

Marilyn Sickels (right) made new friends during the centennial celebration at the main beach on September 21.

By Zach Sparks zach@pasadenavoice.com

irthdays are usually celebrated with cake, cards and some combination of food and beverages. But what is

celebrate the birthday of a neighborhood?

Round Bay residents gathered at the main beach on September 21 to hold a centennial celebration for their community. Each person marked the occasion in I needed to know more his or her own way. Some

regatta. Others drank wine and reminisced.

Marilyn Sickels reflected on her move to Round Bay in the early '80s. During her time in Round Bay, she helped start a Montessori school on Ritchie Highway and she developed an affinity for sailing.

"It started with the Wednesday night races in the neighborhood," she said. "[A neighbor] offered me his boat, and I realized

t looks ordinary — a shoebox-sized piece of Lequipment affixed to a light pole in the parking lot by Einstein Bros. Bagels off Ritchie Highway. But what exactly is it?

Severna Park resident Peggy Williams drove near the device with her Acousticom 2 in hand. The radiofrequency radiation readings mirrored the ones she saw when observing small cells in Annapolis.

placed within 500 feet of each other, about every three to five homes, for maximum efficiency. These operate just above street level as opposed to the sky-high antennas currently used to transmit mobile data signals.

Small cells are part of the rollout for fifth-generation (5G) technology, which will lead to increased internet speeds for cellphones and other wireless devices. Experts say it might lead to scientific breakthroughs with artificial intelligence

also be harmful. While the American Cancer Society has found little evidence that cell towers increase the risk of cancer, other studies have. The National Toxicology Program spent \$30 million over 10 years to conduct studies. In 2018, NTP announced its findings: exposure to high levels of radiofrequency radiation, like that used with 2G and 3G cellphones, is associated with tumors in male rats.

The scientific community is divided on the potential side effects of 5G, and that's enough for Williams to worry about small cells cropping up around Severna Park. "People think 5G is a little more powerful than 4G, but 5G is going to be exponentially more powerful than 4G," Williams said. "...We're sending data through the air basically. These frequencies are jagged, choppy, erratic and destructive to body tissue. It's a whole storm of [electromagnetic field] stuff that affects us. We can't see it, feel it, hear it, but that doesn't mean it's not doing some damage." A Verizon spokesperson declined to say whether the equipment in Severna Park is a small cell. Either way, it's a matter of time before they are everywhere, said Theodora Scarato, executive director of Environmental » Continued on A7

Small cell emitters, or

Earleigh Heights Fire Company Loses Zoning Appeal



The most problematic issue with the current fire station is the height and width of the engine bays, which aren't meant for modern apparatus.

By Zach Sparks zach@pasadenavoice.com

t Earleigh Heights Volunteer Fire Company, Afirst responders aren't just battling fires; they're facing numerous threats to their health.

'The bricks are cracked outside and our station is about as cancer-growth as possible," said Chief Dave Crawford. "The sleeping quarters are above the apparatus floor, and the tile is from 1957, so I'm sure it's made of asbestos.

"We're asking [the firefighters] to do a dangerous job while living in a dangerous environment."

The crew at Earleigh Heights — dozens of volunteers along with four 24/7 career staff and one lieutenant — say the station is too old to be renovated, so it needs to be replaced. No one disagrees with that assessment, but the Severna Park community is divided on how to pay for the \$6 million replacement building and where to put it.

Chief Dave Crawford wants Earleigh Heights to build and lease three pad sites to businesses. Those profits would allow them to build a new Earleigh Heights station 600 feet to the east, downhill by the post office. About 4.5 to 5 acres would remain as open space.

Crawford said EHVFC raises about \$350,000 a year » Continued on A9

Family Fun At The Kinder Farm Park Fall Harvest Festival

By Kerri Dress

The Friends of Kinder Farm Park group is gearing up for its annual Fall Harvest Festival. The festival is a community favorite, attracting families across the county to join in on the festivities. It will take place on Saturday, October 12, from 10:00am to 4:00pm at Kinder Farm Park in Millersville.

Carrie Fielder, the lead planner for this year's event, is passionate about

the park and loves putting on this event because, "it's fun to see everyone come together and see what they will do. The fire department is pitching in, too!"

The festival is free to enter but will have paid vendors inside. All proceeds will go to improvements for the park. The farmhouse was built in the 1930's and remains an important piece of history in the community.

"It's important to preserve this land and make

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it a fun place for families," Fielder said.

There will be the usual fun fall crafts for children — like pumpkin painting, scarecrow making and pinecone feeder making. New this year will be spoon decorating and toilet paper pumpkins. Small children can enjoy running around in the straw maze, while older children can participate in a competitive soccer kick. All of the classic fall food will be available for purchase including funnel cakes, barbecue, popcorn, snowballs, hamburgers and sandwiches.

"My favorite activity is watching the corn cannons where they shoot sculptures and boards with corn cobs," Fielder said. "A lot of times, the fathers will help the kids, which is nice to see." A couple hundred volun-



Photo by Stephanie Mennell Photography

There will be the usual fun fall crafts for children — like pumpkin painting, scarecrow making and pinecone feeder making. New this year will be spoon decorating and toilet paper pumpkins.

teers are involved, including students seeking service hours. A core group of 10 to 12 volunteers plans the

event starting in April. People who want to join the Friends of Kinder Farm Park group or volunteer in

the future can find meeting information on the website calendar at www.kinderfarmpark.org/calendar.html.

Margueritte Mills Volunteer Of The Month



Kara Hamilton received her Volunteer of the Month award from Zach Sparks, Voice editor.

By Chris Fincham

In 2011, Kara Hamilton, alongside her husband and two young children, started a battle.

Diagnosed with breast cancer, the 33-year old fought for nearly a year, going through treatment and surgery.

"As I walked through that, there were lots of people who reached out to me and helped me along the way," Hamilton said. "So when I finished my journey of treatment, I wanted to give back; I wanted to help other people going through it."

Initially, she spent time writing and sharing everything that she was going through. That turned into a blog, which evolved into what she describes as a sort of ministry of helping other people through her nonprofit - Pinked Perspective.

"I reached out to other people who were having mastectomy surgery — because that was part of my journey — and tried to help them out with things that they would need to know," she explained. "Eventually, it became this actual care package that I put together and would send out."

Hamilton now spends about 25 hours a week collecting items, corresponding with people, packaging the kits and shipping them out.

"It's grown over the years from 2014 to now," said Hamilton. "I send somewhere between five to 10 kits per week all over the country, to women who are either having a mastectomy or facing chemo or radiation."

To collect items for the kits and raise awareness for breast cancer locally, Pinked Perspective is hosting its annual Think Pink event at Holy Grounds at the Severna Park Community Center on

A Pinked Perspective Provides Positive Purpose For Survivor

October 26 at 9:00am. In its seventh year, the free event has continued to grow. As the nonprofit's primary fundraiser for the year, the event is also a celebration of survivors.

"We collect items for the kits, but it's really about survivors; sharing their stories and celebrating," explained Hamilton. "You hear a lot of sto-

"You hear a lot of stories about recurrence this is kind of my way of combatting the fear — if I keep the focus off of me and turning it around on something good, it kind of helps," Hamilton said. "My cancer was found at an early stage and this happened to me for a reason, and I'm trying to do good with it, so maybe I'm needed in that way." *For more information*

For more information about Pinked Perspective or the Think Pink event, visit www.pinkedperspective.com.

How Much Stress Can You Handle?

prescriptions.



"They say God doesn't give you more problems than you can handle ... I just wish God didn't trust me so much," confessed "Mary," a SPAN client from Arnold, with a wry smile. Mary is a middle-aged

woman on disability who is recovering from shoulder surgery. She lives with her elderly mother, who has dementia, and her elderly father, a veteran. Mary cares for her parents full-time, driving them to doctor's appointments, cooking and cleaning, and she refuses to put her mother in a "facility," despite the fact that she's incontinent and needs help with even the most basic personal-care tasks. On Mary's most recent visit to SPAN, she shared that her father had just had a stroke. Despite the stress she's under, Mary manages to smile and expresses gratitude for the help she gets with her parents'

API Celebrates 15 Years



To commemorate its 15th anniversary, Athletic Performance Inc. (API) held a party on September 14. Families were treated to free giveaways, discounts on API programs and gear, free clinics and food.

All of our clients have unique stories, but they share the common bond of just needing a little emergency assistance. Every day, we hear sad stories of how divorce, job loss, abuse, illness and other crises force local families to seek help. And every day we hear gratitude for the help we give. Our clients often express appreciation for the respectfulness and kindness with which they are treated by SPAN's volunteers.

To see how you can help your neighbors in need, visit our website at *www. spanhelps.org.* Your donations to SPAN remain local, staying within 14 zip codes in Anne Arundel County.

Thanks to Craft Ameri**can Eatery** for donating a percentage of its sales to SPAN on October 1. Visit the **Shoptoberfest**, hosted by the Greater Severna Park and Arnold Chamber of **Commerce,** in Park Plaza on Saturday, October 5. SPAN will have a booth there and we will give away some freebies! Enjoy music, games, prizes, trick-ortreating and much more. Also on October 5, Team Caropreso at Keller Williams Flagship of Maryland is hosting a bull roast at Reflections Hall in Curtis Bay that will benefit SPAN. Save the date: SPAN's biggest fundraiser, the Turkey Trot 5K/1M race at Kinder Park, will be held on Saturday, November 16. Registration is now open on www.active.com. Sponsorships are available — email stride*forspan@gmail.com* for more information.

SPAN (Serving People Across Neighborhoods) is a faith-based nonprofit food pantry and emergency services provider that has been helping local families with eviction prevention, utility turnoffs, prescription needs and food since 1990.

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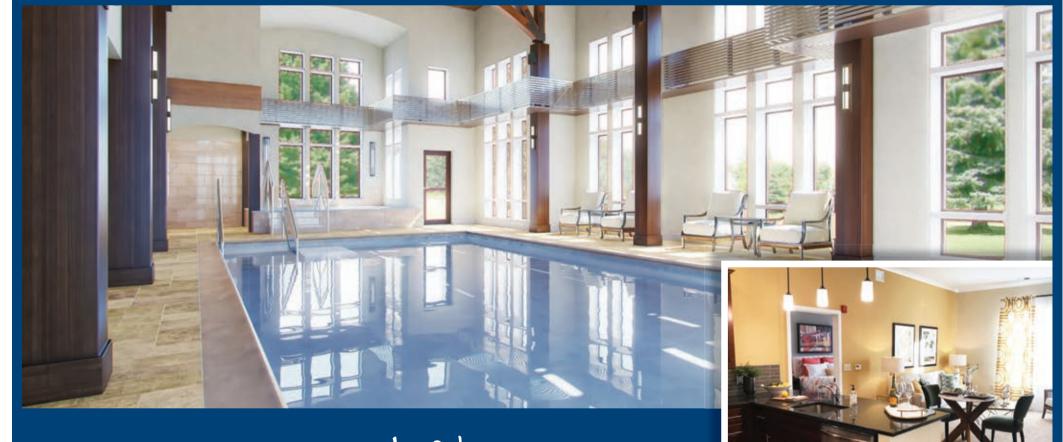
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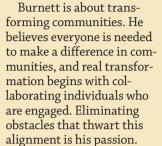
Make your difference

By Elizabeth Harwood

Inspired volunteers often carry a unique torch inside them that is eager to be received and fanned, and nonprofit organizations often depend on inspired volunteers to carry out their vision. Yet, for many reasons, a match doesn't always stick, and the common cause misses out.

Josh Burnett, former church pastor of Revolution Annapolis and current Arnold resident, noticed a disconnect in volunteerism when he and other community leaders were invited to the mayor's office to discuss the potential of a collective volunteer project. One observation in particular was glaring.

"The dominant complaint was nobody knows what [initiatives] anyone is doing," Burnett explained. "The churches don't know, the nonprofits don't know, the city doesn't know."



'When you step outside of yourself and serve someone else, it changes your brain chemistry, actually," Burnett shared. "It transforms you."

Burnett led many attempts to match make volunteers with organizations in a deeper way, but with little success. Burnett and his growing team noted the popularity of dating app technology and were certain they would discover a similar philosophy for volunteerism. They were baffled when they couldn't find anything remotely close.

"The way that we think and operate now is so centered around curation," Burnett explained, referring Josh Burnett, founder and CEO of the technology start-up Flourish, is responding to a pattern many volunteers experience: being inspired, reaching out, and getting disappointed.

to how technology does so much thinking for us today. 'Everything is optimized. But you can't have a curated volunteer experience, so the technology was the way to be able to get at that."

After almost two years of contemplation, Burnett decided in May 2018 to embark on a second career full-time, a technology start-up company called Flourish. His last day on staff as a pastor was December 31, 2018. Since January, Burnett and his team have been trailblazing their way toward building a web and app platform that will reduce the amount of time and discouragement between an inspired volunteer and their "boots on the ground.

After overcoming many learning curves (as well as culture shock), investors are secured, technology is developed and rollout strategies are in motion. Burnett expects Flourish to distinguish itself because of its algorithm technology designed to

navigate the answers to carefully crafted questions, so volunteers are better able to leverage their lives for the highest impact in their community. Technology, however, only scratches the surface. Among other things, the Flourish team plans to

embed their own representatives inside each orga-

nization to help shake off any remaining gaps on the receiving end. Flourish believes this bookend approach will help take the guesswork out of volunteer onboarding for staff who are likely overwhelmed, as well as relieve pressure and workload. Again, the focus of Flourish is on people, an ethic Burnett often emphasizes.

"Our communities have everything they need to flourish," Burnett said. "It's really just aligning the resources, which are people, and the means," he explained. "If those things happen, flourishing happens. It is possible. We need everyone, no matter what their faith or orientation or anything is, we need everyone in order for flourishing to happen."

Flourish is expected to go live January 2020. Volunteer testers are currently being recruited to help Flourish feel things out between now and the New Year. To get connected, visit www.flourishcommunities.com.

Round Bay Centennial

» Continued from A1

about engines. I had sailed on Lake Erie when I was 14. I brought my skills to the new age."

For the next 20 years, she taught women's sailing all over the world.

Sickels no longer lives in Round Bay full-time, but her daughter resides in the family home. Although much has changed in Severna Park over four decades, she said things in Round Bay operate nearly the same way they did when she moved in.

"Most of the kids grow up knowing how to sail, how to swim," she said. "They learn how to keep the water clean, how to help the oyster population. The things are available to everyone – a book club, group pickleball. You don't need to have an engraved invitation or whatever."

In her 50 years in the community, Suzi Ochs said she has noticed "a lot of people have returned to the shores of Round Bay."

As for her own family, they purchased a house for about \$40,000 several decades ago. "My kids were on the swim team; they were river rats," Ochs said. "It was a great place to grow up.'

Deke Johnson's family moved to Round Bay in 1977, moved away in 1990 and came back around 2000. He now serves as president of the community.

He started a youth sailing camp, which some neighbors took over when he moved. Johnson later returned to his post, teaching children how to sail. Johnson praised his neighbors for the love and support bestowed upon one another.

"My wife got leukemia five years ago and people were always bending over backward to help," he said. "There'd be a meal waiting for my kids when I got off work."

It wouldn't be a true centennial celebration without honoring the history of the neighborhood.

According to a Round Bay community directory published in 2016, Norvell Chapman, Walter Piper and Ernest LeSeure formed the Round Bay Beach Company in 1910, and proceeded to sell building lots. The beach company acquired the land from the Annapolis and Baltimore Short Line, a steam-operated railroad. Those 90 acres included woods and beaches, a pier, a summer hotel with bathhouses, a dance pavilion, and a log cabin occupied by Scott Nolan, who tended cows and delivered milk to early residents. According to the Department of Agriculture, the county's first peach orchard on record was planted on a Round Bay hill.

During the first decades of family life in Round Bay, many houses were for summer use only. A rapid conversion to all-year living took place in the '30s, and community carnivals became must-attend events on the Severn.

While Round Bay is still enjoyed for water and recreation, the population has grown to 230 homes.

The houses don't all look alike," Sickels said. "It's a different sense of charm."

So how did she celebrate this special birthday for Round Bay? The same way residents celebrate most occasions in the neighborhood: by enjoying the party.

'There's a wide mix of ages, and the parties keep the older people feeling younger," she said.



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Get In The Halloween Spirit With Shoptoberfest



By Haley Weisgerber

The Greater Severna Park and Arnold Chamber of Commerce is celebrating Halloween and supporting local business with its second annual Shoptoberfest on October 5 from 11:00am to 3:00pm.

Shoptoberfest is a free Halloween-themed event put on by the chamber of commerce to bring the community together and to support local businesses with the help of their sponsors and vendors.

'We want to emphasize the shop local concept," said Liz League, chief executive officer of the chamber of commerce. "Our goal is to bring the Severna Park [community] together with our businesses."

Following the success of the first Shoptoberfest and the Shop Local Fun Fiesta in May, the chamber continues to encourage the community to take advantage of shops in their neighborhood in an age where online shopping is becoming more popular.

"The online providers take money away from the small business, and we have the great community we have because of our businesses, so we want to show them off,"



said League.

Shoptoberfest is a reimagined version of the trade fair that the chamber had previously hosted to promote the shop local cause. While the event was successful, it was time for a change.

"We didn't have the visibility with the trade fair that we have in Park Plaza," said League. "Having it in a public place draws much more attention to the businesses and brings people in."

ture many of Severna Park's favorite shops such as Lisa's Cakepops, Three Blue Bunnies, The Cottage, and many more! Each vendor will have an activity and trick-ortreating at their station. Live music will be broadcasted by WNAV from Annapolis, and there will be a DJ.

Halloween costumes are encouraged, and at 1:00pm, a costume contest will be open to all age groups.

fun for the whole family, even pets.

pets, get a jumpstart on holiday shopping and play games," said League. "It will be a really fun time."

By Chris Fincham chris@severnaparkvoice.com

n mid-September, the Severn River Association — which claims to be America's oldest river group — shared some unsettling news. A large dead zone had overtaken a huge stretch of the Severn River between April and August.

After regularly navigating and systematically testing various points throughout the river, the SRA teams identified that the dead zone area of water — with very low oxygen — covered more than five square miles, reaching from just above the Severn River Bridge (Route 50) all the way up to the narrows near Arden-on-the-Severn.

"Excessive nitrogen and phosphorus pollution from human activities cause dead zones, or areas with low amounts of oxygen," according to the Chesapeake Bay Foundation. "With little or no oxygen, fish, crabs, oysters and other aquatic animals literally suffocate."

Mackenzie Miller, an SRA summer intern and field investigator from Duquesne University, worked alongside a team of volunteers

to collect and review water quality data using a protocol approved by the Chesapeake Monitoring Cooperative, which is a division of the Alliance for the Chesapeake Bay.

In 2018, the region received nearly double the amount of rain than a typical year. The more than 70 inches of precipitation, combined with unrelenting development, overwhelmed waterways like the Severn River with stormwater runoff.

"All of the impervious surfaces around our area are killing the river," said Tom Guay, SRA secretary. "Clearcutting trees for more homes and townhomes, highways, roads, roofing - it's flushing everything directly into the river."

Though not a threat to humans, the conditions can be deadly to fish and crabs if they cannot escape the area. Unresolved, a dead zone can have long-lasting negative impacts on waterways and ecosystems.

ON THE BRIGHT SIDE

While the vast dead zone is disheartening, Guay pointed out that it's not all bad in the Severn River. Though fish, crabs and

oysters won't inhabit the low-oxygen waters, dark false mussels have thrived.

The Severn River Isn't Dead Yet,

Let's Keep It That Way

"Some of our oyster cages were weighing close to 80 pounds," Guay said. "The little guys have covered the cages and the ropes in a massive scale.

These tiny shellfish are native to the area and aren't much larger than a fingernail. In spite of their small size, they can have a big impact as filters for the river.

"These dark false mussels show up and filter the water," explained Guay. "We've seen these all the way up the river, which has contributed to the clarity that we've seen this summer, which has led to more grass growth throughout the Severn.'

Guay said that the amount of grass he and his teams of volunteers are seeing is at a 30-year high. He's hopeful that the increased grasses will help replenish the oxygen in the water, and create healthy habitats for a thriving and resilient ecosystem.

WHAT YOU CAN DO

First and foremost, Guay encourages everyone to simply stop polluting. Be

aware of the impervious surfaces around your home and take steps to limit stormwater runoff going directly into waterways or sewers. Here are a few steps you can take according to the Chesapeake Bay Foundation and the Chesapeake Stormwater Network:

- Minimize impervious surfaces on your property.
- Plant trees and preserve existing ones.
- Plant a rain garden. •Use the water that drains off your roof by directing downspouts toward vegetation or into rain barrels.
- Replace lawn areas with native plants such as shrubs and wildflowers, which tend to develop more extensive root systems that take in and hold water much better than lawns.
- •Add organic matter to your soil.

. The Severn River Association is a membership organization that adapts its work to meet the changing needs of society and the river. For more information or to volunteer with the Severn River Association, send an email to info@severnriver.org.

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Park Plaza is located at 550-582 Governor Ritchie Highway in Severna Park. Sponsored by the merchants of Park Plaza Shopping Center.

Dedicated Aviator's Hard Work Is Rewarded

By Brenda Wintrode

A 2009 U.S. Naval Academy graduate and Severna Park native sat on his couch in Solomons, discussing his recent transition back to Maryland this March from service overseas as a weapon systems officer with the United Kingdom's Royal Air Force.

Marine Naval Flight Officer (NFO) Major Daniel L. Jewett flew 57 sorties as an exchange officer with the IX(B) Squadron, which, according to the RAF website, is a unit "specialized in dropping large bombs."

The squadron executed Operation Shader, the RAF's contribution to Operation Inherent Resolve. Daniel employed 11,594 pounds of ordnance to support coalition forces during targeted attacks on the Islamic State in Iraq and Syria.

In May, the 33-year-old was named Marine NFO of the Year, also called the Robert Guy Robinson Award, by the Marine Corps Aviation Association. According to the awards ceremony program, Daniel's performance was instrumental to mission success as he contributed "an aggressive mindset, tactical acumen and professional leadership; he greatly enhanced squadron lethality."

Daniel said receiving the

award was a testament to all the people who have trained him.

"I'm under no opinion that it reflects or suggests that I was the best person at what I do," he said. "I was put in a unique situation where I was able to do an important job, did it well."

He said that any of his peers would have done the same.

Daniel is the son of Severna Major I Park residents at the I Carol and retired Last M Captain Charles him Ma "Bud" Jewett. His father, a former Naval flight officer on an A-6 Intruder, retired from the U.S. Navy

after serving 30 years. "Dan watched the things that I did ... and a lot of little boys want to be like their dads," Bud said. "He's very conscientious, precise; very deliberate in what he does."

Carol Jewett said when she read the accomplishments of her son's time with the RAF, it took her breath away.

"I'm very, very proud of him, but sometimes you're glad you don't know it until it's over," she said.



Major Daniel L. Jewett (left) stood with his father, Charles "Bud" Jewett, at the Marine Corps Aviation Association awards ceremony in San Diego. Last May, Major Jewett received the Robert Guy Robinson Award, naming him Marine Naval Flight Officer of the Year.

For all of the trepidation his mom may feel, Daniel said all of his training and flying with some of the world's best pilots in wellplanned scenarios makes him feel relatively safe.

"They try to make us experts in what we do and make us ready for any situation that can occur," he said. While reflecting. Daniel

While reflecting, Daniel listed the names of the aircraft he has learned to fly as a student this summer at the U.S. Naval Test Pilot School in Patuxent River. In addition to hundreds of flight hours in both the F/A-18D Hornet and Tornado GR4, he added flight time in a UH-60 Black Hawk helicopter, a T-38 Talon and a T-6 Texan II to his resume. Aerospace engineers need seasoned aviators like Daniel to learn the variants of multiple aircraft and report back to them how the performance of each can be improved. From the time he was a

kid, Daniel dreamed of attending the Naval Academy. He invested many hours in studies and activities he thought would gain him acceptance, only to be denied out of high school. Disappointed but determined, he chose to attend Virginia Military Institute his freshman year.

"The only way you can ever assure you're going to get the things you want, you have to be the best at something, and I wasn't," he said.

He focused on his academic performance at VMI and was accepted to the academy his sophomore year.

"I kind of made up my mind that was never going to happen to me again, and if it did, it wasn't going to be because I didn't try my hardest," Daniel said.

He maintains a rigorous discipline during test pilot school by

starting each day at 5:30am with a 3-mile run and is in class by 8:00am. The 11-month program includes Calculus, Differential Equations and Report Writing, classes he describes as "intense and condensed" versions of his academy classes. He gets home, tries to eat something healthy, studies and is in bed every night by 9:00pm.

After test pilot school, Daniel will go on to test aircraft, but he is not sure just where yet. A career in the space community may also be in his future sights. In 2015, he became a subject matter expert on space-related operations, and he aspires to become an astronaut, maybe even work for NASA. He grinned at the words coming out of his mouth and said, "That's kind of shooting for the stars, and if you miss, maybe you'll hit the moon."

Taylor Wild Golf Tourney To Take Place Nov. 2

Taylor Wild was a best friend, a brother, a son and a Marine, and the community will keep his name alive by holding the fifth annual Taylor Wild Memorial Golf Tournament on Saturday, November 2, at Compass Pointe Golf Courses in Pasadena.

Registration starts at 8:00am, with a shotgun start at 9:00am. The cost is \$560 for a team of four, or \$140 for an individual player.

All donations will be put toward the Herzberg-Wild Scholarships, named in honor of Wild and Lance Corporal Eric Herzberg, who was killed in action in Al Anbar, Iraq, in October 2006.

Wild was only 21 when he died in a military training exercise before his third deployment in 2013.

Two \$10,000 scholarships will be awarded in April to graduating Anne Arundel County public high school students who exhibit the Marine Corps values of honor, courage and commitment; the ability to persist in the face of significant personal obstacles; and the ability to provide quiet leadership in their school or community.

For more information about the tournament or scholarships, visit *app*. *eventcaddy.com/events/ taylor-wild-golf-tournament*.



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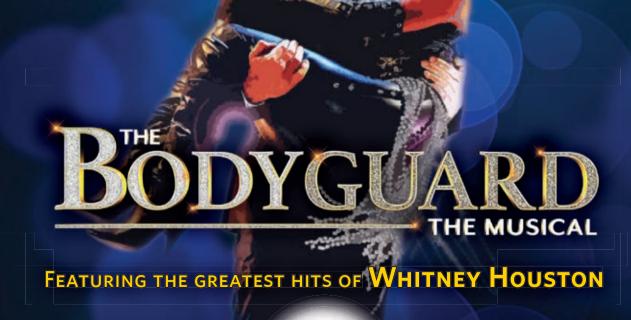
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The Great Small-Cell Debate

» Continued from A1

Health Trust, a think tank that promotes a healthier environment through research, education and policy. The organization noted that industry leaders plan to deploy as many as 800,000 towers in neighborhoods and historic districts around the country by 2026. Scarato talked about the science behind 5G and about current policy initiatives during a talk on September 25 in Silver Spring.

"People are waking up to these poles and electrical boxes in their backyards," Scarato said. "Antennas are being mounted all over street lights and utility poles. The antenna from a cell tower is on all the time. You can't turn it off."

Local jurisdictions have almost no control over the placement of the small cells. According to the Telecommunications Act of 1996, municipalities can't use environmental concerns to prevent telecommunications companies from installing equipment. While technology has advanced leaps and bounds in 23 years, those guidelines set forth by the **Federal Communications** Commission haven't altered with the times.

"I have compared this to a tractor trailer coming down the road," said District 5 Councilwoman Amanda Fiedler. "It's not going to stop, but we can try to direct it as much as possible."

That redirection may start with a bill introduced by Councilwoman Sarah Lacey

and passed by the county council on September 3. The legislation permits telecommunication antennas to be attached to structures in mixed-use zones. Lacey said this allows cellular service providers to expand coverage in a given area without having to construct a freestanding cell tower on separate land.

"

I have compared this to a tractor trailer coming down the road. It's not going to stop, but we can try to direct it as much as possible."

— Councilwoman Amanda Fiedler

Lacey said her bill was not related to small cells. Pasadena resident Jolie Diane, lead researcher and director at Zero5G, sees the bill as a stepping stone to more power for wireless providers.

"It is my understanding that no one in this county nor in all of Maryland is monitoring the operations of antennas or keeping track of how much [radiofrequency] microwave radiation each person absorbs from the current, constant, hazardous emissions," she said.

Representing AT&T, Brian Harrison explained that the focus is on macro sites, not small-cell sites.

'Typically when you're looking at a macro site,

hood of this 130-, 150-foot, really anything above 100 feet; these are generally in place to cover large areas large population, high-capacity cell sites really meant to serve a lot of people in a given area," Harrison said. When we start looking into small cells and smallcell networks, what we're looking at is things that are on light posts, 20 feet up in the air, very small density covering very small areas. These are very good when you're talking about an area where you get a large population gathering. So they're really two uniquely different solutions."

something in the neighbor-

On October 21, the council will hear public testimony on two bills designed to establish additional requirements for small-cell systems located in county rights-of-way, and to modify when permits for work in county rights-of-way are not needed.

Is 5G the next public health crisis akin to tobacco? The small sample of evidence is inconclusive. As telecom companies are competing in the race to 5G. Williams and others are asking that they stop until the risks can be fully studied.

"As people become aware of 5G and what it is, they are protesting it," Scarato said, citing citizen backlash in Italy, Australia, and closer to home in Montgomery County. "These people had meetings, they packed meeting rooms, and they just brought it."

Orphan Grain Train's International Fest Underscores Important Mission



Amie Newquist, Stan Newquist, Bonnie Jordan and Martha McGlynn all emphasized the loving nature of Orphan Grain Train.

By Zach Sparks zach@pasadenavoice.com

While the Maryland branch of Orphan Grain Train (OGT) is always seeking ways to help people in the U.S. and 69 other countries, the volunteer network chose its Millersville warehouse as the site of its International Fest fundraiser on September 21.

During the fundraiser, the all-volunteer organization highlighted its efforts to ship donated food, clothing, and school and medical supplies to people in need.

It was also an opportunity for volunteers to share their passion for OGT. Board member Irene Giguere has been with OGT since 2008, two years after the Maryland branch was started. Among other things, she is in charge of a winter coat collection.

"I think people like having the opportunity to serve," Giguere said. "As a Christian organization, it's a way to show love."

Fellow board member Bonnie Jordan talked about OGT's reach.

"We do send supplies domestically as well as internationally," she said. "We helped out when there was flooding in Ellicott City and with Crisfield after Hurricane Sandy."

A realtor, Jordan got involved in OGT after being approached by OGT Maryland branch manager Elfie Eberle, who bought a home from Jordan.

Also on hand for International Fest were two of Jordan's newest neighbors, Stan and Amie Newquist. Their granddaughter, Ava Janeski, has a rare condition known as acute flaccid myelitis (AFM). She developed the condition in October 2018 at age 4 and became paralyzed from the neck down.

Wanting to help her new neighbors, Jordan set up a monetary collection during the OGT fundraiser to help young Ava.

"The new insurance doesn't

years. A group from OGT will offer Vacation Bible School and women's Bible study.

"This is a very povertystricken country," McGlynn said. "We only go to places that have outhouses. There's no indoor plumbing, except in the city."

pay for certain things," Stan

Ava has a brother with autism, and while both chil-

dren are loved by their mom,

Amanda, and dad, Ron, they

"It's really sad," Amie said.

"A newborn baby can do more

Board member Martha Mc-

Glynn talked about her plans

to visit Nicaragua in January

for the sixth time in seven

need a lot of care.

than she can.'

said. "It doesn't make the house handicap-accessible."

The event's guest speaker Theil Theil shared his own tale of poverty. Hailing from South Sudan, he came to America in 1998 after suffering great trauma in his homeland.

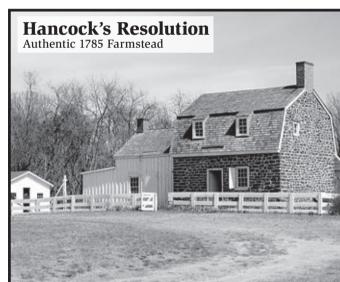
But he also shared his many triumphs: marrying his childhood friend, Rose; learning English; and studying at Rutgers University.

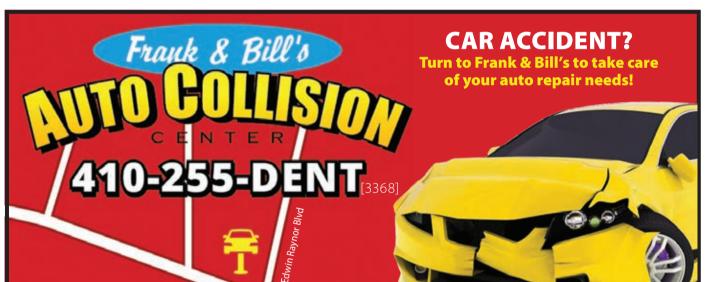
Reflecting on the uplifting spirit of Theil's message and of International Fest as a whole, Giguere said, "You'll see the comradery among the volunteers. It's like a family event."

To learn more about Orphan Grain Train, call 410-544-1621. To support Ava Janeski, go to the GoFundMe page for "Princess Baby Bird AFM."

Read the full story at www. severnaparkvoice.com.

I-CA-





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What To Do After A Car Crash



As an attorney who represents those injured in car collisions, I am often asked questions about what to do in the aftermath of a crash.

The choices made at the scene and immediately thereafter may affect your right to recover. Here are the top 10 questions that I am asked by clients following car crashes.

Question 1: What do I do in the event of a collision? Answer: No matter how minor a collision may be, you must stop. Failure to stop may result in serious criminal penalties. In the event of a minor non-disabling collision, you should stop your vehicle nearest to the point, without obstructing the flow of traffic. In the event of a more serious collision, vehicles should not be moved.

Question 2: Who should I call first?

Answer: If you or anyone is injured, you should perform first aid to the extent that you are qualified. A doctor and ambulance should be called immediately. An injured person should not be moved in any way that might aggravate an injury. You should call a state or local police officer. They are trained in collision investigation and their expertise may be crucial to establishing an accurate record.

Question 3: What information should I obtain from the other driver?

Answer: Gather as many facts as you can. Do not trust your memory. Write down the name, address, telephone number, license plate number, driver's license number, date of birth, owner of the vehicle (if different from driver), employment information (if other driver is working), insurance carrier, with policy number, and any other available information with respect to the other driver. The law requires that a driver's license, vehicle registration and insurance carrier information be shown by persons involved in a collision. Make sure to obtain the name, address and phone numbers of any witnesses. A copy of the police report

number, if any, will be most important. If circumstance allows, photographs of the scene, vehicle and your injuries should be taken.

Question 4: What should I say at the scene?

Answer: Obviously, you should cooperate with the police investigation. However, do not admit responsibility, even if you think the collision was your fault. Through additional investigation, you may later learn of other facts, suggesting that the other driver was at fault. Statements made in haste may be misconstrued or later misquoted by others. Discuss the collision only with the investigating officer, your health care provider, your insurance company and your attorney.

Question 5: When should I see a doctor?

Answer: Serious injuries do not always result in broken bones and bloodshed. Go to the hospital or consult with your doctor if there is any chance that you may be injured. Due to the shock and trauma of the collision you may not be able to immediately assess less-obvious injuries. With muscle and ligament injuries, it is not uncommon to feel fine at the scene and to first experience the onset of pain 24 to 48 hours later.

Question 6: When do I call my insurance company?

Answer: You should call your insurance company as soon as medical emergencies have been addressed and once you have consulted with counsel. Failure to promptly notify your insurance may affect your coverage and leave you without insurance for damages resulting from a collision.

Question 7: When do I call my attorney?

Answer: If you have been injured in a collision, or if you are facing trial on a traffic violation, the sooner your attorney is advised, the better. Your attorney will be helpful in handling matters with your insurance company and the other driver's insurance company. Your attorney will be able to obtain necessary evidence, such as statements from witnesses while memories are fresh, the crash report, photographs of the scene and vehicles, medical

reports and bills, and lost wage documentation. It is important not to discuss matters with the other driver's insurance company because any statement made will be used against you later. An attorney will also be of assistance in collecting benefits under your own personal injury protection (PIP) coverage.

Question 8: What if the party at fault is uninsured?

Answer: Uninsured or underinsured motorist coverage is provided to all Maryland drivers. If the other driver is at fault, an attorney may be helpful in negotiating a settlement or, when necessary, filing suit in order to ensure that your insurance carrier pays for all of your losses including medical expenses, lost wages and non-economic damages, such as pain and suffering.

Question 9: Won't my premium go up if I file a claim?

Answer: Under Maryland law, premiums may not be increased when you make an uninsured motorist or PIP claim.

Question 10: How much will I recover?

Answer: The law provides for reimbursement for outof-pocket expenses. These include lost wages (even if you have disability pay or take sick time from your employer), medical expenses (even if you have health insurance), other out-of-pocket expenses and non-economic damages, such as pain and suffering, disability, inconvenience and disfigurement. Married couples may recover for loss of consortium; that is the detrimental effect the collision has on the marital relationship.

If you or a loved one is the victim of a careless driver, you will have many questions. You should consult with an attorney who is familiar with this area of the law and who will assist you in making informed decisions. David Diggs is an experienced and auto tort lawyer, recognized as a leader in the area. If you need further information regarding this subject, contact the Law Office of David V. *Diggs LLC, located at 8684* Veterans Highway, Suite 204, in Millersville. Call 410-244-1189 or email david@diggslaw.com.

Five Years Later, Ed Polk Is Still Remembered



(L-R) Matt Cross, Danny Cipriano, Nick Cipriano and Rich Gourley remember Ed Polk throughout the year by wearing special T-shirts and by keeping his photo and bobblehead behind the counter at Dawson's Liquors.

By Zach Sparks zach@pasadenavoice.com

When Ed Polk passed away in October 2004 after a long battle with cancer, it was a big blow to the community.

Customers knew the 63-year-old as the charitable owner of Dawson's Liquors, always donating beer, wine, and soda for events at churches, schools, and retirement homes. His Severna Park neighbors knew him as a runner — and later as a biker — who called the B&A Trail his own.

As the five-year anniversary of his death approaches, his family wants to keep those memories alive.

"Even after five years, Ed is still alive in the minds and hearts of not just his family but an entire community of people who were his friends and customers for so many years," said JoAnn Polk, Ed's wife for 31 years.

Several reminders of Ed are located throughout Severna Park. A plaque bearing his name is affixed to a park bench on the B&A Trail at Brandywine Avenue.

Weather-permitting, friends and family members will meet at that bench on October 30 at 5:00pm to raise a glass in Ed's honor, marking the five-year anniversary of his passing. "IL lowed billing any that

"He loved biking on that trail," JoAnn said, "and every time I see someone sitting on his bench ... I know wherever he is, there is a big smile on his face."

That's not the only way Ed is being memorialized. In 2015, the new Dawson's Liquors owners, Ed's nephews Danny and Nick Cipriano, worked with a friend to create a German wheat beer that held Ed's nickname, E. Diddy.

"Nick and I learned everything we know from Ed, and we strive to keep his amazing customer service and friendly attitude toward everyone who walked through the door alive," Danny said.

Inside the liquor store, customers will find several reminders of the former owner.

"We keep a picture of him in the glass case on the side of the liquor store facing B&A Boulevard, and if you stop in the liquor store, you'll see a street sign that reads Ed Polk Way, many pictures of Ed and even a lookalike bobblehead behind the counter," JoAnn said. "We remember him and talk about him all the time."

Providence Center Prepares For Harvest Bash

With food stations and fall-themed cocktails, Providence Center's fifth annual Harvest Bash on October 12 is an anticipated event. Attendees will also enjoy music, libation tastings, live and silent auctions, a wine raffle and shopping – all in the autumn glow of Providence Center's enchanting greenhouse and gardens at 370 Shore Acres Road in Arnold. As always, the dress is fall casual, so guests are encouraged to pick out their favorite jeans, boots and sweaters, and get ready for a fun-filled evening in support of Providence Center's mission. The Harvest Bash is a vital fundraiser for Providence Center and more than 400 people with intellectual and developmental disabilities who rely on the

nonprofit's services. Proceeds will fund critical programs that support people in building skills, gaining

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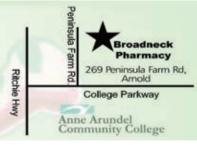
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A9

Earleigh Heights Loses Zoning Appeal

» Continued from A1 and it spends \$300,000 for operating costs. "That doesn't count apparatus and equipment," he said.

The county contributes \$57,300 a year, he said.

That plan requires the fire company to get the zoning changed from residential to commercial. Magothy River Association President Paul Spadaro thinks that's a bad idea because of drainage into Cattail Creek and the precedent that would be set by a zoning change.

"Our opposition is to the spot zoning, which is something the MRA has always opposed," Spadaro said. "The MRA opposed Beechwood Park's liquor license in 1957 because it said spot zoning. If we allow spot zoning to go in, it's going to be a domino effect. People don't want Route 2 to look like Rockville Pike or Mountain Road and be commercialized all the way down."

Crawford said the volunteers have paid for traffic studies.

When Harris Teeter went in, there was a 10 to 11% increase in traffic around that intersection," he said. "There's no way with three pad sites there will be another 10 to 11% increase."

After having an initial request denied by the Office of Planning and Zoning in early 2019, EHVFC took its case before the Board of Appeals on September 11. The board dismissed the case, so members of Earleigh Heights must now take their argument to circuit court or wait for the comprehensive rezoning process, which will take place following the adoption of the next General

Development Plan in 2020. It's an unwelcome delay to Crawford. "Construction costs go up eight to 10% each year, and those costs are coming out of my pocket, not the county's," Crawford said.

The volunteers could lobby the Anne Arundel County government for a new station. Crawford doesn't see that as a viable possibility.

"When the county makes a decision like that, you start losing volunteers because there's no ownership of the building," Crawford said. "The volunteers lose their independence. It's as much about their pride as anything.'

Spadaro acknowledges the need for the new station but doesn't like the way Earleigh Heights personnel are handling the matter.

"It becomes an issue where they don't want to give up their independence, but it's holding everybody hostage,' Spadaro said.

Crawford sees the issue as a bunch of volunteers trying to do what the EHVFC has done for a century: serve the people of Anne Arundel County.

"I was raised to give back," Crawford said. "This is something I enjoy and it's a vital service. To me, the volunteer fire company is part of the fabric of the community."

To make his case, he cited several figures prepared by the Anne Arundel County Volunteer Firefighters Association.

When accounting for more than \$31 million in volunteerowned apparatus, \$77 million in volunteer-owned stations and \$3.5 million in volunteered hours, the volunteer

David Orso To Host A Spooktacular Costume Drive For Kids

To help kids who are in need of costumes this Halloween, the David Orso Team of Compass Real Estate is holding a costume drive at their

Road in Severna Park now through October 21. The new and gently used costumes will benefit Sarah's House. For more information, call

fire services in Anne Arundel County save taxpayers \$111 million annually.

"If all the volunteers said today, 'You're on your own,' [the citizens] have to come up with \$111 million," Crawford said. "But our point isn't to throw stones at anyone. We all have to work together."

Crawford has met with nearby community associations to allay their fears and find an agreeable solution. For example, after initially asking the county to rezone the property to C₃, he changed the request to C1 because it would allow less commercial development.

EHVFC holds meetings on the first and third Thursday of each month at 8:00pm. Crawford encourages people to attend a meeting or contact him at *dcra2@att.net* if they have concerns.

EARLEIGH HEIGHTS DETERIORATION

Lieutenant Todd Muir led a tour to show the deficiencies in the old station.

"This whole second floor, they had to have SERVPRO come in and rip all the ceiling tiles, all the insulation, everything, because there was mold up there," he said.

The station is on a septic tank, so on busy weekends when the hall is being rented, waste will back up into the shower.

Volunteers have the use of lockers in a tight space, although some volunteers don't have a locker.

The most problematic issue is the height and width of the engine bays.

'These were designed years ago when fire trucks weren't as big as they are now, same with medic units," Muir said. "When they purchase medic units, the one that comes to this station, they have to take the mirrors off and cut the posts down and put them back on, because they it just won't fit in the building."

Joe Angyelof, president of Earleigh Heights VFC, showed that there is no dryer next to the gear extractor, and there's need for a decontamination room.

"The station is old," Muir said. We're constantly put ting Band-Aids on it.'

BWI Professionals Present \$3,200 To PIC



Members from the BWI Business Professionals networking group — Troy Wiggington of Bugout Termite & Pest Control; Lou Facciponti and Eddy Flynn of Moran Insurance; Jutta Flett of Sandy Spring Bank; and Tom Mrozek of Sir Speedy — presented Partners in Care's April Stup, Terri Riddle and John Sulewski with a check for \$3,200 as part of their second annual fundraiser and cornhole tournament held in September at Severna Park Taphouse.

Two Women-Owned Businesses Team Up To Fight Breast Cancer

As a women-only gym, Transformations feels a special connection to the fight against breast cancer. After watching several members fight the battle, the gym spent 10 years raising money for the Susan G Komen Race for the Cure.

In 2014, Transformations brand owner Jennifer Davis was compelled to shift the focus to the local level by starting her own fundraiser. "As a small business, we feel connected to our community," she said. "We wanted to make our fundraising efforts match our mission to serve the women in our area."

GLOW4.0 evolved so that all proceeds could stay in Anne Arundel County and make a more direct impact in the lives of gym members and friends. Since then, Transformations has financed and executed five breast cancer fundraisers, donating more than \$41,000 to local charities.



Last year, Fatima Engleman, owner of Odenton Sports Center, offered her space so GLOW could expand. "Fatima has a big heart," Davis said. "She offers her space and her time with no regard to the inconvenience. We appreciate the opportunity to grow this fundraiser — it would not be possible without her."

Together, the two businesses will turn down the lights and turn up the volume. GLOW4.0 will be a two-hour Pound and dance fitness event on Saturday, October 19, at the Odenton Sports Center. The doors will open at 7:00pm and the event will run from 8:00pm to 10:00pm.

GLOW4.0 is a creative way to raise money for breast cancer. Black lights, stages, speakers and the fitness instructors make GLOW4.0 a party like no other! Participants at the event can dance, enjoy refreshments, shop with vendors, paint themselves with glow-in-the-dark paint, take

selfies at the photo booth, bid on raffles or win door prizes.

A video recap of last year's event is posted on the gym webpage. Tickets may be purchased for \$20 in advance at www.transformationsfitnessforwomen.com/glow.

Transformations Fitness and Odenton Sports Center will donate all proceeds to the Sunshine Fund at the Tate Cancer Center of Baltimore Washington Medical Center. The fund supports women during their cancer treatments. Women may apply to receive assistance to help cover expenses associated with loss of work or extra medical bills.

Businesses and individuals interested in supporting the event through sponsorships or donations may contact event organizers via the Transformations webpage. Tax-deductible donations to the event can be accepted at either Transformations location.

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A.15

HOLIDAY GIFTS & EVENTS

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The Severna Park Voice will publish its annual Holiday Gifts & Events Guide on November 22. This special edition will be filled with information on holiday events, shopping, local traditions, gift ideas, Santa appearances and more.





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NEIGHBORHOOD OF THE MONTH

Chartwood

Neighborhood of the Month takes an in-depth look at the unique communities that make up Severna Park as a whole. Each has its own history, its own special amenities and its own people who are happy to call that place home. Want to share with our readers all about your neighborhood and what sets it apart from others? Email spvnews@severnaparkvoice.com and let us know!







Quaint Chartwood Is One Of Severna Park's Oldest Communities

By Judy Tacyn

Chartwood is a semi-secluded community on the west end of Benfield Boulevard, close to Kinder Farm Park, Chartwell Country Club and St. Andrew's Pool. The community is close to Route 97 without having to bear too much of the Benfield traffic. Chartwood homes are on both the north and south sides of Benfield Boulevard.

According to "The History of Chartwood, Severna Park, Md.," written by Ray Robertson, Chartwood dates back to 1954 when the "Merritt brothers and their partners purchased land in what now consists of Fairwinds on the Severn, Chartwell and Chartwood. Prior to this time, there were only scattered homes and farms west of Jumpers Hole Road.'

In the early 1960's, Harry Meeks purchased land and developed the original Chartwood, and several homebuilders went to work. It's said that Meeks wanted to name the community West Chartwell but was threatened with a lawsuit by the Merritt brothers. In 1970, Chartwood and Kearney Manor merged under the Chartwood name. Each year, Chartwood neighbors host a children's Halloween parade paired with a chili cook-off. There is also a Christmas party, Easter egg hunt,

and adult-only activities such as progressive dinners and a brewery tour.

Neighbors look out for one another, and share tools, labor and services. But most of all, they share stories, laughter and even sadness.

MIKE AND TERRY DAVIS Residents For 23 Years

Mike and Terry Davis were living in Mount Airy 23 years ago. After a "horrible winter of snow and ice on the mountaintop, we decided it was time for a move to somewhere without so many ups and downs," Mike said. "Chartwood offered us a nice neighborhood and a great value.'

Mike and Terry looked at several neighborhoods in Severna Park, hoping to find a rancher that met their needs.

Now that they are considered longtime residents, the couple has come to appreciate the Chartwood get-togethers, which include everything from bowling to chili to ice cream socials.

in College Park while attending the University of Maryland. After college, they lived in Annapolis for 13 years before deciding to move to Severna Park in 2007. They wanted to decrease their work commutes and have their children attend Severna Park schools.

"We looked at many neighborhoods but fell in love with Chartwood's smaller-sized community, beautiful tree-lined streets, lovely homes and friendly people," Lynnley said. "We also like the people we met when looking for a home, and we fell in love with our current home with a great view of the woods.'

Lynnley said the woods are "beautiful year-round, and we have a large variety of wildlife including foxes, deer, bunnies, hawks and birds."

The Moore children attended Benfield Elementary and "loved it," Lynnley said. "We appreciated the strong community involvement, and my kids had great teachers. The talent show was always a favorite every year. Neighbors have become a second family for the Moore family. "Whenever it snows, the Conner family plows the main roads. When power goes out or there are storms, folks check in on one another. People with power offer their homes, showers, hot coffee or a meal to the folks without power," Lynnley added.

"When someone in the community needs support, we have created meal chains, arranged rides, offered home services, and provided transportation."

Lynnley has held different offices as a community board member and represented Chartwood at Greater Severna Park Council meetings. She also has been on neighborhood committees, coordinated progressive dinners, and hosted Bunco groups. Currently, she is also a chief election judge at Benfield Elementary School during election years.

JEFF AND ALEXA CARDOZO RESIDENTS FOR TWO AND A HALF YEARS

Jeff and Alexa Cardoza grew up outside Maryland, but after graduating from Towson University, they decided to make Maryland their home.

"When we decided to buy a home, we knew for certain that we wanted to be in Anne Arundel County," Alexa said. "The house we bought in Chartwood was actually the first house we looked at. Our realtor, who also lived in Severna Park, presented all the pros of the area. After looking at many other areas, we knew she had read us well and that the Severna Park area was where we wanted to be." The Cardozos chose Chartwood for the homes, the neighborhood and the school district, but they plan to stay because of the neighbors and the schools.

"What we love most about Chartwood is that it is a smaller neighborhood within a larger community," said Alexa. "You feel as if you live in a small town and know most of the neighbors. As newer neighbors, this has allowed us to really get to know most of our neighbors and easily get involved in the events and activities."

Alexa is an Anne Arundel County Public Schools teacher, so she's excited her children will be able to attend Benfield Elementary, a National Blue Ribbon School. The Cardozo family already loves Severna Park and their neighbors.

"It is a fun and social neighborhood. Everyone is so welcoming," Alexa said. "The planned events are great for families and an excellent way to meet your neighbors and become involved.

"Every neighbor in Chartwood has been kind and welcoming,"

Our neighbors are friendly and willing to pitch in if needed," added Mike. "We've seen families come and go and watched their children grow up, and then new families have moved in."

LARRY AND LYNNLEY MOORE **Residents For 12 Years**

Larry and Lynnley Moore met

she added. As soon as we moved in, we felt we were part of the neighborhood. The neighbors welcome new families and make sure to include everyone in the events. We could not ask for better neighbors."

Jeff is the treasurer of the homeowners association, and the family participates in as many of the planned events as they can.



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OCTOBER 2, 2019

SEVERNA PARK VOICE

POLITICS & OPINION

The Importance Of Health Services

Council Update



t is hard to believe that the Anne Arundel County Council that was elected in November of 2018 is quickly approaching the one-year anniversary of our December swearingin. This seven-member body consists of six new members. The freshman majority has not translated to a slow-paced roster of transformative legislation introduced by councilmembers (by county charter, legislation introduced by the county executive must be introduced by the chairman of the council). Quite the contrary.

In 10 short months, we have seen council members introduce legislation regarding medical marijuana zoning, illegal immigrant screening, budget, taxes, workforce housing and fair housing. The discussions have been extensive and emotional. The decisions have been complex and not without explanation. The votes have fallen along party lines.

To some, this may seem like a pre-written script for how this council will proceed for the remaining three years. Perhaps, but only time will tell. I review every bill like a fresh start between myself, the administration and my colleagues. I stand by my principles and work through the details to find common goals in an effort to get it right. In my opinion, this is good government and something I strive for.

Bill 64-19 passed on September 3 by a vote of 6-1. Bill 64-19 requires that the personnel officer submit a quarterly report to the county executive, listing all grievances and reports by county employees. I introduced this bill to cre-

ate transparency between county departments and the office of the county executive, and to improve overall employee satisfaction. Our county employees are the backbone of our government operations and should not be forgotten. This is good government.

On September 17, Bill 59-19 passed unanimously with bipartisan support. I introduced this bill in June to close the communication gap between developers and communities when residential subdivisions are approved. Developers will now be required to send a letter of approval, by first-class mail, when they receive approval of a project from the county's planning and zoning office. This is good government.

Also passed during our September 17 meeting were two charter amendments that I co-sponsored. Charter amendments require a super majority of five votes and then go to the voters on the election ballot. Resolution 36-19 increases the investigative powers of our county auditor, whom is appointed by the county council. This resolution is pending some small detail amendments and will receive a final vote on October 21. It is sponsored by all seven council members and expected to pass.

Resolution 37-19 requires a confirmation by the council for the county executive's appointment of county attorney, chief of police and fire chief. This charter amendment would also require a super majority vote by the council to remove someone in the position of county attorney. This resolution is an important step in balancing the powers between the executive and legislative branch. Each position serves at the pleasure of the county executive, but often gives opinions on legislation to the county council. It is criti-» Continued on A12

Steuart Pittman County Executive

ast week during a town hall meeting, I introduced two new county health and human service leaders to members of the community gathered at Annapolis High School. That evening, I also shared a personal story about something that many of us take for granted sometimes until something happens. I'm talking about health and well-being. That's what I care about most. I believe that's what government *should* care about most.

My wake-up call came during a family emergency. I was driving my son to urgent care after learning that his acute stomach pain might require surgery. He was screaming in pain, and I was trying to remain calm, as my mind ticked off the boxes I'd need covered in a fight for his life.

Thank goodness my son turned out to be fine. But I will never forget that day. We all experience difficult and unforeseen circumstances at some point during our lives. Far too many

people are coping with chronic illnesses that never go away. For some of us, childhood traumas alter our lives forever. Well-being, or the lack of it, affects virtually everything: where we live, how we eat, whether we play, and what help we access when we need it the most.

The latest term referring to the universe of underlying issues that affect health and well-being is "social determinants.'

With the appointments of Dr. Nilesh Kalyanaraman as the county health officer and Kai Boggess-deBruin, Ph.D., as the new deputy chief administrative officer for health and human services, we are signaling a fundamental shift in how we approach wellness.

We are rebooting the county's dashboard that traditionally has measured our progress more narrowly in terms of data on housing starts, retail sales and building permits issued, for example.

But what about the overall health of our population, housing affordability, access to public beaches, fresh fruits and vegetables, preserving leafy forests and green open spaces, and

maintaining a healthy Chesapeake Bay? Think about what it will mean if the goals of our policy decisions are aimed at improving the health and well-being of county residents while also preserving the natural environment in which we live.

The field of medicine widely accepts the conclusion that 80% of health outcomes have nothing to do with medical treatment. So in Anne Arundel County, we will instead evaluate the effectiveness of our policies in terms of health outcomes and not solely by wealth.

I can't take credit for the idea. It's actually the focus of a lot of research and experimentation. New Zealand calls it well-being and organized its national budget around the concept.

Our Healthy Communities Transition Team recommended that every piece of legislation before the Anne Arundel County Council should include a health impact statement alongside the currently required fiscal impact statement. We are working to make that happen.

In the 10 months since I've taken office, we have accomplished many good things. We increased staffing to better address mental health issues in schools. We funded unmet education and public safety needs. We shifted the General Development Plan to a process that is community driven rather than developer driven. I signed legislation banning Styrofoam, and we've hired more inspectors to monitor erosion and sediment control. Also, our county departments are partnering with the federal government to improve the quality and nutrition of foods offered in low-income communities.

We are making a goodfaith effort to help people feel better, live better and do better. I believe that's a core responsibility of government. We will not stop paying attention to the economy or the financial health of the county - that would be foolish and fiscally irresponsible. We'll keep an eye on the bottom line while continuing to pay our bills like we do at home. My administration will focus everyday on how best to improve the daily lives of our people. It's a tall order. yes, but we will prove that government policies can be compassionate and comprehensive at the same time.

Some History On The State House

Michael Malone Delegate District 33

7ou would think that if the Maryland State House was haunted, it would be by bills killed in committee, or by the woes of politicians and partisans whose causes weren't addressed. But stories surrounding the State House ghosts are as unique as the building itself. If those walls could talk.

they might say...

Old as I am, I am Annapolis' third state house and Maryland's fourth. The first state house in St Mary's City, Maryland's first capital, became a church after the capital was moved to Annapolis in 1695. Annapolis's first state house was struck by lightning and burned down in 1704. The second state house's dilapidated and outdated condition led Thomas Jefferson to quip in 1766 that "judging from its form and appearance, [it] was built in the year one." How

embarrassing. Intent on building a state speech was so eloquent and moving that some consider it one of the most important speeches ever given in America, and I still house General Washington's personal copy.

The Treaty of Paris, which officially ended the Revolutionary War and recognized the United States as a sovereign nation, was ratified here just a few weeks later. Perhaps this is why people see a specter of a Revolutionary War soldier, complete with uniform and a queue in his hair, on foggy nights.

With such monumental events going on in AnnapoClark and the builders grasped the proverbial third horn of the dilemma and devised a system to hold the dome together with wooden joints, wood pegs and iron bands, and not a single nail. A masterpiece of engineering over 200 years old, the cupola has survived many hurricanes, nor'easters, a couple earthquakes, and even a derecho without significant repair. How's that for American innovation?

But not everything tied to me has survived so well. In 1793, a skilled plasterer named Thomas Dance was working on my dome and



The Bay Bridge

Heather Bagnall Delegate District 33

'grew up in Cape St. Claire, and when I was a child, I thought the distance to New York City and the distance to Ocean City were the same because it took the same amount of time to get each. Four hours. That's how long we would sit in holiday traffic, stewing in our amber station wagon on our sojourn to sea and salt air.

That all changed in 1987, when then Governor William Donald Schaefer announced the Reach the Beach program. This was his crown jewel in what might otherwise be characterized as a rather tempestuous term of office, but no one could argue the positive impact for beachcombers and peninsula dwellers alike.

A lot has changed since 1987, not the least of which is our aging infrastructure. Across the country, cities are questioning the longevity of their bridges, the sustainability of their traffic and the viability of alternatives. Any given Friday, traffic can back up well past the Severn River Bridge, causing frustration and foul language on Route 50, College Parkway, Route 2 and across the whole Broadneck peninsula, impacting commuters who live and work on both sides of the shore and up and down the Route 2 corridor.

Add to the chaos the rapid development of our communities across Anne Arundel County; the lack of investment in any expansion of public transportation; a series of re-decking repairs necessitated by the age of our infrastructure - our community is at a boiling point.

No one is denying that we need relief. However, as a representative of our community, and a resident of the Broadneck peninsula, I have been frustrated by the lack of communication regarding the Bay Bridge re-decking and the Tier 1 expansion. In late August, I voiced that frustration at a meeting with the Maryland State Highway Administration after an article regarding the re-decking closures hit my inbox the same time it hit my constituents' doorsteps.

I was equally frustrated to discover that although all three of the proposed corridors run through Anne Arundel County, only one open house was scheduled in the county. I voiced this concern and was echoed by our county council, county executive and the entire Anne Arundel County delegation of the Maryland General Assembly. Of course, all meetings are open to anyone, but even as I write this, the bridge is closing to contraflow traffic as the Maryland Transportation Authority prepares for its first open house on the Eastern Shore. Our concerns have been somewhat heard, and a second open house is being scheduled.

With a project this large in scope, cost and time, public input and communication are paramount. I have spent my life teaching communication and teamwork, so I understand the challenges, but we can't afford to get this wrong. As a representative of this district, it is my job to advocate for our community to make sure we all have the opportunity to have

our voices heard. Working in coalition with our various state and county agencies becomes all the more essential, when so many individuals and industries are impacted. I do not know the best solution for reducing traffic on the Broadneck peninsula or the surrounding areas, although I have some ideas, but I do know we won't get our best options if we limit who gets in the room to be heard. Mark your calendars for October 2, 6:00-8:00pm, at Anne Arundel Community College. Please come share your concerns, opinions and ideas.

If you would like to enter your comments into the public record, you can also do so at www.baycrossingstudy.com.

house worthy of Maryland's emerging importance, architect Joseph Horatio Anderson designed my imposing Georgian facade on the highest point in town. The state's legislature began meeting here in 1772, but construction was halted during the Revolutionary War. My old senate chamber, old House of Delegates chamber, rotunda and accompanying rooms were completed in 1779, making me the oldest state house in the United States in continuous use.

The U.S. Congress met here from November 1783 to August 1784, so I am the first peacetime capital of the United States. General George Washington resigned his commission as commander in chief of the Continental Army here in my old Senate chamber on December 23, 1783. His

lis, it was decided to give me a more elegant cupola. Besides, my roof leaked. Another architect, Joseph Clark, designed a soaring wooden dome rising over 200 feet and capped with one of Benjamin Franklin's lightning rods, topped with the ultimate symbol of 18th century stability — an acorn. The dome, which is actually two wooden cups nested together, remains the largest wooden dome in North America. Anticipated construction costs of this marvel had skyrocketed, however, because so many manufactured goods, including the nails for the dome, were still imported from England and tariffs were high.

Faced with the dilemma of postponing construction indefinitely until an American supplier surfaced, or paying exorbitant costs only to enrich our former enemy,

system-wide on October 23,

the first of four "wear orange"

days when schools will focus

on bullying prevention, kind-

ness, acceptance, and inclu-

sion via activities and mes-

saging that best benefit their

students and

community.

We live in a

diverse com-

munity, and

all students

deserve to

feel accepted,

included and

safe at school.

fell off the scaffolding 87 feet to the marble floor to his death. To make matters worse, his employer reputedly refused to compensate or return his tools to his widow and children, who were later deported to England. Rumor has it that Dance still bears a grudge. He's blamed for sudden drafts of icy cold air, echoing footsteps in the hallways, tipping pitchers of water, mysteriously opening doors, and supposedly can be seen smoking a pipe in the dome galleries or up on the cupola.

Believer or not, the state house is certainly worth a visit. It's open every day, even Halloween, except Thanksgiving and Christmas, and tours can be self-guided or arranged, though not during the witching hour. Take a peek for yourself.

Unity In Our Schools And Community

Dana Schallheim Board of Education District 5

uilding relationships, trust and safe places for students to freely express themselves is the most important part of every new school year.

This school year began with lessons about unity, community, respect and kindness.

In posters, community circles, and activities, this common theme was evident at every one of the 16 schools I've visited since September 3.

Students participated in activities including emptying a tube of toothpaste onto a napkin and then being asked to refill it with a toothpick, an exercise encouraging students to consider their words

and actions – because once they're out there, it's impossible to take them back. In another class, students participated in an activity about how unkind words or actions break hearts. To illustrate the

> community, and all students deserve to feel accepted, included and safe at school."

> > Bigotry, bias and bullying are chronic problems throughout AACPS. Unity Day and conversations about acceptance last academic year, along with Project Unity events throughout this academic year, illustrate that attention is being given to kindness and respect at

school; a concerted effort to eliminate hate and build unity.

Our work cannot happen in a vacuum. School is only one facet of a student's life. To successfully erase hate and build unity, parents and guardians must also contribute. We must all unite behind the narrative that kindness matters, bullying is wrong, and hate has no place in our schools.

Education begins at home. I invite all the parents, grandparents, aunts, uncles, guardians, etc. reading this article to talk with their students about how words and actions can have negative and permanent effects. Encourage students to think about how their actions affect others. Talk with them about their school environment and what » Continued on A12

point, stu-" dents were first asked We live in a diverse to write kind words onto a heart-shaped paper. Then students were asked to express what

it felt like when someone was unkind, crumpling the paper with each example given.

Building upon the success of last year's system-wide Unity Day, unity, acceptance and inclusion will be recurring themes all year as part of Project Unity.

Unity Day will occur

Forest Conservation Bill To Be Introduced



On October 7, the Anne Arundel County Council will open the public hearing for Bill 68-19. Introduced on behalf of County Executive Steuart Pittman, the bill would modify forest conservation provisions, grandfathering certain applications

and permits, and establish standards for granting modifications to forest conservation requirements. It would also revise the forest conservation thresholds applicable to reforestation, modify reforestation ratios for clearing above a threshold, and revise fees and security related to forest conservation.

To testify on the subject, sign up for the hearing at the Arundel Center, located at 44 Calvert Street in Annapolis. See the full legislation at www.aacounty.org.

Letter To The Editor

ANNE ARUNDEL COUNTY TREATMENT OF 911 Responders On 9/11

Earleigh Heights Volunteer Firefighters provide a great service to Anne Arundel County. As a county resident, I would think the county would want to work with the volunteers, but instead it seems to make it as difficult as possible.

The fire station built in 1957 is old, outdated and not adequate for the newer fire trucks. Also, the rescue vehicle that stores the "jaws for life" is old, breaks down frequently, and costs more to main-

tain than it is worth. A new building and vehicles would be better to support the fire department's mission of putting out fires and saving lives.

As a volunteer company, it must raise most of its needed funds. The fundraisers and rental space do not provide sufficient funds for new facility and equipment.

The station would like to have the property rezoned commercial for buildable pads to lease to provide a steady income for new building and equipment. The other three corners at the intersection are zoned

commercial. The department owns the 9 acres. This sounds like a

simple problem to rectify. The rezoning request was denied by the Office of Planning & Zoning, the administrative hearing officer, and now the Board of Appeals has dismissed it on a technicality on, of all days, 9/11. It appears the Anne Arundel County government is trying to make this venture as expensive as they can and certainly does not show any support to our firefighters. This is a disgrace. Susan Woolridge Severna Park

Charting A Course for

Van Hollen Announces Increase In Bay Funding In Key Senate Bill

U.S. Senator Chris Van Hollen has secured \$76 million in funding for the **Environmental Protection** Agency's Chesapeake Bay Program within the Senate Interior, Environment, and Related Agencies Appropriations Fiscal Year 2020 funding bill. Federal efforts would have slashed funding for the bay program to \$7.3 million.

'The Chesapeake Bay Program is our first line of defense in protecting and preserving the bay," said Senator Van Hollen, a member of the Appropriations Committee. "This program is central to our efforts to maintain a healthy bay and ultimately a healthy Maryland economy."

Kristin Reilly, director of the Choose Clean Water Coalition, said the funding is essential. "The Chesapeake Bay Program has not received a funding increase in five years," she said.

"Money buys progress," said Ann Swanson, executive director of the Chesapeake Bay Commission. "We now have the ability to target our clean water projects so that they are both geographically strategic and cost-effective."

In addition to funding for the Chesapeake Bay Program, Van Hollen also secured provisions to support the bay through:

Send Us Your Letters

We want to hear your thoughts regarding what's happening in the neighborhood. Is there a current issue at hand that you feel strongly about? We know our readers are passionate about their neighborhoods, schools, community and so much more — and the *Voice* would love for you to tell us about it.

•\$400,000 for the Captain John Smith Chesapeake National Historic Trail and \$3 million for Chesapeake Gateways to support outdoor recreation and conservation.

• Language in the Agriculture Appropriations bill to ensure that the Chesapeake Bay Watershed continues to be a Critical Conservation Area for the purpose of prioritizing funding from the Department of Agriculture's Regional **Conservation** Partnership Program. • Funding in the energy and water appropria-\$20 million to the Army Corps of Engineers for multistate ecosystem restoration programs that could be applied to oyster restoration projects in the bay. • Funding in the energy and water appropriasupport the Chesapeake Bay Oyster Restoration Program and language to encourage the Army Corps to provide sufficient funding in future

- \$172.3 million for national Nonpoint Source Grants, which can help bay states meet nonpoint pollution reductions in nitrogen, phosphorus and sediment.
- tions bill, which provides tions bill, which provides

budget submissions or the Fiscal Year 2020 Work Plan.

- Funding in the energy and water appropriations bill, which provides support the Corps Chesapeake Bay Comprehensive Water Resources and Restoration Plan, which is an assessment of the bay watershed and includes strategies and recommendations for planned and future restoration activities in the bay.
- Funding in the energy and water appropriations bill, which provides an additional \$70 million for the Army Corps Work Plan for project construction that could be applied to Chesapeake Bay Oyster Restoration. This is an increase of \$20 million from FY 2019, and an increase of \$70 million from the president's budget.

Unity

» Continued from A11 we can do to make it a kinder, more inclusive place to learn. Systemic, permanent change will not occur without parental involvement.

Our problems will not be solved overnight. Already this year, troubling incidents of hate and bias have occurred at schools. Symbols of hate and hate speech are never tolerated at school. These actions have consequences laid out in the Student Code of Conduct that was already distributed to all students. Every incident will be taken seriously, investigated fully, and have serious consequences.

Let's work together. Let's unite around the premise that bullying, hate, bigotry and bias never have a place at school. I am always available to hear your concerns. Contact me at dschallheim@ aacps.org.

naparkvoice.com and may be edited for space, clarity, grammar, spelling, etc. We encourage you to express yourself, but please be brief — letters should be limited to 250 words, though we do on

occasion run longer letters. We look forward to hearing from you! Council Update

Letters to the Edi-

tor can be emailed

to spvnews@sever-

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» Continued from A11

cal that powers are balanced to give fair representation to both branches. This is good government.

Be on the lookout for these charter amendments on your 2020 ballot.

As we move toward the new year, the council continues reviewing important and complex legislation – most recently, the forest conservation bill, Bill 68-19. This is one bill in the larger

puzzle of smart growth, revitalization, conservation and reforestation. Our first meeting is October 7. I encourage you to attend the meeting or visit our council website to view video of our public meeting (www. aacounty.org/departments/ *county-council*). Click on "County Council Videos" on the left-hand side.

Important decisions are being made about the county you call home, and I hope you

are compelled to be a part of these discussions. You can view all pending legislation on our county website, and learn more by attending our meetings on the first and third Mondays of every month at the Arundel Center on 44 Calvert Street in Annapolis. If you wish to watch the meetings from home, tune in to your local cable channels Comcast — County Channel 98, Broadstripe — Channel 98, Verizon — Channel 38.



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OCTOBER 2, 2019

SEVERNA PARK VOICE

HEALTH & FITNESS

Don't Fall For These Health And Fitness Traps This Fall



was leading an early morning workout the L other day and the topic of autumn was on everyone's mind.

The night prior had been the coolest in months and the chill was still left in the air. The amber hues of a fall sunrise were enough to inspire talk about everyone's favorite fall activities.

When talking about fall favorites, people often focus on decadent and indulgent things. Now, when planned accordingly, any of these things can be enjoyed in moderation. I'd like to share a few strategies that many others, just like you, have found helpful.

PUMPKIN **SPICE CALORIES**

If you are like me and love everything about autumn, it almost always starts with pumpkin spice stuff.

That said, many of the easy-to-grab and delicioustasting pumpkin spice items are also diet busters. On average, pumpkin lattes have between 340 and 500 calories and pumpkin muffins have around 550 to 800 calories. This combination could be all the calories you need for a given day.

What can we do instead? Try adding some McCormick pumpkin spice to vanilla Greek yogurt or a vanilla protein shake for many of the times you crave this seasonal sensation. It can help you enjoy some autumn pumpkin with fewer calories.

FALL FOOTBALL Overload

Another fall favorite is college and pro football. Watching one or even four games can make for a relaxing way to spend a Sunday. And then all the decadent football-watching food that can accompany the game is a double whammy. Do a little activity before the game. Perhaps it's a walk, a workout or a few chores around the house. Also, starting the day with a healthy meal right before the first game can really be a game-changer. Then, you are less likely to crave a bunch of snack foods during the game. Lastly, plan ahead. If you choose a few lowercalorie snacks to enjoy during the game, you limit the higher-calorie options from the get-go. Ever

have buffalo cauliflower bites? Don't knock it until you've tried it.

THE "WAITING FOR THE NEW YEAR TO START" PITFALL

Perhaps the biggest challenge to your health and fitness during fall is how the New Year is right around the corner. And as humans, we love a good "I'll get to this when" opportunity.

Well the New Year is the ultimate "when," and it always seems like a better time to do something, especially starting something new.

I know it can sound a little corny, but there is no better time than today. To make this idea easier, let's adjust our thinking and aim for progress over perfection.

Too often, we think things need to be perfect or pretty close to it to do something. The truth is, they will never be perfect, and that's alright. Let's instead focus on progress.

An evening walk that happens some nights now is better than a routine that may or may not happen in January. Working out with a friend two days a week now is better than that six-daya-week boot camp that we may or may not get around to signing up for January 1.

Being healthier now doesn't require the best plan tomorrow, just a good plan today. With a little planning, a little recipe searching, and a small mindset shift this weekend, you can create some good change as we move through this fall. It is, after all, the best

season of the year!

What Is A Healthy Body Mass Index (BMI)?

Submitted by SPRFC

ow important is it to know your body mass index? First of all, what exactly is body mass index?

Body mass index is a person's weight in kilograms divided by the square of height in meters. BMI is often considered an indicator of body fatness, but it measures excess body weight, not necessarily body fat.

According to the Centers for Disease Control, studies have shown that BMI correlates with body fat and with future health care risks. High BMI predicts future mortality and death. Therefore, it is considered an appropriate screening tool for obesity and health risks.

For many years, BMI has been used as an indicator of what is considered a healthy weight and what is considered obese.

There is some controversy surrounding BMI. Factors such as muscle mass and bone structure can influence the relationship between BMI and body fat. Muscular individuals or highly trained athletes may have a higher BMI

BMI Chart

WEIGHT Ibs	100	105	110	115	120	125	130	135	140	145	150	155	160	165	170	175	180	185	190	195	200	205	210	215
kgs	45.5	47.7	50.0	52.3	54.5	56.8	59.1	61.4	63.6	65.9	68.2	70.5	72.7	75.0	77.3	79.5	81.8	84.1	88.4	88.6	90.9	93.2	95.5	97.7
HEIGHT in/cm		Unde	rweig	ht			Heal	thy				Over	weigh	t			Ober	ie .			Extre	mely	obese	
5'0" - 152.4	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42
5'1" - 154.9	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	36	37	38	39	40
5'2" · 157.4	18	19	20	21	22	22	23	24	25	26	27	28	29	30	31	32	33	33	34	35	36	37	38	39
5'3" - 160.0	17	18	19	20	21	22	23	24	24	25	26	27	28	29	30	31	32	32	33	34	35	36	37	38
5'4" - 162.5	17	18	18	19	20	21	22	23	24	24	25	26	27	28	29	30	31	31	32	33	34	35	36	37
5'5" - 165.1	16	17	18	19	20	20	21	22	23	24	25	25	26	27	28	29	30	30	31	32	33	34	35	35
5'6" - 167.6	16	17	17	18	19	20	21	21	22	23	24	25	25	26	27	28	29	29	30	31	32	33	34	34
57" · 170.1	15	16	17	18	18	19	20	21	22	22	23	24	25	25	26	27	28	29	29	30	31	32	33	33
5'8" · 172.7	15	16	16	17	18	19	19	20	21	22	22	23	24	25	25	26	27	28	28	29	30	31	32	32
5'9" - 175.2	14	15	16	17	17	18	19	20	20	21	22	22	23	24	25	25	26	27	28	28	29	30	31	31
5'10" - 177.8	14	15	15	16	17	18	18	19	20	20	21	22	23	23	24	25	25	26	27	28	28	29	30	30
5'11" - 180.3	14	14	15	16	16	17	18	18	19	20	21	21	22	23	23	24	25	25	26	27	28	28	29	30
6'0" - 182.8	13	14	14	15	16	17	17	18	19	19	20	21	21	22	23	23	24	25	25	26	27	27	28	29
6'1" - 185.4	13	13	14	15	15	16	17	17	18	19	19	20	21	21	22	23	23	24	25	25	26	27	27	28
6'2" - 187.9	12	13	14	14	15	16	16	17	18	18	19	19	20	21	21	22	23	23	24	25	25	26	27	27
6'3" - 190.5	12	13	13	14	15	15	16	16	17	18	18	19	20	20	21	21	22	23	23	24	25	25	26	26
6'4" - 193.0	12	12	13	14	14	15	15	16	17	17	18	18	19	20	20	21	22	22	23	23	24	25	25	26

because of increased muscle mass. Women have a greater amount of body fat compared to men with the same BMI. Older adults also have more body fat than younger adults for equivalent BMI. A BMI that falls between 18.5 and 24.9 is considered normal.

BMI WEIGHT STATUS

• Below 18.5 — Underweight • 18.5 to 24.9 — Normal

• 25 to 29.9 — Overweight • 30 and above — Obese

Research has shown that individuals with a higher BMI are more likely to experience obesity-related health problems. BMI should serve as an initial screening tool of overweight and obesity for adults. Please ask your health care provider to give you vour BMI. Your health care provider should recognize

that other factors, such as fat distribution, genetics and fitness levels, contribute to an individual's assessment of disease risk.

If you have questions or want to learn more about BMI, call 410-987-2455 to speak with Deborah Badro, nurse practitioner at the Severna Park Medical Fitness Center at the Severna Park Racquetball and Fitness Club in Millersville.

Tech Talk With Dr. Cranska



n upcoming months, I will answer questions on high-technology dentistry. Please direct inquiries to my website at www.cranska.com or email me at familylaserdentistry@outlook.com.

WEAR YOUR SPORTS MOUTHGUARD

Soccer and football seasons are here. School-age children

are the most likely to suffer injuries to their mouths and teeth while playing contact sports or even low-contact sports.

Athletic mouthguards can save teeth and surrounding bone from breaking. They also can prevent lacerations and bruising of the lips and cheeks.

A mouthguard should always be a part of your sporting gear. Keep in mind that to be effective as a protector, the mouthguard needs to

prevent 100% of mouth and jaw injuries. Your dentist's office is the first place to go for information and treatment options.

Q: What is the difference between a boil-and-bite guard and a custom sports mouthguard?

A: The purpose of the guard is to prevent your top and bottom teeth from contacting each other during violent contact. A custom guard is more desirable than over-the-counter mouthguards because of better retention, controlled thickness, less bulk, and the ability to adjust.

The perfect guard will be comfortable; not affect speech; and be tear-resistant, odorless, tasteless and resil30 sports. The regulated use in these sports may be optional, but an individual's mouthguard usage should be mandatory.

MOUTHGUARD CARE AND REPLACEMENT

Ask your dentist about the right time to replace your mouthguard. Replace it immediately if it shows sign of wear, distortion, damage, or if it becomes ill-fitting. Teens and children may need to replace their mouthguards more often because their mouths are still growing and changing.

Between uses, keep your mouthguard clean and dry. Regularly clean the mouthguard in cool, soapy water, and rinse it thoroughly. Always bring your mouthguard for a thorough cleaning during your regular dental checkups. Store and transport the mouthguard in a sturdy closed container that has vents so it can dry. Also, never leave the mouthguard in the sun. Regularly check the fit and for signs of wear and tear to see if it needs replacing. Lastly, pets can see any dental appliance as a chew toy, so be sure to store your mouthguard in its case, and don't leave it out in plain sight.

into contact with other people's mouths, noses

should remove any choking hazards, such as gum, peanuts, hard candies or small toys.

DOH Halloween Safety Tips

fit and stay in place. That being said, no guard will

L Department of Health provides the following tips to help families have a fun, healthy and safe Halloween:

The Anne Arundel County

• Do not allow children to go trick-or-treating if they are ill. If they had a fever, it should be gone for 24 hours without the use of fever-reducing medicine. Those who are ill or who have an ill household member should not hand out treats. • Do not share Halloween masks, vampire fangs or similar items. Avoid bobbing for apples, allow-

ing children to dig into

a candy bowl and other

actions that involve shar-

ing items that have come

- and fingers. • Purchase or make costumes that are light
 - and bright enough to be clearly visible to motorists. Trim costumes with reflective tape. Carry a flashlight.
 - An adult or an older, responsible child should always accompany young children.
 - Be cautious of risky accessories, such as decorative contact lenses, which can cause serious eye damage.
 - Warn children not to eat any treats until an adult has carefully examined them for evidence of tampering. Parents of very young children
- Children should wash hands properly with soap and water before eating anything. • Use party games or trick-or-treating as an opportunity for children

to get their daily dose of 60 minutes of physical activity.

The department recommends that parents limit their child's candy consumption. Parents should provide healthier alternatives as Halloween treats, such as fruit. For additional healthy Halloween tips, visit the "In The News" section on www. *aahealth.org* in October.

ient to wear.

Q: How expensive are these protective athletic mouthguards?

A: Some custom guards are not much more expensive than traditionally used ones. The real savings is the significant amount of damage they can prevent.

Q: What sports require guards?

A: The National Federation of State High School Associations mandates use of protective mouthguards in football, field and ice hockey, and lacrosse. The American Dental Association recommends that athletically active people of all ages use a properly fitted mouthguard in any sporting or recreational activity that may pose risk of an injury. This includes use in almost

The important message is to wear a well-fitted mouthguard and take proper care of it. Guards only work if you wear them. Play safe and have fun.

BWMC Octber Calendar

Wednesday, October 2 5:00-6:30pm: Cancer Survivorship Support

Group. This free, selfcare skills class and group discussion, offers information and support for cancer patients and survivors. In addition to networking and peer support, the group will discuss timely topics related to treatment and care. For any type of cancer. No registration needed. For more information, call 410-553-8179. (Tate Cancer Center, First Floor Conference Room, 305 Hospital Drive).

Saturday, October 5 10:00am-noon: Free Flu Shot Clinic. UM BWMC is offering free flu shots to the community for individuals ages 3 years and older. . Registration is not required. For more information, call 410-553-8103. (301 Hospital Drive, Main Lobby). Another clinic will be held Tuesday, October 8 from 5:00 to 7:00pm and

Wednesday, October 16 from 4:00 to 6:00pm at the same location.

Monday, October 7 7:00-8:30pm: Smoking

Cessation. A seven-week class for those wanting to quit smoking (Radiology Conference Room, Lower Level, 301 Hospital Drive). Class size is limited to 14 and participants will be registered on a first come, first serve basis. To register call 410-553-8103.

Tuesday, October 8 6:00-7:30pm: Stroke

Support Group. Survivors, caregivers, and community members meet to discuss stroke recovery and prevention. For more information, call 410-787-4732. (Dr. Constantine Padussis Conference Center, 301 Hospital Drive, third floor).

Wednesday, October 9 8:30am-noon: Free **Blood Pressure Screen-** ings at Harundale Presbyterian Church. No registration needed. (Eastway and Guilford Road, Glen Burnie).

2:00-3:00pm: Lactation Support Group. Open to all breastfeeding mothers and their children. No registration needed. For more information, call 410-595-1782. (301 Hospital Drive, 3 South classroom).

6:00-8:00pm: Bariatric and Surgical Weight Loss Management Seminar. A free surgical weight loss management seminar offered by the University of Maryland Center for Weight Management and Wellness. Registration is required by calling 1-800-492-5538. (Dr. Constantine Padussis Conference Center, 301 Hospital Drive, third floor).

6:00-8:00pm: Opioid **Overdose Response Program**. Free classes help the community learn the signs and symptoms of an

opiate overdose along with how to safely administer naloxone (Narcan), the FDA-approved emergency treatment nasal spray. Pre-registration is required as space is limited. For more information or to register, call 410-787-4490. Also meets Wednesday, September 18 from 6 to 8pm and Saturday, October 26 from 10:00am to 2:00pm (BW Health Services, 7556 Teague Road, Suite 440, Hanover, MD 21076).

6:30-8:00pm: Mental Health Support Group. Community members and families discuss helpful information on psychiatric issues. No registration needed. For more information, call 410-553-8070. (Room A of the Partial Hospitalization Program (PHP), 301 Hospital Drive, second floor).

Thursday, October 10 1:30-2:30pm: Preventing Diabetes Class – A

diabetes educator discusses factors leading to diabetes and lifestyle changes to prevent diabetes and improve overall health. To register for this free class or for more information, call 410-787-4940. (Center for Diabetes and Endocrinology at UM BWMC, 300 Hospital Drive, Suite 223).

Sunday, October 13 10:00am-6:00pm:

Stork's Nest - Incentivized prenatal education classes for expectant mothers living in Anne Arundel County. Class topics include the importance of prenatal care, what to expect during labor and delivery, breastfeeding, basic infant care, and safe sleep. Registration is required by calling 410-787-4366. Oneday session. (301 Hospital Drive, 3 South classroom).

Wednesday, October 16 5:30-6:30pm: Diabetes Support Group meets

to discuss current issues regarding diabetes management (Center for Diabetes and Endocrinology at UM BWMC, 300 Hospital Drive, Suite 223). Reservations are not requested. For more information, call 410-787-4940.

6:30-8:00pm: BWELL Seminar Series: The Beat Goes On – Living with **Congestive Heart Failure**. Join UM BWMC cardiologist Vasundhara Muthu, MD, as she discusses congestive heart failure (CHF) and how to manage the disease on a day-to-day basis. UM BWMC outpatient dietitian Brooke Sawicki, MS, RD, LDN, will discuss how diet, particularly salt, affects people with CHF and provide tips on choosing healthier options. A question and answer session will follow. Registration is required by calling 410-787-4367. (4 West Conference Center, 301 Hospital Drive, fourth floor).

OCTOBER 2, 2019

SEVERNA PARK VOICE

BUSINESS

BUSINESS SPOTLIGHTS

Harbour Wine & Spirits Puts Customers And Neighbors In A Cheerful Mood

By Zach Sparks

A14

Growing up in Severna Park, Don MacMurray didn't think he'd ever inhabit the space where he gathered with friends for social hours. But that's exactly what happened in 2011 when he took over Harbour Wine & Spirits on Benfield Road.

The store was the second for Don and his wife, Cathy, who became the owners of Port Tack Wine & Spirits in Arnold in 1978. They immediately brought a fresh look to the Severna Park space.

"When we took over initially, we completely redid the interior and remodeled the store," Don said.

Some people spend their lives working in an industry or inherit a family business from mom and dad. Don was



On any day, customers at Harbour Wine & Spirits will encounter owner Don MacMurray (left) or store manager Kerry Drapalski, who both emphasize customer service.

the fly," he said.

Over the years, Don

has enjoyed interacting

with customers, some of

whom are his neighbors

from Olde Severna Park.

At Harbour Wine & Spir-

of Kerry Drapalski, a for-

its, he also has the help

the opposite. His experience in the field was limited prior to 1978, so he got a job in Crofton working for a friend who was a wine manager and wholesale distributor.

"I took some wine courses and I learned on mer Severna Park High School math teacher who has worked for Don for about eight years and managed the store for about 20 years, including the years before the MacMurrays acquired the store. "It's been an extension

"It's been an extension of dealing with people I taught and keeping in touch with what they have done since school," said Drapalski, who has enjoyed working with Don at the liquor store. "Our ideas mesh, and we both believe in the importance of customer service. We're always looking to make things better."

Plenty has changed since 1978, giving Don and Cathy many opportunities to make things better. While Harbour Wine & Spirits specializes in a vast selection **» Continued on A15**

Continuous Innovation And Collaboration Are Hallmarks Of Severna Park Chick-fil-A

By Chris Fincham

Highway, cars are always lining up and moving around the red-and-white brick building and its large American flag.

"If you provide good service, people will come back," Chris Schenck casually pointed out while sitting inside his Severna Park Chick-fil-A.

The Annapolis native worked at Chick-fil-A from 1986 to 1992, then spent nearly nine years at Dominoes in Washington, D.C. as a delivery manager, before ultimately returning to Chick-fil-A in 2001. "I always wanted to own a freestanding unit, something with a drive-thru," Schenck said. "Speed of service has always been a passion of mine." With that in mind, he



Photo by Chris Fincham Chris Schenck, owner of Severna Park Chick-fil-A, takes immense pride in his team and the store's speed of service.

ed his first store in Nearly a decade later, he

we have a great team," Schecnk said. "They really focus on providing quality service, and we encourage feedback from them. We work very hard to make sure that people feel like they're working with us instead of for us. They know we're going to take it into consideration and they've seen that we'll make changes based on their input."

And if you've visited the location over the years, you've undoubtedly noticed a number of changes. The entire crew at the Severna Park Chick-fil-A aims for continuous improvement in everything they do. "It's certainly been an evolution," remarked Schenck. "When I first started here, we had about 75 employees who were full-time; now we have over 100. With the jobs that we've added for delivery drivers, we're busier in » Continued on A16

Chamber Update



e are excited to announce our newest members of the chamber: **LogoZone Promotions** and Tommy Sommers, the Good Neighbors Group and Julie Shay, **Blue Sky Wellness** and Dr. Erica Adams, **Challenger Auto and Truck Service and Jeff** Gerlach, Citizens for Heather Bagnall and **Delegate Bagnall, Beau**tycounter by Audrey and Audrey Gunther, Anne Arundel Dermatology, and Chesapeake **Bay Hypnosis and** James Scott.

We held two ribbon cutting celebrations in September. It was a tremendous honor to perform the ribbon cutting for **Hospice of the Chesapeake's** 40 years in service to our community. **Heartspace Acupuncture** in Annapolis celebrated one year of successful business. Congratulations to our members for reaching these milestones.

The Successful Women in Business held a coffee talk at **The Severna Park Racquet and Fitness Club** and were treated to refreshments and a tasty buffet, and a tour of the beautifully renovated space. Owner **Debbie Badro** was a wonderful host of this well-attended event.

Our Learn and Lead monthly meeting focused on "Difficult Conversations" and was a popular session. The committee includes **Todd Popham** of Popham and Associates and Jenn Triplett of the Treebranch Group. They create

programs that focus on developing "soft skills" like customer service, management, delegation and more. had time to discuss the goals of the group, which include connecting practitioners with each other for partnerships, raising awareness of the many modalities for alternative treatments, and educating through seminars and events.

The Monthly Business "Bites" luncheon featured Dianna Lancione, owner of **The Voice Media**, and Larry Sells, COO. The event was held at **Romilo's** to a packed house, and Dianna and Larry delivered an informative presentation on using print, social and web media for a well-rounded marketing strategy. **Magothy Payments** was our sponsor.

We are hosting a multi-chamber Successful Women in Business breast cancer awareness event at the **Walden Country Club** on October 2 from 11:30am-1:00pm. Our keynote speaker is Dr. Laura Amodei, radiologist and owner of **Bay Area Radiology**. Don't miss this informative and fascinating presentation and meet lots of wonderful women.

On the horizon is our **Shoptoberfest**, to be held at Park Plaza on Saturday, October 5, from 11:00am-3:00pm. The event features exhibitors, many who are selling products, trick-ortreating at every booth, a costume contest held at 1:0 pm for all ages, food, music, live broadcasting by WNAV and more. We thank our sponsors, SERVPRO of Annapolis and Severna Park, Landmark Roofing, **Continental Realty Corporation**, WNAV and Franklin's Toys. Come join the fun!

Our Driving Force for Business golf tournament will be held at Chartwell Golf & Country Club on October 21, and it will feature specialty holes. great networking, and more! You do not have to be a member to play and please join us. Join our chamber and connect with other businesses and the community. Call us at 410-647-3900 or *info@gspacc.com* or visit www.gspacc.com.

opened his first store in January 2004, in Laurel.

"We had been looking in Severna Park for a long time," he said. "The KFC that used to be in this spot closed down while I was at Marley Station Mall. We looked at it, but it wasn't the right time, so we ended up in Laurel." gave up the Laurel store and opened up the Severna Park Chick-fil-A on October 10, 2013. Six years later, Schenck has a team that has continued to blossom and innovate - turning this into one of the top stores in the chain.

"The people that we have,

Our first meeting of the chamber's new **Health and Wellness Coalition** included over 40 people and was hosted by **Spring Arbor of Severna Park**. After introductions, we

Arundel Federal Appoints Thomas Herpel As President

The board of directors for Arundel Federal Savings Bank has appointed Thomas Herpel to the position of president and chief operating officer.

Herpel has been serving as the bank's executive vice president and chief operating officer since 2018 and succeeds Dave Costello as president. Costello will retain the title of chief executive officer and provide leadership support for strate-

gic initiatives through early

2020. He will remain a mem-

ber of the board of directors. "Tom has spent the majority of his career with Arundel Federal, so he is very familiar with its business model, people, history and solid reputation as a great community bank," Costello said. "He is the ideal choice to lead the bank into the future. His election to president and COO is part of a transition plan that has been in process for the last two years. Tom and I will continue to work closely through the transition. He is an exemplary leader, and his dedication to our culture and values

have earned him the trust and respect of clients and colleagues for decades." Herpel joined

Arundel Federal as controller in 1991. He is responsible for the oversight of

the daily operations within the bank, ensuring a focus on strategic goals, working closely with senior management to develop and implement growth initiatives as well as direct oversight of the marketing, IT and residential lending departments. As he transitions into his new role, his additional responsibilities will include internal and external communications, strategic planning, goal setting, and governance matters.

A Maryland native, Herpel graduated from the University of Maryland at Baltimore County (UMBC) with a degree in economics and a minor in accounting. Herpel is also a certified public accountant, a graduate of the Maryland Bankers Association School of Banking, and a board member and treasurer of the Chesapeake Arts Center.



ore than 28 million full-time American workers don't have access to a 401(k) plan. This is often because they are selfemployed or working for one of the more than 5 million smaller companies that doesn't offer a 401(k) plan. Not having access to a 401(k) shouldn't keep you from saving for your retirement though, as there is still much you can do to save for retirement.

Here are two retirement accounts you can open outside your employer to contribute toward your retirement savings.

Traditional IRA Retirement plans outside of your employer are called Individual Retirement Plans or IRAs. The IRS introduced these plans with the Employee Retirement Income Security Act of 1974, or ERISA, and they have steadily grown in popularity over the years. As a way to incentivize retirement savings, the IRS allows each individual to contribute \$6,000 per year into this account and deduct that from your annual income on your tax return. If you are over the age of 50, you can contribute a "catch up" amount and contribute a total of \$7,000.

How To Save For Retirement

Without A 401(k) Plan

It is important to note that in order to contribute to an IRA, you must have "earned income." The IRS allows for a spousal IRA contribution where a non-working spouse can contribute to their own IRA as long as the other spouse has earned income.

If you're self-employed, please note that you can start a SEP-IRA and you're allowed to save more than the IRA limit mentioned above. The exact amount you can save is 25% of your net earnings from self-employment, up to \$56,000 in 2019. Roth IRA

The second retirement account available to you is the Roth IRA. It carries the same contribution guidelines of \$6,000 for those under age 50 and \$7,000 for those over age 50. The value of the Roth IRA is that gains are tax-free when the money is withdrawn, provided the account has been open for five years and you're over 59 and a half years old. To contrast,

when you withdraw money from a traditional IRA, the amount is fully taxable at income tax rates. While you do not get the immediate tax deduction for the contribution like you do with the traditional IRA contribution, the withdrawn money is fully taxable. This is incredibly valuable. When you plan for retirement, it is a good idea to know what the tax implications will be with each scenario, because it's hard to know what the income tax rates will be in the future.

Be aware that the Roth IRA comes with income restrictions; in 2019, if you are single, the phase-out range begins at \$122,000; if you are married and filing jointly, the income phase-out range begins at \$193,000. You will want to check the IRS website for specific information. In effect, if you make too much money, you are ineligible to contribute to a Roth IRA.

What if One Spouse has a 401(k), 403(b) or TSP?

Using the IRA accounts mentioned above are a great way to save for retirement, but if you are married and your spouse has the ability to contribute to a 401(k), 403(b), most 457 plans, or the federal government's Thrift Savings Plan (TSP), then you might consider maxing their account as part of your retirement savings plan as well. This is especially true if their employer offers a 401(k) match.

According to the IRS, the 401(k), 403(b), most 457 plans, or the federal government's Thrift Savings Plan (TSP) give you the ability to contribute more per tax year than the IRA or Roth IRA. In 2019, an employee is able to contribute \$19,000, and those over 50 years old can also catch up with an additional \$6,000.

Determining what option is best for you can be difficult. Should you open a traditional IRA or a Roth? Should you contribute the max? If not, what amount should you contribute? These are questions that can be answered by a CPA or other financial professional. Generally speaking, I always suggest contributing the max that you can. If you are married and your spouse has access to a 401(k) savings plan, you might consider how to maximize their contributions and possible employ-» Continued on A16

OCTOBER 2, 2019 A15

The Voice Wants YOU!

Now Seeking Talented Sales Representatives To Join Our Team



Are you looking to join an exciting team and a company that is growing and expanding? If so, the Severna Park Voice would like talk to you. We have an opening in the local area and are looking for sales candidates to help us call on businesses.

JOB REQUIREMENTS

- Positive and teamorientated attitude with superior communication and presentation skills. Prior sales experience
- with demonstrated success in growing sales revenue. Prefer candidate to have a past advertising sales background that includes prospecting skills, conducting face-to-face meetings, and making sales presentations. Contact current clients to service and assist them with their advertising needs.
- "Hunter" instincts for

finding and developing new clients with demonstrated past success. • Time management and organizational skills to coordinate cold calls and scheduled appointments. • Ability to meet and exceed multiple scheduled deadlines and due dates. Community involvement to include participation in various chamber of commerce activities and other local community events. Proficiency in Microsoft Office - Word, Excel and PowerPoint as well as SalesForce.com or other sales-management equivalent systems. Ability to work both independently and within a team in a high-paced,

Contact

Serious inquires only. Please send resume to larry@severnaparkvoice.com.

results-orientated

environment.

Pura Vida Bowls & Java Opens In The Park

Acai Bowls & Rise *Up Coffee* Featured On New Food Truck Menu

 $\diamond \diamond \diamond$

Pura Vida Bowls & Java, a new acai bowl, coffee and smoothie food truck, is now serving in Severna Park. Pura vida derives from the Costa Rican lifestyle that translates to "pure life," which is the inspiration for the new food truck menu. Founded by Severna Park residents Cortney and Chris Sperry, Pura Vida Bowls & Java food truck features coffee from the local Rise Up Coffee Roasters as well as acai and pitaya bowls and smoothies.

"I grew up in a family of restaurant entrepreneurs and always had a passion for finding new ways to get healthy fruits and



Pura Vida Bowls & Java food truck is open Friday, Saturday and Sunday from 7:00am-3:00pm at 363 Ritchie Highway.

vegetables into my family's diet," Cortney said. "When my husband, Chris, and I spend time surfing and paddleboarding on the Eastern Shore of Maryland, we always seek out acai bowls, so we wanted to bring these nutrientpacked bowls to Severna Park area residents. We look forward to delivering high-quality organic bowls, coffee and smoothies through our food truck as well as at parties and events."

Acai (pronounced AH-sigh-YEE) is an antioxidant-rich organic berry that is native to rainforests in Central and South America. Pitaya, or dragon fruit, is primarily

found in South America and is high in antioxidants. Pura Vida's bowls are made from acai and pitaya blends, not frozen yogurt, and they are free of artificial preservatives, trans fat and other fillers. Fully customized acai and pitaya bowls can be topped with organic granola, chia seeds, hemp seeds, almond slices, cacao nibs, coconut flakes and a selection of drizzles.

LOCATION AND SCHEDULE

Pura Vida Bowls & Java food truck is open Friday, Saturday and Sunday from 7:00am-3:00pm and can be found at 363 Ritchie Highway in Severna Park, at the intersection of Whites Road and Baltimore Annapolis Boulevard.

To learn more about Pura Vida Bowls & Java or to view its menu, visit www.puravidajavabowl.com.

Harbour Wine & Spirits Puts Customers In A Cheerful Mood

» Continued from A14

of imported and domestic wines, and a large selection of craft beers, its offerings reflect shifts in other trends.

"From then to now, the products that are available, there are probably 50 times more," Don said. 'The drinks like White Claw and Truly are exploding. For a while, wine coolers were a big thing,

and that kind of died off. Fruit-flavored and lowercalorie drinks are big now, and the closest thing in the beginning was little individual cocktails. There's a newfound popularity of distilled spirits, especially bourbon."

Popular beverages have come and gone, but the MacMurrays have stayed constant in their support of the community.



Harbour Wine & Spirits routinely gives donations to local sports teams and organizations.

It's something that helps the community and we are thrilled to

be part of the community," Don said.

Harbour Wine & Spirits is located at 527 Benfield Road in Severna Park. To learn more, call 410-544-6377.



health increase their quality of life and decrease their risk of depression

> Your ears can identify frequency, pitch, location, and many other details instantly — the better they work, the sharper your mind is likely to be





Dr. Robinson

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How To Save For Retirement

» Continued from A14 er matching.

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Continuous Innovation And Collaboration Are Hallmarks Of Severna Park Chick-fil-A

» Continued from A14

the kitchen, busier at the front counter. Obviously we have people outside taking orders, a cashier in the back, and people in the drive-thru."

They had so many people in the drive-thru that Schenck has completely remodeled the area from a traditional window to a sliding walk-thru door creating an experience that is truly unique.

"[The drive-thru space] was designed for four people, and we were putting seven in there," he explained. "So now everyone is going to have the room to do what they need to do. This was something that they didn't plan on doing further north than about South Carolina. We went and saw some of those stores and immediately said, 'We want that.'"

As one of the top stores in the chain, the Severna Park Chick-fil-A leads the way with speed of service, transactions and customer satisfaction.

"Our goal is to get them on and off the property within five minutes,"

"

This is where I plan to be for 20, 30 more years...

— Chris Schenck Owner, Severna Park Chick-fil-a

Schenck explained. "Most of the time, we're right around the three-minute mark from the time they pull onto the lot, place their order, give us their money, and then are pulling away with their food — and that's pretty ridiculous."

Meanwhile, the team was part of a handful of locations to offer delivery, another service at which they've excelled.

"We're the No. 1 delivery team - we're a test for it that started at about four stores and now at 22, with plans to get up to about 60 stores by the end of the year," he explained. "We do things quite a bit differently and that's helped us be the No. 1 delivery team."

Along with delivery, they offer mobile ordering, and now have a mobile dinein option.

"Each table has a number on it so you can place your order ahead of time or you can just come in, sit down, and order from your table," Schenck said. "Enter your table number and we'll bring your entire order out to you."

Schenck and his team have a strong relationship with schools in the area and regularly do fundraisers with them and a variety of local organizations. These relationships and being a value to the community are what Schenck values the most, and he looks forward to continuing to provide great service both at his store and in the area.

"I'm part of the chamber [of commerce]; I got to church locally; I go to the different fundraisers, and the bull-and-oyster roast. I'm here. I'm not moving anymore," Schenck said. "This is where I plan to be for 20, 30 more years - as long as I can keep coming into the store, and keep connecting with my team, and connecting with the community.

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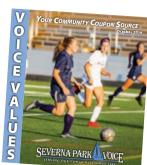
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OCTOBER 2, 2019

B1

Park Volleyball Building Momentum Toward Playoffs





Photo by Colin Murphy Skylar Sale smashed one of her 16 kills against River Hill on September 24.

> By Colin Murphy @c.murphy.photo

The Severna Park volleyball team faced a sizable deficit in every set of its match against visiting River Hill on September 24 — not exactly the ideal path for coming away with a victory

with a victory. But the Falcons showed resilience by fighting for every point, making the defensive stands when they needed to, swinging the momentum with a torrent of thunderous kills and ultimately booking a 3-1 win (23-25, 25-19, 25-22, 25-22). Maggie Sale and Skylar Sale had 17 and 16 kills, respectively; Sienna **DeCicco** dished out 45 assists; freshman Sydney Watts made 11 digs and

junior **Ally Fletcher** had 9 kills to go with 4 digs and 100% service as the Falcons nearly climbed out of an 8-point hole in the first set, overcame a 6-point hurdle to win the second set and navigated neck-and-neck battles in the third and fourth sets to earn the W. "You have to be ready for

"You have to be ready for everything," said Fletcher of the team's ability to wrest the match away from the visiting Hawks. "As long as we have energy, we have the ability to win."

The Falcons lacked organization early, and the Hawks took advantage, jumping out to and holding a lead until deep in the first set. When the longest rally of the match — a 30-touch marathon that brought the benches and onlooking families to their feet ended in a River Hill point, Severna Park trailed 21-13, and the set looked like a sunk cost.

The Falcons were undeterred. They fought tooth and nail the rest of the way, ultimately closing to within a point at 24-23 and forcing a Hawks timeout. River Hill won the next point to take the set, but the message was clear: the Falcons were not giving anything away.

"This season we've always fought back," said DeCicco, a junior. "We don't play for

Falcon Girls Stay Undefeated With Statement Win Over Arundel



Photos by Colin Murphy

Lena McLaughlin (left) headed in Severna Park's opening goal a few minutes into the Falcons' game against Arundel on September 26, while Bella Espinoza (16) received congratulations from teammates Ella Raines and Chloe Nagel (19) after her second goal cemented the Falcons' 3-0 victory. Severna Park is 6-0-1 through seven games.

By Colin Murphy @c.murphy.photo

Both the Severna Park and Arundel girls soccer teams were undefeated coming into their September 26 tilt at Severna Park. The Falcons handled the showdown by positively dismantling the Wildcats. Severna Park greeted its guest with an unyielding display of strength on defense, a fluid passing buildup and precision on scoring chances to emphatically earn a 3-0 win. An opening-moments header by **Lena McLaughlin** and a brace by **Bella Espinoza** powered the Falcons, who improved to 6-0-1 overall and dealt the Wildcats (5-1) their first loss of the year. Home fans in attendance were delighted to watch what first-year head coach **Rick Stimpson** called the Falcons' "best performance of the season" and what McLaughlin described as a critical early-season test. **>> Continued on B3**

Severna Park Stops Chesapeake Rally To Capture First Win, 20-16

By Zach Sparks zach@pasadenavoice.com

fter falling behind 7-0

Bryce Marin picked off a **Tyler Clark** pass near midfield to give his team good field position. The Falcons couldn't take advantage, and they



a junior. We don't play for the set. We play for each and every point."

Severna Park stumbled out of the gate in the second set too, soon trailing River Hill 11-6, then 15-11, but the defense started to turn the game. **Rachel Holly** (6 digs), **Kristen Murphy** (2 digs), DeCicco (5 digs) and Watts kept the ball off the floor, while Maggie Sale (3 blocks, 4 digs), Skylar Sale (9 digs), freshman **>> Continued on B2** A to host Chesapeake on September 20, the Falcons looked like they would lose their third consecutive game, but the team exploded for a 20-0 run that ultimately led them to a 20-16 victory.

The team was all smiles after the game for delivering varsity head coach **Mike Wright** his first win, over the 2-o Cougars, yet it easily could have slipped away.

The first quarter was marred by miscues on both sides. Severna Park defender ultimately botched the snap on the punt attempt, allowing Chesapeake to recover the live ball and take it downfield. Facing a key third down later on that drive, Clark fired a pass past the goal line, but **Corey Bodnar** was there for the Falcons to prevent the reception. The field goal attempt missed the mark. Chesapeake forced another

stop and got on the board first when Cougars quarterback **Tyler Clark** rushed up the middle for a 1-yard score **» Continued on B6**

Photo by Chris Fincham Jordan Robinson (61) and teammates celebrated his interception that helped Severna Park to a 20-16 win over Chesapeake on September 20.

Broadneck Tops Annapolis For Homecoming Win, 42-0



Photo by Colin Murphy Josh Cain (7) was mobbed by teammates after scooping up an Annapolis fumble and returning it 20 yards for a Broadneck touchdown during the Bruins' 42-0 rout of the Panthers on September 28.

By Colin Murphy @c.murphy.photo

hen Broadneck quarterback **Josh Ehrlich** launched a deep throw at the start of the third quarter on September 28, no one knew what was going to happen. The Bruins led Annapolis 14-0, but football games can turn quickly, and the Panthers were hawking for a turnover as they watched Ehrlich's pass rise into the night sky.

When the ball came down, it was in the hands of receiver **Dan Shea**, who spun upfield, broke a tackle, juked his way 40 yards down the sideline and sprinted into the end zone for an 85-yard score and a 20-0 Broadneck lead.

The rout was on, and the Bruins were here for it. Broadneck amassed

495 total yards in an **» Continued on B10** SP Field Hockey Earns Wins Over Broadneck, St. Mary's, Arundel



Photo by Colin Murphy

Severna Park's Lila Slattery had a three-goal week in the final week of September, scoring and assisting in the Falcons' 2-0 win over St. Mary's and scoring both goals in a 2-0 win over Arundel.

By Colin Murphy @c.murphy.photo

ila Slattery had already hit the goalpost twice without scoring for the Severna Park field hockey team when the she came charging toward goal late in the first half of the Falcons' game against St. Mary's on September 23, the score still knotted at o-o. When her next shot clanked loudly off the post for a third time, it seemed like the visiting Saints might have luck on their side.

"I was just trying to keep putting it in there, just **» Continued on B7**

Park — to cap 100 minutes

Ārundel, which plays

Broadneck in the final week

of the season, didn't lament

missed opportunities to put

together and had a solid

team performance against

a good opponent in Severna

Park," said Arundel coach

Mike McCarron. "We had

a few of our regular guys go

down injured and had to call

on guys that hadn't seen a lot

of time, and they stepped in

and played a fantastic match.

So the result I'm not unhap-

py with given what we went

Blamphin, Severna Park's

another home loss was a vic-

"It was definitely a good

fight," Blamphin said. "We

Broadneck earlier, bounced

back against Annapolis [a

1-0 home win on September

24 on a goal by Skopp], and

we just have to keep it going.

We're just trying to keep the

intensity high, and we didn't

home field. When those two

goals went in, it was intense,

and we wanted to get them

back. We were bummed we

couldn't get that final goal,

Skopp, a senior captain.

greatly since mid-August and

said the Falcons, now 4-2-1

are looking to excel at the

'We've definitely been

improving throughout the

have a lot of potential that

to see where we're going to

the Severna Park boys soccer

team's game against Arundel

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we can still reach. I'm excited

View a full photo gallery of

season, and that's not going to stop," Skopp said. "We

right time later this fall.

but it was a good fight."

overall, have improved

want to lose again on our

had a tough loss against

through for this match."

co-captain, said avoiding

tory within the tie.

"I thought our team pulled

of play with a draw.

the game away.

SEVERNA PARK VOICE

Park Boys Battle Arundel To 2-2 Tie

By Colin Murphy @c.murphy.photo

Coming off a tough 2-0 home loss to Broadneck, the Severna Park boys soccer team needed a result against undefeated Arundel on September 26 to avoid an unwanted separation from the top tier of region contenders.

The Wildcats twice pushed the Falcons to the brink of such a slide, but Severna Park fought back to earn a 2-2 tie.

Down 1-0 and 2-1, Severna Park got a first-half penalty conversion from **Gordie Bernlohr** and a late secondhalf own goal off a **Zach Plummer** corner kick before turning the momentum and almost swiping a win through two overtimes.

"I thought the guys played well, showed a lot of competitive desire," said Severna Park coach **Ryan Parisi**. "Some solid, really good individual talented players on Arundel, well-coached. I think if we had finished a couple chances, the game is a different story, but we showed great desire to fight back going down twice in a game against a good team."

The game was fast and physical, befitting a rivalry that has grown in intensity in recent seasons — Arundel, after all, was the team that knocked Severna Park out of last year's region playoffs with a 1-0 win in the second round. In the first meeting of the teams since then, Wildcat midfielder/ forward Spencer Hanks opened the scoring 21 minutes into the game when teammate Niko Espartero sent a cross into the box, which clattered through a scrum of defenders before Hanks was there to poke it in for a 1-0 lead.

Immediately Severna Park responded. On the restart from midfield, the ball went



Photo by Colin Murphy

Severna Park's Kevin Breitinger fought for posession with Arundel's Aiden Koch during the team's 2-2 tie on Sept. 26.

to the right wing, where Jay Pierce whipped a cross into the box. The ball was inadvertently batted down with the arm of an Arundel player, leading to a Severna Park penalty. Bernlohr calmly thumped the penalty into the net to tie the game at 1-1 less than a minute after Severna Park went down.

Arundel (6-0-1) played with a dangerously high back line, pushing up the field for a score in the second half, but their efforts paid off with a highlight connection. Defender Andrew **Versis** booted a curling long ball from the right sideline at midfield around and through the Severna Park defense into the stride of Hanks in the middle of the field. Running at full speed, Arundel's senior controlled the ball, took one touch and smashed a low strike to the far post, leaving no chance for Severna Park goalkeeper Ben McLay and giving his team a 2-1 lead.

Over the next 15 minutes, Severna Park began to wear away Arundel's defense, winning 50-50 balls in the midfield on the strength of relentless challenges by Kevin Breitinger, Owen Barrett, Evan Blamphin, Bennett Jefferds and Elliot Skopp. The defensive corps of Plummer, Jack Muldoon, Michael O'Callaghan and Daniel Key contained Arundel well, and speedy freshman forward Ben Groseclose threatened up top.

The Falcons got the break they needed in the 61st minute when Plummer took a corner, and his blistering inswinger to the near post ricocheted into the net to tie the game at 2-2.

Severna Park had the better of play the rest of the way. Distance shots by Bernlohr and Breitinger tested Arundel goalie **Evan Slaney**, who finished with eight saves.

In overtime, a blast by Pierce from open play was on target but right at Slaney for a comfortable save. In the second overtime, Blamphin drew a foul outside the box, and Bernlohr's dipping free kick was goal-bound before Slaney dived for a twohanded catch.

McLay made a save at the other end — he finished with five saves for Severna



Park VB Building Momentum

» Continued from B1

Ava Meadows (3 blocks) and Fletcher gave River Hill's outside hitter — the tallest girl on the floor problems at the net.

"I think the best feeling in the world is getting a block against a big hitter," said Skylar Sale, one of just two seniors on the team. "Tonight our blocking was there. River Hill had a gigantic outside hitter, and we shut her down, and that's a great feeling. It's something we really work on in practice, and it's cohesion with the people next to you, it's not just you."

With the defense clicking, Severna Park clawed its way back for points, getting a few crafty dump shots by DeCicco and key kills by Maggie Sale and Skylar Sale to overtake the Hawks and ultimately win the set 25-19.

In the third set, Severna Park built a lead and eventually held a 21-16 edge before River Hill went on a run to take a 22-21 lead. The Falcons tied the game, then got a kill by Fletcher, a deft Fletcher serve for a point and a Skyler Sale kill to ice the game, 25-22.

Severna Park was buoyed in the fourth set by sound defensive work by senior **Yasmeen Mahmoud**, who came into the game and made an immediate impact with 2 digs.

Still, the Falcons faced a 12-10 deficit before a booming kill by Maggie Sale, a block by Meadows and a tip by Sale gave the Falcons a 13-12 lead. Several digs by Watts, blocks by Murphy and Fletcher, service points by DeCicco and a kill by Fletcher had Severna Park in control at 19-18. Severna Park came out of a timeout with a kill by Maggie Sale, a kill and a block by Skylar Sale, a combined block by Skylar Sale and Meadows, and a match-clinching kill by Skylar Sale on the final point.

Falcon coach **Tim Dunbar** saw a young Falcons team, but one gaining in experience thing I liked, especially after set 1 when they almost pulled it out, was they made a lot of adjustments. They started reading what the other team was doing and making adjustments on their own, and I didn't have to tell them all the time where to be. They were thinking a step ahead, which is really good. They kind of picked up the flow."

With a couple of freshmen — Watts and Meadows getting significant playing time, and only two seniors, the Falcons are young, but there's a base of skill that leads Dunbar to believe the team can be a force.

"This team does have a high ceiling," Dunbar said. "This is one of those teams where we seem to get better as the games go on and the matches go on and the year goes on. We seem to do things a little bit better all the time. I don't think we're anywhere near our potential. I think they're picking up things rather quickly and not making the same mistakes two and three times in a row. The other thing about this team is they're very supportive of each other. You don't have girls on the bench griping that they're not getting in. If someone messes up the play you don't have someone getting on their case. No girl feels like they're totally responsible for a win or a loss, and they know they're supportive of their team. You see it off the court too. They're a very cohesive group."

After the sting of a September 19 loss to Broadneck, the Falcons know nothing will come easy in the region, with Arundel and South River lurking as contenders as well.

Skylar Sale said the match against the Bruins was the first chapter of a story that peaks later this fall.

"I'm looking forward to seeing [Broadneck] in the playoffs," said Sale. "The team did well against them, and we can do better. Our blocking has been better, our defense has been better. They have big hitters, but



and savvy.

"We did a little bit of everything well, but we did a little bit of everything poorly too. We were inconsistent," Dunbar said. "But I thought they gutted it out really well. The key so do we, and we're going to shut them down in the playoffs."

View a full photo gallery of the Severna Park volleyball team's match against River Hill at www.severnaparvoice. com/sports.



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Park Girls Stay Undefeated With Statement Win Over Arundel



Left: Chase Campbell sparked the transition for Severna Park in its 2-0 win over Arundel. Center: Maddie Altman got position to receive a throw-in. Right: Ella Raines attacked in the second half.

» Continued from B1

"Going into this game it was obviously going to be a fight because Arundel was 5-0 when they got here, and we knew that," said McLaughlin. "We just had to make sure we stayed composed. We didn't want to just kick the ball up the field. We wanted to work it around the back and find our midfielders and forwards, and I think we did a good job of that."

The Falcons benefitted from a fast start, earning a corner kick less than two minutes into the game. **Maddie Altman**'s outswinger from the right side went perfectly to McLaughlin, the tallest player on the field, on the six-yard line, and the senior centerback headed the pass powerfully into goal, giving Arundel's keeper no chance and netting her Falcons a 1-0 lead. Said Stimpson, "It was important we got that early goal to kind of settle us down and allow us to keep the ball. I thought we did a good job of moving it."

From there the Falcon girls set about a clinic of passing and attack-buildup. McLaughlin and backs **Chase Campbell** and **Leah Meyers** calmly intervened in Arundel's frantic attempts to advance the ball, taking possession and scanning for openings to midfielders **Chloe Nagel** and **Toni Fiocco-Mizer**.

Just before halftime, the clinic reached a boiling point. Campbell passed through Arundel's attack to Nagel, who turned and passed across midfield to Espinoza. With her back turned to the goal that was still 40 yards away, Espinoza one-timed the ball into the alley for Ellie Lane, then spun around and sprinted down the middle. Lane took a touch down the sideline and sent a cross into the box, where Espinoza booted it in stride for a goal. All told, the Falcons used four passes and an exacting finish to slice their way through 70 yards of defense and go into halftime up 2-0.

"Not to give too much of the game plan away, but we just try not to be selfish and know our whole thing is to work as a team," said Nagel of the team's precision passing. "There's three of us in the midfield, and we work on moving together with the ball and not being selfish. Our goal is to move it forward. [Midfielders are] not supposed to score, so we don't keep the ball."

After the break, the display continued. Nagel won a header in her own half, leaping over the defense to head to ball to **Toni Fiocco-** **Mizer**. Fiocco-Mizer muscled the defense away from her while protecting the ball before slotting a pass across the middle to Espinoza, who thumped a 15-yard screamer from the right side of the box past Arundel's goalie, banging the underside of the crossbar with her shot that landed in the net for a 3-0 lead.

Espinoza leapt in joy and hugged her teammates, an exclamation point on the Falcons' definitive vanquishing of the visitors.

A senior, Espinoza said she and fellow forward **Ella Raines** share the mentality to attack, attack, attack.

"Our whole goal is to score goals," Espinoza said. "That's the mentality I have being a forward, so I'm just trying to get the ball and get it in the back of the net. It helps when you have a defense to back you up and a midfield to back you up. It makes my job so much easier because I cannot score goals without them."

With the Wildcats in a vice, the reserves got in on the action, and the Falcons continued playing hard until the final whistle and a round of deserved high-fives.

While the offense produced three dream-material highlights, the shutout was the latest show of defensive prowess for the Falcons, who have surrendered only two goals all year, one of which was a penalty kick. Severna Park's only non-win came on September 19, when they played Broadneck to a scoreless draw.

Stimpson, who took over the program that former head coach **Brian Morgan** led to the state tournament last season, said the experience of the team (there are 13 seniors on the roster) and the character of the players have made the transition smooth.

"It's always tough coming in your first year, but having all that experience and 13 seniors makes it much easier for me," Stimpson said. "We're trying to continue pretty much the style of play they had last year — Brian did a great job with them. We're not trying to reinvent the wheel. They play the right way, they're a passionate group, they work hard for each other, and my job is just to maintain that and help out wherever I can with little bits of info here and there."

Severna Park has several challenging games remaining on the schedule, with notable matchups at South River on October 3 and home to Chesapeake on October 17.

View a full photo gallery of the Severna Park girls soccer against Arundel at www. severnaparkvoice.com/sports.

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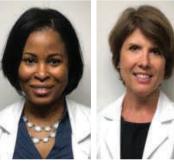






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Elizabeth Shafer, Broadneck Softball

By Colin Murphy colin@severnaparkvoice.com

Everyone can relate to having admiration for the person who volunteers to help in any way she can. That person at Broadneck is senior **Elizabeth Shafer**.

Shafer, a four-year member of the Bruins' varsity softball team who is committed to play softball at University of Dayton, is not just a standout on the softball diamond. At Broadneck and beyond, Shafer is involved in every effort she can find the time for to become a better leader and member of the community.

As president of the Fellowship of Christian Athletes, Shafer meets with her peers before school to eat breakfast and organize service projects. As a member of the Student Athletic Leadership Committee at Broadneck, Shafer meets once a week with studentathletes and coaches from other sports at Broadneck to share ideas about how to be better leaders and learn from those with different experiences. A strong student, she's the secretary of both the Student Government Association and the National Honor Society at Broadneck. matches, and he really makes me reflect on who I am as a person and a leader."

Though Shafer is going to be continuing her softball career at Dayton, the opportunity wasn't just handed to her. She said the process of securing a spot playing collegiate softball taught her that it's OK to encounter challenges, and that she had to learn how to navigate difficult stretches.

"The entire college recruiting process was incredibly humbling," Shafer said. "Some weeks I'd email 20 different coaches and none would come to the tournament. It was frustrating to put so much in and feel like I was getting nothing out of it. Looking back, it taught me so much. From playing in tough situations to making uncomfortable phone calls to coaches I'd never met, softball taught me a lot about getting comfortable being uncomfortable."

She hopes to study engineering in college, but Dayton struck Shafer as a good fit for her variety of interests.

"I knew I wanted to study engineering, but didn't want to go to a school that was just engineering," Shafer said. "Dayton was the perfect balance of engineering, ministry, service and softball."

Severna Park Stops Chesapeake Rally, 20-16

» Continued from B1

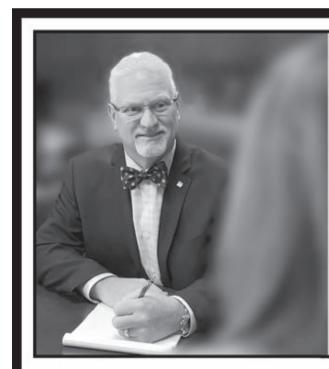
early in the second quarter. Zach Baumann tacked on the extra point to make the score 7-0. Daniel Rausch fell on a fumble to get the ball back for Chesapeake, but their next drive ended in a blocked punt recovered by Severna Park's **Colin Shadowens.** The Falcons answered this time, getting a few blocks to spring Shadowens for more than 40 yards down the left sideline. With a push from his offensive line, Seamus Patenaude took it the last three yards to tie the game at 7-7 following the extra point.

It was the first start for Patenaude, a freshman.

"He brings a lot to the table as far as mobility in the backfield, and I was hoping that would help out, and it did initially, but once our other running back went down, it was tough to move the ball," Wright said after the game. "I was really proud of him. I was proud of the two seniors who played before him. It's not like this is lack of effort. We have to get some things squared away and learn from it."

Starting with that touchdown, fortunes turned in the Falcons' favor. A snap sailed over the head of Clark, and Kaleb Blackwell took advantage for Severna Park, scooping up the ball and returning it 44 yards for a score. The Falcons weren't done. On the ensuing possession, they batted a Clark pass into the air and into the arms of Jordan Robinson, who made the interception. Demetrius Powell took a handoff and showed some impressive moves, spinning through tackles en route to the end zone and another Severna Park score that put the visitors up 20-7.

Robinson said the Falcons' intensity was the result of a tough week of practice following early-season losses to North County and Arundel.



"Coach made sure we knew our assignments, our energy was good, and we had our heads on straight," Robinson said. "Practice was amazing."

The next Cougar possession led to another turnover as Clark fired a pass down the middle of the field, where Falcon Brett Butz was waiting. The defense did its part to make a stop, but after a few positive plays by the Cougars, the Severna Park defense stepped up again, flushing Clark from the pocket and swarming him immediately for negative yardage. The senior quarterback showed poise, though. Facing third-and-22, Clark lofted a beautiful pass down the right sideline to his 6-foot-6 target, **Alonzo Wilkes**. Another big play led to another stalled drive as a Clark's intended receiver slipped on third down and Marin nearly had his second interception. The Cougars opted to settle for a field goal, but that was blocked.

Strong defensive play ruled the third quarter. The Cougars recovered a Falcon fumble on the Chesapeake 24-yard line. But the Falcons were equally impressive. Ben Morgan sacked Clark, and then an incompletion on a screen pass forced Chesapeake to punt. The teams traded field position. On the first play of the fourth quarter, Clark dropped back and lofted a 53-yard pass to Wilkes, who hauled in the ball for the touchdown, bringing the deficit to 20-14 after the extra point. Severna Park took possession with 11:48 to play. They punted on their next possession after recovering their own fumble and pinned the Cougars deep in their own territory.

That's when Chesapeake called the perfect play when it was needed most. Clark threw a short pass to his right, where Wilkes was waiting. But after snaring the pass, Wilkes quickly pitched the ball behind him to **Victor Listorti**, who raced down the sideline, making it all the way to the Severna Park 10-yard line. The hook-and-ladder play put the Cougars in prime position to take the lead. Needing a score, Chesapeake turned to their run game. But in a game full of mistakes, this one proved to be the costliest as the Cougars coughed up the football.

"Their kid banged a 70- or 80-yard punt, so it pinned us deep and the clock was running out, so we had to take a shot, and the hookand-ladder worked for us," said Chesapeake head coach Rob Elliott. "We get down to the 10 and turn it over first play after that, so a great play means nothing if you turn it over after that."

They would get one more chance to score, with only 15 seconds left after Severna Park ran down the clock and ran backward into the end zone for an intentional safety to make the score 20-16. The Cougars got a short completion as time expired.

Chesapeake gave credit where due.

"Congratulations to Severna Park," Elliott said. "They played better than we did."

Severna Park enjoyed the win, but Wright said his team also needs improvement with tough opponents next on the schedule.

"This was a big one," Wright said. "Our defense is playing really good football right now. Our offense just can't quite go the whole game. They'll sputter and go and then they'll light it up, and then they'll sputter and go, so to be able to do that and pull out a W is really a good thing. These kids have worked hard, they have busted their butts for it, and I was just so happy they were able to do it."

Investing is about more than money.

Shafer's efforts are reflective of her character and drive to put others before herself.

"Elizabeth is the most self-motivated and responsible leader that I have ever coached," said former Broadneck softball coach **Deanna Hamilton**. "She is selfless and always puts the needs of others and her team ahead of her own. Her teammates are always looking to her for guidance, and she never lets them down. She is extremely committed to helping the community and volunteers for everything that she can, from being an active member of Habitat for Humanity to being peer minster at her church, among many others."

One of Shafer's many pursuits is her fourth season as a student partner in Broadneck's unified tennis program, where she has bonded with Brian, her partner for this year.

"I love the attitude and energy he brings every day, and he's never in a bad mood," Shafer said. "He's always cheering me on during practices and While she is continuing to develop as a leader in many respects at Broadneck, she is likewise focused on helping the Bruins softball program succeed next spring. Hamilton said she can be spotted getting extra swings and reps on the diamond all the time, and Shafer said softball has taught her how to be balanced all-around.

'Everything I've learned about leading and time-management from sports has helped me earn [my] positions and do them well," Shafer said. "Since softball is out of season, the other three seniors and I have put together pre-season workouts once a week. I'm grateful for the other seniors because we all lead differently and help keep each other and our teammates in check. I love being able to hang out with my teammates and see them working hard to improve out of season. Right now, seniors are reading "The Hard Hat" by Jon Gordon, and the underclassmen are reading "The Energy Bus." I can't wait to see the impact this has on the team and our season.'

In partnership with The Matt Wyble Team of Century 21, the Voice's Student-Athlete of the Month series seeks to recognize the many student-athletes in our area who make an impact not necessarily by way of statistics or stardom, but by their unique contributions. The quiet leader, the solid role player, the glue guy or gal, the community voice on or off the field — those are the kids we seek to recognize. Do you know a young person in our community making a positive impact through sports? Nominate them by contacting **Colin Murphy** at colin@severnaparkvoice.com.

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Severna Park Field Hockey Earns Big Wins





Photos by Colin Murphy Erin Schaner (18) chased down a St. Mary's attacker on September 23. Freshman Ava Drexler (15) kept her eye on the ball in the Falcons' 2-0 win.

» Continued from B1

be scrappy, and eventually something will get in," Slattery said.

Her persistence paid off when the ricochet came back across goal and right to Emma Marsh, who banged it into the baseboard for a 1-0 lead. Slattery added an unassisted goal in the second half, and the Severna Park defense was tirelessly poised in helping the Falcons to a 2-0 win over their down-the-highway rivals of the Interscholastic Athletic Association of Maryland B Conference.

It was a quality win for a Severna Park team looking to re-establish the program at the top of the ultracompetitive Anne Arundel County pecking order. At 4-2 following the win over the Saints, second-year head coach Shannon Garden sees a team maturing before her eyes with difficult games against Chesapeake and South River on the horizon.

"I think we're growing up," said Garden. "I think we should be able to compete really well."

The Falcons manifested Garden's confidence against a strong Saints team, and it all began on the defensive end. The back line of outside defenders **Zoe Day** and **Carson Smith** and central defender Lauren Aguilar proved an impenetrable trio, calmly thwarting every Saint Mary's advance and passing smoothly into the midfield. Garden said the team deliberately moved some of its most skilled players to the back line to shore up the defense in front of freshman goalkeeper **Charley** Kramer, who was up to task in making three saves. "They're composed, they

communicate well, and they can move the ball out of the backfield so well," said Garden. "It's huge. I'm a very defensive-minded person. To me, defense wins championships.'

Aguilar, a senior, said the defense has performed well in preventing goals but also in sparking the Severna Park transition to attack.

"I think the game went well," said Aguilar. "We really work on transitioning a lot and being quick when the ball's coming down the field and trying to stay marked up. It worked well, especially causing turnovers in the backfield, and then we have the advantage going forward."

The Falcons must finish better — Saint Mary's goalie **Reagan O'Toole** had a phenomenal game for the Saints, recording 11 saves but Slattery agreed that the team's conditioning is a good base from which to mount their attack. Falcon midfielders Sarah Adams, Anna Marcoon, Gen Mullervy, Jenna King, Erin Schaner and freshmen Meredith Schepens and Ava Drexler were tireless in pursuit of the ball and looked to have superior speed and endurance as the game wore on.

"We just keep going," said Slattery. "We've worked

anything."

Conditioning proved helpful when the Falcons outlasted Broadneck in overtime on September 19, as Slattery scored in regulation and Kat Esposito scored the game-winner off a corner pass by Day to beat the host Bruins, 2-1.

"It was really a team effort," said Esposito. "We've been working really hard in practice to finish on corners, so it just felt good. It was stressful going into overtime, but it was a really great feeling to beat [Broadneck]."

As the season moves into its second half, Aguilar said the team is less concerned with season-long goals than with improving against every opponent.

'We want to make it deep in the season, but we're taking it one game at a time, because we live in a really competitive county, and every game matters, so we're really happy with the win," she said.

The happiness continued into the rest of the week, especially when Severna Park exorcised demons of playoffs past with a 2-0 win at Arundel on September 26. The Wildcats knocked the Falcons out of last year's region playoffs, but it was the Falcons who reasserted themselves in this year's rematch as Slattery scored both goals in the victory. Despite early-season losses to strong teams from McDonogh and Mount Hebron, the team's confidence is steadily building, and Esposito said the vibe of the group this year is back to pure basics. "This year's really great," she said. "We're all really close this year, we've bonded really well, and it's just really fun."

JV Falcons Hockey Defeat St. Mary's 5-0













Photos by Colin Murphy

Delanie Abere scored three goals and added an assist as the Severna Park JV field hockey team earned a 5-0 win over St. Mary's on September 23. Danielle Bonk and Ainslee Shrout added scores for the Falcons, who got a two-assist game from Sydney Rowe. View a full photo gallery of the JV Falcons' victory at www.severnaparkvoice.com/sports.

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really hard on conditioning. We had our training over the summer, and [strength and conditioning coach] Ben [**Pardew**] is an awesome conditioning coach. [Running is] just part of practice and we know we have to do it. When it comes to a game and we can outrun a team, we can take it farther than just with skills, because if you can dribble the ball but they can beat you to it, you're not going to do

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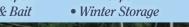
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With Bull Run Victory, SPXC Boys Staking Claim As State's Best

By Colin Murphy colin@severnaparkvoice.com

The Bull Run Invitational at Hereford High School is a valuable opportunity for top cross country teams in Maryland because it takes place on the same course that hosts the state championship meet.

That being the case, the Severna Park boys once again look like the team to beat.

The Falcons dominated the Elite Boys race on September 21, placing five runners in the top 10 and posting the best five-man average time in team history at Hereford, the state's most challenging course, to win the team title handily. Jake Gelfand led Severna Park with a thirdplace finish in 15:56.80 behind runner-up Sam Keeny of South River (15:47.20) and race winner Anish Nanjappa of River Hill (15.43.80). The Falcons' Carson Sloat (sixth), Nick Engleman (seventh), James Dennison (eighth) and **Nick Benedict** (10th) combined to give Severna Park a team score of 34, far outpacing runnerup River Hill (126), Dulaney (135), South River (168) and all 21 schools in the race.

The five-man average time of 16:21.88 was Severna Park's best in any race at Hereford since 2014, when the course's current configuration and 3.0-mile distance was set. With state titles at Hereford in 2014, 2017 and 2018; state runner-up finishes in 2015 and 2016; and Bull Run Invitational victories in 2014, 2015, 2018 and 2019, the reigning state champion Severna Park boys, already perennially powerful, appear to be getting stronger.

"I think it's just consistency, basically, because we come out here every day from the beginning of the summer, and it's just us pushing each other," said Falcon Girls Take Second Place In State-Championship Tune-Up



The Severna Park boys (first place) and girls (second place) cross country teams posed for a picture after a successful day at the Bull Run Invitational at Hereford High School, the site of the state championship meet in November.

Gelfand, a junior who has increased his training mileage to 55-60 miles per week in accordance with coach **Josh Alcombright**'s progression that runners follow as they advance in grade level. "All the way up from the bottom to the top, we have a great team, so much depth. It's just pushing each other all the way up in our training regimen," Gelfand said.

Nanjappa's time set a new course record, but River Hill is a 3A school that will not compete directly with Severna Park at the state championship meet. Keeny and Arundel's **Tanner Piotrowski**, who ran a 15.56.60 in the Large School Race on September 21, figure to offer the stiffest in-county competition for a potential individual state crown for Gelfand.

"That's the goal," said Gelfand, asked if he can challenge for an individual crown. "We've got Sam Keeny and Tanner Piotrowski. We're really close. The goal is to just go there November 9 and see what we can do." James Glebocki (25th), Colin Leeds (27th), Collin Mullaney (31st), Ronan Byrne (32nd) and Chris Kirchner (46th) also ran for Severna Park in the Elite Boys race, giving the Falcons 10 top-50 finishers in the 209-runner field.

Severna Park also fared well in the Elite Girls race, taking second as a team with 85 points behind Howard High School (68 points). Sophia Zell was the top finisher for the Falcons, placing fifth in 19:46, in a race won by Mount de Sales' Juliette Whittaker in 18:26.0. Alyssa Combs (10th), Caroline Gage (14th), Cara Vandemeulebroecke (25th) and Grace Cambon (31st) combined for the Falcons' team score, while Kelsie O'Neill (38th), Cameron Zaniker (39th), Neela Baker (47th), Bella **Dowdell** (52nd) and **Abby** Weist (70th) ran strong races for the Falcons in the field of 149 runners.

Zell noted the Falcons mostly tend to run better in colder weather, so the times from September 21 might drop along with the temperatures when the Falcons look to defend their state title on November 9.

"I think the best part about our team is that we have a lot of depth, a lot of girls who are working together and pushing each other to work harder, and I think that's really our strongest point heading toward states is that we're all working together and holding each other accountable," Zell said. Broadneck's girls took third

as a team with 122 points, with **Anna Janke** leading the Bruins by placing 15th. **Grace Denius** (18th), **Mollie Fenn** (26th), **Madison Palmer** (29th) and **Stephanie Costello** (34th) contributed to Broadneck's team score. **Jasmine Jones** (35th), **Lilah Sage** (58th), **Allison** Ballard (82nd), Corinne Van Hoven (87th) and Sophie Jacobs (99th) all finished in the top 100.

Broadneck's boys ran in the 22-team, 195-runner Large School race and won with an average time of 17:22. Race winner Piotrowski was followed by Broadneck's **Spencer Tate**, who took runner-up in 16:19.8. **Aidan Rand** (14th), **Henry Taylor** (15th), **Austin Greenlee** (24th) and **Jack Collier** (28th) combined for Broadneck's winning score of 83.

Severna Park JV Dominates, Too

The top-to-bottom strength of the Severna Park cross country program was showcased by the JV runners, who dominated the Elite JV Boys race at Hereford by sweeping the top five finishes and winning the Elite JV Girls race by a comfortable margin as well.

In the Elite JV Boys race, Philip Bansemer won in 17:14.1 and was followed in uninterrupted succession by teammates Reid Figlioli, Eddie Sullivan, Tyler Engelman and Holden Tatem for a perfect team score of 15.

Bansemer's winning time would have put him at 29th in the Elite Boys varsity race.

Spencer Woodbury (seventh), Mark Antal (eighth), Scott Engelman (10th), Conlan McConnell (11th), Matt Chaisson (13th), Eric McAlexander (17th), Grady McConnell (19th), Alex Lecouras (23), Liam Hagerty (24th) and Colm O'Connor (26th) all finished in the top 30 for Severna Park.

Broadneck took second overall as a team in the Elite JV Boys race, with **Ryan Gibb** finishing sixth overall behind Severna Park's top five runners.

In the Elite JV Girls race, Ashley Siebenhaar led Severna Park's first-place team score of 25 by winning the race in 22:33. Olivia Wright (third), Jackie Testerman (seventh), Sophie Magyarosi (eighth) and Cameron Glebocki (ninth) contributed to the Falcons' winning total. Taylor Green (14th), Riley Wilbourne (17th), Annabelle Mayo (22nd) and Julia Persinger (41st) all finished in the top 50 of the 313-runner field.

Isabella Baldwin (13th) was Broadneck's top finisher.

Meet SP's New AD, Kevin Rutledge

By Emily Allgair

The youngest of seven athletes and raised by a soccer and basketball coach, Kevin Rutledge gained a strong passion and appreciation for athletics at a young age. He played lacrosse at

Towson University and, after graduating, was hired for a variety of athletic-related positions at Northeast and Meade high schools, including lacrosse coach, assistant basketball coach, physical education teacher, assistant athletic director and head athletic director. Rutledge spent the last five years at Meade and reflected fondly on some of his accomplishments. "We won the first basketball state championship in 25 years for Anne Arundel County," Rutledge said. "We were region champions in soccer, but my proudest accomplishment was being able to update and upgrade the athletic facilities there." Because of Rutledge's work on numerous grants, accumu-



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said. "I'm really excited to see what he can pull out of our coaches, and how he can take our coaches, now, to the next level."

When asked what aspects of Meade's athletic department he would like to implement at Severna Park, Rutledge explained that the most important aspect is to maintain



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lating approximately \$2.4 million, Meade was able to completely renovate its stadium, softball field and gymnasium while also building a ticket booth and a concession stand with bathrooms.

This passion and drive is exactly what made Rutledge stand out among applicants when Lindsay Abruzzo, the Severna Park High School assistant principal and athletic department administrator, chose to hire him for the position.

"His vision for our athletic department really aligned with what we already had, and also, I felt like he could really take us further than we've already come," Abruzzo "You learn to respect

everybody for the effort that they put in and what I always call their heart," he said. "Is their heart in the right spot? Are they trying to do what's best for the kids? Are they trying to do what's best for the program? Are they trying to represent our community in a strong way?"

Rutledge is excited to work with Severna Park High School's athletes and faculty, and he promised "to make sure that the consistency of strength in every program continues on, and that the traditions of Severna Park are held to the high standards that were set long before me."



Severn Girls Lead IAAM B Conference





Photos by Colin Murphy

Anyone in attendance at the September 24 girls soccer game between Severn and St. Mary's witnessed a convincing case for why the Admirals might be favorites to win the Interscholastic Athletic Association of Maryland B Conference this fall as Severn came away with a 7-1 win over the Saints. Admiral defender Mori Sokoloff (10) opened the scoring a few minutes into the game with what can only be described as a long-distance bomb. Sokoloff took a free kick from 45 yards away, with everyone on the field expecting a lofted pass into the box for a chance at a header. Instead, Sokoloff thumped an ambitious blast that swished into the back of the goal untouched, stunning the St. Mary's defense and giving Severn a 1-0 lead. Alina Valencia (12) doubled Severn's advantage minutes later, running onto an excellent through-ball by Elizabeth Barroll and ripping a far-post shot for a goal and 2-0 Admiral lead. Severn added second-half goals by Sophie Fionda (assisted by Madison Tryon), Fionda again (assisted by Abby Witzel (13)), Sokoloff again (assisted by Witzel), Kylie Benz unassisted and Witzel on a penalty. Zoee Stencil made 6 saves in the win for Severn. Through six games the Admirals are 5-1 overall and 4-0 in the IAAM B, tied atop the conference standings with Mount de Sales. View a full photo gallery of the Severn vs. St. Mary's girls soccer game at www.severnaparkvoice.com/sports.

Creek Volleyball Climbing IAAM Ladder



Photos by Colin Murphy

Last year, in their first season as a varsity sport, the Indian Creek volleyball team won the Interscholastic Athletic Association of Maryland C Conference championship. The Eagles' prize? Immediate promotion to the IAAM B Conference this season. Through September Indian Creek is 4-2 in IAAM B play. View a full gallery at severnaparkvoice.com/sports.

SP Golf Competes At Counties







Photos by Colin Murphy

Severna Park's D.A. Regala (left) shot an 80 to tie for second at the Anne Arundel County championships at Crofton Country Club on September 25. Katrina Schultz (center) and Emily Screws tied for fourth in the girls competition by shooting 90.



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IRE CTORY

BUSIN

IES

Home Sweet Home: Broadneck Tops Annapolis 42-0 On Homecoming, Improves To 2-2

» Continued from B1

overwhelming offensive display and shut out the visiting Panthers to celebrate their homecoming with a 42-0 win.

After starting 0-2 with road losses to Potomac and Old Mill, the Bruins got a 42-0 win at Glen Burnie before finally getting to play at Lawrence E. Knight Stadium on Friday, where they capped spirit week by delivering a gem for the home fans.

Perhaps more importantly, Broadneck avoided a dicey 1-3 start and made it to .500 at 2-2.

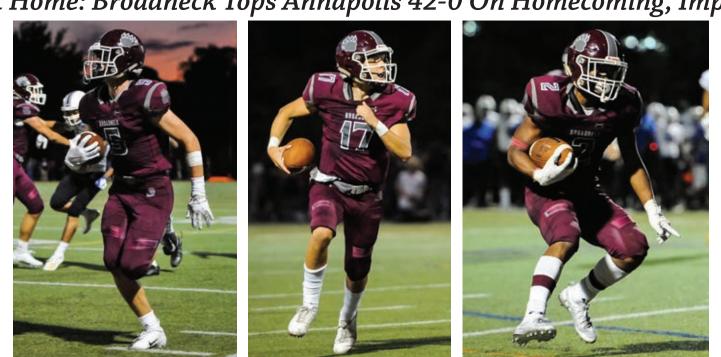
"It was important," said Broadneck coach **Rob** Harris. "It's our first home game, it's homecoming, and it's to get back to even, so it was a big deal, and I was excited. Homecoming is a lot of stuff, but the most important part is you've got to win the game."

It wasn't like the Bruins weren't enjoying themselves before Shea's highlight touchdown put them firmly on course for a blowout win. They had jumped out to a lead in the first quarter, needing iust five plays on their opening drive before Davion White broke free for a 38yard rushing touchdown and a 7-0 advantage

In the second quarter Shea scored his first touchdown of the game on a screen pass from 13 yards out, doubling the Bruins lead to 14-0 by the break.

Following spirited halftime performances by the marching band, the dance team, the cheerleaders and Broadneck's famous flaming-baton twirlers, the homecoming crowd of thousands was ready for some game-breaking plays.

The Bruins delivered. Shea



Brendan Kennedy (5) returned an interception in the second quarter of Broadneck's 42-0 win on September 27. Quarterback Josh Ehrlich (17) was 15-of-25 passing for 224 yards and two touchdowns, and he also ran 11 times for 64 yards. Running back Davion White (2) scored two touchdowns and totaled 130 yards on 15 carries.

made his dazzling catch and ran almost the entire length of the field, his teammates cascading off the bench and up the sideline in celebration.

"It was a post corner and we needed a score to get things rolling," said Shea, who made four catches for 124 yards and two touchdowns. "The ball was in the air, and I just caught it, and I was excited to run and make a play.'

After Shea's 85-yard catch and score, Broadneck pinned Annapolis at the 20 with a good kickoff. Thomas **Coble** forced a fumble on the Panthers' ensuing snap, and defensive back **Josh Cain** scooped it up and ran it back 20 yards for a score — Broadneck's second touchdown in the span of two minutes — and a 27-0 lead.

Cain said the defense, which saw 13 different Bruins make tackles, is a force when they are communicating and

playing well together. "It's a fun defense. We're strong, physical. We move a lot, run a lot of different fronts with a lot of moving parts, but we're all pretty smart, and we get the job done," said Cain, adding the team never lost confidence after its o-2 start. "Two losses

means nothing to us. We've got bigger heart than that." From there, the Bruins sought a running clock, and they achieved it with another rushing score by White, who ran from 5 yards out and trucked an Annapolis defender at the goal line to make it 33-0. Ehrlich kept on a fake handoff and ran in for 2 to make it 35-0, and Annapolis' night was mercifully on track to end a little bit faster.

White totaled 130 yards with two touchdowns on 15 carries and credited his linemen for clearing the way for him to run.

"We all are a unit," said White. "The line blocks, they've always got my back, and holes always open. If I don't get a good run it's usually my fault — they always do a great job."

If the scoreboards over the last two weeks weren't enough, White added a message for the haters. "Everybody said we

wouldn't be good," White said. "We're coming back, though. We're not dropping no more.' Backup quarterback Mason Stillwell added a 6-yard rushing touchdown with three minutes remaining to bring Broadneck's yards total to 495 and cap the night's scoring at 42-0. Ehrlich said the team never wavered in confidence after

its 0-2 start, instead leaning on each other to continue to work hard. "We have the best coaches

in the state, and I feel like

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this is a very close unit," Ehrlich said. "We came together, sat down as a team, we talked about it, and now here we are at 2-2, hopefully keep climbing to 3-2.'

Photos by Colin Murphy

Naturally, running the offense is enjoyable when Ehrlich has time to move in the pocket and find his favorite targets.

"It's very fun, especially when it's clicking," Ehrlich said. "Every single O-lineman did a great job. Weapons like Andre [Woods] and Davion and Kyle Pierce, they're just great to have. When the O-line plays like that, we're just unstoppable.'

Amidst the win, everyone took in the incredible homecoming atmosphere throughout the game — even coach Harris.

"I don't know if anybody does homecoming as well as Broadneck students," Harris said. "There were probably 3,000 people here. It's crazy. It's really cool. It was a massive student section, everyone's having fun, and the kids want to put a show on."

He said the team needs to improve its red-zone efficiency, noting the Bruins almost reached 300 yards in the first half with only 14 points to show for it.

Nevertheless, he likes the resolve the Bruins showed to get back to 2-2 after starting o-2, and he believes there is a ways to go before the Bruins hit their ceiling.

"We're getting there, and we're young, and we're getting better, so at the end of the day that's what we want."

Extra Points

Ehrlich was 15-of-25 passing for 224 yards and two touchdowns, and he ran 11 times for 64 yards. Rashid **Proctor** carried seven times for 52 yards. Kyle Pierce caught six passes for 53 yards, and Andre Woods Jr. caught four passes for 42 yards. White, Nick Toskov, and Patrick Wagner also caught passes. Stillwell was 2-of-2 passing for 10 yards.

Defensively, Jack Murphy and Anthony Maltese had 4 tackles each, while **Owen Rhodes** and Coble each had 3.5 tackles. Jarren Terry (3.0 tackles), Dominik Downs (3.0), Stillwell (3.0), **Ryan Munley** (2.5), Brendan Kennedy (2.0), Cain (1.5) Isaiah Callazo (1.5), **Tommy Jenkins** (1.5), Everett Weems Jr. (1.0) and Will Ridenhour (0.5) all made tackles.

Matthew Isaac kicked four extra points. Woods Jr. had two punt returns for 40 total yards.

The Bruins play at Meade on October 4 and return home to host Chesapeake on October 11.



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SCHOOL & YOUTH

B11

SP Field Hockey, Our Minds Matter Join Forces To Support Mental Health Awareness

By Colin Murphy @c.murphy.photo

Then coach **Shannon** Garden challenged the Severna Park field hockey players to take a leadership role for a charitable cause throughout the 2019 season, the Falcons knew just what to do.

Severna Park's players were thrilled to continue the work of their peers in raising awareness and actively working to de-stigmatize mental health issues in the student body and broader Severna Park community.

To this end, the players participated in the Out of the Darkness Suicide Prevention Walk at Navy Marine-Corps Memorial Stadium on September 21, hosted by the Maryland chapter of the American Foundation for Suicide Prevention. Days later, they hosted their own



Photo by Colin Murphy

(L-R) Katrina Schultz, Sabina Khan, Megan Moulsdale, Parker Cross and part of the Our Minds Matter movement that has fought to de-stigmatize mental health issues in the student body and broader Severna Park community.

mental health awareness game on September 23 against St. Mary's, where student leaders of the Our Minds Matter movement and Ellie's Bus joined forces to continue rais-

ing awareness and funds to combat the stigma surrounding mental health issues.

Severna Park senior goalie Anna Grace Keller said the Falcons wanted to continue

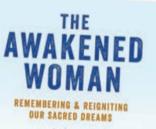


"The Awakened Woman"

Dr. Tererai Trent Inspires Audience At Severn School

$\diamond \diamond$ **By Jane Seiss**

r. Tererai Trent author, humanitarian, scholar and motivational speaker — gave a talk at Severn School on Saturday, September 28. An advocate for quality education and women's rights and empowerment, she is the founder of Tererai Trent International (TTI), a foundation that empowers rural communities and





ble, Trent was encouraged. She wrote down her five dreams – move

was possi-

to the Dr. Tererai Trent United

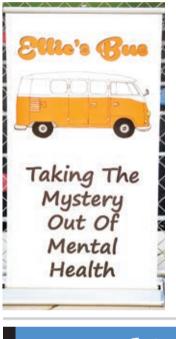
States. earn a bachelor's degree, get a master's degree, get a Ph.D., and then return home to improve the lives of girls in her community. She placed the paper with her dreams in a tin can and buried it underground. With the help of her mother, Trent proceeded to realize her dreams by studying with great determination, even with limited resources. After eight years, she earned a diploma and came with her family to the United States where she went on to earn multiple degrees. In 2011, Trent made her second appearance on "The Oprah Winfrey Show." Oprah revealed that Trent was her all-time favorite guest. Inspired by Trent's determination to improve the lives of girls in her » Continued on B12

the progress the community has made in the past year on this issue.

"We decided to choose mental health as our charitable cause this year because we are very inspired by the work our fellow students are doing with Our Minds Matter," said Keller. "Seeing the impact they're having, it makes you want to jump in and join them, and spread positivity and let people know that it's a more common issue than people think. A lot of people struggle on their own and live through that. By familiarizing other people with the problem, they'll be more apt to speak out about it and make other people feel less alone."

At the field hockey game, donations were accepted and split between Our Minds Matter and the AFSP. Students also offered continued encouragement that people struggling with mental health issues seek help from their peers and the increased counseling resources at the school.

"It's become less of a stig-» Continued on B12



Principal Spotlight

NURIA WILLIAMS Magothy River

Middle School



impact positive

order to

Q: If you could have dinner with one person from history, who

Local Students Honored As National Merit Scholarship Semifinalists

By Megan Ruge

ith graduation still a distant thought for many teens, three local National Merit Scholarship semifinalists are looking forward. Though their scores may be similar, senior semifinalists Allison Chang, David Donze and Sam Bruce are unique.

ALLISON CHANG

Chang is a senior at Severna Park High School and spends her time participating in many of her school's extracurriculars. Chang is involved in the school's math team, the math and science honors societies, and Key Club. She is an officer for both honors societies, and she runs two service events for Key Club, including Harvest for the Hungry and Prom Fashion Show.

Chang first took her SAT as a freshman as part of the application process for a program at Johns Hopkins.

When it comes to studying, Chang said she takes detailed notes and goes to Starbucks.

"I find that I can focus better there," Chang said. "When I studied for the SAT ... I would go to Starbucks, I would read articles on how to do well and then I would take practice tests."

Chang's first college applications will be in for the November 1 deadline at many schools such as the University of Maryland, Massachusetts Institute of Technology (MIT) and California Institute of Technology. Though these are her first applications, Chang considers MIT and Stanford to be her top schools.

"I'm really interested in going into STEM, so I'm applying for computer science programs," Chang said.

Chang participated in a summer internship with NASA Goddard and is currently interning at the Johns Hopkins Applied Physics Lab. After college, Chang hopes to work for tech companies and later attend graduate school.

Chang isn't holding back with her dreams. "I think it would be really cool eventually being a CEO for a tech company or something like that," Chang said.

When it comes to taking the SAT, Chang said the key is to practice.

» Continued on B12 "Just getting to know

BOE Approves \$209.1 Million Capital Budget

n September 25, the Anne Arundel **County Public Schools** Board of Education unanimously approved Superintendent George Arlotto's recommended \$209.1 million Fiscal Year 2021 capital budget request.

The proposal contains funding for nine major school projects, including the design of a new west county elementary school and a new Old Mill Middle School South.

The board's request is \$43.2 million more than the Fiscal Year 2020 approved capital budget. It contains \$3 million for the design of the elementary school, to be constructed on the west side of Route 3/301 in the vicinity of the Two Rivers community, and \$4 million for a feasibility study and design of a new Old Mill Middle School » Continued on B12

Trent travels the world speaking about her remarkable life journey and the importance of believing in our dreams for ourselves.

The McCleary Student Center audience was captivated by Trent's impassioned telling of her personal story and life's mission. Born into poverty and raised in a hut in rural Zimbabwe, Trent was married to an older man at a young age. By 18, she was in an abusive marriage and had three children.

After an American woman from Heifer International visited her village and told her that anything

ow well do you know the principal at your neighborhood school? We're surveying local principals to learn more about their hobbies, their best stories and some facts that might surprise you. First up is Nuria Williams of Magothy River Middle School.

Q: How long have you been at Magothy River Middle School? A: Beginning my

second year. Q: What is your favorite part of being a

principal? **A:** The ability to connect

Broadneck High School

Turns Out For Homecoming

with all stakeholders in



Nuria Williams Magothy River MS

year?

A: I love Fun-Fridays that take place once a month. It's an opportunity to have fun with my students during lunch. We listen to music, dance and play minute-towin-it games.

Q: What's something interesting most people don't know about you? A: I am an introvert.



would it be? A: Jesus, because he had

an answer for everything. **Q: Which decade do you**

love the most and why? A: The '90s because of the

music and clothes.

Q: You're singing karaoke. What song do you pick?

A: Trust me, you do *not* want me to sing!

Q: Where in the world have you not travelled but would like to travel eventually? A: Greece

Q: What is your favorite professional sports team?

A: I currently do not have one.

Q: You're gathering friends or family to play a board game, card game or video game. Which game do you choose and why?

A: Spades. I love having a partner and playing games that make you think or strategize.

Q: Do you cook? What is your favorite dish to prepare?

A: I like to bake. Chocolate chip cookies are my favorite. » Continued on B12



Photo courtesy of Donna Sage (L-R) Senior lacrosse players Corinne Sage, Sammy Dupack, Grace Gibbs and Devon McCue attended homecoming together.

Homecoming Week at Broadneck High School started with spirited dress-up days and a pep rally, and ended with the homecoming dance on September 28. Teens were all smiles as they posed for pictures before the big evening.

BOE Approves \$209.1 Million Capital Budget

» Continued from B11 South, to be built on the

current Southgate/Old Mill Park.

The request also contains nearly \$139 million for the following major ongoing projects, in priority order:

- Edgewater Elementary School construction (\$5.6 million) Tyler Heights
- Elementary School construction (\$4.8 million)

• Richard Henry Lee **Elementary School** construction (\$4.4 million)

Quarterfield Elementary School

design/construction (\$18.4 million)

- Hillsmere Elementary School
- design/construction (\$15.2 million) Rippling Woods **Elementary School** design/construction

(\$21.9 million)

» Continued from B11

are more open about it."

Senior Jenna King said

the efforts have paid off for

everyone who has joined to

fight for the specific cause

of de-stigmatizing mental

health issues and increasing

• Old Mill West **High School** construction (\$68.4 million) Also included is \$9 million for full-day kindergarten and prekindergarten additions at Sunset and Van Bokkelen elementary schools, and \$11 million for a classroom addition and cafeteria expansion at Arundel Middle School.

The board also approved a six-year capital improvement plan, which allocates requested

SP Field Hockey, Our Minds Matter Join Forces

funding for projects through FY2026.

The plan will be submitted to the State of Maryland for funding consideration. The plan will also be part of the school system's overall FY2021 budget request, to be forwarded to the county executive in February 2020 after the board holds additional public hearings. The county council will review that plan and adopt a final capital budget for the school system by June 2020.

"The Awakened Woman" » Continued from B11

rural African community, Oprah donated \$1.5 million to help fund the rebuilding of Trent's elementary school in Zimbabwe. With the help of Save the Children, Trent's foundation, TTI, and other funders, 12 schools have been built. According to Trent, about 39,000 students have passed through those schools, and 19,000 of

those students were girls. "For the first time in history, we have girls that are going to university," Trent reported, adding that today, one of the students from her community schools is studying medicine at the University of Algeria.

"When you believe, anything is possible," Trent repeated during her presentation, noting that she especially likes to reach young people because they will be leaders and game changers.

At the close of the evening, Trent met with guests to sign copies of her latest book, "The Awakened Woman.

phenomenal," she said. "I've been getting testimonies from people. They really enjoyed my message." Her motto: Tinogona, meaning "It is achievable," resonated with many.

Headmaster Douglas Lagarde was one of those people moved by Trent's talk. "It was fabulous," he said. "Really inspiring, especially for kids. We hope to have her back.'

Trent's appearance at Severn School was organized by Reach Out and Serve LLC. This was its first event with a speaker. The organization has put together previous community engagement activities with school gardens and meal preparation, working to address food insecurity. Reach Out and Serve was created for community engagement for local and global good. Its goal is to learn together and serve together. All people." It will soon be organizing future community service opportunities. For more information about Trent and her work, visit www.

Principal Spotlight

» Continued from B11 Q: What was your least favorite food as a child? Do you still hate it or do you love it now?

A: Anything with marinara sauce, and yes, I do like it now.

Q: Do you have any superstitions? A: No

Q: What was the worst job you ever had?

A: Never had one Q: What's the scariest thing you've ever done? A: Ride on the back of a

motorcycle really fast! Q: What's the saddest thing you have experienced?

A: A loss

Q: What is your favorite movie, show or book?

A: I am into all of the Marvel movies, because they are full of action, and who does not love a superhero?

Q: What is the best gift anyone's ever given to you?

A: I still enjoy letters and cards written by my daughter and my students.

Q: You're stranded on a deserted island. What three things would you take with you?

A: A friend with military survival skills, a carpenter and a chef.

Q: If you have a day with absolutely no plans,

hired additional counselors ma," said Severna Park senior for students, and teachers and Anna Marcoon. "That's [Our students alike are more open, Minds Matter]'s motto, break accepting and understanding the stigma, so that people are of anyone's need for help. not as afraid to talk about it, "I've seen kids walk out of

class to talk to the counselors, and teachers are great about it; totally OK with it," said King. Keller said she is one of the

students who has made use of the counselors just by going in to talk about what she is feeling.

selors]," said Keller. "It's nothing too drastic, but it's people feeling more comfortable to say they have a therapist or have struggled."

Marcoon said the efforts fit with the character of the field hockey program, which seeks to strengthen from within and beyond.

"With field hockey, our program has always been about sisterhood," said Marcoon. "We try to raise each other up."

the ability to deal with mental health issues. The school has "I have [talked to the coun-"This group has been so tererai.net.

Local Students Honored As National Merit Scholarship Semifinalists

» Continued from B11 the test and how the questions are worded [is important]," Chang continued.

DAVID DONZE

Donze is a senior at Broadneck High and spends his free time enjoying his love for music and math.

Donze played piano as part of the Performing and Visual Arts program. He is part of a jazz band and tutors kids at Mathnasium. Donze found that he had a passion for working with kids while working at Arlington Echo Environmental Literacy and Outdoor Education Center.

"If there was a summer camp that just ran all year, I would love that so much," Donze said.

Donze is also taking Calculus 3 at Johns Hopkins and is involved in his local and regional Jewish youth group. Donze will submit his first college applications for math programs in October for early action, including his dream school. "Ever since I was a kid, I've always dreamt of going

to MIT," Donze said. As well as MIT, he plans to apply to Johns Hopkins, the University of Michigan, University of Chicago,

Princeton and Oxford. While in college, Donze plans to continue to pursue music as a passion and possibly a minor.

"I really do enjoy [music]," Donze said. "I've been working on some compositions recently. Nothing publishable yet, but I really enjoy messing around a little bit and composing, so I want to get better at that.'

Donze feels that his best studying tactic is selfevaluating and prioritizing the work he has the most trouble with, spending the most time on the most important thing.

When it came to the Preliminary SAT (PSAT), Donze didn't study because he wanted the test

PSAT and said, 'Look, this is what you got wrong and here are some practice problems to focus on."

After his first test, he returned to the Khan Academy site to focus his studying on the area he needed the most work. He then took the SAT a second time in August to improve his score.

For people looking to take the test or improve their scores, Donze suggested finding a program that works and focusing on the parts that need the most improvement, but also finding a balance between studying and doing the things you love.

"At the end of the day, [the SAT] is just one part of your college resume ... don't spend too much time studying for it," Donze said.

SAM BRUCE

program run successfully after hours of writing."

During the winter, he wrestles for Severn. The sport "keeps me in shape and mentally tough," he said. Bruce also participates in Cyberpatriot, a cvbersecurity competition, and Severn's historical society, in which he compiles and publishes notable essays from peers.

Bruce also sails, usually five days per week, 40 weeks a year. "I still enjoy it after all this time because each day is different," he said. "Each day presents me with something new to work on, something new to see. This keeps the game fresh, and allows me to learn and improve every day, even after 10 years. Through sailing, I have met many amazing people and been to many amazing places, and I am

and listening to the types of projects they work on fascinates me. I would love to work on making something new and original, and I think that studying computer science and engineering would be the best way to get there for me.'

The National Merit Scholarship Program is a national competition in which students enter by taking the PSAT/National Merit Scholarship Qualifying Test. These tests serve as an initial screening for approximately 1.6 million applicants, according to the National Merit Scholarship Corporation (NMSC) website.

The NMSC then selects the top 50,000 scorers, who are notified by their school that they have been chosen as either semifinalists or commended students. Only about 16,000 of these students are considered semifinalists and are still in consideration for the scholarship. The finalists are chosen from this pool of students in February. Approximately 7,500 winners will be notified starting in March and continuing through mid-June.

how do you spend it?

A: I would enjoy visiting museums, eating good food, reading a great book, eating good food again, watch a show at the Kennedy Center and eating another great meal! All with people that I love!

to act like a baseline for him. It helped him when studying for the SAT. He used the Khan Academy free SAT study program to prepare for his first test in March.

"[The program] took the

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Severn School's Sam Bruce took the PSAT after the SAT, so he was prepared for the standardized test.

"I did about 20 hours of tutoring, 10 in English, 10 in math, and a lot of practice tests to prepare for the October SAT, and after that, I felt prepared for the PSAT as well," said Bruce, a Severna Park resident.

Math and computer science are his favorite subjects. "I really enjoy these subjects because I enjoy following the logic and I enjoy solving the problems, almost like a puzzle, and seeing the pieces fit together in the end. Especially in computer science, there is little more fulfilling then seeing your

really glad that I picked it up when I was young."

After high school, Bruce plans to study computer science and engineering. "I like the mix because I love computer science as I mentioned above, and I find the mindset of engineering really interesting," he said. "Both of my parents are engineers,

Severna Park Senior Earns National Merit Scholarship Commended Student Recognition

Oak Hill Academy senior William Heard of Severna Park was named a commended student in the 2020 National Merit Scholarship Program.

This recognition requires a student's PSAT score to be among the best in the nation. Heard's score placed him among the top 2% of all test-takers.



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 $E_{Park}^{ach month, the Severna}$ a question to a local fifth-grade class. This month, students from Ms. Gahs' class at Arnold Elementary answered the question:

What has you most excited about fifth grade?

I am looking forward to math and music. I love school because we get to learn and have fun. Ainsleigh S.

The thing I'm excited about this year is the spring concert because I'm going to do a solo on my bass called "Govatte." Alex B.

I am most excited about playing the flute because I love to play in front of a crowd and I've been practicing a lot this summer. Aliya H.

One thing I'm excited about is Biztown. Ever since my sister went there. I've been looking forward to it! Aspen B.

Arnold Elementary School



Ms. Gahs' class at Arnold Elementary School answered the Voice's question of the month, "What has you most excited about fifth grade?"

I am mostly excited about Biztown. It seems so cool and you get your own job. Caroline P.

In the fifth grade, I am most excited about being a safety. When I was in kindergarten, we had a really nice safety who would walk us out to our bus. Claire S.

I am excited for our Biztown field trip. I love to sell things and hang out with friends. Chloe S.

I was excited for drownproofing because I really like swimming. Dylan S.

This year, I am most excited about principal's council

ALC: NOT THE OWNER and safeties because it will give us a new responsibility. Being the head of the school is awesome, but it is no walk in the park. We will be able to set the example and help our school be a better place for kids of all ages. Ellis P.

I was most excited for

Drownproofing because I like swimming and I was excited to jump in with our clothes on and see how heavy it was. Evan B.

This year, I am excited for Triple E. I am excited for it because it is new and it sounds super fun and exciting. Harper W.

I am excited about Biztown. My sister was elected mayor of Biztown, and when we were picking my sister up, I got to get a glimpse of Biztown. Jillian P.

I am most excited about principal's council and safeties this year because it makes me feel grown up. I also want to help make our school a better place. Lily K.

I was most excited about Drownproofing because I love swimming. I was also very excited because teachers and other students from the years before said it was really fun. Max F.

I am most excited for Biztown because I want to see what it's like to be an adult. I want to know how stressful it is, what work is like, the responsibility, and so much more. Meg. H.

I am most excited for our

principal's council because I can communicate with other people to make decisions. Natalie R.

I am most excited for Biztown because there are so many jobs you can choose from. Neve S.

I am mostly excited about Biztown because you get to pick a job. I was also excited about Drownproofing because we got to swim and learn all sorts of different things to do when you're around water.

Olivia S.

I'm was looking forward to drownproofing because I really like swimming and my brother told me we would have to go in the water with our clothes on and learn how to blow up our shirts. Pierce J.

I am most excited about the

fifth-grade play because it's not that often that schools do plays. I love doing any kind of music and arts things. Siena R.

I'm excited about learning about middle school because I want to know what it's like.

Sophia H.

I was most excited for Drownproofing because they taught us how to save people and to always wear a PFD (personal flotation device). Tahmas F.

Monsignor Slade Celebrates 65 Years Of Educating Students

Monsignor Slade Catholic School is celebrating 65 years of fostering academic excellence and spiritual growth for its students. Generations of families have benefitted from numerous leaders, faculty and staff members, and volunteers who dedicated themselves to the education of enrolled children.

Originally named Holy Trinity School, the building opened to 504 students on September 7, 1954. Students in both elementary and high school were taught by six Sisters of Notre Dame de Namur who were assisted by three lay teachers. Holy Trinity Parish, now Christ the King Catholic Church, led by the Rev. Austin Murphy, is also celebrating 100 years of Catholic presence in Anne Arundel County. At one time, the size of Holv Trinity parish prompted its division into four separate, independent parishes, which determined that Holy Trinity School would serve as a regional school for northern Anne Arundel County. In July 1973, the Northern Anne Arundel Regional Catholic School was incorporated to serve



participate in county and Catholic Youth Organization athletic leagues in field hockey, soccer, basketball and lacrosse.

Students also have opportunities to participate in cheerleading, Girls on the Run, Boy Scouts, Girl Scouts, First Lego League robotics clubs and more. The arts program at Monsignor Slade is anchored by robust performing arts and choral programs, plus an instrumental band, which has been winning top accolades for more than 40 years. Share your stories about Monsignor Slade Catholic School on social media or call 410-766-7130. Mark your calendars for April 25, 2020 — a celebratory event will be held. Families can also learn more about academic offerings at the school.

The student body at Monsignor Slade Catholic School honored the 65th anniversary by lining up to form the number 65.

six parishes in the area. Within the next 20 years, Slade became the regional school for three additional parishes, serving a total of nine parishes in Anne Arundel County.

In 1974, Cardinal Lawrence Shehan renamed the school Arthur Slade Regional School. The school was incorporated in 1991 as Arthur Slade Regional Catholic School, where the tradition of serving Anne Arundel County families and students in kindergarten through eighth grade continued. A state-approved preschool program serving 3- and 4-yearolds began in 1975, which expanded in 1994 to serve children ages 2 through 4

in both full-time and parttime programs.

As part of the 50th anniversary in 2004, the school was renamed Monsignor Slade Catholic School to honor the priesthood of its founder.

Currently, Slade serves approximately 500 students and their families. The school is supported by the incorporation of four parishes: Christ the King Catholic Church, St. Bernadette Catholic Church in Severn, St. Lawrence Martyr Catholic Church in Jessup, and Our Lady of the Chesapeake Roman Catholic Church in Pasadena. Students attend from nearby counties and parishes across the region.

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The faculty and staff are dedicated to promoting the Catholic faith and developing the spiritual, intellectual, emotional, social and physical well-being of all students.

Recently, Monsignor Slade Catholic School has experienced significant developments that have increased the faculty's

ability to provide an excellent education to Slade students. The construction and implementation of a new science, technology, engineering and math (STEM) lab took place in 2017; a new Discovery Zone learning space was added for its youngest students in early 2019. Monsignor Slade students





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OCTOBER 2, 2019

SEVERNA PARK VOICE

ARTS & ENTERTAINMENT

Woods Church To Present "Joseph And The Amazing Technicolor Dreamcoat"



The play is based on the biblical account of Joseph, a dreamer who is his father Jacob's favorite son. When Jacob honors Joseph with a beautiful coat of many colors, Joseph's brothers sell him into slavery.

By Sharon Mager

B14

oods Memorial Presbyterian Church will present the musical "Joseph and the Amazing Technicolor Dreamcoat" at 7:30pm from October 3-6, with a special 2:00pm sensory-friendly matinee on October 5.

The play is based on the biblical account of Joseph, a dreamer who is his father Jacob's favorite son. When Jacob honors Joseph with a beautiful coat of many

colors, Joseph's brothers are jealous and sell Joseph into slavery. His captors take him to Egypt. By no means of his own, he eventually winds up in Pharaoh's jail. Later, he is released to interpret Pharaoh's dreams, and Joseph saves Egypt from the results of famine. The redemptive story has many ups and downs, and eventually brings Joseph face-to-face with his brothers who had betrayed him many years ago. "It's going to be so much

fun," enthused director Da-

plied, "As far as visuals, the most amazing thing is Joseph's coat." In addition to its beauty,

the coat, designed by Phyllis Hatcher, includes representation of the church's mission trips. It includes material brought from Africa, along with other symbols that Woods' members will recognize.

With a live orchestra and lights from Afterglow Lighting in Hanover, the show will be of professional quality, Merrill said. While the audience will enjoy the entire upcoming show, Merrill said they'll especially like the "Go, Go, Go, Joseph" dance piece.

"It's the most iconic number, and what the choreographer has done is so amazing," he said.

A more intense scene that will melt hearts is "Close Every Door." Merrill said the jail scene will also be fun to watch.

Drew Sharpe, a local community theater veteran, will play the leading role of Joseph. "He's a junior at Annapolis High School — a perfect age because Joseph would have been around 17 when the story begins," Merrill said.

Sharpe turned 17 in late September and is excited about the production and his role.

"I fell in love with the show when I started listening to it," Sharpe said. Asked about his favorite » Continued on B15

Severna Park Artist Honored During Tribute To Women And Industry Awards



Photos courtesy of David Hartcorn/David Burrows

In 2015, Roberta Pardo founded Urban Walls Brazil. The organization draws on Pardo's love and admiration for street art and the talent it takes to create such work.

By Jillian Amodio

¬ everna Park resident Roberta Pardo is using art to drive important discussions. For her efforts, she was honored on September 26 when the YWCA of Annapolis and Anne Arundel County hosted its 2019 Tribute to Women and Industry Awards ceremony at Hotel Annapolis.

The program was founded in 1985 and has honored more than 900 women since it first began. YWCA considers this annual event to be the premier

awards ceremony in Anne Arundel County honoring the accomplishments and contributions of professional women across a variety of sectors, including nonprofit/community, health, education, environment, the arts and business.

This year, a category was added to recognize a new generation of leaders, and it featured honorees who are under the age of 18. Among the honorees was Severna Park resident Roberta Pardo, founder of Urban Walls Brazil. » Continued on B15

"The Current War" Fails To **Provide A Jolt Of Excitement**



Merrill said.

Unfortunately, the film was plagued with production problems... The result is, sadly, a rather disjointed mess, with flashes of brilliance that get lost in a slog of underdeveloped vignettes."

vid Merrill, the music and art

director at Woods Church.

"We have over 80 people

involved. We're using the

adult choir, children's choir,

members of our church, and

the local theater community

Merrill also praised the

"She and the team are creat-

the production, and they're

Asked about highlights

as part of the production."

costumer, Susan Bohman.

ing over 70 costumes for

doing a phenomenal job,"

of the show, Merrill re-

company, and the director added five additional scenes and cut the runtime. This series of setbacks may be what makes the film so disjointed.

Through Thick And Thin **Book Club Creates Lifelong Bonds In Severna Park**



ally wanted to be in a book club, so I figured I'd invite the people who I've met and liked. Most of these people are parents of my children's friends and we just started up. Originally we had about eight, and a few dropped out or moved, but within just a couple of years, we had this great core group and we have been together ever since."

The film presents two powerful and enigmatic figures, Thomas Edison (Benedict Cumberbatch) and George Westinghouse (Michael Shannon), played by talented actors, but neither is fully explored in the time given.

By Audrey Ruppert

(he Current War," had all the elements needed to be a captivating period drama, including a starstudded cast and a fascinating storyline about one of the most influential, yet rarely discussed, periods in history.

Unfortunately, the film was plagued with production problems, and it shows. The result is, sadly, a rather disjointed mess, with flashes of brilliance that get lost in a slog of underdeveloped vignettes.

"The Current War" attempts to tell the story of Thomas Edison's "war of the currents" with George Westinghouse. The electricity titans fight city-by-city to light America, with Edison promoting his DC current and Westinghouse, who eventually joins forced with Nicola Tesla, promoting an AC current. The war culminates in one final battle to win a bid and light the Chicago World's Fair.

Harvey Weinstein served as executive producer for the film (which was made in 2017) and it was pulled from release when the sexual assault allegations made against him went public. After being pulled, it was resold to another

We are presented with two powerful and enigmatic figures, Thomas Edison (Benedict Cumberbatch) and George Westinghouse (Michael Shannon), played by talented actors, but neither is fully explored in the time given. The film chooses instead to flicker its focus between various other interesting figures, all of whom are once again underdeveloped. The eccentric Nicola Tesla (Nicholas Hoult) seems to pop in and out, capturing our attention for a few moments before disappearing again. Edison's assistant, Samuel (Tom Holland), is given » Continued on B16

For more than two decades — and nearly 200 books — a group of Severna Park residents have bonded, forming a unique connection and genuine friendships.

By Chris Fincham chris@severnaparkvoice.com

uring a recent weekend excursion to Bethany Beach, a local book club reflected on its most recent novel — "Daisy Jones and the Six" by Taylor Jenkins Reid — while relaxing and reminiscing.

For more than two decades — and nearly 200 books — a group of Severna Park residents have bonded, forming a unique connection and genuine friendships.

Dubbed Through Thick & Thin, the group was started by Beth Tush after she moved to the area in the late '90s.

"In '98, we had recently moved here and I went from full-time to part-time work, so I didn't know a lot of people," explained Tush. "I always loved to read and re-

Initially, they half-jokingly referred to themselves as Bagels and Books.

"We started off as a morning group. When kids would go off to school, we would get together," Tush said. "Once the kids got a bit older, most went back to work, and the group transitioned to evening get-togethers."

With busy lives and various competing priorities, it can be hard to find time to sit down and focus on one thing — especially reading.

"The greatest thing about the book club is that it makes you read a book," said Jenna Grifo. "With » Continued on B16

Baltimore Comic-Con Is A Fan-Based Experience







By Zach Sparks zach@pasadenavoice.com

Thether comic book fans like to dress up as their favorite superheroes or simply follow their stories in print, Baltimore Comic-Con introduces them to a unique experience.

The event will return to the Baltimore Convention Center from October 18-20, with new guests and fan favorites.

Confirmed media guests include Aaron Douglas (Chief Galen Tyrol on "Battlestar Galactica" and the Turtle on "The Flash"), Johnathan Schaech (Jonah Hex from "Legends of Tomorrow" and

the upcoming "Crisis on Infinite Earths" crossover in the Arrowverse shows), Greg Cipes (Beast Boy in the "Teen Titans" animated series, Stinkfly on "Ben 10" and Michelangelo on "Teenage Mu-tant Ninja Turtles") and Tara Strong (Batgirl, Harley Quinn and Raven in "DC Super-Hero Girls," Twilight Sparkle in

"My Little Pony" and Raven in "Teen Titans Go!")

What sets apart the Baltimore convention, though, is the emphasis on comic creators.

"We have some 200-plus comics guests, from rising indie and small-press comics stars, to legends of the industry that have created key

and award-winning content over the course of comics history, like Jim Lee, Brian K. Vaughan, Jim Steranko, Walt and Louise Simonson, Neal Adams, Marv Wolfman, and so many more," said Randy Tischler, a member of Baltimore Comic-Con's executive staff.

While Baltimore Comic-

Con honors the history of comics, it has a milestone of its own to celebrate this year: its 20-year anniversary.

"We started out 20 years ago as a comic book show in a hotel with a small handful of big comics guests, and just kept growing with that as the underlying model," Tischler » Continued on B15

By Megan Ruge

With winter on the horizon, The Ballet Theatre of Maryland (BTM) is looking forward to its upcoming production, "The Snow Queen.'

Based on the famous fairytale of the same name by Hans Christian Andersen, the production will be brought onstage at 7:30pm on October 18 at Maryland Hall for the Creative Arts in Annapolis.

Mystical trolls, a powerful enchantress, mischievous goblins, ice sprites and a gypsy caravan will combine to help fearless Gerda battle the elements in a race to save the kingdom and free those she loves, according to the BTM website.

"I liked that the friendship, and the sacrifice of the friends, I think, is what makes [the story] so popular," said BTM's artistic director, Dianna Cuatto.

The story was the inspiration for the Disney film, "Frozen." Though the show will contain the same theme as the original fairytale, Cuatto said she took her version in a direction between the original fairytale and the Disney version.

BTM's version of the story sees a young and unhappy princess about to be crowned queen. She has no interest in taking a suitor who is chosen for her, but as queen she will have no choice. In the distance, the Goblin King is looking to stir up mischief. At the coronation, the princess' suitors arrive, and so does the Goblin King. He takes the princess away with him, freezing her kingdom in a tundra of ice. This incident leads the princess' friends on a journey to save her and their kingdom.

Cuatto was drawn to the show because of the moral of the story and what it means for audiences.

'The love that we have for each other in our hearts can break evil spells and create a better world," Cuatto said. "We have to follow our hearts."

BTM will host its 41st season grand opening celebration from 5:00pm to 7:00pm prior to the October 19 performance at Maryland Hall. The gala will act as a fundraiser and will feature light fare, a raffle and testimonies from BTM dancers.

Tickets for the performances and gala tickets can be purchased by visiting www. balletmaryland.org.

Read the full story at www. severnaparkvoice.com.



Comic-Con

» Continued from B14

we've added aspects to the show, such as panel programming; the annual show-exclusive yearbook; costume contests for kids, adults and cosplay professionals; cosplay panels; a scavenger hunt; the Kids Love Comics Pavilion; hosting the comics industry's Ringo Awards; an art auction; and media guests."

Tickets can be purchased at www.baltimorecomiccon.com.

"We try to put on the show that we'd want to attend as fans — because that's what we are too — and we strive to make it the best experience we can for our attendees, guests and exhibitors," Tischler said.

Artist Honored During Tribute To Women And Industry Awards » Continued from B14

Pardo was born in Brazil and became an avid equestrian. At age 18, she left Brazil and traveled around Europe for a year. Her passion for horsemanship led her to train for the Olympics. Her dream of competing in the Olympics fell short when she missed qualifying by only two points.

Although a career as an equestrian may not have worked out, Pardo soon moved to the United States. While still involved in the equine world, Pardo also began pursuing her other passion, art. Before long, Pardo met her husband, married and started a family. While her family life blossomed, her involvement

with equestrian sports began to fade, and art became her prominent focus.

In 2015, Pardo founded Urban Walls Brazil. The organization draws on Pardo's love and admiration for street art and the talent it takes to create such vibrant and thoughtprovoking work. Urban Walls works with artists from all over the world, and more than 30 murals have been commissioned through the organization in Brazil, the United States, France and Canada.

Pardo brought street artists from Brazil and created a mural in downtown Annapolis. The project has since grown and serves to inspire and educate youth through art.

When asked why street art was chosen specifically, Pardo explained that while street art may not be loved or understood by everyone, it gets everyone talking. Conversation, even if it is controversial, is still conversation. Through conversation, Pardo hopes to educate people about diversity and ultimately spark change.

Urban Walls brings international street artists to schools in Anne Arundel County, where they offer art talks and Q&A sessions with students.

"By getting kids involved in the program, they gain a sense of belonging," Pardo said.

In addition to bringing art to area schools, artists through the program were recently brought in to paint a mural in the children's area at the new YWCA safe house. In the spirit of unity, Pardo hopes to be able to create a wall where students from all high schools in the county can collaborate to create one work of art celebrating diversity. While there is much work being done in the states, Urban Walls Brazil is making changes internationally as well.

"We are working on a partnership with schools in Brazil to talk about solving economic and educational issues," Pardo said. "We have started a crowdfunding project to purchase books and educational materials for Brazilian school children.'

Through this program, Pardo hopes to influence today's youth to be more openminded and worldly.

In addition to working on Urban Walls Brazil, Pardo also serves as a board member for Indian Creek School, Visit Annapolis, AnnexB, and the Maryland Commission for Women.

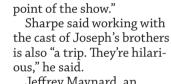
"I am honored to be nominated," Pardo said. "I am doing this because it is my passion, and it is a joyful surprise to be recognized for my efforts. I want to inspire. If we could all do a little more for our community, what a difference we could make."

To learn more visit www. urbanwallsworld.com.

Woods Church To Present "Joseph And The Amazing Technicolor Dreamcoat"

» Continued from B14 part of the play, Sharpe also likes the song "Close Every Door."

"It's a breathtaking moment," he said. "It's surreal to be singing such a beautiful song with such an amazing cast. It's also a big turning



Jeffrey Maynard, an Annapolis-based lawyer, will play the role of Potiphar, and Kristy Carlgren will

portray Potiphar's temptress of a wife.

10-year-old Alex Baker, and according to Merrill, "will

ing as the church's music

and arts director in 2015, brought with him his love of theater. An Annapolis native, he attended Broadneck High School and received his Master of Music degree, specializing in voice from Winchester, Virginia.

"I've always been big on theater, especially in the church. I love to bring these stories to life and teach them in a new and creative way," he said.

"We started with 'Godspell' two years ago," he continued. "Last year, we did 'Children of Eden,' and most recently, 'The Best Christmas Pageant Ever.' The response has been great."

Buy tickets for the show at the door or online at www. woodstix.org. The cost is \$10. and funds will support the church's music department.



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Joseph's youngest brother, Benjamin, will be played by

pull at heartstrings. Merrill, who began servShenandoah Conservatory in



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Congratulations to our Smile of the Month!



Sadie F. is our October Smile of the Month. Sadie is a freshman at Severna Park High School and enjoys playing soccer and weightlifting with her Mom who is a personal trainer. She loves spending time with her family and friends.

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OCTOBER 2, 2019 B16

"The Current War" Fails

» Continued from B14 undue time when he doesn't seem to serve much purpose at all.

We are briefly given an insight into Edison's wife (Katherine Waterston). and how her tragic death impacted her husband, but once again thissub plot seems to be forgotten as the film rambles on to another topic. J.P Morgan (Matthew Macfadyen) is seen on the phone and in a room with both electricity titans now and again, but the influence of one of the world's most powerful financiers seems to be rather underplayed. The result feels like a montage of Oscar-baity scenes poorly stitched together.

The film severely lacks direction, as we are presented with four main arcs that don't fit together well — Edison and Westinghouse's personal rivalry and individual characters; Edison's insistence that AC current is dangerous and deadly; Tesla's fight to be taken seriously despite being a Serbian immigrant; and Edison's unwilling implication in the first use of the electric chair. All of these plots could have

been interesting, but the film's inability to properly weave the threads together means that too much is covered in too little time, and nothing is explored in depth. Even the choice of actors and setting seem disjointed — this is a distinctly American story, but the cast is almost entirely British and the film feels like an Englishperiod drama.

All that was really needed to make this a great movie was an examination into the characters of Westinghouse and Edison — the acting ability of Cumberbatch and Shannon could have carried the film and made it far more compelling.

The war of the currents laid the foundations for the Industrial Revolution, and the modern world in which we live. Without it, we would not have electricity in our homes, our factories, or our streets. Yet, this electrifying tale is reduced to something rather yawn-inducing, with slow pacing that drags on far too long. It's honestly a shame, because "The Current War" had so much potential, but it falls flat.

Book Club Creates Lifelong Bonds In Severna Park

» Continued from B14

very busy lives, raising kids, that was hard to do, but you did it. It kind of forced you to take and carve out some time for yourself."

Going through practically every genre over the years historical novels, memoires, biographies, autobiographies, classics, nonfiction - the group takes its book selection and discussion seriously.

"One of the things that is so endearing about this group is that we really talk about the books," Robinson said. "You hear all of those jokes about book clubs where it's about the wine — well it is about the wine a *little* — but it is about the book first. We have really great conversations about the books, which I think is important."

More than just the books though, there is value to having a lively conversation with a group of people, rather than an email, a phone call, or text message, or something about work. The club has provided an outlet and an opportunity to share ideas and have a dialogue with one another — listening to understand and relate, rather than

simply listening to respond, which is a skill that can be hard to develop nowadays.

'What Tina might think about a book, I might have a different spin," Crum said. "We may all have different takes on similar subjects or ideas that we really hadn't thought about before. She grew up in North Carolina, I grew up here, and just those different perspectives can be valuable.

Which makes these friendships and personal connections deep and meaningful. Twenty years of exploring everything from Mark Twain's "Pudd'nhead Wilson" to Trevor Noah's "Born a Crime," the group's discussions have been eye-opening, thought-provoking and uniquely treasured.

"The books illuminate things and give us a vehicle to learn so much more about each other," explained Robinson. "I think we're all really good at expressing what we like or don't like and that helps us learn - about ourselves and about each other." "I know so much more

about this group of people from their parents, their upbringing, children,

hopes, and dreams than many other people that I probably spend more physical time with," added Jenna Grifo.

Sometimes, books that split the group end up leading to the best — or at least the most entertaining - discussions.

"We were just talking about "Devil in the White City" (by Erik Larson), and Maren and I loved it," explained Robinson. "Some books are a little more tedious to read, more detailed, and some people aren't as fond of that, while other people love it."

And sometimes the consensus is 100% on a book. "I think we're solidly

against "Mrs Dalloway" (by Virginia Woolf)," said Love. "We can unite on that

one," noted Robinson. "One sentence lasted 17 pages! Not a fan."

Good, bad or in between, the books have helped develop friendships within a group that is more of a family than a club.

"You wouldn't necessarily have some of the conversations that you've had over the years without something initiating the dialogue — without

the prompt of an emotional or relatable subject," noted Crum.

During the trip to the shore, they decided to give an official title to their long-standing club. If they were to write their own book, they all agree that Robinson would be the primary author, and the story would revolve around being together, "through thick and thin.'

"The thick and thin kind of describes us on so many levels," explained Robinson. "It's through the thick and thin of the relationships we've had; the fact that we've shared so much heartbreak and happiness — we've shared all of that. Also, we've had some really thick books and some really thin ones ... and some of us, through the years we've been a little thicker or a little thicker. But through it all, we just laugh — a lot!" For their 200th book next

month, the group chose "A Streetcar Named Desire" by Tennessee Williams.

'We wanted to do a classic," Tush said. "Amy had read it years ago and said it was great, so we took her recommendation, and if it's not, she'll hear about it!



SEMINAR SPEAKER



Vasundhara Muthu, MD Cardiologist, University of Maryland Baltimore Washington Medical Center



Brooke Sawicki, MS, RD, LDN **Outpatient Dietitian**, University of Maryland Baltimore Washington Medical Center

BWELL SEMINAR SERIES: THE BEAT GOES ON: LIVING WITH **CONGESTIVE HEART FAILURE**

Wednesday, October 16, 2019

6:30 pm

4 West Conference Center, 4th Floor UM Baltimore Washington Medical Center 301 Hospital Drive, Glen Burnie, MD 21061

Join UM BWMC cardiologist Vasundhara Muthu, MD, as she discusses Congestive Heart Failure (CHF) and how to manage the disease on a day-to-day basis. UM BWMC outpatient dietitian, Brooke Sawicki, MS, RD, LDN, will discuss how diet, particularly salt, affects people with CHF and provide tips on choosing healthier options. A question and answer session will follow.

Free blood pressure screenings available before presentation.

Registration is required. Call 410-787-4367 or visit umbwmc.org/chfseminar2019



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