further information.

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