Arthritis Foundation to sponsor ski trip

Looking for new places, people and things to do? A great way to cure those midwinter blues will be the Great American Ski-In on Feb. 4 at 5 p.m. at Baltimore's Original Sports Bar downtown at 34 Market Place at the Brokerage. The Arthritis Foundation, Maryland Chapter is sponsoring the event, supported by the Baltimore Ski Club.

County library presents parenting program

The Howard County Library and the Howard County Cooperative Extension Service will jointly present a program intended for parents of young children, "Living With Your Pre-Schooler." Vivian Salters, the home economics agent of the Extension Service, will focus on essential developmental concerns of parents, addressing questions like:; "Should I spank my child?" and, "Is my child normal?"

The program will be presented during the same time as Registered Storytimes at the Miller Branch Library, 9421 Old Frederick Road, Ellicott City, on: Tuesday, Jan. 12 at 10:30 a.m. and 7:30 p.m.; and Thursday, Jan. 14 at 10:30 a.m. and 7:30 p.m.

Parents with children attending Registered Storytimes, and other interested adults, are invited to attend. Storytime registration may be done in person, or by calling the Miller Branch at 461-7980.

WIC offers free milk

The WIC (Women, Infants and Children) Program is offering free milk to low-income families with infants and children under five years old.

The Urban Services Agency Center 7, situated at 2630 Fait Ave. will open its doors to supply the free milk on Monday, Jan. 11, from 9 a.m. to 2 p.m. Call 396-9093.

Park School plans painting

The public is cordially invited to attend an exhibit of painting by Barriford Booth and a collection of reproductions of works by Black artists from Feb. 8 through March 4. A reception will be held on Friday, Feb. 12 from 5 p.m. to 7 p.m. at The Park School. The exhibit is free and open to the public on school days. Call 825-2351.

Motorcycle club plans reunion dance

The Royal Viking Motorcycle Club is currently planning its' 1st Annual Reunion Dance. A coordinating meeting will be held Sunday,

Community Calendar

Jan. 17, at 3 pm at the Road Hog Motorcycle House at 829 N. Pulaski St. Call 426-0767 or 669-1415.

Alliance sponsors support meeting

The Alliance for the Mentally Ill of Baltimore is sponsoring a support meeting for families or primary care givers of persons with mental illness. The meeting will be held at 10 a.m. on Saturday, Jan. 9 at Walter P. Carter Center, 630 W. Fayette St. Call 323-6222.

Alliance sponsors Educational meeting

The Alliance for the Mentally Ill of Baltimore is sponsoring an Educational Meeting at 7:30 p.m. on Wednesday, Jan. 13 at the Cathedral of Mary Our Queen, 5300 N. Charles St. (north entrance lower level).

Speakers will be Drs. Dennis Kutzer, Michael Richardson, Pat Roberts of Baltimore AMI and Anita Bains, graduate student in psychiatric nursing. The topic will be "Families: Partners and Problems in Treating Mental Illness?" Call 467-9797. Admission is free.

Friends to hold admissions testing

Friends School of Baltimore will hold admissions testing for grades 3-12 on Saturday, Jan. 9 from 8:30 a.m. to noon. Potential applicants must register by Thursday, Jan. 7 by calling 435-2800 ext. 211.

Stress Management Institute presents workshop

Stress Management for Helping Professionals, a workshop on job-burn-out, will be presented for those whose jobs involve working with other people: Relaxation training, coping and behavioral techniques, etc. will be taught. It will be held at the Stress Management Institute of Baltimore, Suite 207, The Rotunda, from 9:30 a.m. to 4:30 p.m. on Saturday, Jan. 23. Advance registration is required. Call 366-5885.

Sibling Preparation Program

Beginning Jan. 10, Howard County General Hospital is changing the time of its monthly Sunday morning Sibling Preparation Program to 11 a.m., one half-hour earlier than conducted in the past. In addition, classes are offered the first Saturday of each month from 10 to 11:30 a.m. and the first Tuesday, from 7-8:30 p.m.

The program includes a tour of the hospital's labor and delivery suite and newborn nursery, a discussion about what changes a baby may bring to the family and the role of the big brothers and sisters after the baby's arrival.

Class size is limited, so prospective parents are advised to sign up at least two to three months before delivery by calling 740-7810.

Hospital offers resuscitation course

A Citizen's and Pediatric Cardiopulmonary Resuscitation course will be held at Howard County General Hospital, providing participants with instruction in one-man CPR, infant and child CPR, and techniques to remove airway obstructions.

The six-hour program, based on American Heart Association standards, will be held on two consecutive Tuesdays, Jan. 13 and Jan. 20, from 7 to 10 p.m., in the Health Education Center of the hospital. Certification will be awarded to successful participants.

To register, call the HCGH Department of Continuing Education at 740-7600.

Villa Julie sponsors open house

An open house for returning adult students, full and part-time, will be held at Villa Julia College in The Maryland Room on Monday, Jan. 11 at 7 p.m.

Program of study and problems faced by adults re-entering college will be discussed. Career counseling will also be available. Refreshments will be served. Spring semester begins Feb. 1. Call 486-7000.

Shambhala offers meditation course

Shambhala Training of Baltimore will offer a 6-week course beginning Monday evening, January 11. This is an excellent introduction to the principles and practice of Shambhala warriorship. Meditation will be taught and practiced. Lectures will include an overview of the entire Shambhala path of realization from the discovery of awakened heart to the manifestation of enlightened culture. The classes will be held at 2125 Maryland Ave. at 7:30 p.m. Call Jann Jackson at 433-7873.

Loyola sets registration deadline

Undergraduate course registration for Loyola College's spring semester continues through Jan. 22. Courses range from accounting to philosophy and include engineering, fine arts, business administration, education, and more. Spring classes begin on Jan. 18. Call 532-5012 or 1-800-323-4406.

Childbirth association sponsors film

Lamaze Childbirth Film: a free public filmshowing of four Lamaze births is offered the first Wednesday of each month by the Childbirth Education Association of Baltimore, Inc. Call 377-2572 for time and location.

OASIS lists Yoga classes

Yoga classes for physical and mental well-being will be taught by Ellie Glorioso at the OASIS center, situated in the downtown Hechts, on Wednesdays at 1:30 p.m., beginning Jan. 13. Call 396-4799.

WEAA to celebrate anniversary

"Friends of WEAA" will present a jazz extravaganza in celebration of the station's 11th anniversary on Saturday, Jan. 9, 3 p.m. to 7:30 p.m. at the 5 Mile House, 5302 Reisterstown Rd. Featured will be fashions by Travis Winkey and Co., O'Donel Levy, Arnold Sterling, and Fuzzy Kane Trio. Ruby Glover, Brenda Alford, Damito Jo, Lady Rebecca, and many other jazz greats will be singing.

Museum volunteers wanted

Baltimore City Life Museums seek volunteers to work as guides, researchers, receptionists, or assistants with collection care and marketing projects.

A training program for new volunteers begins soon. For a Volunteer Information Packet, call the City Life Museums at 396-3523.

Supernova Bulletin Board

The Space Telescope Science Institute, by arrangement with the Information Systems Office and the Astrophysics Division at NASA Headquarters, has established the Astronomy Information Service (ASTIS) to provide a forum where observers and theorists can discuss and share new developments.

The Space Telescope Science Institute is operated for NASA under a contract with the Goddard Space Flight Center and is located on The Johns Hopkins University campus in Baltimore, MD.

The ASTIS provides supernova researchers with a speedy alternative to written communications in the long term ASTIS will be relevant to other astronomical programs.

Day care committee formed

Howard County Executive Elizabeth Bobo has formed a committee to study child day care issues and to implement the state-mandated needs assessments survey for school age children in the country.

The Ad Hoc Task Force on Child Day will submit its preliminary recommendations March 1, so that any matters which have budgetary implications can be considered in this year's budget.

For more information, call James Jones at 992-2020.

Planning commission to meet

There will be a regular session of the Planning Commission at 1:30 p.m. on Thursday, Jan. 7, 1988, in the Board Room, 222 East Saratoga Street, 8th floor.

Staff presentations and briefings will occupy the first portion of the meeting and will begin at 12:30 p.m.

African national reparations lecture set

The Baltimore chapter of the African National Reparations Organization will present a lecture entitled "How The Jews Helped To Bring The Slaves To America," featuring Robert L. Brock.

Mr. Brock is the founder of the Self Determination Comm. and an expert on the legislature and judicial laws in the fight for reparations.

The presentation will be held Friday, Jan. 8 at Keyworth Library, 2610 Keyworth Ave. from 7:00 p.m. til 11:00 p.m. For further info. call 466-9260.

International auto show

The Fourth Annual International Auto Show, which will display a wide range of new 1988 car models, will be held at the Baltimore Convention Center and Festival Hall from Sat., Jan. 16 until Sun., Jan. 24.

This is the only industry-wide auto show in Maryland, and 1988's presentation promises to be highly entertaining and informative.

The cost is $5.00 for adults and $2.00 for children. For more info. contact Rebecca Joseph at 301-383-1200.

Toll police start truck checks

On Jan. 4, 1988, the Maryland Toll facilities Police began a program to conduct safety inspections of commercial trucks in order to enforce federal motor carrier safety regulations and reduce the number and severity of accidents caused by mechanical defects in trucks.

The safety inspection program is being funded entirely through toll revenues and is an operating arm of the Maryland Transit Authority.

The truck inspections will be done at the Fort McHenry Tunnel, Key Bridge, and the Chesapeake Bay Bridge; expansion will eventually take place to other toll facilities in the State.

WE BUILT A PROUD NEW FEELING

SUPER FRESH FOOD MARKETS

The freshest way to save . . .

Join the thousands who have found SUPER FRESH to be "A Pleasant Shopping Experience!"

FROZEN — NEW! ALL FLAVORS•PREMIUM Super Fresh Ice Cream half gal. 1.99

MEAT — BEEF BONELESS Top Round London Broil lb. 2.29

MEAT — FAMILY PACK•SPLIT Chicken Breasts lb. 1.29

PRODUCE — FLORIDA INDIAN RIVER•SIZE 40 Seedless Red Grapefruit 4 for 98¢

ALL FLAVORS•PINT Ben & Jerry's Ice Cream	1.89
A&P•12 CT PKG Ice Cream Sandwiches	1.99
OREGON FARMS Carrot Cake 10.75 oz pkg	1.59
WEIGHT WATCHERS•STRAWBERRY Cheesecake 2 8 oz pkgs	3.00
AUNT JEMIMA ORIGINAL•BLUEBERRY Waffles 15 oz pkg	1.29
SELECTED VARIETIES•STOUFFER Lean Cuisine 8-11.5 oz pkg	1.69
ALL VARIETIES•12 OZ CAN Citrus Hill Orange Juice	1.15
A&P REG. & CRINKLE French Fries 5 lb bag	2.79
ALL VARIETIES•7.5 OZ PKG Tyson Chicken Originals	2.59
A&P GRADE A Broccoli Cuts 20 oz bag	99¢
CRUNCHY FISH FILLETS OR Gorton's Crunchy Fish Sticks 12 oz. pkg.	2.59
100% BEEF•SANDWICH STEAKS Steak Umm's 16 oz pkg	2.89

BEEF•BONELESS Top Round Roast lb.	2.19
100% PURE•3 LBS. OR MORE Ground Beef lb.	1.39
100% PURE•5 LBS. OR MORE Ground Chuck lb.	1.69
NEW ZEALAND•FRESH•SEMI-BONELESS Leg'O Lamb lb.	2.39
SWIFT LIGHT Boneless Pork Chops lb.	3.99
DELI/BAKERY	
ALL MEAT Esskay Bologna lb.	2.19
FRESH BAKED Garlic Bread 16 oz pkg	99¢
ALL VARIETIES Oodles of Noodles 5 3 oz. pkgs.	1.00
GROCERY	
ALL VARIETIES Bounty Towels roll	78¢
LARGE 32•MED. 48•SMALL 66 Pampers Ultra Plus	9.99
40¢ OFF LABEL•VORY Bold 3 Detergent 42 oz box	1.99
(5¢ OFF LABEL) Bounce Sheets 40 ct pkg	2.09
DAIRY	
IN QUARTERS•KRAFT Parkay Margarine 2 1 lb pkgs.	1.00
A&P•IN QUARTERS Pure Butter 1 lb pkg	1.85
ALL FLAVORS La Yogurt 3 8 oz cups	1.00
ALL VARIETIES•64 OZ CTN Citrus Hill Orange Juice	1.89
BORDEN'S Cheese Slices 12 oz pkg	1.69
FR. LIBRARY•8M•CO-CT Biscuits 10 ct pkg	1.09
A&P•WHOLE MILK Ricotta Cheese 32 oz tub	3.49
FRE AMSTERDAM Sour Cream 16 oz tub	1.49
FRE AMSTERDAM Cottage Cheese 16 oz tub	1.89
SUNNY DELIGHT Citrus Punch 64 oz btl	1.29

REG. OR NO SALT Hunt's Tomato Sauce 4 8 oz cans	99¢
HUNT'S Tomato Paste 3 6 oz cans	99¢
WHOLE•PEELED Hunt's Tomatoes 28 oz can	99¢
HOR'S'RADISH Hunt's Ketchup 32 oz btl	1.39
32 OZ. BTL. Wesson Corn Oil	1.99
4 VARIETIES Progresso Soups 19 oz can	1.29
ITALIAN•PROGRESSO Bread Crumbs 8 oz can	79¢
HIN CLAM SOUP•WHITE Clam Sauce 10 oz can	1.39
ALL VARIETIES•8 OZ. BLUE CHEESE $1.19 Wishbone Dressings	89¢
CONVERTED Uncle Ben's Rice 1 lb pkg	89¢

COUNTRY PRIDE•JUMBO PACK•WHOLE Chicken Legs lb.	79¢
COUNTRY PRIDE•JUMBO PACK Thighs or Drumsticks lb.	89¢
BONELESS Veal Scallopini lb.	7.99
ALL VARIETIES•FRESH Store Made Sausage lb.	1.99
SLICED Jamestown Bacon 1 lb pkg	1.29
SEAFOOD	
FRESH Bay Scallops lb.	4.99
26 TO 36-COUNT Large Shrimp lb.	7.59
A&P CORN•PEAS•GREEN BEANS Vegetable Can Sale 3 15.5-16.5 oz. cans	1.00
HEALTH NEEDS	
ALL VARIETIES•6.4 OZ. TUBE Crest Toothpaste	1.59
MOUTHWASH Scope 24 oz btl	2.99
7 OZ. LIQUID OR 3 OZ. TUBE Prell Shampoo ea.	1.59
YOUR CHOICE 1.25 OZ. BTL. Secret or Suré Roll-On	1.69
GROCERY	
WHOLE BEAN•GROUND FRESH Eight O'Clock Coffee 3 lb bag	5.99
EIGHT O'CLOCK•WHOLE BEAN Decaf. Coffee 3 lb bag	7.99
EIGHT O'CLOCK•FREEZE DRIED Instant Coffee 4 oz jar	2.79
ALL FLAVORS Faygo Diet Soda 4 16 oz btls	1.00
FLO THRU Tetley Tea Bags 100 ct box	2.28
CHUNK LIGHT IN OIL OR WATER Star-Kist Tuna 6.5 oz can	79¢
A&P CRE AMY OR CRUNCHY Peanut Butter 18 oz jar	1.49
HINSON'S Pork & Beans 3 16 oz cans	1.00
ALL VARIETIES•14-14 OZ. BTL Del Monte Fruit Blends	1.79
ALL VARIETIES•BARBECUE OR SWEET Fruit 'N Sauce 10 oz jar	1.29

WHITE Fresh Mushrooms 12 oz pkg	1.28
CALIFORNIA•BUTTERY•RICH Avocados 3 for	98¢
U.S. NO. 1 Fresh Carrots 2 lb bag	88¢
TASTE OF SUMMER Ripe Watermelon lb.	38¢
SWEET & RIPE Honeydews lb.	68¢
ASSORTED VARIETIES Tastycake Family Pack ea.	1.29
CLASSIC•REG. & C.F. TAB•SPRITE Coke, Diet Coke 2 ltr btl.	99¢
2-LTR. BTL. Wild CRUSH OR Hires Root Beer 6 16 oz N.R.B.	1.79
ALL VARIETIES Doritos Chips 11 oz bag	1.89
REG. OR DOUBLE STUF Nabisco Oreo's 20 oz pkg	2.49
REG. & C.F. TAB•CLASSIC Coke Diet Coke 6 16 oz. N.R.B.	1.89
NABISCO Premium Saltines 16 oz box	99¢
GROCERY	
ASSORTED & DESIGNER FOR THE BATHROOM Coronet Tissue 8 roll pack	1.79
DECORATOR & ASSORTED Coronet Towels 3 rolls	2.00
DISHWASHING Dove Liquid 32 oz btl	1.69
A&P•HEAVY DUTY Liquid Detergent 30 GALLON SIZE	3.29
Hefty Trash Bags 10 ct box	1.29
PINE MOUNTAIN Fire Logs 5 lb pkg	1.99
A&P Anti-Freeze 1 gallon btl	3.99
DRY CAT FOOD Friskies 18 oz box	99¢
7 VARIETIES DAT FOOD Friskies Buffet 13.5 oz can	55¢
7 OZ. TRIO, 8•1 LB. BONELESS BAG Come N' Get It Dog Food	2.69

HALF PRICE

Zippe Burritos 2 pkgs	44¢
Plastic Wrap 100 ft roll	99¢
Glad Lock Storage Bags	69¢
Kaiser Rolls 12 ct pkg	49¢
Sunola Oil 18 oz btl	69¢
Doxsee Clam Chowder 15 oz can	64¢
Kibbles 'N Bits 20 lb bag	5.49

STOP BONUS BUYS

DOUBLE COUPONS!

ON MANUFACTURER'S CENTS-OFF COUPONS. SEE STORE FOR COMPLETE DETAILS!

PRICES EFFECTIVE SUN., JAN. 3 THRU SAT. JAN. 9, 1988. QUANTITY RIGHTS RESERVED. NOT RESPONSIBLE FOR TYPOGRAPHICAL ERRORS.