

# SoBoImCo



South Baltimore Improvement Committee • December 2006

## SBIC ANNUAL HOLIDAY PARTY

Join us on Tuesday, December 12th (the second Tuesday) at 7:00p.m. for our annual Holiday Party. The party is a potluck, so please bring a dish of your choice, and SBIC will provide sodas, plates and utensils.

In the spirit of the holidays, we will be collecting donation items for Paul's Place, a community outreach program in Washington Village that provides emergency food service, clothing, laundry and shower facilities, and programs for adults and children. Paul's Place is asking for donations of children's gifts and adult items that children can give to their parents. Below are some gift ideas:

### Baby (Infant—3 yrs)

Bath toys  
Personal care items  
Leap Frog  
Bibs

### Children (4-12 yrs)

Board Games  
Sports equipment (basket-/footballs, etc.)  
Dolls (BRATZ, Barbie, baby dolls)  
Toy trucks  
Dora the Explorer  
Elmo  
Pirates of the Caribbean  
Jewelry  
Disney toys

### Children (13-17 years)

Sports equipment (basket-/footballs, etc.)  
Gift certificates to Wal-Mart, Target, etc.  
Portable CD players  
Scented bath sets  
Jewelry  
Arts & Crafts

### Adults (Men & Women)

New socks  
Toiletry bags  
Disposable film cameras  
Gift cards to Rite Aid, CVS, etc.

Please visit [www.paulsplaceoutreach.org](http://www.paulsplaceoutreach.org) for more information about this program

## GET OUT!

### **Festive Flavors of Federal Hill**

**Tuesday, December 5th**

**6:00p.m.—10:00p.m.**

Meet at Shofer's, 930 S. Charles St.  
Sample Federal Hill's finest restaurants, bars & boutiques for only \$45. Tickets available at MovieTime Video, Vineyard Wine & Spirits & Big Jim's Deli.

### **Washington Monument Lighting**

**Thursday, December 7th**

**5:30p.m.**

*Mt. Vernon Place*

### **SBIC Holiday Party**

**Tuesday, December 12th**

**7:00p.m.—**

*Olive Branch Good Shepherd UMC  
5 W. Fort Avenue*

Join your neighbors in celebrating another successful year with a potluck holiday dinner in lieu of our December meeting. Please note that it is on the 2nd Tuesday.

### **Area 30 Parking Permit Pickup**

**Monday, December 18th**

**2:00p.m.—5:00p.m. &**

**6:00p.m.—10:00p.m.**

*The Rowan Tree, 1633 S. Charles*

See page 2 for more info.

### **Neighborhood Social**

**Tuesday, December 19th**

**7:00p.m.—**

*Fort Charles Pub*

*Corner of S. Charles St & Fort Ave.*

See page 4 for more info.

### **New Year's Eve Spectacular**

**Sunday, December 31st**

**9:00p.m.—12:30a.m.**

*Inner Harbor*

### **Fundraising Planning Meeting**

**Thursday, January 4th**

**6:00p.m.**

*Location TBD*

See page 10 for more info.

## REMINDER:

City offices will be closed on Monday, December 25th, in observance of Christmas.

No bottle/can recycling.

## COMMUNITY MEETING

**Next General Meeting:  
Tuesday, January 2nd**

7:30 p.m. at Olive Branch  
United Methodist Church  
(corner of S. Charles & Fort Ave.)

## RECYCLING DAYS

Paper recycling is the 2nd & 4th  
Fridays, December 8th & 22nd.



Bottles, Cans & Jars is the 2nd  
Monday, December 11th

All recycling collected streetside



### SoBoImCo

SoBoImCo is a monthly production of the South Baltimore Improvement Committee, Inc. whose mission is "to encourage, through regular meetings, the formal exchange of ideas; to work with local law enforcement in promoting safety; and to assist individuals and families in the continuing process of neighborhood renewal." We welcome articles, ads and photo submissions via mail or email:

#### **South Baltimore Improvement Committee**

P.O. Box 6364  
Baltimore, MD 21230  
eastenddesign@att.net

We reserve the right to edit or reject submissions. Articles represent the opinions of the authors and not necessarily those of SoBoImCo. We believe all sources of information are reliable, however, we do not guarantee completeness or accuracy.

### Membership

Residents of South Baltimore are encouraged to become members of SBIC. Just contact an SBIC officer for more information.

### Meetings

Community meetings of SBIC are usually held on the first Tuesday of every month at 7:30 p.m. at the Olive Branch United Methodist Church located at the corner of Charles Street and Fort Avenue.

### Website

[www.soboimco.org](http://www.soboimco.org)

## PRESIDENT'S CORNER

By Marci DeVries

As I walk through the neighborhood, I often hear people muttering under their breath "They should do something about that" when something doesn't look right.

Have you ever wondered who "They" are? Guess what: YOU are.

The City of Baltimore and your neighborhood associations work hard to provide services and assistance to our South Baltimore residents, but the truth is, if each individual doesn't start working to improve their homes, streets, and blocks, then there isn't much that the larger organizations can do.

How can YOU become "They"?

**Get involved.** Start coming to the SBIC neighborhood meetings to voice your opinions, ideas and suggestions. Go on the COP walks to learn how to work more effectively with the police. Call 311 to report trash and other problems in your area.

**If something is wrong, fix it.** If you see a piece of paper blowing down the street, try picking it up and throwing it in a trash receptacle. If a park bench is out of place, try moving it back. If you see weeds, try pulling them. Treat this neighborhood like it's your own.

**Don't mess the neighborhood up in the first place.** For example, if your dog goes to the bathroom in the park, pick it up – and follow through all the way to a trash can, don't just make a pile of waste-filled plastic bags in the corner of the park. Don't give money to homeless people. Don't feed the pigeons. If you aren't using your mattresses, wait for trash day to throw them out. Have some pride.

We want you all to love living in South Baltimore, and the first step to creating an inviting place to live starts with you. We will support you all the way as you start treating this neighborhood like something you are proud to call your own. Together we will make our part of the peninsula a great place to live.

## AREA 30 PARKING PERMIT PICKUP

Area 30 Parking Permit renewals are now available online at [www.baltimoreprefparking.com](http://www.baltimoreprefparking.com), and will be available for pickup on

**December 18, 2006**  
**2:00p.m.—5:00p.m.**  
**6:00p.m.—10:00p.m.**  
**The Rowan Tree**  
**1633 S. Charles Street**

Vehicles must be registered to the address requesting the permit, and proof of registration is required.

After December 20, permits will be available for renewal and pickup at the Parking Authority offices, located at 200 West Lombard Street. The offices are open Monday—Friday, 8:00p.m.—5:00p.m., the phone number is 443.573.2800, and validated parking is available in the parking garage at Lombard and Howard.

Please contact Cynthia Griffin at [area30parking@gmail.com](mailto:area30parking@gmail.com) or 410.446.5686 with questions.

# LOTS HAPPENINGS AT THE LIGHT STREET BRANCH LIBRARY

## **S.O.B.E.R. FOOD PANTRY DRIVE**

December 1-18

Drop off donations of non-perishable food items at the Branch for the South Baltimore Emergency Relief food pantry. Your donations will help a worthy neighborhood agency.

## **MOTHER GOOSE ON THE LOOSE**

Wednesdays in December, 10:30 am

An interactive nursery rhyme program with music and movement for children to age three and their caregivers.

## **WRITERS LIVE: FRED RAMSAY, MYSYERY WRITER**

Saturday, December 2, 1 pm

Adult

Fred Ramsay's books have been described as "Mitford with murder." Join us as he discusses his writings, which include *Impulse* and *Secrets*. A book signing follows the presentation.

## **HELP THE HOMELESS**

Saturday, December 2, 2-4pm

Come make holiday cards and assemble donated toiletry items in bags that will be distributed to area homeless shelters in December. You can make a difference!

## **ANIME ADVENTURES**

Wednesdays in December, 4 pm

Join us for free screenings of action-packed episodes of *Ghost in the Shell*.

## **SING FOR JOY – BALTIMORE POLICE CHOIR**

Monday, December 4, 6:30 pm

All ages

The holiday season calls for music, and Light Street has it! The Baltimore Police Choir, under the direction of Det. Maria Allison, will perform seasonal selections.

## **HOLIDAY MOVIE MAGIC**

Thursdays, December 7 & 14, 6:15 pm

Join us on December 7<sup>th</sup> to watch the holiday classic, *The Muppet Christmas Carol*. On December 14<sup>th</sup>, we'll be showing a collection of holiday, animated short films including the *Great Toy Robbery*. Bring your own food & drink, eat popcorn provided by the library & start enjoying the holiday season.

## **HOLIDAY OPEN HOUSE**

Monday, December 18, 6-8 pm

Stop by the library and enjoy some Light Street cheer. DJ Larry McCoy will have everyone dancing – even Santa! Refreshments will be provided.

## **HAPPY, HAPPY NEW YEAR**

December 27, 1:30 pm

Ages 6-12. Come to the party! Ring in the New Year as it is celebrated around the world. A take home craft and refreshments will be provided. Call 410-396-1096 to register.

Call 410-396-1096 to register for all programs

## **SBIC COMMITTEE CONTACTS**

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## SOCIAL COMMITTEE

By Ugur Erickson

This month we will be having two social events. The first is the annual Holiday Party (see page 1 for details) and the second one is on Tuesday, December 19 at Fort Charles Pub, which is at the corner of Fort and Charles Streets, across from the church. The owners are kind enough to prepare a buffet for South Baltimore residents, and serve 2 domestic beer of your choice. The fee is \$7 per person.

If you are new to the neighborhood, or never had a chance to come to the SBIC meetings or socials, please try to make it at least one of these Holiday Parties. It is a great opportunity for you to meet people in the neighborhood, learn about SBIC, and share your concerns or ideas about the neighborhood. Hope to see there!

## SANITATION & BEAUTIFICATION

By Amy Mutch

Happy Holidays from your Sanitation/ Beautification Committee. As lights, garlands and wreaths decorate our neighborhood my job as beautification chair becomes easy. Please be mindful all season to care for these decorations and remove them after the season.

Winter snowfalls bring the responsibility of sidewalk maintenance. You will receive a citation if you fail to clear the snow in front of your house. As you shovel be grateful your not in the suburbs with a driveway to maintain.

This plea is directed to all the fit and svelte bodies in South Baltimore. Giving 30 minutes a week to sweep and bag leaves is a wonderful way to give back to your neighborhood. Give up a morning run or time at the gym to "work out" on your block. Your elderly neighbor who doesn't have adequate health or energy to do the task will benefit from your thoughtfulness.

The last 2 cleanups were scheduled early in the month so we were unable to recruit volunteers at the SBIC meetings. We need email addresses for those volunteers who want notification just prior to cleanups. We have noted great improvement in two locations that were habitual trouble spots. These are the Leatherite building on Randall and The Stonewall Jackson Democratic Club on Charles. Unfortunately the old Revco building on Fort and the 1600 block of Olive are continually abused by illegal dumpers! We continue to encourage a call to 311 to report all dumping even after the fact!!

Trash collection will occur on scheduled days during the holiday season. This was confirmed with city officials.

The sitting park at the corner of Light and Heath is in need of long-term solutions for care and maintenance. Part of fence surrounding the property has been removed and it is not secured. Thomas Johnson Elementary has been unable to utilize the space as planned. Principal Sasiadek has requested SBIC to reassume responsibility for the park. Neighbors living near Light and Heath may have a special interest in getting involved. Please contact Amy Mutch if you are interested in helping with this project.

As this newsletter arrives at your doorstep just after the Thanksgiving holiday I would like to express my gratitude to all my wonderful South Baltimore neighbors. I am grateful for all those who have helped build a healthier, safer, more vibrant community. It isn't as much about the physical changes that all of us have witnessed; rather it is about the changing attitudes. YES, I BELIEVE!!

LAWRENCE KOLITAS JR  
Owner / General Manager

Office: 410-247-4763  
Cell: 443-465-7176  
Email: lkjr@comcast.net



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If your property is presently listed with another Broker, this is not a solicitation of the listing or any other business.

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**RING IN THE NEW YEAR AT RUB!**

RUB is available for private parties to  
celebrate the New Year! We can  
accommodate parties of 50 on our lower  
level and 70 on our upper level.  
Or, just book the whole place!

RUB does not charge a room rental fee for private parties

(410) 244-5667 • Fax (410) 244-5955 • 1843 Light Street • Baltimore, MD 21230



# KEEPING YOUR PET HEALTHY DURING THE HOLIDAYS

By Jill Shook, DVM, [jssdvm@aol.com](mailto:jssdvm@aol.com)

Amid this busy season of shopping, baking, decorating, and visiting family and friends, there are some things to keep in mind concerning your pets. There are certain hazards, injuries, and poisonings seen in animals more commonly this time of year. Simply being aware of potential problems and doing a little "pet proofing" around the house will go a long way toward heading off any problems.

(Healthy Pets, Continued on page 9)



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## B'MORE GREEN

By Nicole Killion, RN, [bmoregreen@yahoo.com](mailto:bmoregreen@yahoo.com)

I just finished reading *Seeds of Deception* by Jeffrey Smith. I found it so disturbing that I have to share the information with you. The book is about genetically modified food. Before you say, "I don't care," please keep reading because it directly impacts YOUR health.

Here is a simple definition of a genetically modified organism (GMO): a gene is inserted into the gene of a different species to modify it to get a desired result that is not normally occurring. For example, a gene from cold water fish was taken and inserted into tomatoes so that the tomatoes won't freeze in cold weather. Sounds good, right? Well, the biotech companies that make these GMOs would like you to think so but scientists around the world are protesting the use of GMOs. Europe has banned foods containing GMOs and consequently, the USA cannot ex-

(Continued on page 11)



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Chris Reda - Erica Canapp  
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Baltimore MD 21230  
410-727-4644  
Email: [chris.reda@longandfoster.com](mailto:chris.reda@longandfoster.com)



"Results That Speak For Themselves"

**WINTER Happy Holidays from MY FLOWER BOX**

Whether it's a centerpiece, wreath, holiday greens, party essentials, holiday cards, ornaments, or a last minute gift you can find everything you need for your holiday affair at My Flower Box.

If you place your holiday orders prior to December 10th, 2006 and mention this ad when you place your order, you will receive an additional 10% off.

Come see Santa on December 9 and December 16 from 12-4.

1211 S. Charles St.  
Baltimore, MD 21230  
(410) 284-8890  
Monday - Saturday 10am-6pm  
[www.myflowerboxonline.com](http://www.myflowerboxonline.com)



**The Bottom Drawer**  
 1003 S. Charles Street  
 410-783-8998  
 Hours: Mon, Wed, 11- 6,  
 Thurs 11-7, Fri, Sat, 11-5  
 closed Tues and Sun

**"What's in your Bottom Drawer?"**

Ladies' fine lingerie and unique jewelry featuring Lucy B, Hanky Panky, Mary Green, as well as beautiful hand-crafted jewelry from Israel, all set in a fun, contemporary upscale boutique.



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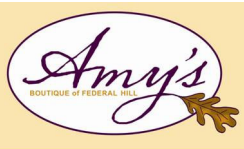


**MY FLOWER BOX**

**MY FLOWER BOX**  
 1211 S. CHARLES ST.  
 410.244.8890 P  
 410.244.8898 F

TUESDAY-SATURDAY: 9AM-7PM  
 SUNDAY: 11AM-4PM

WE DELIVER ON SUNDAY!



**Amy's**  
**Boutique of Federal Hill**  
 1133 S. Charles St.  
 410-244-1133

Tues, Wed, Fri, Sat: 11am-7pm  
 Thurs: 11am-8pm and by appointment

*Featuring handcrafted jewelry, wearable art and  
 designer clothing*



**Holly G Boutique**  
 1028 S. Charles St.  
 410.962.1506  
 Holiday Hours:  
 11am - 7pm  
 Open until 9pm  
 Dec. 16-23

[hollygboutique@gmail.com](mailto:hollygboutique@gmail.com)

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801 LIGHT ST.

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 410.332.1504 (F)

SHOWROOM HOURS:  
 TUES-FRI: 9AM-5PM  
 SAT: 9AM-3PM

[CHARLESTILESMD@VERIZON.NET](mailto:CHARLESTILESMD@VERIZON.NET)

*Remember  
 When*

16 E Cross St.  
 Wed. & Thurs. 12-6, Fri. & Sat. 12-7  
 Sunday 12-5

*If you're looking for a dress Re-  
 member When is the place to go!  
 Create your own memories with  
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 sories or have us capture your  
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 videography services.*

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 Saturday  
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**M Salon**  
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 410.685.0089  
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 Saturday  
 8:30am-5:00pm

[msalon@verizon.net](mailto:msalon@verizon.net)

**M**  
**SALON**  
 FEDERAL HILL

**Ladybugs  
 & Fireflies**  
 A CHILDREN'S CONSIGNMENT BOUTIQUE

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 410-244-0472 \* 410-609-6217 (fax)  
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A Children's Consignment Boutique  
 where you can find a great selection of  
 name brand clothing for your  
 child. We also feature unique onesies  
 and tee shirts, blankets and bibs,  
 cooking kits and specialty toys for all  
 of your gift giving needs.

# FEDERAL HILL FITNESS

**Federal Hill Fitness**  
**39 E. Cross St. \* 410.752.3004**  
**info@fhfitness.com**

Experience the fusion of an eighty year old historic structure into a state of the art fitness center in the heart of Federal Hill. Expert Personal Trainers on hand to help you reach your goals. Fitness is right around the corner...we'll get you there.



**Pandora's Box**  
**50 E. Cross St. \* 410-244-1442**

Open Daily  
 with extended holiday hours

This holiday season, the curiosity shop hopes to intrigue shoppers with rare finds.



**Vineyard Wine & Spirits**  
 1137 S. Charles St.  
 410.837.3733 Phone  
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35 great wines under \$15  
 All types of Spirits  
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**Tradestone Gallery**  
 803 Light St.  
 410-752-8085

Open Daily, except Mondays:  
 10am—6pm, or by appointment

Tradestone Gallery specializes in Russian lacquer boxes and offers one of the best selections of these miniature masterpieces outside of Russia. The gallery also imports a large selection Russian gifts to fit any budget, including jewelry, icons, and nesting dolls.



**The Book Escape**

805 Light St.  
 410-576-8885

Open Daily: 10am—6pm

Federal Hill's neighborhood bookstore, The Book Escape, offers both new and used books in a friendly, relaxed atmosphere. With thousands of titles in stock and online, and special orders available, the hardest decision is what to read first!



**Lucky Lucy's Canine Café**

1126 S. Charles St.  
 410-837-2121

Monday—Friday: 5:30pm—8pm  
 Saturday: 10am—6pm  
 Sunday: 11am—5pm

Lucky Lucy's Canine Cafe specializes in homemade dog treats, as well as doggie birthday cakes (48 hours notice needed). For the dogs, we carry collars, leashes, toys, and a range of dog-related gifts for people. A growing Cat Corner is also featured, stocked with a variety of catnip, toys, and treats.

## LIFE SMELLS GOOD AROMATHERAPY

935 South Charles St  
 410.234.033

Tues-Sat 11-6 with extended hours the week before Christmas

We are Baltimore's first aromatherapy shop since 1986. We feature high quality essential oils and natural body products for men and women. We do custom blending at our aromatherapy bar.

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## ARTISTS & FRAMERS

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**Lucinda Gallery & Unique Boutique**  
**929 S. Charles St.**  
**410 727-2782**

**Hours: Thurs—Sun. 1 to 6 p.m.**  
**and by appointment**

This eclectic fine art gallery and boutique offers unique and custom gifts of permanent beauty for yourself and others. Over twenty artists from Baltimore create art, sculpture, carvings, ceramics, jewelry, scarves and other accessories for Lucinda Gallery.

# CITIZENS ON PATROL

Are you worried about crime in the neighborhood? You can change things by getting together with neighbors who share your worries. Anyone and everyone can take the most basic actions, like reporting suspicious behavior or crimes in progress to the police. Whatever the contribution of time, energy, talent, and resources you can make, small or large, it will help! Citizens on Patrol (COP) is just one way you can help in making our streets smarter and safer. Take a stand and help protect your neighborhood! Please visit the Southern District Police Community Relations Council website for the latest COP scheduled updates ([www.sdpcrc.org](http://www.sdpcrc.org)), or call Sharron McCulloch at 410-659-5159.

## Citizens On Patrol Schedule

### **OTTERBEIN / SHARP LEADENHALL**

Wed, 12/6, 7 PM  
S Sharp & W Henrietta Sts

### **LOCUST POINT**

Thu, 12/7, 7 PM  
Our Lady of Good Counsel  
E. Fort Ave & Towson St.

### **FEDERAL HILL**

Mon, 12/11, 7 PM  
Porter' Pub  
E Cross St & Riverside Ave

### **RIVERSIDE / SBIC**

Tue, 12/12, 7 PM  
Riverside Park Gazebo  
Riverside Ave & E Randall St

### **LAKELAND**

Wed, 12/13, 7 PM  
Lakeland Recreation Center  
2921 Stranden Rd at Wegworth Rd,

### **CHERRY HILL**

Mon, 12/18, 7 PM  
Town Center parking lot  
Cherry Hill & Terra Firma Rds

### **CARROLLTON RIDGE**

Tue, 12/19, 7 PM  
Samuel F. B. Morse Rec. Center  
Pulaski & Ashton Sts

## POSTER CONTEST

### **Attention all youth and teens!**

There will be a poster contest held at Ella Bailey Recreation Center, 100 East Heath Street! The theme is "Recycling to Save the World". Prizes will be awarded in each category in the amounts of \$50.00 for First Place, \$25.00 for Second Place, and \$15 for Third Place.

The contest is opened to boys and girls 7 -10 years old and 11 - 15 years old.

Age groups 7 - 10: Poster can be 8 1/2 " x 11 or larger on construction paper with matte backing. Poster board may also be used. Artist may use any media.

Age groups 11 - 15: Poster must be 20" x 22". Artists may use any media except for crayons.

All work must be original and cannot be plagiarized. All posters must be turned in by 6:00 P. M. on Friday, December 8, 2006.

For more information, contact Mr. Sullivan at the Ella Bailey Recreation Center, 410-396-4634.

## THIRD THURSDAY

The Southern District Police Community Relations Council meets the third Thursday of every month. It is a non-profit organization designed to improve communication and understanding between the police department and residents. Come by and listen to the *Southern District Update* with Major Eric Jordan & Deputy Major Michael McDonald. This month's meeting is scheduled for **December 21, 2006** at **7:00 PM** at the Southern District Police Station, 10 Cherry Hill Rd.

### **Agenda includes:**

- The Southern District Update - Major Eric Jordan & Deputy Major Michael McDonald
- C.O.P update - Shannon Sullivan
- Guardian Angels update—Marcus Dent
- Buffet is potluck—everyone is expected to bring something to share.

350 Christmas Dinner Food Baskets will be prepared for the District's under-privileged, from 8:00a.m. until finished. Please help spread some holiday cheer.

Visit [www.sdpcrc.org](http://www.sdpcrc.org) for more information.





**Mighty, kennel #11**

Ya gotta love that underbite!

Mighty is a friendly guy whose teeth stick out all the time -- he always showing off his pearly whites because he can't get braces. He knows sit on command and loves treats.

This cutie has the puppy energy of the Boston Terrier and the loving,

fun and sometimes goofy personality of a young Lab. He would love a family who can give him lots of exercise and enjoy long walks.

His adoption includes a coupon for one free grooming by a student at Baltimore School of Dog Grooming (1007 W. 41st Baltimore MD 21211), good through December 2007.

Boston Terrier, Labrador Retriever Mix. 11 months old and 35 lbs. He was brought to the shelter on 9/15 because his family could no longer take care of him.

**Tiger, kennel #89**

This beautiful girl is very content to just lay in your arms and soak in the affection from her admirers. The staff and volunteers are just crazy about this little sweetheart! She would be a wonderful addition to any loving family.

Unfortunately, Tiger has been at the shelter for 4 months (and counting) and still no loving family to go home to. Please come by and visit this sweet girl today! She deserves a lifetime of love and affection. Her former family reports that she is good with other cats and appears to be housetrained.

Being here longest of all the animals, she would love to not spend another holiday at the shelter.

Tortoiseshell. 1.5 years old. 6 lbs. Brought to the shelter on 7/12.



To learn how to adopt these orphans, stop by BARCS at 301 Stockholm St, phone 410-396-4688 or visit [BaltimoreAnimalShelter.org](http://BaltimoreAnimalShelter.org)

## ADOPTION MEET & GREET!!!



Stop by Lucky Lucy's Canine Café at 1126 S. Charles St. on select Saturdays in December, from Noon—2:00p.m. to learn about the next adoption event and get to meet an adoptable dog from BARCS like those featured above. Call Lucky Lucy's for more info: (410) 837-2121.

(Healthy Pets, Continued from page 5)

### Toxic Plants:

There are several plants that can be harmful or poisonous to pets. Below are some of the more common ones encountered this time of year.

**Poinsettia:** Low toxicity, chewing or ingesting the leaves and stems can result in vomiting and/or diarrhea, and increased salivation.

**Christmas greens:** All parts of these plants are low toxicity, but can cause vomiting and diarrhea after ingestion.

**Holly:** The leaves and berries have moderate to severe toxicity. Symptoms include vomiting, diarrhea and central nervous system (CNS) depression.

**Mistletoe:** All parts of this plant are very toxic, but especially the berries. Vomiting and diarrhea are common, but other symptoms include changes in heart rate, trouble breathing, seizures, and coma. Death can occur in severe intoxication. (I would recommend using fake mistletoe.) If your pet has ingested any of these plants, and you notice symptoms, please make sure to seek veterinary assistance.

### The Holiday Kitchen:

There are many hazards in the holiday kitchen, and most pets keep a watchful eye during holiday baking and cooking, in hopes that a tasty morsel might drop on the floor. Many foods, like baked goods, ham, turkey, and other rich food can cause serious illness and danger to our four legged friends. Chocolate of all kinds, but especially semisweet and baking chocolate, is toxic to pets. Symptoms of choco-

(Healthy Pets, Continued on page 11)

## WORK Printing and Graphics

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# MAKING MONEY

By Erika Haws

We have embarked on a campaign to bring in more advertisers to our monthly newsletter, which will create a win-win situation that generates revenue for our organization and lets new businesses make themselves known to the households in our area. As our funds increase, we as an organization can increase or neighborhood-improving initiatives and donate money to worthy organizations, while at the same time doing things that will strengthen our organization and the dissemination of our message via mailed newsletters, website improvements, etc. So, now more than ever, it is important for us to generate some revenue.

Since this task cannot be completed by one person, we need a group of interested people to assist in contacting local businesses for fundraising efforts, organization of fundraisers, and researching grant options. I will be meeting with anyone interested on January 4th 2007 at 6PM.

As always, if there are any new ideas or interest in fundraising, please contact me via phone or e-mail.



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## PLAY BALL!

Upcoming home Ravens games for December are as follows:

December 17—vs. Browns

December 31—vs. Bills

Other Stadium events:

December 8-9—MPSSAA Games

Save yourself a ticket and tow: please be mindful of the stadium event restrictions for Area A and Area 30 parking.



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## Just Listed-Federal Hill



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(B'More Green, Continued from page 5)

port any of its genetically modified products to Europe (which is bad for the US economy). The US has tried donating genetically modified foods to third world countries and even they have rejected them out of safety concerns!

So what is so bad about these GMOs? While there are too many reasons and too many examples to detail in full in this article, here are a few. Genetic engineers continually encounter unintended side effects – genetically modified plants create toxins, react to weather differently, contain too many or too few nutrients, become diseased and die. The genetically modified foods have components which promote cell division. Uncontrolled cell division is the hallmark of a cancer tumor. Rats fed genetically modified feed in laboratory studies have developed precancerous stomach lesions and many have died. Antibiotic resistant bacteria are a huge problem that I see in the hospital every day and that you may have read about in the news. Antibiotic resistant markers are used in the process of making genetically modified foods. The biotech companies like Monsanto that make genetically modified products have insisted that the resistant genes cannot be transferred into the human body. But in the late 1980's, "animal feeding studies confirmed that [antibiotic resistant] DNA not only survives, it is found in the blood, intestinal wall, liver, spleen and feces, and even remains intact in the digestive system for more than 5 days." They have found this to be true for humans as well.

When given the choice between genetically-modified and non-genetically modified food, rats, cows, and other animals consistently refuse to eat the modified food. Yet, this is what we Americans eat on daily basis! No one realizes it because the US government does not require genetically modified foods to be labeled. The FDA has ignored recommendations by its own scientists by approving genetically modified foods without requiring safety tests. The FDA actually does no testing for GMOs but instead relies on tests submitted by the biotech companies that

are applying for approval of their product. Researchers have found significant problems with the research submitted by biotech companies. For example, Monsanto used stronger stomach acid and more than 1,250 times the amount of a digestive enzyme recommended by international standards to prove how quickly their genetically modified protein degraded in the stomach.

I highly recommend that you avoid eating the following foods which are genetically modified: soy (85% in the US is genetically modified), canola (75%), corn (40%), food additives, enzymes, flavorings, processing agents, soy flour, soy protein, soy lecithin, corn syrup, dextrose, maltodextrin, fructose, citric acid, lactic acid, Aspartame (NutraSweet), Quest tobacco, meat, eggs and dairy products from animals fed genetically modified feed, and dairy products from cows injected with rbGH. A basic rule of thumb is to buy organic as much as possible and avoid any processed foods that contain corn, soy or dairy. Buy your groceries from Whole Foods and Trader Joe's as they have pledged not to stock any genetically modified products. Gerber baby has also pledged not to use GMOs. Money is power. Companies want to make a profit, and if no one is buying their GMO products, they will switch. Look at Europe: due to civilian outcry, the governments outlawed genetically modified food and companies have switched in order to continue making money. Write to Congress and demand that foods be labeled. We should have a choice as to whether or not we eat genetically modified foods but since nothing is labeled, it makes it hard to make an informed choice. YOU should be able to have control over your health. We can't leave it to the biotech companies! Visit [www.seedsofdeception.com](http://www.seedsofdeception.com) for a sample letter to Congress. Visit [www.krafty.org](http://www.krafty.org) to send an email to Kraft to stop using genetically modified foods.

All the facts in this article come from *Seeds of Deception* by Jeffrey Smith. To find your Congress reps: [www.nrdconline.org/nrdc/leg-lookup/search.tcl](http://www.nrdconline.org/nrdc/leg-lookup/search.tcl)

(Healthy Pets, Continued from page 9)

late toxicity can range from vomiting and diarrhea, to high blood pressure, tremors, heart arrhythmias, seizures, and death. Bones from turkey, chicken, ham, etc. can cause gastrointestinal (GI) upset, choking, or intestinal obstruction, and should not be given to pets. Table scraps, or any food that is not your pet's normal diet, can cause GI upset. Be careful about treats and table scraps and caution any guests to not feed your pet any of these "special treats".

#### **Trees and Decorations:**

Christmas trees and glass ornaments can prove to be dangerous, particularly to cats. Since cats are notorious for trying to climb trees, make sure to stabilize it properly to avoid the tree falling over. In the past I have wired ornaments to the tree with floral wire to prevent my large dog from knocking off the ornaments with his overly aggressive wagging tail. Place breakable ornaments out of your pet's reach to avoid cuts from broken glass. Any ornament, decoration, tinsel, yarn, or ribbon can be a choking hazard or cause an intestinal obstruction if ingested. Electrical cords should be covered and tacked down because chewing on electrical cords can result in electrocution.

#### **Safe Travel:**

If you are traveling with your pet for the holidays, make sure to have proper identification on your pet, including a local phone number or your cell phone. Microchipping your pet is always the best way to ensure its safe return. If you are traveling a long distance, make sure to bring plenty fresh food and water for your pet. Holiday traffic jams can keep you in the car much longer than expected and it is always a good idea to have emergency needs for your pet readily available.

#### **Giving Pets As Gifts**

Remember that there are thousands of animals in Shelters each year in the months following the holidays. Many of these animals were impulsive purchases, and once the recipients realized the impact of training a puppy, or the daily routine of changing the litter box, they decided to turn in their animals. If you do plan to give a pet to loved one for Christmas, don't forget to stop by the local animal shelters and rescue groups. There are hundreds of wonderful animals for adoption in need of loving homes.

#### **Helping Pets in Need**

In the spirit of giving during the holiday season, keep your local shelter and rescue group in mind for a holiday donation. Food, litter, towels and other items are always needed.

*South Baltimore  
Improvement  
Committee, Inc.*  
PO Box 6364  
Baltimore, MD 21230



## To Our Neighbors

### BE ABOVE THE FOLD

SoBoImCo has just successfully launched the first all-mailed newsletter on the South Baltimore peninsula, guaranteeing delivery to over 1700 households per month. We are currently seeking a premier advertiser for the mail face of the newsletter, which will include a 1/2 page ad and sponsorship label on the address side.

If you have a business that you'd like to promote with consistent, monthly delivery, please contact Julie at eastend-design@att.net or 410.547.7467 to discuss rates and terms.

### SBIC MEMBERSHIP APPLICATION

For just \$5 per person, you can become a member of the South Baltimore Improvement Committee, a non-profit 501 (c)3 community organization. Your dues help SBIC promote and support a number of activities in the neighborhood, including youth events, social events, community clean-ups, public safety, beautification projects, newsletter printing and distribution, and donations to other local non-profits. All members must be residents of SBIC which is bounded by Light, Cross, Race, and McComas Streets.

To become a member, please fill out and return this form with payment to: SBIC, PO Box 6364, Baltimore, MD 21230, or bring it to a General Membership meeting. Please do not mail cash.

Name 1 : \_\_\_\_\_

Name 2: \_\_\_\_\_

Street Address: \_\_\_\_\_

Preferred Phone: \_\_\_\_\_

Email Address: \_\_\_\_\_

All dues are tax-deductible under Federal guidelines.