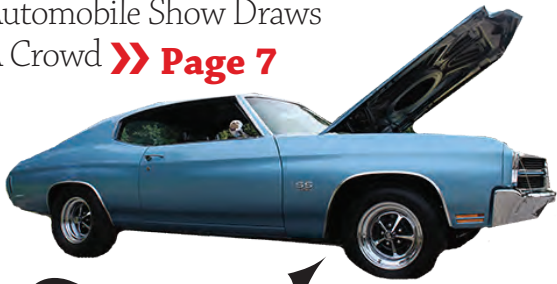


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A Crowd >> **Page 7**



SPark Players,
Coaches Reflect On
Program's Legacy
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AUGUST 2022

Restaurants Navigate Supply, Staff Shortages



Employees at Blackwall Hitch, Smashing Grapes and other Anne Arundel County restaurants are trying to stay positive despite working long hours and dealing with supply shortages.

By Zach Sparks
zach@severnaparkvoice.com

Average menu prices nationwide increased 7.7% between June 2021 and June 2022, the highest 12-month increase since 1981, according to the Bureau of Labor Statistics.

Restaurants are not alone in their challenges. Over that same one-year period, grocery store prices jumped 12.2% for the largest 12-month increase since 1979.

Restaurant owners are faced with supply and staff shortages, along with a rise in shipping because of fuel costs.

Cafe Mezzanotte owner Kosmas "Tommi" Koukoulis called 2022 "a nightmare."

"For us, we ask for the price of something, where it's from, and how it was raised or grown," he said. "With COVID, the price question doesn't even get asked. We're just grateful to get products."

Shortages are not limited to food but also basic supplies including carryout boxes and napkins. Koukoulis has had trouble ordering staple ingredients like

Prosciutto and imported cheeses. "Even something as simple as chicken breast," he said. "We use organic chicken breast, so maybe that makes it harder to get, but we have never had an issue where we could not get chicken for a week."

Sometimes, he is given no notice that an item is not being delivered.

"Usually it's when the delivery comes," he said when asked when he learns some items were not delivered. "All of our commercial distributors are experiencing the same thing, so we can't hold anyone accountable because it's happening across the board."

It's a problem for everyone in the industry, according to Titan Hospitality Group CEO James King. He oversees Blackwall Barn & Lodge in Gambrills, Blackwall Hitch in Annapolis and Alexandria, Virginia, and Smashing Grapes in Annapolis and Gambrills.

"One month, we may struggle with getting jumbo crab meat where it's going >> **Continued on page 10**

Heroes Of Severna Park Plans To Add Vietnam Veterans Memorial

By Emily Allgair

Two years ago, the Gold Star Memorial adjacent to the B&A Trail was dedicated to Severna Park soldiers who lost their lives while on active duty in Afghanistan or Iraq. This year, the Heroes of Severna Park organization hopes to add a memorial for the three Severna Park soldiers who died during the Vietnam War.

Planning to build once their permits are approved, Heroes of Severna Park would like to put a 35-foot flagpole to the left of the current gazebo memorial, parallel to the trail. This flagpole would have uplights, allowing the American flag to fly every day for 24

hours, with each flag being retired and replaced every 120 days per U.S. Flag Code.

With local volunteers keeping up with such regulations, including those that establish when flags should be lowered to half-mast, the memorial will also include four stones, each with its own plaque. The first plaque will explain the Vietnam War, which lasted from 1954 to 1975. Three of the plaques will be dedicated to the men who gave the ultimate sacrifice: Charles Arthur Bedsole, Richard Edmund Nitsche Jr. and Ronald Joseph Britz.

Fundraising efforts previously consisted of selling T-shirts and pocket constitutions, but this year's fundraising efforts are more personal. For \$100, individuals can purchase a brick with their name to be laid at the base of the flagpole. A donation form is located on the Heroes of Severna Park website. Heroes of Severna Park is hoping to raise close to \$22,000 to build this memorial by September 11.

"I think it would be fantastic to have a memorial to honor the fallen that >> **Continued on page 10**

Anglers Lure Big Fish, Bigger Prizes

By Judy Tacyn

Hitting the beach, relaxing in a sand chair and listening to waves gently crash is a popular summer activity in our area, but for a special group of big fish anglers, their preferred view is from on the water, on the waves, often many miles away from the shore.

From July 8 to July 10, hundreds of fishermen and 109 boats launched from Ocean City to the deep waters of the Atlantic to participate in the 35th annual Ocean City Tuna Tournament, hoping to cash in on a portion of the \$1.1 million total purse. The weather was great both days, overcast with light to moderate winds.

Hot Spot, an Ocean City based boat that includes anglers from Severna Park and Pasadena, was among the fleet. The crew consisted of captain Kenny Antkowiak, and his team of Ole School Anglers: first mate Vinnie Legambi, Mike Foreman, Sasha Serpa, Mike Runkles, Rich McCollough, Paul Suplee and Chris Snell. Foreman, a Severna Park resident, has been fish- >> **Continued on page 10**



Severna Park resident Mike Foreman and the Ole School Anglers finished in 10th place at the Ocean City Tuna Tournament in July after catching a 184-pound fish.

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Margueritte Mills Volunteers Of The Month

Student Honored For Finding Missing Person

By Sharon Mager

It won't show up on a resume or a list of accomplishments, but one teen's act of kindness made a difference for a peer in distress.

Arnold resident Ethan Teague was recognized during the Anne Arundel County Police Department's awards banquet in June for his help locating a missing young man. Anne Arundel County Police Chief Amal Awad and District 5 Councilwoman Amanda Fiedler made the presentation during the banquet, which was held at Live! Casino & Hotel in Hanover.

The incident occurred last October 22 when Teague was a senior at Broadneck High School. Teague's mother, Melissa Angelis, saw a Facebook post about a missing student who was in Teague's graduating class and shared the information with Teague. He knew who the boy was, though he didn't know him well.

Teague was surprised when he passed the missing boy while out driving on a cloudy evening.

"I was bored and driving around before a football game," he said. "I was on some back roads and saw him at a stop sign; then he drove past me."

Teague did a double take before



Anne Arundel County Police Chief Amal Awad (left) and District 5 Councilwoman Amanda Fiedler (right) thanked Ethan Teague for his efforts during a police awards banquet at Live! Casino & Hotel in June.

following the car.

Angelis said, "He called me and asked me to read him the license plate." It checked out. Teague told his mother, "I'm behind this kid!"

"I called the police and told them where I was, where I found him, and that I was still following him," Teague said. "I kept updating them on where he was going and what he

was doing.

"I followed him along St. Margarets Road, and to Blue Star Memorial Highway. He got out and walked toward the Navy Academy Bridge."

Teague parked and continued to update the police before he saw several police cars driving to the bridge.

Angelis said, "[Teague] acted quickly. He did the right thing."

A police officer approached Teague, got his information, and sincerely thanked him.

Angelis is proud of Teague, and happy the boy was found. She said her heart had been breaking for the missing boy and his family. "As a parent, it's scary! To think one of your family members is missing —

there's desperation, and you just hope someone sees him, and that they haven't gone too far. Fortunately, this young man stayed on the peninsula."

Teague saw the boy at a sports banquet after the incident, and later, both young men walked the stage for graduation. Teague never divulged the boy's name to his friends. Teague graduated from Broadneck High School in June. He will attend Anne Arundel Community College and major in business management when the fall semester begins.

Dial 988: New Three-Digit Dialing Code For National Suicide Prevention Could Save Lives

Since mid-July, individuals can now dial 988 and be connected to mental health support. Similar to a person dialing 911 when in danger or physically injured, anyone in the United States can call or text 988 to talk to mental health counselors with the existing National Suicide Prevention Lifeline. Users will also have an option to text 988 or use the chat feature.

"Access to care is such an important component of crisis services. Changing to this number, which is easier to remember, will help ensure that more people get the help they need, when they need it," said Adrienne Mickler, executive director of the Anne Arundel County Mental Health Agency.

The new, easy-to-remember code puts callers in touch with free and confidential support. The 988 number will be confidential, free and available at all hours, connecting those experiencing a mental health, substance use or suicidal crisis with

trained crisis counselors.

In the past, people seeking help would dial 1-800-273-8255. That number will still be available for people in need, as well as those concerned about loved ones, even after the new code becomes active. Until then, call the current number or contact the lifeline through an online chat.

“Changing to this number, which is easier to remember, will help ensure that more people get the help they need, when they need it.”

— ADRIENNE MICKLER
EXECUTIVE DIRECTOR
ANNE ARUNDEL COUNTY
MENTAL HEALTH AGENCY

The lifeline provides live crisis center calling services in English and Spanish and uses Language Line Solutions to provide translation services

in over 250 additional languages. Text and chat are currently available in English only. The lifeline currently serves TTY users either through their preferred relay service or by dialing 711 then 1-800-273-8255. Lifeline is in the process of expanding to video phone service to better serve deaf or hard of hearing individuals seeking help through the lifeline/988.

Anne Arundel County residents in crisis can still access the Anne Arundel County community warmline at 410-768-5522 to receive help and resources.

What does this mean for Marylanders?

When someone in Maryland calls 988, the call is routed based on the caller's area code. For those calls routed to Maryland, the call is answered by one of the eight strategically located call centers. These centers provide phone-based support and information regarding local resources.

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WHY ALL THE STOCK SPLITS?

It seems everywhere we turn, a big name company is executing a stock split. Why is that? What does it mean for the market and investors?

Read more about my thoughts on stock splits, and come in for a complimentary consultation to learn how you can plan for your golden years!



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MILITARY SPOTLIGHT

Abe Graduates U.S. Merchant Marine Academy

Emily Grace Abe of Arnold recently graduated from the United States Merchant Marine Academy (USMMA) at Kings Point, New York. Abe earned a Bachelor of Science degree and a commission in the U.S. armed forces. She also earned a Merchant Marine officer license, qualifying her to serve as an officer on any ship in the U.S. flag merchant marine.

The United States Merchant Marine Academy is one of five U.S. federal service academies. It educates and graduates licensed Merchant Marine officers to serve the nation during peace and war. In addition to the rigorous academic and physical requirements for admission, applicants must be nominated by their congressman or senator. Abe was nominated by Senator Ben Cardin.

All USMMA graduates incur an obligation to serve the United States. The U.S. Flag Merchant Marine – manned exclusively by American mariners – is essential for securing the country's commerce in peacetime and delivering warfighters, weapons and military supplies in times of conflict. Most "Kings

Pointers" serve for eight years as Navy reservists in the Strategic Sealift Officer Program while working aboard U.S. flag vessels; others will serve on active duty in the U.S. armed forces.

By virtue of their elite training and real-world experience, graduates are ready to go on day one in service of American military strength and economic power. As part of her four-year education, Abe spent one year training as a cadet aboard ocean-going vessels.

The academy welcomed Secretary of Transportation Pete Buttigieg as the commencement speaker. Buttigieg told the graduates, "This academy, which trains and educates the majority of our strategic sealift officers, is vital to our national security. And the academy, and your service as mariners, SSO's, and members of the armed forces, might well be as important as ever in our history."

Dedicated during WWII, USMMA has since served the nation in both peace and war. Learn more at www.wearetheusmma.com.

For more information about the academy, visit www.usmma.edu.



Emily Grace Abe earned a Merchant Marine officer license, qualifying her to serve as an officer on any ship in the U.S. flag merchant marine.

Chamber, Sponsors Celebrate Parade Winners



The Severna Park Fourth of July parade was full of community spirit and creativity. To congratulate the winners, the Greater Severna Park and Arnold Chamber of Commerce found sponsors who gave \$500 to each of this year's winners, who were chosen by a panel of judges following the parade. Linstead won Best Theme and a prize sponsored by Budding Voices and owner Tiffany Erler. The Nathaniel McDavitt Memorial Flag and Cub Scout Pack 855 won the Most Patriotic award, sponsored by Ryan Sneddon of Naptown Scoop. Best Overall went to the Olde Severna Park Association, whose award was sponsored by JB's, Park Tavern and the 206 Restaurant Group.

Dear Neighbor,
It has been an honor to serve you on the Anne Arundel Council for the past few years. Together, we faced unprecedented challenges to our families and businesses. As we work together to recover and strengthen Anne Arundel's economy, education, safety, and environment, experienced leadership is important for our community. I do not take your support for granted, and have been a strong and effective voice for District 5. I look forward to continuing to represent your priorities on the County Council for the next four years.

Amanda



Amanda Fiedler brings her background and experience to be our voice on the County Council

- Born and raised in District 5
- Graduate of Broadneck Senior High School; B.A from Salisbury University
- PTO Board Member for a local elementary school
- Patient & Family Advisor – Women's and Children's Unit at AAMC
- Member, NICU Quality Control Council
- Member, Greater Severna Park and Arnold Chamber of Commerce
- Awardee, Baltimore Sun "25 Women to Watch"
- Fellow, Academy for Excellence in Local Governance
- Member, Taxation Subcommittee for the Maryland Association of Counties

Keep **AMANDA FIEDLER** on the

ANNE ARUNDEL COUNTY COUNCIL



WORKING HARD. REAL RESULTS.

As a working mom and County Councilwoman, Amanda Fiedler understands the needs and priorities of our communities. Her accomplishments over the past 4 years are a foundation for her goals for the next four: Strengthening our economy, supporting our communities, ensuring safer neighborhoods, and improving the quality of life for our families, including:

- Sponsored legislation to create and expand local job opportunities
- Consistently opposed tax hikes and wasteful government spending
- Reduced taxes on our families, veterans, and public safety officers
- Cut red tape for local businesses and strengthened the business climate
- Secured funding to improve 911 call center
- Making our streets safer, including increasing pay to recruit and retain law enforcement
- Serving as a voice for students, parents, and teachers to strengthen our local schools
- Supporting more Student Resource Officers in schools
- Improving mental health care for youth and adults
- Protecting our waters, preserving open spaces, and supporting increased forest protections
- Promoting smart growth with new regulations for increased transparency with developers and development
- Fostering road safety for pedestrians and drivers with improved infrastructure and reduced traffic



Learn more about these issues and other priorities of Amanda at www.VoteForFiedler.com or contact her at fiedlerdistrict5@gmail.com

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National Night Out Strengthens Community Bonds



Photos by Zach Sparks

The Eastern District National Night Out welcomed families to Earleigh Heights Volunteer Fire Company on August 2 to enjoy games, learn about public safety equipment and vehicles, and meet first responders and community members.

Car, Truck And Bike Show Takes Guests Back In Time

Photos by Victoria Baker
Car enthusiasts gathered at the Columbian Center on July 31 for the eighth annual car show organized by the Knights of Columbus, Holy Trinity Council 3413.



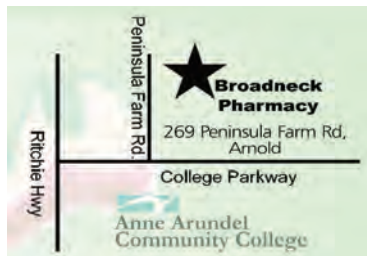
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Lauren Burke Meyer



It was August 2018, and my tiny family decided to start a new tradition. I say "tiny" because my first-born daughter, Charlotte, was only 8 weeks old when we decided to do our first family beach day at

Bethany Beach in Delaware.

We were a little over two hours from our home, and our plan was to leave around 7:00am, enjoy the beach for the day and then head home by 4:00pm. We'd arrive home in time for dinner.

We could still see our home when Charlotte spit up all over herself. A quick run back inside, wardrobe change, and we were back on the road. Naturally, we thought that might be a terrible omen and momentarily considered throwing in the (beach)

towel. However, we pressed on. Boy, I'm glad we did.

Preoccupied with packing a tent for sufficient shade, diaper bag, nursing pillow, cooler, beach chairs, stroller and extra clothes for all three of us, I forgot to bring my sunglasses. Thankfully, my husband had an extra pair stashed in our car.

Shockingly, I remember relaxing and reading more during this beach day than others in the past four years. There's something beautiful about being new parents and not overthinking what you do or don't do. So much has changed since the pandemic for all of us, but I hope we can all still find moments of spontaneity and pure joy.

Beach day continued in August 2019. We returned not only to Bethany Beach but also went to The Penguin — an adorable restaurant — for lunch again. This year, Charlotte waved at every waiter, waitress and patron of the restaurant.

The previous year, Charlotte shrieked when we dipped her toes in the water.



Lauren Meyer and her family prepared for a beach day.

However, in 2019, she kept running into the waves laughing.

Our family hoped to continue the tradition in 2020, but it was the first summer of the COVID-19 pandemic. It wasn't the most ideal summer for travel.

In 2021, we still didn't feel the greatest about using public restrooms now with

Lauren's Law: Beach Day

two young kids. Even during a non-pandemic timeframe, navigating restrooms with little ones doesn't sound appealing either.

Alas, beach day will return this year with a slight twist. My Mother's Day gift from my husband was my own solo beach day. I'm thrilled with the idea of not needing a packing list, being on my own schedule and reading all day while listening to the waves. However, I'll probably miss my family, especially during my visit to The Penguin. I'll probably head home early.

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

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Heroes Of Severna Park To Add Vietnam Memorial



The Heroes of Severna Park organization wants to place a Vietnam veterans memorial next to the Gold Star gazebo that is located parallel to the B&A Trail.

» Continued from page 1

may have grown up here in Severna Park," said George Nardone, a Vietnam War veteran who enlisted in the military in 1965 and survived over 250 combat missions as a flight engineer and C-130 pilot.

"Anything that can be done to remind people of what the military does for everybody is pretty important. I don't think we get enough credit for what we do," Nardone said. "So it'd be great to have people be aware of the sacrifices that we do make in the public's interest to protect our country and to protect our people," he added.

Like the plaques of the Gold Star Memorial gazebo, Heroes of Severna Park hopes to create meaningful plaques at the flagpole. This would mean finding where these men went to school in Severna Park, any extracurriculars that they might have been as involved in, and any of their hobbies and interests.

"Seeing the connection that is made when kids realize that they went to the same elementary school as these soldiers is so important," said Tom Lindsay of Heroes of Severna Park. "It shows that these men mean something to these kids, even if they didn't know them personally."

Hoping to create the same sense of relatability and recognition of these Vietnam veterans, Heroes of Severna Park asks anyone who knew these three men, whether they be friends, family members or classmates, to contact Lindsay at tom@heroesofsevernapark.com.

For more information about how to donate or about the memorial, visit heroesofsevernapark.com.

Restaurants Navigate Shortages

» Continued from page 1

from \$20 or \$30 a pound to \$68 a pound. One month there was a beef and cattle issue," King said. "There is also a trucking shortage, so there are times we couldn't get produce because the produce is sitting at the border, rotting.

"You might order green beans and get broccoli," King said. "It's a daily adjustment. Instead of saying something is served with asparagus, you're saying it's served with a seasonal vegetable."

Staff shortages are equally problematic. Many workers were forced to find other employment during the COVID shutdown.

"Because everybody is short and everybody is hiring, it tends to make for a more challenging workforce," Koukoulis said. "It's harder to find good people."

Cafe Mezzanotte lost one chef, one manager and other employees who were vital to the team.

King said he is fortunate to have about 85% of his positions filled at his restaurants, but the remaining gap has caused some employees to work six-day weeks or pick up double shifts. Managers are stepping in to help whenever they can, waiting tables or taking out the trash. When they feel it is necessary, managers will take other steps.

"We will limit seating capacity or close a section," King said. "You're leaving money on the table, but you also have to be conscious about your brand. If 100 customers have a bad experience, regardless of supply chain or staffing issues, they won't come back."

Both Koukoulis and King understand that the rising costs are hard for customers to afford.

"We can't absorb all of the cost," King said. "Do you charge more for the burger? You need some price sensitivity and people can't afford a \$20 burger."

While navigating those challenges, restaurant owners are trying to keep employee morale steady. King said his restaurants give surprise gift cards to employees, but a process they started three years ago has also helped them remain positive despite their circumstances.

"The culture is something we start and finish with every day," King said. "We talk about the challenges, successes and what we're all doing. Who is doing well? Who needs help or is dealing with something at home and how can we support them? We want them to come to a place where they are respected and cared about. That, to me, is the key to our success and how we are able to navigate through this."

The end may not come soon, but with the community's help, restaurants will survive.

"It's exhausting for six months at a time to apologize for being out of a product or to call an audible the day of, four days a week, because we can't go with our plan A," Koukoulis said.

When asked how customers can help, he said, "Be kind to staff. If they're here, they're doing the best they can do, and we don't have the resources we had two years ago."

Anglers Lure Big Fish, Bigger Prizes

» Continued from page 1

ing since he was a boy and joined the Ole School Anglers six years ago.

"Fishing is pretty intense with days of preparation, including lining up rods to prepping ballyhoo (bait)," Foreman said. "The day starts around 3:30am as anglers arrive. It's about a three-hour run to [fishing locations]."

Once at the location the captain has chosen on his radar and Garmin, the team must wait until 7:00am to drop lines. Hot Spot will fish with seven to 11 rods at once, trolling plastic plugs and other various lures topped with ballyhoo natural bait. The lures must be placed precisely as they cannot tangle when turning the boat.

There are strict guidelines on how far north and south a boat can fish, and the times are precise, as well. Lines go in at 7:00am and come out at 3:00pm, with no exceptions.

Once a fish or multiple fish "hit," the fight is on and it's up to the first mate and the anglers to clear lines to allow the fight to continue. Some battles can last for hours depending on the size of the fish. When one angler is trying to bring in a fish, it's important for the anglers not fishing to assist the ones fighting the fish.

"On day one, we were the second to

last boat to weigh-in a big eye tuna, and ours was first until the last boat weighed in," Foreman said. "So for an hour, we were the No. 1 boat with the possibility of a \$400,000-plus check."

Hot Spot ultimately finished in 10th place and cashed a check for just over \$12,000 to divide between the anglers, mates and captain.

Foreman's fish weighed 184 pounds and took him 75 minutes to reel in.

"Our team is very social and friendly toward each other, but when a fish is on, it's very serious and stressful at times," he said.

Imagine trying to pull a fish weighing as much as a man using only a fishing line and rod, while the fish is actively and forcefully swimming in the opposite direction. The strength required of anglers and their equipment is immense. Any lapse in an angler's form or an equipment break will result in the loss of the fish.

"Tournaments are exciting because you never know if you are going to be the one hooking the biggest fish and win the purse, which can be as high as millions of dollars," Foreman added.

Talkin' Trash, a boat captained by Chris Little of Pasadena, placed first in the Heaviest Stringer category (535 pounds, two-day total) and second

place in the Single Largest category (256 pounds) and received a check for \$316,042.

Little, the Talkin' Trash boat owner, runs a fishing charter business out of Ocean City and said the popularity of the sport keeps his schedule booked from June 1 through September 30. When he's not chartering, he's in a tournament. He will use the payout for boat maintenance.

"We struggled on day one but did much better on day two when we caught four," Little said. "You just have to hope you read the water charts and radar properly and find a good place to drop your lines."

Hot Spot will fish two to three tournaments a year, which include the Tuna Tournament, the White Marlin Open, and often one other.

"We usually buy in at \$15,000 to \$25,000 per tournament, which will get us into several different classes, including Largest Tuna, Largest Stringer, Largest Bill Fish, small boat or large boat classes," Foreman said.

"This was the first time me and a couple other anglers have been to the scales and had the opportunity to hold first place for a time out of over 100 boats," Foreman said. "It was a thrill of a lifetime, and we will never forget it."



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Earleigh Heights Volunteer Fire Company Needs You

By Anne Rutherford
Administration Member, EHVFC

Thank you all for coming to the carnival this year. We had a few weather interruptions, but we saw so many smiling faces having fun and enjoying being with their friends and family. And we saw a lot of those cowboy hats you won if you went a minute on that mechanical bull. You never know what will show up at the carnival. We hope you got some good time in with the police departments for National Night Out.

We have more incredible events happening at Earleigh Heights Volunteer Fire Company. Check out our website, www.ehvfc.org, or our Facebook page. Our Sportsman Bash will be on Saturday, September 17, with doors open at 11:00am for the event from noon to 4:00pm. Join us for all the food, beer and soda you can consume. There will be cash prizes, guns, ammo, fishing gear and more. We are raffling a 2022 Polaris Sportsman 450 EPS ATV. An entry ticket is \$60 with additional raffle tickets at \$30 each. The ATV raffle tickets are one for \$25 and three for \$50. Tickets can be purchased online at ehvfc-fundraising.square.site/sportsman-bash. Or purchase tickets in person at Food Truck Tuesdays from 4:00pm to 8:00pm and at Wednesday bingo from 5:30pm to 9:00pm.

Please plan on attending our open house on Saturday, October 1. At our last open house, we had that amaz-



Makinna Olmstead is an EMT, Russian linguist for the Navy, and a full-time student in a medical school preparatory program run by the Uniformed Services University of the Health Sciences.

“All of these events are put on to support the firefighters and emergency medical technicians (EMTs) who serve our community.

— ANNE RUTHERFORD

ing reveal of the new rescue squad. We will do something else special for October 1. October is Fire Prevention Month. This year's theme is “Fire Won't Wait, Plan Your Escape!”

And you will see our great volunteers at the Anne Arundel County Fair this year. EHVFC is staffing the first aid booth. Stop by our recruitment booth at the fair or attend our open house.

All of these events are put on to

support the firefighters and emergency medical technicians (EMTs) who serve our community. We have career support at the station and volunteer support. We want to introduce you to one of our volunteer EMTs: Makinna Olmstead.

Makinna, a Russian linguist in the Navy, is married and has two dogs. Her husband is also a Navy linguist. Makinna is currently a full-time student in a medical school preparatory program run by the Uniformed Services University of the Health Sciences. She joined Earleigh Heights Volunteer Fire Company in January 2021 because she had just moved to Severna Park and was looking for a way to get involved with the community. Makinna thought that being an EMT would be a great way to get medical training while being able to volunteer in the local area. She had only CPR training.

Makinna believes balancing volunteer efforts and being in the military is tough, but EHVFC is really great about allowing its volunteers to have flexibility. She volunteers when she can, after work or on the weekends.

Originally from Eagle River, Alaska, most of Makinna's family is back home, however, her mom is also in the military and currently stationed in Virginia.

Makinna loves to take her dogs hiking or to the dog beach at Downs Park. She also volunteers at a therapeutic riding center as a horse lead and teaches CPR classes in Baltimore.

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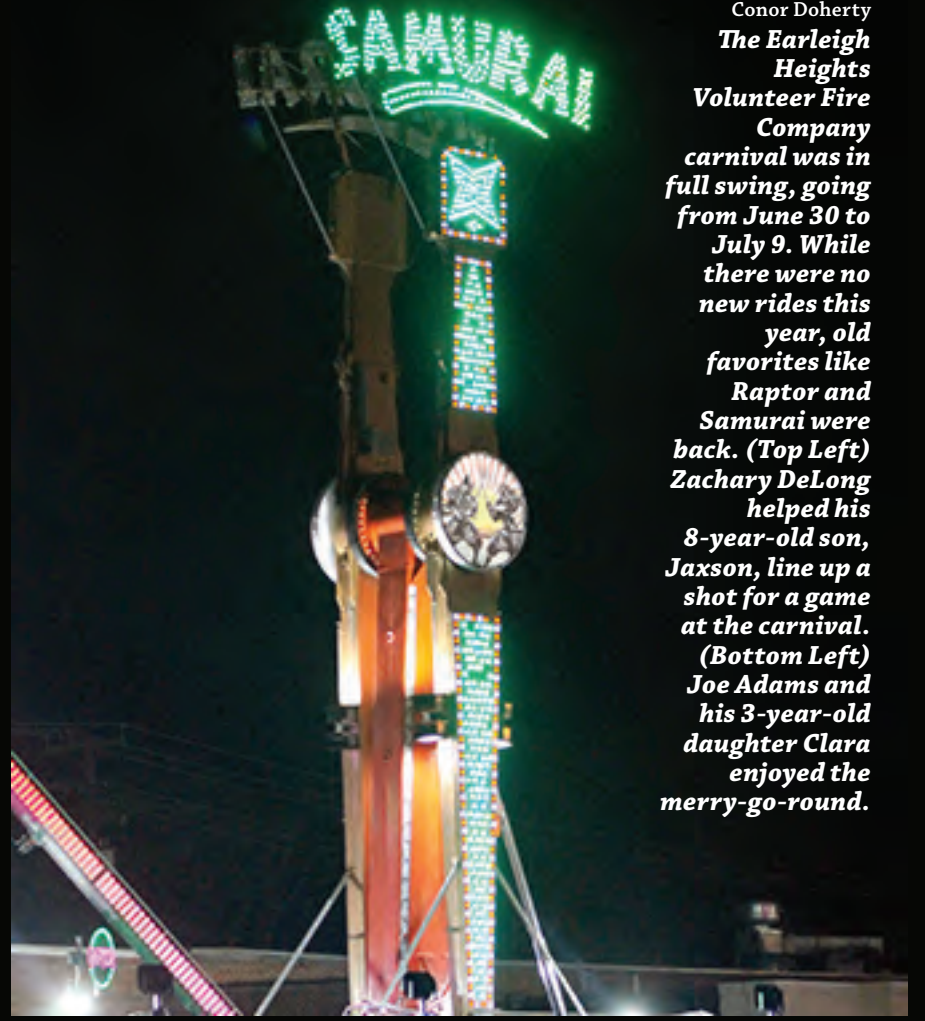
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Carnival Offers Families Plenty Of Fun



Photos by
Conor Doherty
The Earleigh Heights Volunteer Fire Company carnival was in full swing, going from June 30 to July 9. While there were no new rides this year, old favorites like Raptor and Samurai were back. (Top Left) Zachary DeLong helped his 8-year-old son, Jaxson, line up a shot for a game at the carnival. (Bottom Left) Joe Adams and his 3-year-old daughter Clara enjoyed the merry-go-round.

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Stay Connected And Support Your Brain Through Better Hearing

By the Audiology Team at Chesapeake Hearing Centers

Hearing plays a pivotal role in keeping you connected to what you love. Those important connections also include the brain.

With aging, some level of cognitive decline is inevitable — from forgetting details, struggling with problem-solving, and feeling more frequently overwhelmed by decision-making, to having difficulty concentrating or losing a sense of organization and direction.

It might be hard to stop the progression of cognitive decline, but according to two studies outlined in the *Journal of the American Geriatrics Society*, better hearing has demonstrated potential to slow it down.

Most people don't realize that hearing is a team effort involving the ears *and* the brain. Both of your ears work together to effectively relay sound to the brain, which not only locates the origins of sounds but also helps:

- Interpret the sound signals it receives
- Focus attention on the sounds you want to hear
- Separate the background noise you don't want to hear

With hearing loss, however, the brain has to work harder to process sound. That extra effort might pull brainpower from other important functions, such as thinking, coordinating, remembering and being alert. It can also feel exhausting.

A growing body of public-health research involving older adults further links hearing loss to serious issues that can affect your quality of life, including a higher risk of dementia, earlier cognitive decline, and a faster rate of brain atrophy or shrinkage.

The good news? Better hearing health offers benefits even beyond improved communication. Recent studies in the last few years link hearing aid use to reduced risk of dementia or even depression, a condition that also can affect the ability to think. One investigation associated hearing aid use with a significantly slower rate of cognitive decline.

How Do I Know if I Need Hearing Help?

Answering “yes” on one or more of the below questions could mean hearing loss. Catching problems early with a hearing evaluation can go a long way toward keeping you healthy and connected to the sounds — and the people — you love.

- Are loved ones complaining about your TV volume?
- Do those around you seem to mumble when speaking?
- Is it difficult to understand speech through masks or video chats?
- Do you often feel exhausted communicating with others?
- Do you have trouble hearing the doorbell?
- Do you miss key words in a sentence?
- Have you felt a sensation of ringing or buzzing in one or both ears?
- Is it challenging to follow phone conversations?

Improved hearing health supports communication, connection and total wellness. If you're having hearing difficulties or it's been a while since your last checkup, don't wait. Support your hearing and brain health by calling 410-695-6246 and scheduling a hearing consultation today.

References

Journal of the American Geriatrics Society. “Longitudinal Relationship Between Hearing Aid Use and Cognitive Function in Older Americans.”

Journal of the American Geriatrics Society. “Can Hearing Aids Delay Time to Diagnosis of Dementia, Depression, or Falls in Older Adults?”

Johns Hopkins Medicine. “Hearing Loss Accelerates Brain Function Decline in Older Adults.”

Post-Divorce Checklist

By Lisa Bogan-Reohr, Esq., and David V. Diggs, Esq.

Divorce, whether amicable or contentious, is exhausting. Once you have a divorce decree from the court, it is only natural to want to move on, closing that chapter of your life. The epilogue awaits you, however. You will now need to implement much of what has been hammered out in your marital settlement agreement (MSA) and/or ordered in your judgment of absolute divorce (JAD).

There will be important deadlines to meet and documents to file. A post-divorce checklist will be invaluable.

Pull out your JAD, the MSA and your calendar. Now is the time to review all documents and create a detailed list of what needs to be done and any deadlines that must be met. Put those deadlines in your calendar now! Make a list of any assets to split, debts to divide, credit to separate, estate-planning documents that need to be updated, etc. Prioritize your to-do list, with short-deadline items at the top of the list.

In general, here is a list of action items:

1. If you have not already done so, close joint bank accounts and open new ones in your name. Review and update the beneficiaries associated with your accounts. Change any automatic withdrawals and credits associated with any account you change or close. Make sure your name and address are correct on your accounts and checks.

2. If your JAD or MSA includes changing your last name, contact the Social Security Administration. Apply for a new driver's license and passport with your new name and new address if applicable. You may need to send each entity a copy of the judgment, reflecting the name change. Some may require “gold seal” versions of these documents. Your attorney may procure these from the court clerk.

3. Change your passwords. Don't pick ones that your ex-spouse might guess.

4. Are you selling your home? If so, hire a Realtor and ready the house for sale. If you are refinancing a mortgage, the mortgage company will draft a new deed. Be sure to record

the deed with your county. Change the locks.

5. The title to your cars and boats may need to be changed. Record the transfer of title with the Motor Vehicle Administration (MVA) and your county. The MVA will supply you with a gift certification form, allowing spouses to avoid transfer taxes. Notify your auto insurance company of any changes in drivers, ownership and addresses.

6. To divide retirement accounts and pensions, have your divorce attorney draft a qualified domestic relations order (QDRO) or other appropriate order. File the QDRO with the court and submit it to the plan administrator as soon as possible since having a QDRO processed can take months. IRAs don't need a QDRO; simply file the paperwork with the plan. Don't forget to review and update your beneficiaries.

7. Be sure you have health insurance. Ex-spouses may obtain COBRA coverage for 18 to 36 months after divorce, depending on the plan, but you must apply within 60 days. Maryland has a “mini-COBRA” for employers with fewer than 20 employees which lasts for 18 months. Or you may need to sign up with your employer's health insurance, an Affordable Care Act plan, Medicare, Medicaid, etc.

8. How about the kids? If you have an amicable divorce, you may want to set up a shared Google Calendar to keep track of school, sporting, extracurricular and social events, and perhaps a shared Google child-expense sheet. If your divorce was adversarial, you may already be enrolled in Our Family Wizard, a communication platform I often recommend to my clients.

9. Update or create estate planning documents. Your will becomes void as a matter of law upon your divorce. You will therefore want to write a new will. Redo your powers-of-attorney and health care proxy. Update beneficiary designations and designate legal guardians for your children.

10. If you are paying alimony or child support, set up automatic payments. If you are the recipient of support payments, obtain a wage-garnishment on your ex-spouse's salary, so that payment goes directly to you.

11. Reassess your tax withholding allowance and quarterly payments with your tax advisor. If your JAD or MSA assigns exemptions for your children, you may need to complete IRS form 8332.

This list is not exhaustive, and your list should be tailored to your JAD and/or MSA. If you find yourself contemplating separation or divorce, you will have many questions. You should consult an attorney who is familiar with this area of the law and who will assist you in making informed decisions.

David Diggs is experienced in all facets of family law. If you need further information regarding this subject, contact The Law Office of David V. Diggs LLC, located at 8684 Veterans Highway, Suite 204, in Millersville, by calling 410-244-1171, or email david@diggsllaw.com.

Enjoy Shop Maryland Tax-Free Week

No State Sales Tax Assessed On Clothing, Shoes Under \$100 And The First \$40 Of Backpacks

Shop Maryland Tax-Free Week returns August 14-20, giving consumers the chance to take advantage of big discounts that provide a sales boost for retailers.

“August's temperatures are siz-

zling, and so are the savings during Shop Maryland Tax-Free Week,” said Maryland Comptroller Peter Franchot. “Whether you're looking to freshen up your wardrobe for the cooler months ahead or need to get your kids the latest styles for the new school year, this end-of-summer tradition is a great time to shop, save and support Maryland businesses.”

During the week, any single qualifying article of clothing or footwear priced \$100 or less – regardless of

how many items are purchased in the same transaction – will be exempt from the state's 6% sales tax. The first \$40 of any backpack purchase is also tax free.

Visit the comptroller's website for a list of tax-exempt items, frequently asked questions, and valuable facts for shoppers and merchants. The comptroller's social media pages will promote the special savings week, showcasing local retailers and encouraging shoppers to take advantage of the promotion.

Taphouse Concert Raises \$20,000 For BWMC Foundation

Photo courtesy of Peter Watts Photography



Promising live music and good food, the July 9 Severna Park Taphouse concert raised \$20,168 for the BWMC Foundation. Nashville musician Chad Bearden took the stage, as did Jesse Tucker and many local musicians. New York CBS sports anchor Brent Stover was also part of the festivities.



Photos by Judy Tacyn



The Tiny Pushes Add Up

Michele Sabean
Director of Development
SPAN Inc.



I recently walked out of Port Tack Ltd. Wine & Spirits with a heavy bag of change that had been collecting in SPAN's donation box on the Port Tack counter. We have boxes for change at several local businesses

including Honey Baked Ham and Harbour Wine & Spirits. I carefully supported the bag so the bottom wouldn't break. Counting the huge pile of coins reminded me how much little things add up. The spare change that people had dropped in the box added up to \$240!

Another example of the small amounts adding up is our wonderful partnership with Diehl's Produce. Customers choosing to round up their purchases contribute to making gift certificates for produce that are appreciated by some of our clients. Thank you also to Our Shepherd Lutheran Church and Langton Green Community Farm, which both also share produce from their gardens with us.

I am continually reminded at SPAN how every little contribution adds up and makes so much possible. Lots of community members responded to my social media posts explaining that summer is our slow time for donations. A couple of hours after I posted, people started showing up with bags of rice, potatoes and toiletries. It all adds up. Daily, I am reminded of how these small actions combine to make great things happen. At SPAN, we are blessed with a well-stocked pantry. We don't do it with large delivery trucks showing up to unload. Occasionally we are blessed with large donations such as Scouting for Food and the S(o)uper Bowl Food Drive, but for the most part, our shelves are filled when individuals and small groups show up with a few bags or a trunk load. Together this community does amazing things, such as helping

more than 2,000 people last year with food and emergency financial assistance.

Although summer has a slower pace, we have had a constant stream of clients. We are also busy with planning and enjoying community events. We partnered again this year with Chartwell Young Leaders for the Fourth of July parade. Did you see our giant cereal and mac and cheese boxes? Maybe next year we will include more of our favorite pantry items such as instant potatoes, jelly, pancakes, syrup and toiletries.

On Saturday, September 10, at Boone Station Hall in the Severna Park Community Center, Laurette Hankins-O'Connell will perform in a Broadway bonanza concert to benefit SPAN. She and her pianist/duet singer Anita O'Connor will perform a salute to Broadway musicals of the 20th century. Tickets are \$25 each and all the net proceeds go to support SPAN. Space is limited; please purchase the tickets in advance using check or PayPal. We will also have a silent auction.

Our other big event is our Turkey Trot

5K on November 5 at Kinder Farm Park. It is our main fundraiser and the 10th year of the event for SPAN. Registration is now set up; you can go to www.active.com and look for SPAN. Thank you to all who are sponsoring and donating prizes for the event - we have had wonderful responses for both!

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-1:30pm. 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 25% using the storage bin behind SPAN's building. Please "like" SPAN on Facebook!



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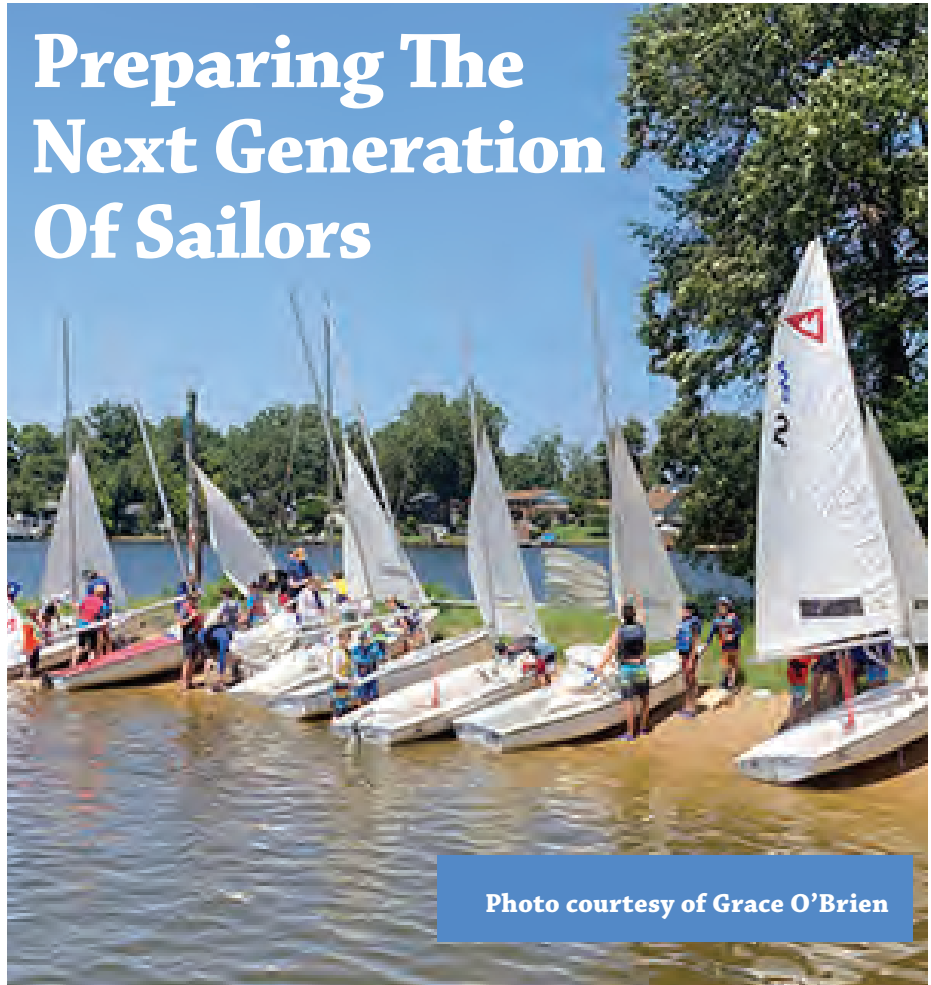
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Preparing The Next Generation Of Sailors

Photo courtesy of Grace O'Brien

By Margaret Burri, MRSA

One of the bylaws of the Magothy River Sailing Association (MRSA) directs us to “participate in the training of juniors ... in the skills of sailing and seamanship.” We have done this for 22 years through our junior training program, and we’re pleased to say that we are back after a two-year COVID hiatus.

Twenty-six sailors ages 9 to 17, many with no previous sailing experience, participated in the two-week training program that we ran in conjunction with the Grachur Club, which has so graciously partnered with us through the years. The combination of our boats and their incredible waterfront location made this a memorable experience for the junior sailors.

We would like to extend our heartfelt thanks to Severna Park resident Karen Scarlett, president of Grachur, along with its members: program director Grace O’Brien and fleet master Shep Drain. With their help, we can now say that there are 26 more aspiring sailors who have increased their water safety and sailing skills.

It’s never too late to plan for next summer. If you are interested in learning more, visit www.magothysailing.org/junior-training. MRSA and Grachur members are eligible for discounted registration.

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Primary Election Results

The votes are in and the ballot for November's general election is set. Here are the results of the primary election. Candidates with 100% of the vote ran unopposed in the primary.

GOVERNOR/LIEUTENANT GOVERNOR

(Statewide totals)

Republicans

Dan Cox and Gordana Schifanelli, 153,418 votes (51.99%)

Kelly Schulz and Jeff Woolford, 128,310 votes (43.48%)

Democrats

Wes Moore and Aruna Miller, 217,520 votes (32.41%)

Tom Perez and Shannon Sneed, 202,156 votes (30.12%)

COUNTY EXECUTIVE

Republicans

Jessica Haire, 16,358 votes (44.35%)

Herb McMillan, 14,292 votes (38.75%)

John Grasso, 4,361 votes (11.82%)

Fernando Berra III, 1,124 votes (3.05%)

Chris Jahn, 752 votes (2.04%)

Democrat

Steuart Pittman, 43,130 votes (100%)

COUNTY COUNCIL — DISTRICT 5

Republican

Amanda Fiedler, 6,266 votes (100%)

Democrat

Carl Neimeyer, 6,736 votes (100%)

STATE SENATOR — DISTRICT 30

Republicans

Stacie MacDonald, 5,945 votes (74.71%)

Bobbi Moore, 2,012 votes (25.29%)

Democrat

Sarah Elfreth, 12,481 votes (100%)

STATE SENATOR — DISTRICT 31

Republican

Bryan Simonaire, 9,588 votes (100%)

STATE SENATOR — DISTRICT 33

Republican

Sid Saab, 7,923 votes (100%)

Democrat

Dawn Gile, 10,881 votes (100%)

HOUSE OF DELEGATES — DISTRICT 30A

(Two seats)

Republicans

Doug Rathell, 3,883 votes (53.07%)

Rob Seyfferth, 3,434 votes (46.93%)

Democrats

Shaneka Henson, 8,665

votes (52.23%)

Dana Jones, 7,925 votes (47.77%)

HOUSE OF DELEGATES — DISTRICT 31

(Three seats)

Republicans

Nic Kipke, 8,764 votes (33%)

Brian Chisholm, 8,261 votes (31.11%)

Rachel Munoz, 7,067 votes (26.61%)

LaToya Nkongolo, 2,465

votes (9.28%)

Democrats

Kevin Burke, 6,631 votes (52.60%)

Milad Pooran, 5,976 votes (47.40%)

HOUSE OF DELEGATES — DISTRICT 33C

Republican

Kerry Gillespie, 2,952 votes (100%)

Democrat

Heather Bagnall, 3,836 votes (100%)

JUDGE OF THE CIRCUIT COURT — CIRCUIT 5

Michael Malone, 69,519 votes (100%)

STATE'S ATTORNEY

Democrat

Anne Colt Leites 41,801 votes (100%)

CLERK OF THE CIRCUIT COURT

Republican

Terry R. Gilleland Jr., 29,142 votes (100%)

Democrat

Scott Poyer, 40,765 votes (100%)

REGISTER OF WILLS

Republican

Lauren Parker, 29,640 votes (100%)

Democrat

Erica Griswold, 40,981 votes (100%)

JUDGE OF THE ORPHANS' COURT

(Three seats)

Republicans

Nancy Phelps, 21,129 votes (27.42%)

Maureen Carr-York, 17,339 votes (22.50%)

Tony McConkey, 14,377 votes (18.66%)

Alan Rzepkowski, 13,724 votes (17.81%)

Tom Angelis, 10,484 votes (13.61%)

Democrats

Vickie Gipson, 39,096 votes (35.63%)

David Duba, 35,445 votes (32.31%)

Marc Knapp, 35,177 votes (32.06%)



SHERIFF

Republicans

Jim Fredericks, 20,758 votes (63.37%)
James McNeill, 5,795 votes (17.69%)
Warren Porter Jr., 3,637 votes (11.10%)

Democrat

Everett Sesker, 40,019 votes (100%)

COMPTROLLER

(Statewide totals)

Republican

Barry Glassman, 232,416 votes (100%)

Democrats

Brooke Lierman, 422,793 votes (66.23%)

Timothy Adams, 215,566 votes (33.77%)

ATTORNEY GENERAL

(Statewide totals)

Republicans

Michael Peroutka, 135,916 votes (54.98%)
Jim Shalleck, 111,272 votes (45.02%)

Democrats

Anthony Brown, 362,869 votes (55.06%)
Katie Curran O'Malley, 296,173 votes (44.94%)

U.S. SENATOR

Republicans

Chris Chaffee, 50,514 votes (20.78%)

Lorie Friend, 35,714 votes (14.69%)

Democrats

Chris Van Hollen, 534,996 votes (80.81%)
Michelle Smith, 127,086 votes (19.19%)

CONGRESS — DISTRICT 3

Republicans

Yuripzy Morgan, 13,198 votes (33.58%)
Joe Kelley, 8,924 votes (22.71%)

Democrats

John Sarbanes, 63,790 votes (84.63%)
Ben Beardsley, 6,854 votes (9.09%)

Primary Election Results



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SPark: A Legacy Of Opportunity

By Conor Doherty

Anne Arundel County has no shortage of stellar field hockey teams, led by successful programs at Severna Park, Broadneck, Severn School and Archbishop Spalding. But for a long time, there wasn't a place within the area to play field hockey outside of the high school season.

That was the case until SPark began operating over 20 years ago. Started with support from Lillian "Lil" Shelton, the legendary former head coach at Severna Park, SPark wasn't just meant to give girls the chance to play during its spring and indoor seasons. It was also meant to give them a much more valuable opportunity that was not available beforehand.

With the recent merger of SPark and Freedom HKY, former coaches and players expressed gratitude for the opportunities offered by SPark.

"I had never understood why the girls from Severna Park, having been part of such a fabulous team, never played in college or consistently played in college," said **Milt Horn**, one of the first people Shelton recruited to coach and lead SPark. "They always seemed to not be able

"*SPark made me the person I am today. I've learned so many life lessons through the sport and the family I gained.*"

— MIKAYLA BORNEMAN

The SPark U16 team, coached by Jesse Larson (left) and Mikayla Borneman, competed at the national club championships at Virginia Beach this past spring.



to get to that level, so I kind of did some snooping and a lot of them wanted to play at that level and that was really my main goal: to let the girls continue playing at a high level and use field hockey to get a better education. My secondary goal was to get a higher level of club play in the area, and now SPark is made up of girls from many different high schools around the area."

Jesse Larson, another coach who joined SPark early

on and later became the program's president, said SPark challenged all athletes to perform to the best of their abilities.

"We had kids that could barely make their high school team and then we had kids that went Division I, so we had the whole spectrum," Larson said. "For me, that was what was really great about SPark was that we tried to

» Continued on page 32

US Elite Baseball Helps Players Prepare For Next Season



Rising sophomore Nick Cicale said US Elite has prepared him for a spot on the Broadneck varsity squad.

By Conor Doherty

For many baseball players, summer does not represent a long break but instead offers an opportunity to join a travel team to get more playing time, while continuing to develop skills.

Local players **Nick Cicale**, **Michael Swick** and **Charlie Hartman** took advantage of that option, competing together as part of US Elite Baseball's Maryland class of 2025 team.

All three players are rising sophomores with Cicale and Swick attending Broadneck while Hartman attends Severna Park. They each expect to join their respective varsity squads next season, and with that jump in level comes tougher competition.

"The competition we've been seeing has

really prepared us for the high school season," Cicale said. "Last year when I played for US Elite, before I was in high school, it tremendously prepared me, seeing faster pitching and better baseball players around the country. And when I came back to high school, it prepared me so much more for the pitching and everything all around."

Cicale and Swick have been playing together for most of their lives and when Cicale suggested that Swick join him on US Elite, Swick was excited by the opportunity.

"I look at US Elite and then I look at

» Continued on page 28

Green Hornets Track And Field Is Running Full Steam Ahead

By Conor Doherty

When summer arrives, many kids turn to their community's swim team as a way to stay active. But for kids who enjoy cross country or running in general, the Green Hornets track and field program is a great opportunity for kids to try.

The 2022 season ran from June 27 to July 29. Practices were held every Monday, Wednesday and Friday with the last four Fridays of the season featuring meets where kids competed.

During the meets, the kids participated in three events, choosing from the 100-, 400-, 800- and 1600-meter runs, long jump, high jump, discus throw, shot put, rubber javelin throw, and a softball toss for kids 8 years old and younger.

Elizabeth Nabor was selected to be the program's new commissioner about six months ago, but she has been involved with the program for over five years.

"It's phenomenal seeing so many kids out here," she said. "I think it's part of the reason why you see so much success in Severna Park's cross country and track and field programs. We build the interest early and we kind of demystify it because there is a lot going on with

» Continued on page 32



Photo by Conor Doherty

Natalie Florio participated in the softball toss during the meet.



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U11

Green Hornets fielded two U11 teams at the state tournament. Their state championship team took the third-place trophy, having lost out on the final play of the game to both the Maryland Exiles and West Carol Marauders in the pool matches.

They took third place from the Marauders in the third/fourth play-off game. Led by perennial stalwarts **Kieran Gibson, Elliott Wells, Anna Nelson** and try machine **Ellie Davis**, the team also had spectacular tries from **Waverly Alexander, Gavin Prager, Owen Tong-Holcomb, Liz Cox** and **Colton Maccallair**. Placing third in the state in a highly competitive group was a great achievement.

"I'm very proud of how everyone played even though a couple of results didn't quite go our way," said U11 coach **Kevin Gibson**. "It was a fun year, and rugby keeps going from strength to strength in Severna Park. I'm already excited for next year."

The team took second place in the Classic tournament, having gone undefeated through the pool and semifinal stages. They lost the final 20-12 against PAX Rugby, despite leading at halftime. The team of **Lincoln Latchaw, Isabelle Lynn, Arjun Carye, Logan Nield, Noah Baehmer** and **Heath Gardner** put on an amazing display of skill and speed to carry them to the final.

"We had a slow start in the first game, but once we tied that game, we didn't look back and worked really hard for each other all day," said coach **Kurt Prager**.



Both the Green Hornets U11 teams earned a spot at the state tournament this season.



The Green Hornets U13 lost a close bowl game to Arden Youth Rugby in the state tournament.

U13

Green Hornets U13 Social team took part in the Maryland State Classic tournament, losing a close bowl game to Arden Youth Rugby. Green Hornets qualified for the bowl game after a 5-2 try win over Freedom Rugby. The Social team drafted in a few U11 players to get a team into the competition. **Will Gibson, Dorsey Berlin, Stuart Lancaster, Coleman "Hatrick" Eaton, Ellie Davis, Gavin Prager** and **Kieran Gibson** were coached by **Kurt Prager** and **Kevin Gibson**.

Green Hornets U13 Social team

Green Hornets Rugby Recap

The Maryland rugby season concluded with a tournament at Kinder Farm Park during the weekend of July 30-31. Here's how the Green Hornets teams fared this season.



U7

"Pass backward, run forward," the echoing refrain of Green Hornets U7 rugby, did not fall on deaf ears in 2022.

Although the U7 crew started with a group of mostly new players, by the end of the year, the team had leaders and strategists like **Georgia McGrail, Amelia "Millie" Davis** and **Jackson Minor** directing field positions during free kicks and managing defensive lines for scrums and lineouts.

By the end of the year, the kids had grasped the idea of getting the ball out to space, particularly to teammates like **Daniel Morgan, Marin Alexander, Daniel "Fitz" Murphy, Richard "Rick" Dolan, Ronan Dapkus** and **Sam Nelson** who would take the corner and score a try given the smallest opening. Getting the ball out to space required a team that had great ball control and confident handling. No one displayed this better than **Austen Dumond, Marin Butler** and **Max Letteny**. All three athletes consistently kept the play alive and in their team's possession when they needed them the most.

With a great lineup of rugby players came a great group of parents; despite the heat, they showed up while juggling multiple kids on the hot turf fields. Parents were all willing to lend a hand on short notice. The U7 Green Hornets had a mostly winning season and performed well at the 2022 Maryland Rugby Festival.

Although the U7 crew started with a group of mostly new players, by the end of the year, the team had leaders and strategists.



U9

The U9 team doubled in size from 2021 to 2022 and the new numbers paid off. After a tough first-game loss, the U9 Hornets rebounded and claimed third place in the Maryland rugby championships.

"It was hot, and we entered two teams, but I'm proud of the efforts of all the kids today," coach **Matt Aquino** said after the games. "Any time you leave with a trophy is a good day."

Newcomers **Audrey Clark** and **Eli Letteny** joined veterans **Laken Alexander** and **Lucas Aquino** to propel the team to the third-place spot.

After a tough first-game loss, the U9 Hornets rebounded and claimed third place in the Maryland rugby championships.

Betz Wild Retires From Coaching High School Field Hockey

By Lauren Burke Meyer

After 14 seasons coaching high school field hockey, most recently as the head coach of Severn School's varsity team, Betz Wild has stepped down. This is after 10 years coaching at Severn and four years at Severna Park High School (SPHS) as a volunteer.

"Betz Wild has developed a tremendous culture within the program," explained Severn School Athletic Director Julian Domenech. "During her time, she moved [the team] from the B conference to the A and continued to have them play at a very high level. She will be missed on the sidelines, but we know she will be around rooting her players on."

Wild took the time to share her coaching highs, her lows, and everything in between.

"Coaching is an absolute joy for me, and I've been fortunate to work alongside and learn from some amazing men and women in field hockey," Wild said.

Her first coaching job was with SPHS and the legendary Lillian "Lil" Shelton, who was also her coach in high school. Wild was an All-County and All Metro player and was the team captain her senior year. Her other accolades include winning Maryland state championships in 1980 and 1981, selection as captain of Salisbury University's 1986 national championship team, and induction into the SPHS Athletic Hall of

Fame in 2005.

Wild also captured four championships while playing for the Anne Arundel County summer recreation league before retiring from playing in 2017.

"It was a great run, though, and there's nothing like scoring a goal and hearing your kids cheer for you," Wild said.

Although she had many highs of coaching, Wild recounted one of her lows during her early coaching days at SPHS. She had to make a difficult decision to cut a player despite the player's positivity — a trait every team needs. There wasn't room on the already big roster.

"I sat in my car and cried for the player that was cut from the team," Wild said. "It never got any easier and is the worst part of a season honestly."

When asked about her coaching philosophy, Wild answered: "Severn School stresses the importance of each student feeling known and valued and that fits my coaching philosophy along with developing strong skills and a strong game IQ."

Team building is also a big part of Wild's coaching process.

One season after a particularly tough loss, she brought a big bucket of sidewalk chalk to practice. She drew a long roller coaster line of ups, downs, and loops and asked the players to write how they were feeling at



Betz Wild plans to coach club field hockey while stepping away from the busy day-to-day fall high school season.

Libby, was in elementary and middle school. Libby is now a rising sophomore on the field hockey team at York College of Pennsylvania.

"One other joy for me in coaching has been watching my players go on to be awesome at the college level," Wild said. "Players from Severn School, Severna Park, or SPark have gone on to Ivy League [schools] and all divisions of college."

Wild's plan is to continue to coach club field hockey while stepping away from the busy day-to-day fall high school season.

She will also continue teaching physical education at Severn Lower School, a position she's held for nine years.

"I hope to spend more time gardening, boating and hanging out with my recently retired husband," Wild said enthusiastically. Wild's husband retired after serving the Anne Arundel County Police Department for more than 30 years.

We wish coach Wild all the best with her partial retirement from coaching. I'm sure all her other former players agree she deserves it!

different points along the line, and what they needed from the coaches or each other to bring out their best.

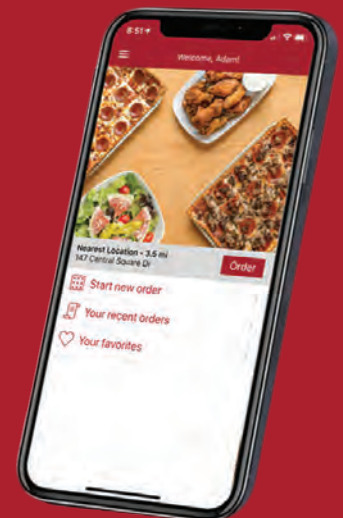
"The activity developed into so much more than I had hoped," Wild said. "Hugs, smiles and tears were exchanged as we came together and better understood each other and how best to achieve our goals."

In addition to her high school coaching, Wild has coached the SPark Field Hockey Club team for 19 years and the Green Hornets for five seasons when her daughter,



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STUDENT-ATHLETE OF THE MONTH

Waverly Alexander

Green Hornets Track And Field

By Conor Doherty

For 11-year-old Waverly Alexander, it seems like there is no sport or athletic activity she hasn't tried, from swimming to field hockey to triathlons. She has participated in so many triathlons that she now chooses which ones she does based on the design of the T-shirt given out by the event organizers.

However, track and field has been one of Waverly's favorite and best sports. Running as part of the Green Hornets summer track and field program, she has set record times in the 400-meter for girls 5-6; the 800-meter for girls 5-6, 7-8, 9-10 and 11-12; and the 1600-meter for 5-6 and 7-8. So, it's not surprising that Waverly was nominated by Elizabeth Nabor, the commissioner of Green Hornets track and field, to be the Voice's Student-Athlete of the Month.

"I like to challenge myself a lot," Waverly said. "So, it makes me feel good that all of my hard work is paying off. I have two little sisters, so it's fun to see how close they can get to my time from when I was their age. I like being an inspiration for them."

Waverly's father, Eric, said that he couldn't be prouder of the athlete that

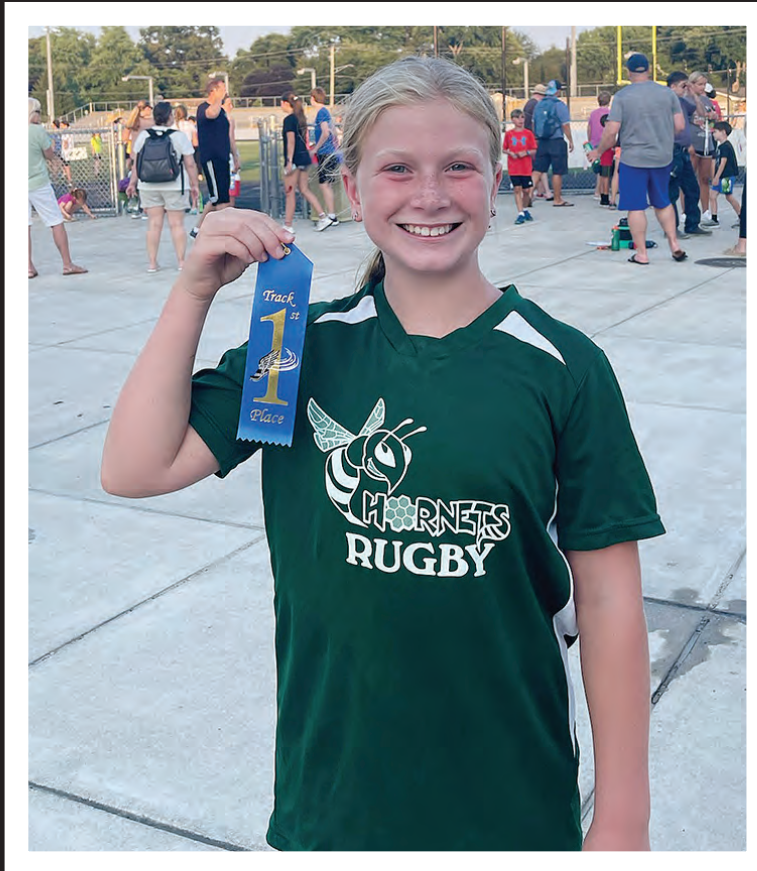


Photo courtesy of Eric Alexander
Waverly Alexander was awarded a ribbon for her performance in a girls 11-12 400-meter competition on July 15.

“I like to challenge myself a lot. So, it makes me feel good that all of my hard work is paying off. I have two little sisters, so it's fun to see how close they can get to my time from when I was their age. I like being an inspiration for them”

— WAVERLY ALEXANDER

Waverly has become over the years. "She puts in a lot of work," he said. "She competes in many sports: field hockey, lacrosse, cross country, track and field, basketball, volleyball, swimming, triathlons. She loves competition and I enjoy watching her perform. She enjoys all of them and we can't even get her to focus on one of them right now."

And that will likely be the next major decision Waverly makes as she continues to grow as an athlete. For now, Waverly will continue to dominate Green Hornets track and field, but maybe in a few years, she will dominate in another sport.

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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Summer Sports Camps: More Than Strength And Skill Training

Exposure To Schools And Relationship-Building Are Vital Components



Archbishop Spalding offered 14 camps this summer in a variety of sports.

By Kevin Murnane

Archbishop Spalding's athletic director, Jonathan Mellinger, eloquently described the purpose of summer sports camps by stating, "We try to make the camps fun, provide exposure to our campus, build relationships with coaches and families, and be part of the community."

Severn School Athletic Director Julian Domenech concurred with Mellinger by saying, "The camps give us great exposure to our athletic facilities and school to families who normally may not come to our campus. We have had new students enroll in Severn as a result of their positive experience with our camps."

Both schools offer an array of camps during the summer with Spalding offering 14 camps while Severn has 11 camps on its summer slate.

"Our camps keep our facility buzzing," said Mellinger as the boys lacrosse and girls basketball camps were hustling through drills during the interview.

Both athletic directors agree that these camps are almost a year-round project involving a great deal of planning and coordination.

"We begin planning in the fall with the goal of opening registration in the January/February time period so families can plan their summers," Mellinger said.

Severn School has nearly the same timeframe as its goal is to have all the camps locked in by February or March.

Among Spalding's 14 camps is a new offering called Sports Performance. It is offered to middle school students to improve their flexibility, strength and agility.

Kyle Flynn, Spalding's Sports Performance coach, has the participants go outside for 45 minutes to an hour for the flexibility and agility drills, followed by an hour in the weight room.

"We make the camp fun by demonstrating new techniques to build a base of skills and conditioning," Flynn said. "We even improve their running and lifting techniques as well as practical

movements like cutting and changing direction. Hopefully they will see improvements in their strength and agility for the start of fall practice."

Spalding's head football coach, Kyle Schmitt, sees another outstanding component to the camps. Current players teach the younger participants proper techniques and discuss what competing at the high school level is like. The athletes get volunteer hours for their involvement.

"The young athletes who participate in our camp get to know our players and coaches and receive a positive experience about our football program and school," Schmitt said. "We improve their football skills, but the campers also get to spend the days with our players and coaches, which begins building a strong relationship for the young athletes and Spalding."

Schmitt fortifies those relationships by offering those young athletes the opportunity to be on the sidelines before Spalding's home games. He has football teams from multiple counties, as well as Anne Arundel recreational football programs, attend their home games.

"By having these young athletes come out to our games, they can experience our 'Friday night under the lights' and the excitement and enthusiasm of our student body," he said.

Spalding has seen a substantial increase in camp attendance as Schmitt said his football camp has dramatically grown from 30 participants to 110 over the years.

Summer sports camps are now part of many young athletes' summer activities. As Mellinger observed, "Our camps are part of Spalding's mission, and our goal for the campers is to have a good time in the summertime."

The camps have also become a marketing tool to build relationships and highlight college campuses to area coaches and families.

Summer camps like those offered at Spalding and Severn School use sports and fun to build relationships that span from fresh beginners to college campuses searching for budding talent.

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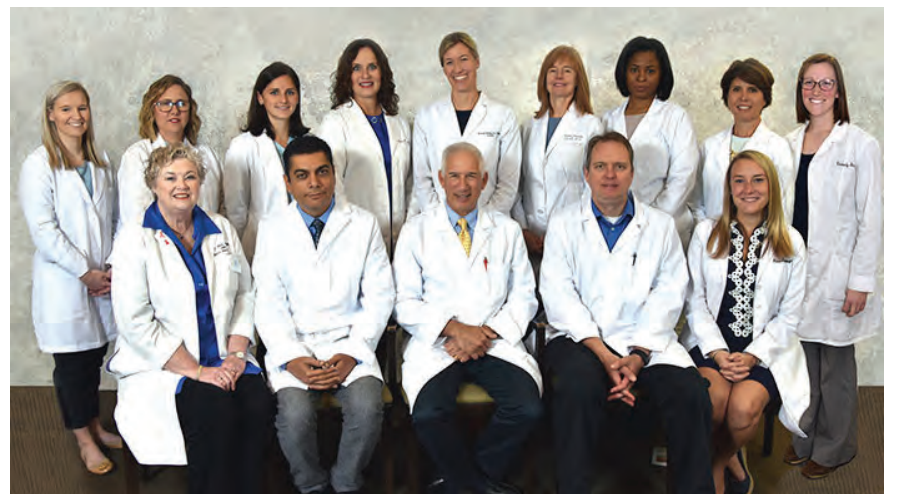
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10U Hornets Win Penant In The Park Tourney



The 10U Severna Park Green Hornets won the Pennant in the Park baseball tournament on June 26 after beating Colossal Baseball Academy from New Jersey. Severna Park got down early, 5-1, but battled back for a 9-8 win. Smith Seidel was the winning pitcher. Players on the winning Green Hornets team included (l-r, kneeling) Dylan Trias, Brock Crawford, Jackson Dembik, Cooper Bullough, Will Viera and (l-r, standing) Ben Chu, Nick Kessler, David Balderston, Ryan Buck, Smith Seidel and Nate Oehling. Coaches were Paul Oehling, Mike Kessler, Pete Buck, Tad Trias and Jim Viera.

Senior Softball League Looking For Players

The Anne Arundel County Senior Softball Association is about midway through its season. Although the league is going strong with many new additions, new players are always welcome.

Through softball, seniors can stay active and enjoy camaraderie whether they're playing at Bachman Sports Complex in Glen Burnie or meeting afterward for food and drinks.

Players must turn 60 or older next year to be eligible. Players are assessed during tryouts each spring, and coaches hold a draft to distribute the talent evenly between teams.

"Come out and see what you can do," said league commissioner and Arnold resident Mike West. "Everyone has to hit, and everyone plays in the game somewhere along the line."

With double bases at first base and with two home plates, the league avoids collisions and limits injury risk.

The league is made possible by several sponsors including Severna Park Taphouse, Glory Days Grill, Sidelines Sports Bar & Grill, and Cape Hair Scene & Barber Shop.

To learn more, contact Mike West at 410-271-2446 or westarnld@verizon.net.

American Legion Baseball Players Selected As All-Stars



Photo by Judy Tacyn

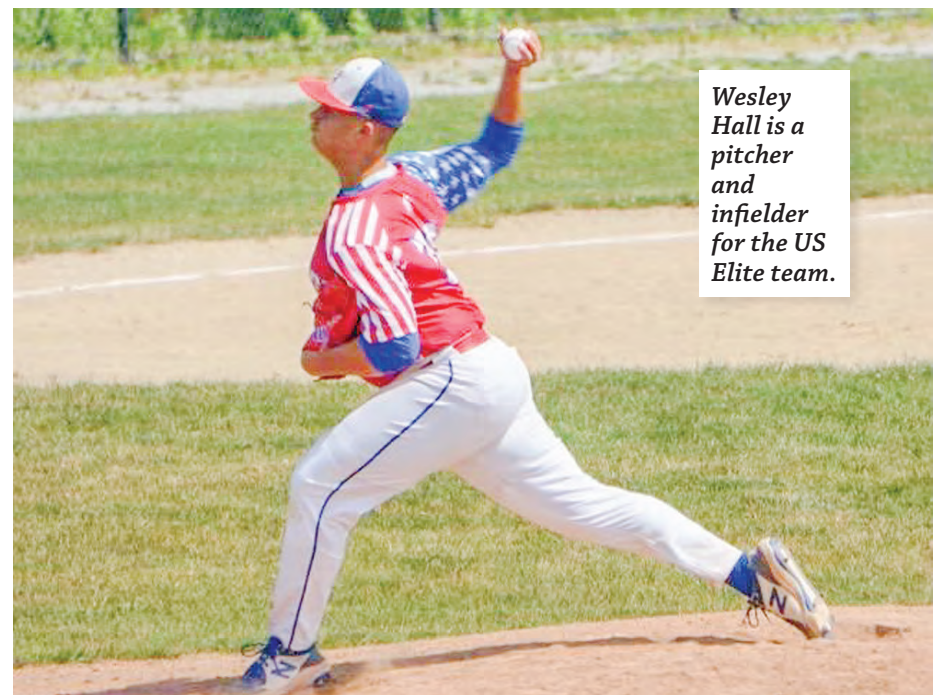
Congratulations to Dylan Grice, Ryan Jamison, Miller Ricker and Zach Lundfelt on being selected as All-Stars representing the American Legion Post 175 junior team. Players celebrated with their head coach, Dave Ferris. The All-Star game was played July 30 at Joe Cannon Stadium.

US Elite Baseball Helps Players Prepare For Next Season

» Continued from page 20
other programs and US Elite is a lot different, I think," Swick said. "It felt more like a family. I've enjoyed it a lot and I'm glad I've been a part of this team."

Coached by Charlie's father, **Chad Hartman**, the team has played in several tournaments throughout the mid-Atlantic, including the Pastime National Championship in Nashville in mid-July. Hartman explained that US

Elite helps players gain attention from college coaches and make those connections early on so that they can continue to pursue baseball after high school. That is important for a player like Cicale, who plans on playing baseball for one of the military academies. But he still has several more seasons before that happens, so US Elite will continue to be an extra step for him and his fellow teammates to use to reach their goals.



Wesley Hall is a pitcher and infielder for the US Elite team.

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Post 175 Junior Team Finishes Second At States



Photo by Judy Tacyn

The American Legion Post 175 junior team played in the state championship tournament from July 22-24 at Joe Cannon Stadium in Hanover and came up just short of the title, earning second place in the state for the second season in a row. The team had a great year under coaches Dave Ferris and Joe Zimmerman. Players and coaches thank Post 175 for its sponsorship again this year and are looking forward to coming back next year.

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Former Severna Park Coach Kaitlyn Hines Hired To Lead Chesapeake Girls Lacrosse



Kaitlyn Hines hugged players following the Severna Park Falcons' state championship victory over Dulaney in 2019.

After two state championships and four finals appearances in seven years, Severna Park varsity girls lacrosse coach **Kaitlyn Hines** was let go following the 2022 spring season.

Hines, who has since been hired to lead Chesapeake's program, said the move was surprising and that Severna Park's administration did not offer a reason other than, "You're not the right fit at this time."

"It was tough to be told there was nothing I could do [to stay]," Hines said. "For me, it was always Severna Park or nothing. I loved every minute of the opportunity."

The *Voice* contacted several current and former players who declined to comment.

Hines played for the Falcons from 2003 to 2006 and returned to Severna Park High School as a junior varsity coach before earning the varsity job when her aunt, **Carin Peterson**, retired in 2015.

"I remember getting a call from the [then] athletic director, **Dave Lanham**. It was a great, exciting moment for me, taking over the program from my aunt," Hines said. "I've had such a good time being there. The girls and the families are great."

In Hines' final game as head coach, the Falcons lost 11-10 to Marriotts Ridge in the Class 3A state championship. A win would have given Hines her third championship as head coach after winning states in 2015 and 2019.

Winning those state championships and playing high-stakes games against Broadneck are among her favorite coaching memories. She also enjoyed "learning and growing with the girls" in 2022, following a 2021 season in which team dinners were canceled because of COVID-19.

"I tried to amp it up more this year," she said. "We canceled practice one day and went bowling. The girls all have such fun personalities. It was so great to get to know them."

"We had daily check-ins and I told them it doesn't have to be lacrosse-related," Hines said. "I said, 'Tell me about school. Tell me about life.'"

At Chesapeake, Hines will take over a program that had a losing record last season.

"I am very excited, honored and appreciative for this opportunity to work with Chesapeake girls lacrosse," Hines said. "I have felt welcomed from the beginning and I look forward to pushing this program to the next level."

The Chartridge Swim Club Is Back In Action

By **Conor Doherty**

For the first time in nearly three years, Chartridge held an in-person swim meet when the Mays Chapel Swim Club from Timonium visited on July 2.

While Chartridge hadn't faced off against other teams the past couple of summers, the team did hold time trials to give its swimmers some experience swimming competitively against others. But nothing really compares to going up against swimmers from another team.

For many people, these meets are a sign that things are getting back to normal after three years of uncertainty. One such person is **Jean Nagle**, who is in her first year as Chartridge's head coach.

"We're really happy and proud to have in-person meets," Nagle said. "And I think the kids are going to see just how cool it is to have somebody else swim in their pool and maybe their competitive edge will come out a little bit in them as well. It's the first concession stand in a while too, so the kids are really excited about that."

Nagle said that with having so many younger kids on the team that had never competed against another team, it was important to manage their expectations before the competition began.

"I think all of that starts at practice," Nagle said. "How we train is how we perform, so even at practice, they practice cheering each other on. I see



Photos by Conor Doherty

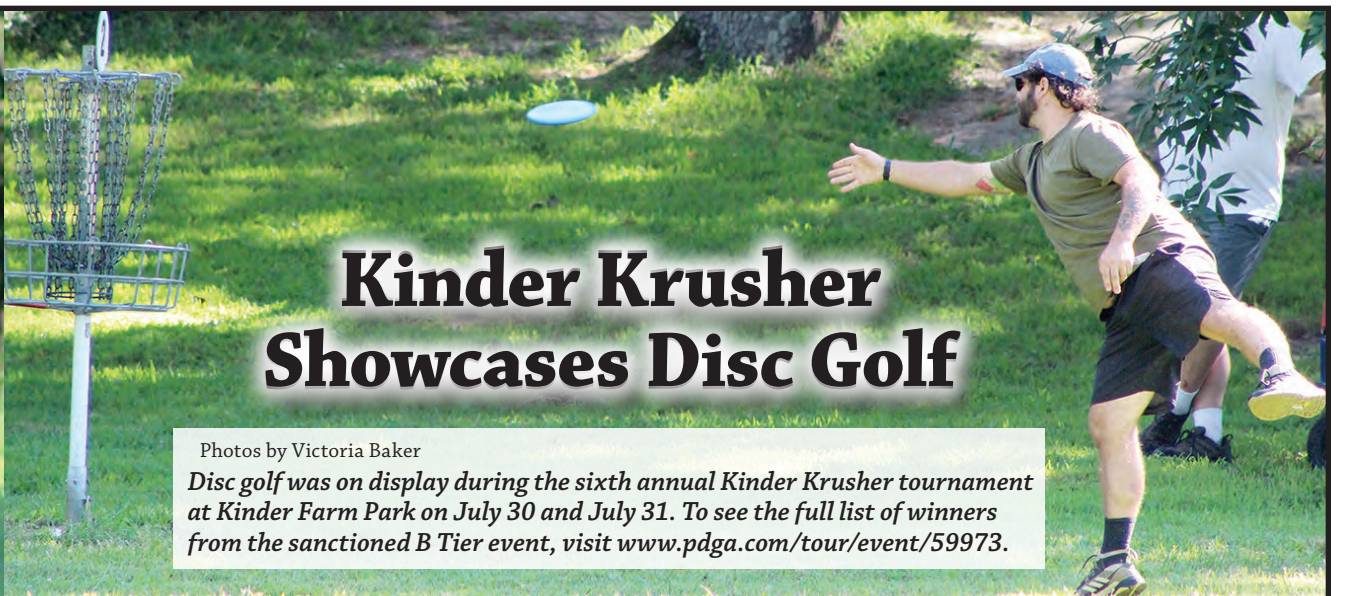
Fourteen-year-old Marlee Woolsey swam the 50-meter breaststroke.

it especially in the middle kids, the 9- and 10-year-olds. They are competitive and they want to win. And I'm like, 'You just have to tell them good race afterward.' It's OK to want to win; that's actually a good thing. That means you'll practice harder, that means you'll try your best, but it starts by giving them the language and teaching them that it's really OK to feel that way but realize that others are great as well and just try to be as courteous as possible."

Chartridge opened their season on the road, a meet they won, and they later beat Mays Chapel 187-151.



During a July meet, 8-year-old Luca Thanner dove off the block.



Kinder Krusher Showcases Disc Golf

Photos by Victoria Baker

Disc golf was on display during the sixth annual Kinder Krusher tournament at Kinder Farm Park on July 30 and July 31. To see the full list of winners from the sanctioned B Tier event, visit www.pdga.com/tour/event/59973.



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Green Hornets Track And Field



Photo by Conor Doherty

Kyra Trippett took her first attempt at the long jump.

» Continued from page 20

track and field. With all the events, it can be a bit intimidating for kids initially. But we give them a fun introduction.

“The whole point is that kids leave finding something about track and field that they really enjoy doing and that they gravitate toward,” Nabor said. “We have so much community support. It’s not just me out here. I have like 30 age group coaches out here. I have a high jump coach, I have a throwing coach, I have a speed and agility coach. And then it takes about 30 parent volunteers just to pull off meet nights. It’s a very popular program and it’s great to see all of the kids out having fun.”

SPark: A Legacy Of Opportunity

» Continued from page 20

serve the entire field hockey community from the lowest level to the highest level.”

For many of its former players, SPark left an indelible mark with regards to the friends they made along the way but also with what many of them were able to do once they left SPark.

“SPark made me the person I am today,” said **Mikayla Borneman**, who played from 2008 to 2019 and then coached from 2019 to 2022. “I’ve learned so many life lessons through the sport and the family I gained. I met the most amazing girls who are still to this day my close friends. We’re all doing different things now, and we’re still just as close. I’ve also gained so many opportunities throughout my time playing for this club — traveling, coaching, umpiring — and I couldn’t have done it without SPark.”

Borneman is just one of many players who benefited from SPark, but the program also helped its coaches improve and advance in their careers. Many high school head coaches, like Broadneck’s **Shannon Hanratty** and Severna Park’s **Shannon Garden**, coached for SPark. **Betz Wild**, who just retired as varsity head coach at Severn School, said that SPark was a place to see something fascinating and wonderful happen every year.

“What I have always loved about club field hockey is the way high school rival teams, players and coaches finish their fall seasons, battling it out for county, region and state titles, then they hug it out and come together to form a powerful, united club that moves to the nation stages,” Wild said. “The players and coaches all know and respect each other, so together, we can continue to love the game and develop strong field hockey players.”

While SPark will be gone in name, its legacy will continue with Freedom Hky. And with the merger, SPark will bring a lot more than just its players and coaches



(L-R) Mikayla, Melanie and Megan Borneman visited ESPN’s Wide World of Sports Complex in Orlando, Florida, for a tournament.

but also its philosophy and style of play to Freedom.

“Freedom plays a more outdoor game inside,” said club director Sarah Dawson. “SPark has a more indoor-style game and I think we can learn a lot from them. The other thing is their athletes. I think the difference between SPark and Freedom is Freedom has a lot of very technical players where SPark really has those competitive athletes who I am really excited to work with, and I think together, we’re really, really going to be able to create something pretty amazing.”

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Oak Hill Fifth-Graders Leave Helping Hand Legacy Gift

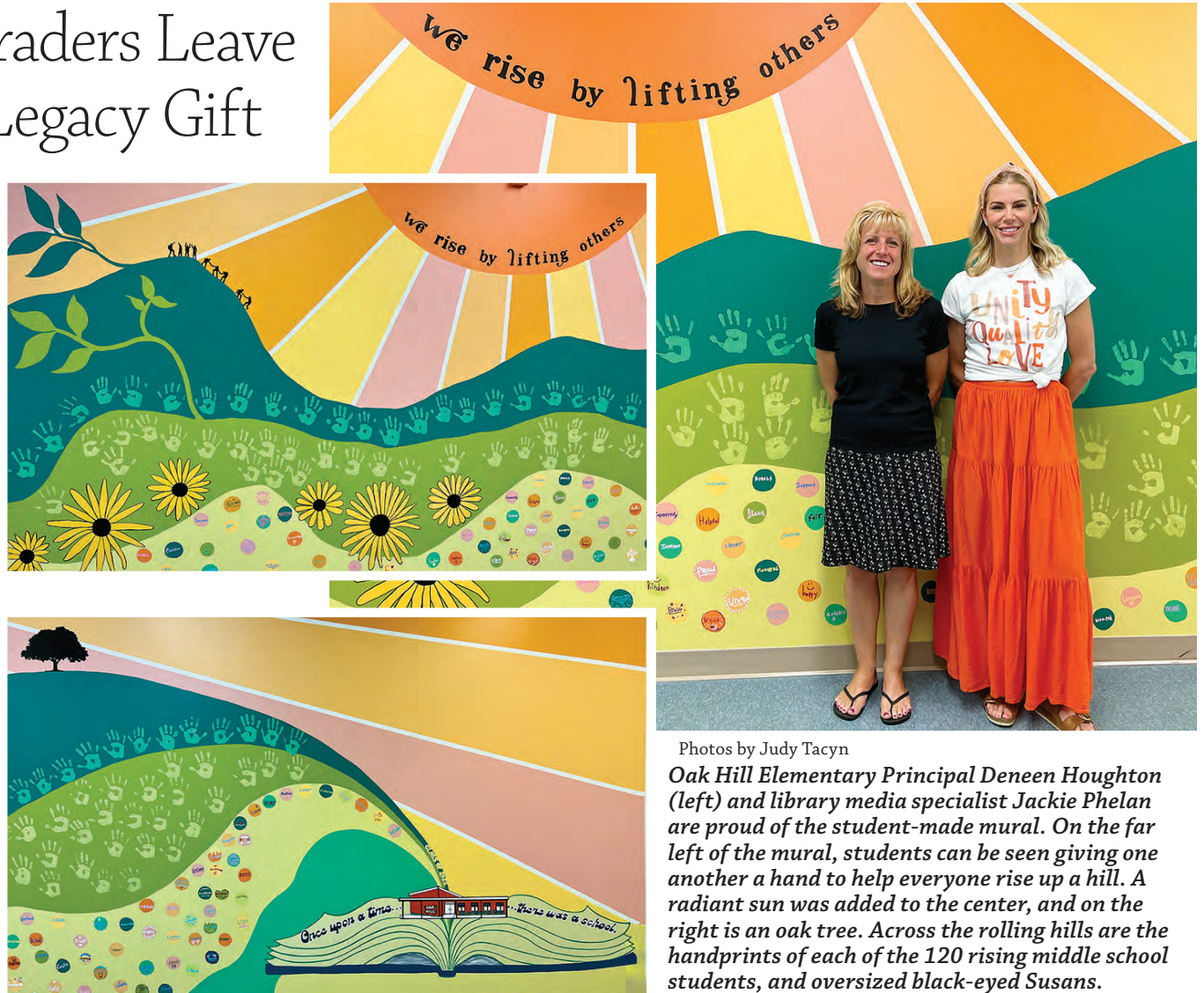
“Each student came up with a character trait they felt helped them excel. This group of students was so special and unique.”

— **JACLYN PHELAN**
LIBRARY MEDIA SPECIALIST
AT OAK HILL ELEMENTARY

By Judy Tacyn

It's tradition that the Oak Hill Elementary School graduating class leaves a legacy gift to the school before heading to middle school. The gift could be anything the school might need, including a piece of furniture, playground or gym equipment, or a learning aid. The class of 2022 took a creative approach for its legacy gift by creating a one-of-a-kind mural designed and partially painted by each of the 120 students in the graduating class.

Jaclyn Phelan, library media specialist at Oak Hill Elementary, was one of the parents of fifth-graders on a committee tasked with coming up with the legacy gift. The idea for the gift developed by the committee was an inspirational
» **Continued on page 40**



Photos by Judy Tacyn

Oak Hill Elementary Principal Deneen Houghton (left) and library media specialist Jackie Phelan are proud of the student-made mural. On the far left of the mural, students can be seen giving one another a hand to help everyone rise up a hill. A radiant sun was added to the center, and on the right is an oak tree. Across the rolling hills are the handprints of each of the 120 rising middle school students, and oversized black-eyed Susans.

WoodsWork Mission Trip Builds Home And Community

By Lauren Cowin

A mother of 10 former foster children in Kittanning, Pennsylvania, will soon have a home tailored to her unique family, thanks in part to a group from Woods Memorial Presbyterian Church in Severna Park.

The WoodsWork mission trip has been a cornerstone of the Woods Church youth ministry for more than three decades. High school students and their adult chaperones — a combination of parents and devoted youth ministry volunteers — partner with Habitat for Humanity to spend a week onsite building a home.

At the end of June, 35 youth and 23 adults traveled to Kittanning to partner with Armstrong Habitat for Humanity. The home they helped construct was an expansive six-bedroom rancher.

“Normally, Habitat has maybe a team of five people who are working on a house for a whole year or two years,” said Elizabeth Cahoon, director of youth ministry at Woods Church.



The WoodsWork team from Woods Church helped construct a six-bedroom home in Kittanning, Pennsylvania, this summer. The WoodsWork group included 35 youth and 23 adults.

“In one week, we have as many as 5,000 people hours,” said Vic Marone, adult chair of WoodsWork. “We frame a house from foundation up. We do all interior walls, exterior walls, the roof, and do windows and doors. So we can do that in five days, which is kind of impressive when you think about a bunch of youth that have no experience.”

Marone further explained that while first-time WoodsWork goes don't have experience, those who return year after year bring their skills from previous missions with them.

One such student is Olivia Blake, a rising senior at Severna Park High School who completed her second WoodsWork mission this year and will serve as next year's youth chair

“It's really good, especially for kids in Severna Park, to get out and see communities other than the one that we live in, and be able to help other people that might not be as fortunate.”

— **OLIVIA BLAKE**
SPHS SENIOR

of WoodsWork. “I love being involved and planning things and seeing a project come together, so when I signed up for WoodsWork the first year and it got canceled [due to COVID], I figured I might as well be able to plan the next year and be in on all the decisions,” Olivia said.

She's also discovered an affinity for roofing.

“It surprised me how much I like every part of it,” Olivia said. “I had never lifted a hammer before I went last year, and I thought I was going
» **Continued on page 40**

Embracing Your Teen

Measuring Your Child's Growth From Inside Out Will Help Them Achieve Contentment And Protect Them

Miral Khalil
Kheloney Inc.



Talk to my child, please.”

I hear the pain in their voice and see the desperation in their eyes.

The languages are different, but the problems and the emo-

tions are the same.

I have 15 minutes allotted per patient. “I cannot fix this in 15 minutes,” I think to myself. Nevertheless, I plunge into the same conversation. This conversation is often repeated to physicians globally.

“My child does not speak to me.”

“My child says they hate me.”

“My child is rude to me most of the time.”

“I am worried about my child's phone usage.”

“My child is failing his class.”

“My child is not the same person; they have changed drastically.”

“My child believes negative stories about themselves, and I cannot make them understand that they are not true.”

“I am worried that my child is being manipulated.”

The solution is straightforward. Research points to it, and within the field of child development, it is an established fact. The relationship of a child with their caregiver sets the tone of their future relationships and the trajectory of their entire life.

The good news is that it is never too late to amend this relationship. It can be repaired anytime, but consequences must be borne if a child was hurt or betrayed. The hurt does not disappear with an apology, but it will become better with time and consistent effort.

Here are my top 10 research-backed tips that can change your relationship with your teenager and ensure that they transition into adulthood with relative ease and safety.

1 Children and Teens Need Affection Like Food and Water

Nobody will parent perfectly, but we can all choose to intentionally parent mindfully. Mindfulness is like a muscle; it grows with practice. We can get optimal results if we practice it most of the time. A child's self-value and self-confidence is closely tied to their primary caregiver's level of affection. Children do not only need words of affirmation, but like adults, children need words followed up with actions. Time spent playing, reading, or doing anything together with a parent is a superior form of affection.

2 Storytelling Heals

Playing and reading to a child are the most effective ways to bond with your child. While you might think your child has grown out of bedtime stories, this cannot be further from the truth. They might have grown out of fables, but they love to know more about you. Sharing your life story gives them a sense of belonging within their family and validates their existence. Stories can heal wounds and soothe grievances.

3 Value Your Teen's Personhood

Be mindful that your child is a complete person. This includes letting them make small decisions and take ownership of their space. If they have a room, letting them pick the bed, paint color, lamp, sheets, etc. will all lead to self-awareness. Giving them autonomy to make small decisions also fuels their desire to take responsibility and become self-reliant. Letting a teen deal with the consequences of their choices is also an important lesson that will make them resilient. Asking them their opinion on matters that are important to you is another way to respect their personhood. Do not discount their intelligence. Their unique approach to things or unbridled opinion is exactly what you might need.

4 Do Things Together

It might take longer to finish a task, but plan accordingly. More than likely, someone had to make time for you when you were first learning tasks that you have mastered. Teach them life skills by doing things together.

5 Move With Your Child

Do you want your child or teen to spend more time playing outside away from their screens?

Your physical fitness should be your primary concern. Play a wide variety of sports with your child and see what interests both of you. Play the long game. Bond over a sport you both like and move together.

6 Prioritize Sleep

You need a strict bedtime more than your child. This topic would be less contentious if you were to follow tip five on this list. We all need sleep. It is your responsibility to be a good model for your child. If the whole family gets a sound night's sleep, the whole atmosphere of the house will change.

7 Talk to Your Teen About Your Struggles

Instead of “interrogating” your child about their day, try telling them about your day instead.

Respecting your teens' personhood requires you to be willing to share and be vulnerable to your teen. I would argue that only age-appropriate struggles should be shared with children. We cannot expect our children not to be disappointed in us when they put us on a pedestal of perfection. Embrace your imperfections and give them the freedom to be imperfect too.

8 Creating Healthy Attachment

There are serious implications of not fulfilling a child's need to attach and be loved by their primary caregiver. Children who don't form secure attachment to their primary caregiver may look at alternate ways to fulfill this need and may face lifelong trauma.

I have interviewed many teenagers over the years who are aware of the toxicity of their relationships. Yet they brush red flags under the rug because their intimate partner shares a word of affection here and there. The societal pressure to be an object of affection is linked to self-worth. This also plays a role in teens pursuing unhealthy intimate relationships so they can be revered and accepted among peers.

9 Measure Growth from the Inside Out

Stop tying your child's worth to an external metric like a grade or other performance. Most stresses in relationships are borne out of societal norms and external standards. We chase the ever-changing metrics set by society to the detriment of the individual.

Many parents were brought up in a similar goal-chasing way and know exactly what the problem is. They are scared that their child will be left behind.

If a parent can set an internal metric and individualized trajectories of growth, the world would be a better place. If we exert ourselves to pursue excellence in things that we enjoy, we will eventually get better at those activities. We can even become the best at them and find contentment at every stage. If we give children the freedom to explore from a wide variety of education and experiences and let them be the master of their own destiny, then the atmosphere of the house will be fulfilling and peaceful.

10 Pursue Contentment, Not Happiness

Happiness is a fleeting emotion. We need to pursue contentment. True contentment only comes with striving for excellence. Striving for excellence only comes from self-drive and being self-reliant. Self-drive comes from repeatedly doing tasks that interest us and align with our talents. Self-reliance comes from doing a task imperfectly and making the effort to perfect it over time.

Ultimately, we share our lives with our teens by working alongside them. We accompany them for a short time on this journey, so make the most of it. Share your thoughts by emailing me at kheloneyeycourse@gmail.com.

If you want to learn more, follow me on Facebook, YouTube and Instagram to enjoy my insights on how working on yourself is the most important work of your life because it helps your child tap into their full potential.

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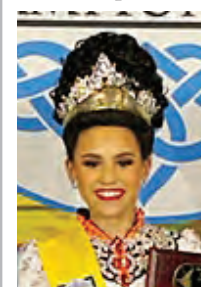
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Dancer Becomes North American Champion

Severna Park's Isabella Renzi was one of two McGrath Morgan Academy of Irish Dance members to win top honors at the North American Irish Dance Championships held in Montreal over the Independence Day holiday.

The 12-year-old was the North American champion for her age group, joining the 14-year-old North American champ, Aisling Reynolds.



Isabella Renzi

Reynolds and Renzi, along with 12 top-placing solo dancers, qualified to compete at the 2023 World Irish Dancing Championships in Montreal in the spring.

Isabella Renzi began dancing at age 9 after attending a trial class with her sister.

“I wanted to start taking classes right away,” she said. “I loved the style of dance. It seemed like a lot of fun.”

Fun, and a lot of hard work.

“It's incredible to think that Izzy only started with us two years ago,” said John Lawrence Morgan. “Her work ethic is exceptional. Her attention to detail and ability to refine her dances are testament to her success.”

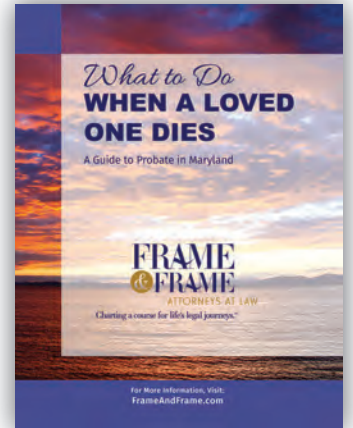
Renzi won the under-11 girls title at the Southern Region Oireachtas in December, as well as numerous local competitions, known as feiseanna. Although she felt confident in her training and choreography, she had to beat 80 dancers to claim the North American title.

“The competition was filled with really talented dancers, and I just wanted to go out there and dance my best,” she said. “I have the best teachers in the world, and I'm so thankful to them for helping me prepare for such a huge competition, and for their continuous faith in me. They are always pushing me to achieve my goals, and winning NANs was a dream come true.”

Both Reynolds and Renzi were members of the 20-person drama team that took first place with their performance of “The Belle of Belfast.” Choreographed by Morgan, the drama features a storm that destroys the roof of St. Anselm's school and includes a class of feisty school children; divine intervention that leads their teacher, Sister Madonna, to compete in a local beauty pageant; and the shenanigans that ensue with competitors vying for the title (and monetary prize) Belle of Belfast.

“I was so happy for this drama team completing its final performance of Belle of Belfast in Montreal,” Morgan said. “Now they can say they are regional, world and now national champions. Effectively, once again winning the ‘grand slam’ of titles.”

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Tiny Talent Shines On Picture Perfect Evening In Round Bay



Photo courtesy of Steph Carolan

Three-year-old Owen King showed off his wizardry and magic tricks.

By Judy Tacyn

With Wednesday night sailing on the Severn as the backdrop, more than 100 Round Bay residents gathered at the main beach in Round Bay on July 13 for a talent show put on by the neighborhood's tiniest talents. For more than 20 years, this fun evening has provided a stage for children approximately 3 to 12 years of age to perform any act they choose. The show is one of the many evening events that take place during beach camp week, a longstanding tradition in the community.

Steph Carolan moved to Round Bay about three years ago and she was excited to jump into the community activities by volunteering to run the talent show this year. The spectacle is so popular that longtime residents, like Lee Kriel and Carrie Gruver, still attend the event even though their children have long outgrown the tiny stage.

"It's my favorite night of the year!" Kriel said.

Carolan promised an array of acts including singing, dancing, improv and magic, and the kids didn't disappoint!

Five-year-old Ver Carolan opened the show with an interpretive dance performance. Another 3-year-old, Owen King, mesmerized the audience with his wizardry and magic tricks.

In the weeks prior to the talent show, Matthew Sieben, a rising fourth-grade student at Jones Elementary School, learned how to complete a Rubik's Cube. Matthew

is so proficient that he started challenging himself by setting time limits on each puzzle. For his act, Matthew completed three Rubik's Cubes in less than three minutes.

While some people never learn how to solve a Rubik's Cube, Matthew taught himself at lightning speed.

"There really isn't a trick to solving the puzzle," he said. "You just have to know how to put the colors back together."

Norah Marshall and Karis Jung, both rising second-graders, along with their friend Tallulah Pectorius from Austin, Texas, also performed. Norah sang "Shake It Off" by Taylor Swift, while Karis did a routine to "Cups" from "Pitch Perfect." Tallulah sang "The Middle of Starting Over" by Sabrina Carpenter.

Both Norah and Karis said they had been practicing their routine since school let out. Watch for these two onstage at "Rock 'N' Roll Revival" in years to come.

The 25 kids in 15 acts all did so well that everyone was declared a winner, thus proving that Round Bay's got talent.

The Round Bay beach camp consists of a morning program with a different theme each day, including competitions, art, water, science and nature. In addition to the talent show, evening events include an ice cream social, movie night, a bonfire and a kids' summer dance. About 50 campers participated this summer.

Photo by Judy Tacyn

Dancing was a popular art form during the talent show.



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Dunkin' Awards Scholarships To College-Bound Students

Broadneck High School graduate Clementine McLemore and Severna Park High School graduate James Henson III were two winners in this year's Dunkin' Regional Scholarship Program, which awarded



James Henson III



Clementine McLemore

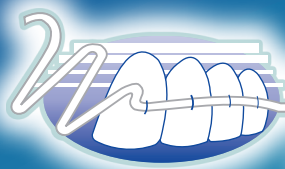
\$100,000 in scholarships to students throughout Maryland, Washington, D.C. and Virginia.

Students were selected from more than 1,000 applicants based on their academic record, demonstrated leadership, and proven commitment to their school and their local community. Dunkin' awarded each recipient with a \$2,500 scholarship to pursue an undergraduate degree at an accredited two- or four-year college, university or vocational-technical school of their choice in the fall.

Recipients were honored at an awards ceremony July 24 at the Hornor Maritime Center in Annapolis.

Clementine McLemore will study business administration at University of Washington this fall. She was a 2022 Coca Cola Foundation scholarship semifinalist, 2022 WJZ Black History Oratory Competition finalist, 2022 girls soccer state finalist, varsity sailor with a love for the arts, and an avid bonsai enthusiast.

James Henson III is a rising freshman at Salisbury University majoring in marketing. Henson is a decorated athlete, winning the Anne Arundel County baseball championship and finishing as runner-up in the Maryland 4A baseball championship in 2022. Henson is a recipient of the Minds in Motion certificate, awarded to scholar-athlete honor roll students. Additionally, Henson has worked as a mentor at Georgetown East Elementary School.



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SPHS Teams Earn National Placement In First Competition

By Judy Tacyn

In their first national competition, two Severna Park High School teams placed in the top 10 at the 59th annual SkillsUSA National Leadership and Skills Conference held June 20-25 in Atlanta. Teams invited to the national competition had to win at their state level.

The team of Chris Ryan and Alyssa Wieland came in third place for the Community Action Project category. The other top Severna Park team came in 10th place for Opening and Closing Ceremonies. That team included Khyla Boodoo, Alyssa Coriano, Sydney Henson, Reilly Miller, Ty Miller, Chioma Mortanya and Mylia Phipps.

According to the SkillsUSA website, more than 6,500 career and technical education students competed in 108 trade, technical and leadership fields. Students worked against the clock and each other, proving their expertise in occupations such as electronics, computer-aided drafting, precision machining, medical assisting and culinary arts. Contests are planned and facilitated with the help of industry, trade associations and labor organizations, and test competencies set by industry. Leadership contestants demonstrated skills including extemporaneous speaking and conducting meetings by parliamentary procedure.

Michelle Dugans is the SPHS faculty coordinator for the SkillsUSA team. She said the team had just formed their charter and attended a fall leadership conference before the pandemic shutdown, so 2021-2022 was the school's first full year of competing. After serving in the same role at Center of Applied Technology South for 14 years, Dugans was excited to bring SkillsUSA to Severna Park.

"SkillsUSA is a great program for professional development, leadership and employability skills that kids cannot get in the classroom," Dugans said. "Severna Park has many great programs, but we are now the only comprehensive high school in the county to offer SkillsUSA."

Chris Ryan and Alyssa Wieland created a business plan to benefit the special education students at Severna Park High School. They developed a plan to offer teachers a coffee cart that is run by the special education students. According to Ryan, the enterprising duo accomplished several goals with their coffee cart.

"The coffee cart brought teachers down to the special education wing where they interacted with the special education students. If not for the coffee cart, teachers wouldn't have reason to come to this particular area of the school," Ryan explained. "We heard from a lot of teachers that they were happy they didn't have to make a stop on their way to school since they knew the coffee cart was available."

While learning how to develop and execute a business plan, Ryan and Wieland were also teaching the special education students valuable employability skills, such as how to set up and tear down the supply cart; how to make coffee; how to take, prepare and serve customer orders; and cash management.

"The coffee cart accomplished many things, and I know the students liked running it," Ryan added. "I know they enjoyed meeting new people, too, and I am going to stay friends with many of them. We have plans to keep the coffee cart running



(Clockwise) Severna Park students Chris Ryan, Reilly Miller, Khyla Boodoo, Ty Miller, Natalie Brand, Alyssa Coriano, Sydney Henson, Mylia Phipps, Alyssa Wieland and Chioma Mortanya competed in a national competition held in Atlanta from June 20-25.

a lot of personal and professional skills through this experience. It was a really great opportunity."

The seven-student team ranged from freshmen to seniors, and they didn't know each other before the experience.

"I loved it," said Ty Miller of the experience at both states and nationals. "We became a very close team and I think we are all excited to do it again next year."

Dugans' goal for this year was to simply get a callback at states, so having two teams place nationally was especially gratifying.

"The kids laid an amazing foundation to build on for next year," Dugans said. "We are excited to continue to grow the program because what SkillsUSA offers is so very valuable."

Dugans said that everyone has a place in the SkillsUSA program, the largest student organization in the U.S. with international chapters.

"Everyone needs skills," Dugans said. "For students today, the jobs and careers they might have in the future haven't even been invented yet, but skills like work ethic, willingness and drive will always be in demand."

To learn more about SkillsUSA visit www.skillsusa.org or contact Dugans at mdugans@aacps.org.

into the future."

The Opening and Closing Ceremonies event was a scripted competition, meaning participants had to deliver a presentation where they were graded on numerous factors from a four-page rubric. Participants were graded on every aspect of making a presentation and public speaking including speech, delivery, body language, timing among teammates, and more.

"Before this year, I didn't like public speaking," said rising sophomore Ty Miller. "I feel like I grew a lot in my ability to communicate with strangers. I was pretty nervous at the state competition because I so badly wanted to go to nationals. I think I am a lot better at public speaking now."

Ty Miller's brother, Reilly Miller, has been active in theater since elementary school, but added that acting is different from public speaking. "I think I gained

Dancer Earns Trainee Spot With Orlando Ballet

Summer is in full swing with days at the shore and languid evening sunsets, but for young dancers, this season is filled with chasing dreams, long hours in the studio and dedication to their art. Sofia Volkov, a 17-year-old native of Severna Park, began her dance training at age 4 and has spent the summer chasing her dream.

Volkov was accepted to the Orlando Ballet School summer intensive and traveled from her home studio, The Dance Academy in Severna Park, in June in hopes of becoming a full-time trainee with Orlando Ballet. At the end of July, that dream was realized; with only six trainee spots available, Volkov made the cut. Her accolades and experiences range from competition at Youth America Grand Prix and Universal Ballet Competition to Bolshoi Ballet Academy and Pacific Northwest Ballet summer intensives. She has trained and performed locally with The Dance Academy, with Chesapeake Ballet Company as a lead dancer, and as a member of the Severna Park High School dance company.

"I'm so grateful for my family and friends, my studio, the teachers, everyone that supported and believed in me and especially Mrs. Ninel (Cherevko) and Mr. Dmitri (Malikov)," Volkov said.

Director of The Dance Academy, Noelle Reese, said that "it is a proud but bittersweet moment as an educator to see your students go on to the next level. I will miss seeing her everyday but am so excited for Sofia to continue the journey toward a career in dance."

Volkov has trained for 13 years with the desire to become a professional ballerina and the adventure is just beginning. Keep an eye out for this rising star on the big stage.

The Dance Academy is celebrating its 30th season in Severna Park. The in-house Chesapeake Ballet Company will hold auditions for its annual production of "The Nutcracker" on Thursday, August 25.



Sofia Volkov, a 17-year-old native of Severna Park, was accepted to the Orlando Ballet School summer intensive.

WoodsWork Mission Trip



The WoodsWork team constructed walls in an offsite parking lot before taking them back to the house. WoodsWork's manpower shaves months off the time it would take Habitat for Humanity to complete a home.

» Continued from page 33

to be terrified of the heights, but one of the advisers encouraged me to try and get up on the roof, and I just crave that feeling. I love being up on the roof. I look forward to it every time.”

She and the rest of the WoodsWork committee will get to work soon, as planning starts in September for next summer's trip. A priority for next year is increasing the number of youth involved, and Olivia's recruiting pitch goes deeper than building houses.

“You make some of your closest friends and such amazing connections with the youth and the adults in your community that the connections just last forever,” Olivia said. “It's really good, especially for kids in

Severna Park, to get out and see communities other than the one that we live in, and be able to help other people that might not be as fortunate.”

This sentiment of the mission being bigger than the house is shared by the adults who help guide the young volunteers.

“We try and do our best to not just come, build a house and leave but really build a connection with the people there,” said Cahoon, who had a chance this year to meet the home's future owner, a woman she deemed “a true superhero.”

“We sometimes complain about our teenagers, but here is a group of teens that are working very hard, and they're doing it because they want to do it. It's very heartwarming to see that,” Marone said.

Oak Hill Fifth-Graders Leave Helping Hand Legacy Gift

» Continued from page 33

mural to be painted on a large blank wall outside Phelan's media center. Once the idea was approved by the committee, Phelan brought in the fifth-graders to design the mural.

Using the school's “Rise Above” motto for the school year, Phelan, who teaches every fifth-grader in class during the school week, put the planning into the literal and figurative hands of the fifth-graders.

“Each fifth-grade class helped to come up with the elements and overall design of the mural,” Phelan said. “They also researched colors to be used.”

After the students' input, Phelan sketched a rough outline of what the kids wanted. On the far left of the mural, students can be seen giving one another a hand to help everyone rise up the hill. A radiant sun was added to the center with the quote, “We rise by lifting others.” On the right, an oak tree was added, as well as Oak Hill Elementary School perched atop a book that reads, “Once upon a time, there was a school.” Across the rolling hills are the handprints of each of the 120 rising middle school students, and oversized black-eyed Susans (the Maryland state flower). Phelan gave the sketch to her mother, artist Debbie Coulter, to make the picture come alive.

Coulter painted the mural during

school days, so the fifth-graders watched their vision go from paper to wall in real time. The final touches were special messages from each graduating student to incoming students.

“Each student came up with a character trait they felt helped them excel at Oak Hill,” Phelan said. “This group of students was so special and unique. The traits left behind promote the students' own voices, and I just love how the traits are on the lower portion of the mural so that younger students can read the traits and hopefully be inspired.”

The mural was finished before the end of the school year.

Principal Deneen Houghton is thrilled with the mural and happily accepted the gift on behalf of the school.

“Jackie is just incredible. She cares very deeply for the students, and what she does for our school goes well beyond any lesson,” Houghton said. “She has totally transformed the media center into a vibrant, student-center place to learn. This mural is truly a gift from the students, made by the students, and for the students to come.”

As her own daughter leaves Oak Hill and heads to Severna Park Middle School, Phelan added from personal experience, “Some of the students were sad to leave Oak Hill, but the mural really helps them feel like they will always be an important part of our school community.”

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Sailing Camp Empowers Severna Park Girl



Sandy Baressi and her daughter Hannah Baressi gathered with camp director Charlie Arms after Brendan Sailing Camp.

Severna Park resident Hannah Baressi recently graduated from Brendan Sailing Camp in Annapolis. Brendan Sailing is geared toward youth with learning differences. After attending a virtual version due to COVID in 2020, then day camp last year, Hannah completed the overnight camp at St. Mary's College this summer.

"It's a well-run camp with knowledgeable staff in both learning differences and in sailing. I felt very confident that Hannah was in good hands,"

said Hannah's mother, Sandy Baressi, adding that a highlight of the last two years has been having Hannah take her family out on the boat herself.

"Hannah did not know how to sail before camp at all, so when we went out, it was amazing — she was telling us what to do ... It was a great experience to have [my] kid excel at something that I cannot do. I really appreciated it, because I cannot sail, what she was doing and her bravery and courage."

Severna Park Middle Schooler Attends West Point STEM Camp

By Sarah Sternhagen

Ellie Brown, a rising eighth-grader at Severna Park Middle School, attended West Point STEM Camp from June 14 and June 17. The camp, held on the West Point campus, allowed students from all over the country to learn and experience the different fields of STEM.

To apply to the camp, Ellie had to write a paragraph about her interest in STEM, a paragraph about why she wanted to go to the camp, and submit a recommendation letter, which she got from her teacher, Morgan Thompson. A total of 120 middle-school students were selected for the camp. On the first day of the sleepaway camp, Ellie and the others were immediately put into an activity parodying the "Amazing Race."

"It was a scavenger hunt around the whole campus ... you and your squad were racing to go around the campus and answer all these STEM questions," Ellie said.

As the week progressed, the campers stayed in the West Point prep-school and were divided into squads of 12 kids each, led by West Point cadets. They ate in the family style mess hall, made formations before lunch and came up with squad calls. They finished the week by eating an Army-issued MRE (meal ready to eat).

"I really liked the campus because it was right by the Hudson River. And when you get into that little place with all the major buildings, it feels like a whole little city," Ellie said.



Ellie Brown met many cadets during her stay at West Point STEM Camp.

The campers got to build pulleys out of Legos aiming to lift a weight. Campers also soldered circuit boards they'd programmed with games, worked in the robotics lab with a lovable robotic dog named Spot, coded video games, and designed their own race car and track.

Ellie is interested in the medical field and attended a virtual summer camp offered by Uniformed Services University shortly after the West Point STEM Camp.

"I would like to go into the medical field when I'm older, and I think STEM is a big part of that," Ellie said. "I learned a lot more about STEM [at the West Point Camp], of course. And had lots of new experiences, and got to see this school, and just another option for a path you can take in the future."

A longer version of this story is online at www.severnaparkvoice.com.

Shop Local This Back-To-School Season

By Lauren Burke Meyer

There's nothing quite like the fresh start of the school year, especially when it comes with new clothes, backpacks and school supplies. So sharpen those pencils and open up your notebooks to jot down some of the best places to shop this back-to-school season.

The Cottage

With locations in Severna Park's Park Plaza shopping center and on Main Street in Annapolis, The Cottage is one of the best retail stores to visit before returning to the classroom.

"I think everyone is just thrilled that virtual school is in the rear-view mirror," shared Sarah Bender, longtime employee and partner at The Cottage. "It's so fun to have everyone excited to go back to school in the fall and help kids find their new clothing, backpacks, lunch boxes, water bottles, jewelry, and cute accessories that fit their personality and style!"

The Cottage has everything needed for a return to school: trendy apparel, shoes, boots, jewelry and accessories. The shop even has dorm accessories and décor to help college students.

When asked what brands or trends might be popular this fall, Bender explained, "Vera Bradley backpacks and lunch boxes are always a huge hit — they are sturdy and built to last. Scout launched some adorable new patterns and is also a popular choice for backpacks, lunch boxes, crossbody bags, ID keychains and more. Corkcicle has all-new fabulous patterns and sizes for water bottles as well."

The Cottage will do a back-to-school event with sales and giveaways in both locations on August 11, August 12 and August 13. The shop will also do teacher appreciation events and school fundraisers throughout fall, so have your PTO contact The Cottage for details by emailing hello@shopthecottage.com.

Patrons should also mark their calendars for Shop Maryland Tax-Free Week from August 14 to August 20. Examples of tax-free clothing and footwear are sweaters, shirts, slacks, jeans, dresses, robes, underwear, belts, shoes and boots priced at \$100 or less. The first \$40 of a backpack/bookbag purchase is tax-exempt. A more detailed list is available on the comptroller's website.

Savvy Consignment

Located in Severna Park, Savvy Consignment is a boutique-style consignment shop that carries a variety of clothing, jewelry, handbags, shoes and home décor — both new and gently used.

One of the best parts of consignment shopping is getting great buys for an affordable price.

"Every two weeks, a tag color goes 50 percent off, so really there



The Cottage carries Vera Bradley backpacks and lunch boxes.

is always something on sale along with several 75 percent off racks," said Stacey Cassidy, owner of Savvy Consignment.

Savvy has designer racks with popular brands including Free People, Lululemon, J.Crew, Lilly Pulitzer and Vineyard Vines. Other clothes are broken out by size and color coordinated, so it's easy to shop.

"Our brand specific racks are very popular," Cassidy said. "We do our best to provide good service, a clean store, and it's organized so you know where to look."

Savvy is still taking summer clothing because it's common for customers to want a summer dress or outfit for the first day of school. By the end of August, the store begins to sell its fall lines.

"I think back-to-school gives all the moms a chance to clean out and get organized for when the weather changes come," Cassidy said. "Once the weather changes, we get crazy busy."

Office Depot

Office Depot and OfficeMax have also kicked off their "SUCCESS is in SESSION BACK 2 SCHOOL" sale, offering up to 60 percent off their best-selling school supplies. Shop by grade, including kindergarten through college, for your school supply list. Take advantage of Shop Maryland Tax-Free Week and applicable savings noted above at Office Depot and OfficeMax stores in Maryland.

Got inside scoops on other back-to-school shopping? Tweet @SPVoice with #ShopLocal, and we'll share your suggestions on Twitter.

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Teens Shine In “Legally Blonde”



Photo by Judy Tacyn

The “Legally Blonde” cast includes (front row) Katie Roberts, Ainsley Grow, Rosalie Hess and (back row) Reilly Miller and Shane Coleman.

By Judy Tacyn

It’s been more than 20 years since Reese Witherspoon brought the stylish, confident and smart Elle Woods to life in the film “Legally Blonde.” The Talent Machine Company cast, which includes some talented Severna Park teens, is dancing and singing their way through Harvard Law School this August to bring this award-winning musical, based on the movie, to life.

Directed by Taylor Elise Rector,

“These kids are all amazingly talented and they have been working so hard.”

— TAYLOR ELISE RECTOR
DIRECTOR, “LEGALLY BLONDE”

a Talent Machine Company alumni who played the part of Elle at the Candlelight Theatre in Delaware, and produced by Judy Curbelo,

» Continued on page 48

Author Publishes Feel-Good Novel Set In Annapolis

“The Letters in the Books” revolves around this singular question: Can a handwritten letter found inside a book change the course of your life?



Stephanie Verni

Stephanie Verni, Severna Park author and adjunct professor with Stevenson

University Online, has released her seventh book entitled “The Letters in the Books.” Set in Annapolis, the book’s theme revolves around this singular question: Can a handwritten letter found inside a book change the course of your life?

In this novel, empath and bookstore owner Meg Ellis believes it

can. One snowy evening in early December on the night of Midnight Madness, a kickoff to the holiday season in Annapolis, four downtrodden people walk into Meg’s bookstore at different times throughout the evening and become recipients of her inspirational letters. Over the course

» Continued on page 47

Dining Out

Sam & Maggie’s Offers Fresh Food And Waterfront Dining



Photos by Mary Cobbler
The colossal shrimp and polenta cakes are served with sweet corn and blistered tomatoes.

By Mary Cobbler

There’s a new kid in town!

Sam & Maggie’s Dockside Grill opened in February, offering “Chesapeake fare — Caribbean flair.” It’s a gem with both ambiance and excellent cuisine.

My family will go to some restaurants because we love the atmosphere. Others, we visit because we really like the food despite the atmosphere. But this place nails both. It focuses on quality over quantity. Everything, including desserts, is prepared onsite from scratch.

My friend and I got a reservation at 7:15pm on a Saturday. The restau-



An appetizer of gulf shrimp and compressed watermelon was beautifully presented.

rant has a modern decor,

— chic and clean, with a nod to the nautical. It was a beautiful evening, so we chose to eat outdoors. Sam & Maggie’s has a large deck overlooking the waters of Wall Cove, off of Rock Creek. With Edison lights hanging on the rail, and candles on the tables, it’s a perfect romantic spot.

Both of us remarked on the music — an eclectic but mostly ‘80s mix and not too loud.

My companion chose a mango margarita. It was served in a mason jar rather than the iconic margarita glass, and what it lacked in size, it made up for in strength.

We began our meal by sharing a special of gulf shrimp and compressed watermelon. Beautifully presented, the dish surprised my palette. Compression enhances both

» Continued on page 50



Sweet pineapple and fresh avocado cream give the island burger a flavorful punch.



This spiced brownie with fruit and mascarpone cream offered an interesting combination.

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It's concert season in Annapolis and Warrior Music Foundation and MC3: Maryland Cultural and Conference Center have partnered for the second annual Warriors in the Park concert benefiting both nonprofit organizations. The concert will come to StageOne at MC3 on Saturday, September 10, from 4:00pm to 9:00pm.

Join MC3 on the lawn for a full evening of music by Jimmie's Chicken Shack, Pressings Strings and Honey Sol. Grab your beach chairs, umbrellas, blankets, and kick back while honoring the strong veteran community in Annapolis.

In addition to the music, there will be a silent auction, multiple food and drink trucks, and local veteran organizations. All proceeds will benefit Warrior Music Foundation (WFM), a nonprofit organization that helps the veteran community through music therapy, and MC3: The Maryland Cultural & Conference, a nonprofit arts organization dedicated to providing equitable access to innovative and dynamic arts programming to the greater Annapolis region.

StageOne at MC3 is located at 3 Park Place in Annapolis. Tickets are \$30 and can be purchased on Eventbrite.

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Time Travel To Fun: The Maryland Renaissance Festival Returns

The Maryland Renaissance Festival, a tradition for the entire family, begins its 46th season August 27 and runs Saturdays, Sundays and Labor Day Monday through October 23 for nine weekends of thrills, feasting, hand-made crafts, entertainment and merriment in Crownsville.

The 27-acre Village of Revel Grove comes to life each autumn with more than 200 professional performers on 10 stages, a 3,000-seat arena with armored jousting on magnificent steeds, and streets filled with village characters. Join King Henry VIII in the forests and glades with over 140 artisans exhibiting crafts in their own renaissance shops, five taverns featuring cool libations, and 42 food and beverage emporiums providing a vast array of succulent and sweet treats to sate even the heartiest of appetites.

The almost continuous entertainment on all 10 stages features many returning performers: Shakespeare's Skum in its 38th year with rollicking 20-minute renditions of the bard's most popular plays; A Fool Named "O" and LaLa mimes; and King Henry and his royal court.

Minstrels, magicians, musicians, jugglers, daring feats of skill and artistry abound. Returning this season is the jousting troupe Debracey Productions with a field full of horses, men in armor, chariots, trick riding and thrills for all ages. Major additional acts include Topsy Turvy, Markita's One Woman Stunt Show; Piper Jones; and Hey Nunnie Nunnie's song and patter delight. Hilby, the Skinny German Juggle Boy, amazes and con-

fuses. The Danger Committee thrills with knife throwing and whip-snappery. The London Broil cooks up rare juggling well done, and in the 49th year of their popular comedy sword-fighting and witty repartee, Puke and Snot bedazzle with their fast-paced humor. Add in a village full of stilt walkers, beggars, hermits, wenches, pickpockets, rakes and rogues for an entertainment experience not only to be seen but to be immersed amongst.



Armored jousting is just one of many attractions at the Village of Revel Grove in Crownsville from August through October.

The Maryland Renaissance Festival's reputation of having unique and predominantly hand-made wares by the artists in its renaissance shops is among the best in the realm of festivals. Metal work, wood sculpture, jewelry, furniture, clothing, footwear, ceramics, stained glass, headwear, glassblowing, and many demonstrating craftsmen fill the shops and studios.

The king's kitchens will prepare sumptuous feasts to satisfy most any lord or lady. One-pound smoked turkey legs, steak on a stake, fresh crepes, stuffed chili peppers, gyros, succulent ribs, a fresh seafood raw bar, sweet concoctions and tender sandwiches of chicken, fish, crab, beef and pork with bountiful servings of all manner of sides add to your table. Cool, mild drinks and an array of ales, ciders and wines cleanse your pallet and refresh your constitution.

The first three weekends, from August 27 through September 11, the festival reduces pricing for all without coupons or special purchasing required. Prices, special event info and full schedules are available at www.marylandrenaissancefestival.com.



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Park Librarian And Author Aims To Grow Guys Book Club

By Mark Patton

Severna Park librarian is making waves with the Guys Book Club, and he's penned a new read that he hopes will offer a blueprint for other libraries to follow.

Andy Wolverton launched the Guys Book Club at the Severna Park Library 11 years ago, and he published a new book earlier this year titled "Men Don't Read: The Unlikely Story of the Guys Book Club."

Wolverton's book not only shares stories of his own experiences with the Guys Book Club, but it also gives advice on how others can start something similar. He said he got the inspiration for the book after some of his regular attendees relocated and expressed interest in establishing a club at their next libraries.

"It's not hard, and it doesn't really cost much money, maybe not any," Wolverton said about starting a book club. "Don't be afraid to just go up to guys and say, 'We'd love to have you. Let's talk about books.'"

Steve Collier showed up to his first meeting with the Guys Book Club six years ago when the group discussed the southern gothic tale "Midnight in the Garden of Good and Evil." Collier said a lot of men genuinely enjoy reading, discussing their ideas on a book and reflecting on thoughts shared by other members.

"The trick, of course, is to actually seed a guys book club and then nurture it for the months or even years it takes to reach and sustain ignition temperature," Collier said. "It truly takes a special person to have that sort of vision in the first place and enough grit and patience to follow through month after month after month, learning and adapting as you go. Happily for the members of the Severna Park Guys Book Club, Andy is exactly that sort of person."

Patience was definitely required of Wolverton, as time after time he would hear the same refrain: men don't read. He knew that wasn't true.

"I wanted to put a book club together just to show people that guys do read, and they should have a place where they can talk about what they read without judgment, where all opinions are valid, and at first it was a tough sell," Wolverton said.

He recalled how the first meeting of



“My fundamental concern is we as a nation aren't reading like we were even 10 years ago. I just want you to read, and I just feel like we would be a richer country in so many ways.”

— ANDY WOLVERTON, LIBRARIAN
SEVERNA PARK LIBRARY

the Guys Book Club in October 2011 was almost the last as just three other attendees showed up to discuss Laura Hillenbrand's "Unbroken: A World War II Story of Survival, Resilience and Redemption."

Since that meeting, the Guys Book Club has exceeded expectations as longtime members sit beside newcomers month after month to discuss the club's latest pick, which is chosen alternately by Wolverton and members. The 14-year Severna Park Library veteran hopes to expand the group further as Wolverton noted he still receives emails from folks outside of Maryland who heard about his club or participated virtually during the pandemic.

"The library system is considering buying some software that makes it a lot easier to do a hybrid of virtual and in person ... so we're thinking about doing that, and that would open it up to anybody in the world," Wolverton said.

Wolverton said other libraries in the Anne Arundel County system have expressed interest in starting their own book club for teenage guys and men.

"My fundamental concern is we as a nation aren't reading like we were even 10 years ago," Wolverton said. "I just want you to read, and I just feel like we would be a richer country in so many ways."

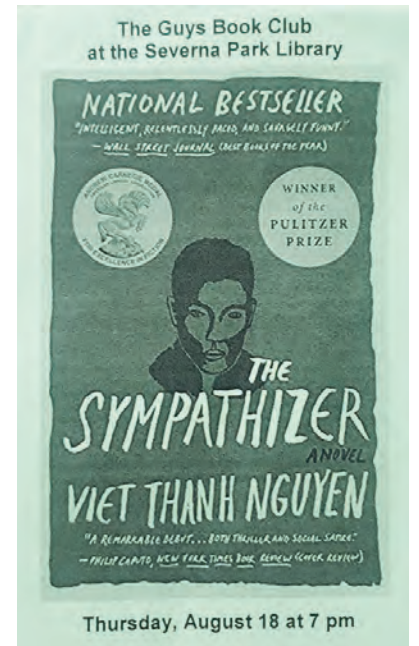
According to Deloitte Global, a 2018 study of children at age 15 found that more than 40% of girls reported reading at least 30 minutes a day, compared to only about 25% of boys. Wolverton said that teachers aren't to blame, but a lot of reading lists that are required in school include titles that don't always spark the interest of males.

"That message for the guys is reading is not for you," said Wolverton, adding that he calls his book club "guys" instead of "men" because he wants teenagers to attend as well.

Lessa Kanani'opua Pelayo-Lozada, president of the Chicago-based Amer-

Photo by Mark Patton

Severna Park librarian Andy Wolverton published a book, entitled "Men Don't Read," that offers tips on starting a book club for guys.



A flyer for the Guys Book Club at the Severna Park Library announces the next meeting.

ican Library Association, said book clubs around common interests and identities allow patrons to have deep and difficult discussions in a place where they can feel seen and heard, even around controversial subjects.

"Libraries develop programs and services to meet needs they see or hear from their patrons," Pelayo-Lozada said. "A men's book club is one example of the many ways that libraries engage and empower reading and literacy for all."

Wolverton's book is available at the Severna Park Library and leading online retailers. Other libraries — such as the Arlington, Texas, system — have the book on order already.

The Guys Book Club meets the third Thursday of the month from 7:00pm-8:00pm at the Severna Park Library. The next meeting is slated for August 18, when members will discuss the 2016 winner of the Pulitzer Prize for fiction, "The Sympathizer" by Viet Thanh Nguyen.

Author Publishes Feel-Good Novel Set In Annapolis

» Continued from page 43

of a year, Meg's clandestine, handwritten letters help positively change the trajectory of these vulnerable characters' lives. Before long, Eva Levoni, Reid Jones, Lily Webster and Dimitri Vassos become connected; prior to that night, they were not.

Friendships form, romances bud and their bonds become strong. Additionally, Meg's backstory reveals why she takes the time to write the letters of encouragement — a handwritten letter she received years prior after losing someone she loved. Meg, too, finds herself on a journey of her own.

"Honestly, this novel is the direct

result of reading a lot of Brené Brown books and watching her TEDTalks about shame, vulnerability and empathy," Verni said. "I wanted to write something uplifting with kindness at the forefront, especially after what we have endured for the last two and a half years. The novel also tackles the importance of cultivating strong friendships that lift you up instead of tear you down. One common thread in all of my novels is that they offer a sense of hope. It's important to me. Plus, showing off our beautiful city of Annapolis is a passion of mine."

Verni is an adjunct professor of communication with Stevenson Uni-

versity Online, where she instructs graduate and undergraduate communication courses. Other novels by Verni that are set in Annapolis include "Beneath the Mimosa Tree" (2012) and "Little Milestones" (2019). Verni has also written a book based on her 13 years of experience working with the Baltimore Orioles in a fictional story called "Baseball Girl" (2015). Her novel "Inn Significant" (2017) is set in St. Michaels, Maryland. "From Humbug to Humble: The Transformation of Ebenezer Scrooge," Verni's Christmas release, is a historical novella about the life of Ebenezer Scrooge after he saw

the ghosts and pledged to change his ways. She has also penned a short novella called "Anna in Tuscany" (2021) and a collection of short stories called "The Postcard" (2018). Along with two of her colleagues, she is co-author of the textbook "Event Planning: Communicating Theory & Practice" (2019), published by Kendall-Hunt.

For more information about Verni and her work, visit www.stephanieverni.com. "The Letters in the Books" can be purchased via Amazon or Barnes & Noble in both paperback and for the e-reader, as well as at Park Books & Literacy Lab in Severna Park.

Teens From Talent Machine Shine In “Legally Blonde”

» Continued from page 43

“Legally Blonde” is performed by 34 teens from the region, ages 14 to 17.

“These kids are all amazingly talented and they have been working so hard. From day one, they have been learning the jump rope number and all of the choreography,” Rector said. “Audiences will see in their faces how much fun they are having onstage. I am so proud of them, and they should be proud, too.”

Ainsley Grow is a rising 10th-grader at Severn School. She was bitten by the acting bug in fourth grade at Jones Elementary School and has been performing ever since.

“This show is so funny and was so much for us,” said Ainsley, who is part of the ensemble. “Everyone who comes to see it will have a

great time.”

Veteran performer Reilly Miller is performing in his 14th musical, his third with Talent Machine Company. He’s also in the ensemble.

“I’ve met so many new people here at the Talent Machine Company,” said Reilly, a rising sophomore at Severna Park High School. “Everyone is so welcoming and so talented. It’s a really good group and a great show.”

Rosalie Hess will be a senior at Archbishop Spalding this year. She has an extensive performance resume and is also a member of the All Children’s Chorus of Annapolis.

“This show has so much amazing and positive energy,” said Rosalie, who plays the part of Margot, one of Elle’s best friends. “I think everyone can relate to Elle or to one of the characters in this incred-

ible show. Everyone should come and see it!”

Kate Roberts, a rising sophomore at Severna Park High School, is performing in her seventh Talent Machine Company production.

“I’ve always loved the ‘Legally Blonde’ movie, and all the characters are fun with great costumes,” she said. “It’s just a really good production and I think everyone will love it.”

Shane Coleman, who recently moved to Severna Park, will perform as a dancer in his first Talent Machine Company production. He’s a Children’s Theatre of Annapolis alumni and has been in productions of “The Addams Family,” “Mamma Mia!” “High School Musical” and “Camp Rock.”

An avid dancer, Shane thinks everyone should come to see the

cast perform in “Legally Blonde” because everyone is so talented. His dog will play the part of Bruiser.

“The kids have been rehearsing since May. Audiences can expect to see lots of energy, exceptional singing, and amazing dancing from a great group of kids,” Curbelo said. “The Talent Machine Company is known for its high level of talent, and this cast is no exception. They are a great group of kids who support each other no matter what.”

“Legally Blonde” opened the weekend of August 5–7 and continues August 11–13 at The Pascal Center for Performing Arts on the main campus of Anne Arundel Community College in Arnold. Evening and matinee showtimes are available. Tickets are \$20 and are available online at www.talentmachine.com or at the door.



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DC's Reflecting Fools Brings Back Beloved Satire



The stairway to heavenly political satire originally laid by The Capitol Steps continues upward with DC's Reflecting Fools — the new musical parody group created by the performers and co-writer from the Capitol Steps. Known for their previous visits to Severna Park High School, the performers are coming to Rams Head On Stage in Annapolis on Saturday, August 27, at 7:00pm.

Like a phoenix rising from the ashes of burned 2020 presidential ballots, DC's Reflecting Fools hold up a mirror to our crazy political culture, providing hilarious song parodies and "foolish reflections" that continue to inspire your belly-laughter. Audiences will continue to see casts from past seasons performing all the beloved bits, the show-ending and mind-boggling backward talking spoonerisms, break-neck costume changes, over-the-top impressions, and all-new song parodies reflecting the day's news. Fight your desire to hold the head of democracy under shallow waters because DC's Reflecting Fools just might get you to laugh a bit.

Doors open at 7:00pm and the show starts at 8:00pm. Learn more at www.ramsheadonstage.com.

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Cabaret Performance To Benefit SPAN

Severna Park native Laurette Hankins-O'Connell and pianist/duet singer Anita O'Connor are performing cabaret to raise funds for the nonprofit SPAN on September 10 at 7:00pm. Their one-hour show, set to take place at Boone Station Hall, is an exuberant and occasionally irreverent salute to a wide array of Broadway musicals of the 20th century. This upbeat "backstage tour" includes a smorgasbord of showtunes hand-picked from more than six decades of Broadway's best.

Boone Station Hall is located at 623 Baltimore Annapolis Boulevard in Severna Park. Concessions and wine will be available for cash-only purchase. Silent auction items will be available by check or PayPal.

Tickets are \$25, with all proceeds going to SPAN. Because space is limited, tickets must be purchased in advance using check or PayPal. You may mail a check to SPAN, 400 Benfield Road, Severna Park, MD 21146 or you may pay via PayPal at spanhelps@yahoo.com. In the message section, state that your payment is for the show, and indicate how many seats you want. Questions can be emailed to spanhelps@yahoo.com.

Anita O'Connor and Laurette Hankins-O'Connell performed a cabaret show called "Broadway Goes to the Movies" at The Holy Grounds Center in 2019.



Sam & Maggie's

» Continued from page 43

the color and flavor of the watermelon. This chef topped the fruit with a thin slice of a cucumber and large shrimp. He combined mint and basil for a cool, aromatic zing, and added feta and toasted pine nuts for additional flavor and texture. Placed atop a balsamic drizzle, the ingredients blended and the whole concoction was a wonderful starter.

For the main dish, I chose the colossal shrimp and polenta cakes served with sweet corn and blistered tomatoes. My companion picked an island burger served with kettle chips.

Our servers, all friendly and professional, delivered our food promptly.

My companion's burger came out perfectly prepared, medium rare. Topped with a fried sweet pineapple, some cool avocado cream, and lemon chipotle aioli, the dish was pronounced by my friend as "exquisite." I took an order home to hubby, who enjoyed it, but pronounced it a bit small - but this isn't the place for supersized burgers, I assured him. It's a restaurant dedicated to lovingly preparing food to taste incredible. It's food to savor.

My shrimp and polenta were just as exquisite. I've grown to enjoy polenta, especially when it's done right — in my opinion — slightly sweet, hot, with a texture between mashed potatoes and bread. It's the chef's masterful use of herbs and spices that elevates this food. The sweet corn was fresh, as were the tomatoes. Altogether a lovely dish.

I'm picky when it comes to desserts. I was blessed to have a mother who baked constantly and crafted delicious baked goods with some regularity. I was skeptical of a "spiced brownie," but I was pleasantly surprised by the heat of cayenne pepper mixed with chocolate, surrounded by berries, and topped with sweet mascarpone cream. I've never tasted anything quite like it, but I'm certain I will taste it again soon!

While the menu is limited, the selections are marvelous. Our total came to about \$85 for two meals, an appetizer, a dessert and a drink.

An aside — according to the website, the restaurant is named after the owners' two dogs, Sam and Maggie, which "stole our hearts and never gave them back." The grill is dedicated to "all of our beloved four-legged family members, both with us now and those who have crossed over the Rainbow Bridge."

I highly recommend this restaurant. It is open 5:30pm-9:30pm Thursday through Saturday. Reservations are suggested.

Kat Spitzer Releases "Florida Girl"

From the author of "The Happy Hypochondriac" series comes a new novel, "Florida Girl," a young adult comedy that captures the drama, folly and difficulty of being in high school.

How does a teenage girl manage hormones, burglars, and reptiles during a crisis at her family's miniature golf course in the wild state of Florida? Circa 1992, this humorous, absurd and fast-paced story follows Janie Jarvis, a fierce, feisty, 17-year-old, as she navigates the ridiculous situations around her in a small Central Florida town.

Janie faces a masked attacker while alone at her parents' mini-golf business. Events leading up to this moment over the course of the homecoming week shine light on the potential identity of the culprit. Could it be the jock she's hooking up with, or his frustrated, vengeful, popular girlfriend? Perhaps the bad guy is the dirty cop who hits on her, or the awkward new boy her dad hired. Swoony first love, sinkholes, lunchroom brawls and family secrets abound. Janie handles these events with wit, while attempting to come to terms with her own faults and be the best daughter and friend possible. Can she succeed?

Inspired by Spitzer's family miniature golf course, "Florida Girl" is out now and available for purchase.



"Florida Girl" was inspired by the miniature golf course owned by Kat Spitzer's family.

About the Author

Kat Spitzer is the author of the novel "Florida Girl" and two nonfiction books, "The Happy Hypochondriac" and "The Happy Hypochondriac Survives World Travel." She also writes the Happy Hypochondriac blog, available at www.katspitzer.com.

She is the face of Lifestyle at Annapolis Discovered for the Visit Annapolis travel bureau, and is a regularly featured contributor for large regional publications, including *What's Up? Annapolis*, *Chesapeake Family Life* and *The Capital Gazette*. Additionally, she was a contributing writer on the Tabasco Award-winning entertainment guide and cookbook, "A Thyme to Entertain."

Her next work, a guide for high school students on how to get into their dream school, will be published in fall 2022. A graduate of Vanderbilt University and Vermont Law School, she currently lives with her husband and two children in Maryland.

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“Where The Crawdads Sing” Is A True Crime Thriller Full Of Twists

By Audrey Ruppert

When audiences love a film and critics hate it, I typically side with the critics. I've always understood when people say a film is just for fun and doesn't have to necessarily have a deeper meaning — whether it be the Nicholas Sparks adaptations (for teenage girls), the Marvel movies (for nerdy fanboys) or the “Fast and the Furious” franchise (for ... someone). Nonetheless, I never was able to relate — I need a story to go a bit beyond action, gadgets or schmaltz to find it satisfying.

Behold, I have finally found the critically panned but much beloved film for people like myself: “Where The Crawdads Sing.” If you like nature, true crime, thrillers and a good ole revenge flick, I dare you to dislike this movie.

This book adaptation tells the story of Kya, a young girl abandoned in the marsh as a child. Through sheer necessity, she learns to survive in the wild, being shown only occasional kindness from others — overwhelmingly, she is ridiculed, despised and feared by the local North Carolinian people in a nearby town. Kya primarily keeps to herself, until one day she is charged with the murder of a local man and finds herself defended by a Great Value version of Atticus Finch.

Is this film at times a cringe southern gothic melodrama? Yes. Is the

acting canned outside of the main cast? Also, yes. Has most of this been done before? Is it implausible Kya's skin would be so perfect despite living in a swamp with no Proactiv? Does the film completely stretch the bounds of believability at times? Yes, yes and yes. Did I care? No. With the film's gripping twists and turns throughout, I doubt you'll leave your seat. I wouldn't say it's *fun*, per se, but boy oh boy is it a ride worth taking.

The ending was called a “cheat ending” by many critics and I strongly disagree. To be fair, it was one of about three predictable endings, but I wasn't sure which it would be — I found it deeply satisfying and the rather vocal audience in the theater certainly agreed with me. Like “Gone Girl,” this is one to see with friends. Currently sitting at 96% percent on the Tomatometer for audience score, you can probably bring any sort of friend and they'll like it!

As a final note, it would be remiss of me not to mention that the author is a naturalist herself, exiled by some governments for her conservation activism — and her ex-husband and stepson have been linked to a poacher's death in Africa. However, nobody has been charged and there is no definitive proof that she or her husband was involved. One has to wonder if real life inspiration has seeped through the pages of the novel and bled onto the screen.



Photos courtesy of Michele K. Short/Sony Pictures Entertainment

Above: In “Where The Crawdads Sing,” Kya (Daisy Edgar-Jones), who is facing murder charges, is represented in court by Tom (David Strathairn). **Below:** Kya is a loner who is harassed by many locals, including Chase Andrews (Harris Dickinson).



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Why All The Stock Splits?

Jason LaBarge
Financial Advisor
and President
LaBarge Financial



So far, 2022 has been quite the year. In previous articles, I have written about the reasons why the market is down, some of the ways it could improve, and a historical perspective on how this year compares to history. This month, I want to introduce the idea of stock splits because several big-name companies have done them recently, and several more are scheduled to do so later this year. The fact that these companies are splitting is important, and the impact of doing these splits should be significant to the market in my opinion.

Due to compliance, I am unable to name specific companies throughout this article, so I will do my best to explain this

topic without going into specific companies or naming any names.

What is a stock split? Investopedia defines a stock split as “an increase in the number of shares in a corporation’s stock without a change in the shareholders’ equity.”

Companies often split shares of their stock to make them more affordable to investors. It is important to note this does not issue more shares, so it does not dilute the ownership interest in existing shareholders. For example, in a 2:1 stock split, existing stockholders receive two shares for every one they currently own.

Company A could execute a 20:1 stock split, meaning shareholders would receive 20 shares for every one share they own. The share price would go from around \$2,000 a share to around \$100 a share. If an investor owned one share prior to the split, the value of that share, and therefore the value of holding, could be \$2,000. After the split, the investor could have 20

» Continued on page 58

Chamber Update

Liz League
CEO
GSPACC



Please welcome our newest members and find them in our directory at www.gspacc.com.

Abode Title & Escrow LLC (bronze member) –

When a house, building, or other property is purchased, sold, or used to obtain a mortgage, all the parties involved want to be sure the “title” and transfer of ownership is clear. Title insurance protects against losses arising from problems affecting title to the property. Abode Title can ensure that you get the best coverage in every transaction.

The Social – The Social has your appetite covered with a diverse menu including pimento cheese balls, bourbon

deviled eggs, fresh cheese curds, hanger steak, Wisconsin bacon brisket butter cheeseburgers, salads, and Key lime pie. The restaurant also has a wide selection of creative cocktails and adult beverages. Find it next to Harris Teeter.

Tough Love Salon – Its founder, Lisa Cardillo, is known for her excellent skills as a hair stylist and for being “professionally honest” with her clients. She knows that her clients really appreciate the honest feedback of an experienced beauty professional. Tough Love Salon has premium brands, premium salon equipment, comfortable furnishings, a well-stocked hot/cold beverage center, and more.

Gibbs Marketing LLC – Located in Millersville, Gibbs Marketing offers a variety of services including call center outsourcing with sales support, tele-marketing campaigns, lead generation, appointment setting, customer service, » Continued on page 58

BUSINESS SPOTLIGHT

Affordable Outdoor Kitchens Built On Foundation Of Excellence

By Lauren Cowin

Years before Karen and Kevin Fox would sell their first outdoor kitchen

appliance, they were on the hunt for their own.

“We loved the idea of the built-in grills — it was just kind of a new thing,” Karen said.

“They were so expensive, I’m like, ‘Oh, we can maybe buy the grill, but we can’t afford these islands.’ I got down on my hands and knees and kind of crawled underneath it and I’m like, ‘These are steel studs! I feel like we can build this ourselves!’”

This was in 2000, and it was a game-changer.

“The deck that never got used turned into the place where everyone hung out,” Karen said.

What began as a home improvement and change in their social habits had a ripple effect in the form of a booming family business — Affordable Outdoor Kitchens.

Kevin, who at the time worked in lighting, learned from the contractors with whom he worked that oftentimes homeowners were ordering various outdoor kitchen pieces online without much guidance, resulting in mismatched appliances that ultimately didn’t work together. After pitching his employer on the idea of carrying outdoor kitchens failed, he decided to go a different route.

“He said to me, ‘You know it’s not a conflict of interest; let’s take some money and we can buy a truckload,’” Karen recalled. “It was Bull barbecue [grill]. We still sell it.”

Their grill-selling side hustle lasted



Affordable Outdoor Kitchens

The Outdoor Living Experts!

two years. By 2013, Kevin made it his full-time job, and within another year, they had a storefront.

“We just were like failure is not an option, so let’s just do this,” Karen said.

Today, Affordable Outdoor Kitchens is situated off Generals Highway in Millersville, still run by Kevin and Karen along with their adult sons and their families. The business has expanded from selling grills in the back of a pickup truck to having one of the largest selections of outdoor kitchen appliances and furniture within several states.

“There’s nobody else doing what we do in Maryland,” Karen said, and they have the clientele to prove it.

Their customer base sprawls in every direction: New Jersey, West Virginia, Virginia, and the Maryland and Delaware beaches. They’ve even sold an outdoor kitchen to a former president of the United States.

“I wanted to hide in the truck and meet him, but the boys talked me out of it,” Karen said.

The Fox family prides itself on, and attributes their business success to, excellence — in the brands they carry, their knowledge of the products and their customer service. Whether it’s teaching a contractor or homeowner how to use their appliances, inviting customers to

Karen and Kevin Fox attribute the success of their business to excellent products and customer service.



come and try the grills for themselves in the store, or going to a customer’s home to cook with them, the team at Affordable Outdoor Kitchens ensures a quality experience for their customers.

“I always say that we’re a customer service company that sells things,” Karen said. “You can buy a picnic table or \$60,000 worth of cabinets and grills, but you’re going to get the same level of service regardless.”

One could argue that another tenant of their success is the marriage on which it was founded — Karen and Kevin, who were high school sweethearts at Severna Park High School, will celebrate their 44th anniversary this October.

“I still love him to pieces,” Karen said of Kevin, who she also referred to as the heart and soul of their business. “Not many people could do seven days a week together, 24 hours a day.”

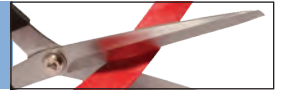
Kevin’s role has evolved with time —handing over much of the sales to his sons while he remains the problem-solver-in-chief. He joked in passing that he’s ready to retire.

While retirement may not be here just yet, the couple is confident that when the time does come, the company will continue to flourish.

“Watching my kids be successful, watching them start to take the reins and run with it and watching this business grow because of what they’re doing now, not because of what Kevin and I are doing ... As a business owner that has employees, whether they’re your kids or not, to watch them embrace what you’ve built and do better, there’s nothing better than that. That’s the good stuff,” Karen said.

For more information, call 410-696-7300 or visit www.aokitchens.com.

RIBBON CUTTINGS



LaBarge Financial Settles Into Historic Spot

Jason LaBarge and the team at LaBarge Financial Services celebrated their move to Severna Park with a ribbon-cutting ceremony on June 30. The team's new location at 7 Riggs Avenue was the site of the Severna Park Telephone Exchange from 1938 to 1975. From the new location, LaBarge will continue to help clients plan for retirement.

Kheloney Offers Child-Centric Space

The Greater Severna Park and Arnold Chamber of Commerce joined Kheloney Inc. owner Dr. Miral Khalil for a ribbon-cutting and grand opening on August 1. Khalil opened the space to give back to the community by investing in children of all backgrounds, bringing back the joy of childhood through storytelling and free play. Kheloney Inc. is located at 2301 Dorsey Road, Suite 110, in Glen Burnie.



Ace Handyman Cuts The Ribbon On New Business

Phil Savard, owner of Ace Handyman Services in Severna Park, cut the ceremonial ribbon for his new franchise on July 21. Ace Handyman Services helps homeowners with repairs, improvements and remodeling. The business is located 413 Headquarters Drive, Suite 4F, in Millersville.



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Strengthen Your “Three-Legged Stool” For Retirement

Brian M. Conrad
CFP
Financial Advisor



For many years, Americans provided for their retirement needs through three sources: employer-sponsored pension plans, Social Security income, and savings and investments accumulated through employer plans or individual accounts — the so-called “three-legged stool.” But today, that stool is shakier than it used to be. What can you do to strengthen it?

To begin with, all three legs of the stool are facing challenges. Let’s consider them:

Employer pensions – A generation ago, workers employed in many companies could count on a set monthly pension income to help them through their retirement years. Today, pensions — also known as defined benefit plans

— are mostly found in public sector employment, as most private-sector employers have replaced their pensions with 401(k) and similar plans. These plans can be effective at building resources for retirement, but they do place most of the responsibility for saving on the employee.

Social Security – Social Security has come under financial pressure because the workers-to-retirees ratio has declined significantly, according to the Social Security Administration’s 2021 board of trustees report. Several proposals have been brought forward on how to improve the long-term financial security of the Social Security system.

Personal savings and investments – In terms of building savings and investments for retirement, the picture is somewhat mixed. The national savings rate has increased in recent years, but more than half of American workers still say their retirement savings are not where they should be, according to a 2021 survey from Bankrate, a personal finance

website. And the same survey found that just over half of investors with a 401(k) or IRA have taken early withdrawals — so they withdrew money before they retired. Furthermore, we may be waiting too long even to begin saving/investing for retirement. A survey from Age Wave and Edward Jones found that respondents began saving for retirement at an average age of 38, but the majority said they should have started saving a decade earlier.

You have options for improving some parts of your own three-legged stool. For example, no matter what happens to Social Security, you can still decide when to start taking payments. You can begin collecting benefits as early as 62, but your monthly checks will be larger if you wait until your “full” retirement age, which will likely be between 66 and 67. You can even delay taking benefits until they “max out” at age 70.

As for a pension, you can’t control what’s available to you through your employer, but you can create your own retirement income stream by contributing as much as you can afford to your 401(k)

or other employer-sponsored plan and by increasing your contributions whenever your salary goes up. And you can also contribute to an IRA or other investment vehicle to further boost your retirement funds. Try to leave these accounts intact until you need them for retirement. This will be easier if you’ve built an emergency fund, with the money kept in a liquid, low-risk account, to pay for unexpected costs, such as those resulting from a major car or home repair.

The three-legged stool may not be as universal as it once was — but you can still construct a sturdy structure to support your retirement needs in the future.

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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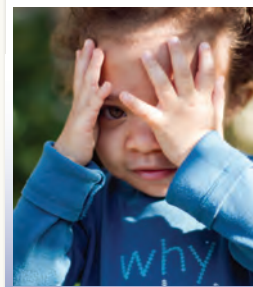
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Luminis Health Anne Arundel Medical Center Celebrates 120 Years Serving The Community



Hospital leaders and staff celebrated the major milestone with a special birthday cake.

It was 120 years ago when the Annapolis Emergency Hospital treated its first patient. Today, the hospital, now known as Luminis Health Anne Arundel Medical Center, has grown from a small community hospital into a regional medical center. Hospital leaders and staff celebrated the major milestone with a special birthday cake for employees.

On July 18, 1902, J.M. Bowers was working as the foreman of the cut stone crew that was constructing the Court of Appeals building in Annapolis when he was injured and taken to the Annapolis Emergency Hospital that had opened that morning. Before that day, Bowers would have been taken to Baltimore for care, and may not have survived the trip. Instead, he was treated at the two-story converted farmhouse with 11 beds in two wards. Today, the hospital has 396 acute care beds on its 57-acre campus.

"Since its founding 120 years ago, we've been a beacon of hope for this community," said Sherry Perkins, president of Luminis Health Anne Arundel Medical Center. "From our humble beginnings, we made a commitment to provide patient-centered care, and that tradition comes to life every day by our dedicated and compassionate team members."

Today, the hospital has grown to serve an area of more than 1 million people across eight counties throughout Maryland.

"While we celebrate our past, we continue to enhance the health of the people and communities we serve," Perkins said. "During the pandemic, we opened a comprehensive mental health facility in Annapolis and launched a cardiac surgery program. We will continue to innovate and plan for the future because our community deserves high-quality care close to home."

Why All The Stock Splits?

» Continued from page 53

shares worth \$100 apiece, therefore keeping the value of the portfolio at \$2,000.

Why do companies do this? They do this for many reasons. For one, a smaller price per share should allow more investors to buy the stock, therefore increasing demand, and as a result, increasing the price per share. This also impacts the options market. Most Americans have heard of the options market, but don't have a real understanding of how it works. While I won't go into full detail here, I will try to explain the basics of how stock splits impact the options market.

Options sell in "round lots." A round lot is 100 shares. You can participate in the options market only by buying or selling in round lots. If a stock is trading at \$3,000 a share, then 100 shares of that stock is \$300,000, so the round lot would be \$300,000. That price eliminates several potential investors who can participate in that market. After that same 20:1 split, that same company was trading at around \$100 a share, making their options contracts a more affordable \$10,000 per round lot.

We have seen several stock splits going back to 2020 on some of the biggest companies in the world. Some of these splits have been significant, like a 20:1 split. I think this is important because as the demand increases for these companies, the stock price increases, which may improve the market overall.

In 1999, there were about 5,500 publicly traded companies, and most of you will find it surprising that there are only about 4,000 today. Most people I talk to assume the number of publicly traded companies have increased significantly over the past 20 years. The number has gone down, making it a more volatile market. If a baseball team loses three key players, the performance of the team is more dependent upon the remaining healthy players. In other words, so goes the remaining healthy players, so goes the team.

In the market, we have less companies to depend on for performance, meaning so goes a few companies, so goes the market. Several of these companies that lead the market have executed stock splits, and using history as our guide, companies tend to perform well after stock splits,

» Continued from page 53

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Citizens for Kerry Gillespie (associate member) – Kerry Gillespie is a candidate running for the Maryland Senate.

ACE Handyman Services - As your home ally, ACE brings honesty and integrity to the home-improvement industry. With its unbeatable commitment to customer service, ACE always has your best interest in mind. You have projects. ACE has craftsmen.

Charter Financial Group – While Charter Financial Group understands money is essential, the team focuses on family, friendships, and the career you have worked so hard to build. It is their core belief that money is the necessary fuel for the engine of life, whereas wealth encompasses the people and moments that add value and joy to our lives.

The event that defined July for us was our Independence Day parade. This year's theme was "Celebrating Our Rich History," and our grand marshal was Kevin Sosnoski, third-generation owner of **Goska's Liquors**.

We had close to 120 entries. It was a challenging task to fit everyone in our staging areas. Thanks to our fantastic volunteers, everything ran smoothly. Volunteers included Tommy Sommers of **LogoZone Promotions**, Sherri Norton of **Live! Casino and Hotel** along with her daughter Kaiya and friend Alex, Mark Belcher of **Coastline Mortgage**, Coby Smith of **Coldwell Banker**, Carol

meaning when we ultimately recover from this current market downturn, these splits should be a big reason why.

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The return and principal value of stocks fluctuate with changes in market conditions. Shares when sold may be worth more or less than their original cost.

Options are not suitable for all investors.

Chamber Update

Heckman and Lisa Manning of **Trilium Wellness**, Trish May of **Keller Williams Integrity**, Patrick Lee of **Chesapeake Think Tank** along with his daughter April Lee, new community member Ken Maquire, and Alison Jessie of the chamber.

Parade logistics volunteers were Jim Fernan of **Vertex Carpentry**, Corporal Jamie Grover of the **Anne Arundel County Police Department**, John Shuraparu of **Scout Pack 339** and Jim League, **chamber first man**.

Our decorated bike contest was held at the chamber for our youngest members in the community. Many thanks to Suellen Gerbracht of **Edinboro Early School** and her team, Colette Barnes of **KinderCare Learning Center in Severna Park**, and the great employees of **The Big Bean** who volunteered. A huge thank you to sponsor Miral Khalil, owner of **Kheloney Inc.** And thank you to **Franklin's Toys** for its donation of gift cards to the winners!

Our wonderful master of ceremonies was **Earl Schaffer** once again.

Parade judges were Dianna Lancione and Jonathan Katz of the **Severna Park Voice**, Jill Rudiger of **Capitol Title**, Tara Dean of **Primary Residential Mortgage Inc.**, and Stacey Cassidy of **Savvy Consignment**, who has been a judge for 12 years.

Our "Open for Business" (OFB) sponsors were **Chick-fil-A of Severna Park**, **Friends of Jessica Haire**, and **Kogen Dojo Self Defense Academy**. Many thanks to Greg and Christie Coster of **The Big Bean** for donating coffee and breakfast goodies as well as Lisa Schneiderman of **Lisa's Cakepops** for donating beautiful pops for the OFB sponsor tents.

Our community sponsors were **Goska's Liquors** and **SERVPRO of Annapolis and Severna Park**.

Award sponsors were **Naptown Scoop**, **JB's/Park Tavern**, and **Budding Voices**. DJ sponsors were **Delegate Heather Bagnall** and **Steuart Pittman for County Executive**. Freedom sponsors were **Severna Park Auto** and **Homestead Gardens**. The judge's sponsor was **PRMI**. Independence level sponsors were **C2 Education**, **Steak 'n Shake in Millersville**, Peggy Love of **Annapolis Fine Homes/Long and Foster Real Estate**, and **LaToya Nkongolo for Delegate**.

The comfort station sponsor was the **Severna Park Community Center**. Sparkler sponsors were **Macaroni KID Annapolis**, **Macaroni KID Pasadena-Severna Park-Glen Burnie**, **Party Up My Yard**, **Stretch**, **Bliss Wellness**, **Franklin's Toys**, Jean Andrews and Christine Joyce of **Long and Foster Real Estate**, and the **Jing Ying Institute of Kung Fu & Tai Chi**.

Finally, a huge thank you to our unsung heroes: the **Severna Park Voice** for your stellar coverage of the event from start to finish, Gardiner and Appel for the use of your space, Elmore Law Group for the use of your space, and SERVPRO for the many years of storing our eagle float. You are the best!

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

CARL NEIMEYER

COUNTY COUNCIL



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Hello! I'm Carl Neimeyer— veteran, engineer, business owner, community volunteer, husband and father of five, and candidate for Anne Arundel County Council District 5. Let me tell you a little bit about myself and why I am running for council:

I am a first-generation American on my mother's side. We didn't have much growing up, but my parents worked hard to make sure I could make the most of this land of opportunity. After obtaining my degree in Mechanical Engineering from Carnegie Mellon University, I received a commission in the United States Navy as a Civil Engineer Corps officer. In the Navy, I learned first-hand the importance of **leadership, service, and integrity**. After serving in facilities and acquisitions, I deployed twice to Afghanistan with the Seabees of NMCB 5. My final assignment brought me to the United States Naval Academy as a Senior Construction Manager during which time I earned my Professional Engineering license.

My wife and I fell in love with Anne Arundel County and knew this was where we wanted to raise our family. Leaving the military, though, presented challenges. I knew from my experience on the government side of construction that there would be pressure to use unethical means to make a profit in this industry; it was worse than I expected. As a man of faith and descendant of union, immigrant, and blue-collar labor, I wanted to change that. In 2016, **I started my own business right here in District 5!**

Because my family and business are highly invested in the good of this district, I have been dismayed by our representation on county council. After years of underinvestment, District 5 voted for the promise of responsible government and a councilmember who would work to make the solid investments our county needed. Instead, we got a councilwoman who defers to partisan interests over community interests and has engaged in the exact same obstructionism that she ran against. **County council is no place to be beholden to partisan politics.** Throughout my life, when I have seen a need, I have sought to fill it. Now, I feel called to step up to serve.

We need a councilmember with the knowledge and character to **serve the best interests of our whole community**. I have the real-world experience to **give our district the voice and representation it deserves!**

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As a business owner, I know what it's like to put everything on the line and how government can either help or unnecessarily burden industry. Additionally, our community benefits when the labor that powers the local economy has good wages and opportunities. With my unique perspective as a pro-labor business owner, all of our economic interests will have an advocate.



SUPPORT PUBLIC SAFETY & CIVIL LIBERTIES

Public safety is the *fundamental* duty of government just as respect for rights and due process is a fundamental bedrock of liberty. Our police and first responders need our councilmember to *actionably* and *reliably* support equipping and funding them properly and to put the safety of our communities and citizens above partisan interests.



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Sustaining the vital resource of the bay must be a priority, and I will advocate for solutions to our environmental challenges. With my experience in federal contracting, engineering, and construction, I can champion *real solutions* to the negative traffic impacts of the Bay Bridge in District 5 in ways no other candidate for council can.



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Government can't tax-and-spend indefinitely any more than we can have quality government and community services— teachers, police, roads— without *actually* funding them. Real stewardship requires a balance that dishonest partisanship ignores. As councilman, I will never play partisan games with your hard-earned tax dollars.



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MEET JESSICA HAIRE

I'm running to be your next County Executive to bring common sense solutions to the challenges facing our County.

I am a civil engineer, attorney, wife, mom, the current District 7 Councilwoman – and your neighbor in our county! Our family is full of daily fun, work, school, sports and community. Like you, we embrace the challenges and opportunities of each day. I look forward to meeting with you on the campaign trail.

— Jessica

BACKGROUND & EXPERIENCE

★ **County Council - District 7**

It is a privilege to represent District 7 on the County Council.

★ **Attorney**

I represent companies that build vital infrastructure, such as water treatment facilities and public schools.

★ **Civil Engineer**

I graduated with a B.S. in Civil Engineering and began my career working for a local engineering company.

★ **Volunteer, Court Appointed Special Advocates (CASA)**

As a mother, I fully embrace CASA's mission to help abused and neglected children obtain safe, permanent housing.

★ **Former Commissioner, Anne Arundel Co. Women's Commission**

A resource and advocacy group dedicated to helping enrich the lives of women and families in Anne Arundel County.

★ **Former Legal Counsel, Maryland Republican Party**

I was responsible for all legal matters for the Maryland Republican Party. I successfully defended Governor Hogan's power to make vacancy appointments before Maryland's highest court.



FRIENDS OF JESSICA HAIRE

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