ARE YOU ON THE RIGHT TRACK... TO "GOOD HEALTH?"

A TICKET TO "GOOD HEALTH"

DESTINATION: SIGHTSVILLE (VISION) · RED PUMP FALLS (BLOOD PRESSURE) · FOOT TOWN (PODIATRY) · SUGAR HILL (DIABETES)

Liberty Medical Center 2600 Liberty Heights Ave

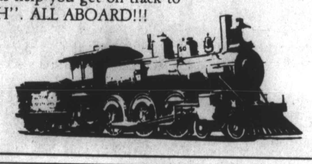
CALL 225-9696

Tuesday, Wednesday and Thursday 9:00 am - 3:00 pm west building entrance Towanda Ave.

LMC Liberty Medical Center Inc. We Do Care

Free Health Screenings!

These screenings are designed to give you valuable information about your health. Then, we can help you decide which direction to take to stay on track. Above is your ticket that will take you to the various destinations for FREE screenings; RED PUMP FALLS (blood pressure), SIGHTSVILLE (vision), FOOT TOWN (podiatry) and SUGAR HILL (diabetes). Make tracks to Liberty Medical Center's West Building (entrance off Towanda Avenue), 2600 Liberty Heights Avenue. Once inside look for the friendly Conductor and Ticket Window. Signs will point you to your destination and you'll be on your way to the screenings of your choice. These screenings are absolutely FREE and you must be at least twenty-one (21) to receive one. Screenings will continue until November 30, 1988. So, grab your ticket. Come in and let us help you get on track to "GOOD HEALTH". ALL ABOARD!!!



NOBLE (National Organization of Black Law Enforcement Executives) will hold its annual awards dinner, Friday, Nov. 4, 1988 at Martin's West, 6817 Dogwood Road from 8 p.m. to 1 a.m.

Proceeds from this event will benefit McNeal Brockington Scholarship Fund and NOBLE's adopted school projects.

For further information call Sgt. Goldie Phillips, 396-2466.

VA NEWS

Q — I plan to request a work-study program while in school. What is the earliest effective date for a work-study contract?

A — The beginning of the certified enrollment period at the school.

Thank You
Northern Maryland! You've made a difference.

But there is more to do! In Maryland, we face the terror of knowing that, due to drunk driving, there will be, on the average

- ONE DEATH TODAY — AND EVERY SINGLE DAY!
- THIRTY INJURIES TODAY — AND EVERY SINGLE DAY!

CAN YOU LIVE WITH THIS? WE NEED YOU —

Call 321-MADD or mail this:

MEMBERSHIP FORM

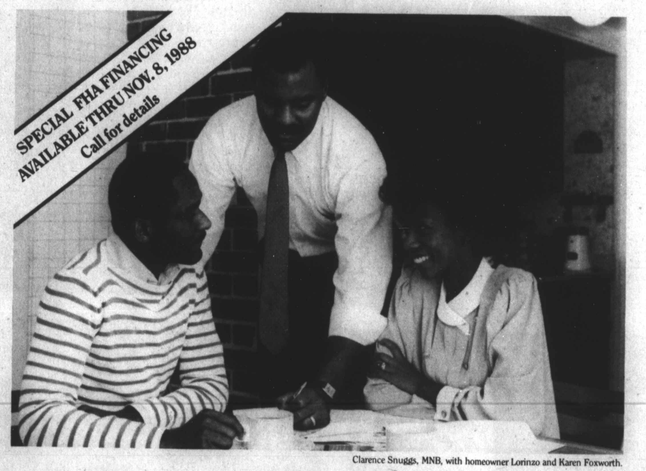
ANNUAL MEMBERSHIP — $20 Individual/Name: ____
— $10 Sr. Citizen Address: ____
— $10 Student City & State: ____
DONATION — $ 5 Donation Zip: ____
— $10 Donation Phone No.: ____
— $ Other

Mail to: MOTHERS AGAINST DRUNK DRIVING
Nothern Maryland Chapter
P.O. Box 20356
Baltimore, MD 21284-0356

MADD is a non-profit tax exempt corporation

MADD

Mothers Against Drunk Driving



Clarence Snuggs, MNB, with homeowner Lorinzo and Karen Foxworth.

Putting corporate resources to work for community growth... one on one.

MARYLAND NATIONAL LENDS A HELPING HAND TO HOME OWNERSHIP.

Home ownership . . . it's important to individuals, and communities. People owning and caring for their homes help foster community growth and vitality.

Maryland National is committed to the communities it serves. And, we back that commitment with the resources of one of the area's largest and strongest banks. More importantly, we put those resources to work one on one, through Maryland National's *community development activities.*

If you are interested in becoming a first time buyer, or are trying to move up, our programs will help. We're one of the largest originators of home mortgages in the State. We can help you get the background information you need, refer you to resources to work with you in analyzing and preparing your financial plan, even direct you to avenues of possible assistance in acquiring your downpayment. And, Maryland National has recently automated more of its loans processing & closing systems . . . improving our ability to give you a decision quickly.

Call Clarence J. Snuggs, director of community development programs, and put our corporate knowledge and resources to work for you.

Call 669-0021. We want to help. It's our job. And, our commitment.

MARYLAND NATIONAL BANK

We want you to grow.

Member FDIC · An NCNB Preferred Lender · Equal Housing Lender

FALL TESTING
Saturday, November 19
(For girls in grades 4-12 seeking financial assistance)
Call 323-5500 to Register.

"Where I can be my very best"

Roland Park Country School
RPCS
5204 Roland Avenue
Baltimore, Maryland 21210

HOLLY FEST

The 3rd Annual
HOLIDAY SHOPPING EVENT
75 Quality East Coast Craftspeople

- Quilted Items
- Live Demonstrations
- Lunch served
- Jewelry & Pottery
- Gourmet food shop
- Plants and greens
- Children's Elf Booth
- Free parking
- $1.00 admission
- Live Entertainment

SAT. NOV. 19
10 AM-4 PM
in the gymnasium

Sponsored by the Parents' Auxiliary of Friends School to benefit projects for

FRIENDS SCHOOL OF BALTIMORE

For more information contact Claudia Grimm at 252-8398

5114 North Charles Street Baltimore, MD 21210 • 435-2800

OPEN HOUSE

Lower School
Tuesday
November 15
8:00 p.m.
For parents
Nursery - Fifth Grade

Middle and Upper School
Sunday
November 20
2:00 p.m.
For parents and students
Grades 6-12

Independent, co-educational, non-sectarian
Average Class Size: 15
Advanced College Preparatory Curriculum
Bus Service • Financial Aid
Call for details
823-2351
Location: Old Court Road, between Falls Rd. and Greenspring Ave.
Exit 22 from I-695; Rudon Road Exit from I-83

The Park School

New phone books coming

Residents and businesses in greater Baltimore metropolitan area will have a pleasant surprise over the next few weeks as C&P Telephone Company makes its annual delivery of new telephone directories.

C&P had announced earlier this year plans to issue only one White Pages telephone directory for residential and government telephone listings for the entire Baltimore metropolitan area.

The new directory will be distributed to customers throughout the area between November 9 and December 30.

The changes are being made in direct response to customer concerns expressed regarding the previous three-directory White Pages arrangement.

According to C&P spokesman Carl Smith, "We have conducted extensive research over the past two years and determined that, while customers felt the directories contained the information which they needed, they still were not totally pleased with the three-directory White Pages arrangement.

Customers admitted to being confused and frustrated at times by the multiple books."

In order to accommodate all the residential telephone listings for the entire in one directory, the alphabetical Business White Pages listings, will be removed from the new White Pages listings.

Government telephone listings, on blue paper, will still be published in both the White Pages and Yellow pages directories.

HUD battles racism

The Department of Housing and Urban Development has two toll-free telephone numbers available to people who believe they are victims of housing discrimination complaints based on race, color, religion, sex or national origin.

The general number to report housing discrimination is 1-800-424-8590.

The telephone number for the hearing impaired is 1-800-543-8294.

The Office of Fair Housing and Equal Opportunity (FEHO) will have a representative available to respond to calls between 8:45 am and 5:15 pm Monday through Friday. When a representative is not available, a special recorder will take the necessary information and all calls will be returned.

HUD stresses that these toll free numbers should be used for housing discrimination complaints based on race color, religion, sex or national origin only.

Black Filmmakers

Black Filmmakers Hall of Fame, Inc. (BFHFI) is now accepting entries for its 1989 International Film, Video and Screenplay Competition. The deadline for all entries is Jan. 20, 1989. All entries should be submitted in 3/4" or 1/2" VHS NTSC standard tape. Screenplay entries must be typewritten and properly bound — no original manuscripts. For competition applications, contact the BFHFI at 1221 Broadway, Suite 340, Oakland, Ca. 94612.

A cash award of $1,000 will be given to the best film in the competition, $500 and $250 for 2nd runner-up and 3rd place winners respectively. The best screenplay will receive a cash prize of $500. For more information, call Floyd Webb (415) 465-0804.

Our fares are the perfect excuse for taking a ride in the country.

With our All Aboard America Fares* you can visit any one region of the country for just $149. Two regions for $199. Or go coast to coast for only $249. All fares are roundtrip and allow for three stopovers.

Children under 12 travel half-price. For shorter trips, there's our $7 Return Fare. Buy a one-way ticket for $65 or more (with no change of trains) and return for just $7. On Amtrak you'll find wide reclining seats. Tasty snacks. Even full-course meals. For more information, call your travel agent or call Amtrak at 1-800-USA-RAIL. Because now there's every reason to see just how beautiful your country is.

ALL ABOARD AMTRAK

*Nominal penalty if reservations not cancelled. Refunds on partially used tickets may be limited. Fares subject to change without notice. Some restrictions may apply.

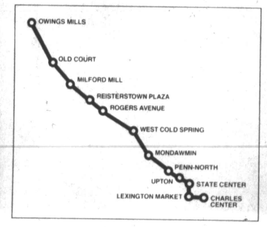
FASTER THAN A SPEEDING BMW.

When it comes to getting you to work, the MTA's Metro is faster than any BMW, Porsche, Ferrari or, for that matter, anything on four wheels.

We never get slowed down by traffic jams, bad weather, red lights or – perish the thought – State Troopers. In fact, the only time we stop is when we get to the next station.

Hop on the Metro and you can travel from Owings Mills all the way downtown in just 25 rapid minutes. Metro trains leave most stations every seven minutes during rush hour. And you never pay for parking at a Metro lot.

Faster than a speeding BMW, the MTA Metro is really super, man.



MTA MASS TRANSIT ADMINISTRATION
GOING YOUR WAY.