

Severna Park Ice
Hockey Wins
Conference



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Area Native's Story —
From Paparazzi To
Environmental
Activist

» Page 41



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SEVERNA PARK, MD

FEBRUARY 2022

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. It's simple — just fill out the survey and return it to the Voice by **Friday, April 1**. We will then tally all the votes and announce this year's winners in our April 14 edition.

You may also cast your ballot by voting online at:

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 **April 1**. Winners will be announced in the April issue.

Turn to page 6 for the 2022 Best Of Severna Park ballot.

Redistricting Debate Heads To Court Of Appeals

*Severna Park
Representation Could
Change With New Maps*



By Zach Sparks

zach@severnaparkvoice.com

If the Maryland legislature's new maps are upheld by the state's Court of Appeals, Severna Park will be split into different districts, meaning new representatives for residents of Cape Arthur and some communities east and west of the Earleigh Heights intersection.

Maryland is required to draw new congressional and state legislative district boundaries every 10 years following the U.S. Census. Governor Larry Hogan assembled the nonpartisan Maryland Cit-

izens Redistricting Commission to draw lines and present new maps in November. Members of the legislature created the separate Legislative Redistricting Advisory Commission to create its own maps.

The majority of the General Assembly voted in favor of the Legislative Redistricting Advisory Commission maps. Just like the state's last redistricting effort in 2011, when the lines for Maryland's third congressional district were compared to a broken-winged pterodactyl, the new congressional and legislative district maps have inspired some colorful analogies.

"Under the maps passed by the Democrats in the General Assembly, on a party line vote, Districts 33 and 31 are completely upended," said Delegate Kipke, who currently represents District 31B. "District 31, which currently runs along the northeast length of the county from

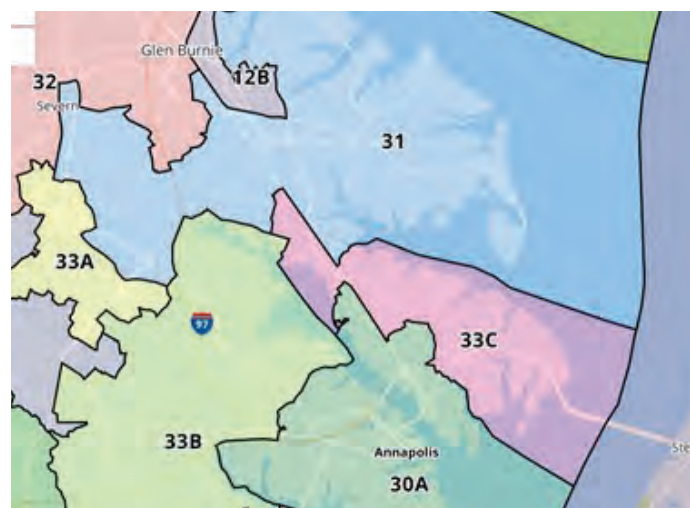
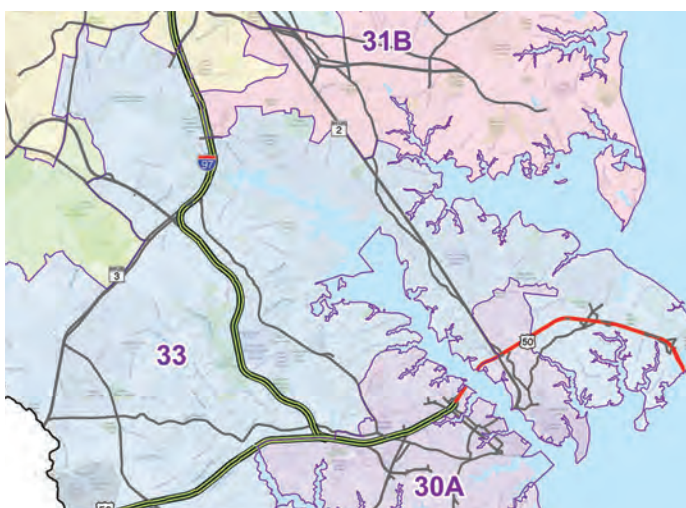
Brooklyn Park to Pasadena, is completely changed. Instead of all of Pasadena, a chopped-up section of Severna Park and then a barbell strip that runs down 97 connects to an area of Gambrills."

Severna Park currently falls into District 33, which also includes Millersville, Arnold, Severn and other communities. Under the new legislative maps approved by the majority of the General Assembly in February, part of Severna Park would fall into District 33C and part would be in District 31, which is now mostly Pasadena.

Kipke believes this decision was made so Republicans will be packed into District 31, ensuring fewer Republicans win countywide and swapping the District 33 Senate seat to favor Democrats.

Along with Delegate Mark Fisher

» Continued on page 12



Left: The current map includes most of Severna Park in District 33 and Pasadena in District 31B. **Right:** The new map, approved by the majority of the General Assembly, moves a bigger portion of Severna Park into District 31.

Rock 'N' Roll Revival Delivers "Time After Time"

By Lauren Cowin

Walk through the music hallway at Severna Park High School, and you'll see memories of Rock 'N' Roll Revivals past — 32 in total.

Number 33, scheduled to open March 10, will bring the production back to the stage after a pandemic-era pause of in-person performances.

Whether performing for sold-out crowds of 1,000 patrons per night or a smaller audience, this show is sure to impress just as it has "Time After Time," the theme of this year's production.

For the seniors who had a taste of normalcy with their first show, followed by a cancellation and a virtual iteration, this year's return to the stage is especially sweet.

"I'm so excited. Oh my gosh. When I found out that we were doing it in person ... that made my whole year," said senior Henry Wright.

"Last year, we had to do it online, so it was just videos of everybody put together," said senior Ashley DeLeon, who is also a student choreographer. "So, I'm just really excited to share the stage with everyone."

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Margueritte Mills Volunteer Of The Month

By Zach Sparks

Ask Andy Killen what his current goals are and you'll get an answer that does not include fortune or fame.

"I try one day at a time to make the world a better place with random acts of kindness," Killen said.

Throughout February, that meant supporting the "Days of Sweetness" campaign at Chick-fil-A, which gave a portion of cookie proceeds to Johns Hopkins Children's Center.

"Everyone who works with the patients are truly amazing, kind and compassionate human beings," said Killen, who wants to volunteer with Johns Hopkins once he has his own car.

For years, making the world a better place has come in the form of other activities. After graduating from Severna Park High School, he attended Anne Arundel Community College and participated in Relay For Life to raise money for the American Cancer Society.

"I'm very social," Killen said. "When I was at Anne Arundel Community College, I reached out and just wanted to help. That is how I first found out about Relay For Life. Everyone has been affected by cancer in some way."

He also wanted to help the athletes at Special Olympics Maryland. Since 2007, he has done the Maryland State Police Polar Bear Plunge to raise money for those athletes. While he has represented many

Andy Killen Wants To Make The World A Better Place



Through Chick-fil-A, Andy Killen has been able to give back to Johns Hopkins and other causes.

To support Andy Killen's Polar Bear Plunge fundraising efforts, visit support.somd.org/fundraiser/3624011.

teams over the years, he's excited this year to represent Chick-fil-A, which has been his employer for six months.

"Everyone here is truly family," Killen said. "Of all the places I've worked, not every place has good people, but we have a good crew here."

One member of that crew, Killen's coworker Cheryl Baal, called him a big addition to the Chick-fil-A team.

"He is kind and compassionate," Baal said. "He takes his time with people and asks them if there is anything they need."

Killen is unafraid to ask his com-

munity for support if he thinks it will help people. For the Polar Bear Plunge, he has asked his Chartridge neighbors for assistance. One year, he raised \$4,000.

"I went door to door and some people helped," he said. "Just to see people give back was amazing."

Killen has seen the generosity of people with several other causes he has supported including Hospice of the Chesapeake camps and Lights on the Bay to benefit the SPCA of Anne Arundel County.

He credits his parents for showing him the importance of compassion.

"My dad is strong and tough," he said. "My mom has a lot of psychology and social work in her background. My family is great, and they are all patient."

In his free time, Killen enjoys singing songs that he posts to YouTube, and he is perfecting sound effects such as sirens and a Chewbacca growl. He hopes to use them at senior centers and hospitals to bring a smile to people's faces. That hobby, he said, is just one more way he can reach people and fulfill his purpose of helping others.

"I think if you have a gift, you should use it to give back," he said.

Kinder Farm Park Pig To Have Piglets

As the Severna Park Voice went to print, a pig at Kinder Farm Park was due to have piglets. The pig was raised by the 4-H Club. Once the piglets are born, members of the community are welcome to visit. Park hours are 7:00am to dusk. To check on exact availability for the piglets, call the park at 410-222-6115.



Correction: Volunteer of the Month

In January's Volunteer of the Month article, two mistakes were printed. The award winner, Kim Walker, previously lived in Severna Park but now lives in Glen Burnie. Also, her son's name is spelled Myles, not Miles. We regret the errors.

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District 5 Weighs In On Budget Priorities

Before he unveils his Fiscal Year 2023 budget proposal on April 29, County Executive Stuart Pittman held a series of virtual budget town hall meetings. For District 5, which encompasses Severna Park and Arnold, several issues were on the minds of residents during a community meeting on February 1.

Here is some of the testimony that was shared, with comments shortened because of space limitations.

HEATHER RAVANBAKSH

MANAGER AT THE BROADNECK LIBRARY

We are seeking funding to initiate a program called the Center for Community Engagement. This program seeks to engage people with the greatest need, who cannot easily get to the library. One of the program's main goals is to increase kindergarten readiness. As you know, only half of our county's children are ready for kindergarten and children of color fare far worse ... The library has asked for \$4.1 million, for 3,000 square feet of staff, space and eight vehicles. We can also start smaller, though the full impact will be with the complete proposal being funded.

JON KORIN

PRESIDENT OF BICYCLE ADVOCATES OF ANNAPOLIS AND ANNE ARUNDEL COUNTY

We have to move our projects through the pipeline from study and design to construction-ready faster in order to take advantage of the vast amount of federal infrastructure money that is now coming available. Last year, we had to skip a year on pursuing transportation alternatives programs, which is mostly million-dollar construction funding, because we did not have a project construction-ready. That may happen again this year. So, I urge a little bit more spending on staff — transportation, public works, rec and parks — so that we can do a better job of completing the projects for which we're getting grant funding and get the next projects ready so we can get even more.

BRIAN HOLTSLANDER

ANNE ARUNDEL COUNTY PROFESSIONAL FIREFIGHTERS

Specifically, we'd like to talk about some needs right here in our district, in Earleigh Heights specifically. We

still don't have the adequate number of firefighters — three or four — to go out on every call. There's only two 70 percent of the time. So, if there's an emergency after 5:00pm, the firefighters that arrive there first will not have the adequate amount of personnel to get the hose to the door to the fire, cut the person out of the car, that we need. We look forward to that being a priority. It is essential to the safety of the citizens that we're sworn to protect and it's essential to the safety of one another, and we've seen only all too clear how quickly things can go wrong.

MIKE SHIER

ANNE ARUNDEL COUNTY FRATERNAL ORDER OF POLICE

Our officers live too close to the edge of exhaustion due to a long history of understaffing. We have many facilities which are long overdue for replacement and reinvestment. For instance, at our firearms range where our county's law enforcement officers train on how to make legal and moral decisions about using deadly force, is quite literally falling apart. Band-Aids are no longer cutting it, and it's going to be a very bad story when the range completely fails and we can no longer train our officers and maintain their state certifications.

SANDRA BISHOP

RESIDENT OF MANHATTAN BEACH IN SEVERNA PARK

I'm speaking to using bikes for transportation, and we need more connectors between neighborhoods, schools, shopping, etc. to connect to those multi-use bike trails and also more infrastructure that gets people to the places they want to go. We also need for that infrastructure to be designed for all ages and all abilities ... I have a 23-year-old daughter who would like to ride her electric trike to and from work. She has cerebral palsy and will never be able to drive a car. She could commute to work if there was safe infrastructure on Benfield Road.

DEB HOWE

ANNAPOLIS SYMPHONY ORCHESTRA BOARD OF TRUSTEES

This year and in future years, we want to perform more often in Quiet Waters Park, and if we spent \$40,000 instead of \$30,000 on this concert, we would be able to perform both evenings of that weekend, both a Saturday night and a

Sunday night concert. So, we are asking for additional support from the county to increase access to music in Anne Arundel County and at Quiet Waters specifically for free for the community.

RANDI BEAVERS

PRESIDENT, CAPE ST. CLAIRE VOLUNTEER FIRE COMPANY

We support chief [Trisha] Wolford's proposed fire department budget including funds to replace aging apparatus. Keeping frontline fire engines, trucks and ambulances in a regular replacement cycle is critical because aging vehicles require more maintenance, which takes them out of service, putting more strain on the fleet. In the near future, we will also need to be replacing Fireboat 19, which is almost 20 years old. It serves as the primary response boat for Central Anne Arundel County and an important source of water to fight fires across our county.

SUSAN JONES

ANNE ARUNDEL COUNTY ANIMAL CARE & CONTROL

I testified last year about the urgent need for a full-time veterinarian at the shelter. As you have heard from other speakers this year, this vital position still has not been filled ... Other specific requests we have this year are, No. 1, better equipment to better equip the shelter's clinic so a staff veterinarian can safely perform surgeries, especially dental cleaning and extractions. Sadly, many homeless animals require such procedures to make them comfortable and more adoptable. Second, make a part-time behaviorist position full-time. That person could assist with some of the duties now performed by just one person solely responsible for coordinating rescues, volunteers, fosters and special events ... Finally, we ask that we begin to plan for a new shelter to replace the existing, outdated, poorly-laid-out structure.

LISA ARRASMITH

CHAIR OF PUBLIC WATER ACCESS COMMITTEE

Right now, Jonas Green Park is the only public water access point on the Severn. Valentine Creek on the upper Severn would be a valuable second point of access for the public. As I've discussed with Recreation and Parks director

Jessica Leys, water advocates are willing and eager to participate as stakeholders in the Valentine Creek feasibility study. Second, I would like to speak in favor of expediting the shoreline improvement at Spriggs Farm Park. It's a park that's beloved and heavily used by windsurfers, kayakers, stand-up paddleboarders and birdwatchers. So please expedite that project and make sure the existing uses are continued and made better. Three, I'd like to speak in favor of Beachwood Park. The Magothy River Association has done a lot of heavy lifting in that park. It's time, really, for the county to take up that effort and improve the park and make it much easier to use for everyone.

DAN TOOTLE

RESIDENT OF SEVERNA PARK AND RETIRED MEMBER OF THE NAVY

I'm asking that the county executive take the necessary budgetary, administrative and legislative steps to establish an office for veterans and military families within Anne Arundel County government for our county in the same manner as that of Prince George's County. The current administrative position is that the veterans and military affairs liaison part-time position suffices within Anne Arundel County. The county is home to over 50,000 veterans of military service, not including their family members, a veterans population within Maryland that's second only to a slightly larger number in Prince George's County. We're the only county within Maryland with three active military installations with over 10,000 military personnel living within the county and over 8,000 of their students in our public schools.

AMY LEAHY

RESIDENT OF SEVERNA PARK

I wanted to talk about a piece of property on Ritchie Highway that is just north of the Food Lion there in Severna Park ... and we are looking at possibly using some Program Open Space money if that's approved to be able to purchase that property and incorporate that whole area into what's already owned by the Department of Recreation and Parks so it would be in preservation. It would protect that whole waterway from Cattail Creek that comes down through the property under Ritchie Highway and over to the east side that goes out into the Magothy River.



NAME: _____

PHONE: _____

EMAIL: _____

*Above info is required.**The Categories Are:*

Vote For The “Best Of Severna Park” 2022!

Food/Dining

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 Food Truck _____
28. Best Special Occasion _____
29. Best Outside Seating _____
30. Best Restaurant Outside Severna Park _____

Beauty & Fitness

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

Health

1. Best Medical Practice _____
2. Best Physician _____
3. Best Women's Specialty Practice _____
4. Best Chiropractic Practice _____
5. Best Dental Practice _____
6. Best Orthodontic Practice _____
7. Best Eye Care Practice _____
8. Best Pediatric Practice _____
9. Best Pharmacy _____
10. Best Physical Therapy Practice _____
11. Best Mental Health Care _____
12. Best Speech Therapy _____
13. Best Veterinary Practice _____
14. Best Senior Living Facility _____
15. Best Health Care Provider Outside Severna Park _____

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 Fence/Deck Contractor _____
2. Best Cleaning Service _____
3. Best Home Improvement Contractor _____
4. Best HVAC Contractor _____
5. Best Interior Designer _____
6. Best Kitchen/Bath Remodeling Service _____
7. Best Landscape/Lawn Service _____
8. Best Pool Service _____
9. Best Plumbing Contractor _____
10. Best Home Service Outside Severna Park _____

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 Educational Services _____
7. Best Party/Special Occasion Venue _____
8. Best Playground _____
9. Best Summer Camp _____
10. Best Sports Facility _____
11. 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 House Of Worship _____
7. Best Pastor/Church Leader _____
8. Best School _____
9. Best Marina _____
10. Best Business To Open In 2021 _____



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Catastrophic Injuries: Effective Legal Representation Is Key

By David V. Diggs, Barry Emdadi
and Lisa Bogan-Reohr

While most of the clients that this law firm represents in negligence cases suffer serious injuries, leading a normal life remains possible. For a significant minority of our cases, however, the injuries can be forever life-changing.

Catastrophic injuries may result in permanent life-altering consequences, which may be physical, emotional, financial or all of the above. Common examples include the following: the loss of one or more limbs, fractures (other than compression fractures) anywhere along the spinal column, non-correctable loss of vision or hearing, traumatic brain injuries, damage to organs, and loss of senses, among others.

There is also the added wrinkle within catastrophic or "serious injury" cases that the permanent injury must be proven, usually with the assistance of an expert medical witness. A plaintiff who attempts to establish future impairment from an injury which is essentially subjective in nature, without expert medical testimony, bears a heavy burden.

Sadly, catastrophic injuries may also lead to death. In Maryland, there are two causes of action in such a situation: wrongful death and survival. Maryland's wrongful death statute provides an independent cause of action for a decedent's surviving relatives and/or beneficiaries. Prior to the enactment of this statute in 1852, an individual's

cause of action died with her.

One reason the wrongful death statute was enacted was to permit surviving relatives and beneficiaries "who were wholly dependent on the decedent, to recover damages for his or her own loss accruing from the decedent's death." The tort of

“

Common examples include the following: the loss of one or more limbs, fractures (other than compression fractures) anywhere along the spinal column, non-correctable loss of vision or hearing, traumatic brain injuries, damage to organs, and loss of senses, among others.”

wrongful death itself is defined as an action which "may be maintained against a person whose wrongful act causes the death of another," and "wrongful act" is defined as "an act, neglect, or default ... which would have entitled the party injured to maintain an action and recover damages if death had not ensued."

A survival action, wholly distinct from a wrongful death action, arises from the tortious infliction of injury upon the victim. The personal representative of the deceased victim brings the lawsuit seeking recovery for the injuries suffered by the victim. It is called a "survival action" in the sense that the claim has survived the death of the claimant and is prosecuted as if the victim were still alive. Damages are measured in terms of *harm to the victim* whereas, in a wrongful death matter, damages are measured in terms of *harm to others* from the loss of the victim. Personal representatives serve as the posthumous agent of the victim in survival actions. Surviving relatives in wrongful death actions do not serve as agents at all; rather, they act on their own behalf. This distinction has been maintained since it was explained in the landmark decision by chief judge James McSherry for the Court of Appeals in *Stewart v. United Electric Light and Power Company* (1906).

Any discussion about catastrophic injuries in Maryland must include mention of the state's caps on non-economic damages. These are separate limits on the amounts recoverable, depending upon when the negligent act occurred. For causes of action arising on or after October 1, 2021, the cap is \$905,000. If there is more than one beneficiary in the wrongful death case, the cap is multiplied by a factor of 1.5, creating a cap of \$1.35 million. These caps increase to \$920,000 and \$1.38 million as of October 1, 2022. No amount may be awarded above these figures. If a greater amount is awarded by a jury, the trial judge will reduce the award to the capped levels. For reasons too byzantine for this short article, lower caps apply if the wrongful

death is caused by medical malpractice. There are no caps on economic damages, which reimburse for medical expenses and lost earnings.

If you or someone you know suffers a catastrophic injury as the result of the careless and/or intentional acts of another, you should consult with an attorney familiar in this area. The attorneys at The Law Office of David V. Diggs are experienced in all facets of catastrophic injury and death. If you need further information, please reach out to The Law Office of David V. Diggs LLC, located at 8684 Veterans Highway, Suite 302, in Millersville. Call 410-244-1189 or email david@diggsllaw.com.

Celebrate National Reading Month

Severna Park Tutoring will host a special celebration for National Reading Month on Saturday, March 5, from 3:00pm to 4:00pm at Boone Station Hall at the Severna Park Community Center. The event is open to the community and will include literacy games and activities for the whole family. There will be prizes, crafts to take home, and an outreach element to help the local community. Keep a look out for a special guest appearance.



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Development,
SPAN Inc.



Recently I was looking at my to-do list, my list of chores and errands, and was reminded of a prayer. Looking it up for this article, I saw many variations that go something like this:

I am grateful for...

- Early wakeups equals children to love
- House to clean equals safe place to live
- Laundry equals clothes to wear
- Dishes to wash equals food to eat
- Errands to run equals money to provide for us
- Lots of noise equals people in my life
- Sore and tired in bed equals I'm still alive!

Both this prayer and seeing people who come to SPAN are nice little reminders for me that I am lucky to have these small burdens.

At SPAN we help clients who are facing eviction and utility shutoffs. Recently, as I was thinking how the weather in the teens would affect our weekend plans to play at the park or go for a run, I was reminded of the client who was working hard to gather the needed funds as she faced potential eviction on those same cold days. When I came home to a warm house, I thought of our clients struggling with possible power turnoffs.

As I check off my regular tasks of laundry, meal planning and grocery shopping, I think of our clients whom we give items such as laundry detergent, toiletries and

boxes of food. We received a wonderful thank you card from a client recently. She and her children are thankful for the food as they are going through a difficult time. Her children related opening the boxes of food to opening presents, excited to see what was inside. As I plan my family's meals and write our grocery list based on what is in the store, I think of our clients opening the boxes and figuring out their meals. I am grateful that I have laundry to do, dishes to wash, and that I "get to" go grocery shopping. These routine tasks are reminders of my blessings.

Those of us who are fortunate enough to have routine chores as small burdens are often motivated to help others who would be lucky to have these trivial problems. SPAN has a generous community that provides so much to help us help others. Every bit helps — each bag of cans or money donated, no matter the amount, adds up to make a big impact for those for whom these routine tasks are large obstacles.

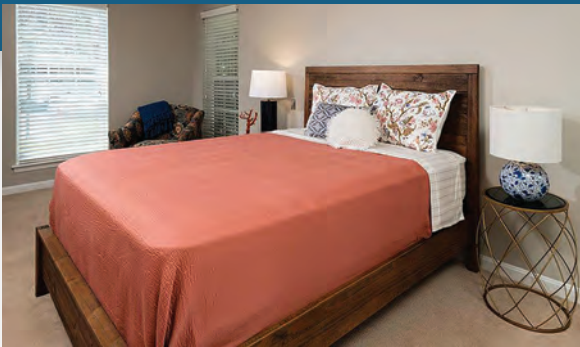
The annual S(o)uper Bowl Food Drive, organized by Good Neighbors Group with many neighborhoods in Severna Park and Broadneck peninsula participating, does an amazing job keeping our shelves stocked. Thank you all!

SPAN (Serving People Across Neighborhoods) is an independent nonprofit food pantry and emergency services provider that has been helping local families with eviction prevention, utility turnoffs, medical/prescription bills, and food since 1990. SPAN serves 14 zip codes in Anne Arundel County. SPAN is located behind Our Shepherd Lutheran Church at 400 Benfield Road in Severna Park. Hours are Monday through Thursday from 10:00am-12:45pm. For more information, call 410-647-0889, email spanhelps@yahoo.com or visit www.spanhelps.org. Financial donations may be made through the website. Food donations may be dropped off anytime using the storage bin behind SPAN's building.



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County Launches Virtual Tour Of Civil Rights Era

Anne Arundel County Executive Stuart Pittman announced the launch of an oral history virtual tour of the civil rights era in Anne Arundel County on February 8. The virtual tour, completed by Anne Arundel County's Cultural Resources Section in partnership with local historians, can be found at www.aacounty.org/civil-rights-era.

"Having stayed up way too late the other night watching the interviews on this site, I can tell you that they are captivating, inspiring and uplifting," Pittman said. "I am so grateful to the men and women who shared their history and the historians who are bringing it to the public and to our students. This is the kind of honest, direct presentation of history that makes us a better community."

The new site features more than 50 oral history interviews collected from residents across the county, and is presented as a tour of local places, people and everyday experiences during a time of segregation. It documents spaces of leisure and recreation, where people of color could gather and enjoy solidarity and empowerment — places like stores, ballfields, beaches, juke joints, movie theaters, beauty salons and barber shops.

"Historic preservation is not only about saving grand old buildings, but about preserving the stories of the people and the places that have profoundly influenced county history," said C. Jane Cox, administrator of the



county's Cultural Resources Section in the Office of Planning and Zoning. "Documenting this chapter of local history from the not-so-distant past helps our office in its mission to preserve diverse aspects of local history for future generations."

The project began in 2017 with funding from the National Park Service's civil rights grants program. A team of historians from Anne Arundel Coun-

ty, in partnership with the nonprofit Lost Towns Project Inc., worked with citizens who generously shared memories of what life was like during segregation, and uncovered their compelling stories of injustice, resistance, sacrifice, perseverance and triumph. Lyndra Marshall was the lead historian on the project, supported by Dr. John Kille.

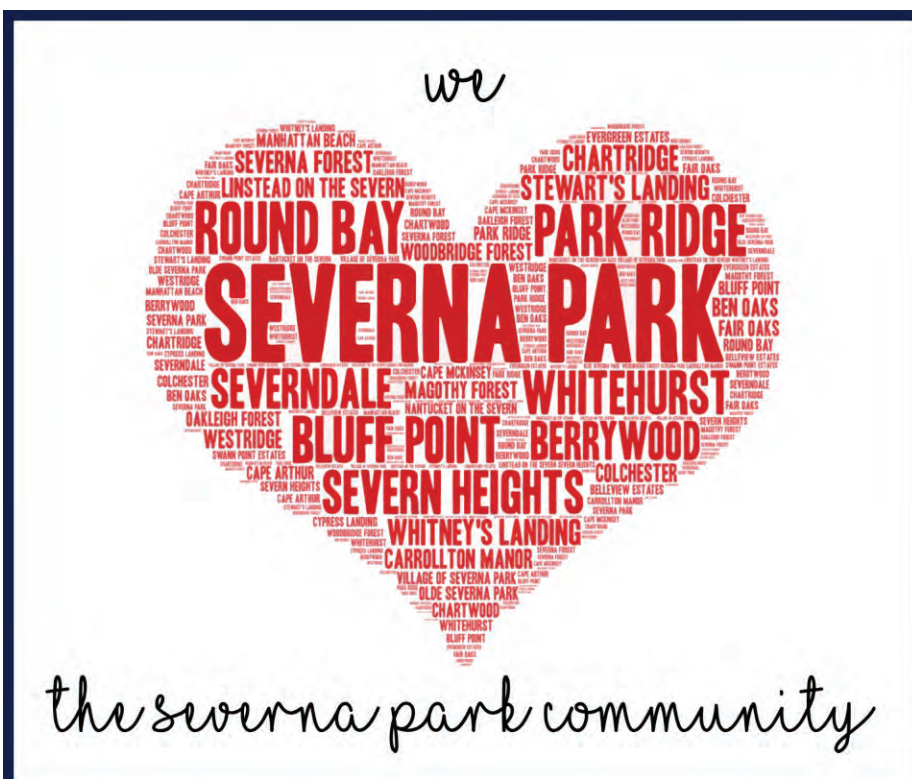
"What I love about the Civil Rights

Oral History Project: it connects people with their memories and with the way life was during the civil rights era," Marshall said. "These stories give a glimpse into the many ways residents engaged in recreation and leisure during segregation. They found creative ways to have fun times with family and friends in spite of being blocked from public spaces or they became owners of social spaces."

The project has also resulted in a partnership between Anne Arundel County and the Maryland State Archives. The archives has established a dedicated special collection where the full length oral history footage and transcriptions are to be housed in perpetuity, and can be found here.

Katara West from the Office of Equity and Accelerated Student Achievement and the Social Studies Office at Anne Arundel County Public Schools lauded the tour as a "valuable resource for learners of all ages. The AACPS Local History Initiative plans to utilize this site to educate students and staff about the stories of perseverance, triumph, and strong community bond of African Americans in Anne Arundel County during the civil rights era and beyond! This site will serve as another valuable tool in building social studies and other curriculum that is inclusive of Anne Arundel County history."

To view the virtual tour and experience local history through the eyes and stories of those who lived it, visit www.aacounty.org/civil-rights-era.



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Rock 'N' Roll Revival Delivers

» Continued from page 1

Rock 'N' Roll Revival has become a must-see event in Severna Park over the years, thanks to the state-of-the-art lights and sound that transport the audience from suburbia to Broadway, and the exceptional talent of the 100-plus students involved, said Angie Germanos, Severna Park High School theater director. But there's something intangible about Rock 'N' Roll's allure, too. A force that draws in students from all walks of life — from the future theater majors to the athletes — and binds them together.

"This will be my first time onstage, ever," said senior Addison Garrett.

A varsity soccer player, Garrett felt compelled to audition his sophomore year after seeing the show as a freshman. He made the cut, but like so many events in 2020, his onstage debut would have to wait.

This year, Garrett's excited to take the stage and "get out of my comfort zone," he said.

While Cyndi Lauper's soul-bearing "Time After Time" claimed the name this year, expect the 36 musical numbers to run the generational and genre gamut. Not every song will have the word "time" in the title, but several will.

"One of the kids told me he didn't

know who Cher was, so when I heard that, I said, 'Oh, we're doing "If I could turn back time"' cause how can you not know who Cher is? It's horrifying," Germanos said.

A small sampling of the other artists represented this year: Coldplay, The Supremes (a yearly requirement), Mariah Carey, The Go-Go's and Ricky Martin.

This year's production will even give a nod to current events with a performance of Britney Spears' "Lucky."

Tickets are on sale now and can be purchased for \$20 at www.sphsdrama.com. Patrons may also print the order form and drop it off with payment by check or cash on Sundays from noon-3:00pm or Wednesdays from 6:00-8:00pm in the school cafeteria

using the outside portico entrance. Tickets are assigned seating.

Along with the physical constraints caused by COVID-19, like many other institutions the SPHS drama department has taken a financial hit, largely due to lack of ticket sales during COVID shutdowns. To contribute to this year's Rock 'N' Roll Revival production, visit www.sphsdrama.com for information on the "Big Time Spenders" fundraising campaign. Sponsors will be listed in the show's program, and top-level donors will receive a shout-out before each show.

"Last year, we had to do it online, so it was just videos of everybody put together. So, I'm just really excited to share the stage with everyone."

— **ASHLEY DELEON**
STUDENT CHOREOGRAPHER

Redistricting Debate To Court

» Continued from page 1

(Calvert County) and Delegate Kathy Szeliga (Baltimore and Harford counties), Kipke has filed a lawsuit in the Maryland Court of Appeals. Sponsored by the non-partisan Fair Maps Maryland, the lawsuit is challenging the constitutionality and legality of the state's new legislative redistricting map.

"It's all done without regards to natural boundaries, chops up neighborhoods and eviscerates Severna Park," Kipke said. "It also will create a three-member district at large for the new barbell-shaped District 31, giving those voters three members in the House of Delegates to be a voice for their concerns where, for example, citizens in Broadneck will only have one person representing them. This is all a violation of rights guaranteed in our state constitution."

As of mid-February, three other lawsuits were filed. Before the maps passed in the House of Delegates and Senate, Legislative Redistricting Advisory Commission chair Karl Aro downplayed the accusation that the maps were gerrymandered — drawn to give one political party an unfair advantage.

"When somebody doesn't like a plan or they have an issue with part of a plan or whatever, the first word that comes out of their mouth is gerrymandered," Aro said. "I don't believe this plan is gerrymandered. I don't think the [2011] plan we started with was gerrymandered. After all, it was found to be constitutional."

Putting aside the political gamesmanship, Shipley's Choice resident Doug Nichols is not happy about the poten-

tial change.

"I've lived in Severna Park since 1966 and Severna Park has basically always been a unit," Nichols said. "It was easy to appeal to [the delegation]. Now we have people in Shipley's, across from Ben Oaks, no longer in the same voting district."

Anne Arundel County residents will have to wait for the Court of Appeals' decision to learn if they will have the same representatives or new ones. The timing also creates challenges with the upcoming election cycle. State senator and delegate candidates now have until March 22 to register their candidacy.

As current District 31 Senator Bryan Simonaire observed, the boundaries impact who residents contact for constituent service, legislative scholarships and a myriad of other interactions.

"The bad news is that Severna Park is still split into multiple districts and your relationship with your existing representatives will be taken away," said Simonaire, who voted against the redistricting proposal. "However, the good news is that you will be inheriting a constituent-minded group of representatives that understands the community as they already had other portions of Severna Park in their district."

"Those who will be redistricted into the new district will gain representatives who have served in various leadership roles in the minority party," he said. "I am currently the Senate minority leader and Nic Kipke served as the House of Delegates minority leader up until 2021. We have both worked to bring balance back to Annapolis."



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Does Your Electric Panel Need Upgrading?

Lauren Langer
Marketing
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Chesapeake
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This panel is the connection between the external wires coming from the street and the internal wires of your home's electric system.

The service panel is the central distribution point that connects the service wire or service drop — the main wire coming from the outside into the house — to the exit wires that split off and service different parts of the house. In single-family residences, the owner of the building owns the electric service panel, not the electric company. Thus, the owner is responsible for all issues related to the electric service panel.

Now, to get started let's discuss brands of panels that need immediate replacement.

Electrical panels have been known by several names including electrical box, panelboard, load center, breaker panel, service panel, breaker box, main distribution panel, switchboard, or in older applications, a fuse box.

Zinsco or GTE-Sylvania Panels

These were typically installed in the 1970s and are a known fire hazard. Zinsco panels have brightly colored breakers and are thinner than current ones. However, not all Sylvania and GTE-Sylvania branded panels are dangerous. So, if you have one, an electrician will need to inspect it to see if it has the problematic design.

Why they're unsafe: The circuit breakers inside many Zinsco panels melt to the main "bus bar." This means the breaker can't trip, even when there's a short or overloaded circuit. So, if there ever is a short or other problem, the surge of power melts wires and starts fires in your home. *How to tell if you have one:* The name Zinsco anywhere on the panel is a sure sign it should be replaced.

Federal Pacific Panels

For a long time (1950s through the 1990s) Federal Pacific Electric was one of the most popular manufacturers of electrical panels in the United States. And they were installed in millions of homes. They contain breakers which do not trip, making this dangerous for all homes, because it does not prevent electrical overloads. These panels have been responsible for thousands of fires and a few deaths. Some of these panels were

manufactured under the Stab-Lok name.

Why they're unsafe: These electric panels' circuit breakers fail to trip when they should (when there's a short circuit or circuit overload). There are also many reports that the circuits in Federal Pacific Panel malfunction, and even in the off position, still send power to the circuit. This can cause electrocution when working on a circuit you believe to be off. *How to tell if you have one:* Federal Pacific panels are most common in homes built between 1950 and 1980. Federal Pacific Electric will likely be written on the cover of your breaker box. Inside, look for the name Stab-Lok (the brand name of the circuit breakers).

Challenger Electrical Panels

These were sometimes labeled as Zinsco, were produced in the 1980s and 1990s, and were widely installed in new construction. If your property is 30 to 40 years old, these may have been installed.

Why they're unsafe: These also are known to cause fires, as this panel would overheat, and melt the circuits and panel. *How to tell if you have one:* Open your panel cover. The black circuit breakers are labeled with Challenger.

If you don't have any of these panels, that is good news, but you could still

need to begin looking into replacement if your panel is getting worn out or just getting old. Here are the other signs that it is time for a new electric service panel.

If your panel is 25-plus years old. The average lifespan for an electrical panel can range from 25 to 40 years. There is a wide range of variability due to several things, such as power surges, wear and tear, and manufacturer defect. Whatever the reason, an electrical panel that is over 25 years old can be a dangerous panel.

You should always be immediately concerned if your electrical panel has a burnt or burning smell in or around it. When panels fail, it can cause serious house fires that can destroy your entire property as well as your neighbors' property, so it is no joke. Commonly, the burning smell will be either plastic or wood, as the plastic jacket of the electrical wire melts or the wood and insulation in your walls becomes scorched. If you smell these things, it is critical that you have your electrical panel replaced.

Chesapeake Electric has been providing electrical contracting services to the Annapolis area for over 10 years. If you need more power supplied to your home but your service panel isn't up to the task, call 410-941-3573 for a complimentary consultation.

The Angels Of Surrogacy

"I know it's my calling to become a surrogate. I want the world to feel the joy that I feel when I embrace my children, and to be able to give the gift of life is a dream come true."

— **Tae, gestational surrogate from Maryland**

Perla Piekutowski
Fairfax Surrogacy



When I tell people that I work at a surrogacy agency, I am often met with puzzled yet interested looks. They often hesitate to dig deeper into the conversation. This can be

because of a lack of familiarity with the process, the fact that it can be a controversial topic, or simply not knowing what to ask. But if we overcome this hesitation, it can be a real icebreaker! After all, there is so much to learn and so many misconceptions that I love to address.

So, *what is surrogacy?* Simply put, surrogacy is when a woman carries a baby for anybody trying to create a family but cannot on their own. She is commonly known as a gestational carrier or surrogate. Surrogacy is an incredible and a selfless gift to so many people who feel like their road to parenthood has hit a dead end.

Who needs surrogates? The future parents are commonly referred to as intended parents. They can be couples with infertility issues or medical circumstances that prevent them from being able to carry a pregnancy, or they can be same-sex couples who can't conceive on their own.

Surrogacy is getting increasingly common. In 2011, the Society for Assisted Reproductive Technology (SART) tracked 1,593 babies born in the United States to gestational surrogates. This was up from 1,353 in 2009 and just 738 in 2004. Today, we continue to make significant advances that change how we think about conception and family building, and surrogacy is an important part of this discussion.

What motivates someone to be a surrogate? Many people assume it's for financial compensation. While true for many gestational surrogates, this is usually a small part of the equation for them. These amazing women are moms themselves. They deeply understand what a gift parenthood is and want to help others have that experience. Surrogates are committed and go through detailed screening processes to make sure they are healthy both in body and mind to take on this life-giving journey.

Who else is behind the process? You would be amazed at how many people it takes to create a family through third-party reproduction. In addition to the intended parents and their surrogate, there are also medical professionals, fertility clinics, surrogacy agencies, attorneys, insurance agents, mental health professionals, and in some cases, donation banks or agencies needed to make this process possible. It really takes a village!

Even though a surrogacy journey involves so many people, the surrogate is the heart of this process.

Perla Piekutowski is the director of growth and engagement at Fairfax Surrogacy. She has over 12 years of experience in the field of third-party reproduction. For more information, visit www.fairfaxsurrogacy.com or call 301-202-1357.

Birthday Month

Lauren Burke Meyer



the U.S. keep saying "birthday month," so here we are.

Watching my daughters experience their birthdays during June and October has me incredibly jealous. How wonderful it must be to celebrate outside with friends and family.

Growing up, February wasn't the most ideal month to have a birthday. I should be thankful I wasn't born on a leap year. Although joking that "I'm only 8 and three quarters old" this year would be right up my alley.

While I was not born on a leap day, my birthday often falls on President's Day. In my early career days, I didn't have the luxury of enjoying this delightful day off work. When working on President's Day and birthdays didn't bum me out, my many friends leaving town for ski trips or beach vacations did the job. Then there were always the epic snowstorms that made it difficult to connect with friends on my birthday too.

Before you feel sorry for me, there's one major shining hero for birthdays. No matter where it falls on the calendar. Food. My older brother also has a February birthday, and with our birthdays nine days apart, we've had many joint family birthday celebrations over the years.

It's my birthday month. I say this sarcastically because the word "birthday" has the word "day" in it and literally explains how it should not be a longer duration. However, millennial women in

Unlike most millennial women, I've loved joint celebrations with my brother. I'll always be grateful for his pick of restaurants where we almost always dine in or get takeout as a family — Adam's Taphouse and Grille, formerly named Adam's Ribs. The barbecue is delicious all times of year, but especially delicious to me on a frigid February day.

Now onto the MVP of birthdays — cake. Those who know me well know that I live for dessert. In honor of my favorite color, every year (yes, even still in my 30s) my sweet mother bakes me a vanilla cake with glorious purple icing. The shade is lavender to be exact. She uses food dye, and I know that it's not flavored, but I swear it still tastes better than regular vanilla icing. A few times, she put M&Ms on top, and somehow my perfect cake got even better. The most delicious part is that I've continued my childhood tradition of eating cake for breakfast the day after my birthday.

To anyone who needs a pick-me-up, here's the easy and affordable recipe. I say, "Let them eat purple cake."

Lavender Cake

Ingredients: Vanilla cake mix, vanilla frosting (Duncan Hines or Betty Crocker work well for mixes and icings), blue food coloring, red food coloring and M&Ms.

Instructions

1. Bake cake according to mix. Let cake cool for at least 30 minutes.
2. Put frosting in a bowl. Add three drops of blue food coloring and three drops of red food coloring. Mix together.
3. Frost cake as you normally would.
4. For my serious sugar lovers, add M&Ms on top!

A Recap Of New Bills And Resolutions

Amanda Fiedler
County Council
District 5



February 21 meeting.

In my January column, I touched on one of these bills, the revision of the county council map. The Anne Arundel County charter requires that an appointed charter review commission make recommended adjustments to the county map every 10 years, based on the most recent census data. This is done to provide equal representation among districts so that none of the seven districts is either under or over-represented. The 2020 census data for our county indicates that our growing population should translate to 83,500 residents in each council district. Most of the growth in the last 10 years has been in West County, leaving District 4 overpopulated and several other districts underpopulated, including our district. Bill 15-22 made simple adjustments to district lines, minimizing the number of residents who would change districts and representation on the council. The bill passed

With the first of two February council meetings under our belt, the council has considered and voted on a wide range of proposed legislation with more on the agenda for our

unanimously. Our district, District 5, will now include portions of Gambrills and Severn, as well as additional areas of Millersville in addition to Severna Park and the Broadneck peninsula.

Also discussed at our February 7 meeting was Resolution 1-22, also known as the Public Campaign Finance Charter Amendment. Charter amendments are introduced as resolutions, as they are not binding legislation. A charter amendment resolution requires five affirmative votes to make it onto the ballot for voters to consider. So, what is public campaign financing? In simple terms, the system sets restrictions on private donations and creates a method for fund matching using county revenue, for those candidates who choose to utilize it.

Of the 24 counties in Maryland, only a handful have set up a public campaign finance system. The price tag varies by county, ranging from \$1 million to \$11 million. Each county decides the terms of the system through the legislative process and allocates funds for the system in the annual budget, a budget funded primarily by the taxes you pay.

I committed to you that I would be fiscally responsible and with that is the belief that tax dollars should be used for positions and services that help our county function, like police, fire, education, and improved infrastructure like our aging roads and sidewalk systems, not to fund political campaigns. Resolution 1-22 failed.

Two bills I introduced in November passed on February 7 with supermajority support. Bill 103-21 will allow for the presence of a gunsmith at indoor firearms ranges that are in a C3 zone.

C3 is a moderate to heavy commercial zone. Indoor ranges are allowed through a special exception process in our two heaviest commercial zones (C3 and C4). Special exceptions require advertising to the public and a hearing before the administrative hearing officer to gain approval. While we currently have only one indoor range located on a C3 parcel, the passage of Bill 103-21 allows for a gunsmith to be on premise. Gunsmiths provide a critical role in firearm safety as they maintain and inspect firearms for worn parts that could compromise safety mechanisms.

Bill 104-21 added to our zoning code the zoning locations that a school bus storage facility can locate. Surprisingly, with two dozen school bus contractors located in our county, school bus storage facilities have been absent from our zoning code. If a school bus contractor would like to move or expand to a second location, our code lacks zoning regulations to locate. The location of school bus storage facilities is vital to serving the students and families of Anne Arundel County efficiently, especially as the Board of Education recently adopted new school start times for the 2022-2023 school year. Bill 104-21 allows for the permitted location of school bus storage

facilities in our higher zoned industrial areas, and our highest commercial areas (C4) as well as moderate to high commercial areas (C3) if certain conditions are met.

As the council looks forward to our February 21 meeting, it is important to note some key pieces of legislation that may be of particular interest to our district. Bill 16-22 is an ordinance concerning the police accountability board that was recently introduced. To give background, during the 2021 General Assembly session, House Bill 670 passed, which ends the longstanding Law Enforcement Officers' Bill of Rights effective July 1, 2022. The state bill also mandated each county to create a new multi-tiered police accountability process in its place to investigate allegations of misconduct.

The state-required process consists of the police accountability board, the administrative charging committee, and the trial board. Bill 16-22 lays out the proposed details for Anne Arundel County, including the number of appointments, terms of members, qualifications of members, and the role of the executive and legislative branch in the appointment process. I strongly encourage you to view this important piece of legislation and weigh in. Anne Arundel County has always been a leader in police-community relations, and we must ensure that we have the most balanced process in place to continue the strong relationship between

» Continued on page 18

Funding For Public Safety

Rachel Muñoz
Delegate
District 33



years has led to a major public safety concern. Marylanders are fortunate that in his final year in office, Governor Larry Hogan continues to make public safety a priority.

He recently proposed emergency legislation referred to as the Violent Firearms Offenders Act, aimed at stiffening penalties for those who choose to commit violent crimes with guns. At the same time, he proposed a second bill referred to as the Judicial Transparency Act, which would require the state commission on criminal sentencing to track and publish statistics relative to sentences for violent crimes handed down by Maryland judges. This is an important initiative that will enable the public to hold our judges accountable for the way they sentence (or fail to sentence) violent criminal offenders.

As crime is soaring in most major cities around the country, even proponents of the defund the police movement are realizing that this initiative is a complete failure and in the past few

Governor Hogan has proposed an additional \$500 million in further funding for the Refund the Police Initiative. This is vital at a time when underpaid and underappreciated police officers, who work under increasingly dangerous conditions every day, are choosing to retire early or leave the profession. The new funding will recognize the vital contributions made by police officers to protect our families, our businesses and our community. The new funding includes over \$30 million for neighborhood safety grants designed to provide our most vulnerable neighborhoods with additional security and promote public safety through on-the-ground efforts such as community policing.

I have had the pleasure of getting to know many of our local police officers personally. They are upstanding community members who kiss their families goodbye each day in order to put their lives on the line to protect the rest of us. Politics should not divide us over such important issues. Now it is time for the state legislature to put partisan politics aside and support efforts to seriously curb crime in Maryland by investing more in public safety that will save the lives of our children and grandparents alike.

New School Start Times For Fall 2022

Dana Schallheim
Board of Education
District 5



times that match their development. The change in start times is not predicted to exacerbate either the ongoing bus driver shortage or the existing bus capacity issues.

Although this change might feel sudden to some, I must remind you that this topic has been debated at length by the Board of Education of Anne Arundel County for the last two decades. Countless testimony has been heard, surveys have been conducted, a task force was convened, research was consulted, and hours of debate have occurred.

Individual school start and dismissal times have been posted to www.aacps.org/2223school-hours. While change is often stressful, our students will benefit from school start

Amongst the more recent research, a U.S. News & World report published April 15, 2021, referenced a *HealthDay News* study of 28,000 elementary, middle, and high school students and parents both before and after new start times were implemented. In the study, middle schools pushed their start times back by 40 to 60 minutes, and high schools began the day 70 minutes later. Meanwhile, elementary schools started 60 minutes earlier. Both middle and high school students and parents reported reduced sleepiness in class. There was no effect on elementary school students. Sleep was found to be a key factor in students' overall health, social development and school performance.

The authors said the new study offers the strongest evidence to date that moving elementary school start times to 8:00am has no negative effect on students. "As students return to in-person learning, it is important for school officials to consider healthy start times for all youngsters," they said.

Below is a non-exhaustive list of
» Continued on page 17

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New School Start Times For Fall 2022

» Continued from page 15
experts who support healthy school start times:

- **American Academy of Child and Adolescent Psychiatry** supported the American Academy of Pediatrics call to start middle and high schools no earlier than 8:30am (September 2, 2014).
- **American Academy of Pediatrics (AAP)** recommends that middle and high schools start no earlier than 8:30am for the sake of sleep, health and learning (August 25, 2014).
- **American Academy of Sleep Medicine (AASM)** called on communities, school boards, and educational institutions to implement start times of 8:30am or later for middle schools and high schools to ensure that every student arrives at school healthy,

awake, alert and ready to learn (April 2017).

- **American Association of Sleep Technologists (AAST)** strongly recommends that school start times for middle and high school students be delayed to 8:30am or later to adequately accommodate student sleep requirements (June 2019).
- **American Medical Association (AMA)** encourages middle and high schools to start no earlier than 8:30am for adolescent wellness (June 14, 2016).
- **American Psychological Association** - "While implementation may be complex, particularly when a change would bring a school's schedule out of sync with neighboring systems, delaying school start times so that adolescents begin their instructional

day later provides numerous benefits to the students and their broader community alike" (2014).

- **American Sleep Association** stated that middle school and high school should not start before 8:00am. A time closer to 9:00am or later would be preferable (February 7, 2016).
- **Centers for Disease Control and Prevention (CDC)** recommends that middle and high schools push back start times to 8:30am or later (August 6, 2015).
- **National Association of School Nurses/Society of Pediatric Nurses** offered a consensus statement on early school start times in October 2016, supporting delaying school start times for middle school and high school students.
- **Society of Behavioral Medicine** issued

a position statement urging middle and high schools to start classes no earlier than 8:30am (November 2017).

- **National Education Association** passed a resolution, C-5 (Adequate Rest), supporting school schedules that follow research-based recommendations regarding the sleep patterns of age groups.
- **National Parent Teacher Association (PTA)** passed a resolution encouraging middle and high schools to start classes at times that allow for healthy sleep (June 22, 2017).

Community forums will be held to further explain the changes that will occur. Dates and times of those forums will be released soon. As always, I can be reached at dschallheim@aacps.org or 443-534-2660.



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Working Together Despite Misinformation

Heather Bagnall
Delegate
District 33



It is hard to believe that at this writing we are already in week five of the 2022 session. Bills are dropping daily, over 900 bills have already been read into the House chamber, we've had multiple bill hearings and

briefings, and I have passed three bills out of committee. Only 15 more to go before the Senate hearings, and of course, the legislative bond initiative hearings when we work to bring money to our local communities and nonprofits for county specific, shovel-ready efforts.

The General Assembly is a flurry of activity with legislators working to pass bills to address everything from child care to workforce development, climate action, education, technology, cyber security and more, all while working for not only a full, rapid, and robust economic recovery from COVID but responsible stewardship of the budgetary surplus, while ensuring — to the best of our ability — access for all Marylanders to the legislative process.

All this inertia while in the background we have the continued work of the January 6 commission, and an ever-more worrisome rising tide of anger across the nation. There are times when Maryland can feel very much like an island, but it's important to keep the context in which we do our work.

Last March, I wrote about my concerns with impactful misinformation campaigns, which can confuse public opinion and distort public support and understanding on policy, and I lauded our community on their efforts to vet their sources. Little did I know at the time how impactful this rise in organized, strategic misinformation would be going into one of our most consequential sessions and election cycles.

A recent *Washington Post*-Uni-

“

We are in a moment of seismic shift, and I understand the power of focusing that momentum in making change, however, when we break the social norms of civil discourse, peaceful protest and accountability, we risk losing the very democracy for which we are all so meaningfully fighting.”

versity of Maryland poll found that one in three Americans now believes that violence against the government can be justified, and according to a poll by the COVID States Project, one in 10 Americans believes violence against government is justified now.

The number increases when the survey is conducted online rather than in person, which is reflective of the lived experience of many on social media, where the anonymity of the internet combined with the feeling of inclusion in a communal rage creates an almost mob mentality euphoria, where people feel license to put in words online things which they would never say in person, ending lifelong friendships and even severing family ties. We know what this looks like at the national and even the international level where we've seen everything from a state of emergency in Ottawa to a kidnapping attempt on the governor of Michigan; to feces smeared on the walls of our institutions; police killed, maimed and disabled; and legislators and staff traumatized.

Why bring this up during the legislative session? As the saying goes, all politics is local, so at the local level, what does that look like?

Honestly it looks like adults overwhelming a Board of Education meeting. It looks like threatening a health officer during a pandemic or an election worker during a ballot count. It looks like a legislator having to report threats to law enforcement with the hope they were unfounded but with a responsibility to take them seriously. It looks like candidates weighing the risks to themselves and their families before running for office, the potential outcome being a reduction in diversity of thought, idea, experience and opportunity. At the local level, the government is your neighbors.

We are in a moment of seismic

shift, and I understand the power of focusing that momentum in making change, however, when we break the social norms of civil discourse, peaceful protest and accountability, we risk losing the very democracy for which we are all so meaningfully fighting. As we navigate these uncharted waters, it's important

not only to remember the humanity in all of us but to also recognize that those who seek to confuse our understanding may have an agenda separate from our wellbeing, and I hope all continue to engage in our imperfect legislative process with an eye to working together for a more perfect union for all of us.

LETTER TO THE EDITOR

Two Years Too Late

It was recently announced that a lawsuit had been filed against the county executive and the county Department of Health, in response to the public safety order mandating masks. This mandate (by the way, it is not a law) is taking time and resources away from the issues that our community needs us to focus on. While I support the lawsuit, I don't understand why the county executive felt compelled to introduce the legislation. County Executive Pittman explained it as a health emergency, however, we have been dealing with COVID for two years, and last month, he decides mask mandates are an emergency?

Then, the county council did not support his mandate, so the county executive gets the health officer to say it is a public health emergency. This is not leadership. The county executive and his allies on the council have given lip service to the residents of Anne Arundel County. They appear to constantly react to situations.

Real leadership is proactively making decisions, and

we have two years' worth of data and science to guide our decision making. We can see how other states and countries are handling COVID. We know what are good policy measures for the citizens. The county executive's leadership qualities are weak, and I am confident the voters of Anne Arundel County will have their say on his "leadership" and his allies in November. While I appreciate the fight against this unnecessary mandate, I would like to know where our elected officials were two years ago when our businesses were shut down and our children were out of school? If our elected officials want to be proactive, start getting ahead of this by blocking vaccine passports, vaccine mandates, school closings and business shutdowns.

We need leaders who are going to be proactive and stop rearranging furniture in a burning house. We need leaders who are looking down the road and will do everything possible to make sure churches, schools and businesses remain open, and employees can continue to work and support their families.

LaToya Nkongolo
Severna Park

A Recap Of New Bills

» Continued from page 15

our law enforcement officers and our communities. If you are interested in serving in this capacity, please reach out to me for more information.

Finally, I am pleased to share that I introduced Bill 21-22 after more than two years of research, meetings with residents, communities, county agencies and stakeholders. Bill 21-22 focuses on cluster development, an element of smart growth, which can be a great asset in development design when used as intended. Unfortunately, this type of development hasn't always been utilized as intended. The bill I have introduced clearly defines what cluster development is,

provides for residential zones where this development design can be applied, creates conditions for its use, and prohibits certain modifications, including modifications for required open space.

Bills 16-22 and 21-22 are set for public hearing on March 7, 2022.

You can review these and all other bills on the Anne Arundel County Council website at www.aacounty.org/departments/county-council.

For any questions, concerns, or to sign up for the District 5 newsletter, please email me at amanda.fiedler@aacounty.org.

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Voice would love for you to tell us about it.

Letters to the Editor can be emailed to spvnews@severna-parkvoice.com and may be edited for space, clarity, grammar, spelling, etc. We encourage you to express yourself, but please be brief — letters should be limited to 350 words, though we do on occasion run longer letters. We look forward to hearing from you!

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BHS Unseats SPHS In Swimming County Championships



Both Teams Face Uncertainty At Regionals

By Conor Doherty

For the first time in school history, the Broadneck Bruins boys and girls swim teams both won county championships in the same year, with the boys team ending Severna Park's four-year reign as county champions in the process on February 4. The Bruin boys finished with 270 points, while the Falcons finished in third with 223 points, with South River splitting the two teams. Meanwhile, the Lady Bruins finished with 252 points, while Severna Park finished in second with 239 points.

For Broadneck head coach Colleen Winans, winning counties meant so much to her and her team.

"For us to win both championships was amazing," she said. "The cheering amongst the kids was so awesome. And it's not that easy as many factors including disqualifications, ties and finishes can affect the outcomes. One year, our boys lost to Severna Park by half a point due to a tie."

Winans also said that this year differed from previous seasons due to the depth both teams had and how the swimmers were able to deal with having less time in the pool as two meets were canceled due to weather. Due to the pandemic, this was the first time in two years that every team came together and competed in the same meet.

Despite her team's loss, Falcons head coach Emily Bear couldn't be prouder of how so many of her swimmers stepped up to help the team this season.

"Our junior and senior swimmers really stepped up to help this year and many of them had personal bests throughout the season," Bear said. "We had some great new talent come in also, which bodes well for next year. Our freshmen and sophomores brought us many team points this year."

The next competition for both schools is regionals, set for February 19, which will then determine which swimmers move on to » **Continued on page 28**

Above Top: The Lady Bruins finished with 252 points, 13 ahead of second-place Severna Park. **Above Bottom:** The Bruin boys finished with 270 points to end Severna Park's four-year reign as county champions.

Eastern Conference Champs: Severna Park Ice Hockey Beats South River, 3-2

By Zach Sparks

zach@severnaparkvoice.com

Coming into the Eastern Conference championship game with a 9-0-2 record on February 10, Severna Park knew they could compete with anyone, but they also had a tough task against South River. While the Falcons had the slight edge in goals per game (a league-leading seven compared to South River's 6.27), the Seahawks allowed a league-low 1.45 goals per game compared to the Falcons' 1.91.

With the teams posting similar stats throughout the season, a close game was expected, and that's how it played out at Bowie Ice Arena.

Both goalies were put to work early in the matchup. Severna Park's **Alex Auchincloss** had 16 saves in the first

period, including a few near the end of the period as South River looked to score on a power play. **Evan Reaser** and **Ryan Briller** hustled to keep South River from scoring, diving across the ice to keep the puck away from their goal.

With 4:02 left in the second period, **Johnny Clements** passed to **Josh Testerman**, who found the goal to give Severna Park a 1-0 lead. Their celebration was short-lived. Less than a minute later, South River's **Kevin O'Brien** scored on an assist from **Ali Haan** to tie the game. The offensive display continued with a third goal in as many minutes when Testerman added his second score to put Severna Park back in the lead before the end of the second period.

» **Continued on page 28**

Photo by Zach Sparks
Severna Park goalie Alex Auchincloss hoisted the trophy in celebration after earning a hard-fought 3-2 win over South River on February 10.



Ronni Binstock Soars To New Heights At Western Michigan

By Kevin Murnane

Severna Park's Ronni Binstock is excelling with Western Michigan's gymnastics team, but that success is a byproduct of years of training. She began doing gymnastics at 2 years old with "Mommy and Me" classes in the area and fell in love with gymnastics at an early age.

"I had a high-energy level as a child and my parents enrolled me in gymnastics and diving classes," Binstock said.

Her childhood featured long days as she had diving practice at 6:00am in Montgomery County and had gymnastics practice after school in Millersville.

"I have amazing parents, with my mom taking me to all of these practices and both of them supporting me every step of the way," Binstock said.

Binstock reminisced about her mom always having snacks or meals for all of those trips and remembers the stops at Dunkin' Donuts for breakfast on the way to school from diving practice.

Her schedule was getting filled with her commitments to both sports and she knew she had to make a tough decision on which sport she wanted to concentrate on as she reached

As a member of the Western Michigan gymnastics team, Ronni Binstock competes in vault, uneven bar, balance beam and floor exercises.



high school.

"I chose gymnastics as I liked it more and could show my personality better," Binstock said. "Plus, I got tired of being in the water."

During the regional and national meets with Docksiders in Millersville, Binstock received outstanding exposure for her dynamic skills and began to be recruited for several major colleges.



"Rutgers, Temple and Michigan State were recruiting me as well, but it was on my visit to Western Michigan that convinced me to accept the scholarship there," Binstock said. "Western Michigan had a great team culture and the gymnasts really supported one another, so I knew I could thrive there."

Binstock competes in all gymnastic components for the team: vault, uneven bar, balance beam and floor exercises. She injured her shoulder over the summer, so she doesn't compete in

the uneven bars this year. However, Binstock loves the floor exercises the best because she can show her "sassy" personality with each performance.

She recently received a high score of 9.875 in one meet in January and consistently scores well for the Broncos gymnastics team.

Her weekly schedule of being a student-athlete is daunting as she has practice five days a week plus weightlifting, not to mention the weekend meets and dual meets. If she has any time to relax, she watches movies and hangs out with teammates who live in the same apartment complex.

Binstock is also a great student. She carried a 3.5

GPA and made the Academic All MAC (Mid-American Conference) in 2021. She is a sports management major with a minor in marketing.

Binstock grew up in Olde Severna Park and misses the Severn River, her family and dog, but wishes to travel after college and see different parts of the United States.

With her drive, work ethic and energetic personality, Binstock is destined to be successful in any challenge that awaits her.

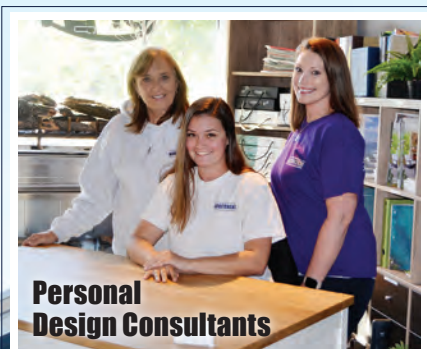


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Behind Severna Park's Rebound To Become A Boys Basketball Contender

By Zach Sparks

zach@severnaparkvoice.com

Coming off a stretch of losing seasons, including an 8-15 record in 2020, the Severna Park boys basketball team did not begin this season with the burden of lofty expectations. But



Photos courtesy of

Christopher Fincham Photography

Above: Anthony Bocchetta has been Severna Park's leading scorer in several games this season.

Below: After missing time due to injury, Bryce Stevenson is excited to be back helping his team.



internally, the boys pushed one another to improve.

The result: the Falcons started 12-5 heading into a February 14 game against Long Reach High School.

The Falcons' core is full of players who have competed together for years, from Amateur Athletic Union (AAU) to pickup games at Cypress Creek.

"Severna Park has never been known for basketball," said **Declan Fox**, a senior who has been on the varsity team since his sophomore year. "The players were usually athletes of other sports who decided to play basketball on the side."

Fox and several of his teammates have worked to become bigger, stronger and faster while refining their basketball skills year-round. As head coach **Paul Pellicani** noted, the team is deeper than it has been in years.

"We're very deep; we've got some length, we've got some quicks, we've got some shooters," he said following a win over North County on January 25.

Anthony Bocchetta has been an offensive force, scoring 26 points against Annapolis, 21 against Broadneck and 20 points in his team's first meeting against South River. In the second meeting with South River on February 11, it was Fox who led Severna Park scorers with 17. Fellow senior **Bryce Stevenson** added 15, helping the Falcons earn a 68-58 win and a season sweep over the Seahawks.

"We have so many good players," Stevenson said. "We have 10 players who could start, and we have good chemistry. "The good thing about having depth, we practice against our defense, which is one of the best defenses we are going to see," he added. "It helps having those guys."

Fox, Stevenson and Bocchetta all emphasized that the players on the team are best friends, making the team's turnaround even more enjoyable.

"It's definitely fun winning more games," Bocchetta said. "Severna Park doesn't have to be just a lacrosse school. There are other sports we can be good at."

With more wins comes more external pressure. Fox said the coaches have kept the players grounded.

"We've been in games with big crowds and big implications, and on the bus ride over, coach always says, 'We're here for one reason and one reason only: to win basketball games,'" Fox said. "That has helped us stay focused."

Players feel like they have all the pieces to make a deep playoff run, but they won't get overconfident.

"We just need to keep playing the way we play and not to anyone else's pace," Bocchetta said. "If we try to do things that we don't do best, we might run into trouble."

Severna Park's losing seasons are in the past. Stevenson, who missed time with an injury earlier this year, is excited to be back on the court with his friends, bringing Severna Park's basketball program back to relevance.

"We're always hungry; we're never satisfied," Stevenson said. "I think we have something special this year."

Spalding Basketball Looks To Finish Great But Difficult Season On A High Note

By Conor Doherty

The Archbishop Spalding Cavaliers are riding high this year, with a 21-5 record and 13-3 record in their conference going into the final six games of the regular season. Head coach Josh Pratt said that the season has gone great thus far, with the team playing and beating some strong competition from outside their league. But Pratt also said that this season has seen more difficulties than usual.

"The biggest challenge for us has been injuries," he said. "We lost sophomore wing **RJ Newton** to a bruised knee and senior power forward **Cam Whitmore** to an ankle sprain."

Temporarily losing Whitmore didn't make things easier. Whitmore, a Villanova commit, is the No. 1 ranked player in Maryland and the No. 20 ranked player in the country according to 247 Sports.

And the difficulties didn't stop there as Spalding dealt with canceled games and practices due to COVID, with rescheduled games being played close together. At one point, the Cavaliers played five games in seven days with three of those games played on consecutive days. But through all of it, Pratt said his team has been a great group of players, many of whom have been with him for the three years that he has coached at Spalding.

"They represent their families, school and teammates extremely well," Pratt stated. "Moving forward, we have to be tougher and rebound. We are at our best when we are sharing the ball and guys are involved. I always say, 'Be happy for your teammates; be coachable because we have one goal and that's to win a championship.' We are using these last remaining games to keep improving and getting better."

Cam Whitmore, a star this year for the Cavaliers, is currently the top-ranked player in the state of Maryland and ranked No. 20 nationally.



Photos courtesy of Jeff Burke

Archbishop Spalding boys basketball is currently 21-5 as they eye the stretch run.

STUDENT-ATHLETE OF THE MONTH

Kylie Milton

Severna Park Girls Basketball

By Conor Doherty

Kylie Milton was surprised when she found out that her coaches had chosen her to be the Voice's Student-Athlete of the Month. A senior for the Falcons, Milton doesn't see much playing time during games. However, that didn't stop her coaches from seeing how important she has been to her team's success.

Milton feels that being recognized shows that leadership doesn't come just from the coaches or the player who most carries the team. "I think this shows that anybody can be a leader; it doesn't matter if you're the best player on the court," she said. "It can really be helpful if you're not the most skilled to just pick up your teammates and that'll help your whole team win games while being able to contribute to how they are feeling and doing in those games."

Milton's leadership becomes most evident when she tries to motivate her teammates and bring energy to every practice and game. "There are only three seniors on the team, so I've kind of stepped up and lead all of the cheers," she said. "I really try to have a positive attitude in practice and in games, whether that's on or off the court."

Furthermore, Milton's positivity helps her teammates grow and become better players. "In practice especially, I like to lead by example," she explained. "If anyone is having a bad



Kylie Milton (left) does not get much playing time, but she brings energy to every practice and game.

“

Athletes like Kylie are the reason our program has been able to be so successful over the years. She is a great student and athlete, but she is an even better person and leader. She has done nothing but positive things for our program since the minute she stepped into our building as a freshman.”

— KRISTOFER DEAN, HEAD COACH
SPHS GIRLS BASKETBALL

practice or bad game, just pick them up and take them to the side and cheer them up.”

Falcons head coach Kristofer Dean said Milton was an easy choice for him and his staff due to what she has meant to the team and the program.

“Athletes like Kylie are the reason our program has been able to be so successful over the years,” Dean said. “One, she is a great student and athlete, but she is an even better person and leader. She has done nothing but positive things for our program since the minute she stepped into our building as a freshman. Not only does she lead by example with her excellent work habits, but she also takes her knowledge of the game and helps teach the younger athletes in the program, help them understand exactly what is expected of them in every area of the game.”

In partnership with The Matt Wyble Team of Century 21, the Voice's Student-Athlete of the Month series recognizes the many student-athletes in our area who make an impact not necessarily by way of statistics or stardom, but by their unique contributions. Contact **Zach Sparks** at zach@severnaparkvoice.com to nominate a young person in our community making a positive impact through sports.

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Paige Briganti Honored As No. 3 Outfielder Of The Decade By Varsity Sports Network

By Conor Doherty

From the time she stepped onto the field at Severna Park as a freshman, **Paige Briganti** was a leader for the Falcons. Briganti, named the No. 3 Outfielder of the Decade by Varsity Sports Network, anchored centerfield for the Falcons and batted leadoff starting her sophomore year.

Briganti attributes the recognition to her offensive output, and the numbers back up that belief.

She finished with a career .569 hitting average, was a three-time first-team All-County selection and was named first-team All-Metro her senior year by the *Baltimore Sun* after driving in 25 runs and stealing 15 bases. However, Briganti believes that she was an even better defender than she was a hitter and that is also reflected in her stats; she didn't commit a single fielding error her senior year.

Briganti credits her teammates from before high school with helping her develop into the player she became.

"I just learned very early on from teammates that were just incredible and that elevates you. Seeing how good kids your age can be, it pushes you," she said. "I definitely got a very, very strong push from the girls that I played with and that really carried me for several years."

And once she got to high school, she became that role model for many of her teammates. **Claire Hanratty**, who



After high school, Briganti went to Washington College. In 2015, she was selected to play for the Maryland All-Stars against the USA women's national softball team at Regency Furniture Stadium in Waldorf, Maryland.

played both softball and basketball with Briganti, spoke about what she learned from having Briganti as a teammate.

"She is a naturally gifted athlete who always took softball and basketball very seriously," Hanratty stated. "She showed up to practice and worked hard every time. She was dependable and a leader by example. Playing in the outfield with her all those years pushed me to be bet-

ter because I wanted to work harder to match her skill and consistency."

After high school, Briganti went to Washington College where she played in 157 out of 158 games, batted .322 for her career and finished with 165 hits, 70 runs batted in, twice led the team in sacrifice bunts and had a .945 fielding average while committing just 12 errors across all four seasons.

“

For the younger girl who is interested in softball, I would say go for it. Try to find a team that will push you to be better. ... If you want to be the best, you have to play the best.”

— PAIGE BRIGANTI

"The competition at the college level was just a lot more intense," Briganti said. "With high school, you get into a great routine of balancing school and softball. Before high school, I hadn't done a daily routine of class, then going right into practice and having that great time management. And that gets even more amplified in college, so I think the work ethic is the strongest aspect I got from high school."

"For the younger girl who is interested in softball, I would say go for it," she added. "Try to find a team that will push you to be better. If you join a team where you're already better than everyone around you, you're not going to really improve as much as you would on a team where you're surrounded by peers that you can learn a lot from. That is the best lesson that I've learned playing softball throughout my career. If you want to be the best, you have to play the best."



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Green Hornets Football Saw Profound Growth In 2021



The Green Hornets football program grew from six teams in 2020 to 11 in 2021.

By Conor Doherty

While most local activities and events have seen a reduction in attendance over the past year due to the pandemic, that hasn't been the case for Green Hornets football. While the program had a sharp decline in the number of overall players in 2020 because of the uncertainty surrounding the pandemic, 2021 became something of a renaissance for the program as it nearly doubled in size from the previous year.

According to **Brian Ferguson**, the football commissioner for Green Hornets, the program grew from just six teams in 2020 to 11 in 2021. That enabled the program to have two teams in the 10U, 11U, 12U and 14U age groups. Ferguson thinks a combination of factors led to the program growing as much as it did.

"We offered a flag football league in the summer [of 2021]," Ferguson said. "Marketing and recruiting all played a role as well. The best sign that the program is healthy is that our younger age groups are finally fielding teams again."

While the growth was great, going from six to 11 teams meant that Ferguson had to do some coaching recruiting as well. Four new head coaches and 15 assistants were found to help lead the new teams. **Rich Prengaman** was one of the people Ferguson reached out to and asked to come back and coach.

"Ferguson had told me that the Green Hornets football program was experiencing a surge in popularity," Prengaman said. "It seemed like all of the kids and their parents wanted to get back to sports and team activities after sacrificing 2020 to COVID."

Prengaman also believes that the strides the program has made to make football safer is why so many kids came back to play.

"We have new helmets with greater protection," he explained. "And we have new techniques for tackling that prevent head-to-head collisions."

With the jump in players came an increase in the amount of success Green Hornets saw in 2021.

"We had all of our teams but one make the postseason," Ferguson said. "I have to give credit to the great coaches that took time to volunteer and work together that led to the organization's tremendous growth and success in 2021."

For 2022, Ferguson doesn't think that the program will see a regression in the number of players and teams it fields.

"The outlook is great as we will continue our flag football league in the summer," Ferguson stated. "I think our growth will continue steady. The best sign of our organization's growth is our younger age groups are finally fielding teams again. Success is not always the wins and losses but building young men and women into respectable adults."

Severna Park Alum Morgan Kline Named Volleyball Setter Of The Decade

By Conor Doherty

The saying may be "like mother, like daughter," but for Severna Park alum **Morgan Kline**, it's more "like sister, like sister." Morgan has been recognized by Varsity Sports Network (VSN) as Top Setter of the Decade due to her stellar volleyball career playing for the Falcons. Morgan's younger sister, **Campbell Kline**, had been named the top softball Infielder of the Decade by VSN.

Morgan's achievements while setting the ball at Severna Park are impressive. She had over 600 assists in both her junior and senior years and helped lead the Falcons to the Class 4A state title in 2014. In the title game only, she had 42 assists against Northwest. In total, Severna Park made the state semifinals three times and went 54-4 with Morgan as their starting setter.



Morgan Kline had over 600 assists in both her junior and senior years and helped lead the Falcons to the Class 4A state title in 2014.

"I felt proud that all of my hard work during my volleyball career was recognized," Morgan said. "I was just so proud to be a part of some amazing teams during my time at Severna Park."

Morgan thinks that she was chosen not because of her stats but because of the work ethic she put into making her teammates better. "I never was the loudest or flashiest player," Morgan stated. "But every day, I was ready to lay it all out there for my team and let my play speak for itself."

That leadership was apparent to players and coaches alike.

"Morgan was quite adept at understanding the game situation and putting her teammates in positions to be the most successful," said Falcons volleyball head coach **Tim Dunbar**. "She was quick to transition from defense to offense, so she was always a step ahead and ready to run the offense. The work ethic she and her teammates displayed in practice spilled over to game day, and that preparation paid off when it mattered."

As Morgan moved from high school to college, she was glad to have played

against such hard competition to make her ready. "When I started playing in college, I felt like playing at Severna Park prepared me for that type of high level of play every day," she said. "It also taught me how to bounce back and give 100 percent the next day despite the outcome from the night before. The college game is faster and there are tournaments every weekend, so you really have to have strong time management being a student-athlete and you get to play with/against people you haven't played with before."

At Eastern University, Morgan continued her strong level of play. During her freshman year, Morgan had 1,425 assists, second most in program history and the most in a season since the NCAA reduced sets to 25 points. That year, her average of 10.89 assists per set was ranked fifth nationally. Morgan finished with 3,934 assists, with a career average of nine assists per set.

For the next wave of young athletes, Morgan shared some advice.

"Be coachable and have confidence in yourself," Morgan said. "You may not get all of the skills right away or may get discouraged, but if you are patient with yourself and are not afraid to ask questions, this will help you gain confidence in yourself as you develop more as a player, mentally and physically."

Bruin Football Players Commit To Colleges

Photos courtesy of Dennis McGinley

Five Broadneck High School football players have pledged to take their athletic careers to the next level.

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Dominik Downs
Linebacker
Seton Hill University

Jayden Joyce
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Severna Park Ice Hockey Beats South River, 3-2



Photo by Zach Sparks

Josh Testerman scored first to give the Falcons a 1-0 lead early in the second period.

» Continued from page 20

Riley Gresty of South River tied the game 2-2 early in the third period. Both teams battled for possession, as Auchincloss registered eight saves in the third period and South River's **Jacob Miller** had two. With 3:38 left in regulation, Reaser broke the tie, scoring the go-ahead goal to give Severna Park a 3-2 lead.

As the buzzer sounded, players stormed the ice, sharing hugs and hoisting the trophy.

Severna Park head coach **Eric St. Lawrence** called South River a strong team with several Tier I players, so Severna Park had to match their intensity.

"We talked about getting a little more physical, getting to the puck quicker, because if you don't versus South River, they will capitalize on it," St. Lawrence said. "We had a little talk between the second and third periods about tilting the ice ... get out of your zone hard, nothing soft, in the neutral zone, get across the red line, get their defensemen to turn around and tire out. We talked about trying to increase the lead, not just keep the lead. They

played with great intensity, so I'm very proud of them."

While the team as a unit demonstrated great intensity, Auchincloss had a standout performance with 29 saves.

"Our goalie stood on his head, coming back from an injury, after he played only a quarter of the season," St. Lawrence said. "Another goalie [Holden Bates] ... received an honorable mention in the conference for saves, so we have two good goalies. The knee isn't bothering [Auchincloss] too much. He was super focused when he came in tonight, and I knew he was going to have a great game."

State playoffs will start on February 22-25 at the Gardens Ice House in Laurel. Winners will meet on March 7 in the quarterfinals, with the semifinals set for March 9 and the final March 11.

Reflecting after the win to South River, St. Lawrence was hopeful to have more moments to cherish before the season ends.

"We're losing 11 seniors and I love seeing the fact they got to celebrate with their fans here, and we're hoping to go deep," he said.

BHS Unseats SPHS In Swimming

» Continued from page 20

states from February 25-26 at College Park. However, both coaches expressed concerns about their team's ability to do well at regionals.

"The Maryland club state championships take place the same day as regionals, and unfortunately, many of Anne Arundel County's top swimmers choose to attend that meet instead of high school," Winans explained. "Compared to us, Montgomery County swimmers don't have the same conflict."

Bear, who also coaches tennis for the Falcons, expressed surprise at how this is a common occurrence for Anne

Arundel County swimmers. "I was a little surprised that this is the norm because high school sports are meant to encourage lifelong love of athletics and camaraderie," she said. "This takes away the most exciting part of the season for them."

Ultimately, though, both coaches and their teams have the same goal: to get to states, get on the podium there and score as many points as they can.

"Our mindset is to swim, turn and finish fast," Winans stated. "Be thankful that we can be together in person and really race and cheer and stay healthy."

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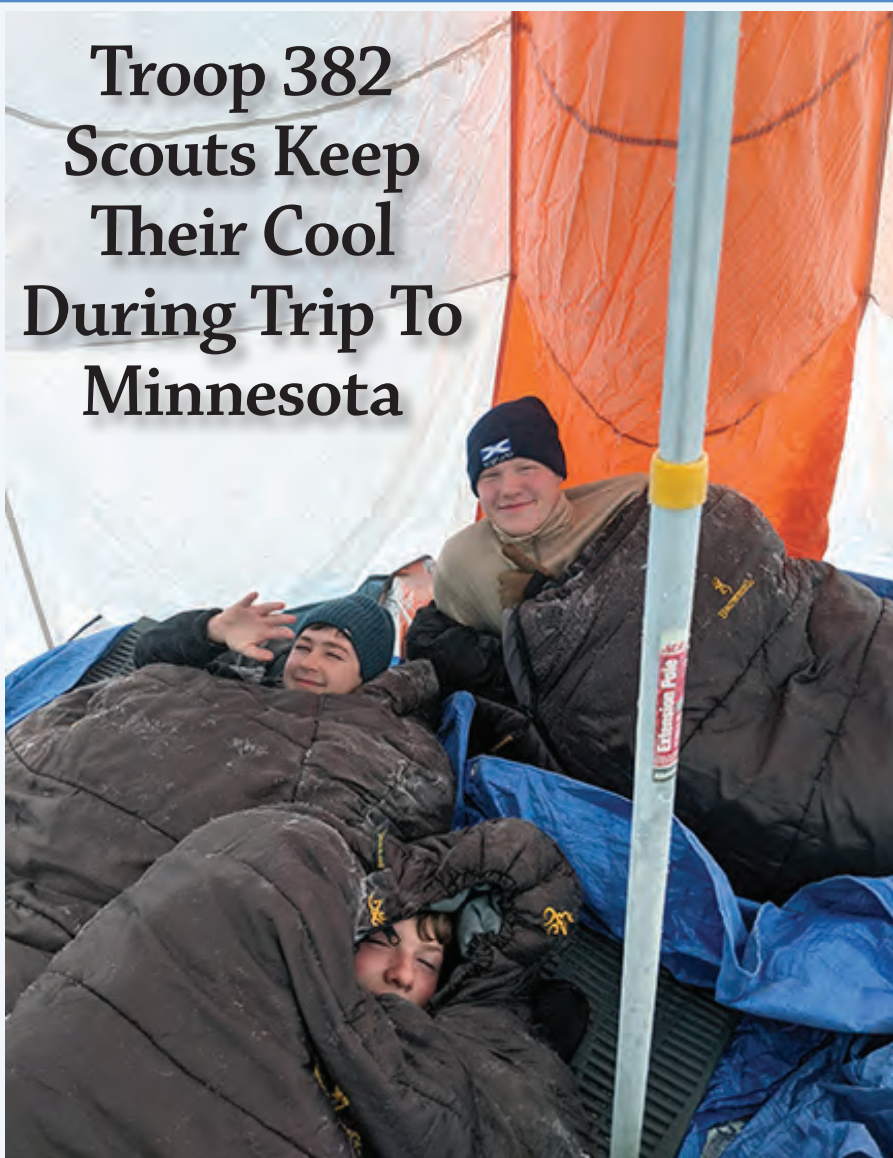
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Troop 382 Scouts Keep Their Cool During Trip To Minnesota



By Lauren Burke Meyer

In mid-January, Boy Scout Troop 382 out of Asbury United Methodist Church in Arnold traveled to the Northern Tier High Adventure base for their winter high adventure camp, Okpik, on a six-day trip. The camp is located in northern Minnesota near the tiny town of Ely, about six miles from the Canadian border.

The Northern Tier High Adventure Camp is a collection of high adventure bases run by the Boy Scouts of America. Since the early '70s, the Boy Scouts of America's Sommers Canoe Base has provided training in cold-weather camping and winter survival. In the early days, the Okpik program teamed up with the military, which used the base during the week for cold weather survival training. On weekends, Boy Scouts would come up for a three-day camping experience.

In addition to the basics of learning how to camp and function in extremely cold environments, the scouts built and slept in snow shelters, specifically a snow shelter called a quinzee. They ice-fished and learned how to clean and cook the fish they caught, a northern pike. The boys also cross-country skied and dogsledded.

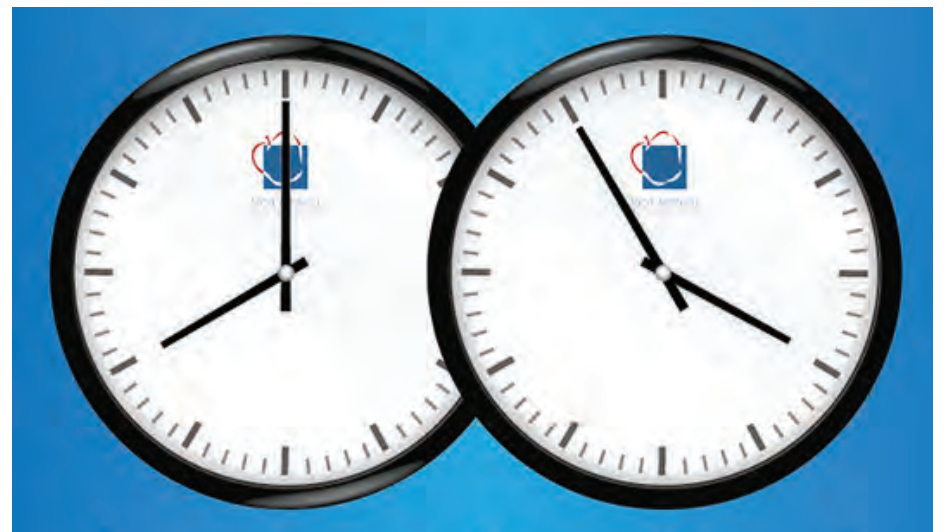
After building the quinzee, unfortunately, due to cracks in the ice that let water come up, the scouts could not spend the entire night

in their record-breaking shelter. The Boy Scouts worked together as a team to set up an unfamiliar Soviet era military tent and move into it, all in minus 27 degrees and blowing snow.

"In all my years of training scouts and scouters, [these] young men performed outstanding as a group," said Gregory Oates, chair of the Baltimore Area Council High Adventure Team and expert in cold weather camping. "They were faced with many challenges throughout the trip and overcame every issue without arguments or complaining about whatever needed done. Very rare thing to see with any age group. Hats off to the leaders of Troop 382 and specifically the Okpik Crew youth!"

The scouts and leaders of Troop 382 received numerous awards and honors: Trail of Courage, Bizhiw, Duty to God and Winter Trek. Troop 382 was the first of the year to earn the Zero Hero Award, which is awarded to those who camp in temperatures below zero degrees Fahrenheit (minus 1 or colder). This particular crew camped in a frigid 27.3 degrees below zero. With the help of Troop 382's merit badge counselor, Marty Lamb, they also earned the snow sports merit badge.

Troop 382 scouts who traveled to Okpik were Joey Marino, crew
» Continued on page 33



Preliminary School Hours For 2022-2023 School Year Revealed

From the AACPS
Communications Office

Anne Arundel County Public Schools (AACPS) classes will begin at 8:30am at all comprehensive high schools, 9:15am at all comprehensive middle schools, and between 8:00 and 8:30am at all comprehensive elementary schools next year under a preliminary schedule of school hours released on February 3.

The schedule largely puts in place a plan adopted by the Board of Education earlier this school year to shift to healthier school start and dismissal times for students when classes begin in August. A complete schedule can be found at www.aacps.org/2223schoolhours. Some minor alterations to start and dismissal times due to traffic concerns, road construction, or other issues may take place over the next few months.

"While there may yet be some small shifts in school hours, it is important to provide this information now so that families, employees and the community can begin to make the necessary adjustments to their lives," Superintendent George Arlotto said. "A shift in school hours will create healthier environ-

ments for all of our students, but it is also a sea change to which families, employees and the community will have to adapt."

Start times for developmental centers, early education centers, the Mary Moss at J. Albert Adams Academy, the Phoenix Academy, and the Centers of Applied Technology North and South can also be found on the above page. School hours for contract and charter schools, which make their own transportation arrangements, are set by those schools.

Information regarding pre-kindergarten, ECI, exploratory programs and extended day programs will be added to the site at a later date.

Prismatic Services Inc., with which the board contracted to find efficiencies in the student transportation system, is still working with Anne Arundel County Public Schools staff to finalize bus stop times and locations. Those times and locations will be released later this year.

Virtual information sessions led by board members will be streamed on AACPS' YouTube channel and posted at www.aacps.org/2223schoolhours.

Information Night Set For Students Interested In Board Seat

High school juniors in good academic standing can get more information on becoming the 2022-2023 student member of the Board of Education (SMOB) of Anne Arundel County during a virtual information night scheduled for 6:00pm on Wednesday, February 23, via Google Meet. The meeting link will be posted on the Chesapeake Regional Association of Student Councils (CRASC) website, www.aacps.org/crasc.

This informational meeting is

for all interested students to learn about the process of nomination, campaigning, election and appointment. The expectations of office will also be discussed at this information session.

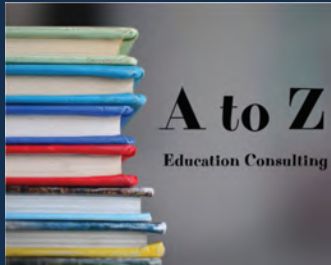
Anne Arundel County's student member on the Board of Education is the only one in the nation on a local board who has full voting rights. The SMOB is elected by members of the Chesapeake Regional Association of Student Councils (CRASC)

» Continued on page 33

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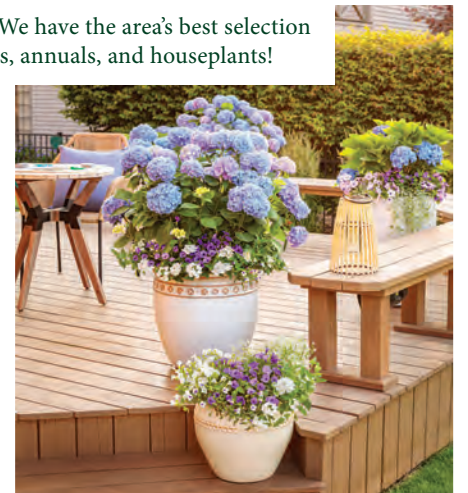
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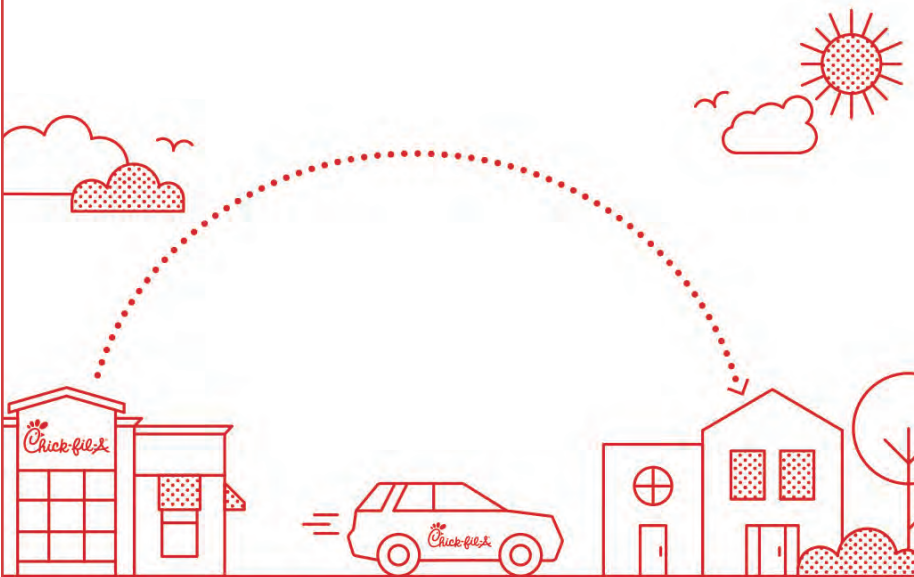
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ANNE ARUNDEL COUNTY CAMP GUIDE

The Severna Park Voice will publish its annual camp guide with the March issue. This special edition will highlight summer camps throughout Anne Arundel County.



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Severn School Invites Super City To Severna Park



Photos courtesy of Jayme Alfano

Above: Pop band Super City served as this year's Dillon Moran Musicians in Residence, bringing their talents to Severn School. During the first week of February, students learned new music, techniques and choreography. Super City is Dan Ryan (lead vocals, guitar), Greg Wellham (lead vocals, guitar), Brian Brunsman (bass, vocals), Jon Birkholz (guitar, keys, vocals) and Ian Viera (drums & vocals).

Photo courtesy of Kristin Johnson

Left: Musicians took the stage in the Price Auditorium on February 4 to perform for their parents and peers.

Troop 382 Scouts Keep Their Cool

» **Continued from page 30**
leader; Thomas Callahan, assistant crew leader; Jacob Earp, crew quartermaster; Eric Heisch, chaplain's aide; and Adam Jackson, scribe. The adult leaders joining Oates were scoutmaster Shawn Callahan and assistant scoutmaster Beverly Goetz.

Callahan commented on how dealing with the dry snow of a permanent freeze is different than the wet snow familiar to Marylanders.

A Life Scout and 16-year-old crew leader for Okpik, Joey Marino, said, "We can't say we would want to be snowbound in the woods waiting out a blizzard, but after an Okpik adventure, I know we are all a bit smarter about cold weather camping ... We had a great time, and we can't wait to go back!"

Several observers who have had a chance to see many crews in action on such adventures said that Troop 382 members ranked high in terms of



their ability to set goals and get them done, their desire to make the most of opportunities and their positive attitudes under extremely trying conditions.

The Okpik interpreter, 19-year-old Kess Hutchinson from Chantilly, Virginia, put it best. "These boys should set the standard of what Boy Scouts should be," she said.

Information Night Set

» **Continued from page 30**

and appointed by the governor.

The nomination process for the 2022-2023 seat opens on February 24 and concludes at 4:00pm on March 16. Nomination forms should be emailed to the Office of Student Leadership at spellegrin@aacps.org. No nomination forms will be accepted after 4:00pm on Wednesday, March 16.

The following are other key dates in the process:

March 2: First of two campaign clinics offered by the CRASC. These workshops are designed to help students prepare for elections including SMOB, CRASC offices, class offices and student council offices. These workshops are open to all interested students. SMOB nominees are encouraged to attend. Each workshop will cover separate materials and themes. This clinic will focus on platform development. It begins at 6:00pm via Google Meet.

March 9: Second of two clinics sponsored by CRASC. This clinic will focus on campaigning and

election presentations. It will begin at 6:00pm via Google Meet.

March 16: The 2022-2023 student member of the board nomination period closes at 4:00pm.

March 22: SMOB application packets are due to the Office of Student Leadership by 4:00pm. All essays, letters of recommendation, and resumes must be submitted by email to spellegrin@aacps.org.

March 28-31: All nominees for SMOB will be scheduled for an interview. These interviews are scored and used to select the three finalists who will advance to the SMOB election.

April 21: CRASC will host a live debate at 6:00pm between the three SMOB finalists. This debate will be moderated by a student and the format will be determined by CRASC. It will be livestreamed on AACPS' YouTube channel.

CRASC will host the student member of the board election in late April. The name of the candidate who receives the most votes in this election will be forwarded to the governor for appointment.

Severna Park Assistant Principal Named Educator Of The Month



For its February Educator of the Month, the Anne Arundel Board of Education recognized former school performance coach and current assistant principal Paige Chang.

During the pandemic last year, Chang facilitated the new Virtual Learning Committee. This committee addressed the needs of teachers in terms of providing virtual teaching and learning tools, tips, and resources.

According to the Severna Park High School team that nominated Chang, she leads by example and is a model educator. Chang has grown professionally by taking on new roles and responsibilities throughout her tenure at Severna Park High School. She is well respected and highly sought after by teachers for collaborative planning.

Among her many roles, she supports the faculty through the student learning objective (SLO) process. She created and implemented structures, documents, and procedures for staff to streamline and track the SLO process. She served as the school's leader



Paige Chang (center) was recognized by the Anne Arundel County Board of Education for facilitating the Virtual Learning Committee, supporting faculty members through the student learning objective (SLO) process and more.

in the development and implementation of the Global and Community Citizenship grade 9 course, while also serving as the school's equity liaison.

Since her arrival at Severna Park High School, she has been an asset to

the students, faculty and staff, and community stakeholders, according to her nomination form. Her high energy and expert knowledge are boundless. Through her creativity, she brings fresh ideas to the students

while also developing a good rapport with the faculty and parents. Chang single-handedly kept Severna Park High School afloat during the many challenges that occurred throughout virtual and hybrid learning.

What Is Tongue-Tie And How Can It Impact My Child's Speech Development?

Sarah Haker
Kid Connections
Therapy



Tongue-tie, also known as tethered oral tissues or ankyloglossia, refers to reduced tongue mobility resulting from a tight or a restricted lingual frenum. The lingual frenum exists under-

neath the tongue. Its purpose is to connect the tongue to the floor of the mouth. It has a string-like appearance and is made from collagen cells.

We all have lingual frenums, however, abnormalities exist when the length and flexibility of the lingual frenum negatively impacts how far and easily the tongue can move within the mouth. A tongue restriction or tie would be comparable to walking freely (person who isn't tongue-tied) versus walking with your shoelaces tied together (person who is tongue-tied).

Tongue-tie is a congenital condi-

“

Children or adolescents who demonstrate tongue-tie often have trouble with speech and feeding tasks. Speech difficulties arise due to difficulty lifting the tongue tip up to the roof of the mouth, elevating the sides of the tongue to control airflow, creating lingual tension, retracting and elevating the posterior portion of the tongue.”

tion that occurs during gestational development. As an infant develops the lingual frenum thins and recedes, however, in the case of tongue-tie, this process is disrupted resulting in the lingual restriction.

Children or adolescents who demonstrate tongue-tie often have trouble with speech and feeding tasks. Speech difficulties arise due to difficulty lifting the tongue tip up to the roof of the mouth, elevating the sides of the tongue to control airflow, creating lingual tension, retracting and elevating the posterior portion of the tongue. When lingual movement and tongue control (tension or cupping of the tongue) are inhibited, the following speech sounds can be distorted: t, d,

n, l, s, z, sh, ch, dz, and r. Additionally, children may demonstrate frequent distortions during conversational speech due to difficulty moving and controlling their tongue movement.

Feeding difficulties can also occur due to difficulty moving the tongue tip side to side between molar surfaces, lifting the tongue tip, elevating the sides of the tongue or tongue cupping, suctioning the tongue to the hard palate, and using the tongue tip to clear out debris after eating. As a result, an infant may exhibit difficulty nursing, resulting in a clicking noise, poor suction, shallow/painful latch, milk leaking out the sides of the mouth, popping on and off the breast, falling asleep prematurely,

reflux, poor weight gain, poor breast drainage, low milk supply, and nipple pain. An older child may demonstrate picky eating, messy eating, frequent cavities, slow or fast eating, a tongue thrust swallow, and reflux.

If you are concerned that your child may have a tongue-tie, reach out to a speech therapist who specializes in orofacial myofunctional therapy. Orofacial myofunctional therapy refers to a therapist who is knowledgeable about optimal development of oral structures and how to promote adequate lingual rest posture, feeding, and speech skills. It is important that any professional completing an assessment of tongue-tie looks at lingual range of motion in a functional context to determine if your child's speech or feeding skills are being negatively impacted.

The team at Kid Connections Therapy specializes in this kind of assessment and collaborates with local dentists and orthodontists to complete a frenectomy procedure to release tethered oral tissues. Call Kid Connections Therapy at 410-274-0041 for more information.

UM BWMC Named Circle Of Honor Winner

The University of Maryland Baltimore Washington Medical Center (UM BWMC) has been named a Circle of Honor winner in the Maryland Patient Safety Center's 2022 Minogue Awards for Patient Safety Innovation. The award-winning program, "Stroke 'SWARM' Process," streamlines the process for giving clot-busting drug therapy to stroke patients within 30 minutes of arrival to the hospital.

"This procedural change has not only made our outcomes better, but more importantly, it has improved our care of patients with stroke symptoms, which is always our top priority," said Kathy McCollum, UM BWMC president and CEO. "Being recognized as a Maryland Patient Safety Center 2022 Minogue Award winner is a great honor and a true testament to the culture of innovation, forward-thinking, safety and teamwork at UM BWMC."

UM BWMC is one of just 10 hospitals statewide to be recognized in this year's Maryland Patient Safety Center Minogue Award for Patient Safety Innovation program. UM Charles Regional Medical Center, another University of Maryland Medical System hospital, was also named a Circle of Honor winner.

"We are particularly proud of this recognition for our hospitals because there is nothing more important in health care than keeping our patients safe and constantly striving to improve innovation and quality," said Mohan Suntha, president and CEO of UMMS.

"These awards highlight our system's fundamental commitment to compassionate, high-quality care; health care transformation; and discovery-based medicine."

"SWARM" was developed to improve on what was a best practice, and the hospital's team was able to successfully administer a thrombolytic in a more timely and safe manner" said Dr. Christopher Stack, medical director of the stroke program at UM BWMC. "Utilizing this model, the team was able to remove minutes from each part of the treatment process."

Each minute of an untreated large vessel occlusion in an

» Continued on page 36

Neighbors Help Hospitals During "Worst Blood Shortage"



By Lauren Cowin

Twenty minutes of your time and a pint of blood could save a life — or three.

Blood banks nationwide are in dire need of donations amid what the Red Cross calls its "worst blood shortage in over a decade," and our local hospitals are no exception.

"Everybody's feeling it," said Megan Frisk, Luminis Anne Arundel Medical Center Blood Bank and Blood Donor Center manager.

The Luminis AAMC Blood Donor Center takes donations by appointment onsite at the hospital, but mobile

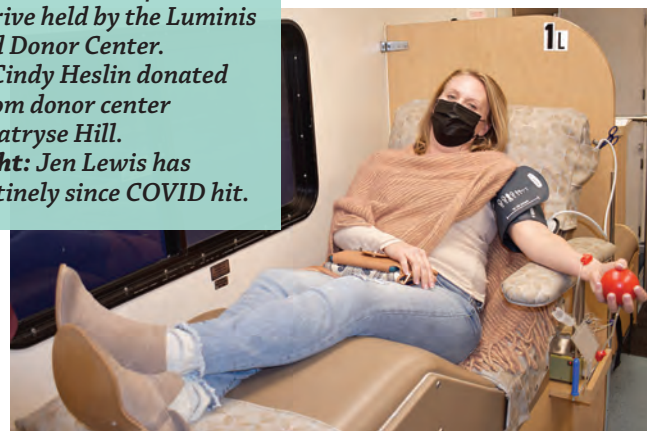


Photos by Lauren Cowin

Left: (L-R) Kelly Atkinson, Kevin Bonk and Jen Lewis were part of a successful drive held by the Luminis AAMC Blood Donor Center.

Top Right: Cindy Heslin donated with help from donor center technician Patryse Hill.

Bottom Right: Jen Lewis has donated routinely since COVID hit.



blood drives account for more than half of its collections.

Here at home, businesses and good Samaritans are stepping up to the plate.

Local nonprofit Good Neighbors Group has routinely hosted blood drives since early in the COVID-19 pandemic, with promotional support of local businesses.

"It's been amazing," said Julie Shay, president of Good Neighbors Group, of the community's participation in the blood drives.

Those donations are going straight to Luminis AAMC.

"We are lucky to be one of the very few hospitals in the

» Continued on page 40

Eye Health - Watch For These Warning Signs

Daniel Cason

Doctor of
Optometry
at Rutzen Eye
Specialists



It can be scary to notice a medical problem with part of your body, especially if it has to do with your eyes or your vision. We all value our sight and want to do everything we can to take care of our eyes. When

a new symptom develops, however, it is tough to know if the symptom is the sign of a larger problem that needs to be seen right away or may be something that will resolve on its own with time.

Sometimes, a quick internet search for guidance gives more anxiety than answers. To help ease these concerns, I want to give an eye doctor's perspective on some symptoms you may experience that require a prompt checkup with your eye doctor.

It may be obvious, but if your eye



becomes red, painful or light sensitive, it's a good idea to see your eye doctor for an evaluation. This is particularly true if you also have any watering or discharge from the eye. These symptoms could be caused by an infection or inflammation in the eye, and often require treatment. An optometrist or ophthalmologist can evaluate your eyes under a microscope to determine the cause of your

symptoms and prescribe treatment to address the problem if needed.

Another symptom eye doctors deal with frequently is floaters in the vision (spots in your vision that appear to drift with eye movement). Having a few floaters that you only

notice occasionally is common, but suddenly having a lot of new floaters or experiencing flashes of light can represent a problem in your retina. If you notice these symptoms, it's best to see an eye doctor quickly (within one day, if possible) for a dilated examination, as these symptoms may be from a retinal tear or detachment that needs prompt treatment.

» Continued on page 40

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Domestic Violence Toolkit Goes Live

The Anne Arundel County Department of Health's Gun Violence Intervention Team (GVIT) has released its online Domestic Violence Toolkit at aahealth.civilspace.io/en/projects/domestic-violence-toolkit. The goal is to decrease the number of domestic violence incidents in Anne Arundel County and encourage victims to reach out to loved ones and local authorities for assistance. Domestic violence is a social problem that impacts the entire community. In 2019, 29 Maryland residents lost their lives to domestic violence.

In addition to state and national statistics, the toolkit provides information on the warning signs of abuse, legal options that can protect victims, and local community groups that work with survivors to rebuild their lives. Research on how the presence of a gun in a domestic violence incident increases the risk of injury or fatality is also included. Nearly seven in 10 domestic violence-related deaths in Maryland involve a gun.

County Health Officer Nilesh Kalyanaraman said the new toolkit is one more step in the GVIT's efforts to keep communities safer and reduce gun-related violence by addressing the link between domestic violence and guns. "Many residents may not know that women, men and young people can all be victims of domestic violence," Kalyanaraman said. "By working with community members, law enforcement and domestic violence advocates to support evidence-based gun violence reduc-

— In addition to state and national statistics, the toolkit provides information on the warning signs of abuse, legal options that can protect victims, and local community groups that work with survivors to rebuild their lives.

tion policies, we can all play a role in preventing violence in our closest relationships."

The GVIT also produced a Suicide Prevention Toolkit and Youth Gun Safety Toolkit. All toolkits can be found at aahealth.civilspace.io/en.

The GVIT was established on August 12, 2020, following an executive order by County Executive Stuart Pittman, declaring gun violence a public health issue. The team operates under the auspices of the Anne Arundel County Department of Health and works through collaborative meetings and workgroups with over a dozen partner agencies to use a public health lens, data and community engagement to reduce gun violence.

If you or someone you know is struggling, reach out to the Anne Arundel County Mental Health Agency's warmline at 410-768-5522.

For more information about the GVIT, email gun-violence-intervention@aacounty.org.

UM BWMC Named Circle Of Honor Winner

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ischemic stroke patient can result in the death of 1.9 million neurons. In September 2019, a group at UM BWMC met with a goal to shorten the time that a thrombolytic was given to patients that arrived with stroke symptoms by ambulance. Examining the process, the group felt that a "best practice" was already in place but that they could do better, gain minutes and reduce time in the process with door-to-needle times and door-in/door-out times (DI-DO) by using a "swarm" model of care.

"In this model, each team member has a task to be completed in parallel in order to get everything done to increase blood flow to the brain in as short a time as possible, similar to a team sport where everyone needs to carry out their responsibilities," said Theresa Maloney, stroke program coordinator.

Blair Eig, president and CEO of the Maryland Patient Safety Center, said health care organizations in Maryland are some of the most forward-thinking throughout the country.

"We are proud to recognize all participants for their attention, innovation, and commitment to addressing some of the most pertinent and complex issues penetrating patient safety today," Eig said. "Congratulations to the winners on their successful contributions to our mission of Keeping Maryland Healthcare Safe."

Named for the center's first president and executive director, William Minogue, to honor his enduring contributions to and passion for improving patient care and safety, the Minogue Awards were created by the center board of directors to recognize organizations within the state that have made a demonstrable difference in patient safety through an innovative solution.

The Minogue honorees were selected by a panel of independent judges who are leaders in the Maryland health care community. UM BWMC will be recognized and present its solution at the 18th annual Maryland Patient Safety Conference, which will be held March 4.

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Why Your Cancer Care Team Should Include A Supportive Care Team

Eric Bush
Hospice of the
Chesapeake
and Chesapeake
Supportive Care



In 2017, both the National Comprehensive Cancer Network and the American Society of Clinical Oncology recommended that any patient newly diagnosed with late-stage cancer should be referred to palliative care, or supportive care, at time of diagnosis. It is an important statement as it encourages hope based on science: Cancer patients who are also supportive care patients are more likely to experience a better quality of life and to live a longer life.

Many recent studies have demonstrated the benefits of including supportive care as part of a cancer treatment plan. The results include patients demonstrating fewer signs of depression, reducing stress factors for both the patient and their family, improved length of survival and even lessening the risk of admission to an acute care facility. I have been fortunate to partner with many oncologists as a supportive care physician over the last



16 years. Some of those patients who I first met as stage 4 cancer patients have been with me for seven, eight, even nine years.

Being a supportive care patient means you have someone to ally with you as you work with oncologists, radiologists, chemotherapists, and others to decide on the risk versus benefits of treatments and interventions. There are a lot of moving parts in cancer care. There are

a lot of symptoms, from nausea and pain to anxiety and depression. A supportive care team may include a physician or nurse practitioner, a registered nurse and a social worker who are focused on patient-centered care. Supportive care providers spend, on average, 70 minutes with each patient — that amount of time is essential to assess the patient's needs. Before and after that visit, they are working with the patient's health care teams, coordinating care and medications.

Uniquely, supportive care team members focus their visits with patients on determining the patient's goals of care and helping patients align their treatment choices to their goals of care as well as working with the patient to help communicate that to their other providers.

If you have been recently diagnosed with cancer, make sure supportive care is part of your treatment plan. And yes, it is covered by insurance, just like your oncologist, radiologist, cardiologist or any other medical specialty.

Eric Bush, MD, RPh, MBA is chief medical officer for Hospice of the Chesapeake and Chesapeake Supportive Care. To learn more about supportive care services, visit www.chesapeake-supportivecare.org or call 443-837-3376.

What To Do If You Have COVID-19 Symptoms

Answers To Some Commonly Asked Questions



Many of us miss the days when a sore throat was just a sore throat. In the current environment, a sore throat or other symptoms can lead to several questions. Should you take a test, or call a provider? Barry Meisenberg, chair of the Department of Medicine and chief academic officer at Luminis Health Anne Arundel Medical Center, answers several frequently asked questions below regarding symptoms, testing, and what to do if you feel sick.

What are the symptoms of the new Omicron variant?

Although symptoms vary by person, the most common are fever, fatigue, sore throat, cough, headache, and body aches. You may experience loss of smell or taste, but this does not occur as often, compared to previous variants of the virus.

Should I go to the emergency room (ER) for a COVID test?

No, the emergency room is not a testing site. Only go to the ER if you have severe pain, severe illness or life-threatening conditions. ERs are experiencing high volumes and delays can be expected. Better alternatives for urgent medical care (COVID-19-related or not), include your physician's patient portal or urgent care sites for any condition that is not life-threatening or severe.

Should I contact my doctor if I feel sick or test positive for COVID-19?

You should contact your primary care provider if your symptoms become severe, you have difficulty breathing, you have other complicating medical conditions, you are experiencing high or low blood sugars as a diabetic, or you have a significant or sustained high fever. Visit the Maryland Department of Health website for COVID-19 testing information.

What should I do if I test positive for COVID-19?

If you have mild to moderate symptoms, recover at home (with at least five days of quarantine and until you are symptom-free for 24 hours). Take acetaminophen (generic brand, Tylenol) for fever and aches, drink plenty of fluids, and get plenty of rest. If your symptoms are severe or you are considered high risk, due to other medical conditions, or immunocompromised, call your primary care provider for more personalized care guidance.

I have received COVID-19 antibodies either from monoclonal antibody treatment or previous COVID-19 infection – aren't I already protected?

No, you are not. Monoclonal antibody treatment is currently on pause because the antibodies are not effective in guarding against the Omicron variant. The Omicron variant is now the prevailing variant infecting our state.

What should I do if I have been exposed (without a mask for more than 15 minutes) to someone who has tested positive, but I feel fine and have no symptoms?

If you can find a home test, take a test to confirm if you are positive or negative. Test-

ing too early may give a false negative. Since tests are in short supply, wait at least three days if you are still symptom-free before taking a test. If you cannot find a home test and have no symptoms, wear a mask at all times outside of your home. Limit yourself to only essential contacts and interactions for five days.

What should I do if I have been exposed (without a mask for more than 15 minutes) to someone who has tested positive, and I do have symptoms?

Get tested at a county, retail or physician location. Isolate for at least five days and until you are symptom-free for at least 24 hours. Learn more about the Centers for Disease Control and Prevention recommendations [here](https://www.cdc.gov/covid19/).

What about the new COVID-19 pills? Can I take those and where can I get them?

Currently, two COVID-19 pills (Merck drug, Molnupiravir for patients 18 and older, and Pfizer drug, Paxlovid authorized for patients 12 and older) have received emergency use authorization, although they are in short supply. You can find them at some retail stores and health care locations. These treatments require a physician's order, and they are used only for high-risk patients with complicating or underlying medical conditions. They must be taken within five days of a symptom onset. If you have questions regarding availability and use of COVID-19 oral antiviral medications, [click here](https://www.fda.gov/covid19/oral-antiviral-medications).

If I have tested positive for COVID-19, do I need a retest to return to work or other activities?

The guidance on this has changed as more information has become available and test availability has decreased. The RT-PCR (RNA test) can stay positive in your nose for up to three months as a remnant. It does not indicate contagiousness or persistent infection. A follow up PCR therefore reveals nothing about your status, so do not retest with PCR. The rapid antigen test has previously been recommended to determine "viral clearance," but new science indicates that the quarantine period can be limited to five days from onset of symptoms (followed by five days of rigorous mask wearing) without the necessity for a repeat test for most people. If you are immunocompromised, you should consult with your primary care provider.

What treatments are available for mild to moderate COVID-19?

Monoclonal antibodies can make some patients feel better faster and prevent hospital admissions. Unfortunately, the Omicron variant is resistant to the most commonly used antibodies, and as of now, they are not being used.

One antibody remains in use, but it is in short supply, so referring physicians and infusion centers are being asked to reserve it for the highest-risk patients.

Two new oral drugs requiring a prescription are now available, Molnupiravir and Paxlovid. They are available through a narrow network of retail pharmacies, and more information on availability can be found [here](https://www.fda.gov/covid19/oral-antiviral-medications). Because those oral drugs are in short supply, physicians are being asked to reserve prescriptions for those at highest risk of a hospitalization. The National Institute of Health has a guideline on high-risk status [here](https://www.hhs.gov/nih/).

What else do I need to know?

Get vaccinated and boosted. It remains the best option for preventing and/or reducing the severity of COVID-19 variants.

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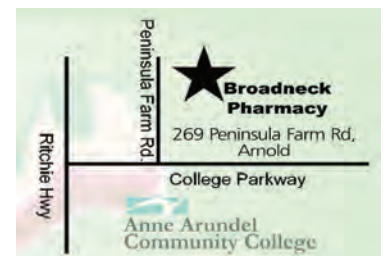


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Neighbors Help Hospitals During “Worst Blood Shortage”

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state of Maryland that has a blood donor center, so the blood collected here at [Luminis] Anne Arundel stays at [Luminis] Anne Arundel to be used for the community that comes to our hospital,” Frisk said.

For realtor Kevin Bonk, who has organized blood drives for more than a decade, it's personal.

Diagnosed with a blood disorder that decreases his platelets, Bonk has, at times, relied on blood and platelet transfusions to treat this disease.

“Because of this condition, I cannot donate blood myself, so I can at least facilitate a donation site,” Bonk said.

Pasquale Carannante, owner of RE/MAX Experience in Pasadena, finds it imperative to give blood, and has made an annual event of it as a way to encourage others to do so as well as hold himself accountable.

“I went to the hospital when I was 19 and found out that I was O negative (a universal blood type), and since then have felt a moral obligation to give blood as often as I can,” Carannante said.

Good Neighbors Group, The Bonk Team of Keller Williams and RE/MAX Experience have all hosted blood drives in February. Since each pint of blood is able to be split into three products, the donations from those three drives alone could affect more than 200 lives.

While all blood types are needed at

Luminis AAMC, types O positive and O negative are in highest demand, Frisk said.

Nervous about needles? You're not alone.

“I used to be terrified of needles, and I remember in college getting up to the door of where I could donate and feeling clammy and walking away,” Shay said. “Now that I've done it, I'm obsessed... Once you know somebody who's had a transfusion and you know how it's helped them you feel grateful that folks did this. My mom was in the hospital a year ago April and she did get transfu-

sions and I thought, ‘That could be some of ours!’”

A few pointers from the pros: eat iron-rich foods for about a week before donating blood, eat a full meal the day of, stay hydrated and bring a buddy.

Shipley's Choice resident Jen Lewis, who has donated routinely since COVID hit, successfully lobbied her friend and fellow Shipley's resident Kelly Atkinson to return to the bloodmobile after a fainting episode her first time donating.

“If she can do it, anyone can!” said Lewis.

Atkinson is now a regular donor herself, despite the nerves.

“It was so easy and the staff in the bloodmobile were so friendly. I didn't pass out, the blood bank got some O negative, and I got Oreos and a ginger ale! Win-win-win,” Atkinson said, adding, “It's hard to try again after a negative or stressful experience, but that effort pays off when you have the opportunity to save a life.”

For more information about donating or hosting a blood drive through Luminis AAMC, visit www.aahs.org/blood-donor-center.

Eye Health - Watch For These Warning Signs

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If there is ever a time when your vision becomes dark or dim in one or both eyes, this can be a sign of a serious eye problem. Even if the vision returns shortly thereafter and seems to be back to normal, it can still be a sign of an issue with either the eye itself, the blood vessels that supply the eye, or a neurological issue. A dilated eye exam can elucidate if there is an eye-related issue causing the problem. If nothing is found on eye examination, your eye doctor can direct you to another type of specialist for further testing to assess ocular blood flow or for neurological issues, if needed. Other signs of neurological issues involving the eyes that would require examination by an eye doctor

include double vision, drooping of one eyelid, asymmetric pupil sizes, or bulging eyes.

You should also seek prompt attention if you get a chemical or a piece of plastic, metal, or some other foreign substance in the eye. If you get some sort of chemical, cleaning solution, or harmful liquid in your eye, immediately flush the eye for 15 to 30 minutes with tap water or saline. After flushing the eye, call your eye doctor or go to an urgent care center or emergency room. If you believe a foreign body is stuck in your eye, gently rinsing the eye with tap water or saline can help to flush it out, but do not try to remove anything from your eye by yourself. Your optometrist or

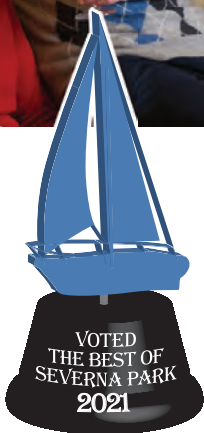
ophthalmologist will be happy to take care of it, so you don't put the eye in danger by trying to take care of it yourself.

This covers many situations that need to be evaluated urgently. If you ever have a question about whether you need to be seen urgently for an eye problem, it's always best to call your optometrist or ophthalmologist to discuss your symptoms so that they can help you decide on when to be seen.

Dr. Cason can be found at Rutzen Eye Specialists & Laser Center, located at 489 Ritchie Highway, Suite 200, in Severna Park. To make an appointment, call 410-975-0090, or learn more at www.rutzeneye.com.

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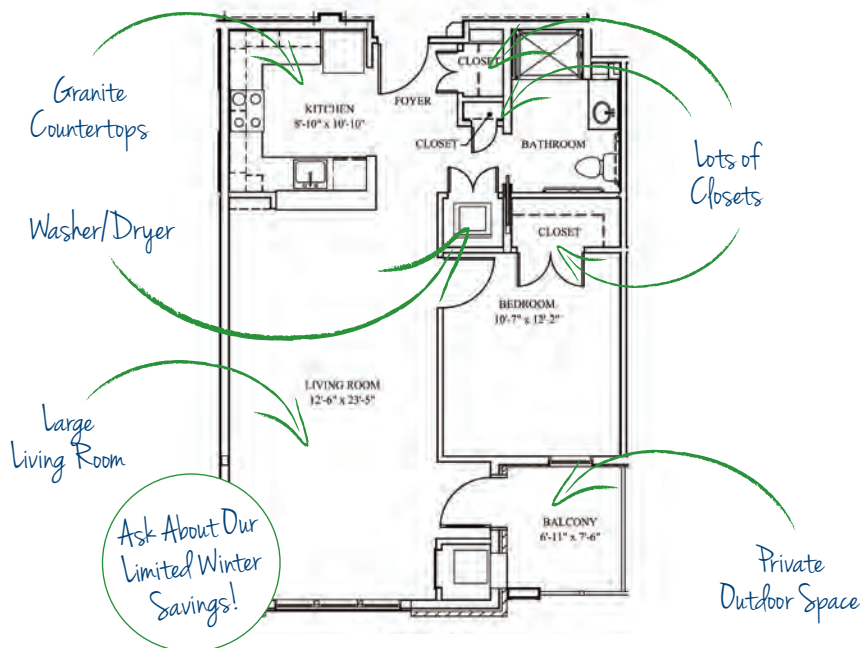
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From TMZ Paparazzi To Environmental Activist, Erik Crown Keeps Us Guessing



Erik Crown lived on a boat while busting a poaching ring in the Peruvian Amazon.

By Lauren Burke Meyer

Every story needs a villain. In Hollywood and where celebrities are concerned, paparazzi are often made to be that character. However, what about the untold stories from the people behind the scenes or camera for that matter?

Former Severna Park resident and A-list paparazzi veteran Erik Crown has that exact perspective. Crown worked at TMZ — best known for its tabloid reputation of juicy celebrity gossip — as a field producer from 2008 to 2010. He would spend roughly 12 hours a day at Los Angeles International Airport (commonly referred to as LAX) regularly videoing a range of celebrities including Madonna, Sandra Bullock, Bob Saget, Paris Hilton, Kim Kardashian, Lindsay Lohan, Jeff Bridges and Jennifer Garner, to name drop a few.

In seventh grade, Crown moved to Fair Oaks in Severna Park with his family. He got his start at age 13 working for his dad on all aspects of video production at Crown Video Productions, later becoming a professional film editor by the age of 16. Before starting his business — which was originally located on Jumpers Hole Road — Crown's father was the lead editor at ABC News in Washington, D.C.

"My dad taught me how to edit," Crown said. "It became a way to communicate with people. I was shy then. Editing became my first language."

Crown is a 1991 graduate of Severna Park High School. After graduation, Crown went to St. John's College in Annapolis for a year, studying the Great Books program and Greek philosophy.

"I couldn't stay away from my roots and transferred to New York University film school for my second year," Crown said.

When recounting how he got the job at TMZ during a January 19 interview with the "Hollywood Raw" podcast, Crown said, "I told [TMZ] that I worked at the airport, and I knew all the ins and outs. I had never actually been to that particular airport."

After failing miserably to identify celebrities at first, Crown had to study several *Star* magazines. Following his "crash course in pop culture" as he called it, he finally passed, and despite never visiting LAX, he began work with TMZ in 2007 as a story producer, crafting interviews and stories with talent and capturing live events as they unfolded.

During the "Hollywood Raw" interview, Crown discussed several misconceptions about paparazzi with entertainment news veteran Dax Holt and New York City photojournalist Adam Glyn.

The men agreed that people buy into paparazzi as the bad guys who are aggressive and sneaking around. However, there's a lot more communication with celebrities and their PR teams or publicists to have their picture or video taken.

Crown explained, "At that time, it was very unique. Celebrities weren't doing Instagram, and they weren't doing TikTok, and they weren't letting us into their lives. Seeing them as humans was a really good PR move for them."

During Crown's time at TMZ, he experienced several encounters with celebrities, from as silly as Sarah Silverman tickling him and fellow paparazzi to an attack from Kayne West, who broke Crown's camera equipment into pieces.

"I love having a camera in my hand, love not knowing what's next. That's what made being a paparazzi like the most fun job I've ever had in my life," Crown explained. "It's a million-dollar experience I wouldn't give 10 cents to repeat."

Crown deems Al Pacino as "the nicest guy" who doesn't seem to know the cameras are even on. Pacino is one to hold court with the paparazzi and somebody eventually has to pull him onto the plane because he just wants to hang out and talk to everybody.

Crown also shared with the *Severna Park Voice* the dichotomy of celebrities and their children. While Jennifer Garner would often thank Crown for not sharing photos of her children, Crown witnessed Angelina Jolie teaching her children not to be afraid of the cameras because it would be a part of their daily lives.

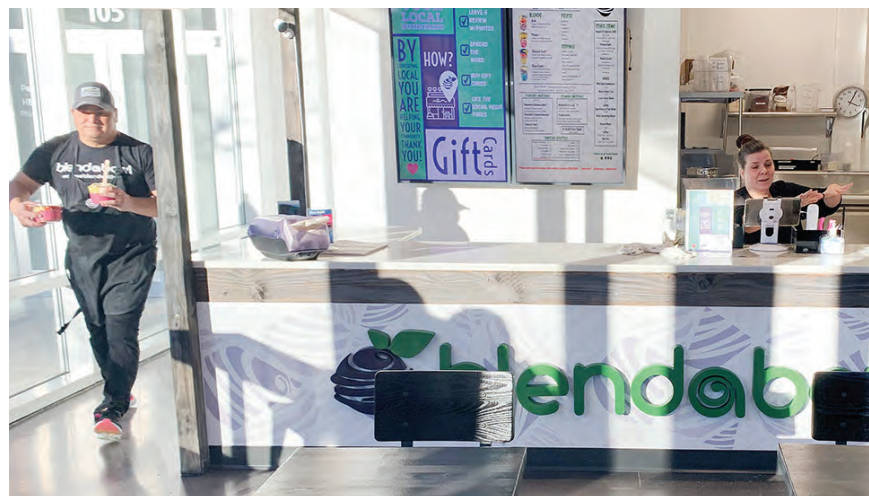
"I'm against the thought of taking pictures of children," Crown explained.

While he never photographed or videoed children, he knew of others in

» Continued on page 45

Dining Out

Dig Into A Bowl Of Sunshine At Blendabowl



Photos by Mary Cobbler

Blendabowl is a café that offers frozen smoothie bowls and traditional smoothies, chili, homemade protein balls, and a variety of grab-and-go items.

Top Right: The passion fruit bowl, with a blended passion fruit base topped with bananas and mangos, tasted like sunshine.

Middle Right: The acai bowl has a base of acai blended with banana and apple juice, topped with granola, bananas and strawberries.

Bottom Right: The vegan quinoa chili with corn, tomatoes and beans, served with tortilla chips, is a filling and savory comfort food.



By Mary Cobbler

"I've got sunshine on a cloudy day; when it's cold outside, I've got the month of May." Remember the old song? You're probably singing the rest of it now, right? That's how I felt at Blendabowl on a chilly February afternoon as I sat with two smoothie bowls, happily tasting both with a wooden spoon. The bright-colored bowls coupled with sunshine streaming in through full-length windowed walls and beachy music transported me from the bitterly cold weather to a beach.

Blendabowl is a café that offers frozen smoothie bowls and traditional smoothies, chili, homemade protein balls, and a variety of grab-and-go items that are all healthy, especially for those who have food allergies and sensitivities.

If you've never tried the smoothie bowls, you're in for a treat. They're somewhere between a smoothie and ice cream but dairy-free. Each comes with your choice of four toppings, including two fruits plus a top layer of crunchy homemade granola. Choose from strawberries, bananas, blueberries, blackberries, mangos

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“The Tindler Swindler” Goes Into The Mind Of A Manipulator

By Audrey Ruppert

“The Tindler Swindler” is Netflix’s newest hot documentary, and for good reason. It shows the audience how, step by step, perfectly rational and reasonable women were able to be conned into forking over hundreds of thousands of dollars to a man they met on Tinder. Many of us likely believe we would never fall for such a scam, but this documentary shows how, like frogs in a pot, we can slowly be led to believe almost anything. In this case, the con man, Simon Leviev (one of many names he used) convinced multiple women that he was the son of a billionaire in the diamond business.

As a true crime aficionado, I can sadly tell you that men like Leviev are a dime a dozen. Some are in it purely for the money (see Hamish McLaren). For others, money is a secondary motive, and the thrill of seducing and manipulating their victims seems to be the primary motive (see “Dirty” John Meehan and Paolo Macchiarini). All of these men were masters of emotional manipulation and were able to use their victims’ vulnerability against them.

While “The Tindler Swindler” is well made and well produced, I found myself wishing the documentary more concretely outlined the warning signs of a con and what to look for. I felt that HBO’s “The Vow” did an excellent job of this — it showed, in much more detail, how one could be sucked into a toxic relationship (in that case, a relationship with the NXIVM cult and its leader, Keith Raniere).

Like Raniere, Leviev employed all the classic tactics — first he “lovebombed” the women by telling them how special they were, showering them with bouquets and gifts, and taking them on fancy dates to five-star hotels and on luxury jets. This would fool the women into believing they were special and convince them that Leviev



had something special as well (in a cult leader’s case, it would be supernatural wisdom; in this case, it would be extreme wealth). He also used the testimony of others to add legitimacy to his scheme, and ensured his internet presence was nothing but positive — another common cult/con tactic.

Then, Leviev would convince the women he was in mortal danger and create a false sense of panic. He could then prey on the women’s sense of guilt and obligation, and also give them a sense of purpose by stating that only those women could save the day and help him. Perhaps an expert could have been interviewed, to more clearly highlight the specific psychological tricks Leviev used, and what to be on the lookout for, as sadly this crime is all too common.

While the documentary did touch briefly on how prevalent victim blaming is, I wish it had gone further — and I also wish a broader commentary had been made about how ill-equipped modern justice systems are to deal with cases of fraud like these. There seems to be a general

Photos courtesy of Netflix

In “The Tindler Swindler,” Ayleen Charlotte (left) shared her story of how Simon Leviev, portrayed by Joe Stassi (below), attempted to con her out of large sums of money. The film shows how some con men use wealth to sway their victims.



attitude among western justice systems that white collar crime is less serious than many other crimes, but the utter devastation fraud leaves upon victims — especially fraud perpetrated through the use of emotional intimacy — deserves to be more seriously punished. In the age of the internet, fraud is one of the world’s most rapidly increasing crimes, yet judicial systems remain stuck in the past and many people still blame victims for being conned, rather than directing their anger at clever and manipulative con men.

Overall, “The Tindler Swindler” is a riveting watch and a cautionary tale that is well worth seeing, even if I feel it could have gone further. It is particularly illuminating to get a look at the exact photos, videos and voice notes sent by Leviev, and get personal insight into the mind of a manipulator. I am glad for this documentary’s popularity, and hope that it will prevent people from becoming future victims.

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Erik Crown Keeps Us Guessing

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the business who participated in set-up shoots for Kim Kardashian and Tori Spelling, where the celebrities would profit roughly 20 to 30 percent of photo sales for their children.

"TMZ often asked us to do stories that I couldn't do," Crown said.

One story was when "Californication" actress Natascha McElhone's husband died of heart failure unexpectedly. McElhone was pregnant with her third child at the time.

"I'll never forget a friend of mine was there, and he was going to take still photos," Crown recalled. "I grabbed his camera and said, 'We just have to walk away. She's in misery.'"

Although Crown is no longer with TMZ, he's taken much of what he learned from being a paparazzi into a career change to documentary film.

"It really taught me the art of interviewing on the fly, shooting in any lighting condition, shooting in any condition possible, always getting your story, always getting your footage," he said.

In the years since leaving TMZ, Crown has successfully transitioned into an award-winning documentary filmmaker, focusing on eco and animal rights-based projects. After learning he has an incurable cancer that cannot be treated, he changed his focus to documentary filmmaking, driven to investigate the environment that had made him sick.

The year was 2005, and Crown was working on the set of the television show "Scrubs" as a production/writer assistant. Following 14 surgeries, chemotherapy, multiple rounds of radiation and continued medication, his type of environmental cancer is nothing like doctors have ever seen.

"It's a non-metastasizing mass around my tailbone, and it grows these tentacles around my organs," he said. "These tentacles will grow, and they will wrap around my critical organs and that will shut me down from the inside."

"It's a terrible experience, but it's a sharpening stone for my soul...if there's a way we can stop environmental cancer or bring attention to them then that's what I want to focus on."

Since his diagnosis, Crown has made documentaries investigating illegal pet

trade in the Amazon rainforest, illegal fishing in South China and corporate waste pollution causing cancer in the U.S. He is certified in plastic pollution management from the United Nations Environment Programme, and aside from his work in documentary, he runs a weekly podcast called "The Conservation Conversation" to examine international issues.

For his latest documentary project, Crown and cancer survivor Stel Bailey will paddleboard the 85 miles of the Mississippi River dubbed Cancer Alley to investigate the toxic environment that creates at least 50 times the national average cancer rate. With over 150 polluting petrochemical plants and oil refineries polluting the air, water and environment, the residents living in these frontline communities pay the price for profits with their lives. Every day, millions of gallons of cancer-causing toxins are released into the water and air in Cancer Alley, Louisiana, making it the most toxic place in America.

In addition to an ecological investigation, Cancer Alley will be a fundraiser. The team behind these efforts will launch a social media campaign running in conjunction with the filming, raising money by per-mile pledges, all of which will be donated to local charities and organizations helping children fighting cancer.

"Every time you think of someone with cancer, it is someone with an IV or feeble...I want kids to think that they can do things," Crown said when explaining the thought behind the paddleboarding, which will be Crown's first venture doing the sport and entail roughly 10 miles each day.

To learn more about the Cancer Alley project or to donate to the effort, visit www.canceralleymovie.com. Updates will also be shared at www.facebook.com/canceralleymovie. Follow along with Crown's personal efforts on Instagram, Twitter, Facebook and YouTube by searching for Erik E. Crown.

"You don't have to do extraordinary things to make a difference in the world," Crown said.

One thing's for sure. Crown is making the most of every moment he has, and his legacy of bringing attention to environmental cancer will live on.

Chronologically Speaking

By Ben Schwalb

A lot of my readers (as if there are more than two of them) want to know how old I am. I'm 59, which might sound a bit old, but it's really not when you consider that it's only 15 Celsius.

Like all aging people, I've lost some physical beauty and abilities. Thirty years ago, people used to tell me that I looked like a god. I still look like a god, only now it's Buddha. My abdominal six-pack has turned into a keg. I can't even touch my toes without the help of some form of artificial arm extension, like, say, a 3-iron.

I become envious when I see young folks jogging or playing sports. Their slim, muscular bodies emphasize how old I'm getting because I haven't been in that kind of shape since Bruce Willis had hair. Occasionally I'll go for a jog in order to delude myself that I'm still as fit as a fiddle. It always starts well: I feel healthy and energetic, and I think that maybe this time I'll break a personal record. This lasts for about 11 seconds. Then I get tired, but I don't dare go back home because I don't want my neighbors to think I'm weird (as if they don't already).

I joined a gym once. After they explained to me that "free weights" aren't gifts to be taken home, I started exercising. It was highly embarrassing to see

young studs benching 350 pounds while I had a 30-pound weight in each hand. If they and I were contestants on "Survivor," they would sit around the campfire laughing about how scrawny and feeble I was and commenting on how much I tasted like chicken.

One time, I saw someone at the squat rack hefting 475 pounds, emitting loud grunts, with the biggest legs I've ever seen. She was scary.

Even the most highly trained athletes are not immune to the aging process. Have you ever been watching the Olympics, and the camera zooms in on a former athlete? The announcer will make some upbeat comment such as, "And here we see Irving Pacemaker, who won the 1932 pole vault. He currently resides at Seizure World Assisted Living Center, and often goes to the bathroom all by himself!"

When I was young, I used to flex in front of the mirror, enjoying the size and definition of my muscles and "V" shape. Now, I don't want to know what I look like. Neither does my mirror. Whenever I stand in front of it, it says, "Oh no, not you again." I don't need my mirror to remind me how old I am — my bladder already does that.

Thank you for putting up with my horrible life story. I hope you read my column next month. If I live that long.

Thalea String Quartet To Perform March 1

The Severna Park-based Anne Arundel Community Concert Association is back with live shows. Next up is the Thalea String Quartet, which will bring its unique, stirring sounds to the Byzantium (2747 Riva Road in Annapolis) on March 1 at 7:30pm.

The Thalea String Quartet brings together artists of Nigerian, Venezuelan, Japanese and Canadian heritage. With repertoire as diverse as its members, and every bit as exuberant,

Thalea connects with audiences on a musical, emotional and personal level, from first-time listeners to chamber music aficionados. Thalea has shared the stage with the Borromeo Quartet in the Mendelssohn Octet, with Pulitzer Prize-winning composer/vocalist Caroline Shaw, with Geoff Nuttall of the St. Lawrence String Quartet, and with pianist Tao Lin. Additionally, Thalea was the quartet-in-residence at Caramoor from 2019-2020.

The show is presented in partnership with Live On Stage Inc. Season tickets for the 2021-2022 concert season are available for \$60 (adults). For more information, visit www.aacconcerts.weebly.com, or call Gale Gillespie (410-647-4881) or Roberta Mason (410-647-6830).

Dig Into A Bowl Of Sunshine At Blendabowl

» Continued from page 41

and pineapple. Then you can go from tame to exotic on your other toppings — from honey, almonds, chia, coconut and nut spreads to cacao nibs, hemp hearts, and bee pollen!

The acai bowl has a base of its namesake fruit. If you're unfamiliar with acai, the purple fruit is considered a powerful, nutritious superfood. Unsweetened, it's got a truly unique taste — subtly tart and earthy. Some say acai tastes a little bit like chocolate — perhaps. Blended with banana and apple juice, it tasted like a combination of sweet, luscious fruits, including grape, apple and raspberry. I chose bananas, strawberries, chia seeds, and coconut for toppings. The mix of textures was a big part of the appeal — crunchy granola (we're talking fresh granola, not your average

store variety), sweet fruit, flakey coconut, and a smooth, creamy base.

I didn't think I'd like the passion fruit bowl. I don't usually favor tropical mixes. For years, acai has been my favorite, but the passion fruit bowl kicked acai to second place, much to my surprise and delight. It featured a blended passion fruit base (an accepted antioxidant) with almond milk and agave, topped with bananas and mango. I picked chia seeds and honey for my toppings. I wasn't sure about the honey, but the server said it really gives the bowls an excellent "finish," and it really did! Mangos and bananas delivered a one-two punch of tropical flavor, and both were perfectly ripened for optimal sweetness. This bowl was tangy and satisfying. I was trying to think of how to describe it when a

waitress stopped by my table and, with a big smile, said, "It tastes like sunshine, doesn't it?" I agreed wholeheartedly. What a great description!

Though it was sunny and warm in my head, I knew I'd have to brave the cold soon, so I ordered a cup of Blendabowl's new vegan quinoa chili, served with tortilla chips. Hot and fresh, the chili, with tomatoes, corn, onions, beans and quinoa, was a combination of savory/sweet. A comfort food, it was warm and filling and felt healthy.

There is a lot to love about Blendabowl and it's an excellent option if you're watching what you eat, because you can control your calories depending on your toppings. There is an astounding array of gluten-free options, and the bowls are dairy-free, so if you're dealing with allergy or tummy troubles, this might

be the place to go.

Two bowls, chili, and a protein ball came to less than \$30. The bowls can make a great breakfast alternative.

Check out the website, www.iloveblendabowl.com, to view the whole menu and preorder. Blendabowl is currently operating on winter hours, sometimes closed on Mondays, so plan ahead.

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What The Changing Market Means For You

Jason LaBarge
Financial Advisor
and President
LaBarge Financial



There is an old expression on Wall Street that says, "Buy on the rumor and sell on the news." I can't think of a better example than this January that illustrates this timeless phrase.

What does it mean? It means that the markets cratered (some cratered harder than others), bounced back and then cratered again. It did this largely in part of the rumor that the Federal Reserve is going to raise rates. While I am confident that rates will increase at some point, we don't know how much or when. Everybody has an opinion on this and conjecture aplenty. AllianceBernstein predicts 6 percent increases over the next three years, according to CNBC! Rumors like that sent the market tumbling as one might expect. On top of that, Russia appears to be invading Ukraine.

None of these things are actual news. The Fed has not raised rates, and Russia has yet to invade Ukraine. Clearly investors get jittery around fear, anxiety and uncertainty. This is not breaking news to any of us. Markets respond negatively to feelings of fear and anxiety all the time. In fact, corrections happen regularly, and it wouldn't be surprising to see continued volatility or more major drops. In 14 of the last 22 years, markets have

dropped at least 10 percent at some point in the year, according to JP Morgan. Think about the significance of that intra-year movement. At some point in 14 of the last 22 years, you looked at your 401(k) or your investment portfolio and you were down more than 10 percent, only to rebound at some point later in the year.

A sophisticated investor should be looking at times like today as an opportunity to buy. Another old Wall Street expression is, "The best time to make money is when there is blood in the street." One could argue there was blood in the streets in January and the beginning of February. The question you should be asking is, what should you be buying in times like this?

First and foremost, you will want to have a balanced portfolio so only a portion of your portfolio is negatively impacted by negative volatility. The part of your portfolio that maximizes corrections like this should be in stocks. I am particularly fond of Fortune 25 companies when you can get them at such a significant discount. Regulations won't allow me to name any specific companies, but we are experiencing significant lows on several major successful American companies.

While we are experiencing increased interest rates, taxes and 40-year-high inflation worries, these are not reasons to panic. The significant news of the past weeks are simply rumors trying to determine what the Federal Reserve is going to do. These rumors have created an

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Chamber Update

Liz League
CEO
GSPACC



restored it to the original splendor.

Gold member: Mike's Pharmacy.

They have opened a new location in Pasadena, and we will be planning a ribbon cutting.

Trillium Wellness. Owners/practitioners Lisa Manning and Carol Heckman have founded this new company and are also the chairs of our newly relaunched wellness committee.

Pura Vida Bowls and Java LLC. We cannot wait to taste their acai bowls and avocado toast.

Betty Batty, Hello Home of Compass. Five-star reviewed agent serving Anne Arundel County.

My Bookkeeping Advisor LLC. In business for 26 years providing tax prep, bookkeeping, payroll services and more.

We also thank the many members who have renewed. We are so proud to have you in the chamber family.

We are excited to partner with the Severna Park Voice to produce our annual **Community Resource and Business Directory.** This year's directory includes all the chamber members; our board members with their pictures; information about the community, local government and more. It will be mailed to 25,000 households and delivered to countless drop sites throughout the year. And chamber members received a 20%

Please give a warm welcome to our newest members:

Silver member: LaBarge Financial. Owner Jason LaBarge recently purchased the historical building on Riggs Avenue and has

discount on advertising, one of the values of membership.

We held a virtual Successful Women in Business networking meeting where we introduced two new chairs, **Jennifer McAndrews of Synergy Home Care** and **Danielle Ortiz of Q Sciences.** We are so proud to have **Nancy Greer of the Jing Ying Institute of Kung Fu & Tai Chi** continue as co-chair.

Our keynote speaker was **Dr. Erica Adams of Blue Sky Wellness.** Dr. Adams has been practicing physical therapy for over 13 years. A graduate of the University of Maryland in 2008, she began her career at Johns Hopkins Bayview Medical Center with a focus on pelvic health. She transitioned to outpatient private practice and has an office in Millersville. She delivered a fascinating presentation on the importance of a healthy pelvic floor for men and women.

February is a busy month for the chamber. Believe it or not, we begin planning for the parade. We held our first meeting to select a theme and grand marshal (to be announced soon). Because this is an election year, we are working to manage the anticipated large attendance of political candidates. It will again be a fun and well-attended event.

We relaunched our wellness committee with our new committee chairs. We have big plans for this group including holding a wellness fair in the community. If you have ideas on topics that are interesting to you, please reach out to me at the chamber.

We held a ribbon cutting ceremony celebrating the official grand opening of **DeMaio Family Chiropractic and Physical Therapy** in Severna Park. DeMaio has four locations: Severna Park, Gambrills, Odenton and Bowie, and is the official chiropractor for the Bowie Baysox.

» Continued on page 48

Severna Park Says Goodbye To A Rare Gem

By Lauren Cowin

Those looking to add new jewels to their vault or repair a timeless piece may want to act fast.

After more than four decades of providing one-of-a-kind jewelry and customer service, Mercado & Associates Jewelry will soon close its doors.

Owner Richard Pfisterer took over from the original proprietor, George Mercado, in 2003. His expertise, warm smile, honest nature and ability to give his undivided attention to every want and need of his customers made his store a fixture in the community.

"After 50 years, I'm finished," Pfisterer said of his retirement.

His lengthy career began at the age of 15, when Mercado himself was at the helm and the store was situated in downtown Baltimore. Seeing an opportunity for a jewelry store in Severna Park, Mercado opened the store we know now in 1978, with Pfisterer at his side. The store has been a fixture in the community ever since.

"He's very honest, and he's very friendly, very fair and when you talk to him you just get a feeling of trust, and for a jeweler, you really need that," said Mary Jo Duvall, sales manager at Mercado & Associates and Pfisterer's fiancé.

His top-notch products and customer service paid off with his client base.

"We know generations. When it first started, we had the mom and dad, then after that we had their kids. I'm getting into grandkids now," Pfisterer said.

Their client base not only spans generations, but geography.

"It's going to be weird to everyone who lives in Severna Park, and then people that have moved away as well because they come back or they mail Richard their things," Duvall said,



Photo by Lauren Cowin

Owner Richard Pfisterer and sales manager Mary Jo Duvall are saying goodbye to customers after closing Mercado & Associates Jewelry, which has been in business since 1978.

noting they have maintained clientele in Washington, D.C., the Eastern Shore, South Carolina and Florida.

Duvall's favorite memory in her

decades at Mercado's happened right in the middle of the store.

"I had one guy actually propose to his wife in the store...I actually cried, I had tears coming down," Duvall said.

For the remainder of February, all non-consignment pieces at Mercado will be 50 percent off. Pfisterer intends to pack up shop the second week of March.

As for what's next? First on the docket is a relaxing summer with good friends at the beach before returning to Severna Park for their next chapter.

Reflecting on his time serving the jewelry needs

of Severna Park, Pfisterer said simply, "I loved it, all the people," to which Duvall added "and the people will miss you, too!"



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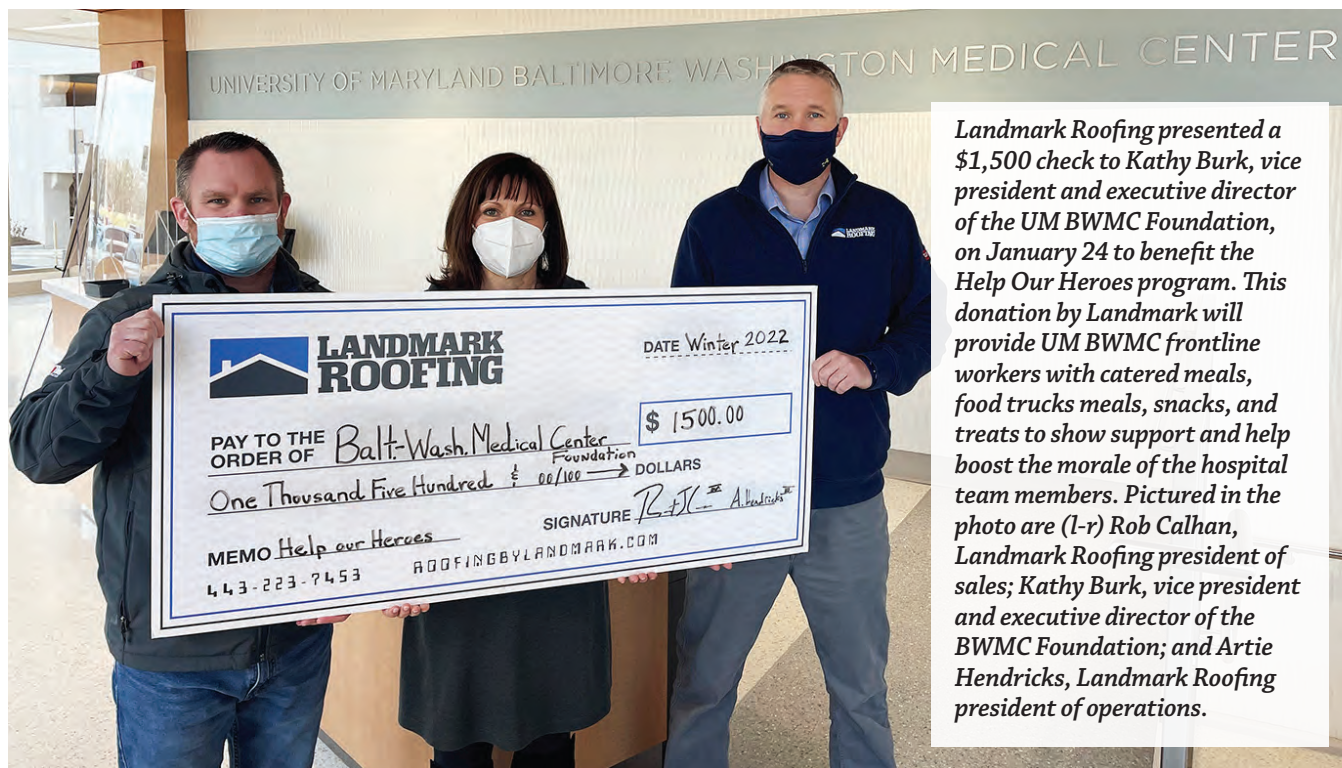
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Landmark Donates \$1,500 To Feed Frontline Workers



Landmark Roofing presented a \$1,500 check to Kathy Burk, vice president and executive director of the UM BWMC Foundation, on January 24 to benefit the Help Our Heroes program. This donation by Landmark will provide UM BWMC frontline workers with catered meals, food trucks meals, snacks, and treats to show support and help boost the morale of the hospital team members. Pictured in the photo are (l-r) Rob Calhan, Landmark Roofing president of sales; Kathy Burk, vice president and executive director of the BWMC Foundation; and Artie Hendricks, Landmark Roofing president of operations.

Chamber Update

» Continued from page 46

Our 2022 new officer installation and general membership dinner will be held at the newly renovated **Romilo's** restaurant in Severna Park. We are honored to have the esteemed **Ben Birge, CEO of the Anne Arundel Economic Development Corporation**, as our keynote speaker. Performing the swearing-in ceremony is Cathy Vitale, and we could not be more excited to have our former elected representative, brilliant Anne Arundel County judge, and great friend conducting this important feature of the evening.

Every month, I conduct a Chamber 101 membership orientation where I talk about the chamber, display some historic photos as we have been in business since 1957, and tell the story about how founder Walter Winkelmeyer's goal was to create a local economy of businesses that would survive and attract more businesses to strengthen our community. When it was then called the Severna Park Chamber of Commerce, Walter invited everyone to participate, from the local feed store owner to the Tupperware ladies.

Our chamber has never been an "exclusive old boys' club" but has always been a strong advocate for the freedom to create a livelihood through owning and operating a small business. In fact, a woman was board president as early as 1961, and our chamber had the first Black female board president in Maryland in 1980.

Please check out our website calendar for upcoming events (www.gspacc.com) and our Facebook page. You can reach me at ceo@gspacc.com or 410-647-3900. Thank you for buying local and shopping small!

What The Changing Market Means For You

» Continued from page 46

immense buying opportunity to get assets at discounts, and to follow the old expression, would mean to then sell those assets when the actual news of the interest rate change happens. In my experience, rumors create more anxiety and worry than actions do.

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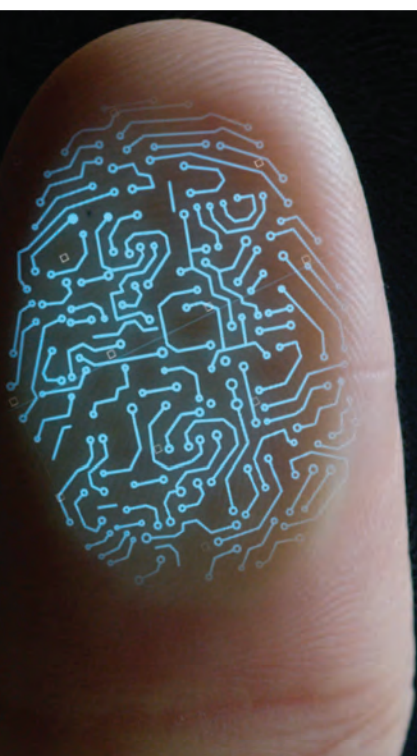
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BUSINESS SPOTLIGHTS



MARK FLEMING
PERSONAL TRAINER

My Story

Growing up, I was always regularly active as a child. I played sports year-round and always had a passion for anything related to fitness. Once I went to college, I had the idea of getting into business and being a manager of a gym, working in a corporate setting by helping people with their workouts and nutrition.

While in college, I switched majors twice and was still unclear of the path I wanted to take until I took anatomy and physiology. That class changed the course of what I wanted to pursue in life, and I never looked back. I graduated with honors with my bachelor's degree in exercise science and with my master's degree in applied health physiology.

While pursuing my master's degree,

“

Iron Will ... Never Quit.”

—**MARK FLEMING**



I used my spare time as a fitness staff member to gain experience working at the Big Vanilla/YMCA. During my beginning months there, I was unsure this position would lead me into my full-time career. It was not until my director at the time approached me with a proposal to work in a group exercise setting offering members five-minute core workout routines. Shortly after, I started to become well known around the gym for my core exercises. I obtained my ACE personal training certification and began

working one on one with clients as well as providing small group training. This very opportunity is the base of my journey today.

Fast forward 15 years, I am now the owner of a successful health and fitness studio! Working with all fitness levels, thriving at group training for everyone is my strong suit. I have been blessed during this journey with a continuously growing clientele that has supported me and believes in all that I do. My client's growth, development and hard work have made my

three|2
HEALTH & FITNESS

job fulfilling. I try to teach everyone to have the mindset to be strong, bold, and determined toward their health and fitness goals. I customize every workout, ensuring each client is accommodated. My goal is for everyone to get the best workout possible for their needs, regardless of their fitness levels or physical restrictions.

I have worked with clients who lost 100 pounds in nine months and who became injury free. I want to help people identify the barriers that get in the way of being healthy and fit. Once we identify those, they can break barriers and reach their full potential.

My words to live by: “Iron Will ... Never Quit.”

Three-2 Health & Fitness Studio is located at 770 Ritchie Highway, Suite W11, in Severna Park. The studio is also unique because it offers active shooter training and self-defense training. To learn more about Three-2 Health & Fitness studio, call 443-915-4154, visit www.three2healthandfitness.net, or follow the studio on Facebook and Instagram.

Hello Home Of Compass Helps Families Transition To An Exciting New Chapter

By **Zach Sparks**

When Hello Home of Compass works with clients, the team does more than facilitate the process of buying or selling a home. They help families get the keys to a new chapter.

“Many live here for the lifestyle — living by the Chesapeake Bay and close to Baltimore and Washington, D.C.,” said Realtor Betty Batty.

Hello Home of Compass' three-person team includes Batty, along with real estate agents Kate Liscinsky and Whitney Jerdal.

Hello Home helped 120 clients buy or sell a home in 2021. Batty has also been recognized by Real Trends as one America's Best and has been honored with many other national and local awards.

Prior to embarking on a career in real estate, Batty spent more than 13 years fundraising, event planning and managing budgets for a national nonprofit.

“I've always wanted to own my own business and to help others,” said Batty, who has worked in real estate for 12 years.

All three team members are experienced real estate agents and live in either Severna Park, Arnold or Annapolis, giving them a great understanding of the area's resources and amenities.

“We bring an elevated experience to real estate, and our customer service is exceptional,” Batty said.

One example of the team's emphasis on customer service is they work with professional organizers, junk haulers and contractors to prepare people for their move.

“We work at all price points with buyers and sell-



ers,” Batty said. “We help a lot of people relocating and connect them with whatever they need. We worked with 14 agents in other areas last year. We interviewed them to make the process smoother for the client.”

Hello Home of Compass guides clients through the entire process from the initial consultation through settlement and beyond.

Batty, Liscinsky and Jerdal treat their clients like family and offer personalized service.

“We don't take on more than we can handle,” Batty said. “Communication is very important to us as well.”

Batty is passionate about giving back to local communities and owning a small business in the area is a natural fit to giving back along with philanthropy. She coordinates the Warming Communities Coat Drive each fall, local diaper drives, serves on the Linstead community board and is an active member of local nonprofit organizations. She is also a proud graduate of the University of Maryland, a member of the Terrapin Club and a lifetime member of the alumni association.

“We really help people transition from one chapter in their lives to another,” Batty said. “And it does not





Realtor Betty Batty and her team helped 120 clients buy or sell a home in 2021.

end with that transaction. We're their advisor for the rest of their life. Whether they are looking for someone to renovate their kitchen or they want to find a landscaper, we can help.”

For more information, visit www.hellohomeofcompass.com or find Hello Home of Compass on Facebook, Instagram and Pinterest. Contact Batty at 410-429-7425 (office), 301-832-7609 (cellphone) or betty.batty@compass.com.

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Women May Need Financial Catch-Up



Brian M. Conrad
CFP, Financial
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It's unfortunate but true: If you're a woman, you face more obstacles than men in achieving financial security. And that means you may need to put in extra effort. Just how serious is your challenge? For one thing, women still face a gender pay gap — based on median incomes, women earn about 82 cents for every dollar a man makes, according to the U.S. Census Bureau. This pay gap amounts to a nearly \$470,000 difference in lifetime earnings, according to an Edward Jones/Age Wave study. Furthermore, when factoring in the career disruptions women face because of caring for children and elderly parents, that \$470,000 becomes a \$1.1 million lifetime earnings gap, accord-

ing to the study. Finally, women tend to live longer than men, meaning their lifetime earnings must last longer. Everyone's situation is different, but these figures at least point to the challenges many women encounter. To help yourself, consider these moves: *Pay yourself first.* You always have to pay your bills — but, at the same time, pay yourself by moving money automatically from your checking account each month into a low-risk, liquid vehicle, such as a money market account or some type of cash management account connected with your investment portfolio. This move can help give you a "bucket" of money to use for any reason, such as the need to step away from your job to care for children or aging parents. *Increase your 401(k) contributions each year.* If you have a 401(k) or similar employer-sponsored retirement plan, take full advantage of it. At a minimum, contribute enough to earn your employer's match, if one is offered, and increase your contributions every year,

or every time your salary increases. *Fully fund your IRA.* Even if you contribute to a 401(k), you may still be eligible to invest in an IRA — and you should. You can put in up to \$6,000 per year to a traditional or Roth IRA, or \$7,000 if you're 50 or older (however, a Roth IRA has income limitations that may prevent you from contributing the full amount). *Learn about Social Security options.* Because Social Security provides a lifetime income stream that includes cost-of-living increases, it can help mitigate two key risks you face in retirement: longer life expectancies and inflation. You can start taking Social Security as early as age 62, but your monthly checks will be significantly larger if you wait until your "full" retirement age, which will likely be between 66 and 67. If you delay taking benefits beyond your full retirement age, your payments will increase by 8% per year, until age 70, when your benefits max out. You'll also want to learn about spousal and survivor benefits, which

can affect how much you'll receive. *Get help.* You may be able to benefit from working with a financial professional, who can evaluate your situation, make investment recommendations, and help answer questions you may have, such as, "What moves can I make so I can afford to become a caregiver for an elderly parent?" Hopefully, there will be a day when women won't have to play financial catch-up. For now, though, use all the means at your disposal to help yourself.

Brian Conrad is a certified financial planner and financial advisor with Edward Jones. His office is located at 479 Jumpers Hole Road, Suite 202, in Severna Park. To learn more, call 410-544-8970, email brian.conrad@edwardjones.com or visit www.edwardjones.com/brian-conrad.

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