LEGAL NOTICES

MARYLAND DEPARTMENT OF TRANSPORTATION INVITATION FOR MULTI-STEP BID CONTRACT NO. MAA-MC-91-017 PAINTING OF THE SOUTH TERMINAL, AIRSIDE, EXTERIOR WALL

BALTIMORE/WASHINGTON INTERNATIONAL REPORT Sealed Bids for the Maryland Aviation Administration (MAA) and marked. Painting of the South Terminal, airside Exterior Wall at Baltimore/Washington International Airport as embraced in Contract No. MAA-MC-91-017 will be received at the Contract Support Section of the Maryland Aviation Administration, Division of Maintenance, Third Floor Terminal Building. Baltimore/Washington International Airport, Maryland 21240, until 11:00 a.m., local time, Tuesday, July 17, 1990, and at 11:30 a.m. on this date and place they will be publicly opened and read aloud. Positively no bids will be received after 11:00 a.m.

The work to be performed under this contract consists of providing all labor, equipment, tools, materials, and expertise needed to paint approx-Imately 34,000 square feet of the South Terminal, airside, exterior wall at Baltimore/Washington In-

ternational Airport (BWI). NOTICE TO BIDDERS: Each bidder, before submitting a bid shall become fully informed as to the extent and character of work required. No consideration will be granted for any alleged misunderstanding of the material to be furnished or work to be done, it being understood that the submission of a bid is an agreement with all of the items and conditions referred to herein.

Plans, Specifications, and other Contract Documents may be examined without charge at at the Contract Support Section of the Maryland Aviation Administration, Division of Maintenance, Third Floor Terminal Building, Baltimore/Washington International Airport, and copies thereof may be obtained upon payment of the sum of \$25 per set of Plans and Specifications in the form of a check made payable to the Maryland Aviation Administration. These payments will not be refunded.

Copies of the bid documents and accompanying bid envelope may be obtained, free of charge, from the Contract Support. All bids must be submitted on the offered bid documents.

A Pre-Bid Meeting will be held at 10:00 a.m. on Tuesday, July 10, 1990 for interested bidders. Please assemble at the Contract Support of the Maryland Aviation Administration, Division Maintenance, Third Floor Building, Baltimore/Washington Internal Airport, Maryland 21240. The Administration reserves the right to require attendants to sign an indemnification if a Site-Inspection is conducted. This meeting is not mandatory.

The Bid must be submitted in two (2) parts: a) Technical; and b) Cost; one copy of each. Each part must be submitted in a separate envelope as described in the instruction to Offerors. Each Bid (Section P) must be accompanied by a Bid Bond (Section L.) in the amount of 5% of the contract price, Bid/Proposal Affidavit (Section M), and if required, Schedule for Participation of Minority Business Enterprises, Minority Business Enterprise Utilization Affidavit and Subcontract Utilization Affidavit (Section N). A Performance Bond in the amount of the contract price will be required of the successful bidder. A payment Bond in the amount of the contract price is required in addition to the Performance Bond. Attention is called to State Finance and Procurement Article, Section 13-207 and Section 13-216 of the Code of Maryland. 1988, which does not require a Bid Guaranty, Payment Bond, or Performance Bond if the Price or resultant contract price is less than \$50,000.

The Maryland Aviation Administration of the Maryland Department of Transportation (MDOT) hereby notifies all bidders that in regard to any contract entered into pursuant to this advertisement, Minority Business Enterprises will be afforded full opportunity to submit bids in response to this notice and will not be subjected to discrimination on the basis of race, color, sex, or national origin in consideration for an award. Minority Business Enterprises are encouraged to respond to this solicitation notice. It is the goal of the MDOT that Minority Business Enterprises participate in the percent (13%) of the total value

of the Department's Supply and Service contracts. Minority Business Enterprises subcontractor participation goal of 0% of the total value of the contract has been established for the procurement. The bidder of offeror agrees that this amount of the contract will be performed by a Minority Business Enterprise.

Questions regarding the Small Business Set-Aside Program, the Affirmative Action Requirements, and the Minority Business Enterprise Program should be directed to Mr. Michael W. Skinner, Equal Opportunity Officer, Maryland Aviation Administration, P.O. Box 8766. Baltimore/Washington International Airport, Maryland

21240, Phone: (301) 859-7009. This procurement is subject to the applicable provisions of Title 18, Subtitle 9 of the State Finance and Procurement Article, covering purchases from South Africa. For any procurement over \$100,000 the successful bidder or offeror, at the time of the contract award, shall certify that (1) it is not doing business with or in South Africa (2) in the conduct of its operations in South Africa, it abides by certain principles regarding equal treatment for races. and the hiring, training, and improvement of quality of

By submitting a response to this solicitation, a vendor shall be deemed to represent that it is not in arrears in the payment of any obligation due and owing the State of Maryland, including the payment of taxes and employee benefits, and that it shall not become so in arrears the term of the contract if selected for contract

life for Blacks, Asians, and other non-Whites.

The Maryland Aviation Administration reserves the right to reject any and all bids and/or waive technical defects if, in its judgement, the interests of the Administration may so require.

The award of this contract will be made to the lowest responsive and responsible bidder meeting the specifications. If there should be any questions regarding this con-

tract, please contact Mr. James L. Poppinga at (301) 859-7025. Gary L. Hicks

Division of Maintenance Maryland Aviation Administration

CITY OF BALTIMORE DEPARTMENT OF TRANSPORTATION

NOTICE OF LETTING Sealed Bids or Proposals, in duplicate, addressed to the Board of Estimates of the Mayor and City Council of Baltimore and marked "City of Baltimore Department of Transportation Highway and Bridge Engineering Contract No. 3308 for Resurfacing Highways at Various Locations within Baltimore City will be received at the Office of the Comptroller, Room 204 City Hall, Baltimore, Maryland until 11:00 A.M. July 11, 1990. Board of Estimates employees | Bank Ctr.) will be stationed at the Security Unit Counter just inside | Scott J. Hellman, Barbara J. Hellman, Ruth the Holliday Street entrance to City Hall from 10:45 a.m. to 11:00 a.m. every Wednesday to receive bids from bidders who feel they would not be able to deliver the bid envelope to Room 204 by 11:00 a.m. due to a possible delay by the security check and scanner process. The bids will be processed with a hand scanner, placed in a box and promptly at 11:00 a.m., the box will be sealed and brought to Room 204 City Hall, Comptroller's office. | tleman; New License 1221 Key Hawy. (to become Positively no bids will be received after 11:00 a.m. and 500 Harborview of Dr. upon completion of at 12:00 noon on said date, they will be publicly opened by the Board of Estimates in Room 215 in said City Hall.

ALL TIMES ARE Eastern Daylight Saving Time. Baltimore City hereby notifies all bidders, that it will affirmatively insure that in any contract entered into pursuant to this advertisement, Minority Business Enterprises will be afforded full opportunity to submit bids in response to this invitation and will not be discriminated against on the grounds of race, color or national origin in consideration for an award. Also, the bidder's attention is called to the Standard Federal Equal Employment Opportunity Construction Contract Specifications (Executive order 11246), which is a part of the contract proposal. All of these activities shall be done in accordance with Title VI of the 1964 Civil Rights Act, as amended. It is the goal of the Department of Transportation for

LEGAL NOTICES

prises participate in all City contracts under its jurisdiction. Each contract will include two goals; one for Minority Business Enterprises and one for Women Business Enterprises. THE CONTRACTOR SUBMITTING THE LOW BID ON THIS CONTRACT WILL SUBMIT AN MBE PARTICIPATION PROGRAM (WITH ALL APPROPRIATE DOCUMENTS) AS STATED IN THE PROPOSAL. The goals for MBE and WBE Participation have been established at twenty (20) and three (3) percent respectively,

Plans, Specifications and other contract documents may be examined without charge at the Baltimore City Department of Transportations' Plans Sales Office, located at the Charles L. Benton, Jr. Building, 417 E. Fayette Street, Room 128, Baltimore, Maryland 21202 on or after June 22, 1990, and copies thereof, may be obtained on payment of Twenty-Five Dollars (\$25.00), which payment will not be refunded.

The specifications for Material, Highways, Bridges, Utilities and Incidental structures, City of Baltimore, Department of Public Works, dated January, 1979 and any and all amendments thereto are to be used in this

Each bid must be accompanied by a Certified Check of the Bidder or a Bank Cashier's Check or a Bank Treasurer's Check drawn on a solvent Clearinghouse made payable to the Mayor and City Council of Baltimore. or a Bid Bond executed on the form as provided in the Bid or proposal for an amount which is determined by multiplying the Total Bid submitted by two percent (2%). The successful bidder will be required to give both Performance Bond and Payment Bond in the amount of the 'Contract Price' on projects over \$100,000.00. All bidders. proposers, contractors and vendors are advised that in the event a payment and/or performance bond(s) is required in an amount not exceeding \$200,000.00, the bidder, proposer, contractor or vendor may provide the necessary payment and/or performance bond(s) through the City's Self-Insurance Program in accordance with Article 1, Sections 195-200 of the Baltimore City Code (1983) Replacement Volume, as amended). Bidders, proposers, contractors and vendors may contact the Department of Finance, the Program Administrator, for eligible requirements and premium costs.

The Board of Estimates reserves the right to reject any and all bids and/or waive technical defects if, in its judgment, the interest of the Mayor and City Council may so

Bids, when filed, shall be irrevocable. Attention of Bidders is called to the Minimum Wage Rates

to be paid on this project. All Contractors bidding on this Contract must first be prequalified by the City of Baltimore Contractors Qualification Committee, 1105 Municipal Building, Baltimore, Maryland 21202 whose recommendations for an assign ed dollar Work Capacity Rating and Work Classification(s) are effective after ratificationand confirmation by the Board of Estimates. Contractors will not be permitted to bid for any single Contract having a dollar value in excess of the contractor's assigned Work Capacity Rating and will not be awarded any Contract if the Contract dollar value, when added to the Contractor's uncompleted backlog at time of award, exceeds the contractor's assigned Work Capacity Rating. Subcontractors intending to perform work in excess of \$25,000 on this Contract must have established qualification for an adequate Work Rating and the necessary Work Classification(s) before they are per-

mitted to commence work. Contractor whose capacity rating does not meet the lower limit of the Qualification Range may obtain Plans and Proposals marked 'Not For Bidding Purposes.'

The Cost Qualification Range for this work shall be \$1,000,000.00 to \$1,500,000.00.

HERMAN WILLIAMS JR. Commissioner, Department of Transportation, City of Baltimore

APPROVED: **HYMAN PRESSMAN** Secretary, Board of Estimates City of Baltimore

APPROVED: M. FAYSAL THAMEEN **Assistant Commissioner** Highway and Bridge Engineering

> APPROVED: LESLIE S. WINNER **Assistant City Solicitor**

PRICE.

BOARD OF LIQUOR LICENSE COMMISSIONERS FOR BALTIMORE CITY NOTICE

Petitions have been filed by the following applicants for licenses to sell alcoholic beverages at the premises set opposite their respective names.

Written protests must be filed before 4 p.m., July 4, 1990 at the Liquor Board Office, Suite 200, 10 South Street, Baltimore, 21202. In event of a protest, a hearing will be held at a later date.

1. CLASS "A" BEER, WINE (OFF SALE) Irvin Kelly; Transfer of Ownership 1958 Hollins Ferry Rd. & Location at 2550 Tolley St.

Hyun Soo Chun, Young Soo Chun; Transfer of Ownership 4400 Kavon Ave 2. CLASS "A" BEER, WINE & LIQUOR (OFF SALE)

Song's Corporation, Hyeong Bok Song, Mi Kyong Song, Young Soon Chang; Transfer of Ownership 3302 Edgewood St. (aka) 3500 W. Forest Park Ave. 1625 Wilkens, Inc. Alan Eccleston, Craig Rabinowitz, Edith Sachs; Changing from 1625 Wilkens Ave. a Drug Store to Patent Medicine with a Class A Beer, Wine and Liquor license. Moonshine, Inc. Jae Moon Kim, Jung Shin Kim, Sung Whang; Transfer of Ownership 1001 St. Paul

St. Paul Crown Supermarket, Inc. Eun Hee Kang:

Transfer of Ownership, 2424 St. Paul St. 3. CLASS "B" BEER, WINE & LIQUOR (HOTELS & RESTAURANTS)

Donna M. Calo, Keven R. Calo; New License 4201 Belair Rd. (aka) 4200 Parkside Dr. Rahimi Enterprises, Inc. Jeannette K. Stuehler:

Transfer of Ownership, 2701 N. Charles St. Augustine J. Reichenbach, Domenico J. Liberatore. John F. Liberatore; Transfer of Ownership 2200 **Broening Hgwy** Albert E. Saval, Salvatore Serio, Joyce T. Serio;

Transfer of Ownership, 100 S. Charlse St. (Equitable Hellman; Transfer of Ownership, 3605 Fairhaven

Spencer's Associates Inc. Susan Gover Kathleen Jensen, Jay Gover Harborview Properties Development, Co. Thomas

N. Marudas, Richard A. Swirnow, Stuart Hetimprovements).

Tzu Ming Yang; Transfer from 800 N. Charles St. Samuel Friedman, Trustee.

4. CLASS BD-7 BEER, WINE & LIQUOR (ON SALE GENERALLY - 7 DAYS)

Mar-Peg, Inc. George Pegelow, Gary E. Bower, Sr. Mary Wallman; Adding 525 E. 527-29 E. Patapsco Ave. Patapasco Ave. to existing license and adding officer to corporation.

Gor Don, Inc. Donald Marino, Jr. Gordon A Jackson, Deborah A. Brophy; Transfer of Ownership 3539 Belair Rd.

D.S.I. Enterprises, Inc. Terrence N. Daniel; Transfer of Ownership 4023 Eastern Ave. and Location from Baltimore City, that Minority and Women Business Enter- 2678 Dulaney St.

LEGAL NOTICES

BALTIMORE COUNTY, MARYLAND NOTICE OF INTENT OF PREQUALIFY ARCHITECTS, LANDSCAPE ARCHITECTS, ENGINEERS

AND LAND SURVEYORS

In accordance with the Baltimore County Executive's Policy Directive for the selection of consultants ofering the above basis. Firms currently prequalified with Baltimore County are being mailed a notice of this requirement along with a DPW Form 101 for prequalification renewal. All firms presently prequalifies will automatically become unqualified on July 31, 1990 and a new listing of prequalified firms will be developed. Therefore, firms seeking award consideration on any project to be advertised after July 31, 1990 must first establish a prequalified status with Baltimore

LEGAL NOTICE

County by submitting a completed DPW Form 101. The DPW Form 101 should be submitted to the Chief, bureau of Engineering, Room 219, County Office Building, 111 West Chesapeake Avenue, Towson, Maryland 21204 by not later than 4:00 P.M., Local Time, August 1, 1990.

During the ensuing year firms may prequalify at any time; however, Baltimore County desires to develop a Prequalification List to be effective through July 31, 1991 as promptly as possible.

Baltimore County DPW Form 101 for prequalification may be obtained by writing to the Chief of the Bureau of Engineering or by calling (301) 887-3793.

GENE L. NEFF, P.E. Director of Public Works

TUMA Real Values In Real Estate

SEE A REAL ESTATE PROFESSIONAL FOR DETAILS A RECORDING OF SOLD PROPERTIES IS AVAILABLE BY CALLING (301) 962-4630

A RECORDING OF SOLD PROPERTIES IS AVAILABLE BY CALLING (301) 962-4630. THE BALTIMORE OFFICE OF THE U.S. DEPARTMENT OF HOUSING AND URBAN DEVELOPMENT. PROPERTY DISPOSITION BRANCH, WILL BE HOLDING SALES SEMINARS FOR LICENSED REAL ESTATE BROKERS AND AGENT ON THE 3RD MONDAY OF EACH MONTH FROM 10 A.M. UNTIL 12 NOON IN OUR OFFICE. BROKERS AND AGENTS WILL BE ADMITTED ON A FIRST-COME, FIRST-SERVED BASIS. PLEASE CALL 962-2522 TO RESERVE A SPACE.

HUD'S NEW SALES INCENTIVES ARE IN EFFECT UNTIL SEPTEMBER 30, 1990.

NEW LISTINGS THE FOLLOWING PROPERTIES ARE AVAILABLE FOR SEALED BIDS WHICH WILL EXPIRE ON JULY 2, 1990 AT 4:30 P.M. BID OPENING TO BE HELD ON JULY 3, 1990 AT 10 A.M.

Bdrms. Bths. Price City/County Address Status \$48,000/GR \$108 241-130012-203A Baltimore City 5528 Bucknell Rd. \$19,000/GR \$37.82 ** 241-155806-703A Baltimore City 2323 E. Jefferson St. \$25,000/GR \$90 241-221938-748A Baltimore City 2917 Norfolk Ave. 241-161555-703A Baltimore City 3607 Parkdale Ave. \$52,250/GR \$84 241-184189-703A Baltimore City 624 N. Payson St. \$20,000/GR \$84 241-104100-203A Baltimore City 3441 Ravenwood Rd. \$29,450/ 241-220525-703A Baltimore City 3809 Rokeby Rd. \$48,000/GR \$90 241-106838-203A Baltimore City 1001 St. Paul St., 2D \$30,500/FEE CONDO FEES ON 1001 ST. PAUL STREET 2D ARE \$134/MONTHLY 241-189188-703A Baltimore City 820 Unetta Ave. \$42,000/FEE 241-189537-203A Towson \$86,000/FEE 1206 Overbrook Rd. 241-083497-203A Woodlawn \$72,000/GR \$150 6734 Wilmont Dr. THE FOLLOWING PROPERTY IS ELIGIBLE FOR THE \$500

THE BONUS WITH THE BROKER'S COMMISSION. \$28,070/GR \$120 241-136526-703A Baltimore City 4017 Bonner Rd. THE FOLLOWING PROPERTIES ARE AVAILABLE FOR SEALED BIDS WHICH WILL EXPIRE ON JULY 9, 1990 AT 4:30 P.M. BID OPENING TO BE HELD ON JULY 10, 1990 AT 10:00 A.M. THESE PRO-PERTIES ARE ELIGIBLE FOR THE 4-DAY FULL OFFER BID PERIOD. ALL ENVELOPES MARKED "FULL OFFER BID WILL BE OPENED ON JULY 5, 1990 AT 3:00 P.M. ON FULL-OFFER BIDS THE OFFER (LINE 3) MUST EQUAL OR EXCEED OUR LIST PRICE, THE SALES COMMISSION CANNOT EXCEED 6 PERCENT, THE CLOSING COSTS (LINE 5) CANNOT EXCEED 3 PERCENT OF THE SALES PRICE, AND THE NET AMOUNT TO HUD (LINE 7) MUST EQUAL OR EXCEED 91 PERCENT OF THE LISTING

241-116969-270A Baltimore City 37 N. Bernice Ave. \$26,305/GR \$120 241-154158-203A Baltimore City 5905 Chinquapin Pkwy. \$47,000/FEE 241-143773-203A Baltimore City 5241 Darien Rd. \$42,415/GR \$120 241-130279-203A Baltimore City 4124 Elerman Ave. */** \$41,515/FEE 241-144659-703A Baltimore City 5632 Leiden Rd. \$60,875/GR \$120 241-980030-986A Baltimore City 510 Parkin St. */** \$26,065/FEE 241-197941-703A Baltimore City 3906 Pratt St. \$40,615/FEE 241-188052-703A Baltimore City 2021 Pulaski St. \$22,560/GR \$60 241-127968-203A Baltimore City 4618 Reisterstown Rd. \$19,855/GR \$90 241-099753-235A Baltimore City 3227 Westmont Ave. \$43,800/GR \$180 241-178159-703A Baltimore City 2631 Marbourne Ave. \$56,000/FEE 241-140641-703A Baltimore City 4732 Wilern Ave. \$26,170/GR \$90 241-222649-703A Laurel 408 Barersville Rd. \$75,000/FEE \$56,050 \$12,510/GR \$120 \$21,660/GR \$90

241-125207-203A Baltimore City 508 Anabel Ave. THE FOLLOWING PROPERTY IS ELIGIBLE FOR THE \$500 THE BROKER. PLEASE INCLUDE THE BONUS WITH THE SALES COMMISSION. 241-139959-203A Baltimore City 2303 Callow Ave. 241-218378-748A Baltimore City 4216 Reisterstown Rd. 241-196302-703A Hagerstown 242 N. Mulberrry St. \$41,905/FEE **EXTENDED LISTINGS** EXTENDED LISTING BIDS ARE OPENED DAILY AT 3 P.M. 241-133882-221A Baltimore City 610 E. 30th St. \$25,650/FEE 241-084105-221A Baltimore City 736 E. 37th St. \$30,400/GR \$69 241-102569-256A Baltimore City 1119 Argyle Ave. \$40,610/FEE 241-102547-235A Baltimore City 700 Brune St. \$34,820/FEE 241-180809-703A Baltimore City 3812 Greenmount Ave. \$58,660/FEE 241-124434-203A Baltimore City 3603 Gwynn Oak Ave. \$46,930/GR \$120 241-117879-203A Baltimore City 4029 Norfolk Ave. \$18,050/GR \$120 241-135606-203A Baltimore City 4630 Park Heights Ave. \$18,950/FEE 241-207078-748A Baltimore City 1901 N. Payson St. \$18,860/GR \$96 241-070155-221A Baltimore City 3022 Reese St. \$15,000/FEE

241-111438-221A Baltimore City 2916 Ridgewood Ave. \$17,150/GR \$90 241-136578-703A Baltimore City 2210 Ruskin Ave. \$21,660/GR \$96 241-138769-721A Baltimore City 3600 Spaulding Ave. \$14,250/FEE THE FOLLOWING PROPERTY IS ELIGIBLE FOR THE \$500 THE BONUS WITH THE BROKER'S COMMISSION. 241-233342-703A Baltimore City 1817 E. Baltimore St. \$59,385/FEE NOTE: 1817 E. BALTIMORE STREET HAS TWO (2) UNITS. 241-093016-221A Baltimore City 5528 Force Rd. */** \$44,650/GR \$90 241-076637-221A Baltimore City 179 S. Kossuth St. \$18,860/FEE NOTE: 179 S. KOSSUTH STREET HAS A POSSIBLE BROKEN WATER LINE. 241-110555-203A Baltimore City 436 E. Lanvale St. */**/A \$38,580/FEE

241-109869-203A Baltimore City 500 S. Longwood St. \$30,950/GR \$84 241-135243-203A Baltimore City 418 Mosher St. \$40,610/FEE 241-980033-986A Baltimore City 3521 Oakmont Ave. \$12,000/FEE 241-194248-703A Baltimore City 1926 Parksley Ave. \$40,000 / FEE 241-118199-203A Baltimore City 6557 Parnell Ave. \$29,780/FEE 241-153073-203A Baltimore City 5118 Pembridge Ave. \$22,000/FEE 241-118870-203A Baltimore City 3305 St. Ambrose Ave. \$39,900/FEE 241-203851-703A Baltimore City 519 N. Streeper St. \$37,905/FEE THE FOLLOWING PROPERTIES ARE ELIGIBLE FOR THE \$500 THE BONUS WITH THE BROKER'S COMMISSION. 241-105233-203A Baltimore City 114 Janney St. \$26,065/FEE

IMPORTANT INFORMATION Purchasers must obtain their financing for all sales.

· Please contact a Real Estate Agent of your choice to see or bid on any of the properties listed for sale. HUD reserves the right to reject any or all bids and to waive any informality or irregularity in any bids.

 An earnest money deposit equaling 5 percent of the bid amount, not to exceed \$2,000, but not less than \$500, for properties priced \$10,000 or less, is required with each offer to purchase.

• These properties are being offered for sale in an As-Is condition and may contain code violations for which

HUD assumes no liability. Except where indicated, all properties are offered for sale ALL CASH, not eligible for HA insured financing.

Purchasers must obtain their own financing.

* ELIGIBLE FOR INSURED FINANCING (NO WARRANTY)

* PROPERTIES ELIGIBLE FOR FHA INSURED FINANCING ARE ALSO ELIGIBLE FOR THE ADJUSTABLE RATE MORTGAGE (ARM) * * DEFECTIVE PAINT SURFACES WILL BE TREATED IN ALL PROPERTIES BEFORE SETTLEMENT

** MAY CONTAIN LEAD-BASED PAINT



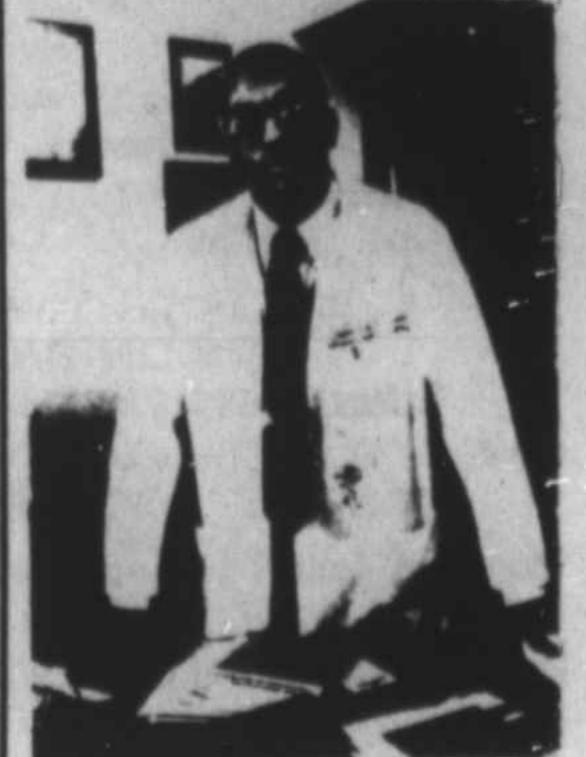


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HUD ASSUMES NO LIABILITY, NOR MAKES CONDITIONS OF SALE FOR ANY ZONING VARIANCES FOR THE PROPOSED USE OF THE PROPERTY. ALSO, HUD ASSUMES NO RESPONSIBILITY FOR ERRORS IN THIS LISTING. ALL PROPERTIES LISTED ARE SUBJECT TO PRIOR SALE, WITHDRAWAL OR CANCELLATION WITHOUT NOTICE.

U.S. Department of Housing 10 N. Calvert Street - Baltimore, MD. 21202 and Urban Development

You can help us raise the colorecta! cancer cure rate.



"If everyone over 50 had checkups for colorectal cancer, the cure rate could be as high as 75%," says Dr. LaSalle D. Leffall, Jr., past president, American Cancer Society. "You can't cure it if you don't know you have it. But if it's detected early, the cure rate for colorectal cancer is very high. Your doctor can perform the digital and proctoscopic exams, and you take care of the simple stool blood test at home.

Since men and women are equally affected by this disease we urge everyone over 50 to get regularcheckups. The warning signs for colorectal cancer are a change in bowel habits and blood in the stool.

People with a family history of colon or rectal cancer or ulcerative colitis are at his er risk and are urged to be doubly cautious.

Checkup Guidelines for men and women over 50 without symptoms: · digital exam annually stool blood test annually • procto exam every 3 to 5 years after 2 negative tests I year apart.

> No one faces cancer alone.

PAMERICAN CANCER SOCIETY®

To Advertise (301) 383-3200

A defense against cancer can be cooked up in your kitchen.

There is evidence that diet and cancer are related Follow these modifications in your daily diet to reduce chances of getting cancer: 1. Eat more high-fiber foods such as fruits and vegetables and whole-grain cereals. 2. Include dark green and deep yellow fruits and vegetables rich in vitamins A and C Include cabbage, broccoli, brussels sprouts, kohlrabi and

cauliflower. 4. Be moderate in consumption of salt-cured, smoked, and nitrite-cured foods. 5. Cut down on total fat intake from animal sources and

fats and oils. 6. Avoid obesity: 7. Be moderate in consumption of alcoholic beverages. No one faces cancer alone PAMERICAN CANCER SOCIETY

> "Fellow Marylanders:

I need your heip and your community's help to clean up the Chesapeake Bay.'



Gevernor Schaeler

'I want one million Marylanders to help me clean up the Bay."

You can join the team and be part of challenge.



To find out how write to: MD 21401 or call 301-974-3004

A public service of this publication