

Remington *Community Newsletter*

Ninth Edition

August 2013



Eat fresh and in season!

Eating fresh fruits and vegetables every day is one of the most important things you can do for your health. Research continues to show that many essential nutrients in fresh produce may protect you from cancer, high blood pressure, heart disease and Type 2 diabetes, and they also give you more energy, help reduce weight gain and may even reduce the effects of aging.

Get your produce fresh from the farm! Find fresh produce, eggs and other foods at these spots in our area. Experience the fun of the Farmer's Market and enjoy good fresh food!

Baltimore Food Co-op and Market 2800 Sisson Street *Tuesday - Sunday 9 am - 7pm*

Waverly Farmer's Market E. 32nd Street and Barclay Street Saturday 7 am to 1pm All Year Round

Druid Hill Park Farmer's Market Wednesdays 3:30 to 7:30 pm

Baltimore Farmer's Market Saratoga Street between Holiday and Gay St. Under the JFX Viaduct *Sunday 8 am to Noon*

BACK TO SCHOOL CELEBRATION!

Saturday August 17th 11 am -1 pm

Church of the Guardian Angel 335 W 27th Street

Free hair cuts & manicures for kids, games and crafts

Free hot dogs and lemonade!

Music on the Church Porch

Pick up your Backpack stuffed with school supplies!

Sign up for a backpack is required.

*backpacks are for school-bound kids who live in Remington. Please bring proof of residence. Remington border is: Howard St to Sisson St and 26th to 31st St.

Backbacks will be set up with certain supplies for various grade levels. This information will be requested when you sign up.



Need to get your Maryland I.D. and take care of MEAP?

A Maryland I.D. or Driver's License is needed for many official documents, such as the MTA bus pass, food pantry, social security and others. If you have lost yours, let us help!

If you are having trouble getting a Maryland State ID, (maybe you need to get a birth certificate first?) don't despair, The Church of the Guardian Angel and Episcopal Housing Corporation can help!

We can walk you through the process, help you fill out paperwork, and provide you with transportation to the MVA. Also, thanks to a donation from Episcopal Housing Corporation, we can cover half the cost of getting an ID AND a birth certificate.

Also available is assistance with MEAP— the Maryland Energy Assistance Program. Be prepared for the winter months and keeping your energy bill down. You can apply now for help with the 2014 BGE bills.

Please bring this information - you must have this for each member of the household

- Maryland I.D. Card
- Current BGE Bill
- Social Security Card

Proof of Income - SS letter of annual income, or a paystub for 2 pay periods

To get started, with Maryland I.D. or MEAP, please come to the Guardian Angel food pantry on Wednesday mornings between 9 and 9:45 am at Kromer Hall (335 W. 27th St.) and talk to Betsy Childs or call her at 443-803-1952 or 410-366-6200.

Ricky's Handyman & Lawn Service

Ricky Keffer 443-415-1677



Free Estimates No job too small, a Remington Resident that can make it happen.

Check out remingtonmd.nextdoor.com or email him at rickykeffer@yahoo.com

Community Events In Remington

Held at Guardian Angel Church 335 W. 27th Street In Kromer Hall

Free Movie, then Community dinner

Wednesday at 4pm there will be a FREE movie for neighbors in the community and following that at 6 pm, will be the Community dinner.

Food Pantry

Wednesday from 9am-9:45am the food pantry is open at Kromer Hall (335 W. 27th St.) Please bring proof of residence in the 21211 zip code.

Yoga classes

Saturday at 2 pm classes for all levels of practice.

Porch art

Tuesday at 6:30pm arts and fun for children and adults. Bring a kid, help a kid, and enjoy yourself!

Join the Greater Remington Improvement Association!



August 19th at 7 pm

Temporary location -Miller's Court 2601 Howard Street, Downstairs, side entrance

Visit **www.griaonline.org** for more information and to view coming events, blogs, and past newsletters.

Remington Community Newsletter

This newsletter is produced and distributed to the residents and business located in the neighborhood of Remington with the collaboration of the following partners: Episcopal Housing Corporation, G.R.I.A., The Church of the Guardian Angel, and the Greater Homewood Community Corporation.

Everyone is welcome to contribute information about activities and events in the Remington Neighborhood. Contact Betsy at 410-366-6200.

Remington Business Showcase

Corky's Grill

Corky's Grill has been a mainstay at the corner of 23rd and Huntingdon for over two decades. This corner has been home to a restaurant for much of Remington's history: a locally owned restaurant called DiLuca's Lounge had been in operation since 1910. Owner Steve Karadelas, a Baltimore native who grew working with in his father's Fells Point nightclub, opened Corky's in 1991.

Corky's specializes in homemade Italian and American food, like soups, salads and sandwiches. Unlike most of the nearby carryouts that sell similar items, all of the food at Corky's is handmade from scratch.

This approach to cooking means that the restaurant has a very loyal customer base, many of whom have been coming to Corky's for years. Diners enjoy the reasonably-priced food and are willing to wait the extra time needed to prepare food the old-fashioned way. Corky's also offers delivery service to all parts of central Baltimore.

Although Corky's currently caters to mostly a breakfast and lunch crowd (they close at 6:00 pm), Karadelas says that in the near future, he is planning changes that will make the appearance and character of the restaurant noticeably different. Karadelas would like to expand the bar offerings and keep the restaurant open later. In the two decades that he has owned the business, he has never renovated the space; due to increased investment in the community, he feels that it's time for Corky's to evolve.

Corky's Grill is located at 225 West 23rd, and is open from 7 am to 6 pm, Monday -Friday, 8 to 4 on Saturday. They can be reached at (410) 243-4377 and found online at <u>www.corkysgrill.com</u>

St. Mary's Outreach Center



FOOD STAMPS

If you are age 55 or older come to St. Mary's to see if you qualify for Food Stamps.

<u>Tuesday, August 20, 12 noon</u>

Items to Bring:

- •Picture ID
- •Social Security Card
- •Proof of income
- •Rent verification
- •Proof of utility
- •Most recent bank statement
- •Prescription/medical bills
- •Unpaid Medical bills

MARYLAND FOOD BANK UNTL HUNGER ENOS

For questions or more information, please call: St. Mary's Outreach Center 3900 Roland Avenue 410-366-3106



Ph: **443-919-7770** Cell: **443-271-0825** Fax: **443-919-7771**

2720 Sisson Street (rear) Baltimore, MD 21211 Jeff Millman Owner ASE Certified HMFIC "Old Fashioned Service" "Modern Technology" "and That Personal Touch"

customzef@comcast.net www.sissonstauto.com

Long John's Pub

398 W. 29TH STREET 410-235-2426

Supporting Our Community Of REMINGTON



Join us for Karaoke fun on Tuesday and Wednesday nights! With our new Touchtunes music/karaoke/ photo jukebox from 10 pm to 1 am



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