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# SEVERNA PARK VOICE

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SEVERNA PARK, MD

FEBRUARY 5, 2020

A1

## Time To Vote For The Best Of Severna Park!

The Voice wants to know which businesses, restaurants, services and venues in Greater Severna Park have become your favorites over the past year. It's simple — just fill out the survey and return it to the Voice by Friday, March 20. We will then tally all the votes and announce this year's winners in our April 2 edition.

You may also cast your ballot by voting online at [www.severnaparkvoice.com/bestofsevernapark](http://www.severnaparkvoice.com/bestofsevernapark).

### THE RULES

- Nominees must be located within the Severna Park Voice distribution area zip codes — 21146 (Severna Park), 21012 (Arnold) and 21108 (Millersville).

- Entries must be made on original newsprint - no photocopies, faxes, scans or emails - and must be mailed to the Voice (one entry per household).

- Mailing of multiple

ballots will not be accepted. Voters must fill in nominations for at least 10 categories for the ballot to be valid. If you are nominating a business that has multiple locations, please specify the exact location you are nominating.

- Entries should be mailed to Severna Park Voice, P.O. Box 608, Severna Park, Maryland, 21146.

### THE DATES

Deadline for entry is Friday, March 20. We will print a reminder in the March issue of The Voice, and the winners will be announced in the April issue.

Winning businesses, organizations, services and venues will receive a custom-designed window sticker designating their 2020 "Best of Severna Park" status.

Thank you for your participation. We look forward to announcing the winners you select!  
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## Arnold Woman Works The Pro Bowl

By Haley Weisgerber

While most people were watching the 2020 Pro Bowl from their couches, camerawoman Elaine Rom was documenting the game.

Rom, who films "Monday Night Football" for Entertainment and Sports Programming Network (ESPN), was invited to work the Pro Bowl. She operated camera three and was responsible for capturing all of the game-time action that took place on the right side of the field past the 35-yard line.

Rom was studying television and film at Towson University when she was introduced to the sports production industry.

"My junior year I met a woman who was a camerawoman," said Rom. "She shot the Orioles games and she had a bunch of people talk to her class about working in television, and I attended it. I was blown away by the people who worked in sports production. I inquired about an internship and she had one sport left with the Orioles."

While touring Oriole Park at Camden Yards on the first day of her internship, Rom noticed the camera crew set-



Elaine Rom, a Rugby Hall resident, operated camera three during the 2020 Pro Bowl.

ting up their equipment.

"I saw the camera people building their cameras and I literally said, 'That's what I want to do,'" said Rom. "It was like one minute into walking out onto the field. I knew immediately. They said, 'You'll have to do the internship next year,' and I committed to another year. By the time I graduated from college, I was a full-time freelancer."

She has been working Orioles games since 1996,

right after Cal Ripken's famous 2,131 consecutive-game streak.

"Every day was an event," remembered Rom. "People were lined up outside and they would run down to the field just to get a glimpse, and every game was sold out. That got me hooked, you know?"

Rom has been present

for many famous Orioles moments, including Eddie Murray's sooth home run in September 1996.

The Orioles were winning, the stands were full, and although the times have changed, Rom is still excited to be a part of capturing those moments.

"I love that sports is un-  
 >> Continued on A4

## Walk The Walk Celebrates 15 Years Of Service

By Haley Weisgerber

When David and Kim Mitchell founded the Walk the Walk Foundation in 2005, they had no idea where the organization would be 15 years in the future.

After losing a child half-way through their pregnancy, the Mitchells were inspired to provide Christmas gifts to a child who would have been his age. Kim teamed up with her aunt Evelyn Linkous, who was a principal at a school in West Virginia, to find children to sponsor. Linkous asked how many children David and Kim could handle, and before they knew it, the Mitchells and a group of friends had provided 60 children with Christmas gifts.

"It is humankind's responsibility to take care of each other," said Kim. "My grandmother instilled in me when I was young that you are more blessed to give than receive. I wanted to teach my children to give back."

Walk the Walk's three programs — Christmas for Children, Backpacks for Kids, and Diapers for Babies — have been making a difference in lives and communities in need for years.

"We provide a service and we help organizations, mainly churches, do their

community outreach," said Kim. "That's where we found our niche."

The Backpacks for Kids program partners with Anne Arundel County's Back to School program to provide school supplies to children within Anne Arundel County. Kim and David travel to churches, schools and businesses in their trailer where, for a small donation, community members can fill a backpack to donate without having to go to the store.

Walk the Walk is part of the National Diaper Bank Network and partners with  
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## How Cool: Polar Bear Plunge Raises About \$2 Million



Photo by Wornden Ly

People from all over Maryland came to Sandy Point State Park in Annapolis and withstood the frigid waters of the Chesapeake Bay during the Polar Bear Plunge on January 25. Around \$2 million was raised to benefit Special Olympics athletes. Cadets and instructors from the 90th Police Academy (above) gathered after the plunge. To see more photos of the plunge, go to page A5.

## County Council Requests Treatment, Services To Combat Suicide Crisis

By Zach Sparks

[zach@pasadenavoice.com](mailto:zach@pasadenavoice.com)

Call it a crisis. Call it an epidemic. Call it an emergency.

While members of the Anne Arundel County Council debated the proper label for suicide, by passing Resolution 2-20 on January 21, they all agreed that more can be done to prevent it from happening.

"In 2011, we had 49 deaths from suicide," said the resolution's sponsor, Councilman Nathan Volke of Pasadena. "In 2017, we had 95. That's a 93.88% increase in the number of deaths by suicide. To me, that's a crisis. I can't look at it any other way. I am not going to sit back and say, 'This is just a public health issue. We should just put this on the burner of a public health issue.' It's not a public health issue. To anyone who's lost someone from suicide, this is a crisis."

Volke's statement followed tearful testimony from community members and even the council members.

Celeste Anderson talked about her son's fight with mental illness. Noah Anderson, a ninth-grader at Broadneck High School, was an aspiring architect who loved fishing, sailing and the Seattle Seahawks. Noah died in September 2019.

"He was handsome, he was funny, he was an artist, and he was oh so witty," she said. "The pain of losing

Noah is immeasurable and he is so missed."

Celeste said Noah began showing signs of depression and anxiety roughly three years ago.

"Let me tell you, the system is broken," she said. "I called psychiatrist after psychiatrist, office after office, and was told over and over, doctors were either not accepting new patients or Noah was going on a three-month waiting list for just an initial appointment. This went on for over a year of pleading for help. He was hospitalized twice at Sheppard Pratt on extended stays. Many times we had to call the police and have him escorted to the hospital for observation between these long waits for a psychiatrist ... He suffered silently and we were lost."

Celeste said a psychiatrist who barely spoke to Noah instantly began writing him a prescription. The medication was known for possible suicidal thoughts in children. Failed group therapies gave her son more information on self-harm and how to hide it than actually helping him, she added.

Jillian Amodio, the founder of Moms for Mental Health,  
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What do students think of the resolution? Flip to page B12 to read a story by student intern Emily Allgair.

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Margueritte Mills  
Volunteer  
Of The Month

Local Crafter Sews For  
Australian Animals

By Haley Weisgerber

The devastating wildfires in Australia have been making headlines all over the world since September 2019. The National Oceanic and Atmospheric Administration (NOAA) reported that as of January 6, 14.7 million acres of land have burned. The fires had a profound impact on the national wildlife. According to Professor Christopher Dickman from the University of Sydney, it is estimated that over 1 billion animals throughout Australia were impacted by the fires.

When Severna Park resident and seasoned crafter Carrie Gruver learned of the fires' impact on the wildlife, she put her skills to good use.

"I think everyone has seen the horrible footage coming out of Australia over the past month or two with all of the bush fires they've been having," said Gruver. "I was actually scrolling Facebook one day and I came across a couple of different organizations."

That is how she discovered Rescue Craft Collective, an Australia-based community group that gives crafters an opportunity to assist wildlife centers and rescues.

Rescue Craft Collective gathers nests, joey pouches, kangaroo hammocks, bat wraps and more to be distributed to Australia. Depending on each crafter's skill set, there are templates available for sewing, crocheting and knitting.

Gruver crocheted nests and sewed joey pouches and bat wraps for young animals that lost their mothers. She sent around two dozen crafts to Rescue Craft Collective.

"I just think it's the coolest thing to imagine these animals that we don't have here using these things I've made," said Gruver.

All of her creations had to be made with 100% cotton fabric. Gruver was



Carrie Gruver was presented the Margueritte Mills Volunteer of the Month award for her work supporting animals affected by the Australian wildfires.

able to upcycle old T-shirts, leftover material and even a friend's old sheet.

"There was a little bit of upcycling involved," said Gruver. "I had a friend donate some flannel sheets, so I triple-washed them and used that for the inside of the pouches."

I had a lot of cotton material left over because I quilt. I knew I was never going to use it again, so I put some of that in the pouches I made."

There were even specific instructions on how to wash the materials prior to shipping. All of the crafts had to be washed twice in hot water without detergent. They recommended that Gruver use vinegar. The dyes and starches that exist in fabrics could potentially harm the young animals, as many marsupials are born without hair.

"They have lists of materials that are acceptable and how to wash it, because there are customs and Australia has very specific rules," explained Gruver. "They are in an island, so if your things come in contact with your animal at home, that isn't such a great thing."

After the crafts were sufficiently washed and packaged, Gruver shipped them to a Rescue Craft Collective "hub" in Maine, where someone else takes care of the international shipping and sorting.

When the fires have settled in Australia and the animals have been re-homed, Gruver said she is interested in staying involved with Rescue Craft Collective.

"There is going to be a great need in Australia for a long time, but I think I'd like to see what the next focus is and what else they have to say," said Gruver. "I feel like this is something I can do on my own and it makes a difference. A little bit can go a long way."

Marsh Landing  
Approval Overturned

As a result of community testimony shared during Board of Appeals hearings on December 4 and December 10, the approval of the final site plan for the Marsh Landing subdivision has been overturned.

"The developer now will have resubmit a more environmentally friendly plan that will protect the yellow perch spawning habitat within the Cattail Creek wetlands," Magothy River Association President Paul Spadaro wrote in an email. "Working together, we can protect and restore the Magothy for generations to enjoy!" Residents from the Ber-

rywood community became staunch opponents of the plan, citing their belief that stormwater controls proposed by the developer would not protect the wetlands, causing environmental damage to an area that Berrywood has worked to restore. During the hearings, the project engineer admitted that stormwater would not be completely contained and would reach Asbury Road. The burden would have fallen on the residents to inspect and maintain the rain gardens and slot drain after every significant rain event.

"The developer now will have resubmit a more environmentally friendly plan that will protect the yellow perch spawning habitat within the Cattail Creek wetlands."

— MAGOTHY RIVER ASSOCIATION PRESIDENT PAUL SPADARO

Connolly, Wright To Wed



Tim and Molly Connolly of Severna Park are happy to announce the engagement of their son, Patrick, to Duan T. Wright, daughter of Dwayne Wright and Myra Wilson of Centreville, Maryland. Duan is a graduate of Longwood University and is a teacher for Queen Anne's County Public Schools. Patrick is a graduate of Salisbury University and is employed by Power Component Systems. The couple plans to tie the knot in 2021.

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## Helen's Hearts



Photo courtesy of Ann Grieb

For nearly a decade, Project Linus volunteer Helen Carr has been sewing, knitting, and crocheting blankets and afghans for children in need.

Helen Carr gives her heart to area children through the annual donation of hand-made heart-themed quilts and blankets.

Sixteen of the brightly colored pink, red and white creations will make their way into the arms of children — in time for Valentine's Day — through the Annapolis Chapter of Project Linus, which meets at the Severna Park Community Center.

Carr is an active 88-year-old Project Linus volunteer who, for nearly a decade, has been sewing, knitting, and crocheting blankets and afghans for the charity, which delivers handmade blankets to county children who are seriously ill, traumatized or in need.

Helen's Hearts began as an annual project about five years ago as a way to engage Project Linus' talented pool of local volunteers. "It's more gratifying to work as a group," Carr said, "like a dance, a ballet, or a finely tuned team. I chose hearts

because I'm an incurable romantic. Hearts and love are easily recognized, and I have a heart for the children."

It takes nearly a year for Carr's designs to become a reality. She begins by choosing patterns, selects the fabrics and then teaches individual workshops on each pattern during the regular monthly Project Linus meetings. Participants learn the quilting technique particular to each pattern, and then they make a block, or two, for the completed quilt from pre-cut

kits prepared by Carr. She devised four designs for this year's endeavor and shared workshop duties with chapter coordinator Linda Gorman.

Her most unique quilt this year is a cozy puff type that was all the rage in the '70s. Volunteers returned so many completed blocks to Carr that she was able to assemble more quilts in a wider variety of sizes than she ever expected. In addition to the quilts, Carr utilized the remaining fleece, which is used for backing the quilts, to create seven crochet-edged fleece blankets.

When asked what she plans for next year, Carr said, "I want to pass the torch along and challenge Project Linus to carry on and get creative with all styles of blankets."

Project Linus meets at Severna Park Community Center on the third Saturday of the month, September through June. Additional information about Project Linus is available online at [www.linusannapolis.org](http://www.linusannapolis.org).

## Unity Gardens To Host Spring Fundraising Event

By Diane Lewis

You may not know about the Anne Arundel County nonprofit organization Unity Gardens, but you may have seen or heard about the rain garden at Woods Memorial Church in Severna Park or the native plants beautifying State Circle in downtown Annapolis. These two local gardens are just a few of the 500 ecological projects that have been funded by Unity Gardens since 2003. In total, Unity Gardens funded six of the 25 grants awarded last year to Severna Park community projects, totaling 20% of its 2019 budget.

The organization's mission is to "empower and educate diverse Anne Arundel County communities to create and sustain healthy ecological spaces that enhance life, one native garden at a time." Unity Gardens supports that goal by awarding \$1,000 grants to schools, religious organizations, scout troops and homeowner association groups for purchasing native perennials, shrubs and trees. The group's conservation efforts total \$500,000 to date. Unity Gardens focuses on the use of native plants, trees, and shrubs to rebuild and sustain a healthier and better ecological environment for Anne Arundel County.

Unity Gardens' main event and fundraiser each year is its Garden Speaker Series. This year, it features Barbara W. Ellis and the topic "Greener Gardens, One Step at A Time." Ellis has extensive knowledge about Bay-wise gardening on the Eastern Shore and will talk about how people can create lush gardens by slowly replacing ornamental plants that aren't native to this area and do not sustain a healthy ecological balance.

This year's fundraiser is on

Saturday, March 7, at Woods Memorial Church. It will be a large social event with door prizes and a raffle. The doors will open at 10:00am. One of Unity Gardens' local sponsors, Chesapeake Bay Roasting Company, will be on hand to provide coffee gratis to attendees upon arrival. Light snacks will also be provided. Ellis' presentation will begin at 10:30am and she will sign books afterward. There will be a buffet at noon. Bin 201 Wine+Spirits, another sponsor, will provide wine tasting. And in keeping with the spirit of honoring the environment, this event will also be zero-waste. Attendees will be provided the opportunity to either recycle or compost materials used during the fundraiser.

Unity Gardens has several generous sponsors: Bay Point Wealth; Patuxent Nursery; Solar Energy Services; Graul's Market; Clement Hardware; Anne Arundel County Farm, Lawn and Garden Center; Zachary's Jewelers; Bowen's Farm Supply; Citizen Pride; Tara's Garden Design; Husted Landscape Architecture; Deborah M. Schwab Landscape Architecture and many more. All of these companies are trying to assist in building a better environment for future generations.

Tickets for the spring speaker event and fundraiser are \$70 in advance or \$75 at the door until they run out. The event is held at Woods Memorial Church at 611 Baltimore-Annapolis Boulevard in Severna Park. For more information about this event or Unity Gardens, go to [www.unitygardens.org](http://www.unitygardens.org) or send email to [unitygardensaa@gmail.com](mailto:unitygardensaa@gmail.com).

Spring grant proposals are currently being accepted by Unity Gardens through March 1. Go to [www.unitygardens.org](http://www.unitygardens.org) for more details.

## Arnold Woman Pro Bowl



» Continued from A1

scripted and you don't know what's going to happen in a game," said Rom. "We have to tell that story. Whatever happens, you have to be ready and prepared to cover it."

Rom has also been behind the camera for other local teams. Her resume includes work for the Washington Capitals, the Washington Wizards, college teams, boxing, and she was even asked to film an arm wrestling competition.

While it may seem like the perfect job, Rom said it isn't always glamorous.

"It's a lot more labor-intensive than people realize," said Rom. "A lot of times I tell people we are more like roadies or movers and we shoot a game in the middle. It's like a circus."

Rom and crew members are responsible for building their own cameras, running their own cables and capturing shots of the sidelines, coaches, and crowds before each game.

Though football is her favorite sport to shoot, Rom said it is also the most challenging.

"Football is hard because it's such a complex sport and there are so many things going on and you have respon-

sibility for all the scenarios," said Rom. "Hockey is pretty hard because the puck moves really fast, and from a technical standpoint, that is hard to shoot. From a mental standpoint, football is a challenge."

She is also responsible for capturing the action within the stands.

"People just don't realize how many cameras we have, and there is nowhere to hide in the stadium," said Rom. "I have fun searching the crowd for funny things."

From people struggling to put on ponchos in the rain, to shirtless men climbing flag poles, Rom has captured it all. Many of her clips have made the ESPN morning highlights.

"There was a guy at a Florida State game, the book guy I think he was called. They were getting totally blown out. He had his shirt off. He was sitting by himself up in the sun reading a book called 'Dark Places,'" said Rom.

Rom said whether it is a moment in the stands or a big play, being a part of sports history is the best part of her job.

"I love being a part of history and working games where history is being made," said Rom.

 A photograph of two men standing in front of a white truck. The man on the left is wearing a blue sweater and glasses. The man on the right is wearing a blue striped shirt and a baseball cap. They are both smiling.
 

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## How Cool: Polar Bear Plunge Raises More Than \$3 Million



Photos by Worden Ly



## SPAN Welcomes New President, Kathy Berge

With well-respected volunteer Ted Florenz reaching his two-term limit as president of Serving People Across Neighborhoods (SPAN), Kathy Berge stepped into the role on January 13. Berge is a member of St. Martin's-in-the-Field Episcopal Church, and a SPAN board representative. Below, she shared her background and her goals for SPAN.

I have been involved with nonprofits for 40-plus years, starting with gathering food and clothing at my home to distribute to those in need as requested by schools and social services. I am currently working with my family to establish a nonprofit community center in Port Deposit, I am part of the St. Martin's outreach committee, I am the coordinator for

St. Martin's Winter Relief service for Arundel House of Hope, I provide pro bono services to several families in need in Baltimore City, and I act as an advocate for individuals in assisted living when asked.

By profession I am an occupational therapist and practiced in the field of psychiatry in Baltimore City as senior therapist/assistant director. As such, I understand the impact that poverty has on both the individual and the family and the obstacles that they face on a daily basis. I have had extensive training in the cycle of poverty and the impact that poverty has on society. I have had the privilege of providing training, intervention, advocacy and support for our most



venerable population. I have witnessed firsthand the success and defeat of the

people I have served, and I have the utmost respect for them as individuals and

the way they face their daily challenges.

Since helping those in need is my passion, it is great to be able to be a part of such a stellar organization as SPAN and it is time for me to step up and become more active. I have been a member of the board of directors for SPAN for approximately eight years and believe in the mission of SPAN. Through these years, I have sat on committees such as the 25th anniversary celebration for SPAN and chairing the selection committee for the hiring of a new director to name a few.

I have sat on the board of directors and the executive board of directors for multiple organizations for many years and have chaired the charity committee for the

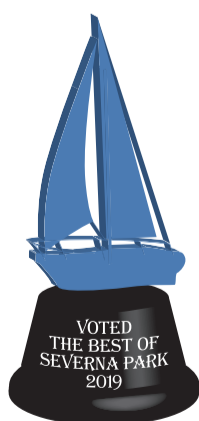
Foundation for Families for approximately eight years. As such, I planned, coordinated and executed food store deliveries to a central location, packing of the food, securing volunteers, and the delivery of 360 meals for Thanksgiving to the homes of families in need in Baltimore County and Baltimore City. I planned, coordinated and executed cookouts with face painting, picture booths, tattoos and karaoke for the children at St. Vincent's. I was charged with vetting all requests for donations, developing criteria for donation distributions, and developing procedures and mechanisms to meet the standards and remain in compliance with Maryland regulations.



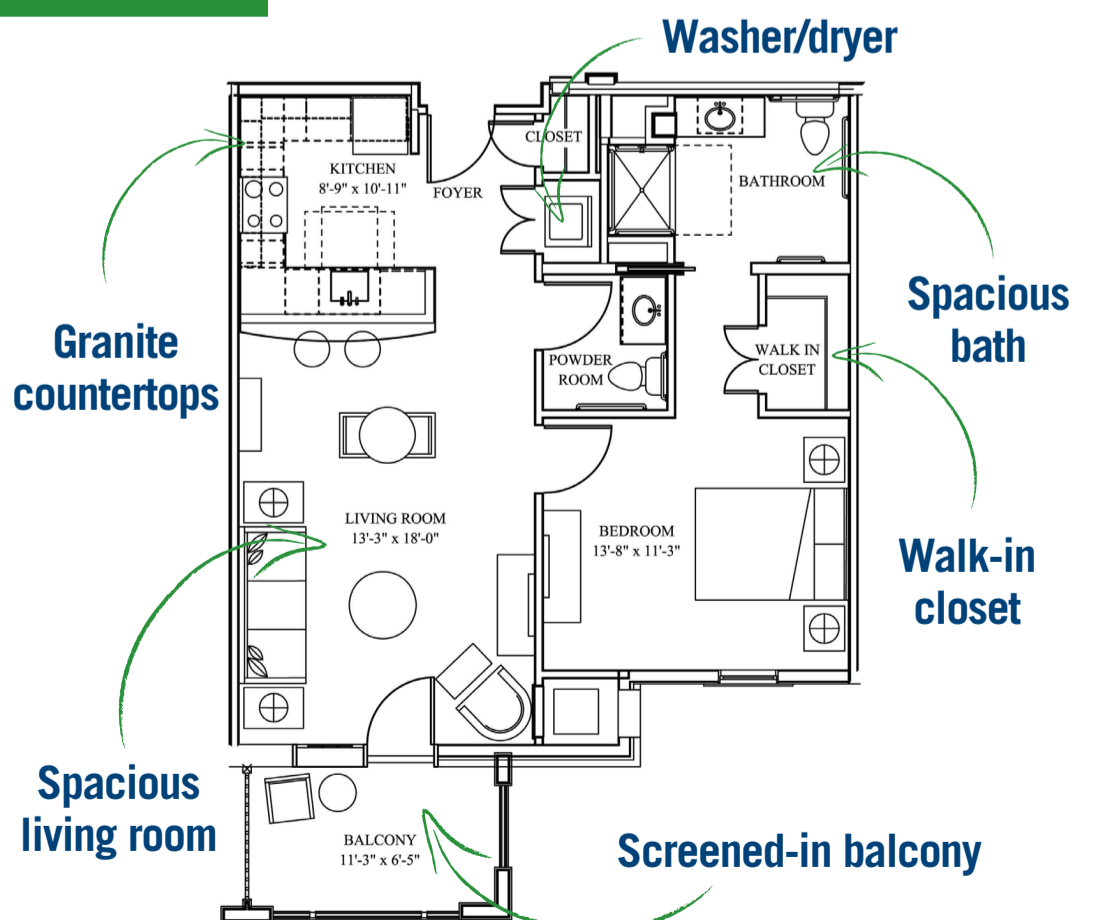
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# Lauren's Law: When Life Gives You A Grand

Lauren Burke Meyer



We all know the obnoxious retort after a poorly told story: "And then you found \$1,000." What about when you start a story with that retort ... and it's true?

It was spring of 2011, and the night began with my sister, Kristen, and myself as two crazy girls traveling about town in Canton. By crazy, I mean we grabbed dinner and drinks at Mama's On the Half Shell. Following that, we walked back to her apartment to figure out our next move.

Like the typical younger sister, I breezed right past a somewhat camouflaged wad of cash in the grass. My older and much more observant sister bent her 6-foot-2-inch frame down — in heels for that matter — to pick up the

wad of cash.

Looking over our shoulders, we ran like schoolgirls back to her apartment. After locking the door, Kristen counted the money. It was 50 \$20 bills. For those who aren't mathematicians, that's \$1,000.

Sadly, our first thought was one of terror. Was this some type of gang initiation? Had someone seen us come into her building?

Later, we concluded that it was drug money left for someone who was mistakenly intercepted by us.

My conscience got to me and drifted to thoughts that it was a bartender leaving a shift and headed home to her kids. This third option was highly unlikely given the fact that they were all \$20 bills. Regardless, we called to report the lost money to the police.

We'll call him Officer Berger. He gave us a case number and said that if it wasn't claimed in three months, the



Kristen Burke was thrilled after claiming \$1,000 from the Baltimore police station.

money would be ours. When that day came, my sister and I called, but we couldn't get the money at that time because they had changed the rule to one year and a day. So we called on that date and many times after because Officer Berger was always unavailable. We were getting the runaround until one glorious day when his boss answered the phone. He had seen our persistence in following up and granted us the money. My sister went to the Baltimore

police station the next day to claim the money. It was still packaged the way we had originally found it.

OK, I played a small role in this process. Yet, I still became defensive when my sister started suggesting we split it 60-40 or 70-30. I made my case in a simple way. Anyone who is a "Grey's Anatomy" fan will know the classic line: "I'm your person." To this day, I can't believe she split it evenly with me.

That's not even the great ending to this story. We booked plane tickets to San Diego, California, to visit family and go to the Ravens vs. Chargers game. The Ravens lost, but it was a girls trip to remember forever.

Lauren Burke Meyer is a Severna Park native who was inspired to write Lauren's Law as a humorous play on the well-known Murphy's Law adage: "anything that can go wrong, will go wrong."

# Council Requests Services To Combat Suicide Crisis

» Continued from A1

shared the sentiment that long wait times and high costs are ineffective.

"Many individuals who are suffering from depression, anxiety and other mental-health-related issues are encouraged to reach out, but what happens when their mental health issues have such a strangling grip on them that they're unable to do so?" she asked. "If a person was dangling from a cliff, trapped in rough waters or suffering from a heart attack, we wouldn't wait for them to reach out for help. We'd recognize their struggles and meet them with aid."

For Arnold resident Kurt Svendsen, that aid came in the form of professional therapy and medication, "dumb luck" and the knowledge that he was loved.

"I have had serious thoughts of committing suicide at different periods throughout my life," he said. "At least twice, those periods of time were so intense that I made special plans about how best to do it."

Svendsen urged county officials to improve the disparity in access to mental health care compared with physical health care.

"The county's mental health plan is a stepchild to the overall health plan," he said.

Hearing the vulnerability of Anne Arundel County residents, Councilwoman Sarah Lacey admitted that she struggles with suicidal thoughts.

"To be a person, a woman, a mother of four children, a wife to my husband of almost 18 years, a daughter, a sister, an aunt — I am all those things — and yes, I struggle against the desire to take my

own life, because when I am in that place, it makes the most sense compared to any other thing that I could think of or anything anyone could tell me," Lacey said.

Fellow Councilwoman Amanda Fiedler from District 5 got emotional when thinking of 14-year-old Noah Anderson and while asking for an amendment to the bill, clarifying that suicide is not caused only by guns.

"Not all acts of suicide are [caused by] firearms; Noah's was not," Fiedler said. "There are many other methods that can be used, and this amendment also calls for a reduction in the stigma that is surrounding mental health and the hope that we can support our first responders and the professionals that we partner with in the community."

The council voted unanimously for the resolution, which declares suicide a public health crisis in Anne Arundel County and requests that the Department of Health ensure adequate treatment and services to help those affected and at risk of death by suicide.

It may be too late to help Noah, but it could help countless others.

"Let's be more proactive and support families and those suffering from mental illness from the very beginning," Celeste said.

"You can take all the guns, put nets under bridges, hide the Tylenol bottles, but if you aren't treating the real heart of the issue — finding affordable, readily available, quality mental health care and family support — those suffering will find a way to follow through with this epidemic."

# MILITARY SPOTLIGHT

## Paul Baumgardner Proudly Reflects On World War II Service

Raised in West Virginia, Paul Baumgardner was drafted into the Navy as an 18-year-old during World War II. His first assignment was on the USS Bunker Hill CV-17, an aircraft carrier, which assisted in the battles of both Iwo Jima and Okinawa.

The USS Bunker Hill departed from Bremerton, Washington, in January 1945, and on May 11, 1945, with the ship off the coast of Okinawa, the crew was attacked by two Japanese kamikaze planes. Baumgardner was in the gunpowder room at the time, under the guns, port side. His job on the ship was to pass up the gunpowder when under attack, but he never got the chance. They did not see the attack coming. The first kamikaze pilot hit the ship but then slid into the ocean. Thirty seconds later, the second kamikaze dropped a bomb and the plane hit the flight deck near the No. 3 elevator.

Amazingly, Baumgardner didn't have a scratch on him. Some started yelling that he needed to leave the gunpowder room. He was the last one out, and walked the catwalk, taking in the damage. But many men weren't so lucky. Those near the fires had no choice but to jump ship. One of the



deck. Men were taking souvenirs from his body; Baumgardner took a piece of his head scarf, but has no idea where it is today.

Several ships, including the USS Wilkes Barre, helped extinguish the fires. An admiral was aboard the Bunker Hill, but he transferred to another ship the next day.

The ship, under its own power, made it to Ulithi, and eventually back to the Bremerton shipyard for repairs. The war ended before the ship was redeployed. There were USS Bunker Hill reunions, but Baumgardner never went.

After the war, he became a bricklayer, enjoyed fishing and hunting, and grew tomatoes. "When it comes to that, you need good soil and you have to take care of them," he said.

Baumgardner has two sons and a daughter. A third son passed away, as did Baumgardner's wife of 69 years, Ellen.

Today, the 93-year-old veteran lives at PearTree House Assisted Living in Pasadena.

guys Baumgardner drafted with — Hugh Harris, a gunner — jumped and survived. He was told there were about 20 men trapped inside the galley; they never made it out.

The attack resulted in more than 600 casualties, both wounded and dead. Some went missing and were never found. One of Baumgardner's jobs was to tie weights to the feet of the dead and give them a burial at sea.

One kamikaze pilot, Kiyoshi Ogawa, either fell out of his plane or jumped but was found dead on the

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1. Best Restaurant Overall \_\_\_\_\_
2. Best Wait Staff \_\_\_\_\_
3. Best Breakfast \_\_\_\_\_
4. Best Lunch \_\_\_\_\_
5. Best Dinner \_\_\_\_\_
6. Best Kids' Menu \_\_\_\_\_
7. Best Barbecue \_\_\_\_\_
8. Best Burger \_\_\_\_\_
9. Best Coffee \_\_\_\_\_
10. Best Crab Cake \_\_\_\_\_
11. Best Bakery/Cakes \_\_\_\_\_
12. Best Dessert \_\_\_\_\_
13. Best Ice Cream/Frozen Treat \_\_\_\_\_
14. Best Pizza \_\_\_\_\_
15. Best Salad \_\_\_\_\_
16. Best Sandwich/Sub \_\_\_\_\_
17. Best Seafood \_\_\_\_\_
18. Best Wings \_\_\_\_\_
19. Best Fast Food \_\_\_\_\_
20. Best Asian \_\_\_\_\_
21. Best Italian \_\_\_\_\_
22. Best Mexican \_\_\_\_\_
23. Best Gluten-Free Menu \_\_\_\_\_
24. Best Vegetarian Menu \_\_\_\_\_
25. Best Caterer \_\_\_\_\_
26. Best Bar \_\_\_\_\_
27. Best Delivery Service \_\_\_\_\_
28. Best Special Occasion \_\_\_\_\_

### Beauty & Fitness

1. Best Fitness Club \_\_\_\_\_
2. Best Hair Salon/Barber Shop \_\_\_\_\_
3. Best Hair Stylist/Barber \_\_\_\_\_
4. Best Martial Arts Program \_\_\_\_\_
5. Best Place For A Massage \_\_\_\_\_
6. Best Massage Therapist \_\_\_\_\_
7. Best Nail Salon \_\_\_\_\_
8. Best Spa \_\_\_\_\_
9. Best Weight-Loss Program \_\_\_\_\_

### Health

1. Best Medical Practice \_\_\_\_\_
2. Best Physician \_\_\_\_\_
3. Best Men's Care \_\_\_\_\_
4. Best Women's Care \_\_\_\_\_
5. Best Chiropractic Practice \_\_\_\_\_
6. Best Dental Practice \_\_\_\_\_
7. Best Optometry Practice \_\_\_\_\_
8. Best Ophthalmology Practice \_\_\_\_\_
9. Best Orthodontic Practice \_\_\_\_\_
10. Best Pediatric Practice \_\_\_\_\_
11. Best Pharmacy \_\_\_\_\_
12. Best Physical Therapy Practice \_\_\_\_\_
13. Best Mental Health Care \_\_\_\_\_
14. Best Veterinary Practice \_\_\_\_\_
15. Best Senior Living Facility \_\_\_\_\_

### Professional Services

(Please Specify Agent & Company)

1. Best Accountant \_\_\_\_\_
2. Best Insurance Agent \_\_\_\_\_
3. Best Investment Adviser \_\_\_\_\_
4. Best Lawyer \_\_\_\_\_
5. Best Mortgage Lender \_\_\_\_\_
6. Best Real Estate Agent \_\_\_\_\_

### Best Home Services

1. Best Electrical Contractor \_\_\_\_\_
2. Best Fence/Deck Contractor \_\_\_\_\_
3. Best Flooring/Carpet Contractor \_\_\_\_\_
4. Best Cleaning Service \_\_\_\_\_
5. Best Home Improvement Contractor \_\_\_\_\_
6. Best HVAC Contractor \_\_\_\_\_
7. Best Interior Designer \_\_\_\_\_
8. Best Kitchen/Bath Remodeling Service \_\_\_\_\_
9. Best Landscape/Lawn Contractor \_\_\_\_\_
10. Best Painting Contractor \_\_\_\_\_
11. Best Pool Service \_\_\_\_\_
12. Best Plumbing Contractor \_\_\_\_\_

### Community Services

1. Best Auto Repair \_\_\_\_\_
2. Best Bank \_\_\_\_\_
3. Best Car Wash \_\_\_\_\_
4. Best Dry Cleaner \_\_\_\_\_
5. Best Marine Repair \_\_\_\_\_
6. Best Pet Grooming \_\_\_\_\_

### Retail/Shopping

1. Best Overall Customer Service \_\_\_\_\_
2. Best Art/Photography/Frame Shop \_\_\_\_\_
3. Best Athletic Gear Shop \_\_\_\_\_
4. Best Bicycle Shop \_\_\_\_\_
5. Best Consignment Shop \_\_\_\_\_
6. Best Florist \_\_\_\_\_
7. Best Garden Center \_\_\_\_\_
8. Best Gift Shop \_\_\_\_\_
9. Best Grocery Store \_\_\_\_\_
10. Best Hardware Store \_\_\_\_\_
11. Best Home Decor \_\_\_\_\_
12. Best Jeweler \_\_\_\_\_
13. Best Liquor Store \_\_\_\_\_
14. Best Pet Supply Store \_\_\_\_\_
15. Best Toy Store \_\_\_\_\_

### Entertainment

1. Best Place For Family Entertainment \_\_\_\_\_
2. Best Live Music Venue \_\_\_\_\_
3. Best Happy Hour \_\_\_\_\_
4. Best Place To Watch The Game \_\_\_\_\_
5. Best Place To Take Out-Of-Towners \_\_\_\_\_
6. Best Entertainment Venue Within 25 Miles \_\_\_\_\_

### Kids' Activities

1. Best Activity Center \_\_\_\_\_
2. Best After-School Program \_\_\_\_\_
3. Best Children's Dance Company \_\_\_\_\_
4. Best Day Care \_\_\_\_\_
5. Best Music Instruction Program \_\_\_\_\_
6. Best Party/Special Occasion Venue \_\_\_\_\_
7. Best Playground \_\_\_\_\_
8. Best Summer Camp \_\_\_\_\_
9. Best Sports Facility \_\_\_\_\_
10. Best Youth Sports League \_\_\_\_\_

### Community

1. Most Desirable Community To Reside \_\_\_\_\_
2. Best Community Beach \_\_\_\_\_
3. Best Community Pool \_\_\_\_\_
4. Best Club/Organization \_\_\_\_\_
5. Best Nonprofit Organization \_\_\_\_\_
6. Best Place To Work \_\_\_\_\_
7. Best Church \_\_\_\_\_
8. Best Pastor/Church Leader \_\_\_\_\_
9. Best School \_\_\_\_\_
10. Best Marina \_\_\_\_\_
11. Best Business To Open In 2019 \_\_\_\_\_

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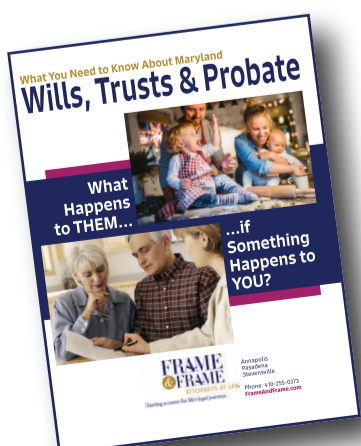
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## Downsizing: A Love Story From Chesapeake Transitions

By Marilyn Leek  
Chesapeake Transitions

During his career as a Marine Corps officer, "Don," his wife "Anna" and their children lived all over the world. When the time came, Don and Anna retired in Annapolis largely because their children had settled there. They built a beautiful house and enjoyed it for nearly 10 years, entertaining family, friends and the midshipmen they sponsored.

Then, Don began to realize Anna was having memory issues. The couple consulted with their doctor and other medical professionals, and sadly, Anna was diagnosed with aggressive memory decline.

Don felt strongly about caring for Anna himself, keeping her in the home they had built together as long as possible. For a time, Don kept the house running smoothly and cared for Anna but realized he would need help as her disease progressed. When a new senior community opened in Annapolis, Don signed up for a residence.

By this time, Don and Anna had been married for almost



60 years and had a lifetime's worth of belongings in their large retirement home. The couple's adult children lived nearby but their own responsibilities meant they were not able to help with downsizing and moving. Don called a Senior Move Manager to manage all aspects of the process so he could continue to care for Anna.

With Don's guidance, the Senior Move Manager went through the couple's large home to identify what needed to be kept, gifted or donated. Seeing a plane propeller in the basement, Don explained it was from one of his tours in

Vietnam. In the kitchen was a large bulletin board that Don called "Anna's Memory Board" with photos, and other mementos of their life together.

Through the downsizing and moving process, Don anticipated Anna's confusion, addressing it in a kind and loving way. He impressed everyone involved by never uttering a cross word or showing a sign of stress as he cared for his love of 60 years. While he didn't do the physical work, Don was critical in making the transition smooth for his wife and seemed honored to do it.

Once the couple's furnishings were set up in their new home, Anna seemed reassured as she was surrounded by familiar belongings. She saw Anna's Memory Board hanging in the new kitchen and identified every item. Don was stunned and pleased to find the Senior Mover Manager had hung the plane propeller on his office wall.

Since the move, Don has begun battling his own terminal disease. Don's decision to move his wife into a caring and well-equipped environment now seems that much more loving and thoughtful. Don and Anna's story is not over, but all involved know that when the time comes, the other partner will be well cared for until they meet again.

*The owner of Chesapeake Transitions, Marilyn Leek is a certified Senior Move Manager who has been providing support and guidance for Maryland seniors and their families for over a decade. "We've had many wonderful clients over the years, but Don and Anna really worked their way into our hearts," she said.*

## Walk The Walk 15 Years

» Continued from A1

many pantries to provide diapers to mothers in need. They are currently the only diaper bank in Anne Arundel County. Walk the Walk also provides diaper cream, wipes and baby wash.

The Christmas for Children program operated out of a warehouse for years. The Mitchells and a team of volunteers hand-sorted all of the gift donations and delivered them to the families. In 2019, Kim and David decided to restructure the program.

"We took a little bit of a different approach for Christmas this year," said Kim. "We had some family things, like my daughter's graduation from college and my best friend's son getting married, and it was the two critical weekends in December."

Knowing that she would not be able to place all of the program's responsibilities on her volunteers, Kim decided to empower their partners to carry on the Christmas program.

"You can't ask for one volunteer to head that entire day," said Kim. "It is a critical day. That's where we came to the conclusion that we needed our partners to take responsibility for organizing the gifts. I packed my 'here's how to' guide to do Christmas for children at your church or your school, and therefore I have empowered the masses to be able to do what we did."

The Mitchells intend to continue running the Christmas program this way. With their children moving out of Maryland and becoming grandparents, this restructure will allow them to be with family around the holidays.

"I coached people along the way and troubleshoot it with them when they needed help," said Kim. "I was still involved in the aspect of connecting people with the people who needed help. Still, there were kids served for

Christmas. It wasn't stepping down, it was stepping back."

David and Kim are looking forward to growing their organization and exploring this new style of leadership in the future.

"One of the key ingredients to having any organization or nonprofit is that you need to pass on the leadership," said Kim. "I would hope that the programs we've started will continue in some fashion. That would be my goal. I think they are all necessary and I think they are all important."

The couple is not passing the baton just yet. They are waiting for the next leader of Walk the Walk to find the way to them.

"In a nonprofit, no matter what the nonprofit is, it has to be your calling and not your job," explained Kim. "For my husband and I, this was just something in our hearts to do. I think the person for the job will have that in their heart. They will know that this is not just a job. It is a calling."

The Mitchells have put their hearts and souls into Walk the Walk. For Kim, being a role model to her children kept her going.

"I think I am most proud of my kids because it is instilled in them that they have a heart for service," said Kim. "In each one of their lives there is evidence of them wanting to give back in their own way."

Walk the Walk has been a beacon of hope in many lives in its 15 years. Kim and David hope the people they have helped will be inspired to do the same.

"It is my hope that in the last 15 years, we were able to make a small difference by giving someone hope, and most importantly, we were a good example of loving your neighbor," said Kim.

For more information or to get involved, visit [www.wtwf.org](http://www.wtwf.org) or email [walk@wtwf.org](mailto:walk@wtwf.org).

## Tips From The Anne Arundel Home Services Company

The Anne Arundel Home Services Company has a list of tips to help you get prepared for a home remodeling project.

**Planning:** brainstorm and write an end goal for each room you are renovating.

**Budget:** come up with a figure and stick to it. Make sure not to overextend your funds, as last-minute

surprises might pop up.

**Research:** when choosing a professional, look at reviews, ratings and previous customer feedback. Also, make sure quality materials are used. There are so many options out there, so be comfortable with who and what you choose.

**Doors make the first impression.** If you are un-

able to change your door, or your current door is in good condition, paint it.

**Storage space:** if you're renovating, chances are that you will want some additional storage space to de-clutter. Using your kitchen to its maximum capacity can help with storage issues. Additional cabinets will help greatly.

**Make small rooms**

**look bigger:** a small room doesn't have to appear that way! Using mirrors can almost double the appearance.

These are just a few tips and tricks that will help make any renovation go smoother. If you have any questions or ideas for renovating, contact The Anne Arundel Home Services Company at 410-589-2819.

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# Let's Make Maryland Retirement Friendly

**Michael Malone**  
Delegate  
District 33



I love my state, but I have to say it: Maryland is not the best place to retire. Considering factors like affordability, health care, and quality of life (think weather, crime, cultural opportunities, road congestion, etc.), MoneyWise, Bankrate, Kiplinger's, and WalletHub all rated Maryland as the worst, or nearly the worst, state to retire in.

Admittedly, it's hard to compete with the warmer winters in Florida and the Carolinas. Florida, though, does not have income tax. And climate doesn't explain the droves of former Marylanders who retire just across the state line in Delaware, with no sales tax and more favorable income tax rates.

The statistics say it all. According to the National Movers Study conducted by United Van Lines, in recent years retirement is the second-highest reason for leaving Maryland, accounting for one-fourth of people leaving in 2019, and over 20% in 2018 and 2015. That same study shows that in 2018 and 2019, retirement was the No. 1 reason for moving to Delaware, with 40% of the people moving to Delaware in 2019 doing so in retirement.

The flight of retirees from Maryland has been a concern at least since the turn of the century, according to a 2013 study by the Maryland Public Policy Institute. That same study notes that tax policy changes between 2007 and 2013 under Governor Martin O'Malley led to a "perception of a toxic tax environment, which businesses and wealthy individuals are eager to leave."

Governor Larry Hogan has been trying to ease the tax burden on retirees since taking office in 2014. In 2017, Governor Hogan introduced — and the General Assembly passed — the Hometown Heroes Act, which exempts law enforcement and first responders from paying state income tax on the first \$15,000 of their retirement income.

This year, Governor Hogan has introduced legislation to expand the Hometown Heroes Act to eliminate state income taxes on retirement income resulting from their service for law enforcement and first responders, and reducing the eligible age to 50. This year, the governor has introduced House Bill 361, which I co-sponsored, to eliminate all state taxes on retirement income received as a result of military service.

In 2015, the governor enacted legislation to increase the tax exemption on military retiree pensions from \$5,000 to \$10,000 for retirees 65 years or older, and in 2018, he again enacted legislation that increased the exemption by 50% to \$15,000 and lowered the eligibility age to 55.

On a bigger scale, this year Governor Hogan introduced House Bill 342, also known as the Retirement Tax Reduc-

» Continued on A10

# "Just A Sheriff's Deputy"

**Sheriff Jim Fredericks**  
Anne Arundel  
County Sheriff's  
Office



"You're just a sheriff's deputy" is a phrase often heard by Anne Arundel County Sheriff's Office deputies, and often used by people who either do not pay attention to, or do not understand, the structure of our county law enforcement. In fact, your sheriff's office is steeped with history and tradition as the second-oldest law enforcement agency in Maryland, one of the oldest in the country, and the first law enforcement agency in our wonderful county. During 2020, we will celebrate 370 years of existence as a sheriff's office.

What might surprise some people is that a deputy in the sheriff's office has the same certification as a county police officer, but with additional constitutional authority. Deputies can make

traffic stops, write reports and respond to crimes like any other sworn law enforcement officer; however, deputies are also enforcers of the courts.

The office of the sheriff is responsible for service of criminal warrants and summons, child support enforcement, domestic violence orders, protective orders, peace orders, notices for late rent, and evictions. There are approximately 32 deputies on the street each weekday, but that is just part of the agency. The office is also empowered to protect the circuit court, where the county's worst offenders are prosecuted. Deputies protect the hundreds of thousands of citizens who enter the building annually, as well as employees of the Clerk of the Court, State's Attorney Office, Orphan's Court, register of wills, and county judges and magistrates. In the lower level of the courthouse is a detention facility run by the sheriff's office, where deputies also ensure the safe transport

» Continued on A10

# Council Update

**Amanda Fiedler**  
Councilwoman  
District 5



In December 2019, the Gun Violence Prevention Task Force submitted its preliminary report to the public during an hour-long presentation. While I was not a member of the task force, I have attended several public meetings and had an interest in the findings as the county executive had expressed a desire to declare gun violence a public health crisis.

The data presented on December 19 delivered staggering numbers with the overwhelming cause of death by firearm being the result of death by suicide. Of the 209 gun-related deaths from 2013 to 2017, 141, or 67%, were self-inflicted, 30% were homicide, 2% accidental discharge and 1% the result of legal interventions.

Resolution 2-20 was introduced shortly after the find-

ings were released, declaring suicide a public health crisis in Anne Arundel County and requesting immediate action by the Department of Health. While my colleague from District 3 was the lead sponsor of the resolution, it had my full support and desire to go beyond the language that focused on firearms. Why, you may ask.

First, I believe homicide and suicide must never and should never be conflated. Homicide is a criminal act involving one or more individuals suspected of a crime toward a victim or victims. Homicide is handled through our criminal justice system by state and federal laws. Death by suicide is a self-inflicted act by a person who typically has a history of mental health issues either related to biology, trauma or other factors. To combine homicide and suicide into the same conversation further alienates and creates a negative stigma around mental health.

Death by suicide is not a criminal violent act. Instead it is a desperate act taken by someone who is and has been suffering. Homicide and suicide are very different.

Secondly, when discussing death by suicide, I believe we must look beyond a single method to have a broader understanding of what is happening in our communities. Data provided by the Anne Arundel County Department of Health showed that between 2014 and 2018, the number of non-fatal suicide attempts per year increased from 899 to 1,041. Based on this information, hearing from members of the mental health community and families impacted by death by suicide, I amended Resolution 2-20 with the support of the council. The amended resolution broadened the scope of methods beyond the use of a gun, and it requests the Department of Health to continue to work with stakeholders to deliver services, expand awareness of this issue, reduce stigma, and ensure access to care to help those affected by mental illness.

» Continued on A10

# Mapping The Monster: It's Time To Address Behavioral Health Care

**Heather Bagnall**  
Delegate  
District 33



We are now in the throes of the 2020 legislative session. This session, expect to hear around 3,000 bills with issues as broad as codifying the protections of the Affordable Care Act, sports betting, criminal justice reform, vaping and e-cigarette regulation, transit projects, public-private partnership regulation, the 100th anniversary of the women's suffrage movement and, of course, education. So, the challenge is, what should be the focus of this month's column?

As a freshman, I heard many times from members on both sides of the aisle that I should find my passion, become an expert and develop a reputation as the point

of contact on that issue. I'll admit, as a novice to government, a lifelong artist and educator, and now a member of the Health and Government Operations Committee (HGO), I struggled with how I was going to become an expert in any area so far afield from my wheelhouse.

However, last year, when a group of organized young people called Our Minds Matter reached out to my office and asked for a meeting, I realized that my area of expertise, my passion and the next several years of my life would be adolescent access to behavioral health crisis and preventative care. Despite the fact that I had experienced firsthand our broken behavioral health system, because of the code of silence and stigma around mental illness, for nearly two decades I was under the impression that my experience was unique.

I spent the interim be-

tween sessions meeting with colleagues to ensure that I wasn't reinventing the wheel, or starting the work on issues that were already well underway, and I discovered that this was uncharted territory. Simultaneously I became co-chair of the crisis bed workgroup, created to address widespread disparities in reporting, availability and definition of crisis beds, particularly for adolescent populations. I had the privilege of working with experts in the field of behavioral health, 25 of us under the leadership of HGO Vice Chair

Joseline Peña-Melnyk, coming together with a singular purpose — to get our most vulnerable populations out of the emergency departments and into treatment.

During our work sessions, I heard about adolescents sitting in emergency departments for days and even weeks, or being released when no beds could be found, despite the trepidation of nurses and doctors who had no other options. I heard stories of parents who feared for their children, family members who feared

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## Correction: Delegate Heather Bagnall's Column

In our January edition, we mistakenly placed an old article in the space that was reserved for Delegate Heather Bagnall's column. That old article appeared with the delegate's name

and picture, but it was written by another elected official. We regret the error. Please read Delegate Bagnall's actual column, "Advocating Like A Boss," at [www.severnaparkvoice.com](http://www.severnaparkvoice.com).

# Gambling With Our Future

**Sid Saab**  
Delegate  
District 33



One of the more important issues before members of the Maryland General Assembly this session will be the question of the extensive and costly education recommendations in the Kirwan Commission's Blueprint for Maryland's Future. The success of our school-age children is a high priority for me as a parent and as a delegate. I have consistently supported innovative programs in public schools, which challenge students, broaden their horizons and reach at-risk students to keep them engaged and attending school through graduation. Last year, I supported the commission's work to determine a blueprint for education.

Now that we are getting into the recommendations, we all are finding many unanswered questions: How will the yearly \$4 billion price tag be paid for? Why were countries and cities (Singapore, Finland, Shanghai, Ontario) with cultures and frameworks very unlike ours used as models that would not work here? The vagueness and uncertainties are concerning. Is the gamble worth it without any guarantee on investment?

Every child in this state deserves a quality education. However, the 10-year,

costly Kirwan plan calls for sweeping changes in policy without a clear funding source. And this isn't the first time Maryland taxpayers are being forced to pay for massive education changes without having a clear understanding of those policy changes and without a mechanism to assess the effectiveness of the new curriculum or other changes. The Thornton Commission was set up in 2002 through legislation called The Bridge to Excellence in Public Schools Act. It increased state funding by more than 120% from \$3.1 billion to \$6.9 billion annually between Fiscal Year 2003 and Fiscal Year 2020. Although this was an historic increase in spending, eighth-grade math proficiency rates increased by only three percentage points over those years.

I recently had the opportunity to hear testimony from Dr. Brit Kirwan. According to him, all aspects of the commission's recommendations must be enacted as a whole in order to achieve the intended success. The parts work in tandem and should not be piecemealed due to funding issues. But the money is not there and an economic slowdown is expected. So if the funding is vague, what does that mean? The plan not only is missing funding, but in my opinion, it does not appropriate enough toward mental health issues or accountability. Who provides

oversight and determines if money equals help for kids.

The Kirwan Commission recommendations lack strong accountability measures needed to truly improve schools. Without this accountability we cannot protect our students from the failures of the past. We must not repeat the mistakes of the past by moving forward with massive spending increases to education without identifying a proven funding source.

Each year, Governor Larry Hogan's budget has carved out generous increases to public schools and has proposed expanding options like providing \$130 million over two years to fund an expansion of prekindergarten and for health professionals and additional service personnel to be present in schools with high numbers of students from poor families. The governor has also pushed to create an Office of Education Accountability and an independent investigator general to explore allegations of corruption, mismanagement and criminal conduct in Maryland school systems. We need more accountability of the thousands of state employees charged with educating, counseling, transporting, coaching and administrating within the public school system. I support these ideas to give every Maryland student every chance to succeed.

# News From Big Ed Reilly's Office

**Ed Reilly**  
State Senator  
District 33



The 441st Maryland General Assembly was gaveled to order on Wednesday, January 8, with both chambers welcoming new leadership to their bodies. The House of Delegates swore in Adrienne Jones of Baltimore County as speaker of the House. Speaker Jones will replace longtime Speaker Michael Busch, who passed away in April. Senator William "Bill" Ferguson of Baltimore City was sworn in as the new Senate president, replacing Senator Thomas V. "Mike"

Miller. Senator Miller has served in the Senate chamber since 1975 and as its president for the past 33 years. He was the longest-serving Senate president in United States history. These leadership changes have set a new tone for the General Assembly. The business of the legislature will seamlessly continue.

I have sponsored four major bills this session, and would like to briefly explain to you the content of each piece of legislation.

The first bill you may have read about already in a local newspaper. It is entitled Maryland Income Tax Refunds — Warrant Intercept Program. This is an incentive program to clear non-felony

summons to appear in court. In 2018, before the program's sunset in 2019, over 200 tax refunds were held with over a 70% clear rate.

The second bill is the Guaranty Fund for Master Electricians. This is a consumer protection bill. If a licensed electrician damages a home or business, the property owner could apply for restitution if the contractor fails to perform his duties correctly.

My third bill is Enrollment in State Health Insurance Benefit Options — Optional Retirement Program — Employees with Optional Retirement. This allows retirees from different departments of state government to combine

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# The Dream Continues ...

**Anne Colt Leitess**  
State's  
Attorney



Every January, communities across the nation gather to celebrate the life and legacy of a civil rights icon and champion against injustices, Dr. Martin Luther King Jr.

This year, I had the pleasure of attending the 39th annual Dr. Martin Luther King Jr. Memorial Breakfast co-hosted by Anne Arundel Community College and Dr. Martin Luther King Jr. Memorial Committee. The event showcased the community

leaders who remain committed to furthering the vision of Dr. King and who serve as a voice for the most vulnerable in our county. In addition to celebrating the honorees, attendees received an amazing keynote address from the Honorable Elizabeth Morris, who is the first African American woman to serve as a judge on the Circuit Court for Anne Arundel County. Judge Morris's poignant remarks highlighted the many times in her life that she was confronted with challenges and how she found inspiration from the words of Dr. King to speak up in spite of fear.

In the State's Attorney Office, we've remained commit-

ted to the contributions of Dr. King and the many African American trailblazers - both past and present — who selflessly sacrificed their lives by challenging the status quo to create a more fair and inclusive society. Our office strives to hire a more diverse workforce to represent the community we serve; with fellow Anne Arundel County agencies, we've worked diligently in creating the Anne Arundel County Gun Violence Task Force, which is a collaborative effort aimed to reduce the gun-related deaths and injuries by identifying gun violence as a significant threat to public health.

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## News From Ed Reilly's Office

» **Continued from A9**  
years of service to enhance the retirement benefits. Finally, I am sponsoring a bill called Domestic Animals Left In Vehicles — Immunity. This bill will give anyone immunity if they see a domestic animal in distress when locked in a vehicle on a hot day. You must first call 911 to report the vehicle and the location of the vehicle. Once you have imparted this

information to the 911 operator, you may break the car window to rescue the animal. Laws are in place to protect infants and children. This law would protect domestic animals. If you have any questions pertaining to these pieces of legislation, or anything else I might be able to help you with, please contact me at [edward.reilly@senate.state.md.us](mailto:edward.reilly@senate.state.md.us) or call me at 410-841-3568.

## The Dream Continues ...

» **Continued from A9**  
Additionally, I've been a vocal advocate of legislation that would strengthen hate crimes in Anne Arundel County. House Bill 5, sponsored by Delegate Mark Chang, would make it illegal to use a noose or swastika to intimidate an individual or group. While so much has been done, we have more to do.

I encourage everyone to remember those who worked tirelessly to ensure the many liberties we enjoy today as we welcome February, which is Black History Month. We remember the long strides we've taken together on the road to fairness, equality and justice, and how we must continue to uphold the dream of Dr. King. Together, we can!

## "Just A Sheriff's Deputy"

» **Continued from A9**  
and temporary housing of about 5,000 prisoners and detainees annually. Yes, deputies are fully sworn law enforcement officers with a great deal of authority but with little public notoriety. However, the lack of notoriety should not diminish the critical community need for this constitutional office. Recognition of the office, though, begins at the elected official level. As a retired county police officer with enormous respect for our county workforce, I certainly do not begrudge great agencies like our police, fire, and correctional departments their much needed increases in personnel. Nearly 100 new officers and firefighters, and almost 50 new correctional officers, were added in the last year. In the same year, the sheriff's office added only two positions. Sadly, county administrations in the past 20 years have added only seven deputy positions to the office.

Take a few seconds to let that sink in. Twenty years, most of them in a post 9/11 America, and only seven new positions. As the county has grown in the last two decades, so have the levels of service it requires, yet deputies have languished under a lack of attention from county administrations. The county executive recently gave a "State of the County" speech, in which he touted successes in public safety agencies, but once again failed to mention the sheriff's office. However, I don't blame this county executive, since many before him failed to give the office proper attention, staffing and budget. Anne Arundel County will not be the safest place for all, not until all public safety agencies in county government are treated equally and given the proper tools with which to carry out their duties. Sheriff's office deputies are of great importance to law enforcement in Anne Arundel County. And no, they are not "just a sheriff's deputy;" they are your hardworking law enforcement officers, performing dangerous tasks every day. Let us hope this is the "Year of the Sheriff's Office" so it can be staffed to properly support the courts, serve the citizens of the county, and play its part in making our communities as safe as possible.

## Council Update

» **Continued from A9**  
the evening of Tuesday, January 21, members from our community bravely testified about their personal battles with taking their own life, and/or losing a loved one to death by suicide. They shared the stigma that creates barriers in asking for support, the obstacles faced in accessing resources and the isolation they have felt from their communities. Resolution 2-20 as amended passed unanimously, sending a clear message that the Anne Arundel County Council, which also sits as the board of health twice a year, would like to double down the county's efforts to address mental health in our communities and specifically allocated financial resources in future budgets. As I'm writing this column at the end of January, a full list of legislation is about to come before the council in February. Short-term rental taxation and licensing continue to be debated through Bills 88-19 and 89-19 respectively. Additional bills up for public hearing on February 3 are the subsidies for the recently approved wastewater extension project, which creates incentives for converting septic to sewer. One piece of legislation would allow housing of elderly of moder-

ate means to be a conditional use, or allowed with conditions, in areas zoned for two homes per acre (R2) or five homes per acre (R5). A bill to authorize the use of school bus monitoring cameras for Anne Arundel County Public Schools and a bill to address the abandonment of utilities (poles or underground wires) in county right-of-ways. To be heard during our Tuesday, February 18, public meeting is Bill 6-20. I introduced this bill in January to protect the watermen who have been operating in our residential communities for generations. The watermen's business and way of life can be jeopardized as their surroundings change within communities. This industry provides an economic benefit to the county by both providing jobs and local restaurants with fresh-caught seafood from area waterways. Watermen have a long, rich history in our county and this bill is important to protecting their future. It is my honor to continue to serve you in the fifth district. As the council prepares for the fiscal year 2021 budget, please reach out to share your thoughts and concerns. I can be reached for budget, or any other constituent-related matters, by emailing [amanda.fiedler@aacounty.org](mailto:amanda.fiedler@aacounty.org).

## It's Time To Address Behavioral Health Care

» **Continued from A9**  
for their loved ones or had given up after exhausting what limited options they had for care, dedicated providers who were beaten down and burned-out when they simply couldn't provide the care they so desperately wished to. I describe this work as "mapping the monster," trying to understand the flaws in the system and what we as legislators could do to fix it. Recently, our Anne Arundel County Public Schools superintendent came before our Anne Arundel County delegation and talked about this issue in the schools. He said, "We often say you can't just

throw money at a problem; this is the problem you can throw money at." He went on to explain what I already knew: we are still doing triage — in the schools, in the emergency departments, in homes, and in communities. I have often said that when we change the culture, the policy will follow. For the first time in decades, we have public will behind investing in behavioral health care. Everyone is impacted by mental illness — the person, the family, the community — and one of our most impacted, most vulnerable, most needful populations is that of our children. I have legislation this ses-

sion to try and slow the crisis, legislation to remove barriers to care, to provide more resources, to re-evaluate and redefine how we identify, address and treat mental illness, particularly for our adolescent population. Now we have to determine if we have the political will to follow through. It doesn't get us to the point of mental health care as preventative care because it is only the first step on a much longer journey, but we have to start somewhere, and I hope you will help me help our children. For more information about legislation at the Maryland General Assembly, visit [www.mdaleg.maryland.gov](http://www.mdaleg.maryland.gov).

## Let's Make Maryland Retirement Friendly

» **Continued from A9**  
tion Act of 2020, which I co-sponsored. This act would reduce the tax burden on Maryland's 230,000 retirees, especially those on a limited income, by more than \$1 billion over five years. Maryland already is one of the 37 states that don't tax Social Security benefits. The Retirement Tax Reduction Act would eliminate state income tax for retirees who make less than \$50,000 annually, and would

reduce the state income tax burden on those who make between \$50,000 and \$100,000 annually. That's a lot of incentive to stay — and spend — in Maryland. If the act is passed, the cuts would be phased in over five years starting in July 2021. Why the delay? Unfortunately, the Democrat-controlled General Assembly has a history of, when a proposed tax cut is included in the proposed budget, voting down the tax cut and

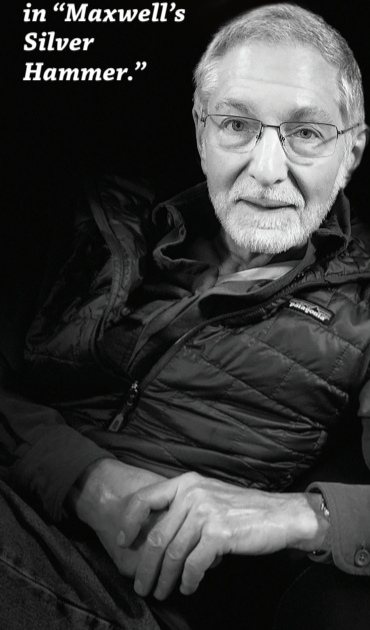
redirecting the money. Maryland, with its beaches, crabs, lakes, mountains, history and rivers is a beautiful place to live. With our proximity to Washington D.C. and multiple military bases, we are home to many federal, state and local government employees and servicemembers with many years of retirement ahead. Let's make Maryland a better place to retire, and let's pass the Retirement Tax Reduction Act.



## Steven Sherman Pens Paranormal Political Mysteries



Steven Sherman combines paranormal abilities and current political issues in "Maxwell's Silver Hammer."



By Alyson Kay

Although Steven Sherman retired from his ophthalmology practice in December, he continues his work as a paranormal thriller novelist.

His "Kahler Files" series follows Adrian Kahler, a brilliant psychologist turned detective as he and his two operatives, former Navy SEAL Stanley Egor and young empath Barry Sandler, solve mysteries involving domestic and foreign governments. The series is set in the fictional location Rawlings' Landing, based on Gibson Island.

The most recent book in the series, titled "Maxwell's Silver Hammer,"

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## Skribe Goes Back To The Basics With "Birdwatching"

Aaron Yealdhall, who performs under the name Skribe, has independently released four albums and numerous singles.

His recent work "Birdwatching" is the first of several songs to be released via limited edition 7-inch vinyl "jukebox 45" records.



By Zach Sparks  
zach@severnaparkvoice.com

As a traveling garage folk musician, Aaron Yealdhall is praised for insightful lyrics and instrumental prowess, sometimes performing as a one-man band and sometimes entertaining audiences as a unit — all under the moniker of Skribe.

That reputation was formed after he independently released four albums and numerous singles, and after headlining shows across the nation. With his newest single "Birdwatching," though, he went back to the basics with the support of Justin Kruger on drums and

Gingerwolf on bass. "Listening back to the track, I was hearing the influences that initially inspired me to pick up a guitar and make noise: Pearl Jam, Nirvana, Rage Against The Machine, Stone Temple Pilots and pretty much any other fuzz-heavy, angsty '90s to 2000s music," Yealdhall said. "Birdwatching" is the first of several songs Skribe is releasing via limited edition 7-inch vinyl "jukebox 45" records. On that track, Soren Mattson and Yealdhall added



layers of guitar. Gingerwolf produced bird noises. Shea Springer of Sweetfoot "worked his mixing magic," according to Yealdhall, who may have yelled a few backup vocals at some point, too. Yealdhall's canjo, kazoo,

and suitcase kick drum are absent from this record but are featured on most of the soon-to-be-released tracks. The loudest, most '90s rock song of the Skribe catalog, "Birdwatching" was penned

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## BTM Artistic Director Dianna Cuatto Announces Her Retirement

Artistic Director Dianna Cuatto, who has led the Ballet Theatre of Maryland for the past 17 years, has announced her retirement effective in June. The board of trustees has selected Nicole Kelsch to succeed her.

"We are deeply grateful for the contributions that Dianna has made during

her tenure as artistic director," said board president Ted Atsinger. "She has raised the Ballet Theatre of Maryland to a higher level of professionalism and artistry. Through both the company and the conservatory, she has cultivated not only the dancers' technical skills but also their passion for the art of dance, and their under-

standing of how to pursue personal and professional development in the world of professional ballet. Among these excellent dancers is Nicole Kelsch, who we are pleased to announce we have selected to lead the company upon Dianna's retirement."

Cuatto joined the Ballet Theatre of Maryland in

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Dianna Cuatto (right) is a prolific choreographer who has created more than 109 works of ballet choreography for the Ballet Theatre of Maryland during her 17-year tenure.



## Captivating Characters Shine In "The Gentlemen"



Photos courtesy of Miramax

In true Guy Ritchie fashion, "The Gentlemen" tells a story with lots of twists and turns at breakneck speed in a completely non-linear fashion.

By Audrey Ruppert

Guy Ritchie is back. The British director is known for "Lock, Stock and Two Smoking Barrels" and "Sherlock Holmes," but he seemed to have lost his touch recently with the awful "King Arthur: Legend of the Sword" in 2017. I ranked that film as one of the worst of 2017 and was not expecting much when I walked in to see "The Gentlemen," but it seems that Guy Ritchie has tapped back into the gang-busting, slick-talking, working-class British magic he became famous for.

In true Ritchie fashion, "The Gentlemen" tells a story with lots of twists and turns at breakneck speed in a completely non-linear fashion (use the bathroom beforehand, missing even 30 seconds will leave you con-

fused). It follows an American drug dealer, Mickey (Matthew McConaughey), who has one of the biggest marijuana operations in the United Kingdom. Mickey is looking to get out of the drug trade to spend more time with his wife (Michelle Dockery) and live a quiet life on an English estate. He attempts to sell his empire to another American kingpin (Jeremy Strong) but faces complications when a representative of a Chinese crime conglomerate, named Dry Eyes (Henry Golding), gets involved. The majority of this story is recounted to the audience, and to Mickey's right-hand man (Charlie Hunnam) by a sleazy reporter (Hugh Grant) who has been following everyone involved.

It took me a good five minutes to accept Hugh Grant with an accent that

wasn't "posh" (Grant is almost always typecast as an "upper-class" British love interest or villain), but once I did, I found him captivating. The cat-and-mouse game between him and Hunnam's character becomes far more interesting than the main characters themselves.

Indeed, the background characters shine in this story. Colin Farrell's Irish "Coach" finds himself having to account for some street kids he has been mentoring, and has to do a few "bad guy" things to help set the score straight with Mickey and put his wards (who have dubbed themselves the Toddlers gang) back on the straight and narrow. I found myself grinning every time he or the Toddlers came on-screen with their antics. Michelle Dockery is stellar as Cock-

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## Dining Out

### Twain's Tavern Proves Why It's A Pasadena Favorite

By Mary Cobbler

Twain's Tavern is a happening place. If you doubt that, ride by and check out the packed parking lot on the weekends. Local folks love the vibe — a modern, airy, fun place to hang out, listen to music, play pool, grab a drink, and enjoy some seriously good food.

On a late Tuesday afternoon, Twain's Tavern was already lively. The tavern is larger inside than it looks. About 20 patrons sat at the bar while eating, drinking and relaxing — some laughing out loud, others whispering. With a multigenerational clientele, Twain's is a place where anyone can feel at home.



Photo by Mary Cobbler

The small crock of French onion soup was hot and hearty, with savory beef broth, an abundance of sautéed onions, and soft and plump croutons, all topped with chewy melted cheese.

Once I was seated in a cozy booth, my waitress, Leticia, arrived smiling and was genuinely friendly and helpful. My son said

the tavern's french onion soup was "banging." So, I thought it would be a good start on a cold day. The small crock of soup was hot

and hearty, with seasoned beef broth, an abundance of sautéed onions, and soft and plump croutons, all topped with chewy melted cheese. It was a classic, satisfying dish.

There were many tempting appetizers I filed in my brain for another time, like French dip spring rolls (shaved prime rib with caramelized onions and provolone cheese, fried in a crispy spring roll and served with a sweet chili dipping sauce). Snake bites, Cajun filet tips with buffalo sauce, and blue cheese and celery also looked interesting.

Asked about customers' favorite entrees, Leticia said she takes lots of orders for the burgers, and, point-

ing to my menu, the sirloin with asparagus, with the option of shrimp cagot — jumbo shrimp sautéed in a garlic sauce topped with Havarti cheese. I picked the sirloin, and of course, for you readers, I chose the shrimp and cheese option.

I know many steak lovers will gasp, but I sometimes prefer mine well done, and sometimes that means eating seasoned cardboard, but not here. The chef cooked the lean meat

perfectly for my taste, and it was still tender and well-seasoned though rather on the small side. Mild but flavorful and creamy, the cheese sauce and shrimp complemented the steak well. The shrimp were tender and tasty, but a few more of them would have added a lot.

Now, I'm not a huge asparagus fan, primarily because asparagus is usually undercooked and flavorless

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### Where To Find Twain's Tavern

8359 Baltimore-Annapolis Boulevard, Pasadena  
410-647-5200



# Author Writes Book On The History Of The Rock Band The Eagles



Pasadena author Rik Forgo spent the last two years compiling information for his origin story about the iconic rock band The Eagles titled "Eagles: Before The Band."



With the first iconic strum of the guitar on their first hit "Take It Easy," the Eagles set a new direction for the country-rock-infused California sound.

Rik Forgo, an author based in Pasadena, spent the last two years compiling information, interviewing and building a micro-history of the group's origin story.

The Eagles drew their inspirations from the Beatles, Elvis Presley, the Byrds, Buffalo Springfield, the Flying Burrito Brothers and other country-rock artists who set the tone for music in the late 1960s and early 1970s, including Rock and Roll Hall of Famers Linda Ronstadt and Jackson Browne.

In the band members' first nine years together, they scored gold records for every album they released and delivered songs that changed

the musical landscape. Their thought-provoking, intimate lyrics were matched by precision instrumentation that sounded as good live as in the studio. Legions of fans built around them.

But where did they come from? With the new book release, "Eagles: Before The Band," Forgo and publisher Time Passages tell the band's story and map band members' individual histories before they became one of the bestselling rock bands in history.

"Eagles: Before The Band" walks Eagles fans through the often hard-scrabble lives of each band member as they searched for musical success in the mid-to-late 1960s. Glenn Frey started in teen clubs around Detroit. Don Henley worked the

dive-bar circuit in East Texas. Bernie Leadon and Don Felder played frat parties in Gainesville, Florida. Randy Meisner took his crystal-high vocals to out-of-the-way clubs in the far reaches of Nebraska and Colorado. Timothy B. Schmit worked his way up from local parties to playing in front of huge California crowds. And Joe Walsh dropped the oboe in New Jersey and became a guitar legend in bars across Ohio.

The four founding members were suddenly backing up Linda Ronstadt in a Disneyland concert in 1971. Rock-and-roll history ensued. "Eagles: Before The Band" follows each band member's inspirations and

paths, including groups they started with and albums and singles they released along the way. Fan-friendly details like early reviews, who each member collaborated with, television and movies appearances, and what bands they toured with are chronicled meticulously.

Forgo compiled the band's story from more than 1,400 cited references and organized them season-by-season so fans could keep pace with each band member in the pilgrimage that led them to the Eagles. Helpful biographies of band members, contributing artists, producers and managers are coupled with insightful analyses of their early works. Together they paint a picture of their evolution as artists and musicians, and how rock music was changed by their journey.

"Eagles: Before The Band" is a unique book in the rock music publishing industry, and it presents the band's story in a way that fans will love. It is currently available on Amazon and will be in local book stores soon.

Time Passages is an independent book publisher specializing in micro-histories. It is based in Lake Shore. For more information, contact [info@timepassages.net](mailto:info@timepassages.net).

## Twain's Tavern Proves Why It's A Pasadena Favorite



Photo by Mary Cobbler

Beautifully presented, the cheesecake was covered in chocolate sauce with mounds of whipped cream. It was a tasty treat to perfectly end the meal.

» **Continued from A11** or mush, but Twain's did an excellent job on this "love it or hate it" vegetable. The chef hit it right, preparing the veggie with just a touch of seasoning and cooking it to that perfect fork-tender stage.

Leticia said the customer dessert favorites were cheesecake and chocolate cake with caramel sauce. Faced with a tough choice, I asked for her personal preference. She gave me a conspiratorial grin and said, "Cheesecake, of course."

Beautifully presented, the cheesecake was covered in chocolate sauce with mounds of whipped cream. Isolating the cheesecake for a taste, I'd give it a C. It was a bit bland, not really the dense, rich taste of a superb cheesecake, but I didn't expect a superb cheesecake at a local tavern. C for cheesecake still

outranks most desserts, and covered with chocolate sauce, it was a pleasing end to a nice meal. The chocolate, whipped cream and cheesecake blended to make a sweet after-dinner delight.

Prices were reasonable — less than \$40. There are always specials. Wine Wednesdays feature 99-cent red or white wines and acoustic music; Thursdays are free music trivia nights with prizes. Food and drink specials include surf-and-turf Tuesdays for \$13.99, prime rib night on Wednesdays, \$2 domestic drafts all day Thursday, and half-price bottles of wine.

Check out the website, [www.twainstavern.com](http://www.twainstavern.com), for all of the specials, sporting events, bands and more.

Twain's does a good job balancing the bar/restaurant experience. It's a fun place.

## Characters Shine In "The Gentlemen"

» **Continued from A11** ney Cleopatra, who is rough talking, shrewd, and a true partner to Mickey rather than the mere object of his affection. In a sea of captivating characters, the two Americans — McConaughey and Strong — become lost.

I'm not even sure why Mickey needed to be American. Perhaps Ritchie is trying to ingratiate an American audience into his distinctly British movies. The setup makes sense — Mickey is "trailer trash" but is smart, and he manages to get a Rhodes Scholarship to Oxford. He becomes ingratiated with the British elite, and realizes he has a knack for selling them drugs. But the background story ends there and we never really understand why Mickey had to be American.

As an American who has lived in England for many years now, I can tell you that many aspects of the story, particularly

the humor, will be rather inaccessible to people who don't live here and don't have a deeper understanding of English culture. One character says to another, "He lives in the posh part of Croydon," before being interrupted, "There is no posh part of Croydon," which might translate to, "There is no bougie part of Compton." However, there is no translation provided, and a lot of the dialogue may be unintelligible to non-Brits.

That brings us to the good old East London racism. The one drawback of this story seems to be the racist jokes told throughout; British publications like *The Guardian* slammed it for this reason. The Asian characters are repeatedly referred to as "Chinamen" and they are the main antagonists.

The real question is whether Ritchie is embracing these jokes as being acceptable, or whether he is simply telling a story. If it's the latter,

then I hate to say it, but his portrayal isn't entirely inaccurate. The day after I saw the film, I went to watch "the football" (soccer) in an East London stadium, and I must have heard a dozen racial slurs when a particular defender failed to do his job adequately. While I can't fault Ritchie's depiction of some of the rougher characters of East London, I don't think it was really necessary, and ultimately it took away from what was otherwise a good movie.

In the end, this film is great fun and well worth spending money on, even if you are missing some of the context as an American. The actors are clearly having an amazing time, and each twist is more intriguing than the last. It's also funny (if you have a dark sense of humor) and the pace switches from cerebral to violent to reflective so quickly you will most definitely be on the edge of your seat.

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## AACC Presents "Grey Matter: A Response To Blackness"



"In The Clouds," an artistic image made of acrylic, charcoal, ink and print on a wood panel, is one of the many works on display at the Anne Arundel Community College exhibit "Grey Matter: A Response to Blackness."

Anne Arundel Community College's latest art exhibit, "Grey Matter: A Response to Blackness," comes just in time for Black History Month. On display from February 6 to March 5, the works examine how blackness has been perceived and responded to by America's dominant society throughout history, including the educational system, law enforcement, and public policies. The artworks explore how these responses have affected those who identify, or are classified as, black.

The exhibit is curated by Thomas James, and it features artists Ernest Shaw, Charles Mason III, Omolara Williams McCallister and McKinley Wallace III.

Artwork will be on display at AACC's Cade Art Gallery, which will host a reception on February 12 from 5:00pm to 7:00pm. The gallery is located at 101 College Parkway in Arnold.

## "The Hobbit" Comes To Children's Theatre February 7

Children's Theatre of Annapolis is traveling all the way to Middle Earth for its next production, "The Hobbit," from February 7-16. Based on the beloved tale by J.R.R. Tolkien, "The Hobbit" follows Bilbo Baggins on a momen-

tous adventure after he leaves his large, roomy and dry home in the ground to set off as chief robber in an attempt to recover an important treasure. It's a story of magic and heart. For tickets, go to [www.cta.ticketleap.com/hobbit-2020](http://www.cta.ticketleap.com/hobbit-2020).



## BTM Artistic Director Dianna Cuatto Announces Her Retirement

» Continued from A11  
2003. Previously, she spent four seasons as the ballet mistress with the Richmond Ballet. Throughout her long ballet career, she has served in many roles including artistic director, choreographer, ballet mistress, adjunct faculty, teacher, and principal dancer in companies and universities

throughout the country. Cuatto began her career in 1963 as a professional dancer with Ballet West. She went on to become a principal dancer, performing a wide range of classical and contemporary roles with national companies including Sacramento Ballet, Oklahoma Ballet, Berkeley Ballet Theatre, the San Francisco

Chamber Ballet, and the Sangre de Cristo Ballet Theatre. In addition, she worked in Hollywood performing for the American Music Awards, Broadway musicals and national television, and she also choreographed the "Wonderful World of the Waltz" for PBS. Cuatto is a gifted, prolific choreographer who has cre-

ated more than 109 works of ballet choreography for the Ballet Theatre of Maryland during her 17-year tenure including "The Legend of Sleepy Hollow," "An American Southwest Carmen," "Swan Lake," "Romeo and Juliet," "Beauty and the Beast," "Tango Dramatico," "Little Women" and "Excalibur" — most to critical acclaim.

The final choreographic works of her tenure as artistic director with the Ballet Theatre of Maryland will be presented at Innovations 2020 on April 17 and 18 at Maryland Hall in Annapolis. Immediately following the performance on April 18, you can attend the season grand finale retirement party for Cuatto and honor

her many contributions to the community. More information will be posted on Ballet Theatre of Maryland's website regarding this event in February. Look for it at [www.balletmaryland.org](http://www.balletmaryland.org). Cuatto's husband, Al Kessler, a member of the board of trustees, will also retire from the board, company and as a volunteer.




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### Congratulations to our Smile of the Month!



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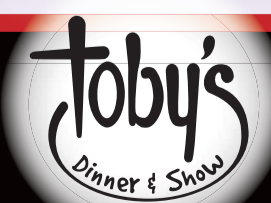
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## Skribe Goes Back To The Basics

» **Continued from A11** in 2011 but didn't quite fit with 2013's "Less Is More" — a stripped-down acoustic album with an Indie Americana twang, as Yealdhall described it — or his next album, "Postcards," which was released in 2016.

Lyrically, it was inspired by a thrift store birding book he originally purchased to cut up for a collage.

"There was a page about gaining a bird's trust to the point where the bird will eventually eat right out of your hand," Yealdhall said. "This piqued my interest into the world of birdwatching, though I have yet to officially go birding. There are these winged little dinosaurs all around us and everyone is just super chill about it. The Birds Aren't Real movement makes it even more interesting to me."

With his explanation of the song, Yealdhall expressed his curiosity about a simple aspect of life, something easy to take for granted. Those moments are even more special to him after losing his 27-year-old brother to a stroke in January 2018 and

following his own stroke that he suffered in November 2019.

A newly released vinyl features "Birdwatching" and a full-band version of his song "Everything's Changed," which has more significance now that he lost his brother.

"The meaning of 'Everything's Changed' has kind of shifted for me since then," Yealdhall said. "It's part of the reason it felt right to re-release this full-band version."

The first vinyl release, "Birdwatching," was released December 21 at ArtFarm Annapolis with Texas-based act Possessed By Paul James opening the show. Each vinyl release will have unique artwork, an exclusive B-side (never to be available digitally), and correlating merchandise like shirts, pins and posters.

A graphic artist, Yealdhall spray-painted each cover and had the art screen-printed by Blk Ankr Industries in Annapolis. The cover for "Birdwatching" features a spy pigeon from World War II.

"I've always loved the immersive album art and liner notes that accompany my

favorite albums and also the 'limited-run' concert poster artists," he said. "I aim to combine those two visual elements with the unique packaging for these 'jukebox' 45 releases. The second one, 'That Bliss,' will drop in April 2020. I really appreciate all the support so far and I have already mapped out plans for the next two releases."

Yealdhall also put his artistic talents to use as the brainchild behind the Press On design that raised funds for *Capital Gazette* families following the June 2018 mass shooting at the newspaper's Annapolis office.

The musician grew up in Severna Park, moved to Annapolis and later the Eastern Shore, and has returned to Severna Park with his wife and pup, booking shows around town whenever possible. He will perform at Brian Boru Irish Restaurant and Pub on March 7. Every Sunday, he performs the 10:00pm set at Rams Head Tavern in Annapolis. "Birdwatching" is also in the regular rotation on the radio station 89.7 WTMD.

To learn more, visit [www.skribestudios.com](http://www.skribestudios.com) or follow Skribe on Facebook (@garage-folks), Instagram (@skribemusic) and Twitter (@skribestudios). Skribe is also on Spotify.

"The recovery process has given me a new perspective, and some down time, which I have used to map out the release of this new collection of music," he said. "There is strength to slowing down to think before you make your next move. I want to make movements, not motions."

## Steve Sherman Pens Political Mysteries

» **Continued from A11** Hammer," follows the team as they work to thwart Iranian agents suspected to be responsible for sabotaging production of a crystal of spectacular size and purity. The crystal was used to arm a fleet of surveillance satellites, preventing Iran from launching a nuclear missile at Israel.

Paperback and eBook versions came out in July 2017. The audiobook version was released in December 2019 and is narrated by Gary Noon.

The series also went through a name change in 2017. It was originally called the "Shadowmaster" series. For "Maxwell's Silver Hammer," Sherman used an editor through Amazon's CreateSpace service.

"I was so impressed with [CreateSpace] that I arranged for this particular editor to re-edit all of the books," said Sherman. "I just paid to have that done. That, I think, tightened the books up a little bit and it was at her suggestion that I changed the name from 'Shadowmaster' to 'The Kahler Files.'"

Although "More or Less than Human," the first "Kahler Files" book, was Sherman's first published work, he has always been a writer.

"I've always written off and on, said Sherman.

"When I was in medical school, I wrote poetry. I just wrote it for myself, not for anybody else."

Sherman decided to write a novel after developing a serious illness in the early 1980s while working as a retinal surgeon at Hershey Medical Center in Pennsylvania. Looking for a way to support his wife and daughter even if he became unable to practice medicine, he turned to writing. His condition later improved, and he joined an ophthalmology practice in the Annapolis area. But even though he never had to earn a living as an author, he continues to write.

Early on, Sherman became concerned that his patients might be offended by some of the sexual and violent content in his books. Because of this, all of his books are written under the pen name Eric Saffind.

Adrian Kahler was originally based on Nero Wolfe, a brilliant, eccentric private detective created by mystery writer Rex Stout. But Sherman's hero quickly diverged from the series it was based upon.

"It just developed a mind of its own and moved away from the classic '30s to '40s detective novels into something that had more of a paranormal overtone," said Sherman.

Sherman also took a little bit of influence from "The Dresden Files," a series by Jim Butcher about a private investigator and wizard named Harry Dresden. Although the two series are different, "The Dresden Files" gave Sherman inspiration and encouragement to write paranormal mystery books.

"It was not an initial stimulus to write, but I think reading a couple of those novels suggested to me that at least I was heading in the right direction," Sherman said.

For each of his books, Sherman goes to the locations around the Chesapeake Bay where the scenes will take place and takes pictures to create the scenes visually in his head. Originally, he used 35-millimeter slides, which he would project onto a screen using a carousel. For "Maxwell's Silver Hammer," he graduated to using a digital camera. More recently, he's started using videos.

"I've sort of evolved with the technology," Sherman said.

Sherman is currently working on the sixth "Kahler Files" book, but it's far from finished. "At the moment, it's just a big collection of notes and references," said Sherman. "It really hasn't turned into a book yet."

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## Sick And Tired Of Confusing Retirement Jargon? Read This

**Jason LaBarge**  
NSSA Managing Partner  
Premier Planning Group



I've been helping people make their retirement income strategies for over 12 years and have met with thousands of individuals in that time. One thing I've learned is that the entire process can often be overwhelming and confusing. They feel like there are so many variables (pensions, IRAs, SEPs, Social Security, and more) and a complete set of new jargon to go along with each option. No wonder it can feel confusing!

While the government, investment companies, and plan sponsors have tried to make things simpler, confusion still prevails. I'd like to give you a reference sheet of sorts that you can use the next time you sit down to evaluate your situation and come across a term that stumps you.

Although we can't cover all terms here, I've compiled some of the terms I feel are most important. We used notable sources like [www.investopedia.com](http://www.investopedia.com), [www.thebalance.com](http://www.thebalance.com), Social Security's website ([www.ssa.gov](http://www.ssa.gov)), and [www.dictionary.com](http://www.dictionary.com) to help us create the definitions.

### BASIC RETIREMENT INVESTING TERMS

**Annuity** – An insurance product that offers a fixed sum of money paid to someone each year, typically for the rest of his or her life. There are fixed and variable annuities.

**Defined Benefit Plan** – A retirement plan that provides workers with a fixed amount upon retirement, regardless of their contribution. Examples include pensions and annuities. These plans have become less common outside of the government and military.

**Defined Contribution Plan** – This is the most common type of a qualified retirement plan and is based on employer and/or employee contributions.

**Full Retirement Age** – This is a Social Security term for the age in which a person is fully entitled to his or her Social Security benefits without any penalty or reduction. Your full retirement age is based on your date of birth.

**Non-Qualified Retirement Plan** – A retirement plan that does not meet the requirements set by the U.S. tax code to make the contributions tax-deductible. Examples of a non-qualified retirement plan include deferred-compensation plans, executive bonus plans and more.

**Pension** – A regular payment made during a person's retirement from an investment fund that the person or their employer contributed to during their working life.

**PIA (Primary Insurance Amount)** – This is a Social Security term for the benefit a person will receive when he or she decides to begin receiving the Social Security benefit at full retirement age.

**Qualified Retirement Plan** – A retirement plan that meets the requirements set out in the Section 401(a) of the U.S. tax code, making the contributions tax-deductible. Examples of a qualified retirement plan include 401(k), 403(b), 457(b), IRAs, profit sharing plans, defined benefit plans and more.

**Rollover** – Although a rollover can involve several actions, when talking about retirement savings, it usually refers to transferring the holdings of one retirement plan to another without creating a taxable event.

### BASIC INVESTING TERMS

**Bear Market** – A sustained period of time when stocks generally decline, with the threshold being typically a 20% decline.

**Benchmark** – This is a standard or point of reference against which things are compared or assessed. In investing conversations, the benchmark is often a market index (see "Index" below).

**Bull Market** – A sustained period of time when stocks generally rise at least 20% without a subsequent decline. We are currently in a bull market.

**Fiduciary** – A fiduciary is a person or organization acting on the behalf of another investor to manage assets in a way that is in the best interest of the investor without regard to the personal gain of the fiduciary.

**Index** – A group of stocks that have something in common that serves to represent

» Continued on A16

## BUSINESS SPOTLIGHT

# Partners In Care Is Dedicated To Senior Community

By Haley Weisgerber

For many seniors, becoming dependent on others is the hardest part about growing old. That is why Barbara Huston, Maureen Cavaiola and Sandy Jackson founded Partners In Care in 1993.

Partners In Care is a nonprofit organization dedicated to preserving the independence of aging adults and seniors within the community. With offices in Anne Arundel County, Frederick County and Easton, Partners In Care strives to improve senior care on a state level.

"It is so important for seniors to age in place and in their own homes," said Mandy Arnold, Partners In Care president and chief executive officer (CEO).

The volunteer-based organization offers handyman services, non-emergency transportation, advocacy and resource assistance, and more. Every week, Partners In Care sponsors more than 559 senior interactions. Members help with everything from a leaky faucet to friendly visits, friendly phone calls that reduce social isolations, and transitioning from a hospital visit. Seniors receive the care they need without having to leave their home or count on a stranger.

"Partners In Care is a volunteer-based, time-exchange system where all members are asked to share their gifts and talents to take care of one another," said Arnold. "We are unique and no other organization



In recognition of their top-notch care, Partners In Care was awarded the Maryland Nonprofit's Standard of Excellence Award, displayed here by president and CEO Mandy Arnold.

is like Partners In Care."

An extension of their community service to assist with their financial sustainability is the famous Partners In Care Upscale Resale Boutique. The boutique provides 40% of the unrestricted revenue needed for the senior care programs. Everything that is sold in the boutique is donated by the community. The Anne Arundel County location is currently expanding to include a year-round fine jewelry section.

Arnold, who has been with the organization for four years, said she knew from a young age that senior care was important to her.

"I've had a passion for the care of seniors ever since I was a child from being around my grandmother and her friends," said Arnold. "I love hearing the history and their stories."

Arnold went into nursing to care for seniors, but after seeing the way they were treated by some health

care professionals, she decided to work in health care administration, where she had more of an impact in changing to respectful and dignified care.

"It's extremely difficult to find funding to provide for seniors," said Arnold. "I am constantly competing with all the other organizations that support the homeless, children (our future), and the opioid crisis, which I fully understand — I am a mother and my child is my world. I had a sister that died of an overdose. So, I get it. But what I have to ask the county, businesses, agencies and our community is, 'Why do they think it's OK to disregard and disrespect the individuals that paved the way for you and I to be here today?' They didn't have technology, they worked hard. They earned their dignity and respect. Just because we start to move a little slower doesn't mean we no longer matter."

In her time at Partners In Care, Arnold said she is most proud of the organization's impact and growth throughout the community.

"I am truly blessed and honored to have been chosen as the president and CEO to take Partners In Care into the next generation," said Arnold. "I love what I am doing and how we are making a difference every day."

Partners In Care is always looking for volunteers and donations. To learn more, visit [www.partnersincare.org](http://www.partnersincare.org), call 410-544-4800 or stop by 8151-C Ritchie Highway in Pasadena.

## Weiss PR Will Become Pugh & Tiller PR

Mid-Atlantic-based public relations firm Weiss PR Inc. is changing its name to Pugh & Tiller PR, LLC and relocating its headquarters from Baltimore to Annapolis.

Ray Weiss, who has served as Weiss PR's president, will turn over leadership of the firm to Jessica Tiller, a Millersville resident with whom he co-founded the firm in 2008, and Matthew Pugh, a Severna Park resident who has led the firm's dramatic growth in the technology

sector for the past six years.

In his new role as senior counsel, Weiss will help focus on the firm's strategic direction and continued growth as a member of Pugh & Tiller PR's leadership team. He will also continue to lead public relations initiatives for several of the firm's clients.

Going forward, Pugh anticipates continued expansion of the firm's tech practice while Tiller will continue to lead the firm's employee benefits, insurance, and commercial real estate practices.

They also plan to broaden the firm's international reach. Recently, the firm was honored by CEO Today Magazine for its work in helping overseas clients in Israel, New Zealand, Australia, India, Canada, Iceland and the UK to establish successful public relations initiatives in the U.S.

On the services front, Pugh & Tiller PR will continue to provide media and influencer relations, social media support, strategic communications planning, crisis communications, and

issue management, while expanding content and digital marketing services, as well as project-specific services.

Pugh & Tiller PR is also moving its headquarters to 1997 Annapolis Exchange Parkway. "The move to Annapolis positions the firm to be strategically located between Washington, D.C. and Baltimore and better serve our clients in the U.S. and internationally," Tiller said.

For more information, visit [www.pughandtillerpr.com](http://www.pughandtillerpr.com).

## Chamber Update

**Liz League**  
CEO  
GSPACC



We are excited to announce our newest members of the chamber: **AbleSpark**, a software and web developer; **Paramount Yard Pest Control**; **Peaceful Petals Flower Truck**; **Erie Insurance/Schaner Insurance Company**; **Lean on Dee Senior Care Advocates Inc.**; **Coldwell Banker Residential Brokerage/Elizabeth Parks**; and **Kumon of Severna Park**.

We held five ribbon cutting celebrations in January. First, **F45 Training** officially opened its doors for a ribbon cutting on January 10. This new fitness business is off to a great start with over 300 foundation members. On January 15, **Park Wellness Group** cut the ribbon on a new location in Severna Park. The business provides mental health therapy in the community. Later that day, owner **David Wendkos** cut the ribbon on his beautiful

**Sandler Training** facility in Annapolis. On January 23, **Change Your Pace Therapeutic Massage** held a ribbon cutting and open house in its expanded space in Arnold. And on January 29, **The Matt Wyble Team of Century 21 New Millennium** held an open house and ribbon cutting for its new location serving Severna Park and surrounding areas.

On January 16, five chambers in Anne Arundel County held the second annual Legislative Leadership Breakfast at the **Blackwall Barn & Lodge**. The presenting sponsor was **Rosso Commercial Real Estate**, and well over 150 people attended to hear from elected officials and public servants including state senators, delegates, county council members, the county executive, Anne Arundel County Public Schools representatives, and police.

Our Successful Women in Business group held its First Cup Club at **Side Street Framers & gift gallery**. Mother-daughter team Barbara Daniels and Dawn Wilson spoke about



During the GSPACC general membership dinner, incoming and outgoing board members were recognized for their service to the community. Pictured are (l-r) Dylan Roche, Dianna Lancione, Crystal Wiley, Karl Appel, Debra Einstein, and Terry and Andy Cooch.

the fascinating artistic challenges that they face with some of the amazing framing that they do for clients.

Our new officers were officially "installed" at the annual general membership and new officer installation dinner. **The Honorable Cathy Vitale** performed

the ceremony and recognized the outgoing board. Incoming officers include **President Dana Eckert of The Bank of Glen Burnie**, **First Vice President Dianna Lancione of The Voice Media Inc.**, **Second Vice President Crystal Wiley of Severn Bank**, **Treasurer Valerie**

**McLaughlin of Emerald Financial Partners**, and **Secretary Tammie Neall of Anne Arundel Community College**. Directors are **Jaron Rice of Magothy Payments**, **Melanie Ferragut of PNC Bank**, **Sherri Norton of Live! Casino and Hotel**, **Patrick Lee of Chesapeake**

**Think Tank**, and **Kristine Pennington of The Y of Central Maryland**. Congratulations to all!

The presenting sponsor of the dinner was **Karen Aumentation of KMA Law**, The dessert sponsor was **Emerald Financial Partners** using **Lisa's Cakepops**, and the speaker sponsor was **the Honorable Maureen Carr-York**.

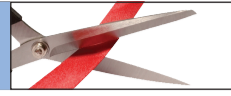
This year's winner of the Harmony Award was **Cedar Square Homes**, a huge supporter of many charitable organizations and builder of the adorable playhouse that raised money for the Ronald McDonald House.

Our keynote speaker was **Scott Jay**, retired business owner and local historian. He delivered a history lesson on Severna Park complete with before-and-after pictures that showed the astounding changes in our community.

We are an active and vibrant chamber promoting the Shop Local, Eat Local and Give Local movement in our community. Won't you join us? Call 410-647-3900 or visit [www.gspacc.com](http://www.gspacc.com).



Ribbon Cuttings



### Matt Wyble Team Finds A New Home



On January 29, the Matt Wyble Team of Century 21 New Millennium enjoyed the grand opening of a new office serving the Severna Park area. The office is located at 8530 Veterans Highway in Millersville.

### Park Wellness Group Sets Up Shop



Joined by supporters and local officials, the staff at Park Wellness Group held a ribbon-cutting ceremony to celebrate their new home at 517 Benfield Road, Suite 100, in Severna Park. Park Wellness Group offers mental health therapy.

### Sick And Tired Of Confusing Retirement Jargon?

» **Continued from A15** the overall market. An example is the S&P 500, which tracks the stocks of 500 of the largest publicly traded companies in the United States.

**Mutual Funds** – This is a financial vehicle made up of a pool of money from individuals to invest in diversified holdings and is professionally managed. You will often buy mutual funds within your retirement plans.

**Sector** – This is a group of companies that represent a segment of the overall economy. Sectors include things such as communication services, health care, and utilities.

**Stock Market** – Where traders buy and sell shares of companies on a public exchange. The three major U.S. stock exchanges are the New York Stock Exchange (NYSE), National Association of Securities Dealers Automated Quotation System (Nasdaq), and the American Stock Exchange (AMEX).

**Valuation** – An estimate of what a company is worth.

**Volatility** – The amount and frequency that an investment fluctuates in value.

There is a saying that a con-

fused mind does nothing, so I hope that this list will help you continue on your path of saving for retirement with a bit more clarity.

*Jason LaBarge, Managing Partner and Financial Consultant at Premier Planning Group 115 West Street, Suite 400 Annapolis, MD 21401 443-837-2520*

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**Severna Park Youth Put On A Show With "Madagascar" » Page B8**

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# SEVERNA PARK SPORTS

SEVERNA PARK, MD

FEBRUARY 5, 2020

B1

## SP Girls Get Out And Run In Win Over Broadneck, 51-23



Photo by Colin Murphy

*Kaila Stasulli soared past Broadneck's Lilly Kelley and got to the hoop for two of her 10 points in Severna Park's win over Broadneck on January 24.*

By Colin Murphy  
@c.murphy.photo

The Severna Park girls basketball team is accustomed to relying on its defense to wear opponents down, and it's not uncommon for the Falcons to score point totals in the 30s and still win.

But on January 24 at rival Broadneck, the Falcons cut it loose.

Severna Park was off and running from the opening tip, scoring 17 first-quarter points and stacking up field goals in fast-break bursts to jump all over the Bruins on the way to a 51-23 victory.

**Theresa Bragg** scored a game-high 16 points and

added 5 rebounds to lead the Falcons, who improved to 9-3 on the year. **Kaila Stasulli** added 10 points, **Jess Albert** had 7 points and 5 assists, **Lena McLaughlin** pulled down 8 rebounds, and every Falcon played minutes in the complete road win.

With its deep roster of multi-sport athletes, many of whom would not claim basketball as their primary sport, it's no surprise that total team defense has been the Falcons' calling card this season and in recent years. But against the Bruins, Severna Park leveraged its defense into a game plan that also took advantage of its » **Continued on B3**

## Park Track And Field Girls Are Winter County Champs

By Colin Murphy

This year's county championship for the Severna Park girls indoor track and field team was by no means a foregone conclusion.

Competing on January 21 at Prince George's Sports and Learning Complex, the Falcons trailed late in the meet, with Arundel in the lead and strong teams from Annapolis and Broadneck lurking in contention. The Lady Falcons needed points in their final two events — triple jump and pole vault — to overtake the Wildcats and win.

They got what they needed. **Claire Kintzley** took third in triple jump, netting 6 team points, and **Sarah Adams** won her third straight county crown in pole vault to claim 10 points and push the Falcons to the title.

The Lady Falcons (94.5 points) topped the Wildcats (87.5) to win their fourth consecutive indoor county crown, while Severna Park's boys placed third behind



Photo courtesy of Justin Marvel

*The Severna Park girls indoor track and field team won the program's fourth consecutive winter county championship on January 21.*

Arundel and South River.

"I am super proud of all my teammates on both the boys and girls sides," said Adams, a senior and three-time pole vault county champion. "This was the girls fourth consecutive team county title, which is amazing. I'm happy that I was able to get those 10 points in vault and proud of Claire for getting those last winning

points in triple to secure another championship for Severna Park."

Adams cleared 10 feet, 6 inches in the pole vault finals to win the event. The 4x800 relay team of **Grace Cambon**, **Cara Vandemeulebroecke**, **Caroline Gage** and **Brenna Mullaney** won the race in 10:01.36 to claim another single-event county title.

The Falcons' winning day was fortified by a slew of strong performances. Mullaney placed third in the 500-meter dash. Mullaney, **Sophia Zell** and **Kelsie O'Neill** finished 5-6-7 in the 800. Zell, **Alyssa Combs** and O'Neill went 5-6-7 in the 1600. Zell was fourth in the 3200, Cambon was fifth and Vandemeulebroecke was » **Continued on B2**

## Falcon Swim Teams Top Bruins, Seahawks, Panthers Ahead Of Counties

By Colin Murphy

The Severna Park boys and girls swim teams both came away with a trio of wins from the January 31 meet against Broadneck, South River and Annapolis at Arundel Olympic Swim Center.

The Falcon boys defeated Annapolis and South River by comfortable margins and edged out the Bruins, 49.00 to 45.00. On the girls side, Severna Park defeated Broadneck 59.00 to 35.00 to go with victories over South River and Annapolis. The

Bruin boys went 2-1 at the meet, and the Bruin girls fell to South River to go 1-2.

Winners and top performers abounded for the Falcons. On the girls side, **Sara Smith** won the 200-yard individual medley and the 500-yard freestyle. **Maddie Goger** won the 100 free. **Camryn Raines** won the 100 breaststroke, and teammate **Krista Gretz** was second. The 200 free relay team of Goger, Gretz, Raines and Smith won the event.

On the boys side, **Morgan** » **Continued on B5**



Photo courtesy of Laurie Dennis

*(L-R) Mackenzie Burfoot, Emma Patenaude and Nicole DeMaio were celebrated on Severna Park's senior night.*

## SP Ice Hockey Dominates Broadneck, Eyes Playoff Run



Photos by Colin Murphy

*Thomas Kondracki (10) led Severna Park with two goals in its win over Broadneck, while goalie Nic Howland had 30 saves. Aidan Byrd (18) advanced the puck in the opening period, and freshman Ryan LaRocque (88) scored late in the Falcons' win.*

By Colin Murphy  
@c.murphy.photo

The Severna Park ice hockey team improved to 9-2-0 with a 7-0 thrashing of rival Broadneck at Piney Orchard Ice Arena on

January 21.

**Thomas Kondracki** led Severna Park with a pair of goals, while goalie **Nic Howland** posted a 30-save shutout to help the Falcons maintain third place in the Maryland Student Hockey League's 14-team Eastern

Conference.

"The kids played well," said Falcons head coach **Eric St. Lawrence**. "It's a climb. We're constantly climbing up a ramp all season, and we're really starting to gel together." The match drew



a spirited crowd of supporters to Odenton, and the Falcons delivered a robust performance in front of friends and family.

Severna Park largely dominated the game's opening minutes until Kondracki's left-handed

wrist gave the Falcons a 1-0 lead midway through the first period. Almost immediately following the ensuing faceoff, sophomore **Josh Testerman** sent a pass to freshman **Johnny Clements**, who slotted the puck into the net for

a 2-0 lead.

Kondracki, a junior, cleared space with some nice stick work in the second period and fired a shot that pinged the underside of the crossbar for a goal and a 3-0 lead, and he skated with a smile over to the cluster of Severna Park students banging the boards on the sideline.

Kondracki credited the team's offensive play with freeing him up to score.

"In the offensive zone there was a lot of puck movement," said Kondracki. "I was able to get the puck at the point from my offense men down in the zone, and from there I was able to skate it in and get a couple good shots off on the net."

Speedy Broadneck freshman **Nick White**, who leads the Bruins in goals (18) and assists (7), did his best to disrupt Severna Park's assault, multiple times skating through the Falcon defense to get a shot off.

But Howland was there with a stop every time to thwart any Broadneck attempt to build momentum. Howland made a pair of point-blank » **Continued on B4**



# Bruin Boys Rally For Win Over SP, 57-47



Photos by Colin Murphy

Left: Broadneck's Logan Vican finished at the hoop in the first quarter of Broadneck's win over Severna Park. Center: The Bruins' Andrew Rose got in front of Jack Leverty for a loose ball. Right: Brendan Davis hit a scoop shot for two of his 10 points.

By Colin Murphy  
@c.murphy.photo

Broadneck's boys basketball team went on a second-half run and withstood an improved Severna Park effort to come away victorious in the teams' second meeting of the season on January 24 as the Bruins defeated the visiting Falcons 57-47.

**Logan Vican** led all scorers with 23 points and added 7 rebounds for Broadneck. **Brendan Davis** (10 points, 5 assists), **Andrew Rose** (10 points, 8 rebounds, 2 blocks), **Josh Ehrlich** (6 points, 3 rebounds, 3 steals), **Tromaine Jones** (6 points, 4 rebounds), **Mason Stillwell**, **Kyle Waggoner**, **Cyrus Jackson**, **Brendan Kennedy** and **Mitch Murray** contributed to a balanced all-around performance for the host Bruins, who celebrated their

senior night in the win.

**Jacob Goodman** (15 points) and **Orion Young** (13 points) were the leading scorers for Severna Park.

The game played out far differently than the teams' first matchup of the season at Severna Park on December 13, when Broadneck jumped out to an early lead and the Falcons played poorly in a 55-28 Bruin rout.

This time around, Severna Park looked to quiet the Bruins' Friday-night crowd, and they were competitive throughout the game. Severna Park set the tone early with defense, as Young and **Eric Bloom** played strong post defense on Vican and finished possessions with effective box-outs and rebounds. Broadneck led 7-6 after one quarter.

In the second quarter, Severna Park upped the

pressure offensively, with Young driving to the hoop for multiple baskets and **Jack Leverty** hitting a midrange jumper.

Ehrlich slowed Falcon momentum with a steal and an athletic coast-to-coast finish. With Severna Park leading 15-13, a 10-minute delay occurred when Young took an elbow to the forehead and suffered a gash that required treatment and a cleanup of the court. The teams were tied 17-17 at halftime.

Goodman opened the second half with a drive and a great scoop-shot finish plus the foul to give Severna Park a 20-17 lead, but Rose came back and hit a 3-pointer to tie the game at 20-20. **Stephen Horman** hit a 3-pointer from the top of the key for Severna Park, giving the Falcons a 25-22 lead, but from there,

the Bruins closed the third quarter on a 14-2 run to take a commanding 36-27 lead. Leverty hit another nice pull-up jumper in the fourth to get Severna Park back to within seven points, but Rose hit another 3-pointer on the other end, eliciting an eruption from the home crowd and keeping Severna Park subdued enough to close out the victory.

**Joe Harrington** added 4 points for Severna Park. Leverty finished with 8, and Horman scored 5.

Both teams followed with wins. Broadneck nipped Meade, 53-52, on January 28, getting important contributions from reserves Jones and **Chris Goshorn**.

Severna Park defeated Glen Burnie 57-49 on January 28 behind 20 points from Goodman, 11 from Young and 10 by **Declan Fox**.

# Park T&F Girls Are Winter County Champs

» Continued from B1 seventh. Adams took fourth in the 55-meter hurdles. Kintzley, in addition to taking third in triple jump, tied for fifth in high jump and placed fifth in long jump for a total of 13.5 team points. **Rebecca Praley** placed third in shot put, and **Molly Meyers** was fifth. **Janice Chukwu** placed seventh in the 300-meter dash.

On the boys side, **Carson Sloat** was a county champion for the Falcons, winning the 1600 in 4:24.17. Sloat, **Jake Gelfand** and **Jack Muldoon** swept the podium in the event, finishing 1-2-3.

"I'm super proud to win this event because I only started running the 1600 last spring and really didn't have all that much experience with the event," said Sloat. "Sweeping the event with two of my best friends was also an amazing experience because we've been running together for so long, and we've been friends for longer. I know this is something we would have never thought about doing two years ago, but we have all worked so hard, and we now see it paying off. We constantly push each other at practice, taking turns pacing the group in workouts and supporting each other as the reps get harder. I think that is what makes our team so successful: everyone wants to work hard and push their teammates to work hard too."

Like their girl counterparts, the Severna

Park boys 4x800 relay team of **James Dennison**, **Eddie Sullivan**, **Nick Engleman** and **Colin Mullaney** also claimed the county championship in the event.

Sloat also placed second in the 800, in which Muldoon and Engleman placed third and seventh, respectively. Dennison was third in the 3200, while **Philip Bansemer** and **James Glebocki** were fifth and sixth, respectively. **James Henson** placed fourth in the 300, fifth in the 55-meter dash and sixth in long jump for a total of 12 team points. **Adam McLean** was seventh in the 55-meter hurdles. John Tyler was second in high jump, clearing 6 feet. **Matthew Tagle** was seventh in pole vault. **Brauch Murray** was fifth in shot put.

Adams lauded the team's work ethic and support of each other.

"Winning counties four years in a row doesn't come easy, and I know that everyone (including the boys) works so hard for each other at practice and at meets," said Adams. "Severna Park's track program has been so successful because we have great coaches, depth, and a well-rounded team that's able to score in almost all the events."

Broadneck's girls finished fourth and the Bruin boys took fifth. On the girls side, **Anna Janke** was county champion in the 1600. On the boys side, **Joe Simpson** was county champion in shot put, throwing 49 feet, 9 inches.

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## Severna Park Girls Get Out And Run In Win Over Broadneck, 51-23



Photos by Colin Murphy

**L-R:** Cat Cleary pushed the pace in the second half against Broadneck. Sydney Nwuli pulled down an offensive rebound and went up for a layup against the Bruins. Jess Albert launched a jump shot for the Falcons. Cam Chew attacked the basket in the first half. The Falcons built an early lead and cruised to a win over the Bruins.

» Continued from B1 well-rounded athleticism: get out and run.

"I think we're finding some things that we're starting to do a little better, such as, we can run the ball," said head coach **Kris Dean**. "We have some good athletes. That was kind of the game plan we had going in, to see what we have and use a few things we tweaked throughout the week. It's nice to put up some points. We've struggled with that and everybody knows it. Defensively it's a catch-22, and you might give up some more points than you really want to, but it's good for the girls confidence-wise to score that amount. It's fun and it's what you like to see."

The Falcons put the game away early. With each rebound by Bragg and McLaughlin, Stasulli and guards **Camryn Chew** and **Ella Ryan** were able to

receive outlet passes and fly up the court. Bragg, Albert and McLaughlin each scored easy baskets in the game's opening minutes, and Severna Park never trailed.

"I think pushing the ball down the floor really fast and making sure everyone's running their lanes keeps the intensity up," said Chew. "Having everyone look around for shots and look for open girls, it really helps when we push the ball."

Severna Park emptied its bench, and the reserves kept the momentum going. **Cat Cleary** (4 points in 11 minutes), **Jillian Murphy** (one 3-pointer made), **Sydney Nwuli** (2 points), **Micayla Sloat** (2 points), **Emersyn Kelter**, **Hannah Verreault** and **Peyton Sullivan** all contributed to the victory.

Albert said the strong performance stemmed directly from a focused week

of practice.

"We had a great week of practice," said Albert, a senior. "It was a great team win. We worked really hard in practice yesterday, and we came out like that, with intensity."

The win over Broadneck came a week after Severna Park posted what was possibly its biggest win of the season, a 38-33 win over South River on the Seahawks' home floor on January 17. In that victory, Albert totaled 14 points, 6 rebounds and 4 steals; Bragg had 10 rebounds and 4 assists; Stasulli had 8 points, 3 assists and 3 rebounds; Chew scored 7 points; and McLaughlin had 4 points and 7 rebounds. The Falcons went on a 15-0 run in the second quarter to gain an early advantage, and despite falling behind the Seahawks in the fourth quarter and dealing with Friday-night crowd noise in Edgewater,

Severna Park rallied to put the game away.

It was the first win over South River for Dean in his three years at Severna Park, and no current Falcon had beaten the Seahawks as a varsity player.

"That was lit!" said Bragg of the win over the Seahawks. "Even if we get down, we can come back."

Dean said the coaches didn't hype up the lopsided record of their history with South River; instead, they approached the game as just another opportunity to improve. The players were cool under pressure, without placing too much weight on the moment.

"Something clicked in

the second quarter of that game when we went on a 15-0 run," said Dean. "Being down two late, I don't think we felt much. The girls were quite calm, which is good, which is what you want to see. We've got some seniors that help with that and have been in games like that. We hadn't beaten them, but they don't think about any of that stuff. Going into the game, we just said we want to get better, like we do every day, so pulling it off was a confidence booster."

Chew said the lesson from the South River game is to never let swings in momentum shake your belief.

"I think that really helped our team confidence," Chew

said. "It showed that we're a good team. Always keep your head up, and don't think that if you're doing poorly in the first quarter you can't come back from that."

With playoffs not far off, Albert said the Falcons have improved significantly over the course of the season, and they're in a good place entering February.

"Because we're working hard, we're hopefully on the up," said Albert. "We can run with anyone. It all starts in practice. I think as the season's gone on and we've had more practice and gotten used to playing with each other again, we've only gotten better. We've gotten into our groove."



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# Severna Park Ice Hockey Dominates Broadneck, Eyes Playoff Run



Photos by Colin Murphy

L-R: Severna Park's Ryan Laughlin, Durham Butcher and Johnny Clements contributed to the Falcons' win over Broadneck on January 21. Butcher and Clements both scored in the 7-0 victory.

» Continued from B1  
kick saves in the second period, then another nice stick save on a great move and shot by White.

"Defensively we were doing a great job of funneling them outside and forcing them to take bad shots," said Howland. "That was really the key, was taking away their speed, making sure they get to the boards so they can't get a good shot off on me."

Falcon freshman **Ryan LaRocque** got into the scoring column to open the third period, and Severna Park led 4-0. The Falcons poured it on in the game's final moments, seeing goals by freshman **Jake Ciuba**, sophomore **Michael Wiley** and junior **Durham Butcher**, with assists by Testerman, **Ben Hunt** and **Connor McGrath**, to win 7-0.

Howland made another series of saves throughout the third period and in the

game's closing moments to preserve the shutout.

Hunt, a team captain, said the rivalry win is a confidence booster for a Severna Park team looking to get stronger in anticipation of the playoffs, with potential rematches with Easton and Fallston looming — Easton and Fallston have delivered Severna Park's only two losses this season, by 3-0 and 3-1 scores.

"It's really exciting," said Hunt. "This is the game probably most people show up to. It's always fun to play Broadneck. That's a big boost, because [the Bruins] are No. 4 [in the standings], and they're a great team, and it just shows that if we come out to play, we can win if we really want to."

Broadneck dropped to 5-4-2 overall, though the Bruins have a balanced and capable roster with White, **James Terry** (4 goals, 7 assists), **Evan Rivera** (5

goals, 5 assists), **Colin Bright** (4 goals, 5 assists), **Grace Wildberger** (4 goals, 4 assists) and **Matthew Marinello** (3 goals, 3 assists) all having strong statistical totals.

**Josh May** (18 saves) and **Chris Lowe** (7 saves) split goaltending duties for the Bruins against Severna Park and have done so throughout the season.

Bright, the Bruins' captain, thinks the squad can reach the playoffs and hopefully pull off a playoff win or two.

"The strength of our team this year has really been our depth," Bright said. "We have a full four lines when everyone's playing, and we can really run those lines, and that really plays to our strength. In this league, being able to roll those lines and keep your guys fresh is really important."

He added that a lot of the Bruins and Falcons share club uniforms,

adding another layer to the rivalry.

"A bunch of us play on club teams together, so it's always fun to play against kids you play with other times. Just like any other sport, playing against Severna Park is a big one."

The Falcons, meanwhile, have one of their stronger teams in recent years. They played the Bruins without captain **Henry Testerman**, who is second on the team in goals with 10 and also has 6 assists. **Aidan Byrd** (9 goals), **Clements** (8 goals, 9 assists), **Josh Testerman** (6 goals, 12 assists), **Butcher** (7 goals), **Hunt** (6 assists) and **Leah St. Lawrence** (6 assists) have contributed to a potent Severna Park offense.

"Our core group of captains have been awesome," said coach St. Lawrence. "Henry Testerman, Josh Testerman, Johnny Clements on the first line,

very difficult for teams to play against. They really move the puck around, cycle down low, they're our No. 1 power play unit, and they're good on the defensive end."

Howland alternates games with goalie teammate **Ethan Meyer**, and both have been stellar. Howland is saving shots at a .900 percentage and has 6 wins; Meyer is right behind at .849 and 3 wins.

Henry Testerman cited outstanding goalie play as an effective offensive generator. "We're pretty fast this year, so we're able to go right through, and then we have great goaltending," said Testerman. "Nic Howland and Ethan Meyer, they're both going strong this year, and it's fun to play in front of them. They're always able to stop the puck and give us the ability to push forward and play some offense." Coach St. Lawrence

lamented the Falcons' too-frequent trips to the penalty box as a season-long bugaboo, including the Falcons' two penalties against Broadneck, and he cautioned the dangers of penalties come playoff time.

But he also expressed confidence the Falcons get to the state tournament by winning the conference.

"Our intention is to get out of the [MSHL] East and go face whoever's No. 1 in Montgomery County," said St. Lawrence.

The Falcons have games remaining against St. Mary's and Arundel before playoffs begin in early February.

Henry Testerman said the plan is for an extended playoff run.

"We want to win the MSHL Eastern conference and get that good positioning for states," said Testerman. "We definitely want to go deep in the playoffs."

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## Broadneck JV Girls Defeat Visiting Falcons



Photos by Colin Murphy @c.murphy.photo

A late basket by **Mary Moore** (10) broke a 26-26 tie, and a basket plus the

foul by **Alexis Dupcak** (23, right) sealed a victory as the Broadneck JV girls basketball team protected home court and defeated Severna Park 31-26 on



January 24. Moore led all scorers with 13 points, and Dupcak scored 8. **Abby Kavanagh** led Severna Park with 8 points. View photo galleries

of all the Broadneck vs. Severna Park basketball games — varsity and JV, boys and girls — online at [www.severnaparkvoice.com/sports](http://www.severnaparkvoice.com/sports).

## SP JV Boys Take On Broadneck



Photos by Colin Murphy

Check out a full gallery of Severna Park JV boys basketball shots online at [severnaparkvoice.com/sports](http://severnaparkvoice.com/sports).

## Falcon Swim Teams Win Last Meet Before Counties

» Continued from B1 **Sloan** won the 50 free. **Tyler Moran** won the 100 free and the 100 backstroke. **Charlie Pitta** finished second in the 500 free. **Andrew Gillespie** was second in the 100 breast. In the 400 free relay, Moran, Pitta, Sloan and Simpkins teamed to win. Simpkins and Sloan finished 1-2 in the 200 free.

For the Broadneck boys, **Matt Cembrano** won the 100 fly and the 100 breast. The 200 medley relay team of **Luke Schwenk**,

Cembrano, **Hunter Fulton** and **Sam Bertinatti** won. The 200 free relay team of Schwenk, Bertinatti, Fulton and **Clark Gabe** won.

For the Broadneck girls, **Caitlin Deitch** won the 200 free and the 100 fly. **Brayden Bowen** won the 50 free and the 100 back. The 200 medley relay team of **Kim Horn**, **Caitlin Deitch**, **Brayden Bowen** and **Grace Leuders** won, and the same quartet teamed to win the 400 free relay.

The county championship meet is on February 7.



Photo courtesy of Laurie Dennis

(L-R) **Giacomo Bertazzon**, coach **John Bachkosky**, **Ben Simpkins** and **Morgan Sloan** helped Severna Park to victory on Jan. 31.

# PARK - TAVERN

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# STUDENT-ATHLETE OF THE MONTH



**Flynn Prengaman**  
Track & Field and Lacrosse

By Colin Murphy  
@c.murphy.photo

Falcon sophomore **Flynn Prengaman** is like many student-athletes at Severna Park: she works hard in school and at her sports, fulfills her roles to the best of her ability and supports her teammates however she can.

But Prengaman's reach extends beyond her own teams — indoor track and girls lacrosse — and she's committed to lifting up all athletes in all sports at Severna Park.

Through her work as a storyteller, Prengaman produces original videos of Falcon sports teams, recording their successes and failures, coupling action sequences with music and sharing her videos for all to see.

Filmmaking is a creative passion that has long held interest for Prengaman, and now it's one that brings joy and school spirit to a wide audience in the community.

"My whole life, I have always been interested in making videos," said Prengaman. "When I was 5, I got a Flip video camera and I would record my friends and I talking, dancing and singing. When I got to high school, I wanted to improve my video skills, and decided that filming sports would be fun. I started with football because my older brother played, and I enjoyed watching from the sidelines. I wanted people to see the games as I saw them and tell a story in a positive way, from my perspective. My goal is to highlight everyone on the team and support them."

Prengaman publishes the videos on YouTube and Instagram under the name FX Flynn. It's been a success this school year as the football program and boys and girls basketball programs have all had their players captured and celebrated through Prengaman's videos.

"I really like the response from my classmates," said Prengaman.

"Everyone is very positive and encouraging. I often get asked when my next video is coming out. The videos seem to bring the school together and get people excited to go to the games. I have gotten to know many new people that I may not have known otherwise."

While she's working at her videos, she's also maintaining excellent standing in the classroom as a Minds In Motion Scholar Athlete. Naturally, her favorite classes are Digital Photography and English, and she also enjoys dance for athletes and is taking a TV production class this semester.

Prengaman's video pursuits shouldn't detract from her on-field accomplishments, either. She trains year-round for the track season and plays lacrosse, both for the Falcons JV team as a freshman last year and for her club team, Maryland United 2022.

Her United club coach of five years, **Jenn Baldwin**, said Prengaman's impact on the game and her team is broad and varied.

"[Flynn] has never been a very vocal player but leads by example with smart, aggressive playing and hard work," said Baldwin. "Due to her smaller size, there have been times where her opponents underestimated her abilities both with the ball and off ball, and paid the price. She has very strong stick skills and shooting capabilities, both left and right. She is very feisty on the draw and uses her great speed within the midfield to leave her opponents behind. She has always been a consistent force on both ends of the field. Flynn is a very unselfish player and does what is best for the team. Off the lacrosse field, Flynn is known to be very kind, witty, and creative — finding ways to use the latest technology — for mixing music or creating video montages."

JV Falcons coach **Annie Houghton** expressed similar sentiments about Prengaman, who was among team leaders in goals and draw controls last season as a freshman.

"While she played predominantly midfield, I felt confident playing her in any position on the field and she was willing to do so for her team," said Houghton. "That speaks volumes of her as a player and teammate. Hands down, she is one of the fastest players on the team, which makes her hard to defend. Flynn has a positive attitude that is infectious."

Prengaman is enjoying the mix of playing and filming sports, and she is excited that she has received support from coaches and administrators in her film pursuits — she thanked varsity football coach **Mike Wright** for being especially supportive.

She's excited to continue the journey documenting her fellow athletes in action.

"Video making has always been my passion," she said. "Even though I am now busy with track and academics, the videos have become one of my priorities, and I plan to continue through high school and into college."

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. 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](mailto:colin@severnaparkvoice.com).

## Student-Athlete Of The Month

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# Severna Park's Slattery Named National Athlete Of The Year By Coaches



Photo by Colin Murphy

Lila Slattery scored 22 goals and recorded 18 assists in leading the Falcons to a 4A state title.

By Colin Murphy  
@c.murphy.photo

**Lila Slattery** already has a long list of accolades in the bank stemming from her exploits playing for the Severna Park field hockey team this past fall; Slattery received multiple player-of-the-year awards from local and regional media after leading the Falcons to a 4A state championship.

This January, Slattery added a national recognition to her resume: she was named National Senior Field Hockey Athlete of the Year by the National High School Coaches Association.

She is the first Maryland resident to receive the recognition since 2001 and just the third from Maryland in the 21-year history of the NHSCA's National Senior Field Hockey Athlete of the Year award.

"I am very honored and humbled to receive this award because it represents the whole nation," said Slattery, who will continue her field hockey career at Northwestern University next year. "I'm proud to receive it because [the NHSCA] doesn't only factor in athletics but also values the athlete as a whole, with their school and extracurricular activities."

As Slattery mentioned, the award is given for a student who exemplifies excellence on and off the athletic field. Slattery has a 4.41 weighted GPA, is the editor-in-chief of the Severna Park yearbook and is the secretary for the National Honor Society.

On the field, Slattery was simply dominant in 2019. She amassed 22 goals and 18 assists in leading Severna Park to its record 24th state championship. She finished

her career with 51 goals and 35 assists.

"My mindset when it comes to the sport and awards and everything is kind of like the awards are nice to have, but the only thing that really matters is how you play in person, and how you perform where it really matters," said Slattery. "An award won't win a game for you, but the skill and hard work will. With all of this in mind, I am more driven to work harder and be better because college hockey is a much higher level and I just have to be ready to play when I get there because that's the most important part of the game."

Excited for the future, Slattery is grateful to the people who have helped her achieve success so far.

"I'm extremely thankful for my coaches, parents, and everyone else who has helped me along the way," she said.

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## Tech Talk With Dr. Cranska

**Jeffrey Cranska**  
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In upcoming months, I will answer questions on high-technology dentistry. Please direct inquiries to my website at [www.cranska.com](http://www.cranska.com) or email me at [familylaserdentistry@outlook.com](mailto:familylaserdentistry@outlook.com).

### NEW PRODUCTS FOR DRY MOUTH

Dry mouth, also known as xerostomia, is not a disease. This medical disorder is simply the decrease in flow of saliva in the mouth. Saliva is 98% water plus needed enzymes, electrolytes and agents to fight germs. Causes of xerostomia include radiation during head and neck cancer therapy; diseases such as Sjogren's syndrome, scleroderma, lupus and diabetes; and the No. 1 cause, medications. Without saliva to help fight oral bacteria, there can be extensive tooth decay. You need to maximize salivary flow, keeping your mouth wet to increase comfort and prevent tooth decay.

### Q: How can I treat and prevent my dry mouth condition?

**A:** Dry mouth is common. Here are five important ways to treat xerostomia:

1. Chew sugar-free gum and candies to stimulate saliva, and use no sugar products, because they lead to tooth decay.
2. Lifestyle changes: limit alcohol and

caffeine consumption, and eliminate tobacco use. Drink more water.

3. Don't use alcohol-based mouthwashes. Alcohol in mouthwashes kills bacteria but dries out the mouth.
4. When possible, stop, change or limit dosage of medicines that have the side effect of dry mouth. These include antihistamines, decongestants and diuretics.
5. Use over-the-counter sprays, gels, rinses and saliva substitute products to lubricate and moisturize.

There is a prescription-only saliva substitute available from dentists, and it's called 3M Xerostomia Relief Spray. Available in a spray vial, it requires no rinsing, and it lasts up to four hours. It can be applied at any time of the day, no matter where you are.

One dose equals two sprays. Use three to four times daily as needed to relieve the symptoms of dry mouth. The relief spray lubricates the tissues of the mouth, tongue and throat using a new lipid-based formulation for rapid, long-lasting effect.

See your dentist and ask for an evaluation of your dry mouth, address the cause, and discuss treatment alternatives.

Get your 3M Xerostomia Relief Spray prescription filled through a direct-to-patient pharmacy. Ask your dental office for help in processing your prescription and refills.

Dry mouth is not completely preventable or treatable. When present, the best long-term treatment is to address the cause, not to only use products that help relieve the symptoms.

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## For 35 Years, UM BWMC Cardiac Program Has Given Patients A New Lease On Life



**Above:** Joan Graham, a member of the program since 1999, works out three days per week at UM BWMC as part of the cardiac rehabilitation program. **Below:** Don Grempler, who initially experienced the program when his wife had lung cancer, came to rely on its services when he was diagnosed with chronic obstructive pulmonary disease in 2003.



By Zach Sparks  
[zach@pasadenavoice.com](mailto:zach@pasadenavoice.com)

Heart problems are no laughing matter, but at University of Maryland Baltimore Washington Medical Center (UM BWMC), patients in the cardiac rehabilitation program have plenty of reasons to joke and be happy.

Some of them battled life-threatening conditions to survive and are now healthy. Most of them get to experience the benefits of not only rehabilitation but also an atmosphere with a thriving social support network.

"We had 10 or 11 people in a group when I first started, and we would go out to breakfast together," said Jim Southworth a 20-year veteran of the cardiac rehabilitation

equipment. After finishing the supervised program, patients can enter the main program.

In addition to exercise training, they receive nutritional counseling, and psychosocial interventions and referrals.

Currently, there are about 120 people in the maintenance portion and another 100 in the monitored segment. Overseeing them are six full-time staff members.

"For patients, there's a big difference between here and going to a gym," Lund explained. "Here, they get EKG (electrocardiogram) monitoring while they're exercising."

People enroll in rehab after recovering from heart attacks or coronary artery bypass graft surgery, or after valve repair or replacement, certain types of congestive heart failure, or after getting stents or having heart transplants.

The pulmonary program assists patients with fibrosis and lung cancer.

Patients are young and old.

"We've had people in their 20s in the program," Lund said. "We've had people who have heart attacks after having children. The oldest person is probably 93."

### "WITHOUT THE PROGRAM, WE WOULDN'T BE HERE"

Southworth weighed about 250 pounds when he started experiencing chest pains while cutting the grass, and he ultimately needed quintuple bypass surgery. He joined the program at UM BWMC, and now 20 years later, soon to be 84 years old, he still reaps the benefits.

"Every time I drive by the gym and I see an ambulance, that reminds me why I'm here," he said.

Joan Graham, a member of the program since 1999, has 12 coronary stents, which help widen clogged arteries to restore blood flow to the heart and treat coronary artery disease. Graham said UM BWMC's

care has saved her several times.

"One time, my heart rate shot up to 177 on the treadmill ... and they helped me pull through that," she said. "If I was at a gym, that wouldn't have happened."

Graham works out three days per week and aspires to live to 100 years old. When she heard whispers of the program potentially closing years ago, she voiced her support for it to stay.

"There would be a patient revolt [if it was closed]," she said. "Without the program, we wouldn't be here."

Don Grempler initially came to UM BWMC because his wife had lung cancer, but he later had to rely on the hospital for his needs when he was diagnosed with chronic obstructive pulmonary disease (COPD) in 2003. Grempler is also a 20-year survivor of prostate cancer.

Lung issues present challenges that are separate from heart issues.

"With lung disease, patients get short of breath, so they stop doing their exercise," Lund said. "By the time we see the patients, a lot of them are debilitated. When you are so deconditioned, it's hard to break the spiral of inactivity."

Lund said patients are "pretty independent, but if something does happen, we are there."

When the program started in the '80s, there were problems with coverage, but physicians are now doing a better job referring patients, Lund said.

"Exercise was not accepted for every disease," she said. "Now we exercise all those patients."

The exercise is good for patients, extending their lives, and UM BWMC gives them a safe space full of comradery.

"We come here three times a week, and for one hour, everybody relates to what we've been through," Graham said.

## UM BWMC To Host Heartbeat For Health At Northeast High School



University of Maryland Baltimore Washington Medical Center is sponsoring Heartbeat for Health on Saturday, February 22, from 10:00am to 1:00pm at a new location — Northeast High School.

This free, informative and fun-filled event will celebrate the benefits of dance and exercise in the prevention of heart disease while reinforcing community awareness and education about health and wellness.

This year's lineup of activities will include free health screenings and an obstacle course for kids. Attendees are encouraged to participate in dance

and exercise demonstrations performed by local organizations. Other activities and educational displays will be available to individuals of all ages. Refreshments and promotional items will also be available. For more information, visit [www.umbwmc.org/heartbeatforhealth](http://www.umbwmc.org/heartbeatforhealth).

Northeast High School is located at 1121 Duvall Highway in Pasadena. For more information about Heartbeat for Health or for a free calendar of screenings and programs at UM Baltimore Washington Medical Center, call the medical center's community outreach department at 410-553-8103.

### UM BWMC February Calendar

#### WEDNESDAY, FEBRUARY 12

**8:30am-noon: Free blood pressure screenings** at Harundale Presbyterian Church. No registration needed. (Eastway and Guilford Road, Glen Burnie).

**6:00pm-8:00pm: Bariatric and 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).

**6:00pm-7:00pm: Opioid Overdose Response Program** meets. 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. Preregistration is required as space is limited. For more information or to register, call 410-787-4490. **Also meets Saturday, February 22, from 10:00am to 11:00am.** (BW Health Services,

7556 Teague Road, Suite 440, in Hanover).

**6:30pm-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, FEBRUARY 13

**1:30pm-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).

#### WEDNESDAY, FEBRUARY 19

**5:30pm-6:30pm: Diabetes Support Group** meets to discuss current issues regarding diabetes management. (Center for Diabetes and Endo-

crinology at UM BWMC, 300 Hospital Drive, Suite 223). Reservations are not requested. For more information, call 410-787-4940.

#### THURSDAY, FEBRUARY 21

**5:30pm-8:00pm: UM BWMC offers a free CPR Anytime** community class at 301 Hospital Drive in the Dr. Constantine Padussis Conference Center, 301 Hospital Drive, third floor. Learn basic CPR, AED skills and choking relief. **Infant skills class is offered at 5:30pm, followed by adult skills at 7:00pm.** Preregistration is requested by calling 410-553-8103.

#### SATURDAY, FEBRUARY 22

**10:00am-1:00pm: Heartbeat for Health at Northeast High School** (\*new location\*). This free event will feature exercise and dance demonstrations, health screenings, education and lunch. Learn simple ways to stay healthy and get motivated for the year ahead. Reservations are not requested. For more information, call 410-553-8103. (1121 Du-

vall Highway, Pasadena).

#### TUESDAY, FEBRUARY 25

**7:00pm-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.

#### WEDNESDAY, FEBRUARY 26

**8:30am-noon: Free blood pressure screenings** at Harundale Presbyterian Church. No registration needed. (Eastway and Guilford Road, Glen Burnie).

#### FRIDAY, FEBRUARY 28

**7:00am-12:30pm: American Red Cross blood drive** sponsored by UM BWMC. To schedule an appointment to make a life-saving donation, call 1-800-RED-CROSS or UM BWMC's community outreach department at 410-553-8103. (Dr. Constantine Padussis Conference Center, 301 Hospital Drive, third floor).



# SCHOOL & YOUTH

B8



Left: BHS students Madeleine Stern and Blake Martin took home second-place honors in the Young Authors Contest. Right: Folger McKinsey Elementary students Kaitlynn Wilt, Clara Plessinger and Sophia Vandiver were among the Young Authors Contest winners.

By Zach Sparks  
zach@pasadenavoice.com

## Students Produce Something To Write Home About

“My poem was written to expose and draw attention to the fact that people need to distance themselves from the comfort of their own views and need to open their minds to see what’s best for humanity overall.”

— CLEMENTINE MCLEMORE  
BROADNECK HIGH SCHOOL, SOPHOMORE

J.K. Rowling wrote her first story about a rabbit at the age of 6. Around the same age, Stephen King copied comic books into a notebook and added his own descriptions.

Budding authors start at all ages and through a variety of ways, and this year’s winners from the Anne Arundel Council Literacy Chapter’s Young Authors Contest are no different.

Across Anne Arundel County, each grade had one winner and one runner-up for both short stories and for poetry. In the poetry category, two first-place winners and two runners-up came from Broadneck High School. Freshman **Ja’Niya Gaither** took top honors for her grade.

“I got my inspiration from a story I wrote that explains the depth of life and the trials people face every day,” she said. “Also how there’s someone who will always be there for you when you need them and someone to help guide you. No matter what life brings, there’s always a positive outcome to everything in life.”

Runner-up **Blake Martin** wrote from another perspective.

“I deal with anxiety and I deal with paranoia,” he said. “Sometimes it makes it difficult to sleep. One night, I had a panic attack, and I wrote precisely what I felt.”

Sophomore **Clementine McLemore** also earned first place, penning a poem inspired by the increased polarization of the United States.

“I feel like people, especially politicians, are becoming more and more defensive about their positions [and] that they don’t listen to other alterna-

tives,” she said. “My poem was written to expose and draw attention to the fact that people need to distance themselves from the comfort of their own views and need to open their minds to see what’s best for humanity overall.”

**Madeleine Stern**, president of the Young Authors Club at Broadneck High School, earned second-place honors for a personal poem.

“I was thinking of times I wanted to do all the things I wanted to do,” she said. Reflecting on her message, she

added, “You shouldn’t be wishing away your life.”

Middle school winners included Severna Park Middle seventh-grader **Abbie Heath** (poetry) and eighth-grader **Kaylee Winters** (short story). Magothly River Middle seventh-grader **Aaron Semos** (poetry) and Severna Park Middle eighth-grader **Noel Castillo** (short story) earned second place.

Students at Folger McKinsey made their school proud. Entries by fourth-grader **Sophia Vandiver** (poetry)

and third-grader **Kaitlynn Wilt** (short story) were selected for first place, with first-grader **Clara Plessinger** being honored for second place in poetry.

In Kaitlynn’s story, “A Rainbow That Sticks Together,” two sets of colors start clubs called the Cool Colors and the Warm Colors.

“It’s a fun way of saying we should work together even if we’re different,” she said.

Asked what she learned, Kaitlynn said, “It doesn’t just  
» Continued on B11

## Board Votes Down Broadneck Cluster, West County Redistricting Plans

Shared by the AACPS Communications Office

On January 23, the Anne Arundel County Board of Education decided to not move any Broadneck cluster redistricting proposal forward to public hearing and voted down a proposal by Vice President Melissa Ellis to shift students living in the Village at Waugh Chapel from Piney Orchard Elementary School to Four Seasons Elementary School.

In the Broadneck cluster, Superintendent George Arlotto had recommended shifting four neighborhoods north of College Parkway on the eastern edge of the current Broadneck Elementary School attendance area from that school to Cape St. Claire Elementary School. The shift of the neighborhoods — identified as 603, 604, 605 and 606 in redistricting documents — would have moved approximately 108 students from Broadneck Elementary to

Cape St. Claire Elementary. Arlotto’s plan differed slightly from the one recommended by a redistricting committee of parents and community members.

In West County, Ellis’ plan would have moved approximately 80 current and future students living in the Village at Waugh Chapel from Piney Orchard to Four Seasons. No redistricting committee was previously created to study options involving Piney Orchard and Four Seasons.

## Broadneck Prepares For Emotional Showing Of “Guys And Dolls”

By Megan Ruge

“Guys and Dolls” — a musical about showgirls, missionaries and high-rolling gamblers in 1950s Manhattan — will open at Broadneck High School on February 13.

While the missionaries battle for the gamblers’ souls, the city brings love to two unlikely pairs, a gambler and a Puritan missionary and a showgirl and a crap game manager.

Broadneck students have been working hard to put the show onstage, receiving great advice from director Dylan Roche and musical director Andrew Lincoln. The show is choreographed by Katy Stratchko.

Roche encouraged students to make the characters their own.

“As you go through the script, you sort of figure out purpose and your character’s intentions,” said senior Owen Hoggard, who plays gambler Sky Masterson. “It’s always interesting to come up with your own [character].”

Senior Mallory Snodgrass, who plays Sarah Brown, also saw the benefits of this for her character and the show as a whole.

“Them allowing us to be confident onstage, getting to play with our characters, makes every single person, whether it’s a principal role or in the ensemble, everyone feels included and everyone is able to have a part and they get to be expressive and they’re not standing



in the background,” Snodgrass said, “so you can look at any person onstage and know kind of who they are and what their role is. It’s really cultivating us into young actors.”

Junior Margot Titgemeyer took the Roche’s advice as well and tried to give her character dimension.

“In the show, typically [my character is] a very ditzy little blond, just kind of all over the place,” said junior Margot Titgemeyer, who plays Miss Adelaide. “I feel like I’ve tried to portray Adelaide as someone who cares and shows emotions and feels things.”

Throughout the process, cast members have supported one another.

“There’s a very tight comradery in the whole cast when you’re all working for the same motive,” Hoggard said. “It’s very interesting seeing everyone giving 110 percent.”

The cast has had limited time to prepare, with rehearsals starting in early January, but the students are proud of what they have accomplished.

“It’s been challenging but rewarding already,” Snodgrass said, “and we’re not even at showtime yet.”

The students said that audiences expect a high-quality show, and they will not be disappointed.

“I think [the audience] can expect to have a very fun time,” Snodgrass said. “It’s a super fun show; it’s an intensely emotional show. They will be moved, they’ll laugh. It’s a fun show to watch.”

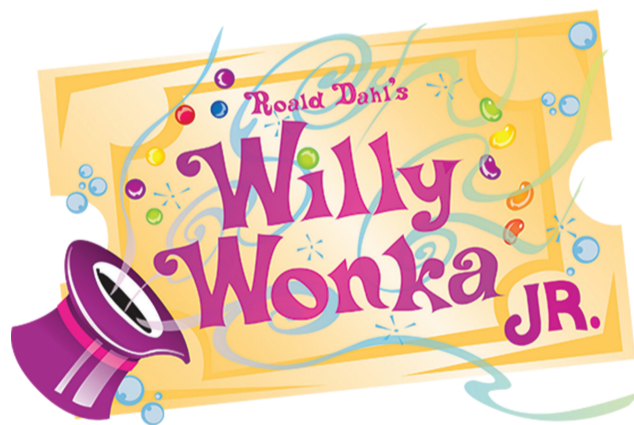
## Park Youth Perform “Madagascar”



Photos by Stephanie Mennell Photography

Severna Park Stage brought everyone’s favorite animals to life with “Madagascar: A Musical Adventure Jr.” on the weekend of January 25. Atticus Boidy served as the director, Cristina Prince was the musical director, Sarah Thompson and Tammy Goldman lent their talents as parent producers, Mary Converso was the choreographer, and Zoe Smith volunteered as student director. Learn more at [www.severnaparkcenterstage.com](http://www.severnaparkcenterstage.com).

## Folger McKinsey Takes Audiences On The Search For A Golden Ticket



Folger McKinsey’s young actors are bringing Ronald Dahl’s fantastical tale “Willy Wonka Jr.” to Woods Memorial Presbyterian Church from February 28-29.

Enigmatic candy manufacturer Willy Wonka stages a contest by hiding golden tickets in five of his scrumptious candy bars. Whomever comes up with these tickets will win a free tour of the Wonka factory, as well as a lifetime supply of candy. Four of the five winning children are insufferable brats, but the fifth is a likeable young lad named Charlie Bucket, who takes the tour with his equally amiable grandfather. The children must learn to follow Mr. Wonka’s rules in the factory — or suffer the

consequences.

**Karah Parks** is directing the musical for Folger. The tech lead is **Atticus Boidy**. Together they have trained a talented cast that includes **Lucy Davis** as Willy Wonka, **Ava McClure** as Charlie Bucket, **Josie Kamas** as Anabelle Gloop, **Piper Bowman** as Veruca Salt, **Lucy Caldwell** as Violet Beauregard, and **Anika Larson** as Mikayla Teavee.

Showtimes are Friday, February 28, at 7:00pm, and Saturday, February 29, at 1:00pm and 7:00pm at Wood Memorial Presbyterian Church. Tickets can be purchased online at [showtix4u.com](http://showtix4u.com) from February 10 through February 27 for \$9 by searching for “Willy Wonka.” They can also be purchased at the door for \$10.

## SPHS Prom Fashion Show Benefits March Of Dimes

Severna Park High School’s Key Club will hold its 14th annual Prom Fashion Show on Friday, February 7, at 7:00pm in the SPHS auditorium. Tickets are \$10 and can be purchased at the door.

All proceeds from this event go to the March of Dimes, a nonprofit organization that works

to improve the health of women and children. The 2019 Prom Fashion Show raised \$4,000, and in the 13 years that the show has been held, Key Club has raised \$26,000 to support this cause.

Forty Severna Park High School students will model looks for this year’s “Under the Sea”  
» Continued on B12

Photo by Stephanie Mennell Photography

The 2019 Prom Fashion Show raised \$4,000, and in the 13 years that the show has been held, Key Club has raised \$26,000 to support this cause.





# Q.

## Question of the month

Each month, the *Severna Park Voice* poses a question to a local fifth-grade class. This month, students from Ms. Baker's class at Broadneck Elementary answered the question:

### What do you think it means to be in love?

- To love someone strongly.  
**Eshal Ali**
- It's someone who you love for who they are in the inside and not what they look like on the outside.  
**Sophia Allen**
- To be with someone that means the world to you.  
**Charlie Anglim**
- Love is like something you experience later in your life.  
**Dylan Bishop**

- Someone that you want to be with that makes you happy.  
**Jocelyn Bravo-Valle**
- To give chocolates to someone very special.  
**Sammy Castro**
- When you really care about someone.  
**Sam Collins**
- That you care a lot of about somebody and you would not want anything to happen to them.  
**Madison Davy**
- Being in love is to care and love someone that you want to spend most of your time with.  
**Sarah Gan**
- When you love someone, you want to do stuff with them.  
**Gigi Garner**
- When someone loves you, you love them back! Also, when you say you're taken.  
**Chloe Hays**
- Someone who will always care for you.  
**Kara Magez**
- Someone who will support you with anything you are doing.  
**Lily Marino**
- When you have crazy feelings for someone.  
**Audrey McCumber**

# Broadneck Elementary School



This month, we asked Ms. Baker's fifth-grade class at Broadneck Elementary, "What do you think it means to be in love?"

- Somebody you would do anything for.  
**Cooper Mengel**
- When I think about love, your soul goes boom!  
**Amelie Perkins**
- Someone that you would do anything for.  
**Amir Proctor**
- Someone who will help you if you are not feeling happy.  
**Ryan Rambo**
- That someone listens to you every time you struggle.  
**Kevin Rivera-Grajales**
- When you really care about someone.  
**Eliza Russ**
- Someone you would die for.  
**Hayden Sayre**
- To give chocolate in the shape of the heart.  
**Anna Silva**
- When you have feelings for somebody.  
**Maddie Vukmanic**
- When you really, really care for someone.  
**Brooke Webb**

## Transportation Report, Start Times, And Debunking Myths



Now that we have the report in hand, let's resume our conversation about healthy, safe, age-appropriate start times for all AACPS students. The report I am referring to is written by Prismatic Services, the transportation consultants hired by AACPS to evaluate student transportation operations, as well as to present alternative bell schedules. Their 179-page report released last month details 27 recommendations and confirms what many of us feared, our transportation department is riddled with inefficiency. From half-full buses to nonexistent formal procedures and processes, we have a lot of work to do to correct years, decades even, of transportation problems commonly experienced by students, parents and

staff. For far too long, we've allowed our buses to drive us, no pun intended, instead of appropriately staffing, training and managing our transportation team. While some of this inefficiency was caused by a lousy economy and lack of funding, we can no longer ignore both the wasteful and harmful results of prioritizing other items over investing in our transportation department. We are so inefficient that the previous \$8 million price tag to align school start times with the American Academy of Pediatrics recommendations was debunked with the Prismatic report. Let that sink in for a second. I take issue with recent reporting/editorial from another local news source, *not the Severna Park Voice*, challenging the benefits of implementing healthy and safe school hours. All one has to do is Google and read the mountain of science, research, and evidence that conclusively

cites the plethora of benefits of tailoring school start times to age group. Recent reporting ignores the fact that students without access to rides to school sleep less than their classmates whose parents are able to drive their children to school, thereby allowing some teens to sleep an extra 20 to 30 minutes a day. Recent reporting that ignores the pleas of working parents who, for years, either have been forced to obtain before-care or not show up to work until 10:00am. Recent reporting that doesn't acknowledge that one reason for our substitute shortage could be attributed to our inconsistent start times. Perhaps the authors of recent reporting didn't read research from the University of Washington that found the later school start times to be associated with reduced sleepiness, increased academic performance, and an increase in punctuality and attendance in disadvantaged

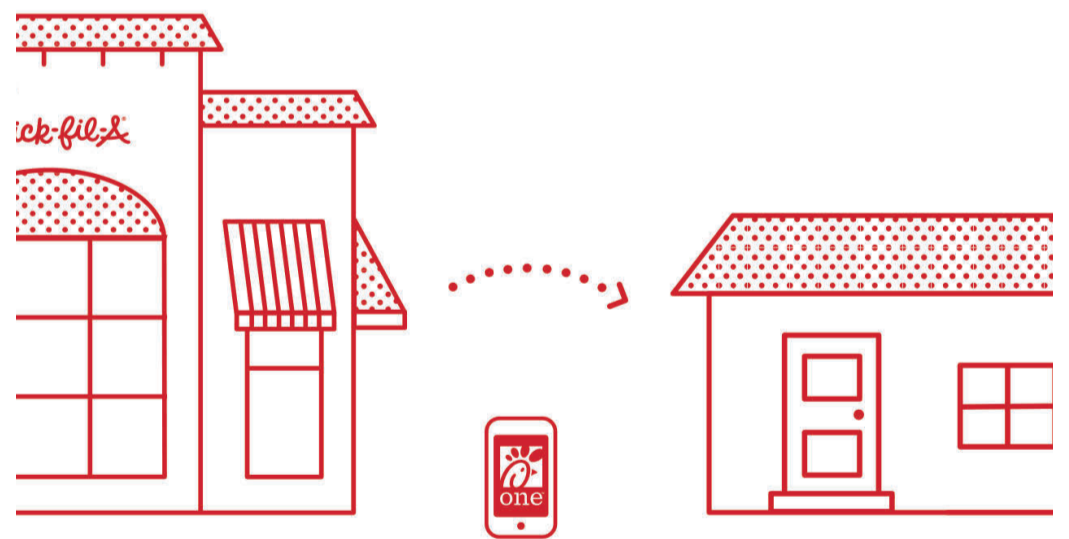
populations, which "could decrease the achievement gap between low and high socioeconomic groups." I also disagree with the same reporting, which contends that "hectic schedules, academic pressures and family obligations make it impossible for teens to get the nine-plus hours of sleep a day recommended for good health and development." The reason why our teens don't get the amount of sleep their bodies and minds

need is because of circadian rhythms, sleep cycles, and start times that are inappropriately early. That's all. It's equally absurd to start elementary schools as late as 9:45 when those students have likely been up (and in some of them in before-care) for hours. An 8:00am elementary school start time, as proposed as part of "scenario one" in Prismatic's report, not only allows for parents to maintain common working hours, but time for our

youngest students to more easily engage in afterschool activities or play outside after school, a luxury not available to many elementary students because current dismissal times are as late as 4:10pm with some students on the bus until almost 5:00pm. To read Prismatic's report, please visit [www.aacps.org](http://www.aacps.org) and search for "transportation consultant." As always, I can be reached at [dschallheim@aacps.org](mailto:dschallheim@aacps.org).

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# St. John School Awarded Grant To Fund STEM-Focused Curriculum

By Judy Tacyn

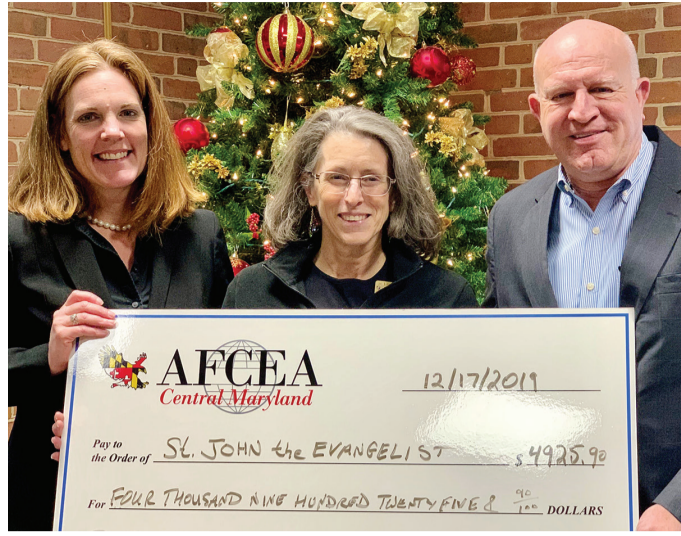
St. John the Evangelist School was a recent recipient of a \$4,925 grant from the Armed Forces Communications and Electronics Association (AFCEA), which will be used to purchase WeDo 2.0 and Sphero bots for young STEM students.

Students are already learning coding, but WeDo 2.0 introduces them to coding that causes something to happen in the real world, and 2019 marked the eighth year that SJES received this grant.

Jerry Schepers, an executive vice president at Praxis Engineering, approached SJES math and science teacher Kristen Zorica nine years ago about a STEM (science, technology, engineering and

mathematics) grant offered by AFCEA, a nonprofit organization "dedicated to providing an ethical, interactive forum for sharing knowledge and building relationships across government, military, industry and academia," according to its website. Through their fundraising efforts, the organization provides scholarships to students and grants to teachers to further STEM education.

As an engineering industry leader, Schepers had long since believed in the benefit of a STEM-focused curriculum, and wanted to assist SJES, where his own children attended, in developing a robust STEM program for students in both the elementary and middle school grades. "Jerry approached me



Principal Casey Buckstaff (left) and teacher Kristen Zorica (middle) accepted a grant of \$4,295.40 from Jerry Schepers, an executive vice president at Praxis Engineering.

about writing a STEM grant proposal, and he's been supporting us every year since in

this endeavor," said Zorica. "To date, St. John the Evangelist has received more than

\$40,000 in the eight years that we've applied."

Previous grants funded STEM activities and after-school clubs for students in grades six through eight. The majority of the latest grant will be used to enhance the STEM curriculum for students in grades two through five.

SJES students look at STEM not just from using technology themselves to solve problems but also STEM's impact on the world.

"There is a tremendous range of future careers for our students that deal with STEM," said Zorica. "I am also excited that we are now adding A, which is for Art. A large portion of the grant money will be used for robotics."

While the students love learning the mechanics and engineering behind Lego robotics, drones, spheros and block programming autonomous robots, students are also learning teamwork, which is a core value at St. John the Evangelist.

"Computers don't do anything that people haven't told them to do," said Zorica. "The students are writing the coding that makes the robots move. Every action they take in the programming of the robot causes a reaction in the robot. Students need to learn patience and how to work together."

We have many very smart and highly independent students, and having to learn to collaborate can come slowly,

but it transforms them," added Zorica. "Students get to the point where they realize they will accomplish more when they work together, and so that has always been the most dramatic thing I see in students. They learn a lot about programming and engineering, but STEM transforms them as people."

Many St. John students go on to STEM programs in high school.

"I am in awe of the program we have at St. John. I have learned so much, too," added Zorica. "It's so awesome to go to competitions and see them work together. They do some things right, and some things don't work, but together they are a team."

St. John the Evangelist middle school students participate in the First Lego League and Catholic Robotics League competitions.

"We are grateful for the vision of AFCEA and their impact on our students' learning," said Casey Buckstaff, principal at SJES. "Because of their generosity and vision, we have been able to integrate access to outstanding technology and programming for our St. John students."

St. John the Evangelist School will hold an open house on January 29. To see how St. John the Evangelist School merges faith, technology and academics to cultivate good citizens and future leaders, contact Lynne Fish at 410-647-2283 or [lfish@stjohnsp.org](mailto:lfish@stjohnsp.org).

## Students Produce Something To Write Home About

» Continued from B8

take one copy to make a book perfect. It takes work."

Although her poem took work, Sophia also enjoyed the writing process.

"I really wanted it to snow and it wasn't snowing," she said of her inspiration.

Clara was also intrigued by the weather. She started her poem as a kindergartener in

North Carolina.

"I made this because it was spring time ... and in North Carolina, it was hotter," she said, adding that she is most proud of the line, "Blossoms

grow and snow melts."

Benfield, Broadneck and Jones elementary schools were also represented with Young Authors Contest winners and runners-up.

Winners will advance to the state level. While some of the students enjoyed writing for fun and some viewed it as an emotional outlet, they unanimously agreed that the process was rewarding.

"I've used writing as a way not only to express myself but also to reduce tension," Martin said. "It's a great feeling not only to write but also to share it with others."

### FIRST PLACE — POETRY

**Clementine McLemore**

Broadneck High, Grade 10

**Ja'Niya Gaither**

Broadneck High, Grade 9

**Abbie Heath**

Severna Park Middle, Grade 7

**Sophia Vandiver**

Folger McKinsey Elementary, Grade 4

**Lawson Terhune**

Benfield Elementary, Grade 2

**Leah Davis**

Broadneck Elementary, Grade 1

### FIRST PLACE — SHORT STORY

**Kaylee Winters**

Severna Park Middle, Grade 8

**Augustus Martino**

Broadneck Elementary, Grade 5

**KaDee Clowry**

Broadneck Elementary, Grade 4

**Kaitlyne Wilt**

Folger McKinsey Elementary, Grade 3

"It's a fun way of saying we should work together even if we're different."

— KAITLYNE WILT, FOLGER MCKINSEY ELEMENTARY, THIRD GRADER REFERRING TO HER SHORT STORY "A RAINBOW THAT STICKS TOGETHER"

### SECOND PLACE — POETRY

**Madeleine Stern**

Broadneck High, Grade 10

**Blake Martin**

Broadneck High, Grade 9

**Aaron Semos**

Magothy River Middle, Grade 7

**Clara Plessinger**

Folger McKinsey Elementary, Grade 1

### SECOND PLACE — SHORT STORY

**Noel Castillo**

Severna Park Middle, Grade 8

**Haley (no last name given)**

Jones Elementary, Grade 5

**Benjamin Gilbert**

Benfield Elementary, Grade 4

**Emme Willis**

Benfield Elementary, Grade 3

# CAMP GUIDE

The Severna Park Voice will publish a camp guide for the March issue. This special edition will highlight summer camps in Anne Arundel County.

P.O. Box 608, Severna Park, MD 21146  
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# SPHS Students Weigh In On Suicide Resolution

By Emily Allgair  
Student Intern

On January 21, 2020, the Anne Arundel County Council unanimously voted to declare suicide a public health crisis. Seeing that 67% of firearm deaths between 2013 and 2017 were ruled to be suicides, and the slow but steady increase of non-fatal suicide attempts between 2014 and 2018, this data provided by the Anne Arundel County Department of Health shows just how harmful this matter is to the community - especially to those growing up surrounded by such heartache.

Upon hearing of this request to provide adequate treatment to those affected by and at risk of death by suicide, the students of Severna Park High School look forward to "breaking the stigma around mental health," said sophomore Cooper Powell.

"This issue has been a long time coming," Powell said. "It's definitely a health issue that affects all different people of all different ages, and I think it's very important to bring attention to the fact that it does affect so many people."

When asked how effective this declaration will be among the SPHS student body, Powell said he believes that "because so many students struggle with mental illness, providing them with reliable resources will improve the school's environment" through a shared community impact.

Seniors Katrina Schultz and Parker Cross are vocal advocates for mental health resources.

Co-founders of the "Our Minds Matter" Organization and members of the Anne Arundel County Mental Health Advisory Board, these two SPHS students are well informed on the topic of mental health policies and their influence among high school students.

The effectiveness of this resolution depends on the publicity it gets. "If people actually know that it's there, and know what it means, I feel like a lot of people will reach out," said Cross.

The week of March 16 through 20, SPHS' Student Government Association (SGA) will put together a spirit week to help students destress

while raising awareness for mental health.

"March is always a stressful time," said SGA President Jared Smith. "With spring break and the piling up of snow days, our curriculum ends up getting crammed, and everyone is already so busy with Rock 'N' Roll Revival, baseball, basketball, lacrosse, and everything else. No one has a moment to just relax."

Throughout this spirit week, SGA will fundraise for the local charity Ellie's Bus.

The cast members of this year's Rock 'N' Roll Revival XXXI will also fundraise for Ellie's Bus by collecting donations from audience members during the intermissions of all shows.

The passing of this resolution brings to light issues that affect so many Anne Arundel County residents, let alone high school students. As long as the community continues to normalize informative talks of mental health and suicide, this newly-declared public health crisis will be defeated. In the words of Katrina Schultz, "It's a first step, but definitely not the last."

# AACPS Dancers Earn All-State Honors

Shared by the AACPS  
Communications Office

Anne Arundel County Public Schools' dance program has long been regarded as one of the state's best, so it's only natural that individual dancers shine when it is their turn in the spotlight.

Fourteen Anne Arundel County students have been named All-State dancers, ranking them among the 26 best in Maryland. The All-State dancers were selected through audition by a panel of professional dancers and college/university dance faculty. Judging was based on technique, musical-

ity, professionalism, performance, attitude and likelihood of future success in dance.

All-State dancers were honored at the conclusion of the Maryland Public High School Dance Showcase evening concert in January at Goucher College.

The following AACPS dancers were named All-State:

- **Lauren Anderson**  
Southern High School
- **Faith Bender**  
Severna Park High School
- **Marisa Cook**  
Arundel High School
- **Molly Cook**  
South River High School

- **Rebecca Fraser**  
Annapolis High School
- **Paige Gibson**  
Chesapeake High School
- **Caitlyn Haslam**  
Meade High School
- **Mia Kacoyianni**  
Annapolis High School
- **Alexa Kasten**  
Severna Park High School
- **Kirsten Gottlieb**  
Arundel High School
- **Sydney Kuhn**  
Arundel High School
- **Elizabeth Miller**  
Arundel High School
- **Cailey Solano**  
Chesapeake High School
- **Anja Weigt**  
South River High School

## SPHS Prom Fashion Show

» Continued from B8 theme. Businesses David's Bridal, Jos A. Bank, Image Creators Salon & Spa, Face It! Spa and Wellness, An Extraordinary Limousine, Blooming Basket, Severna Park Florist, and Meri Meri are donating products to help dress, decorate and prep students for the runway.

A few girls will model student-designed outfits. Junior Ellie Heath and

sophomore Helena Linnick have created pieces that they will model.

Local vendors providing prom-related services will be available to chat with audience members before the show and during intermission. Raffle baskets will be up for grabs; prices are \$1 for one raffle ticket, and \$6 for five raffle tickets. Other noteworthy performances of the night will include

the Severna Park Middle School Dance Company, and the Severna Park High School jazz band.

The Severna Park High School Key Club is in search of elementary schoolers to be mini-models. Students in grades K-5 are welcome to come dressed in their princess dresses and tuxedos to walk the stage. Parents can email [promfashionshow-spkc@gmail.com](mailto:promfashionshow-spkc@gmail.com) to sign up.



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